

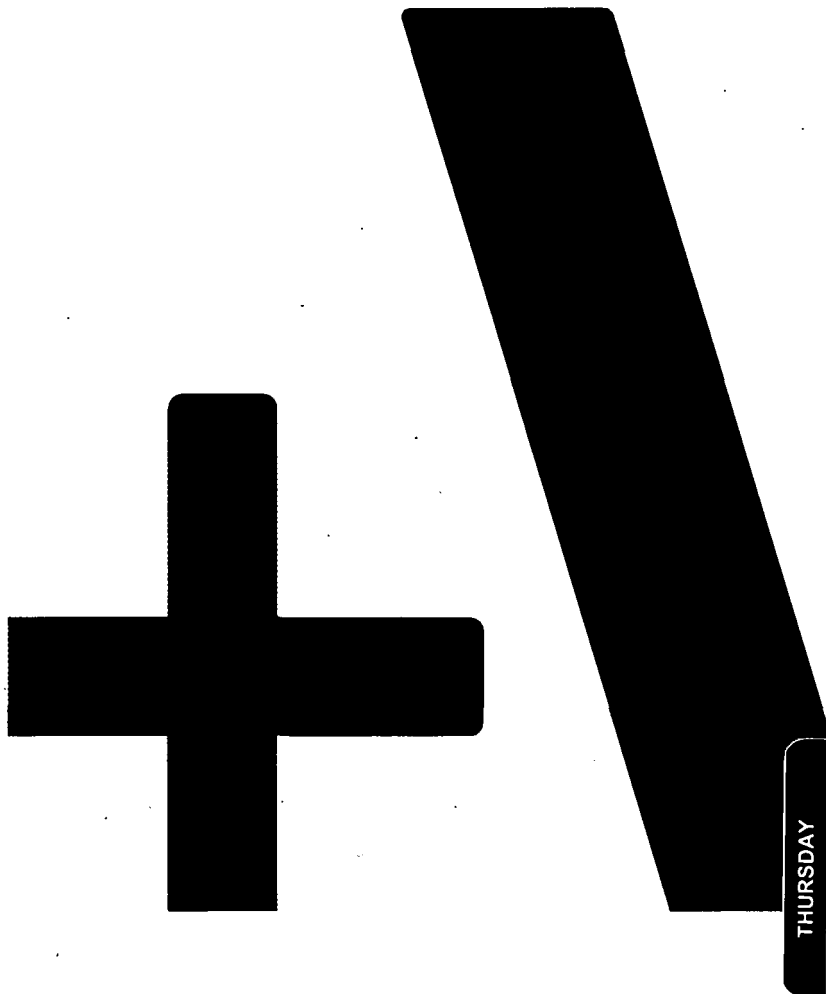
Registered number
14330313

This Girl's Ability CIC

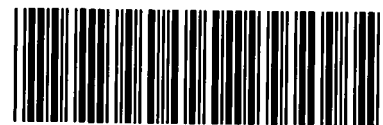
Accounts

30 September 2023

InLine +Accounts



THURSDAY



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30/11/2023

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COMPANIES HOUSE

This Girl's Ability CIC
Report and accounts
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This Girl's Ability CIC Company Information

Directors

Mrs Nichola Fairbairn
Miss Zoe Fairbairn
Ms Georgina Hart
Ms Amanda Symonds
Mr Bradley Donovan

Accountants

InLine Accounts Ltd
75A Willow Street
Romford
Essex
RM7 7LB

Registered office

93 Mildmay Road
Romford
RM7 7BT

Registered number

14330313

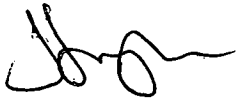
**This Girl's Ability CIC
Accountants' Report**

**Accountants' report to the directors of
This Girl's Ability CIC**

You consider that the company is exempt from an audit for the period ended 30 September 2023. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial period and of its profit or loss for the financial period.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account and the Balance Sheet from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.



InLine Accounts Ltd
Chartered Management Accountants

75A Willow Street
Romford
Essex
RM7 7LB

15 November 2023

Profit and Loss Account
for the period from 1 September 2022 to 30 September 2023

	2023 £
Turnover	59,842
Staff costs	(3,247)
Other charges	(56,595)
Profit before taxation	<hr/> -
Profit	<hr/> <hr/> -

This Girl's Ability CIC
Registered number:
Balance Sheet
as at 30 September 2023

14330313

	2023 £
Current assets	32,110
Net current assets	32,110
Total assets less current liabilities	32,110
Accruals and deferred income	(32,110)
Net assets	-
Capital and reserves	-
	Number
Average number of employees	2

The company is a private company limited by shares and incorporated in England. Its registered office is 93 Mildmay Road, Romford, RM7 7BT.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

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.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.



Mrs Nichola Fairbairn
Director

Approved by the board on 15 November 2023

This Girl's Ability CIC
Detailed profit and loss account items
for the period from 1 September 2022 to 30 September 2023

This schedule does not form part of the statutory accounts

	2023
	£
Sales	
Sales	<u>59,842</u>
Staff costs	
Wages and salaries	3,234
Travel and subsistence	<u>13</u>
	<u>3,247</u>
Other charges	
General administrative expenses:	
Telephone and internet	172
Postage	3
Stationery and printing	99
Subscriptions	63
Insurance	90
Equipment expensed	311
Sundry expenses	<u>1,600</u>
	<u>2,338</u>
Legal and professional costs:	
Audit fees	388
Accountancy fees	1,104
Advertising and PR	<u>61</u>
	<u>1,553</u>
Other	
Direct labour	12,241
Other direct costs	<u>40,463</u>
	<u>52,704</u>
	<u>56,595</u>

022019 / £15

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

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

Company Name in
full

This Girl's Ability CIC

Company Number

14330313

Year Ending

30/09/2023

(The date format is required in full)

Please ensure the company name is consistent with the company name entered on the accounts.

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 description of how they have benefited the community.

This Girl's Ability is a non-profit organisation that works to provide sports and creative opportunities to girls and young women with disabilities.

Based in the London Borough of Havering, we offer an exciting range of activities for young people in East London and Essex. These include creative hobbies, access to sports, volunteering opportunities and workshops.

We currently offer weekly Multi-Sports Clubs, Fun Football Sessions, Pop Culture Club (fashion, arts and crafts, movies, tv, music and books), Swim Club and trips.

We aim to empower girls and young women with disabilities through sports and creative opportunities. This Girl's Ability seeks to tackle loneliness by encouraging meaningful relationships with peers, assisting in the prevention and management of poor mental health, and enhancing physical well-being.

This Girl's Ability is committed to promoting equal access to sports and developing creative ways of adapting and modifying activities to ensure our sports sessions are more inclusive and that all young people experience the rewards of being part of a team.

This Girl's Ability aspires to collaborate with like-minded professionals and organisations who share our mission and to provide sports and creative opportunities to more East London Boroughs and other areas of Essex.

The team has extensive experience working with young people with disabilities and numerous qualifications and certifications, which include: First Aid, Youth Mental Health First Aid, Epilepsy Awareness, Safeguarding children and young people with SEND, Autism Awareness, and sports-specific training. We take pride in ensuring our staff and volunteers keep their skills and knowledge up to date through regular training and continuing professional development.

The staffing team includes members with disabilities, providing our members with positive and inspirational role models.

All our staff and volunteers pass a Disclosure Barring Service (DBS) check, and outside activity providers/coaches must provide evidence of a DBS. DBS Checks are an essential part of our safeguarding requirements, and certificates are renewed at various points to ensure they are up to date.

We couldn't be prouder of what we have achieved as we reflect on the skills gained, increased confidence, new meaningful friendships formed, and decreased isolation through greater connections in the community.

In our first year (8.5 months of services Jan '23 – Sep '23), we have attracted 89 girls/women with disabilities plus their siblings/friends.

We have provided:

- 56 Football sessions. West Ham United Women player Amber Tysiak supports our Havering Hub.
- 44 multi-sports sessions, which included specialist sports coaches providing basketball, Zumba, yoga, cricket (Take Her Lead & Essex Cricket in the Community) and hockey (Havering Hockey Club).
- 8 Pop Culture Clubs (Workshop by LDComics and a visit to Kensington Palace for exhibition Crown to Couture)
- 37 Swimming sessions led by British Paralympic swimmer Brock Whiston
- 2 Sports & Family Fun events (Feb & Aug)
- Sports Day in collaboration with New City College's International programme with students from the Netherlands, Finland & Portugal (Apr)
- Colour Festival (June) in partnership with Writtle University College
- Mayor's Community Weekend (June)
- Parallel Windsor Fundraiser with our patron Rosie Jones (Jul)
- Football tournament hosted by West Ham Women at their training ground (Aug)
- Water Sports session hosted by Writtle University College (Aug)
- 3 Tennis Camps in collaboration with Havering Tennis Club (Aug)
- 2 Sporting Events - West Ham Women's Match as part of the Level Playing Field United for Access celebrations (Mar)/Lord's T20 Cricket Match (Jul)

We are particularly proud of our fun football programme, which is still growing in popularity and has engaged 47 members. This Girl's Ability Football shirts are now given to members to boost morale, feel part of the group and be identifiable as belonging to a club.

We have received the following feedback from our young people/families:

"They are brilliant so attentive; they make sure everyone is included and communicate really well with lots of information about upcoming events. Everyone is approachable and friendly".

"I just wanted to thank you for running girl's disability sessions. My daughter is unable to attend school due to severe anxiety and avoids social clubs. Multi-sports and football is the only place she will happily attend".

"They give me confidence that I am good at football, make me feel involved and not left out, and it's good exercise and I can meet new friends and have a fun time, I leave feeling happy and proud of myself, not like when I'm at school I'm left out of activities and lose my confidence".

'B' had made more friends, gaining more confidence and routine helps her too! In the last session, she let me watch whilst she played with one of the other girls, which is amazing progress!"

"Being accepted for who you are without fear of bullying."

"It is fantastic to have a weekend session to go to. A lot of after-school clubs for SEN children start too early and don't cater for children who arrive home late on school transport. Some clubs can be overwhelming when they are busy with children who are physically able and aren't able to understand to respect a physically disabled person's personal space which can cause anxiety. 'C' loves coming to Girls Ability Club as she sees new children and can hopefully build friendships over time".

"Being fully inclusive and non-judgemental".

"A way of socialising outside of school, building confidence in new environments, making new friends, staying active, reducing anxiety, becoming more independent, building strength through exercise".

"N" is so happy and relaxed. Something that rarely happens. She absolutely loves the group".

(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 This Girl's Ability Director team meet quarterly to review our programmes and work together to ensure our organisation is carrying out its activities for the benefit of the community.

Our members and volunteers are consulted through discussions at our club nights and sports sessions and through regular surveys to gain their feedback on what we are doing well or what we could do better to support them.

We have seen increased confidence from our members who share ideas to shape their sessions and feel this has been key to successful engagement and high retention. The team will continue to document any visible impacts to support case studies.

We have supported ten young volunteers across our programmes and are now focusing on training to provide them with the confidence to assist staff and gain employability skills..

This Girl's Ability has received support from the following funders/donors: Active Essex, Sported, Barclays, National Lottery, Sport England, Crowdunder, Mid-South Essex Microgrant, Progress Project, Asda Community Foundation, London Borough of Barking and Dagenham, Access Sport, Essex Community Foundation, Sycamore Trust, Hammers for Work and Support Group, families, friends, and supporters. We have actively shared statistics, case studies, photos, and quotes with our funders/donors via tags in social media posts when sharing the impact their grants have made on the community.

(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.

Directors remuneration for the accounting period was £10,106.97.

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.

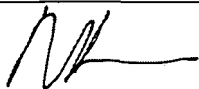
(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY (Please note this must be a live signature)

(DD/MM/YY)

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

Signed



Date

30/10/23

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

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.

Mrs Nichola Fairbairn	
93 Mildmay Road, Romford,	
Essex, RM7 7BT	
Tel 07518 671812	
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

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