

Registration number NI604751

Abbey Gymnastics C.I.C.
Company limited by guarantee

Abbreviated accounts
for the year ended 31 October 2014

THURSDAY



J4CQ63K9

JNI

30/07/2015

#26

COMPANIES HOUSE



Abbey Gymnastics C.I.C.
Company limited by guarantee

Contents

	Page
Abbreviated balance sheet	1 - 2
Notes to the financial statements	3

Abbey Gymnastics C.I.C.
Company limited by guarantee

Abbreviated balance sheet
as at 31 October 2014

		2014		2013	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	2		22,516		13,282
Current assets					
Cash at bank and in hand		6,139		14,251	
		<u>6,139</u>		<u>14,251</u>	
Creditors: amounts falling due within one year		<u>(39,188)</u>		<u>(28,375)</u>	
Net current liabilities			<u>(33,049)</u>		<u>(14,124)</u>
Total assets less current liabilities			(10,533)		(842)
Deficiency of assets			<u>(10,533)</u>		<u>(842)</u>
Reserves					
Profit and loss account			(10,533)		(842)
Members' funds			<u>(10,533)</u>		<u>(842)</u>

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on page 3 form an integral part of these financial statements.

Abbey Gymnastics C.I.C.
Company limited by guarantee

Abbreviated balance sheet (continued)

Directors' statements required by Sections 475(2) and (3)
for the year ended 31 October 2014

For the year ended 31 October 2014 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies .

These accounts were approved by the directors on 30 July 2015, and are signed on their behalf by:



Alison McMullan
Director

Registration number NI604751

The notes on page 3 form an integral part of these financial statements.

Abbey Gymnastics C.I.C.
Company limited by guarantee

Notes to the abbreviated financial statements
for the year ended 31 October 2014

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings
and equipment - 25% Reducing balance

2. Fixed assets

	Tangible fixed assets £
Cost	
At 1 November 2013	26,717
Additions	16,739
At 31 October 2014	<u>43,456</u>
Depreciation	
At 1 November 2013	13,435
Charge for year	7,505
At 31 October 2014	<u>20,940</u>
Net book values	
At 31 October 2014	<u>22,516</u>
At 31 October 2013	<u>13,282</u>

3. Company limited by guarantee

The Company is limited by guarantee and does not have a share capital.



CIC 34

Community Interest Company Report

For official use
(Please leave blank)

--

*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

Abbey Gymnastics CIC

Company Number

NI604751

Year Ending

31 October 2014

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

At Abbey Gymnastics CIC we provide professional gymnastics and gymnastics related fitness programmes with a participant centred approach. Our range of classes are open to children, young people and adults of all ages and abilities. Our coaches endeavour to instill discipline and team work while increasing each participants self-confidence and self-esteem while encouraging them to reach their full potential within the sport. Abbey Gymnastics CIC continue to provide an outlet for health related activities for all.

A priority of the programme is to engage the community of West Belfast and give opportunities through sport, health and fitness and coach education to those who have experienced long-standing levels of deprivation.

Abbey Gymnastics CIC now has 3 full time and 7 part time staff, both in a paid and voluntary capacity. During our 2013/2014 year 1 coach has achieved Level 1, 2 coaches achieve level 2 and 2 coaches achieve level 3 qualifications in the disciplines of GFA, Women's Artistic, Trampoline and TeamGym as well as 3 coaches achieving additional Judging qualifications in Trampolining.

To date the Club has mentored 6 coaches who achieved 200 hours service awards through Volunteer Now with one of our coaches being awarded the Ultimate Volunteer Award and now an ambassador for Volunteer Now Millennium Volunteering Programme.

2014 also seen recognition of our experienced coaching staff with Head Coach Alison McMullan receiving Belfast City Council Senior Coach of the Year and the Club being runner up in the Sports Facilities of the Year category. As well as finalist nominees; Hannah Morrison, Junior Sportsperson of the Year.

2 Members of the Club also represented their Country at International Events such as Junior Europeans, UK School Games and Celtic Cup.

During this year, Abbey have also provided activities through OFMDFM community development fund providing sports camp for 11-19year olds in local schools as well as our own self-funded Summer & Easter Camp programmes for members and non-members and 2 annual "In-House" competitions for our current members.

Abbey have once again provided gymnastics instruction to Belfast City Council "Try-Sport" days bi-monthly in local leisure facilities.

The Club is a real part of the community and is recognised as a safe and caring environment by British Gymnastics, Gymnastics Ireland, Sport Northern Ireland, Belfast City Council and Volunteer Now.

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

The Company's stakeholders are the gymnasts and parents who take part in our classes.

Coaches are encouraged to talk to parents/gymnasts and listen to any comments they may have. Parents are welcomed to discuss issues with coaches at any time and encouraged to arrange discussions on a regular basis.

The Club has a Parent's Committee/Fundraising Committee. Monthly joint coaches'/parents' meetings take place which are a platform for issues to be discussed and ideas to be put forward and actions agreed.

The Club makes use of a website, Facebook and Twitter pages which, as well as being a means of relaying information, are also a means of receiving feedback.

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

No remuneration was received.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.


No transfer of assets other than for full consideration has been made.

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

29/07/15

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Alison McMullan

c/o Abbey Gymnastics CIC

Unit 37, Argyle Business Centre, 39 North Howard Street

Belfast, BT13 2AU

Tel 07899783990

DX Number

DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)