

Company No. NI061461  
Charity No: NIC 100646

**WISPA**  
**(Women in Sport and Physical Activity)**

**Financial Statements**

**For the Year Ended 31/03/23**

**WISPA**  
**(Women in Sport and Physical Activity)**

**Information**

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy Iris McIlroy
Adviser	Tracy Mawhinney
Address	331-333 Shankill Road Belfast BT13 3AA
Accountants	Insight Business Services 53 Bernice Road Newtownabbey BT36 4QZ
Bankers	Danske Bank Donegal Square West Belfast BT1 6JS

**WISPA**  
**(Women in Sport and Physical Activity)**

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**WISPA**  
**(Women in Sport and Physical Activity)**

**Directors' Report**  
**For the Period Ended 31/03/23**

The Directors present their report and financial statements for the period ended 31/03/23

**Principal activity**

The principal activity of the charity is to promote the participation of women in healthy recreation in the Belfast area.

**Directors**

The Directors who served during the period are as stated below:

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy
	Iris McIlroy
Adviser	Tracy Mawhinney

**Structure, Governance and Management**

The organisation is a charitable company limited by guarantee, incorporated 24/10/06. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

**Board of Trustees**

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

**Objectives and Activities**

The aim of the charity is to promote the participation of women in the Belfast area in healthy activity.

During this reporting period WISPA secured core funding from Public Health Agency and programme funding from National Lottery Community Fund NI which enabled the delivery of the MELT Project across Belfast and funding through Versus Arthritis for the 'Move to Improve' Project. Our F.A.B. Project was also extended into July 2022 with the support of the National Lottery Community Fund NI. Over the past year we have delivered 97 community based programmes in total, working with a range of community partners and organisations allowing us to work with 1,961 women who reside in the most socially deprived areas of Belfast. See monitoring information below.

Covid-19 and the cost of living crisis has made us continually look at our model of delivery and how we can use our networks and resources to have the best impact at community level. We are continuously thinking of innovative ways of working of how we deliver our work and communicate with the women involved.

- Number of opportunities provided = over 10,000
- Increase level of participation = 1,961 participants, of which 1,002 were returners who have used our service before and continue to exercise on a weekly basis. 959 were new to WISPA classes.
- 47% of the women said they are now more aware of the benefits of physical activity

and how it impacts on health and wellbeing

- 91% of the women questioned said they would continue to exercise after our programmes have ended and 9% said maybe.
- 75% of the women said the project had improved their mental health and well being
- 81% of the women said the project had improved their physical health and well being
- 29% of the women said the project had improved self-esteem and confidence

We are confident that we have made a positive impact on the majority of the women's health and wellbeing. This is demonstrated through the data received at our evaluation

Some of the comments we received from the women participating included:

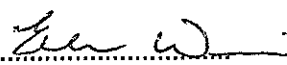
- "This was a great experience. The programme impacted me differently than I thought it would as originally I used it to be introduced to triathlon and to increase my engagement in cardio activities. Since completing the programme I have improved in all 3 disciplines and completed my first 5k. I am more able to overcome the barriers that make me stop when I hit my discomfort zone. The programme was very well organised and I was able to attend with ease. Completing the programme has made me feel like I have accomplished something and I am very proud of that ."
- "It provides an important women only space where they can exercise without judgement and with a great trainer."
- "These projects really help with mobility and mental health and allow me to meet other people. I love that it is so local."

Following the successful delivery of our programmes we recognise our position as a funded organisation and the pressure it brings to continue the momentum of delivery. For this reason, we are pro-active in identifying and sourcing future funding to ensure that we can continue to deliver our programmes into 2023-2024

We are confident that we have achieved our overall aim to provide increased opportunities for women to access local community based programmes designed to cater for their needs. Through engagement with WISPA we hope to encourage lifestyle changes which will impact on individual's health and wellbeing. We have developed strong partnerships with a wide range of community based groups/projects enabling us to better identify disengaged, sedentary women across the city.

Looking back on the past year we have faced a lot of transition in the organisation. Audrey Barr retired as Project Manager after 20+ years and Niamh O' Neill has stepped into her new role as Project Manager. We have also recruited new board members for WISPA which is very exciting and we hope that the project can continue to move forward going from strength to strength. Our financial performance has been in line with expectations. Total income has fallen, largely due to the end of our Lottery funding, and we have reduced costs and used some of our reserves to invest in programmes to ensure that we can continue to meet our objectives.

This report was approved by the Board on 14/6/23..... and signed on its behalf by

Signed   
Name: Eileen Weir - Chairperson/Director

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**Independent Examiner's Report to the Members of WISPA**

**Respective responsibilities of Directors and examiner**

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

**Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

**Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Derek Browne ACMA  
Insight Business Services

53 Bernice Road  
Newtownabbey, BT36 4QZ

**WISPA**  
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**Statement of Financial Activities**  
**for the year ended 31/03/23**

		<b>2023</b>			<b>2022</b>
	Notes	Restricted Funds £	Unrestricted Funds £	Total £	£
Incoming Resources					
SLA & Grants	2	66,678.00	0.00	66,678.00	140,061
Trading activities		0.00	5,889.70	5,889.70	4,292
Interest & other income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>88</u>
<b>Total Income</b>		<b>66,678.00</b>	<b>5,889.70</b>	<b>72,567.70</b>	<b>144,441</b>
 Expenditure					
Charitable Activities		66,678.00	24,003.46	90,681.46	127,832
Administrative Expenses		<u>0.00</u>	<u>1,080.00</u>	<u>1,080.00</u>	<u>7,816</u>
<b>Total Expenditure</b>		<b><u>66,678.00</u></b>	<b><u>25,083.46</u></b>	<b><u>91,761.46</u></b>	<b><u>135,648</u></b>
 Net Incoming/(Outgoing) Resources		<b>0.00</b>	<b>-19,193.76</b>	<b>-19,193.76</b>	<b>8,793</b>
 Net Movement of Funds in the Period		<b>0.00</b>	<b>-19,193.76</b>	<b>-19,193.76</b>	<b>8,793</b>

There are no recognised gains or losses other than the profit or loss for the above financial year  
All activities relate to continuing operations

**WISPA**  
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**Balance Sheet**  
**As at 31/03/23**

	Notes	£	2023 £	2022 £
<b>Fixed Assets</b>				
Tangible Assets			0.00	0
<b>Current Assets</b>				
Debtors	5	0.00		0
Cash at bank and in hand		<u>60,644.28</u>		<u>79,718</u>
		60,644.28		79,718
<b>Creditors: amounts falling due within one year</b>	6	1,200.00		1,080
<b>Net Current Assets</b>		<u>59,444.28</u>		<u>78,638.00</u>
<b>Total Assets less current liabilities</b>			59,444.28	78,638
<b>Creditors: amounts falling due after more than one year</b>				
Deferred grant income			0.00	0
<b>Net Assets</b>			<u>59,444.28</u>	<u>78,638</u>
<b>Capital and Reserves</b>				
Restricted Funds			0.00	20,489
Unrestricted Funds			<u>59,444.28</u>	<u>58,149</u>
<b>Total Funds</b>			<u>59,444.28</u>	<u>78,638</u>

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

**WISPA  
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**Balance sheet (continued)**

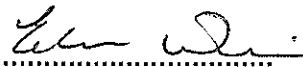
**Directors' statement  
for the year ended 31/03/23**

For the year ending 31/03/23 the company was entitled to exemption from audit under Article 257A of the Companies (Northern Ireland) Order 1986. No members have required the company to obtain an audit of its accounts for the year in question in accordance with Article 257B(2).

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.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board on .....14.16.23..... and signed on its behalf by:

Signed   
Name EILEEN WEIR

**WISPA**  
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**Notes to the financial statements**  
**For the year ended 31/03/23**

**1. Accounting Policies**

**1.1 Accounting convention**

The financial statements are prepared under the historical cost convention, with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015), and the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015) (Charities SORP 2015 (FRS 102)) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102

**1.2 Incoming resources**

The charity accounts are prepared on a going concern basis.

Income is received by way of grants and payments for services and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

**1.3 Resources Expended**

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

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**Notes to the financial statements**  
**For the year ended 31/03/23**

<b>2. Grant Income</b>	<b>2023</b>	<b>2022</b>
	£	£
Government and other Grants	66,678	132,156
<b>3. Operating gain/(deficit)</b>	<b>2023</b>	<b>2022</b>
	£	£
Operating gain is stated after charging:	£	£
Depreciation and other amounts written off	0	0
Accountant's remuneration	1,080	960
<b>4. Employees</b>	<b>2023</b>	<b>2022</b>
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	2	2
<b>5. Debtors</b>	<b>2023</b>	<b>2022</b>
Trade Debtors	0	0
Other Debtors	0	0
Prepayments	0	0
Total Debtors	0	0
<b>6. Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	£	£
Trade creditors	0	0
Other Creditors	1,200	960
Other taxes and social security costs	0	0
Accruals and deferred income	0	0
Total Creditors	1,200	960

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**The following does not form part of the statutory accounts.**

**Detailed Statement of Financial Activities**  
For the year ended 31/03/23

	<b>2023</b>	<b>2022</b>
	£	£
<b>Income</b>		
Public Health Agency	51,778	46,159
Lottery	10,000	93,902
Other Funding	4,900	0
Generated Income	5,890	4,292
Other Income	<u>0</u>	<u>88</u>
<b>Total Income</b>	<b>72,568</b>	<b>144,441</b>
<b>Expenditure</b>		
Salaries	52,143	58,378
Travel & Expenses	296	472
Programmes	33,966	51,423
Transport	740	260
Rent	0	4,040
Office Costs	1,514	3,126
Equipment	0	2,145
IT	310	6,584
Maintenance	0	0
Advertising	0	0
Insurance	1,431	1,352
Sundry Items	201	0
Training	0	0
Accountancy & consultancy	1,080	7,816
Bank Charges	<u>81</u>	<u>51</u>
<b>Total Expenditure</b>	<b><u>91,762</u></b>	<b><u>135,647</u></b>
<b>Surplus/Deficit</b>	<b>- 19,194</b>	<b>8,794</b>
<b>Income/Expenditure By Funder</b>	<b><u>Income</u></b>	<b><u>Expenditure</u></b>
Public Health Agency	51,778	51,778
Lottery	10,000	31,049
Versus Arthritis	4,900	4,900
Other	<u>5,890</u>	<u>4,035</u>
<b>Total</b>	<b>72,568</b>	<b>91,762</b>