

# Harmeny Athletic Club

## Trustees' Annual Report

### September 2019-August 2020



## Charity contact information

Harmeny Athletic Club

Scottish Charity Number: SC048917

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## Charity Trustees

1. Susan Ross - Chairperson
2. Judith Campbell – Welfare Officer
3. Mark Jones - Treasurer
4. Darren Cavaroli – Vice Chair and Runners Council rep
5. Sam Denis – Membership Secretary
6. Elaine Walker – Board Member
7. John Pringle – Board Member
8. Craig Stewart - Club Secretary
9. Kim Kenny – Board Member

## Objectives and activities

The Club will operate as a non-profit distributing charity whose principal objectives are:

- The advancement of public participation in Athletics as a sport;
- To provide recreational facilities and/or organise recreational activities, available to members of the public at large, with the object of improving the conditions of life;

In furtherance of the above shall:

- Provide a base for successful competitive track and field athletics and country running and to develop the full potential of each member;
- Encourage enthusiastic instructors, coaches, officials and administrators within the club and provide opportunity for qualification and experience; and
- Provide a base for non-track and field runners and those wishing to run as a recreational activity or to improve their general fitness

The club continues to support its objectives by providing further opportunities for its members to train in a friendly and supportive environment. There are now 6 club-organised sessions per week for adults, including 3 that have qualified coaches.

In addition, the club now has 10 qualified 'Jog Scotland Leaders' who, just prior to lockdown, led 45 new or recently returned runners to a 10-week couch to 5k course, followed by their graduation at a local parkrun event.

Pre-pandemic lockdown, the junior section had 10 training sessions across 4 nights and each session now forms part of an athlete pathway. Additionally, Harmony coaches, employed through the Scottish Athletics Club Together programme, coached at a further 7 club-funded sessions and another 12 sessions on behalf of Active Schools meaning the club is reaching around 400 junior athletes every week.

Crucially and in support of these numbers of athletes, the club has provided training to its members and parents of members meaning we now have 21 qualified coaches, 10 qualified athletics officials (with more working their way to qualification) .

Finally, the club continues to organise races and social events for both its members and the wider community.

## Structure, governance and management

### Type of governing document

In 2018 the club members voted to accept a new club constitution which had been written with the support of a Scottish Athletics funded lawyer. In parallel to this, the club applied to the OSCR to become a Scottish Incorporated Charitable Organisation (SCIO). The application was accepted on 9th December 2018.

The Board of Trustees currently numbers 9. The constitution allows for between 5 and 12 members. The core roles of the Board are: Chairperson, Secretary, Treasurer, and Welfare Officer. The Board also currently contains a Vice Chair and Membership Secretary plus 2 other Board members.

The affairs of the adult running section are overseen by the Runners Council and the junior section by the Coaches & Team Managers. No other sub-groups currently exist.

### Trustee recruitment and appointment

The Board of Trustees was initially made up of 8 members at the beginning of this reporting year. 1 further club member (Kim Kenny) was approached by the Board to represent our highly successful Jog Scotland groups.

3 Board members resigned their positions at the AGM on 29<sup>th</sup> September 2020: Darren Cavaroli, Sam Denis and Judith Campbell. They have been replaced by the following members:

## Achievements and performance

### 2019-20 Report Stated Priorities

- Inactive to Active

The club provide easily accessible opportunities for adults to progress from inactivity to activity, via their provision of a jogscotland programme. The club proactively advertised the course with a total of 55 new or returning runners following the well-established jogscotland model. The qualified jogscotland Leaders, with support from other club members, provided coaching and moral support for the beginner and developing joggers/runners as they progressed towards the goal of a 5km run.

The club organised a, 'take over' of the relatively new Parkrun event at Heriot Watt University/ORIAM, which the club helped establish, and the Jog Scotland jogscotland group were in attendance as their first event. A total of 45 new adult runners completed the programme.

Moving forward, and when Covid restrictions allow, the initiative will be repeated with jogscotland now an integral part of the club offering.

- Disability

Harmeny AC have continued to support disability athletics provision at Woodlands School, a Special School in Currie, via the Club Development Officer, by attending the school on a weekly basis to provide coaching for their endurance running group each week for roughly 45 minutes. The club also provided support at a series of disability athletics events during the academic year. The Club Development Officer is liaising with both the school and Edinburgh Active Schools Team to ensure we can transition athletes into the mainstream club sessions.

Links have also been established with Edinburgh Eagles AC, a local disability athletics club. The plan is to establish a formal link between the two clubs by providing a regular coaching resource and transitioning of athletes, where appropriate to the mainstream club via consultation with the clubs, coaches, parent and athlete. With a view to providing this, and further opportunities with the club, the Club Development Officer completed the Council run Disability and Inclusivity Training course.

- Areas of Deprivation

Annually the club support the Wester Hailes Fun Run, a 5km event designed primarily for local residents organised by the Prospect Housing Association, with a

number of other local partners and assets. The 2019 event saw over 140 juniors and seniors participate in the well-received event with local press coverage and community support demonstrating the value of continued support for the race by the club. This support has increased in the last couple of years with the club providing both competitors and marshals along with race-day organisation, time-keeping and risk assessments.

Through the club's participation and involvement, links were established between the club and another organising charity, the Clovenstone Community Centre (CCC), which serves as the main base for the race each year. The club offered to support CCC's after school care provision by running a weekly session of athletics-based games and activities designed to increase participation and fitness among this group which is usually of between 20-30 children of primary school age. This is now in its second year and continues to establish a, 'Club identity' both within the junior population but also parental perception. The club has established, competing athletes who live within the community, and they have helped build the, 'Harmeny AC club brand' in the area.

All of the above work takes place in geographic areas in the top 5% of multiple deprivation as defined by the Scottish Government.

Over a number of years, the club have delivered regular breakfast, lunch and after school athletics activity in four primary schools that are in areas of multiple deprivation. We continue to explore new opportunities and support established Active Schools sessions in the South of West of Edinburgh including - Clovenstone, Canal View and Sighthill schools. We deliver this in partnership with the Edinburgh Active Schools Team.

From 2016 onwards the club have had an assisted membership scheme for members with a low income. The scheme is advertised openly on their website and applications managed discreetly by appointed Club Board members. 6 junior and 1 adult member got 100% reductions in fees during 2019-20 which otherwise they could not afford.

- Supporting the refugee community

Through the club's support for the Wester Hailes Fun Run they were also able to forge links with SCORE Scotland (Strengthening Communities for Race Equality Scotland). A Wester Hailes based charity working primarily with the refugee community providing support to families facing issues of racism to enable them to take an active and full part in community life.

The Club Development Officer has attended seminars organised by the charity with other local partners to get a fuller picture of the issues faced, and how this might impact the club's engagement with the community.

The club established a weekly session, based largely on the Clovenstone model outlined above and began providing athletics input for their After-school club (again primarily primary school aged children) on a weekly basis working with groups of between ten and twenty juniors.

The club were also able to link in with an older age group (mostly teenagers) who SCORE care for on Saturday mornings, and this group actually participated in the club's friendly cross country event against Corstorphine AAC which is held in a local park, with twelve youngsters participating, and all completing the race itself. It is hoped that in the future the club provision will be extended to this group. It represents a further opening for the club in what has proved to be a very closely-knit, and closed community that traditionally has had a number of barriers to open participation that has led to some fairly entrenched beliefs that SCORE, now in partnership with Harmony AC are seeking to break down. In the run-up to the next Fun Run, through the SCORE channel into the community, the club are intending to offer coaching support to drive participation in the event both with the juniors but also parent/adults within the community group.

- Lockdown

While the club was impacted both financially and activity wise by the lockdown, membership during this period actually rose. Recognising that recreational running was a popular pastime, the club offered local residents free membership and subsequent resources, advice and virtual social and running events. A total of 21 adult and 17 junior members joined to take advantage of this offer, most of whom have retained membership.

## Off-field Achievements

### Club Development

- 8 Junior members (14+) took their 'Leading Athletics' course during lockdown.

### Social Events

- We had 40+ kids at a Ten Pin bowling night in December, further building the bonds between the athletes.

## Membership Statistics

Membership Group	2019/20	2018/19	2017/18
<b>Members</b>			
Senior members	201	167	135*
2 <sup>nd</sup> claim senior members	3	4	2
Junior members	188 (a further 55 have left during the membership year)	173	162
<b>Total</b>		<b>344 (up 15%)</b>	<b>299</b>
<b>Coaches &amp; Officials (Active)</b>			
Level 3 (Event Group)	4	4	3
Level 2 (Athletics Coach of CIRF)	7	5	3
Jog Scotland Leaders	12	8	12
Level 1 (Coaching Assistant)	8	11	4
Other	8 (Athletics Leader)	1	0
Officials – Qualified	2	2	1
Assistant Officials	6	5	0

\* once database clean-up had been done.



The junior section continues to grow and, crucially, progresses its target of retaining athletes through older age categories.

August 2019	Total	U9	U11	U13	U15	U17	U20
<b>Girls</b>	77	15	21	25	8	8	-
<b>Boys</b>	96	13	28	32	19	4	-
<b>Total</b>	<b>173</b>	<b>28</b>	<b>49</b>	<b>57</b>	<b>27</b>	<b>12</b>	<b>-</b>
September 2020	<b>Total</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U20</b>
<b>Girls</b>	83	5	29	28	16	4	0
<b>Boys</b>	105	6	35	35	16	11	2
<b>Total</b>	<b>188</b>	<b>11</b>	<b>64</b>	<b>63</b>	<b>32</b>	<b>15</b>	<b>2</b>
		-17	+15	+6	+5	+3	+2

### Junior on-field achievements

#### Cross Country & Trail

- Tendai Nyabadza – Scottish National Short Course U15 Champion
- U15 Boys – Scottish National Short Course Bronze Medalists (Tendai, Finlay, Ethan)
- East District XC League
  - Champs U15 boys
  - 2<sup>nd</sup> Places for U11 girls, U11 boys, U13 boys
  - 20 Top 10 finishes by 10 different athletes
  - League wins for Fergus Ross(3) and Tendai Nyabadza
- East district champs XC.
  - Tendai got an Individual bronze
  - U13 boys - Matthew, Dan & Kealan got a team bronze
  - U15 boys got a team bronze , Tendai, Alasdair and Ethan.
- Scottish Trail championships
  - U13 Fergus got gold.
  - U15 Team Gold Finlay, Archie & Ethan
- 5 Inter-district vests for Charlotte MacPhie, Tendai Nyabadza, Matthew Holden, Ethan Lorimer, Daniel McGuire

Team Placings East District XC						
	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20
u11g	7		8	6	9	2
u11b		16	1	7	1	2
u13g		15	15	10	10	5
u13b	15	15	11	1	1	2
u15b						1
Senior woman	12	10	11	11	17	12
Senior men	14	18	17	20	17	22



## Track & Field

- National Indoor Champs, Emirates – U13 Boys 800m GOLD – Fergus Ross
- National Indoor Champs, Emirates – U13 Boys 1500m SILVER – Matthew Holden

Club Awards – Delayed due to Covid-19 and will take place 'online' on 10<sup>th</sup> October.



## **Adult Achievements**

The year has been severely disrupted with the Covid epidemic which has resulted in a cessation of training, social outings, the grand prix and racing for long periods, but green shoots have appeared recently and some elements are beginning to show signs of recovery.

## **Performance**

Fastest Times over recognised distances:

Marathon – Male – Lindsay Cockburn – 2:56:08 (Amsterdam – October)

Marathon – Female – Sarah Morrison – 3:38:07 (Loch Ness – October)

Half Marathon – Male – Lindsay Cockburn 1:25:26 (7Rs December)

Half Marathon – Female – Seona Burnett 1:49:32 (Dunbar February)

10k – Male -Phil Buckley – 37:47 (Edinburgh Blast January)

10k – Female – Lesley Muego – 49:00 (Edinburgh 10k November)

5k – Male – Phil Buckley – 17:43 (Edinburgh parkrun October)

5k – Female – Kathryn Halliday 21:31 (Edinburgh Parkrun February)

Angus Kay's victory at the Tyndrum 6 hour race was the highlight of our performances from our considerable ultra-runners members race participation with regular strong showings from many others including Helen Falconer, Seona Burnett and Kim Kenny, along with Paul Campbell and David Alexander.

Both Lindsay Cockburn and Darren Cavaroli broke 3 hours for the marathon, and Lindsay finished 2<sup>nd</sup> in our club organised 7Rs half marathon. Phil Buckley managed a 37min 10k in January which was very impressive so early in the year. The fastest times over recognised distances are above. Unfortunately, there has been just about zero racing since March and so the performances on the trails and road have been curtailed. The XC did manage a full season though and what an excellent year it turned out to be

In Cross Country, Pat Hampton won the silver medal at the Scottish Athletics short course XC race in Kirkcaldy. In her first XC race!!! Over70 category.

The men's and ladies teams competed in the East District Relay Championships with the men finishing 51<sup>st</sup> overall and the ladies 36<sup>th</sup> and also in the East Championships with the ladies finishing 11<sup>th</sup> overall. The ladies also competed in the National Short Course Championships finishing 23<sup>rd</sup> overall. Fiona Zeiner finished a fantastic 12<sup>th</sup> in the National Ladies Masters in February. The National Championships went ahead late February with the ladies finishing 17<sup>th</sup> and the men 32<sup>nd</sup> - 26 adults competed on the day, which was an excellent representation. We had excellent participation in the East Cross Country League from both men and ladies throughout the season.

Congratulations to Lindsay Cockburn and Elaine Sandeman who were awarded the Most Improved Athlete awards for 2019. Congratulations also to Phil Buckley and Susan Ross who won the Grand Prix competition. We are working hard to put together another couple of virtual races to complete this year's event.

Of course, performance is in personal achievement and many of our athletes competed at distances for the first time or achieved PBs, age PBs or personal goals over the year and congratulations to them as well. Many of our athletes have also performed exceptionally well in their respective age categories over the year and warmest congratulations to them too.

### **Training**

Club training has been heavily curtailed, but we have recently been able to have a limited return on all our sessions. Thank you to our coaches Ian Beattie who runs the Tuesday night group and to Nicky Freedman who has brought a new dynamic and enthusiasm to the track on a Thursday. Thank you also to Gordon Robertson who ran our Monday session at Currie until February, but this has now finished.

## **Club Races**

A big thank you to Donald Sandeman and all the volunteers who braved the cold for the 7Rs half marathon in December. A hugely successful event and we hope many will take part in the virtual race organised for this year.

Unfortunately, despite Damien's best efforts, the Rigg Race fell victim to Covid.

The Club did organise a virtual handicap race this year thanks to the organisational skills of John Pringle, with Julie Wilkinson and Drew Nutsford the winners.

## **Social**

The Club held a successful Awards Night in January, with our quiz master John Pringle entertaining us. Thank you to Elaine Walker as well for her organisational skills in advance of the night. We hope that we may be able to hold something in the New Year to reflect on our achievements over the past 12 months.

## **Brussels**

7 club members attended Brussels in October last year, plus supporters, with 6 running the half marathon and one running the marathon. An excellent trip all round despite the rain on race day. Due to Covid there was no trip for autumn arranged this year, and next year's trip where Verona was suggested is currently on hold. It may be 2022 before we are able to arrange another foreign travel.

In addition to Brussels, athletes from the club competed in Italy, USA, Netherlands, Jersey, Canary Islands and New Zealand over the past 12 months.

Finally, a thank you to all our members who have contributed over the past 12 months and supported one another through these difficult times. Running has been a tremendous saviour over the past few months, despite the fact there are few opportunities to race, but just getting out in the fresh air and placing one foot in front of the other gives me and I know many others joy.

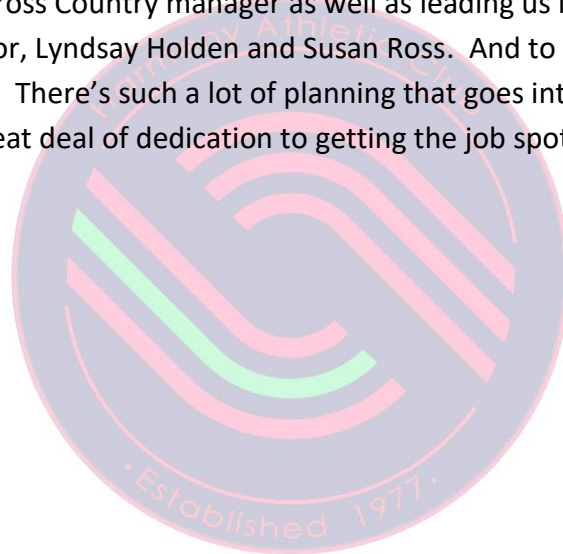
### Club Races, Team Management & Volunteers

The club are hugely indebted to Donald Sandeman and all their volunteers who provided the necessary logistics and support to plan and organise and run the 7R's Half Marathon. Many thanks to Damien O'Looney who also organised the Rigg Race this year, only to see it fall victim to the pandemic.

Donald Sandeman will organise a 'virtual' 7Rs race this year rather than the traditional event. Let's hope 2021 brings some better news.

Also, many thanks to John Pringle for picking up the organisation of the Water of Leith race this year – once again, run as a virtual event. The event was a great success and saw some record participation.

Similarly, many thanks go to the various team managers over the year. Andy Ross as Lead Team Manager and Cross Country manager as well as leading us into Indoor League with help from Mikey Taylor, Lyndsay Holden and Susan Ross. And to Nick Green for Superteams (indoor). There's such a lot of planning that goes into these teams and you've all shown a great deal of dedication to getting the job spot-on.



Finally, the Club won the Scottish Athletics Impact Club of the Year for 2019. A fantastic achievement reflecting some sterling work from a large team of people who volunteer on a regular basis (and a lot more from occasional helpers too). Many thanks to all the following who have contributed significant amounts of time and effort this year:



#### **Board**

Susan Ross  
Judith Campbell  
Sam Denis  
Elaine Walker  
John Pringle  
Darren Cavaroli  
Craig Stewart  
Mark Jones

#### **Junior Coaching**

Derek Johnstone  
Lorraine Boyd  
Ryan Kyle  
Andy Ross  
Stephen Buchan  
Lyndsay Holden  
Dugald Robertson  
Kirsty Mullan  
Jane Leask  
Pam Lorimer  
Helina Adams

Chris Bennett  
Jamie Crowe  
Graeme Stewart  
Katy Ruggeri  
Gordon Roberts  
Mike Taylor  
Craig Stewart  
Dave Law  
Angus Johnstone

**Senior Coaching**

Darren Cavaroli  
Ian Beattie  
Nicky Freedman  
Gordon Robertson

**Jog Leaders**

Kim Kenny  
Adrian White  
Anne Douglas  
David Syme  
Nicky Freedman  
John Pringle  
Jackie Pringle  
Wendy Cunningham  
Elaine Sandeman  
Claire Cunningham (volunteer)





**Team Management**

Andy Ross  
Mike Taylor  
Nick Green  
Lyndsay Holden  
Nicola McGuire  
Alice MacPhie  
Susan Ross

**Race/Event Directors**

Donald Sandeman  
Damien O'Looney  
John Pringle

**Officials**

Nick Green  
Lyndsay Holden  
Karen Marshall  
Susan Ross  
Mike Lynch

**Social Events**

Susan Ross (Juniors)  
John Pringle  
Elaine Walker

**Website, Club Records & Race Results**

Susan Ross  
Chris Haworth  
John Smith  
Angus Kay  
Ian Smith  
Darren Cavaroli  
Donald Sandeman  
Karen Marshall

## Financial review/Treasurer's Report

A full, audited set of accounts to be completed with the club's end of year report for the OSCR.

The accounts have been prepared on a receipts and payments basis (no accruals). The club incurred a loss this year of (£1,257) compared to a surplus of £7,980 in the year to 31 Aug 2019. Bank balances reduced to £39,694 from £40,952 as a result.

**Receipts** down circa £8.5k - year on year commentary:

- Membership's receipts on par with last year circa £8,000.
- Training fees down on last year with lockdown (Down circa £2k)
- Sports clothing sales were down on last year (£500), however we still have a stock of which will be sold over the course of the next year.
- The Rigg Race was cancelled and fees collected where refunded so we missed out on £1,400 income and £600 profit.
- The 7R's receipts were on a par with last year.
- Grants down on last year by circa £1,750. Lottery grant received (£3,750)
- Event income was received last year and expenses received this year.
- Easter camps and summer camps were cancelled with loss of £1,700 in income.

**Payments** up circa £0.6k - year on year commentary:

Up:

- Coaching fees up £5,000 (increase in paid coaches up to lockdown)
- Donation made up £450 (7R's - £900 donations to Pentland's, Friends of the Pentland's and Youth Vision)
- Easter Camp refunds £680 (because of lock down)
- Membership/Training refunds up £1,000

Down (all as a result of lock down):

- League fees down £2,000
- Equipment spend down £1,600
- Training down £1,500
- Sports clothing down £1,800 (less clothing stock purchased)
- Track and facility fees down £800

The club remains in a good financial position with funds to see it through 2020/21 and beyond.

<b>Harmeny AC</b>			
<b>Financial Statements - 12 months to 31st August 2020</b>			
<b>Income and Expenditure Account</b>			
	<b>Item</b>	<b>Year to 31/8/20</b>	<b>Year to 31/8/19</b>
<b>Receipts</b>		<b>£</b>	<b>£</b>
	Memberships	8,362.40	8,227.02
	Training fees	15,407.96	17,635.04
	Social	20.00	203.71
	Sports Clothing	468.11	924.03
	Rigg Race	907.25	1,411.00
	7R Half Marathon	2,750.40	2,920.62
	Events (net)	(731.06)	784.89
	Prize Fund	462.86	531.70
	Easter and summer Camps	583.62	1,744.64
	Track	-	340.00
	Grants/donations	4,250.00	6,113.00
	Training rebate	-	294.00
	Easy Fundraising	199.00	79.24
	Misc	3.20	542.32
	<b>Total:</b>	<b>32,683.74</b>	<b>41,751.21</b>
<b>Payments</b>			
	League/SAL Fees	3,638.00	5,887.30
	Equipment/ Medals	1,714.09	3,300.18
	Coaches	13,414.75	7,212.15
	Training Courses/Coaches	1,050.00	2,520.00
	Sports Clothing	677.01	2,494.98
	Postage/Stationery	-	155.94
	Easter Camp refunds	640.00	-
	Rigg Race	907.25	954.82
	7R Half Marathon	605.50	320.78
	Prize Fund	22.00	154.00
	Website	-	143.96
	Track/facilities	7,710.94	8,538.00
	Membership refunds	646.00	-
	Training fee refunds	432.00	-
	Advertising	289.04	165.00
	Donations	1,050.00	600.00
	Social	1,145.05	1,268.05
	Misc	-	56.00
	<b>Total:</b>	<b>33,941.63</b>	<b>33,771.16</b>
	<b>Surplus/(deficit) for year</b>	<b>(1,257.89)</b>	<b>7,980.05</b>

## Statement of the charity's policy on reserves

IN 2019 the Board agreed to hold a £10,000 reserve. It was felt this number would comfortably cover any costs associated with the cancellation of one of our flagship races and extraordinary one-off costs. This amount is being held in a separate bank account.



## Future plans

How to plan in the middle of a pandemic?

The Track & Field side of the club intends to continue to grow. Crucially, opportunities to train and compete will continue to be created for older athletes (U17 and U20) in order that we can both attract and retain athletes. Harmeny have been a key driving force in the formation of a new U17 league in Scotland and were invited to join 'Team Edinburgh' with Edinburgh AC, Corstorphine AAC and Lasswade AC.

In order to support this objective, the club will need to continue to attract/recruit volunteer coaches and officials. Under 15, 17 and 20 athletes will be encouraged to become qualified officials in order to support the club and gain valuable life-experience.

Our Club Together project is now in its 3<sup>rd</sup> year and we've seen a number of changes in personnel. Jamie Crowe and Chris Bennet joined us in August 2019, with Olympian Chris leaving shortly afterwards to be replaced by Laura Gibson in January – hardly having a chance to get her feet under the table prior to lockdown. Having recently returned from furlough, National Cross Country champion Jamie has this week resigned from post in order to pursue a degree in PE Teaching at Edinburgh University, but will remain involved with the club in some capacity.

The future of the project will once again come under scrutiny as we look to find Jamie's replacement. However, not having access to indoor school facilities will severely restrict our ability to expand junior membership. Once normality returns focus will return to a more local feel, concentrating on schools in SW Edinburgh clusters, while maintaining the older and event groups at Saughton.

Jog Scotland will continue to be a key objective in order to both boost the sport of running and recruit members for the club. Pandemic-allowing, a new course will kick off in January 2021.

The club will continue to encourage participation in competition (assuming there is any!), building on the terrific numbers that took part in Cross Country throughout 2019/20 season:

#### Number of Finishers at National XC

Year	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20
<b>U13g</b>				1	2	4
<b>U13b</b>				4	2	5
<b>U15g</b>						
<b>U15b</b>					1	4
<b>Senior woman</b>	2	1	2	3	4	14
<b>Senior men</b>	4	7	4	3	3	14
<b>Total</b>	<b>6</b>	<b>8</b>	<b>6</b>	<b>11</b>	<b>12</b>	<b>41</b>

Finally, the club will introduced a Gift Aid option for its Annual Membership fee. The accounts for the previous year have been audited and an application for Gift Aid refund will be made shortly. The Board encourages all members to tick the box which will allow the club to reclaim 25% of these fees (over £2,000 based on 2018-19 income). Further investigation of Gift Aid opportunities will be looked into.

## Declaration

Signed on behalf of the charity trustees:

Print name

Designation

Date

