KINGDOM BARBELL YOUTH DEVELOPMENT PROGRAMME

REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD 1 APRIL 2025 TO 31 DECEMBER 2025

CHARITY REGISTRATION NUMBER: 1206576

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Appendix: 2025 project report

Trustees and other information

Principal address: Unit 23, 25 Harnham Trading Estate, Salisbury, SP2 8NW

Email: admin@kbyd.org

Website kbyd.org

Trustees Claire Paling (Secretary)
Ben Crouch (Designated safeguarding lead, resigned October 2026)
James Murphy (Treasurer)
Jack Lonsdale (Appointed October 2026)

Other leadership team members
George Barsby (CEO)
Dani Brignall (Designated Safeguarding Lead, Appointed April 2026)

The '**Charity**' is a Charitable Incorporated Organisation (CIO) established by a Constitution.

The Charity is registered with the Charity Commission under registration number 1206576.

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Trustees report

We are delighted to provide our report for the period ended 31 December 2025 for Kingdom Barbell Youth Development Programme (the **Charity**).

Please note that this report covers a nine month period. The trustees agreed to shorten the accounting period to nine months for ease of administration and to align our accounting information and marketing/fundraising materials more closely on a go-forward basis. Users of the accounts should be aware that the comparative amounts presented cover a longer period (from 17 January 2024 to 31 March 2025) and so are not entirely comparable.

Activities and achievement

Please refer to the appendix for our detailed report covering the Charity's key activities and achievements for the 2025 calendar year, together with a brief summary of our history, and our plans for the future.

Structure, Governance and Management

The Charity is a Charitable Incorporated Organisation governed by its constitution and was established on 17 January 2024.

The trustees are responsible for the overall management and direction of the charity and we meet regularly to review the charity's activities, finances and future plans. We are also responsible for preparing the trustees' report and financial statements in accordance with applicable law and accounting standards.

Since forming the charity, we have adopted a suite of policies in order to ensure the safe day-to-day running of the charity and management of key risks including safeguarding. All policies are available on our website. Each of our trustees and volunteers are required to read and understand these policies as part of their induction and the trustees regularly monitor and update the policies to ensure they are followed in practice and remain fit for purpose.

Conflicts of interest

The Charity holds a memoranudm of understanding (MOU) and service level agreement between the Charity and our CEO, George Barsby and his company Kingdom Barbell Limited (KB Ltd) respectively. KB Ltd supply the Charity with coaching services and use of facilities (total cost during the period: £8,800) and we benefit greatly from George's leadership and coaching expertise in his (unpaid) role as CEO of the organisation.

The MOU sets out how we as Trustees manage the potential conflict of interest between the Charities' activities and the interests of George and KB Ltd which is a profit seeking organisation. George is invited to attend Trustee meetings but does not have voting power and is asked to leave when matters relating to KB Ltd are discussed. In addition, the Trustees have reviewed the market for coaching services in order to arrive, what we consider to be a fair, arms-length price for the coaching services and use of facilities.

Trustees report (continued)

Reserves Policy
The charity's reserves policy is to hold four months of operating costs in cash. This allows the trustees to plan and commit to classes at least one full school term in advance, helping to ensure continuity and stability for the young people who benefit from the charity's work.

At the end of the period, the free reserves of the charity were £7,468 versus our target of circa £4,000. This surplus will be utilised during 2026 to fund additional classes.

Objects and Public Benefit

The objects of the charity are:

The promotion of community participation in healthy recreation to children and young people by the provision of facilities, coaching, education and help with the costs of competition travel and weightlifting equipment for participating in weightlifting.

The trustees have had regard to the Charity Commission's guidance on public benefit when planning and delivering the charity's activities. They consider that the work carried out during the year has provided clear public benefit, particularly for young people who have directly taken part in the charity's services.

Approved by the trustees on 30 October 2026
Signed on behalf of the trustees:

Claire Paling
Trustee (secretary)

James Murphy
Treasurer

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Receipts and payments account

	General fund	Restricted	Total	*PE: 31 March 2025*
	£	**£**	**£**	*£*
Reciepts				
Individual donations	913		**913**	*4,771*
Corporate donation (Nucleus Financial)	640		**640**	*320*
Charitable grant funding		6,000	**6,000**	*500*
Local Authority grant funding		5,640	**5,640**	*3,000*
Total receipts	**1,553**	**11,640**	**13,193**	*8,591*
Payments				
Classes		8,800	8,800	*1,100*
Events		439	439	
Competition entry		30	30	
DBS checks and mandatory training	116		116	
Administration and marketing costs		208	208	
Software	-		**-**	*10*
Total payments	**116**	**9,477**	**9,593**	*1,110*
Net receipts less payments	**1,437**	**2,163**	**3,600**	*7,481*
Opening cash funds	5,431	2,050	7,481	-
Transfers between funds	600	(600)		
Closing cash funds at 31 December 2025	**7,468**	**3,613**	**11,081**	*7,481*

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Statement of assets and liabilities as at 31 December 2025

	Dec-25	*Mar-25*
	£	*£*
Monetary assets		
Current account	**11,081**	*7,481*
Represented by funds		
General (unrestricted) fund	7,468	*5,431*
Restricted fund	3,613	*2,050*
Total funds	**11,081**	*7,481*
Non-monetary assets and liabilities	-	

These accounts were approved by the trustees on 30 October 2026 and signed on their behalf by:

Claire Paling
Trustee (secretary)

James Murphy
Treasurer

Notes to the accounts

1. Debts and guarantees
The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties or any debts secured on assets of the CIO.

2. Funds
The CIO has three funds: an unrestricted General Fund and two restricted funds. The restricted funds:

A) '**Regular Classes**', consisting of our core term-time coaching activities and
B) Our '**Holiday Programme**' of classes and events which was launched during the period and runs to easter 2026

The conditions of Regular Classes grants allow a 10% of the grant to cover administration and other costs. This is reflected in the transfer from the restricted fund to the General Fund.

3. Reconciliation of funds	**Regular Classes**	**Holiday Programme**	***Total restricted funds***
	£	**£**	**£**
New grants received			
Wiltshire and Swindon Sport	1,000		*1,000*
Wiltshire Community Foundation	5,000		*5,000*
Wiltshire Council		2,640	*2,640*
Salisbury City Council		3,000	*3,000*
Total receipts	**6,000**	**5,640**	***11,640***
Payments			
Classes	7,100	1,700	*8,800*
Events		439	*439*
Competition entry		30	*30*
Administration and marketing costs		208	*208*
Total payments	**7,100**	**2,377**	**9,477**
Net receipts less payments	(1,100)	3,263	*2,163*
Opening cash funds	2,050		*2,050*
Less: Transfer to general fund	(600)		*(600)*
Closing cash funds at 31 December 2025	**350**	**3,263**	**3,613**

4.Trustee remuneration and expenses
No remuneration or expenses was paid to any trustees during the period.

5.Basis of preparation
These accounts are prepared on a receipts and payments basis, with all revenue and expenses shown on a cash basis. The charity is not registered for VAT and, accordingly, expenditure includes VAT where appropriate.

6. Donations in kind
The trustees have maintained records of the value of donated goods and services received throughout the period from generous individual and corporate donors, including certain members of our coaching team who kindly volunteered their time to help run our classes. In line with Charity Commission guidance at CC16b, the monetary value of these goods and services is not included in receipts and payments the account.

Kingdom Barbell Youth Development Programme

Registered charity in England and Wales: 1206576

Annual Report 2025

Pilot Year

This report forms the appendix of the report and financial statements for the period ended 31 December 2025 and should be read alongside the accounts

Contents

Section 1: KBYD's story

A timeline of our first year

Section 2: Data for 2025

What we did and who we reached

Section 3: Future plans

Building an even brighter future for local young people



Section 1: KBYD’s Story

A TIMELINE OF OUR FIRST YEAR AS A REGISTERED CHARITY

January 2024: KBYD becomes a registered charity

CHARITY COMMISSION
FOR ENGLAND AND WALES

Kingdom Barbell Youth Development Programme

Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees



James Murphy
Treasurer



Ben Crouch
Safeguarding Lead



Claire Paling
Secretary



George Barsby
Head coach & CEO

Support From Adult Weightlifters

Having experienced the benefits of weightlifting themselves, adult members of Kingdom Barbell Weightlifting club's community supported KBYD from its conception.

They contributed to our start up fundraiser and volunteered in our classes and behind the scenes. Three members are working towards their coaching qualifications in 2026, to help us expand our work.

Here are some of them enjoying their Christmas do!



September 2024: Start-up Fundraiser

With the support of our local community and local businesses, we raised over £9,000 to fund a pilot programme.



This team from Milestone Infrastructure cycled 150miles to support our cause!

MILESTONE INFRASTRUCTURE
A part of MGroupServices

Wiltshire Council

TESCO

nucleus

ABACUS
WORKPLACE SUPPLIES
WORKWEAR
INNOVATION



January 2025: Marketing

We networked with local community organisations who helped us promote the programme to the local young people who most need it.















Support From Local Businesses

These amazing local business supported KBYD with free or heavily discounted marketing materials, website development, sponsorship and event catering!





ABACUS
WORKPLACE SUPPLIES
WORKWEAR
INNOVATION

SALT & FIRE





THE STUDIO
PRINTING & SIGNAGE

nucleus

FINDONS CONSERVATORY SPECIALISTS

January 2025: KYBD hosted our first weightlifting classes!

In the first six weeks, 21 young people signed up to try weightlifting and we had a total of 87 attendances.











February 2025: Feedback on our first six weeks

Thank you for allowing my daughter to focus on **positive body image** and **functional strength.**

- KBYD Parent



Definitely a **confidence builder**. Absolutely fantastic classes with **awesome coaches!**

- Young person & parent providing collaborative feedback

Gym is a **happy place.**

- Young person

Matthew* really enjoys attending, he is very interested in improving his **fitness** and it also is **improving his mental health/self esteem.**

- Young person & parent providing collaborative feedback

*Pseudonym used for anonymity

April 2025: Local Councillor Visit - News Article

Free Olympic weightlifting classes for young people

4TH APRIL LOCAL GOVERNMENT SALISBURY



Chris Taylor at KBYD *(Image: Chris Taylor)*

By Molly Keane

SalisburyJournal

Click here for the full article

July 2025: Summer Classes



KBYD was awarded further funding, enabling us to continue our term time activities and run a holiday activity programme.

Wiltshire Council

SALISBURY CITY COUNCIL

wiltshire and swindon sport wasp

SINCE 1975 WILTSHIRE & SWINDON Community Foundation



One of our summer holiday classes

August 2025: Radio interview

"It's changed my life for the better": Salisbury teen on free weightlifting sessions

Kingdom Barbell provides free sessions for young people three days a week

"KBYD.. made me feel like I had a purpose. It made me feel like I was able to make myself better, rather than just waiting for something else to change and made me feel more in control of who I am."

GREATEST HITS RADIO

Click here for the full article



September 2025: KBYD hosted our first competition!







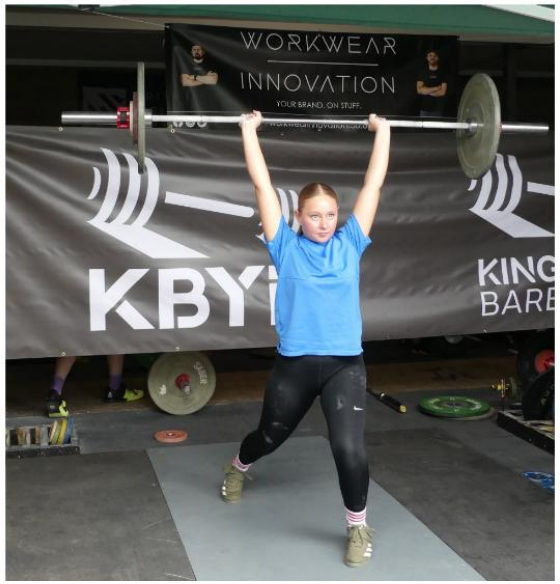
What were the highlights?

‘Watching my daughter compete!’

‘Seeing people have so much fun competing especially the kids!’

The friendly and supportive vibe – felt like a real community effort’

‘Listening to parents’ positive feedback on the work KBYD has done in developing their child’s fitness, self confidence and mental health.’



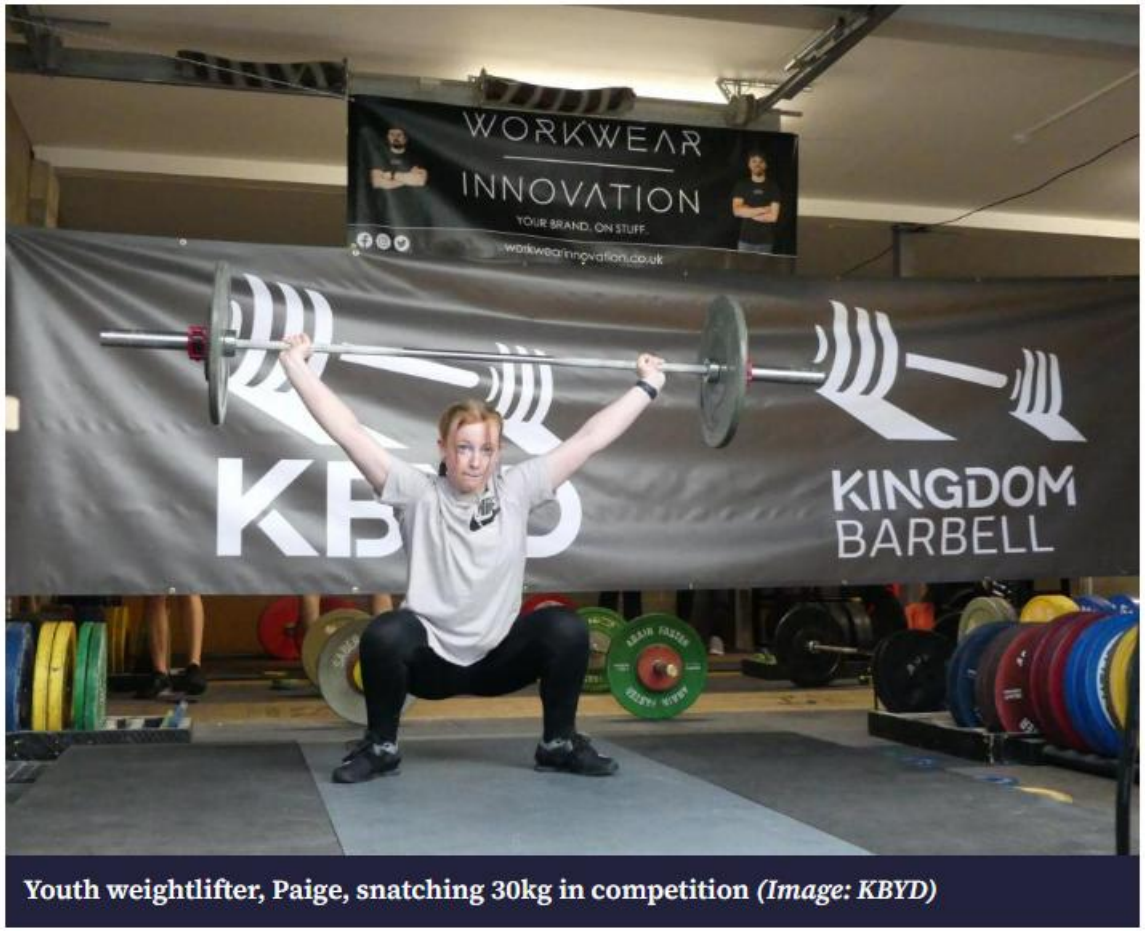




October 2025: News Article

Kingdom Barbell Youth Development Programme hosts competition

12TH OCTOBER CHARITY SPORT SALISBURY



Youth weightlifter, Paige, snatching 30kg in competition *(Image: KBYD)*

SalisburyJournal

Click here for the full article

With thanks to the event sponsors:

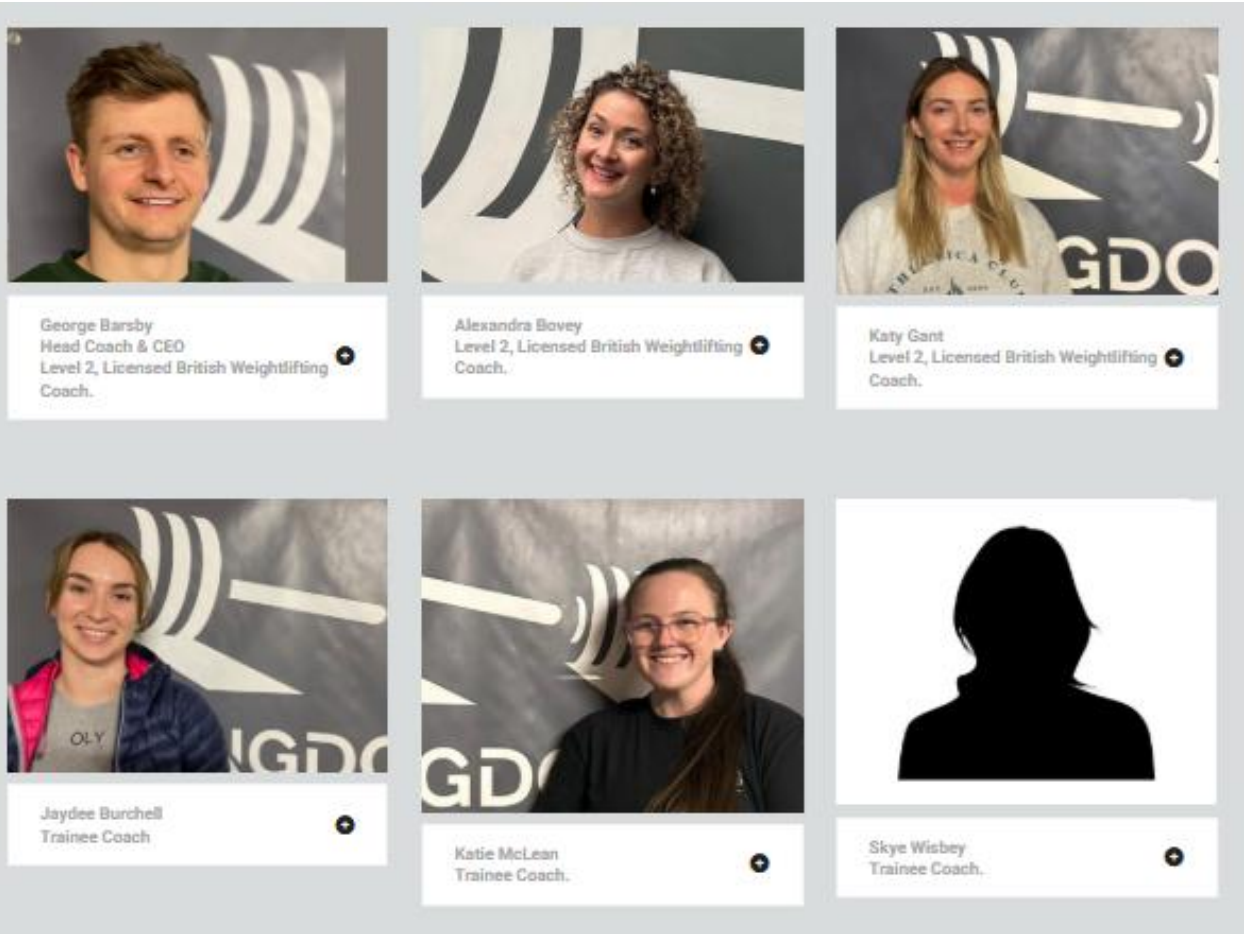
Wiltshire Council

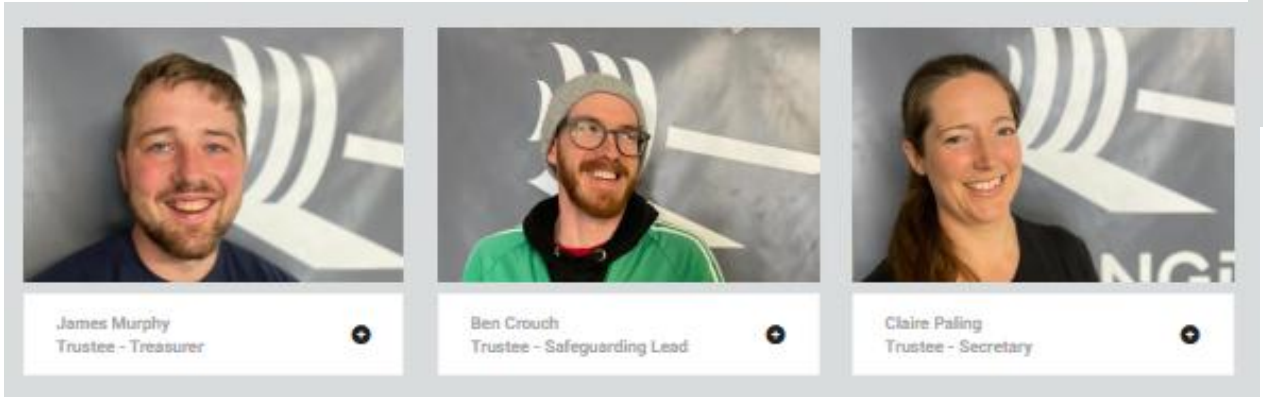
SALT & FIRE

December 2025: Team

We have expanded our front of house team to three coaches and three volunteer coaches who are all working towards their training qualifications.

We also have a growing team of volunteers working behind the scenes to support our fundraising, accounting, marketing and website development.





KBYD KBYD KBYD

Section 2: Data for 2025

WHAT WE DID AND WHO WE REACHED

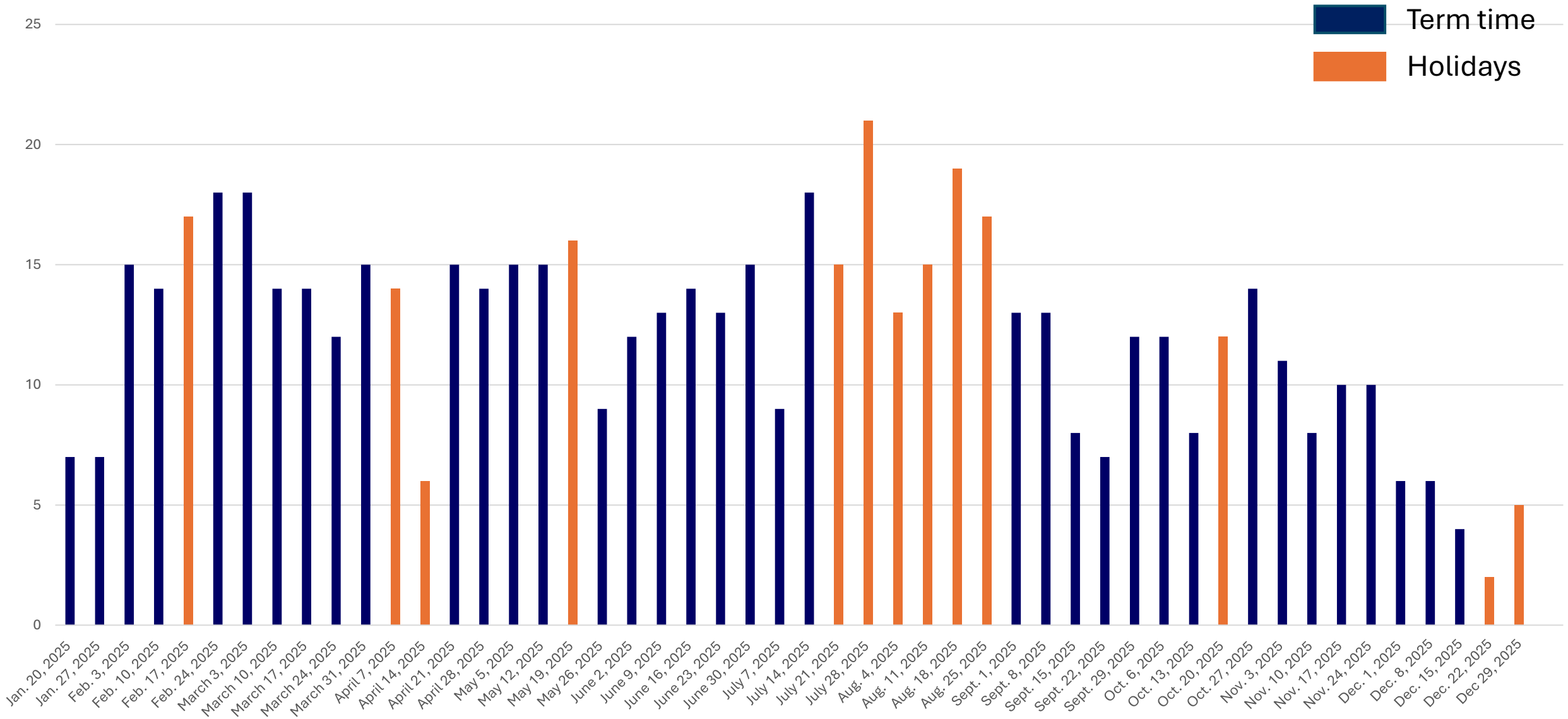
Attendance: 27th Jan 2025 – 31st December 2025



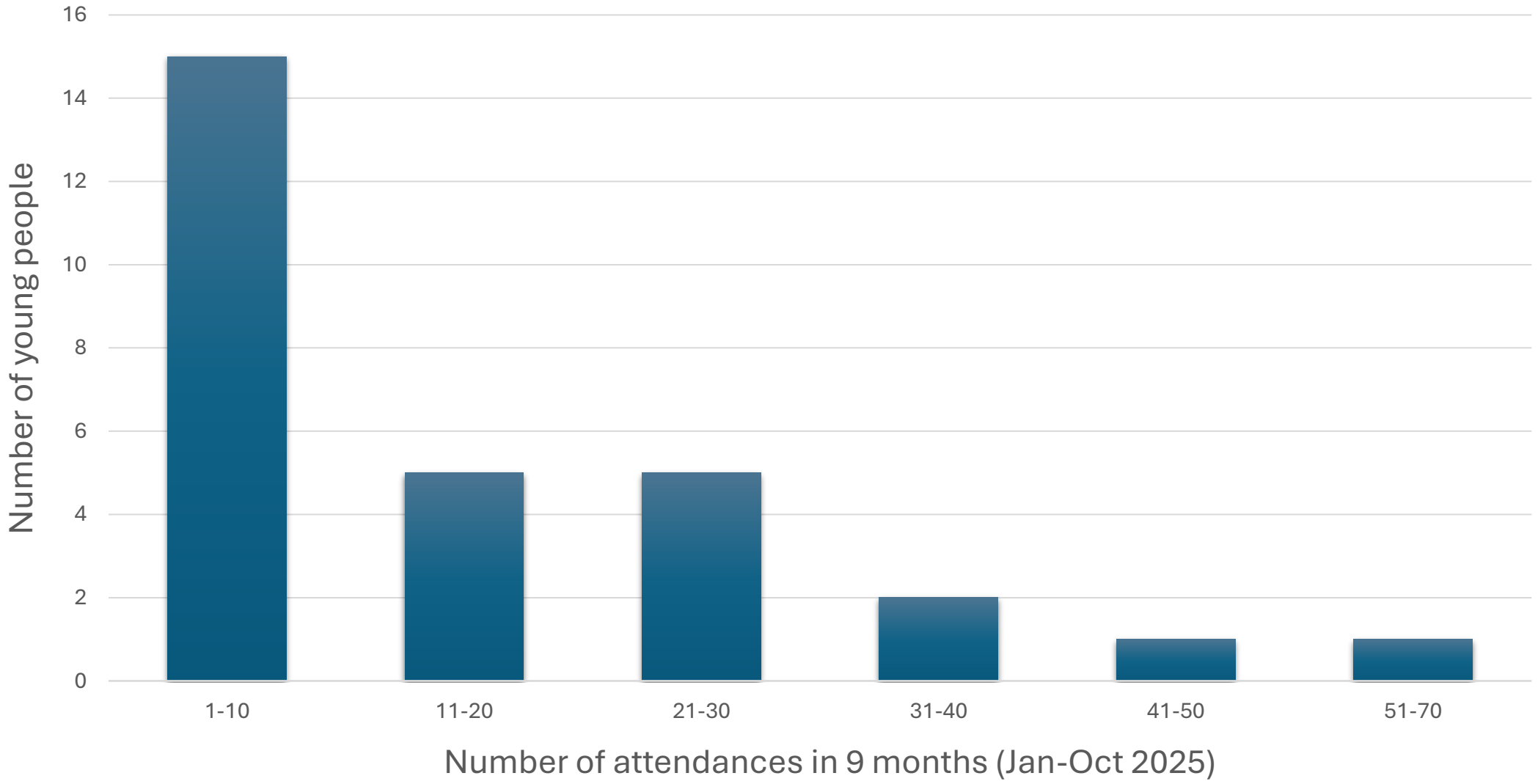
In 2025, KBYD ran 155 free, coached weightlifting classes over 11 months.

40 young people attended at least one class and we had a total of 605 attendances.

Weekly Attendance Rates

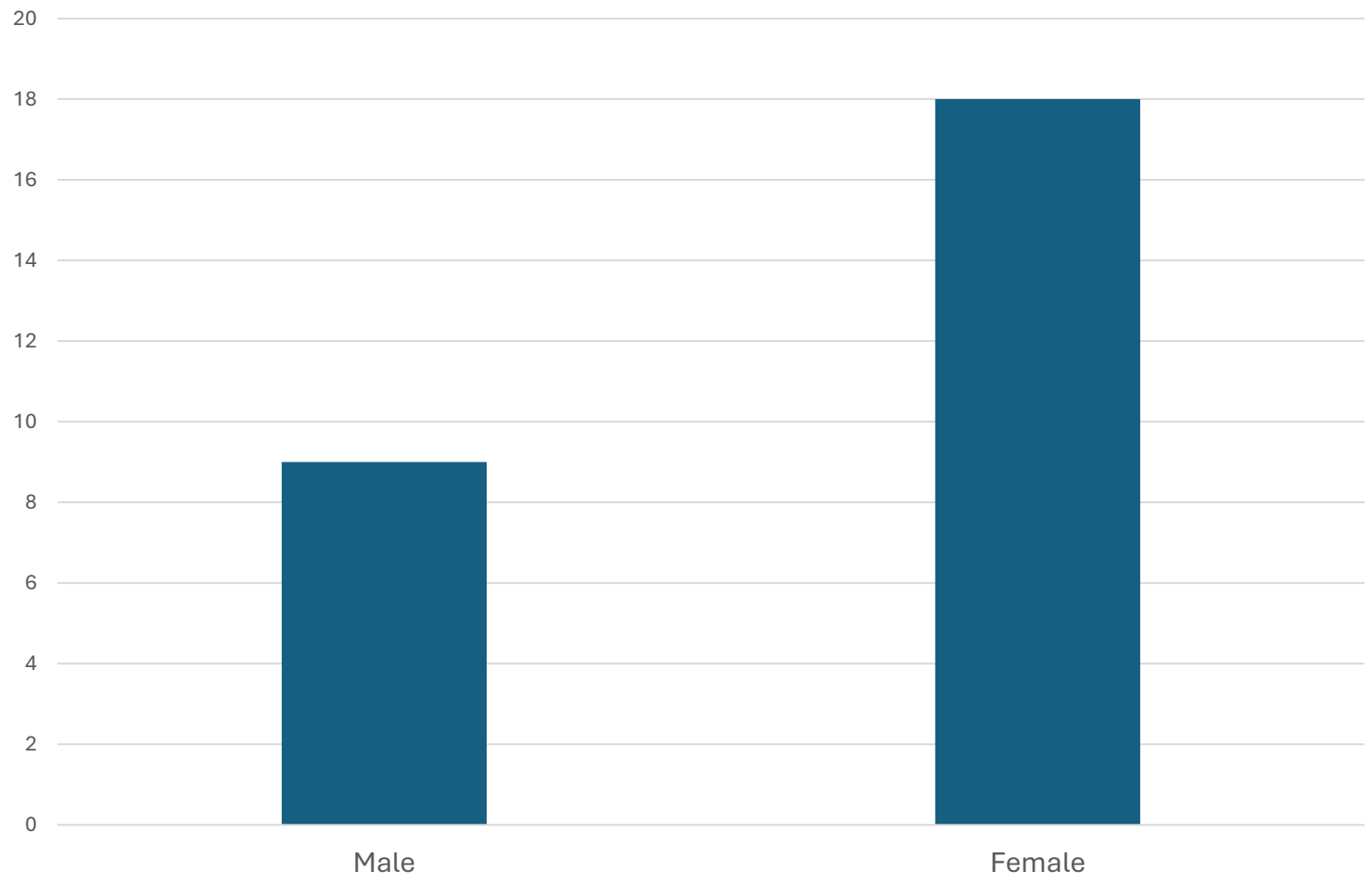


Total Attendances of Each Young Person



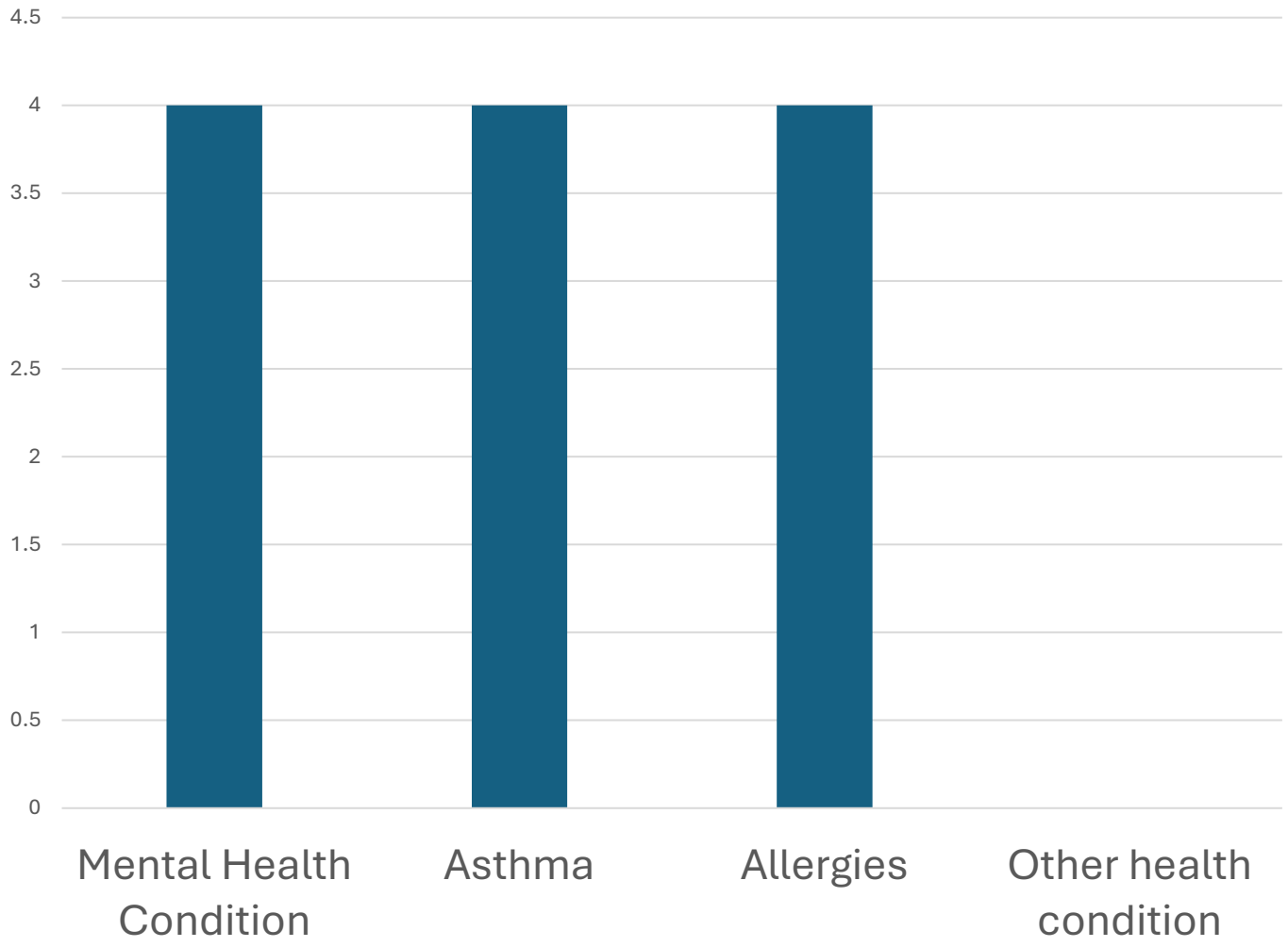
Data re the 29 young people who attended at least one class in the first nine months of KBYD's activities.

Sex



Data re the 29 young people who attended at least one class in the first nine months of KBYD's activities.

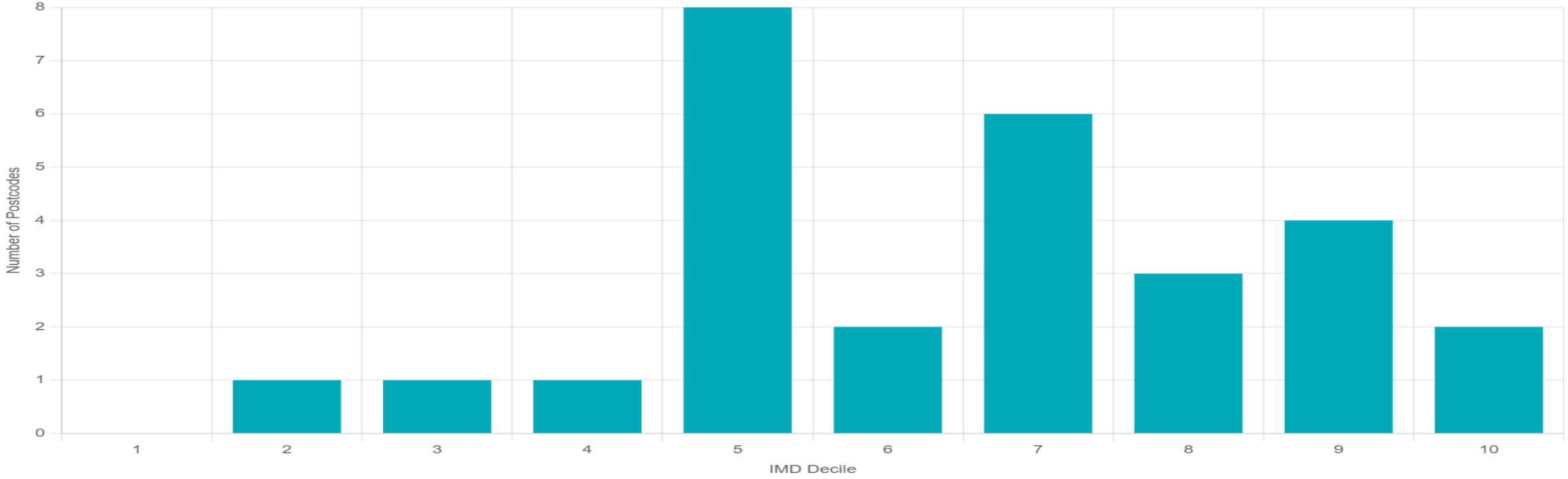
Health



Data re the 29 young people who attended at least one class in the first nine months of KBYD's activities.

Home Postcodes

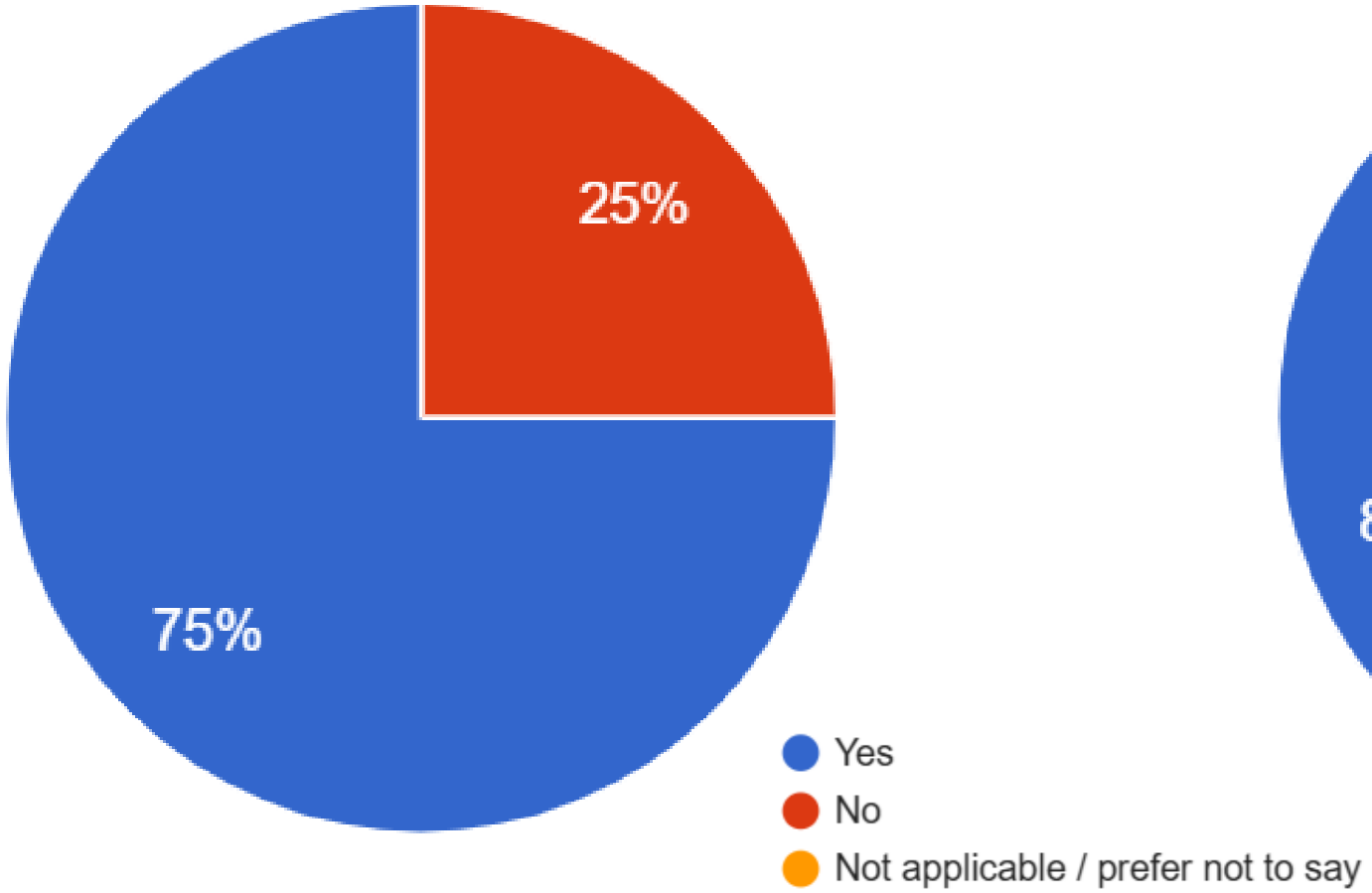
Although overall Salisbury is considered an affluent area, it includes pockets of deprivation like Bemerton Heath and The Friary. Our marketing strategy targets those who most need us and though engagement with young people on our programme and their families, we know that even those living in the most affluent postcode areas would not be able to access coached weightlifting classes without our support. The next slide includes data to support this.



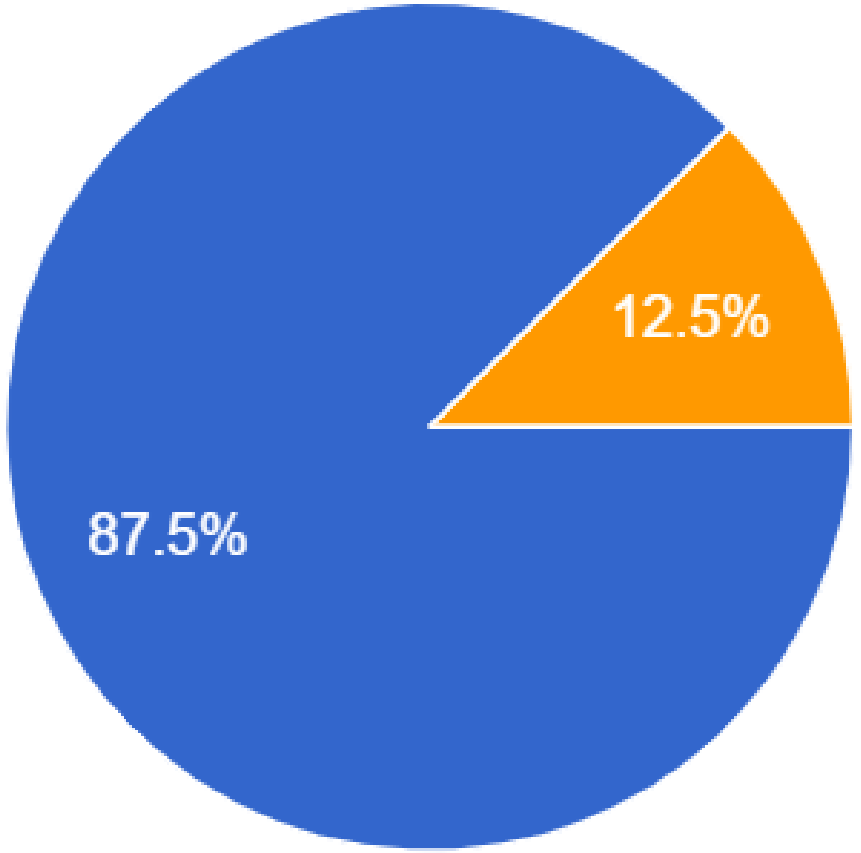
Data re the 29 young people who attended at least one class in the first nine months of KBYD's activities.

Financial Situations

Are you in receipt of free school meals or means-tested benefits?



Would the cost of entering a weightlifting competition be a barrier to the young person competing?



Anonymous survey with 8 respondents

Section 3: Future Plans

BUILDING AN EVEN BRIGHTER FURTURE FOR LOCAL YOUNG PEOPLE

Marketing

We wish to make the opportunity known to as many young people in Salisbury as possible and particularly to young people who are inactive or from disadvantaged backgrounds.

The sport of weightlifting is not well known and this is a barrier to access. To overcome this, we are in the early stages of developing a video. The video will communicate what the sport involves and the benefits our programme has had on local young people to date, encouraging more young people to join.

We will run more taster sessions with a local school in the winter term, and we will continue to build and maintain relationships with other schools and local organisations, seeking more opportunities to introduce young people to the sport.

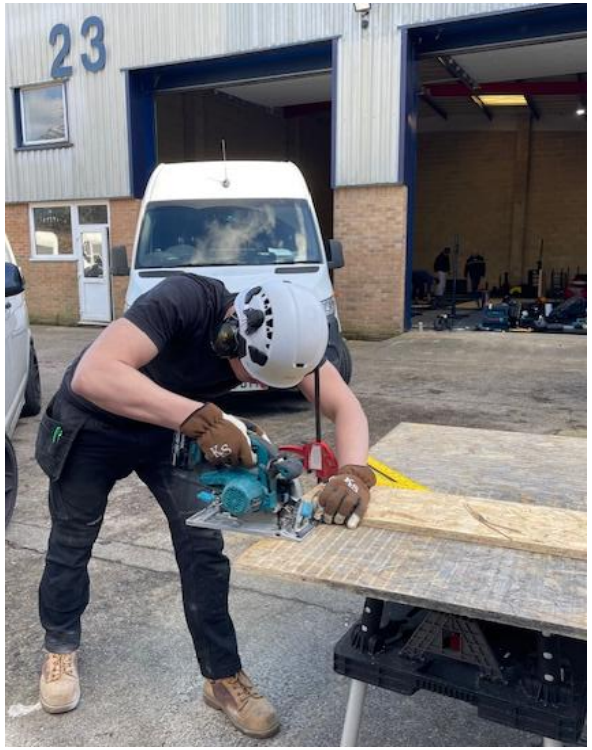
We will work with our young people and their families to spread the word in their communities!



Facilities

Through engagement with our young people and their families we have identified the need for a bigger space to accommodate later class timings which will enable more young people to attend more often.

Our partners, Kingdom Barbell, have found a space which will suit our needs as well as theirs. Here is their team prepping the new space, before we welcomed our first KBYD class there on 16th February 2026!







Events

Bigger space means bigger events!!

We will build on the success of our 2025 in-house competition, engaging will more families and members of our community.

Planning is already underway for an even bigger, even better event after Easter!





Children’s Classes

The new venue is situated in a residential area with a high proportion of young families, many living in low-cost accommodation.

We have seen the impact of KBYD’s classes on young people aged 13-17 and observed the effectiveness of Kingdom Barbell’s current paid classes for younger children.

We want the benefits of weightlifting to be accessible to all, so we have plans to expand our service to provide free or low-cost classes for children aged 12 and under.







Thank you for your support!



www.kbyd.org

KBYD

admin@kbyd.org