

Z's Defence Academy

Report and financial statements

for the year ended 31 March 2023

Z's Defence Academy
Charity Reference Number:1194054
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Z's Defence Academy
Reference and administrative details
for the year ended 31 March 2023

Charity Registration No: 1194054

Principal Office: Z's Defence Academy
PO BOX 689
Blackburn
BB2 9RB

Trustees: Kamaldeep Kaur (resigned 30 June 2022)
Dawn Wells (appointed 30 June 2022)
Aasiya Mota (appointed 30 June 2022)
Raja Rehman (appointed 30 June 2022)
Azmat Farid (appointed 30 June 2022)

Bankers: NatWest Bank
44 Copy Nook
Eanam
Blackburn
BB1 3AN

Accountants: H&A Consultancy Services Ltd
Ground Floor Front
185 Audley Range
Blackburn
Lancashire
BB1 1TH



Trustee's Annual Report
for the year ended 31 March 2023

The Trustees present their report and accounts for the year ended 31 March 2023.

The financial statements have been prepared on an accruals basis in accordance with the accounting policies set out in the notes to the financial statements and comply with the charity's constitution, Charities Act 2011.

Structure, governance and management
CIO - FOUNDATION registered 9 April 2021.

Our objectives

The objects of the CIO are:

- 1) to advance education and training for the public benefit in self-defence techniques in order to raise awareness of and protect personal safety
- 2) the promotion of community participation in healthy recreation for the public benefit through the provision of facilities to participate in sports and activities capable of promoting physical health and fitness. (for the purposes of this clause "facilities" means land, buildings, equipment, access to coaching and organising sporting activities).
- 3) to further such exclusively charitable purposes for the public benefit as the trustees in their absolute discretion shall determine by making donations to registered charities.

Achievements and performance

The charity received donations of £79,406 (2022: £14,480) during the year and the work carried out by the charity during the year is detailed in the following pages.

Future Plans

The charity aims to continue with its activities long term for the benefit of the community.

Risk management

The trustees actively review the major risk which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The trustees have also examined the operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Reserves policy

The Reserve Fund represents unrestricted funds. The Trustees aim to maintain sufficient reserves so as to give flexibility to cover temporary timing differences for donations received, adequate working capital for core costs and which will allow them to respond quickly to the needs of the Charity.



Trustee's Annual Report
for the year ended 31 March 2023

Public Benefit

The trustees have a duty to comply with Section 17 of The Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The trustees consider the aims, objectives and activities of the charity and compare these with the achievements and outcomes of the various programmes, reviewing the benefits brought to the public the charity seeks to help by each key activity. The trustees have referred to the Charity Commission's guidance on public benefit in undertaking the public benefit duty.

Trustees' responsibilities

The Charities Act require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus of the charity for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in existence

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the trust. They are also responsible for safeguarding the assets of the trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 11 May 2023 and signed on its behalf by:

Dawn Wells
Trustee

Azmat Farid
Trustee



Review of Charitable activities
for the year ended 31 March 2023

Background

Z's Defence Academy (ZDA) offers a specialist service, using their experience and expertise to help others. We are open minded and willing to try new ways of working to benefit local girls/women who are vulnerable. We have an important impact on attitudes and mental health, as many of our participants have low self-confidence and social anxieties. We have found that a mix of activities is a brilliant way of overcoming these obstacles and boosting self-esteem. They can socialize in a group environment, make friends, meet regularly, and build up reasons and habits to maintain regular activities with each other.

Led by a young woman, supported by other female volunteers who understand cultural and religious sensitivities, is a massive bonus in overcoming the barriers for the younger generation, which still persist in some of our very conservative-minded and cautious communities, with most participants being from ethnic minority background. The aim of this project is to allow the young teens/women to lead the projects they decide to deliver. The need is within the community to teach the relevant skills to engage with employability, learning indoors and outdoors, volunteering, and physical activity.

Girls/women will have an opportunity to mix with different cultures and religions and develop life skills that will support their independence. Many conservative families only allow girls to participate in female-only activities, and our ethos is to respect different beliefs. We are a community-led project and deliver what is needed by the community for the community. This project will engage, empower, educate, and allow an individual to reflect on their experiences. We will challenge them through activity and provide all the tools they need to understand how to manage the different challenges they face. Which ultimately leads to a successful, healthy, positive life.

Through the experiences the girls/women will learn life skills and become work ready. The challenge outdoors will allow them to think, plan and develop a strategy in one team to safely execute the mission. They will learn how to work individually and the importance about teamwork. This mission will give them a skill set to understand how to save lives, leadership, navigation nutrition, clothing, environmental knowledge and hazards which could occur in the outdoor.

Health & wellbeing is a major concern in the community and learning how to lead a positive lifestyle is important for the girls/women. The skills through this session will allow them to lead healthy lifestyles and relationships. We have great mentors who have led many sessions within the community, leaders with a lot of experience and volunteers with different skills sets. Physical activity will engage people who are inactive and support them to participate in a minimum of 60 minutes activity per week, sustained beyond three months, participants will see and feel a difference within themselves which will motivate them to continue. Mental health can be identified In groups such as: those facing social inequality & disadvantage, facing discrimination & social exclusion, going through traumatic experience and differences in physical health. Throughout socialising session, we can identify mental health conditions and make the relevant referral through our social prescribing service. We aim to make sure we provide services which is accessible and inclusive to all.

Review of Charitable activities
for the year ended 31 March 2023

We will provide a community infrastructure that is accessible and breaks the barriers to participate. Having little or no access to physical exercise is strongly related to health problems including diabetes and life-limiting long-term illness. We also know that communities in poor areas suffer roughly four times the social and environmental problems of people than other areas in the UK. We aim to target the problem before it occurs which ultimately reduces the pressures on the NHS and supports the NHS.

All our workshops around employment, health & fitness, wellbeing will be delivered face-to-face in a classroom setting. After Covid a lot of women wish to interact face-to-face and participate in social activities. Many are suffering with social isolation, anxiety, depression and want to feel empowered. We aim to use different locations within the community to deliver our workshops as its centralised to the most deprived areas of the borough. This space will allow them to grow into confident, strong and empowered women. This will allow the girls/women to have an insight on what work life is about and how to successfully lead a positive healthy lifestyle. This will provide them the tools to learn life skills and become confident to face the world of challenges. This will be led by female volunteers for the women in the community.



Project and Activity Updates



Lancashire BME Network

We aim to offer a 6 week self-defence course at 4 different locations in Blackburn area. The courses have proven to increase resilience, confidence and independence. Our aim is to empower girls/women to learn self-protection to understand signs and symptoms of an aggressor. This will eliminate being a victim as you have the understanding on what is right and wrong. Our project will make important differences to the lives of girls/women in many ways.

First, the sessions will have clear health benefits in terms of physical fitness, cardio health, slowly building strength, flexibility and stamina along with learning the actual personal skills in self-defence and self-protection.

The main impact of the courses in on physical and mental health. Many of the girls and women we attract have low self-confidence and social anxieties. We have found that self-defence is a brilliant way of overcoming these obstacles and boosting the participants' self-esteem. They can socialise in a group environment, make friends, meet regularly and build up those reasons and habits to keep up doing the activities regularly with each other. These are not benefits only for those from deprived and vulnerable circumstances – some of our girls have struggled to overcome various adverse experiences from their childhood (ACEs).

Participants: 60

Review of Charitable activities
for the year ended 31 March 2023

Outcome

The project was very successful and during the delivery we were approached by UCLAN university to conduct research on how these self-defence courses supported vulnerable individuals. Without this pilot we would not have been recognised by the university. Many other organisations such as Humraaz, Taheedul school have wanted us to deliver this project within their centre. The feedback has been great and uplifted our organisation reputation. Women have developed the following skills from these courses:

- Confidence
- Independence
- Courage
- Willing to exercise
- Personal protection



Active Lancashire



We have conducted questionnaires during Covid and the outcomes where women wanted to participate in physical activity and outdoor pursuits. They were afraid to go alone, no one to go with and wasn't aware where/how to book. We predominantly offered self-defence session only however due to the feedback from the community we have adjusted our services to suit the community needs. We are the only charity in Blackburn who offer's a variety of different activities for women to participate in. This helps with the women who are culturally inclined and allows us to target those who are from conservative families. We aim to break the cultural stigma and also create more diversity in the outdoors.

First, the sessions will have clear health benefits in terms of physical fitness, cardio health, slowly building strength, flexibility and stamina along with learning the actual personal skills in self-defence and self-protection.

The main impact of the courses in on physical and mental health. Many of the girls and women we attract have low self-confidence and social anxieties. We have found that self-defence is a brilliant way of overcoming these obstacles and boosting the participants' self-esteem. They can socialise in a group environment, make friends, meet regularly and build up those reasons and habits to keep up doing the activities regularly with each other. These are not benefits only for those from deprived and vulnerable circumstances – some of our girls have struggled to overcome various adverse experiences from their childhood (ACEs).

Participants: 48
Outcome: ongoing





Review of Charitable activities
for the year ended 31 March 2023

NHS Co-production



We have conducted questionnaires during Covid and the outcomes where women wanted to

Our project will concentrate on promoting and delivering Educational and physical activities for x2 groups of 40 participants each over 12 weeks following a 30-week buddy mentor scheme. We will use these to further develop a women “club” ethos and this will be a useful way to build that regular exercise habit with them. The sessions we aim to deliver are nutrition/diabetes advice, yoga/mindset and gym taster sessions. They will have a chance to socialise through coffee chats and share experiences to improve mental health. The educational session will give them the knowledge to understand about weight, BMI, nutrition, diabetes and ultimately give them the confidence to attend the physical activities to exercise.

People in the community have asked for these services through our questionnaires during the pandemic. We evaluated the findings from in and around Blackburn and have concluded: Women have lost motivation to exercise, lack of routine, obesity, depression, stress and financially strained. The sessions we aim to offer are online and face-to-face to give an opportunity for all women to attend. This is a preventative project which will educate the community to ultimately transform people’s lives and reduce the pressures within the NHS. The physical activity with help with learning about breathing techniques and help with respiratory problems.

Participants: 62
Outcome: ongoing



WEA



Z's Defence Academy work with disadvantaged / vulnerable people ages 16+, whose living conditions lack nutritional food and wellbeing negatively impacts their chances for employment and prospects. This coupled with the loss and reduction of services locally leaves a large number of women without the necessary support to achieve their aspirations and goals. We have several volunteer caseworkers supporting women with adverse child experiences (ACE's) which hinder their chances to gain knowledge. Our services are structured to support women overcome challenges/barriers, so they develop positive futures.

Review of Charitable activities
for the year ended 31 March 2023

All our workshops will be delivered face-to-face in a classroom setting. After Covid a lot of women wish to interact face-to-face and participate in social activities. Learners will achieve life skills through these workshops which will give them opportunity to complete Level 2 maths, English and ESOL sessions. The opportunities will also include volunteering, training, employment, apprenticeships, work experience and lead a positive healthy lifestyle. They will improve communication skills, understand the importance of health & safety, learn to use an iPad or computer, self-defence, build confidence, eat healthier, importance of exercise and customer service skills. These skills will help them within their daily lives and lead to volunteering or further education. Women who successfully complete the workshops within this program will be fully equipped with all the skills required to start planning for a positive future and goals around their education.



Participants: 48
Outcome: ongoing

BBC Children in Need



We plan to deliver this project to over 150 young females in the local area from the ages of 10-18 years old within 1 year. Our aim is to get all different background cultures together and teach the importance of personal safety, education and health/wellbeing. Our previous projects have been popular and we aim to target the most disadvantaged areas who cannot afford to participate in any sporting activities. The demand from young girls in Blackburn areas through our social media channels have been immense. In return they will learn life-long skills, personal protection, personal development, become more confidence, make a positive change and increase participation in sport. The young generation have creative ideas on how to target different communities and collaborate with youth centres. We provide the exclusivity in the area in recruiting young volunteers and training them to become strong leaders and become a role model. The participation is from planning, recruitment, development, evaluation and feedback.

Participants: 42
Outcome: Ongoing



Review of Charitable activities
for the year ended 31 March 2023

YHA Outdoor



This is a preventative project and gives a solution to the problems and educates the community on how to lead healthy positive lives via outdoor activity. Evidence shows that people have become more vulnerable than ever, and new interventions are desperately needed to prevent long lasting negative health outcomes. Our proposed work can be delivered quickly and effectively. We recognize the challenges people face with hundreds of people facing an uncertain future, disconnected and at-risk with long-standing health issues. This project blends well with other provisions in the areas and fills a gap of educational sessions and activity in the community.

Our project will consist of x4 group walking/hiking days out which will transform their lifestyle. This will give them an opportunity to participate in a females only activity and feel safe. The activities are tailored to the needs of the individual and which include socialising, reducing isolation and developing healthy relationships.

These activities will help our community to connect, improve confidence and enhance wellbeing, and after months of lockdown and missing friends, our community has never needed this more. We understand our community, the individuals in it, the culture of it and the changing needs of the community. Our project is an area-based solution, and our volunteers quickly understand how to improve local conditions and tackle the inequalities that stop people becoming involved.

Participants: 32
Outcome: Ongoing



Sported Foundation



We aim to provide safeguarding training and first aid to our group of volunteers. This is a necessity and first step into volunteering and learning the importance of safeguarding. Protecting our members is very important and all our volunteers are required to learn how to save someone life. These skills will allow our volunteers to become confident in delivering sessions within the community and have all the tools to feel safe.

Participants: 15
Outcome: Ongoing



Review of Charitable activities
for the year ended 31 March 2023



Sport England

Our community project helps the community to connect through physical activity to improve confidence, fitness, wellbeing and after months of lockdown improving social skills. We understand our community in need of exercise as the areas we are targeting are very deprived and these activities will give them an excuse to return to physical activity. Our charity supports the most vulnerable to transform their lives through positive activities, motivation, and empowering programs. We will distribute information leaflets (translated to multiple languages) through our social media channels, WhatsApp groups, GP practices, community centres and local faith buildings.

We aim to recruit instructors to deliver 4 physical activities per week at 4 different locations utilizing different community centres. Research has shown a 12-week program improves strength, size, endurance, conditioning, and overall health. our aim is to offer 3 x 12-week transformation program throughout the year and attract the most vulnerable. Our aim is to target 10 women per activity which totals 40 in the week and 1440 through the 36-week transformation program. W . Once the 12-week transformation program comes on an end we will sustain this by offering 2 sessions a week by charging a minimal fee and using our volunteers.

Participants: 47
Outcome: Ongoing



Achievements and Awards:

Bolton Health Wellbeing Awards – Charitable organisation of the year – 2022
Blackburn & Darwen Sports Council – Contribution to Active Sport – 2022
Blackburn & Darwen Sports Council – Volunteer of the year (Zohra) – 2022
Active Lancashire Awards – Volunteer of the year (Zohra) - 2022
The British Muslim Awards - - Community Initiative of the Year – 2022
Active Lancashire Awards - Contribution to Active Communities – 2022
BWD CV's Awards - Culture, Leisure & Sporting life award (Nomination) – 2022
BWD CV's Awards - The community Volunteer Awards (Nomination) – 2022
One Voice – Instructor Zee Jogi - Women of the Year (Finalists) – 2023

Z's Defence Academy (ZDA) are well-known across all agencies within Blackburn with Darwen for its pro-active person-centered approach in supporting those affected by domestic abuse, long term health conditions, obesity and mental health problems. Within the organisation there is clear and compassionate leadership, and it is evident that the dedicated team who support victims/individuals and families are crucial to ensuring effective outcomes for the people they serve.



Review of Charitable activities
for the year ended 31 March 2023

The success of this effective organisation depends on the team of individuals who are committed to help people through the provision of support, advice, and practical solutions. These individuals are volunteers and they do not recruit any staff except for freelance instructors to deliver specific projects. They are all equally valued and empowered to make a difference in the lives of those affected by domestic abuse/loneliness or mental wellbeing.

The volunteers have a variety of roles that enhance the holistic approach provided to those affected by obesity, ill health and domestic abuse. Their roles are diverse and responsive to the needs of the local people, whether this is by direct help within the delivery, physical activity or fundraising events. Volunteers have supported in the running of our self-defence session, outdoor pursuits, physical sessions and signpost individuals to any support they may need.

Previous award has been won by Z's Defence Academy as they are recognized for their outstanding contribution on delivery of the self-defence session within the community through telegraph news, Manchester evening news as well as many others. Z's Defence Academy are an award leading organisation and won awards from "Active contribution in sport" to "community initiative of the year 22". Lancashire police, telegraph news, Lancashire & South Cumbria Health Care Partnership (NHS), UCLAN university and the local council have praised the amazing work this volunteer led organisation have delivered in the community.

Nigel Paul Huddleston is the British Politician serving as a parliamentary also praised the youth work the Academy have delivered within the community through an article. He stated "the organisation aims to help local young people and their families to combat disadvantage and overcome challenges. They go above and beyond what is expected, and no one person is ever left without support".

In summary Z's Defence Academy provides a wonderful person-centred service, to some of the most vulnerable families in our community. It is respected, effective, forward-thinking organisation that invests in its volunteers to enable them to provide the highest attainable standard of care and support every single day. They are a vital link and key player within the multi-agency partnerships of Blackburn with Darwen and been praised very highly by Mark Winstanley chief superintendent, divisional Commander, and Andrea Barrow chief superintendent for Lancashire Constabulary.

Z's Defence Academy

Charity Reference Number:1194054

Independent Examiner's Statement, Report and Opinion on the Accounts

I report to the trustees on my examination of the financial statements of the above for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner

As the charity's trustees, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the financial statements of Autism Forward carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of Autism Forward as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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 accounts to be reached.

I Mulla (AFA MIPA) for and behalf of
H&A Consultancy Services Ltd
Ground Floor Front
185 Audley Range
Blackburn
Lancashire
BB1 1TH

11 May 2023

Z's Defence Academy
Charity Reference Number:1194054
Statement of Financial Activities
for the year ended 31 March 2023

	Note	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>2023</u> <u>Total</u> £	<u>2022</u> <u>Total</u> £
INCOMING RESOURCES					
<i>Incoming resources from charitable activities</i>					
Grants and donations	2	2,866	76,540	79,406	14,480
Interest received		-	-	-	17
Total Incoming resources		<u>2,866</u>	<u>76,540</u>	<u>79,406</u>	<u>14,497</u>
RESOURCES EXPENDED					
<i>Charitable activities</i>					
Charitable activities	3	472	48,129	48,601	24,952
Governance costs	4	750	-	750	100
Total Resources expended		<u>1,222</u>	<u>48,129</u>	<u>49,351</u>	<u>25,052</u>
Net income/(loss) for the year		1,644	28,411	30,055	(10,555)
Transfer between funds	5	-	-	-	-
Movement in funds		<u>1,644</u>	<u>28,411</u>	<u>30,055</u>	<u>(10,555)</u>
<i>Reconciliation of funds</i>					
Total funds brought forward		(230)	-	(230)	10,325
Total funds carried forward		<u><u>1,414</u></u>	<u><u>28,411</u></u>	<u><u>29,825</u></u>	<u><u>(230)</u></u>

There are no gains or losses other than those recognised in the Statement of Financial Activities.

All incoming resources and resources expended are derived from continuing activities

The notes on following pages form part of these accounts.

Z's Defence Academy
Charity Reference Number:1194054
Balance Sheet
as at 31 March 2023

	Note	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>2023</u> <u>Total</u> £	<u>2022</u> <u>Total</u> £
Current Assets					
Cash at bank and in hand		2,264	35,638	37,902	70
		<u>2,264</u>	<u>35,638</u>	<u>37,902</u>	<u>70</u>
Creditors					
Amounts falling due within one year	7	(850)	(7,227)	(8,077)	(300)
		<u>(850)</u>	<u>(7,227)</u>	<u>(8,077)</u>	<u>(300)</u>
Net Current Assets		<u>1,414</u>	<u>28,411</u>	<u>29,825</u>	<u>(230)</u>
Funds					
Restricted funds	8	-	28,411	28,411	-
Unrestricted funds		1,414	-	1,414	(230)
		<u>1,414</u>	<u>28,411</u>	<u>29,825</u>	<u>(230)</u>

Approved by the trustees on 11 May 2023 and signed on its behalf by:

Dawn Wells
Trustee

Azmat Farid
Trustee

Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2023

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The Charity has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Charities Act 2011.

Recognition of incoming resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the coming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has been given notification of entitlement is received and the amount receivable can be measured with sufficient reliability.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Gift in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:-

Plant and machinery	25%
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Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2023

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors

Creditors and provision are measured and accounted for in accordance with usually accepted accruals principles.

Taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

2 Incoming Resources	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>	<u>2022</u> <u>Total</u> <u>£</u>
General fundraising	2,866	-	2,866	14,480
Lancashire BME Network	-	4,000	4,000	-
GBP Agency	-	500	500	-
Blackburn with Darwen CVS	-	950	950	-
Active Lancashire	-	3,900	3,900	-
NHS Co-production	-	10,000	10,000	-
Sport England	-	3,140	3,140	-
YHA Outdoor	-	2,100	2,100	-
BBC Children in Need	-	2,310	2,310	-
WEA	-	24,600	24,600	-
Sported Foundation	-	1,860	1,860	-
Birtish Wrestling	-	7,320	7,320	-
Sport England small grants	-	8,460	8,460	-
Eric Wright	-	4,400	4,400	-
Blackburn With Darwen Council	-	3,000	3,000	-
	<u>2,866</u>	<u>76,540</u>	<u>79,406</u>	<u>14,480</u>

3 Resources Expended	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>	<u>2022</u> <u>Total</u> <u>£</u>
Charitable activities				
Activity costs	141	4,498	4,639	5,305
Materials and equipment	25	4,073	4,098	10,840
Consultancy costs and wages	-	14,351	14,351	-
Travel & Subsistence	-	1,873	1,873	299
Postage & Stationery	20	2,502	2,522	2,580
Storage	-	-	-	1,077
Premises and venue hire costs	-	2,130	2,130	2,276
Insurance	-	300	300	509
Advertising and marketing	55	7,753	7,808	-
IT costs	106	2,907	3,013	-
Professional fees	125	7,742	7,867	2,066
	<u>472</u>	<u>48,129</u>	<u>48,601</u>	<u>24,952</u>

Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2023

4 Governance	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>2023 Total</u>	<u>2022 Total</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Accountants fees	750	-	750	100
	<u>750</u>	<u>-</u>	<u>750</u>	<u>100</u>

5 Transfer between funds

£nil (2022: £nil) was transferred from unrestricted to restricted funds during the period.

6 Taxation on surplus ordinary activities

As the CIO is a registered charity no provision has been made for taxation.

7 Creditors: Amounts falling due within one year

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>2023 Total</u>	<u>2022 Total</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Other creditors	100	7,227	7,327	-
Accruals	750	-	750	300
	<u>850</u>	<u>7,227</u>	<u>8,077</u>	<u>300</u>

8 Movement in funds

	<u>At 1 April 2022</u>	<u>Net Movement</u>	<u>At 31 March 2023</u>
	<u>£</u>	<u>£</u>	<u>£</u>
Unrestricted funds			
Donations and legacies	(230)	1,644	1,414
Restricted funds			
Donations and legacies	-	28,411	28,411
Total Funds	<u>(230)</u>	<u>30,055</u>	<u>29,825</u>

Restricted funds	<u>2023 £</u>	<u>2022 £</u>
The restricted fund comprises of:		
Active Lancashire	905	-
NHS Co-production	1,517	-
Sport England	1,849	-
YHA Outdoor	760	-
Sported Foundation	200	-
Birtish Wrestling	7,320	-
Sport England small grants	8,460	-
Eric Wright	4,400	-
Blackburn With Darwen Council	3,000	-
	<u>28,411</u>	<u>-</u>