Charity Registration Number: 1170662

Gym Possible

Financial Statements

For the Year Ending

31 December 2025

JANE ASCROFT ACCOUNTANCY LIMITED
Chartered accountants
Enterprise House
Harmire Enterprise Park
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Gym Possible

Financial Statements

Year Ended 31 December 2025

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Gym Possible

Trustees' Annual Report

Year Ended 31 December 2025

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2025.

Objectives and Activities

The objectives of the CIO are to improve physical and mental health, relieve sickness and reduce social isolation among people with physical disabilities in the North East of England by providing or assisting in the provision of rehabilitation and fitness maintenance services.

The charity continues to offer specialist public gym facilities for the benefit of people with physical disabilities in the North East of England.

Public Benefit
The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

2025 was a significant year of growth and development for Gym Possible and marked a major step forward following the rebuilding work undertaken during 2024.

After several challenging years, 2024 had been focused primarily on recovery and establishing a stable base for the charity. Our move into Studio Three at Gateshead Leisure Centre gave Gym Possible a permanent home from which to rebuild, and we entered 2025 with renewed confidence and a clear ambition to develop both the quality and reach of our services.

Throughout 2025, demand for Gym Possible continued to grow. Membership increased steadily during the year, building on the recovery achieved in 2024 and demonstrating the continuing need for specialist, accessible exercise opportunities for people with physical disabilities and neurological conditions across the North East.

As the organisation became more stable, our focus shifted from simply rebuilding to improving every aspect of what we provide. This led to the introduction of Project Elevate, under the simple principle of "Elevate Everything."

Project Elevate challenged us to continually improve the experience of our members, from our equipment and physical environment to the quality of our sessions, communication and wider support. We were inspired by Henry Fraser's idea of "the little big things" - the small improvements which, when made consistently, can have a significant collective impact. This approach created real momentum within the team and encouraged us to look every day at how Gym Possible could become better.

Our Gateshead facility continued to operate five days per week, providing accessible gym sessions and specialist support to adults with a wide range of physical disabilities and neurological conditions. Alongside individual training, we continued to develop the social and community aspects of Gym Possible, recognising that the value of the organisation extends beyond physical exercise.

Our Benton facility also benefited from renewed attention during the year, with volunteer support helping us to develop the site and provide additional opportunities for people to access Gym Possible's services.

We continued to provide free online exercise content through our social media channels and YouTube, allowing people who are unable to attend our facilities in person to benefit from accessible exercise information and support.

Building Stronger Partnerships
One of the most encouraging aspects of 2025 was the continued development of relationships with organisations and individuals who share our ambition to improve opportunities for people with disabilities.

The Matt Hampson Foundation continued to support Gym Possible, including assistance towards our facility costs, helping us maintain accessible services in the North East.

We were also fortunate to receive significant support from charitable trusts and foundations during the year. This included funding from the National Lottery Community Fund, Greggs Foundation, Shears Foundation, James Knott Trust, Foyle Foundation, Barbour Foundation, The Rothley Trust, Arnold Clark and St James's Place.

This support, together with income generated through our memberships and services, strengthened Gym Possible's financial position and allowed us to continue investing in our facilities, equipment, staff and services.

We are extremely grateful to every organisation, individual and supporter who contributed to Gym Possible during the year.

Financial Review

The charity continues to be financially stable. At the end of 2025 Gym Possible had net assets of £69,538 which included equipment valued at £32,920

Reserves Policy
The charity aims to hold three months running costs (£11,500) in reserve at any given time.

Looking to the Future

During 2025, we also began developing what would become one of the most ambitious fundraising partnerships in Gym Possible's history.

We started working with Blue Star Rowing, whose team of Mark, Oli and Archie were preparing to row across the Atlantic in 2026 to raise funds for Gym Possible.

At the time, the ambition was extraordinary: to raise £250,000 and help Gym Possible take another major step towards our long-term goal of creating a world-leading accessible fitness and rehabilitation facility.

The partnership gave us an opportunity to begin thinking on a much larger scale about the future of Gym Possible and the number of people we could potentially support.

By the end of 2025, Gym Possible was in a fundamentally stronger position than it had been at the beginning of our rebuilding process. We had a growing membership, an established facility, a committed team, stronger partnerships and significantly improved financial stability.

Perhaps most importantly, we had regained momentum.

The journey from our earliest days to this point has never been straightforward, but the progress made throughout 2025 demonstrated what is possible when our members, staff, volunteers, trustees, funders and supporters work towards the same goal.

As we entered 2026, our ambition was no longer simply to maintain what we had rebuilt. It was to continue growing, improving and creating opportunities for more people with disabilities to access exercise, rehabilitation and community.

There was still a huge amount of work ahead, but 2025 gave us the strongest foundation we had ever had from which to do it.

Structure, Governance and Management

Gym Possible is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 9th December 2016 with charity number 1170662. The constitution is a CIO Foundation constitution dated 9th December 2016 and as amended on 02 Oct 2024.

The charity changed its name from Pop Up Gym CIO to Gym Possible on 2nd October 2024.

Trustees are appointed by the founder.

Throughout 2025, Gym Possible's Board of Trustees continued to provide oversight, guidance and support to the charity during a period of significant growth and development.

The trustees worked closely with the Chief Executive to support the strategic direction of Gym Possible, oversee the charity's finances and governance, and ensure that the organisation continued to operate in accordance with its charitable objectives.

As Gym Possible continued to rebuild and expand its membership and services during 2025, the Board played an important role in supporting the charity's long-term sustainability and ensuring that decisions remained focused on delivering meaningful benefits for people with physical disabilities and neurological conditions.

We would like to thank all of our trustees for giving their time voluntarily and for their continued commitment to Gym Possible and our mission of Making Exercise Accessible.

Reference and Administrative Details

Registered charity name	Gym Possible
Charity registration number	1170662
Principal office	39 Kingsley Avenue Newcastle NE3 5QN
The Trustees	
	Gary Graham Ian Potts Clare Potts Jonathan Graham Peter Nicholson Ryan McLeod
Independent Examiner	Jane Ascroft FCA MA (Cantab) Enterprise House Harmire Enterprise Park Barnard Castle County Durham DL12 8XT

The trustees' annual report was approved on 15th October 2026 and signed on behalf of the board of trustees by:



Peter Nicholson
Trustee

Gym Possible

Independent Examiner's Report to the Trustees of Gym Possible

Year Ended 31 December 2025

I report to the trustees on my examination of the financial statements of Gym Possible ('the charity') for the year ended 31 December 2025.

Responsibilities and Basis of Report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XT

Gym Possible

Statement of Financial Activities

Year Ended 31 December 2025

	Note	2025 Unrestricted funds £	2025 Restricted funds £	2025 **Total funds** £	2024 Total funds £
Income and endowments					
Donations and legacies	**4**	62,385	4,631	67,016	26,340
Charitable activities	**5**	17,473	–	17,473	11,152
Total income		79,858	4,631	84,489	37,492
Expenditure					
Expenditure on charitable activities	**6,7**	47,282	4,631	51,913	37,291
Total expenditure		47,282	4,631	51,913	37,291
Net income and net movement in funds		32,576	–	32,576	201
Reconciliation of funds					
Total funds brought forward		36,962	–	36,962	36,761
Total funds carried forward		69,538	–	69,538	36,962

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 9 to 15 form part of these financial statements.

Gym Possible

Statement of Financial Position

31 December 2025

	Note	2025 £	2024 £
Fixed Assets			
Tangible fixed assets	**12**	32,920	30,017
Current Assets			
Debtors	**13**	100	100
Cash at bank and in hand		42,042	10,642
		42,142	10,742
Creditors: amounts falling due within one year	**14**	5,524	3,797
Net Current Assets		36,618	6,945
Total Assets Less Current Liabilities		69,538	36,962
Net Assets		69,538	36,962
Funds of the Charity			
Unrestricted funds		69,538	36,962
Total charity funds	**15**	69,538	36,962

These financial statements were approved by the board of trustees and authorised for issue on 15th October 2026, and are signed on behalf of the board by:



Peter Nicholson
Trustee

The notes on pages 9 to 15 form part of these financial statements.

1. General Information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 39 Kingsley Avenue, Newcastle, NE3 5QN.

2. Statement of Compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity’s ability to continue.

Judgements and Key Sources of Estimation Uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant estimates or judgements affecting these financial statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

3. Accounting Policies *(continued)*

Income *(continued)*

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- legacy income is recognised when receipt is probable and entitlement is established.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible Assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment	-	15% reducing balance

3. Accounting Policies *(continued)*

Impairment of Fixed Assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Donations			
Donations	1,885	–	1,885

4. Donations and Legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Grants			
Barbour Foundation	2,000	–	2,000
Matt Hampson Foundation	–	3,131	3,131
James Knott Foundation	5,000	–	5,000
Greggs Foundation	19,500	–	19,500
The Rothley Trust	–	1,500	1,500
St. James' Place	5,000	–	5,000
Foyle Foundation	3,000	–	3,000
Arnold Clark	500	–	500
The Shears Foundation	6,000	–	6,000
National Lottery Community Fund	19,500	–	19,500
	62,385	4,631	67,016

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	950	–	950
Grants			
Matt Hampson Foundation	9,890	–	9,890
James Knott Foundation	5,000	–	5,000
Boost Charitable Trust	5,000	–	5,000
Persimmon Homes	4,000	–	4,000
The Joicey Trust	1,500	–	1,500
	26,340	–	26,340

5. Charitable Activities

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Income from website for PT sessions/memberships	17,473	17,473	11,152	11,152

6. Expenditure on Charitable Activities by Fund Type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Costs of charitable activities	47,282	4,631	51,913

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Costs of charitable activities	37,291	–	37,291

7. Expenditure on Charitable Activities by Activity Type

	Activities undertaken directly £	**Total funds 2025 £**	Total fund 2024 £
Costs of charitable activities	51,913	51,913	37,291

8. Net Income

Net income is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	5,809	5,297

9. Independent Examination Fees

	2025 £	2024 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	420	420

10. Staff Costs

The average head count of employees during the year was Nil (2024: Nil).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

11. Trustee Remuneration and Expenses

No trustees have received expenses or remuneration in the current or previous year.

12. Tangible Fixed Assets

	Equipment £
Cost	
At 1 January 2025	35,314
Additions	8,712
At 31 December 2025	44,026
Depreciation	
At 1 January 2025	5,297
Charge for the year	5,809
At 31 December 2025	11,106
Carrying amount	
At 31 December 2025	32,920
At 31 December 2024	30,017

13. Debtors

	2025	2024
	£	£
Prepayments and accrued income	100	100

14. Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	5,104	3,377
Accruals and deferred income	420	420
	5,524	3,797

15. Analysis of Charitable Funds

Unrestricted funds

	At 1 January 2025	Income	Expenditure	**At 31 December 2025**
	£	£	£	£
General funds	36,962	79,858	(47,282)	69,538

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
General funds	36,761	37,492	(37,291)	36,962

15. Analysis of Charitable Funds *(continued)*

Restricted funds

	At 1 January 2025 £	Income £	Expenditure £	**At 31 December 2025 £**
Matt Hampson Foundation	–	3,131	(3,131)	–
The Rothley Trust	–	1,500	(1,500)	–
	–	4,631	(4,631)	–

The grant from the Matt Hampson Foundation was towards rent.
The grant from the Rothley Trust was for equipment.

16. Analysis of Net Assets Between Funds

	Unrestricted Funds £	**Total Funds 2025 £**
Tangible fixed assets	32,920	32,920
Current assets	42,142	42,142
Creditors less than 1 year	(5,524)	(5,524)
Net assets	69,538	69,538

	Unrestricted Funds £	Total Funds 2024 £
Tangible fixed assets	30,017	30,017
Current assets	10,742	10,742
Creditors less than 1 year	(3,797)	(3,797)
Net assets	36,962	36,962

17. Related Parties

The CEO of the charity, Drew Graham, is the brother of Jonathan Graham, trustee, and the son of Gary Graham, also a trustee. Drew received remuneration of £12,200 during the year.

The Following Pages Do Not Form Part of the Financial Statements.

Gym Possible

Detailed Statement of Financial Activities

Year Ended 31 December 2025

	2025	2024
	£	£
Income and endowments		
Donations and legacies		
Donations	1,885	950
Barbour Foundation	2,000	–
Matt Hampson Foundation	3,131	9,890
James Knott Foundation	5,000	5,000
Boost Charitable Trust	–	5,000
Greggs Foundation	19,500	–
Persimmon Homes	–	4,000
The Joicey Trust	–	1,500
The Rothley Trust	1,500	–
St. James' Place	5,000	–
Foyle Foundation	3,000	–
Arnold Clark	500	–
The Shears Foundation	6,000	–
National Lottery Community Fund	19,500	–
	67,016	26,340
Charitable activities		
Income from website for PT sessions/memberships	17,473	11,152
Total income	84,489	37,492
Expenditure		
Rent	1,801	4,700
Insurance	1,845	1,862
Motor and travel expenses	416	663
Accountancy fees	480	540
Depreciation	5,809	5,297
Gym Management	12,200	5,000
Administration expenses	2,322	1,748
Gym Running costs	5,284	3,816
Personal trainers	21,756	13,665
Total expenditure	51,913	37,291
Net income	32,576	201