



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 31st May 2018 **Period start date** **To** 31st March 2019 **Period end date**

Charity name: Unity Gym Project

Charity registration number: 1178237

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity are to protect and promote the physical health and mental well-being of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. (c) advice and assistance through organising programmes of physical, educational and other activities as a means of advancing education and relieving unemployment; and to promote, for the benefit of the public, good citizenship and greater public participation in the prevention and solution of crime in the area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Trustees have considered the Charity Commission guidance on public benefit when planning future activities. Unity Gym Project aims to provide services to the local community by engaging with vulnerable young people and adults who often do not wish to access mainstream services. This is achieved through youth work provision, peer mentoring, work experience placements, employability support and sporting activities such as football, basketball and strength and conditioning training. Broomhall is currently the third most deprived ward in Sheffield. The ward is home to predominantly young, poor people, from minority communities: recent statistics show

		<p>that 28% of the community are young; 53% of the ward's population are living in areas classed amongst the 10% most deprived in England; 41.8% of children in Broomhall are at risk of living in poverty, which is almost double the national average; 35.9% of school pupils are eligible for free school meals; and, 62% of residents are from the Black and Ethnic Minority community, again significantly higher than the average across the city; large scale unemployment, with 26% of the working age population claim benefits compared with 15.9% in Sheffield, high levels of crime and antisocial behaviour, with 527 crimes recorded in April 2017 including a shooting and stabbings.</p> <p>We work alongside various community and government agencies to help to create safe spaces where groups can come together and build trust. The association provides free access to a community gym and to a weekly youth centre. The diverse nature of the residents within the community has made it difficult for agencies to provide services for everyone, this is viewed by some as selectivity and has led to further community division, as a result Unity Gym Project provides training to agencies working with families in Sheffield to help the agencies to understand the issues faced by young people and families living with deprivation.</p> <p>The Unity Gym Project offers vital support and opportunity to young people, families and the community from Broomhall and further afield in Sheffield. In an area of concentrated deprivation, poor health, with all of the associated social problems (including low educational outcomes and high rates of anti-social behaviour, poverty), Unity Gym Project is one of the only remaining local services that delivers an appropriate and relevant youth offer. In this respect Unity Gym Project is a fundamental part of the fabric of Broomhall and a crucially important project. The project is accessed and trusted by both young people and their parents and impacts the community positively on a number of levels:</p> <p>Unity Gym Project provides many services to the community including: -access to a community gymnasium to improve health and wellbeing; -community-based mentoring; -teaching and supporting the development of transferable life skills for young people to</p>
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		<p>improve employability, which is achieved by personal mentoring. -offering volunteering/employment and other opportunities for the young people to upskill and grow their skills, such as by providing voluntary gym placements. -providing an open space youth club offering sport, physical activity, arts and crafts and other activities to engage young people. -promoting health and fitness through the delivery of wellbeing programmes, information and advice. - organising trips and events with other local communities to break down barriers and improve peer to peer relationships. -school holiday provisions with food to tackle holiday hunger. -mediators project to diffuse conflict and improve community cohesion.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The Trustees comply with the duty contained in the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission.</p> <p>Unity Gym Project was established to benefit a particularly deprived community within Sheffield operating on a open access facility that welcomes everyone and so provides a service for all in the neighbourhood. The trustees make their decisions using a combination of community feedback, questionnaires, statistics, reoffending rates and exclusion rates.</p> <p>The trustees assess the needs of the people in the community and will support those individuals that meet the criteria of the trustees, which is mainly focused around the positive impact and benefit which the organisation can bring to improve the lives of those living in the local community.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>We carry out general fundraising and organises fundraising events and activities within the community, where it receives small contributions from local resident. We also apply for grants from both the public and private sectors, such as the Sheffield Town Trust, Sport England, The Lord Mayor of Sheffield, South Yorkshire's Community Foundation, Children in Need, Street Games.</p>
Policy on social investment including program related investment	Para 1.38	<p>No policy required at this stage as there have been no program related investments.</p>

Contribution made by volunteers	Para 1.38	<p>Unity Gym Project has always seen volunteers at the forefront of its operation but as the charity expands and develops the addition of employed staff is imminent. The difference Unity Gym Project is able to make is only made possible by the fantastic support we receive in time and energy from our volunteers and our supporters.</p> <p>We accommodate volunteers and work experience placements. There are currently 9 volunteers. Through their active involvement in the Unity Gym Project young people and adults benefit from mentoring opportunities, develop employability skills and develop a sense of ownership to the project.</p> <p>Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally.</p>
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Unity Gym Project is a registered charity committed to community development, violence reduction and the promotion of health and wellbeing. We engage with vulnerable young people and adults who often don't access mainstream services and help them to make positive life choices.</p> <p>Our ethos is to empower young people and families within the community to take ownership of their own development. Preventing young people from engaging in illicit, harmful or risky behaviours is at the core of our practice.</p> <p>Our continued inspiration comes from the understanding that we are committed to the young people and the community for the long term.</p> <p>This is achieved through: open access youth work; partnership working (including safeguarding referrals and signposting; one-to-one mentoring; family engagement; work experience placements; employability support; early intervention and diversionary activities). We create positive, safe spaces where differences are celebrated, knowledge is exchanged and talent is nurtured.</p> <p>Unity Gym Project is based in Broomhall in Sheffield, one of the top 10% most deprived areas within the UK (IMD, 2015). In an area of concentrated deprivation, with all of the associated social problems (including low educational outcomes, high rates of anti-social behaviour, drug dealing violence and poverty), Unity Gym Project is well-respected and wide reaching. Across our weekly services Unity Gym Project engaged an average of 95 young people per month throughout 2018. Figures for 2019 demonstrate a rise in engagement and retention.</p> <p>The portfolio of Unity Gym Project activities includes:</p> <ul style="list-style-type: none"> - Daily access to the community Gym (Monday – Saturday) - Weekly youth club (Tuesdays) - Girls youth club (Wednesdays) - Weekend football sessions (Saturday & Sunday) - Basketball session at the English Institute of Sport (Fridays) - Enhanced one-to-one mentoring activities - Responsive conflict resolution and tertiary prevention, including home visits and coordinating community support following serious youth violence - Routine safeguarding activities, including partnership working, information sharing and signposting - Community consultation / Outreach - Contribution to citywide violence reduction forums (i.e. Sheffield Youth – Neighbourhoods & Communities (SY-NC) / VAS / Violence Reduction Unit) <p>In addition to the delivery of activities listed above, we can report a number of distinct achievements over the past 12 months.</p> <ul style="list-style-type: none"> - : Unity Gym Projects selected as 'Tickets for good' charity of the month. - : Submission of written evidence to Sheffield City Council Scrutiny Committee for gun and knife crime

		<ul style="list-style-type: none"> - 2018-2019: Co-delivery of training for qualifying and post-qualified social work students/practitioners (with partners at the University of Sheffield) related to violence prevention work in Sheffield & Leeds. - 4 sessions have been delivered in total to over 160 participants. <p>We have won and received highly accredited status from:</p> <ul style="list-style-type: none"> - : Connecting Communities award by 'Sporting Equals' British Ethnic Diversity in Sports Awards (BEDSA), supported by 'Spirit of 2012' Olympic legacy foundation - : Unity Gym Project nominated for South Yorkshire Community Foundation 'Community Champions Award' - : Coordination & delivery of a public event (Sheffield) focused on Youth Violence, Masculinity & Mental Health. Over 90 delegates attended from the local community and a range of VCS/Council roles. - : Co-authoring an open access report, based on the outcomes of the conference with 10 distinct policy recommendations for violence reduction in Sheffield (Available at: https://www.sheffield.ac.uk/polopoly_fs/1.862029!/file/Sheffield_Intersections_Report.pdf) - : Unity Gym Project partner with and informing the strategic priorities of the South Yorkshire Violence Reduction Unit, based on the recommendations shared within the above report. - Various appearances on BBC Look North in relation to violence reduction work and broader contribution within the local community - : Production of a mini-documentary (Unity Doc) with local filmmaker (Available at: https://www.youtube.com/watch?v=DmoWYK9T3Dc&t=5s) - Coordination & delivery of a public event (Sheffield) to screen the film and engage in a broader conversation about local partnership working. - Ongoing: We are currently in the process of coordinating a development grant (alongside community and university partners from Manchester and Sheffield) focused around capacity building for community-led civic action.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating</p> <p>Employ key staff (Operations manager, Admin staff, cleaning and coaching staff) Support and develop current and new volunteers to upskill to deliver current activities</p> <p>Complete a business case to secure a lease for the Unit next door to expand our services.</p> <p>To effectively bridge the gap for young people between Unity Gym Project and targeted</p>
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		<p>mainstream services, measured by a record of referrals</p> <p>- Enhanced stability and sustainability for Unity Gym Project, measured by funding bids completed</p> <p>Complete a refurbishments in community gym, office space.</p> <p>Reviews of Unity Gym Project data protection, safeguarding and governance policies and procedures.</p> <p>Improvements to our website</p> <p>3 new Community Volunteers and 3 Charity Ambassadors to widen Unity Gym Project reach and impact.</p> <p>To ensure Unity Gym Project remains a trusted, sustainable, learning organisation, fit for the future</p> <p>Continue to monitor, review and, where necessary, adapt, to ensure our services continues to meet people's needs.</p> <p>Recruit 3 Ambassadors to advocate, champion to promote the charity</p>
Performance of fundraising activities against objectives set	Para 1.41	Our current challenge is that of raising enough funds to meet our core costs over the next financial year. This is an on-going challenge that we grapple with every year around this time. We are currently engaged in searching and applying for different types of grants and funds.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The policy for reserves is to build up 6 months operational costs in reserves as the charity grows to ensure that we have enough to cover cost of the .
Amount of reserves held	Para 1.22	Zero
Reasons for holding zero reserves	Para 1.22	The charity is very new and is only just starting to build it reserves from unrestricted funds as currently all funds are held in restricted accounts of the 31 st of March 2019.
Details of fund materially in deficit	Para 1.24	These are unrestricted fund that are in deficit, but the trustees are aware of this and will look to reduce this deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties in regard to the charity being a going concern as they have enough fund to work toward and achieve the charitable aims.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Are from grants, trust and foundations as well as events and activity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Normally by appointment and recruitment

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Will be In place next year
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Unity Gym Project
Other name the charity uses	
Registered charity number	1178237
Charity's principal address	Unity Gym Project 98 Wellington Street Sheffield S1 4HX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andre Kenneth Rankine	Chair		
2	Mohamoud Abdi Barasab	Trustee		
3	Andrew James Gillott	Treasurer		
4	Kaltum Osman Rivers	Trustee		
5	Chelsea Mason	Trustee		

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr MOHAMAD ABDI BARASAB.	
Position (eg Secretary, Chair, etc)	TRUSTEE	
Date	30/01/2020.	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Unity Gym Project

1178237

Receipts and payments accounts

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For the period
from

May-18

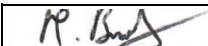
To

Mar-19

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	15	-	-	15	-
	250	-	-	250	-
	250	-	-	250	-
Youth Club	-	1,250	-	1,250	-
Leeds Uni	-	400	-	400	-
Sheffield Futures	-	30,000	-	30,000	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	515	31,650	-	32,165	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	515	31,650	-	32,165	-
A3 Payments					
Cost of Events	176	-	-	176	-
Vehicle Maintenance	30	-	-	30	-
Administration	151	-	-	151	-
Rent	805	-	-	805	-
Rent	805	-	-	805	-
SCC Vehicle Licence	329	-	-	329	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,296	-	-	2,296	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,296	-	-	2,296	-
Net of receipts/(payments)	- 1,781	31,650	-	29,870	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,285	-	-	4,285	4,285
Cash funds this year end	2,505	31,650	-	34,155	4,285

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	31,650	-
		2,505	-	-
		-	-	-
	Total cash funds	2,505	31,650	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Mr Mohamoud Abdi Barasab	30/01/2020	

I report on the accounts of Unity Gym Project for the year ended 31st March 2019

Respective responsibilities of the PCC and examiner

Unity Gym Project is responsible for the preparation of the accounts. Unity Gym considers that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145(5)(b) of the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commission; and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by Unity Gym and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from Unity Gym concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Shahida Siddique

FaithStar LLP
The Foundry,
Victoria Hall Norfolk Street,
Sheffield,
S1 2JB

Signed Independent Examiner
Ms Shahida Siddique
Member of the ACIE

31/01/2020