

Company No. NI061461
Charity No: NIC 100646

WISPA
(Women in Sport and Physical Activity)

Financial Statements

For the Year Ended 31/03/24

WISPA
(Women in Sport and Physical Activity)

Information

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy Louise Irvine Nicki Ann Stanley Angela Hodkinson
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)

	Page
Trustees' Report	4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 - 8
Notes to the Financial Statements	9 - 10

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

**Directors' Report
For the Period Ended 31/03/24**

The Directors present their report and financial statements for the period ended 31/03/24

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
	Louise Irvine
	Nicki Ann Stanley
	Angela Hodkinson

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 sport and physical activity.

During this reporting period WISPA secured core funding from Public Health Agency and programme funding from National Lottery Community Fund NI, Halifax NI, Sported and Belfast Trust which enabled the delivery of our work across Belfast. Over the past year we have delivered 89 community based programmes in total, working with a range of community partners and organisations taking over 2,000 bookings from women who reside in the most socially deprived areas of Belfast. See monitoring information below. We are continuously thinking of innovative ways of delivering our work and communicating with the women involved.

- Number of opportunities provided = over 8,000
- Increase level of participation = 2,236 registrations, of which 1,591 were returners who have used our service before and continue to exercise on a weekly basis. 645 were new to WISPA classes.
- 45% of the women said they are now more aware of the benefits of physical activity and how it impacts on health and wellbeing.
- 90% of the women questioned said they would continue to exercise after our programmes have ended.
- 63% of the women said the project had improved their mental health and well being

- 45% of the women said the project had improved their physical health and well being
- 56% 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:

"Maria is so welcoming and makes you feel at ease from the start. There is no judgement of anyone's size, weight or ability which is fantastic. And if someone is struggling with a particular exercise Maria always has an alternative. She makes everyone feel included. I loved the mixture of spin, circuits and gym. I would definitely like to see this class continue as I feel my overall health and well-being has improved, and I have made some new friends."

"Love the yoga classes with WISPA – they are a slice of calmness and peace each Wednesday morning that I look forward to now."

"The WISPA coaches are so knowledgeable and great craic. I found the classes fantastic and would love to continue. They have fostered a new love for Pilates in me having never done it before so I really want to continue and improve on it."

"I wouldn't be able to afford to pay gym memberships cause of the cost of living. Because of the price of the classes I was able to attend. This has helped me immensely both physically and mentally. In turn, improving my family home."

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 2024-2025.

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.

Niamh O' Neill has continued her role as Project Manager and we have just recently employed a new member of staff to assist Niamh and the project. We also have plans to recruit more new board members and we hope that the project can continue to progress and move forward. Our financial performance has been in line with expectations. Total income has risen, largely due to increased activity, and we have reduced costs, generating a surplus that we will use to invest in programmes to ensure that we can continue to meet our objectives.

This report was approved by the Board on 4-7-24..... and signed on its behalf by

Signed Eileen Weir

Name: Eileen Weir – Chairperson/Director

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

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
(Women in Sport and Physical Activity)

Statement of Financial Activities
for the year ended 31/03/24

		2024			2023
	Notes	Restricted Funds £	Unrestricted Funds £	Total £	£
Incoming Resources					
SLA & Grants	2	65,976.00	0.00	65,976.00	66,678
Trading activities		0.00	11,612.00	11,612.00	5,890
Interest & other income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0</u>
Total Income		65,976.00	11,612.00	77,588.00	72,568
Expenditure					
Charitable Activities		65,976.00	5,860.19	71,836.19	90,681
Administrative Expenses		<u>0.00</u>	<u>1,200.00</u>	<u>1,200.00</u>	<u>1,080</u>
Total Expenditure		<u>65,976.00</u>	<u>7,060.19</u>	<u>73,036.19</u>	<u>91,761</u>
Net Incoming/(Outgoing) Resources		0.00	4,551.81	4,551.81	-19,193
Net Movement of Funds in the Period		0.00	4,551.81	4,551.81	-19,193

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
Women in Sport and Physical Activity

Balance Sheet
As at 31/03/24

	Notes	2024	2023
		£	£
Fixed Assets			
Tangible Assets		0.00	0
Current Assets			
Debtors	5	0.00	0
Cash at bank and in hand		<u>65,813.17</u>	<u>60,644</u>
		65,813.17	60,644
Creditors: amounts falling due within one year	6	1,816.53	1,200
Net Current Assets		<u>63,996.64</u>	<u>59,444.00</u>
Total Assets less current liabilities		63,996.64	59,444
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		<u>63,996.64</u>	<u>59,444</u>
Capital and Reserves			
Restricted Funds		0.00	0
Unrestricted Funds		<u>63,996.64</u>	<u>59,444</u>
Total Funds		63,996.64	59,444

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

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

Balance sheet (continued)

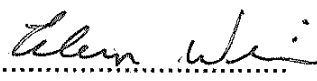
**Directors' statement
for the year ended 31/03/24**

For the year ending 31/03/24 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 4-7-24 and signed on its behalf by:

Signed 

Name EILEEN WEIR

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/24

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.

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/24

2. Grant Income	2024	2023
	£	£
Government and other Grants	65,976	66,678
3. Operating gain/(deficit)	2024	2023
Operating gain is stated after charging:	£	£
Depreciation and other amounts written off	0	0
Accountant's remuneration	1,200	1,080
4. Employees	2024	2023
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	1	2
5. Debtors	2024	2023
Trade Debtors	0	0
Other Debtors	0	0
Prepayments	0	0
Total Debtors	0	0
6. Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	0	0
Other Creditors	1,200	1,200
Other taxes and social security costs	0	0
Accruals and deferred income	617	0
Total Creditors	1,817	1,200