

**3GI HEALTH & FITNESS**

**ACCOUNTS FOR THE YEAR ENDED**

**5TH APRIL 2020**

**3GI HEALTH & FITNESS  
FINANCIAL STATEMENTS  
YEAR ENDED 5TH APRIL 2020  
TRUSTEES REPORT**

The trustees present their report and the projected financial statements for the year ended 5th April 2020

Chairman (Unpaid) Shazana Kauser  
Trustee (Unpaid) Arshad Mahmood  
Trustee (Unpaid) Fayaz Azam

**Principal Activity**

The principal activity is a community sports and fitness centre.

**Trustees Responsibilities**

The Charities Acts require the Board of Trustees to prepare financial statements for each Financial year which give a true and fair view of the state of affairs of the charity as at the end of The financial year and of the surplus of deficit of the charity. In preparing those financial Statements the board is required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgments and estimates that are reasonable and prudent and prepare the financial
- Statements on going concern basis unless it is inappropriate to presume that the
- Charity will continue in business
- State whether applicable accounting standards and statements of recommended practice
- Have been followed, subject to any material departures and explained in financial statements.

The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charities and enable them to ensure that the financial statements comply with regulations made under the Charities Act. The Trustees are also responsible for the contents of the trustees report.

Approved by the Trustees on 26th November 2020

By order of the Committee

Fayaz Azam .....  
Arshad Mahmood.....



## 3GI HEALTH & FITNESS

CIO Registered Number 1176713

### Trustees Report and Accounts for the year ended 5th April 2020

	2020	2020	2020	2020
	Restricted	Designated	Unrestricted	Total
	£	£	£	£
<b>INCOMING RESOURCES</b>				
Grants and Donations	£0.00	£0.00	£0.00	£0.00
Charitable Trading	£0.00	£0.00	£126,472.00	£126,472.00
Interest Received	£0.00	£0.00	£0.00	£0.00
<b>TOTAL INCOMING RESOURCES</b>	<u>£0.00</u>	<u>£0.00</u>	<u>£126,472.00</u>	<u>£126,472.00</u>
<b>RESOURCES EXPENDED</b>				
Direct Charitable Expenditure	£0.00	£0.00	£81,000.00	£81,000.00
Administration and Advisory Services	£0.00	£0.00	£42,886.00	£42,886.00
<b>TOTAL RESOURCES EXPENDED</b>	<u>£0.00</u>	<u>£0.00</u>	<u>£123,886.00</u>	<u>£123,886.00</u>
<b>SURPLUS/(DEFICIT) FOR THE YEAR</b>				
<b>TRANSFER</b>	£0.00	£0.00	£2,586.00	£2,586.00
<b>BALANCE BROUGHT FORWARD</b>	<u>£0.00</u>	<u>£0.00</u>	<u>£6,529.00</u>	<u>£6,529.00</u>
	<u>£0.00</u>	<u>£0.00</u>	<u>£9,115.00</u>	<u>£9,115.00</u>
<b>CARRIED FORWARD</b>	£0.00	£0.00	£9,115.00	£9,115.00

## 3GI HEALTH & FITNESS

CIO Registered Number 1176713

Trustees Report and Accounts for the year ended 5th April 2020

2020

£

### FIXED ASSETS

### CURRENT ASSETS

Amounts Due and Prepayments	£0.00
Cash at Bank and in Hand	£13,387.00
Debtors	£2,848.00

£16,235.00

### CREDITORS

Amounts falling due within one year	£7,119.65
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### NET CURRENT ASSETS

£9,115.35

### TOTAL ASSETS LESS LIABILITIES

£9,115.35

### CHARITY FUNDS

Funds	£9,115.35
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### TOTAL CHARITY FUNDS

£9,115.35

Accounts approved by Trustees:

Arshad Mahmood  
Fayaz Azam

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# 3G1 HEALTH & FITNESS

CIO Registered Number 1176713

## Trustees Report and Accounts for the year ended 5th April 2020

### 1.ACCOUNTING POLICIES

#### Basis

The accounts have been prepared under the historical cost convention and in accordance with:

- Accounting by Charities - Statement of Recommended Practice (SORP 2005);
- and with Financial reporting standards for Smaller Enterprises (FRSSE);
- and with the Charities Act 2011

The Charitable Incorporated Organisation (CIO) 1176713 was registered on 17th January 2018, to take forward the work of the Unincorporated Association. This is further explained in the introduction to the Trustees Annual Report.

#### Change in basis of accounting

Employees are shown as average number of full time equivalents for the year. Previously number of employees at the end of year was shown. The comparative has been updated accordingly.

#### Incoming resources

Incoming resources are recognised on a receivable basis

#### Expenditure and liabilities

Liabilities are recognised on an accruals basis

#### Fixed Assets and Depreciation

Fixtures and fittings are depreciated at 20% of written down value

The minibus has been depreciated at 35% of written down value

### 2.GRANTS AND DONATIONS RECEIVABLE

	2020
	£
Donations	£0.00
Other Donations	£0.00
	<u>£0.00</u>

### 3.INCOME FROM CHARITABLE TRADING (UNRESTRICTED)

£126,472.00



## 3GI HEALTH & FITNESS

CIO Registered Number 1176713

Trustees Report and Accounts for the year ended 5th April 2020

### DIRECT CHARITABLE EXPENDITURE

#### Day Centre Cost

	2020 Restricted £	2020 Designated £
Payroll	£0.00	£0.00
Meals for clients	£0.00	£0.00
Other and Depreciation	£0.00	£0.00
Refurbishment	£0.00	£0.00
	<u>£0.00</u>	<u>£0.00</u>

#### Community Service Costs

Payroll	0	0
Rent/Utilities/other	0	£81,000.00
Other	0	£0.00
		<u>£81,000.00</u>

### ADMINISTRATION AND ADVISORY SERVICES (UNRESTRICTED)

	2020 £	2020 £
Payroll	£0.00	£0.00
Donations	£0.00	£0.00
Independent Examination	£0.00	£0.00
	<u>£0.00</u>	<u>£0.00</u>

### EMPLOYEES

The average number of full time equivalent employees for the year was:-

Caring Services	£0.00	£0.00
Administration	£0.00	£42,886.00
Community Services	£0.00	£0.00
Total	<u>£0.00</u>	<u>£42,886.00</u>

Note- All staff are employee, no agency staff have been employed

### CREDITORS

Amounts falling due within one year:-

Paye/wages	5287.11
Accountancy Fee	950.00
Utilities	883.54
	<u>£7,120.65</u>



## 3GI HEALTH & FITNESS

CIO Registered Number 1176713

Trustees Report and Accounts for the year ended 5th April 2020

### ANALYSIS OF NET ASSETS BETWEEN FUNDS

	FIXED ASSETS	NET CURRENT ASSETS	TOTAL
	£	£	£
Funds(bank)	0	13387.00	13387.00
	<b>0</b>	<b>13387.00</b>	<b>13387.00</b>

### RESTRICTED FUNDS

£

Balance as at 5th April 2020

0

### DESIGNATED FUNDS

£

Balance as at 5th April 2020

0  
0  
0

### UNRESTRICTED FUNDS

13387.00

Balance as at 5th April 2020

0.00  
0.00  
**13387.00**

### FUTURE COMMITMENTS

The trustees have no material future commitments as at 5th April 2020 other than those shown in the accounts.