The Bar Gym

Charity No. 1181706

Company No. CE016294

Trustees' Report and Unaudited Accounts

31 January 2026

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2026.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE016294

Charity No. 1181706

Registered Office

Flat 407
Gilbourne Court
Guildbourne Centre
Worthing
BN11 1LZ

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

G.W. Burke
J. Randall
R. Simmons

Accountants

Allan Gee FCCA
15 Willow View
Catterick Village
Richmond
DL10 7PD

Bankers
Santander UK Plc
37 Chapel Road
WorthingBN11 1ET

OBJECTIVES AND ACTIVITIES

The promotion of community participation in healthy recreation by the provision of facilities and the coaching of fitness techniques and martial arts for the people of West Sussex.

This objective is being achieved through the continuation of a fitness programme for youths and schoolchildren at no cost to the participants.

Stage one is the introduction to general fitness through regular and planned exercise.

This is then supplemented by an explanation and coaching in the correct use of the fitness machines to help attain a better lifestyle.

Once a participant has demonstrated that these two objectives are fully understood, and that they can be applied sensibly, there is an introduction to martial arts, its uses and activities with an emphasis on how it can improve their general well-being and confidence.

In order to measure, and document, the advancement of a student in understanding and applying the above aims, examinations are held to assess and critique the student's progress.

The charity also benefits through the support of two experienced martial art trainers who have freely given their services.

ACHIEVEMENTS AND PERFORMANCE

This year has seen a slight increase in the number of senior participants following the introduction, last year, of a programme specifically designed to meet their needs and abilities.

However, the younger members have not been ignored and the introduction, last year, of a more stimulating programme designed particular this group has also produced a slight increase in numbers.

However, the aim of all the programmes continues be that of stimulating the participant's interest and understanding of martial arts which assist in maintaining the interest of students in the programme.

However, the ultimate aim is to continue and maintain the interest of participants, and as part of this we introduce and vary the courses available each year while maintaining the ability to continue existing courses.

FINANCIAL REVIEW

The charity does not charge a membership fee but requests that members, who can afford do so, to make a monthly donation to the running costs of the charity. This donation is entirely voluntary and no-one is refused access to the facilities if they do not, or are unable to, contribute. Fund-raising has also been significantly improved by the fact that the majority of the members who do contribute have signed for the gift aid relief.

Finally, the trustees thank the public for their continuing support.

PLANS FOR FUTURE PERIODS

The Trustees remain confident that we can continue to reach out to the youth of Worthing, and surrounding areas, and introduce and show the advantages of our regular health and fitness programme; with the resultant positive impact this will achieve in personal health and well-being.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

G.W. Burke
Trustee
31 July 2026

Independent Examiner's Report to the trustees of The Bar Gym

I report to the charity trustees on my examination of the financial statements of The Bar Gym for the year ended 31 January 2026.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act.

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Allan Gee FCCA
15 Willow View
Catterick Village
Richmond
DL10 7PD
31 July 2026

The Bar Gym
Statement of Financial Activities
for the year ended 31 January 2026

	Notes	Unrestricted funds 2026 £	Total funds 2026 £	Total funds 2025 £
Income and endowments from:				
Donations and legacies	3	122,670	122,670	124,469
Investments	4	6	6	18
Other	5	-	-	346
Total		122,676	122,676	124,833
Expenditure on:				
Other	6	124,272	124,272	136,550
Total		124,272	124,272	136,550
Net gains on investments		-	-	-
Net expenditure	7	(1,596)	(1,596)	(11,717)
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		(1,596)	(1,596)	(11,717)
Other gains and losses				
Net movement in funds		(1,596)	(1,596)	(11,717)
Reconciliation of funds:				
Total funds brought forward		4,066	4,066	15,783
Total funds carried forward		2,470	2,470	4,066

The Bar Gym
Summary Income and Expenditure Account
for the year ended 31 January 2026

	2026 £	2025 £
Income	122,670	124,815
Interest and investment income	6	18
Gross income for the year	122,676	124,833
Expenditure	120,528	129,928
Depreciation and charges for impairment of fixed assets	3,744	6,622
Total expenditure for the year	124,272	136,550
Net expenditure before tax for the year	(1,596)	(11,717)
Net expenditure for the year	(1,596)	(11,717)

The Bar Gym
Balance Sheet

at 31 January 2026

Company No. CE016294	Notes	2026	2025
		£	£
Fixed assets			
Tangible assets	9	456	4,200
		456	4,200
Current assets			
Debtors	10	2,000	2,000
Cash at bank and in hand		14	1,769
		2,014	3,769
Creditors: Amount falling due within one year	11	-	(3,903)
Net current assets/(liabilities)		2,014	(134)
Total assets less current liabilities		2,470	4,066
Net assets excluding pension asset or liability		2,470	4,066
Total net assets		2,470	4,066
The funds of the charity			
Restricted funds	12		
Unrestricted funds	12		
General funds		2,470	4,066
		2,470	4,066
Reserves	12		
Total funds		2,470	4,066

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 January 2026 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 31 July 2026

And signed on its behalf by:

G.W. Burke
Trustee
31 July 2026

The Bar Gym
Statement of Cash flows
for the year ended 31 January 2026

	2026 £	2025 £
Cash flows from operating activities		
Net expenditure per Statement of Financial Activities	(1,596)	(11,717)
Adjustments for:		
Depreciation of property, plant and equipment	3,744	6,622
Dividends, interest and rents from investments	(6)	(364)
Decrease in trade and other receivables	-	2,215
(Decrease)/Increase in trade and other payables	(3,903)	3,903
Net cash (used in)/provided by operating activities	(1,761)	659
Cash flows from investing activities		
Dividends, interest and rents from investments	6	364
Net cash from investing activities	6	364
Net cash from financing activities	-	-
Net (decrease)/increase in cash and cash equivalents	(1,755)	1,023
Cash and cash equivalents at the beginning of the year	1,769	746
Cash and cash equivalents at the end of the year	14	1,769
Components of cash and cash equivalents		
Cash and bank balances	14	1,769
	14	1,769

1 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

2 Statement of Financial Activities - prior year

	Unrestricted funds 2025	Total funds 2025
	£	£
Income and endowments from:		
Donations and legacies	124,469	124,469
Investments	18	18
Other	346	346
Total	124,833	124,833
Expenditure on:		
Other	136,550	136,550
Total	136,550	136,550
Net income	(11,717)	(11,717)
Net income before other gains/(losses)	(11,717)	(11,717)
Other gains and losses:		
Net movement in funds	(11,717)	(11,717)
Reconciliation of funds:		
Total funds brought forward	15,783	15,783
Total funds carried forward	4,066	4,066

3 Income from donations and legacies

	Unrestricted	Total 2026	Total 2025
	£	£	£
	122,670	122,670	124,469
	122,670	122,670	124,469

4 Income from investments

	Unrestricted	Total 2026	Total 2025
	£	£	£
	6	6	18
	6	6	18

5 Other income

	Total 2026	Total 2025
	£	£
	-	346
	-	346

6 Other expenditure

	Unrestricted	Total 2026	Total 2025
	£	£	£
Employee costs	64,950	64,950	67,783
Premises costs	50,729	50,729	57,339
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	3,744	3,744	6,622
General administrative costs	4,849	4,849	4,306
Legal and professional costs	-	-	500
	124,272	124,272	136,550

7 Net expenditure before transfers

	2026	2025
This is stated after charging:	£	£
Depreciation of owned fixed assets	3,744	6,622

8 Staff costs

	2026	2025
Salaries and wages	46,066	52,694
Social security costs	-	2,103
	46,066	54,797

No employee received emoluments in excess of £60,000.

9 Tangible fixed assets

	Equipment	Equipment	Total
	£	£	£
Cost or revaluation			
At 1 February 2025	-	32,673	32,673
At 31 January 2026	-	32,673	32,673
Depreciation and impairment			
At 1 February 2025	-	28,473	28,473
Depreciation charge for the year	-	3,744	3,744
At 31 January 2026	-	32,217	32,217
Net book values			
At 31 January 2026	-	456	456
At 31 January 2025	-	4,200	4,200

10 Debtors

	2026	2025
	£	£
Prepayments and accrued income	2,000	2,000
	2,000	2,000

11 Creditors:
amounts falling due within one year

	2026	2025
	£	£
Trade creditors	-	1,800
Other taxes and social security	-	2,103
	-	3,903

12 Movement in funds

	At 1 February 2025	Incoming resources (including other gains/losses)	Resources expended	At 31 January 2026
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	4,066	122,676	(124,272)	2,470
Total funds	4,066	122,676	(124,272)	2,470

13 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	456	456
Net current assets	2,014	2,014
	2,470	2,470

14 Reconciliation of net debt

	At 1 February 2025	Cash flows	At 31 January 2026
	£	£	£
Cash and cash equivalents	1,769	(1,755)	14
	1,769	(1,755)	14
Net debt	1,769	(1,755)	14

15 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The Bar Gym
Detailed Statement of Financial Activities
for the year ended 31 January 2026

	Unrestricted funds 2026 £	Total funds 2026 £	Total funds 2025 £
Income and endowments from:			
Donations and legacies			
	122,670	122,670	124,469
	122,670	122,670	124,469
Investments			
	6	6	18
	6	6	18
Other			
	-	-	346
	-	-	346
Total income and endowments	122,676	122,676	124,833
Expenditure on:			
Employee costs			
Salaries/wages	46,066	46,066	52,694
Employer's NIC	-	-	2,103
Staff training	18,884	18,884	12,986
	64,950	64,950	67,783
Premises costs			
Rent	27,000	27,000	27,000
Rates	2,192	2,192	2,006
Light, heat and power	11,653	11,653	9,458
Premises repairs and maintenance	9,884	9,884	18,875
	50,729	50,729	57,339
General administrative costs, including depreciation and amortisation			
Depreciation of Equipment	-	-	-
Depreciation of Equipment	3,744	3,744	6,622
Bank charges	95	95	90
Equipment leasing and hire charges	1,994	1,994	2,020
General insurances	2,235	2,235	2,196
Telephone, fax and broadband	525	525	-
	8,593	8,593	10,928
Legal and professional costs			
Other legal and professional costs	-	-	500
	-	-	500

Total of expenditure of other costs	124,272	124,272	136,550
Total expenditure	124,272	124,272	136,550
Net gains on investments	-	-	-
Net expenditure	(1,596)	(1,596)	(11,717)
Net expenditure before other gains/(losses)	(1,596)	(1,596)	(11,717)
Other Gains	-	-	-
Net movement in funds	(1,596)	(1,596)	(11,717)
Reconciliation of funds:			
Total funds brought forward	4,066	4,066	15,783
Total funds carried forward	2,470	2,470	4,066