

HEALTH THROUGH SPORT LIMITED

England & Wales · Charity number 1113480

Details

Status Registered

Legal form Charitable company

Company number [05528751](#)

Registered 2006-03-29

Register [View on the Charity Commission register](#)

Contact

Address 11 Baycliff Road
Liverpool
L12 6QS

Phone 01512831303

Email rgoodlass@blueyonder.co.uk

Activities

Objects: FOR THE BENEFIT OF THE PUBLIC AND IN PARTICULAR FOR CHILDREN AND YOUNG PEOPLE ANYWHERE IN THE UNITED KINGDOM BY:-A. THE PRESERVATION AND PROTECTION OF GOOD HEALTH; ANDB. THE PROVISION (AND ASSISTANCE IN THE PROVISION) OF FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE PARTICULARLY BUT NOT EXCLUSIVELY BY THE PROVISION OF SPORTS COACHING AND NUTRITIONAL AND OTHER LIFESTYLE ADVICE

Activities: The Charity aims to preserve and protect good health and to provide or assist to provide facilities for recreation or other leisure time occupation in the interests of social welfare with the object of improving their conditions of life particularly, but not exclusively, by the provision of sports coaching and nutritional and other lifestyle advice.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** NATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£28,258	£27,860	-	-
2023-08-31	£27,362	£28,268	-	-
2022-08-31	£28,425	£32,749	-	-
2021-08-31	£14,505	£17,529	-	-
2020-08-31	£26,311	£28,876	-	-

Trustees

Name	Role	Appointed
MICHAEL CLIFFORD DALTON	Chair	
Edward Bowman		2015-02-19
RONALD GOODLASS		2023-11-27

HEALTH THROUGH SPORT LIMITED

England & Wales - Charity number 1113480

Accounts

REGISTERED COMPANY NUMBER: 05528751 (England and Wales)
REGISTERED CHARITY NUMBER: 1113480

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 29 August 2024
for
Health Through Sport Limited

Xeinadin Audit Limited
116 Duke Street
Liverpool
England
L1 5JW

Health Through Sport Limited

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Health Through Sport Limited

Report of the Trustees for the Year Ended 29 August 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 29 August 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

We are glad to say that our activities across Merseyside are going well.

We are extremely grateful for your wonderful support & without your help many activities wouldn't take place.

We have had a number of meetings with Merseyside Probation Service , exploring the possibility of having our coaching sessions with residents on a weekly basis.

Our courses help many vulnerable & disadvantaged people, by giving them an opportunity to gain a qualification. In addition , we help to bolster their confidence, self-esteem, fitness & health & wellbeing , and this will continue.

I would like to take this opportunity to thank ex Everton players for supporting our events and the signed shirts from the present Everton team.

Special mention to our Health Through Sport Trustees & Patrons; Chairman Mike Dalton ; Eddie Bowman; Joe Royle ; Lord John Grantchester ; Lily Kendall ; and Paul Mason whose support & guidance is much appreciated.

The dinner and our golf day were very good days and thank you to everyone who attended to enjoy both events.

We are in the process of arranging our next dinner and golf day and will advise of dates when they are confirmed.

We are looking to have further meetings with other communities to get more participants.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05528751 (England and Wales)

Registered Charity number

1113480

Registered office

11 Baycliff Road
West Derby
Liverpool
L12 6QS

Trustees

R Goodlass Trustee
E Bowman Trustee
M C Dalton Trustee

Health Through Sport Limited

**Report of the Trustees
for the Year Ended 29 August 2024**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Xeinadin Audit Limited
116 Duke Street
Liverpool
England
L1 5JW

Approved by order of the board of trustees on 8 July 2025 and signed on its behalf by:

R Goodlass - Trustee

Independent Examiner's Report to the Trustees of Health Through Sport Limited

Independent examiner's report to the trustees of Health Through Sport Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 29 August 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Chris Russell

Xeinadin Audit Limited
116 Duke Street
Liverpool
England
L1 5JW

8 July 2025

Health Through Sport Limited

**Statement of Financial Activities
for the Year Ended 29 August 2024**

	Notes	Year Ended 29.8.24 Unrestricted fund £	Period 31.8.22 to 29.8.23 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		28,258	27,362
EXPENDITURE ON			
Raising funds		27,641	27,981
Other		219	287
Total		27,860	28,268
NET INCOME/(EXPENDITURE)		398	(906)
RECONCILIATION OF FUNDS			
Total funds brought forward		3,888	4,794
TOTAL FUNDS CARRIED FORWARD		4,286	3,888

The notes form part of these financial statements

Health Through Sport Limited

**Balance Sheet
29 August 2024**

	Notes	29.8.24 Unrestricted fund £	29.8.23 Total funds £
FIXED ASSETS			
Tangible assets	6	500	659
CURRENT ASSETS			
Debtors	7	334	167
Cash at bank		5,072	4,448
		<u>5,406</u>	<u>4,615</u>
CREDITORS			
Amounts falling due within one year	8	(1,620)	(1,386)
		<u>3,786</u>	<u>3,229</u>
NET CURRENT ASSETS			
		<u>4,286</u>	<u>3,888</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>4,286</u>	<u>3,888</u>
NET ASSETS			
		<u>4,286</u>	<u>3,888</u>
FUNDS			
Unrestricted funds	9	4,286	3,888
		<u>4,286</u>	<u>3,888</u>
TOTAL FUNDS			
		<u>4,286</u>	<u>3,888</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 29 August 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 29 August 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Health Through Sport Limited

Balance Sheet - continued
29 August 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 8 July 2025 and were signed on its behalf by:

R Goodlass - Trustee

The notes form part of these financial statements

Health Through Sport Limited

Notes to the Financial Statements for the Year Ended 29 August 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	Year Ended 29.8.24 £	Period 31.8.22 to 29.8.23 £
Depreciation - owned assets	219	287
Motor expenses	5,377	4,449
	<u> </u>	<u> </u>

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 29 August 2024**

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 29 August 2024 nor for the period ended 29 August 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 29 August 2024 nor for the period ended 29 August 2023.

4. STAFF COSTS

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	27,362
	<hr/>
EXPENDITURE ON	
Raising funds	27,981
Other	287
	<hr/>
Total	28,268
	<hr/>
NET INCOME/(EXPENDITURE)	(906)
RECONCILIATION OF FUNDS	
Total funds brought forward	4,794
	<hr/>
TOTAL FUNDS CARRIED FORWARD	3,888
	<hr/> <hr/>

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 29 August 2024**

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Totals £
COST			
At 30 August 2023	3,319	5,500	8,819
Additions	60	-	60
At 29 August 2024	3,379	5,500	8,879
DEPRECIATION			
At 30 August 2023	2,893	5,267	8,160
Charge for year	160	59	219
At 29 August 2024	3,053	5,326	8,379
NET BOOK VALUE			
At 29 August 2024	326	174	500
At 29 August 2023	426	233	659

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	29.8.24	29.8.23
	£	£
Other debtors	334	167

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	29.8.24	29.8.23
	£	£
Accrued expenses	1,620	1,386

9. MOVEMENT IN FUNDS

	At 30.8.23 £	Net movement in funds £	At 29.8.24 £
Unrestricted funds			
General fund	3,888	398	4,286
	3,888	398	4,286
TOTAL FUNDS	3,888	398	4,286

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 29 August 2024**

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,258	(27,860)	398
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>28,258</u>	<u>(27,860)</u>	<u>398</u>

Comparatives for movement in funds

	At 31.8.22 £	Net movement in funds £	At 29.8.23 £
Unrestricted funds			
General fund	4,794	(906)	3,888
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>4,794</u>	<u>(906)</u>	<u>3,888</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	27,362	(28,268)	(906)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>27,362</u>	<u>(28,268)</u>	<u>(906)</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 29 August 2024.

Health Through Sport Limited
Detailed Statement of Financial Activities
for the Year Ended 29 August 2024

	Year Ended 29.8.24 £	Period 31.8.22 to 29.8.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	28,258	27,362
Total incoming resources	<u>28,258</u>	<u>27,362</u>
EXPENDITURE		
Raising donations and legacies		
Motor expenses	5,377	4,449
Prizes & trophies	21,017	17,777
Telephone	286	1,052
Postage and stationery	175	40
Sundries	-	768
Insurance	-	661
	<u>26,855</u>	<u>24,747</u>
Other trading activities		
Accountancy	786	3,234
Other		
Depreciation of tangible fixed assets	219	287
Total resources expended	<u>27,860</u>	<u>28,268</u>
Net income/(expenditure)	<u>398</u>	<u>(906)</u>

This page does not form part of the statutory financial statements

HEALTH THROUGH SPORT LIMITED

England & Wales - Charity number 1113480

Accounts

REGISTERED COMPANY NUMBER: 05528751 (England and Wales)
REGISTERED CHARITY NUMBER: 1113480

Report of the Trustees and
Unaudited Financial Statements for the Period 31 August 2022 to 29 August 2023
for
Health Through Sport Limited

Cobham Murphy
116 Duke Street
Liverpool
Merseyside
L1 5JW

Health Through Sport Limited

Contents of the Financial Statements
for the Period 31 August 2022 to 29 August 2023

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Health Through Sport Limited (Registered number: 05528751)

Report of the Trustees
for the Period 31 August 2022 to 29 August 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 31 August 2022 to 29 August 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Another very difficult year to get through and for lots of people also and not just because of the after effects of the pandemic but jobs and cost of living prices hitting the economy. Our work is even more important and to help all in the communities we go to work in.

We continue to work with the vulnerable and disadvantaged young people and adults, offering a healthier lifestyle and an opportunity to gain a Level 1 and 2 Football coaching qualification. Health Through Sport is an accredited centre for OpenAwards, which if achieved by the participants, is a national qualification.

We arranged a number of meetings to discuss mental health issues and these have been received really well by all who attended. We finish off with a Q and A from the attendees. Sport has a profound and positive impact of mental wellbeing. Being physically active can improve mood, decrease the chance of depression and anxiety and lead to a better and more balanced lifestyle.

I did a charity walk in Holland to raise much needed funds for Health Through Sport. I walked from ADO Den Haag to NAC Breda, 2 of my ex football teams that I played for in Holland. Thanks to everyone who helped put this together and to all who donated to Justgiving, it's much appreciated.

Our charity Golf Day was a great success and all teams who entered the competition enjoyed the day and it took place at Blundells Hill Golf Club. The teams competed for the 4th Dixie Dean Cup.

Thanks to all the teams who supported the event and Blundells Hill Golf Club and to the ex professional footballers who played including Jordan Pickford, Everton and England, who kindly donated a signed pair of his keepers gloves for the raffle. Thanks to all the staff at Blundells Hill, the food and course was excellent.

We had 2 charity dinners at the Hilton Hotel and they were enjoyed by all the guests. Thanks to the Hilton Hotel, guest speakers, comedians, and the MC but most of all the ones who supported the event.

Over the next 12 months we are arranging our charity Golf Day and a couple of dinners and hopefully another type of event.

We are also hoping to start a project that includes retired people, where depression is on the rise and also loneliness. We have spoken to a number of people who are interested in coming along and joining in.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05528751 (England and Wales)

Registered Charity number

1113480

Health Through Sport Limited (Registered number: 05528751)

Report of the Trustees
for the Period 31 August 2022 to 29 August 2023

Registered office
11 Baycliff Road
West Derby
Liverpool
Merseyside
L12 6QS

Trustees
R Goodlass Trustee
E Bowman Trustee
M C Dalton Trustee

Independent Examiner
Cobham Murphy
116 Duke Street
Liverpool
Merseyside
L1 5JW

Approved by order of the board of trustees on 21 June 2024 and signed on its behalf by:

R Goodlass - Trustee

Independent Examiner's Report to the Trustees of
Health Through Sport Limited

Independent examiner's report to the trustees of Health Through Sport Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the period 31 August 2022 to 29 August 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Chris Russell

Cobham Murphy
116 Duke Street
Liverpool
Merseyside
L1 5JW

21 June 2024

Health Through Sport Limited

Statement of Financial Activities
for the Period 31 August 2022 to 29 August 2023

	Notes	Period 31.8.22 to 29.8.23 Unrestricted fund £	Year Ended 30.8.22 Total funds £
INCOME AND ENDOWMENTS FROM Donations and legacies		<u>27,362</u>	<u>28,425</u>
EXPENDITURE ON Raising funds		27,981	32,332
Other		<u>287</u>	<u>417</u>
Total		<u>28,268</u>	<u>32,749</u>
NET INCOME/(EXPENDITURE)		(906)	(4,324)
RECONCILIATION OF FUNDS Total funds brought forward		4,794	9,118
TOTAL FUNDS CARRIED FORWARD		<u><u>3,888</u></u>	<u><u>4,794</u></u>

The notes form part of these financial statements

Health Through Sport Limited (Registered number: 05528751)

Balance Sheet
29 August 2023

	Notes	29.8.23 Unrestricted fund £	30.8.22 Total funds £
FIXED ASSETS			
Tangible assets	5	659	946
CURRENT ASSETS			
Debtors	6	167	-
Cash at bank		4,448	4,807
		<u>4,615</u>	<u>4,807</u>
CREDITORS			
Amounts falling due within one year	7	(1,386)	(959)
		<u>3,229</u>	<u>3,848</u>
NET CURRENT ASSETS			
		<u>3,229</u>	<u>3,848</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		3,888	4,794
		<u>3,888</u>	<u>4,794</u>
NET ASSETS		<u>3,888</u>	<u>4,794</u>
FUNDS	8		
Unrestricted funds		3,888	4,794
		<u>3,888</u>	<u>4,794</u>
TOTAL FUNDS		<u>3,888</u>	<u>4,794</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 29 August 2023.

The members have not required the company to obtain an audit of its financial statements for the period ended 29 August 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Health Through Sport Limited (Registered number: 05528751)

Balance Sheet - continued
29 August 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 21 June 2024 and were signed on its behalf by:

R Goodlass - Trustee

The notes form part of these financial statements

Health Through Sport Limited

Notes to the Financial Statements for the Period 31 August 2022 to 29 August 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Health Through Sport Limited

Notes to the Financial Statements - continued
for the Period 31 August 2022 to 29 August 2023

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	Period 31.8.22 to 29.8.23 £	Year Ended 30.8.22 £
Depreciation - owned assets	287	417
Motor expenses	4,449	4,636
Premises hire for event	-	18,566
	<u> </u>	<u> </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 29 August 2023 nor for the year ended 30 August 2022.

Trustees' expenses

There were no trustees' expenses paid for the period ended 29 August 2023 nor for the year ended 30 August 2022.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM Donations and legacies	<u>28,425</u>
EXPENDITURE ON Raising funds	32,332
Other	<u>417</u>
Total	<u>32,749</u>
NET INCOME/(EXPENDITURE)	(4,324)
RECONCILIATION OF FUNDS Total funds brought forward	9,118
TOTAL FUNDS CARRIED FORWARD	<u><u>4,794</u></u>

Health Through Sport Limited

Notes to the Financial Statements - continued
for the Period 31 August 2022 to 29 August 2023

5.	TANGIBLE FIXED ASSETS			
		Fixtures and fittings £	Motor vehicles £	Totals £
	COST			
	At 31 August 2022 and 29 August 2023	<u>3,319</u>	<u>5,500</u>	<u>8,819</u>
	DEPRECIATION			
	At 31 August 2022	2,683	5,190	7,873
	Charge for year	<u>210</u>	<u>77</u>	<u>287</u>
	At 29 August 2023	<u>2,893</u>	<u>5,267</u>	<u>8,160</u>
	NET BOOK VALUE			
	At 29 August 2023	<u>426</u>	<u>233</u>	<u>659</u>
	At 30 August 2022	<u>636</u>	<u>310</u>	<u>946</u>
6.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
			29.8.23	30.8.22
			£	£
	Other debtors		<u>167</u>	<u>-</u>
7.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
			29.8.23	30.8.22
			£	£
	Trade creditors		-	(1)
	Other creditors		-	204
	Accrued expenses		<u>1,386</u>	<u>756</u>
			<u>1,386</u>	<u>959</u>
8.	MOVEMENT IN FUNDS			
		At	Net	At
		31.8.22	movement	29.8.23
		£	in funds	£
	Unrestricted funds		£	
	General fund	<u>4,794</u>	(906)	<u>3,888</u>
	TOTAL FUNDS	<u>4,794</u>	<u>(906)</u>	<u>3,888</u>

Health Through Sport Limited

Notes to the Financial Statements - continued
for the Period 31 August 2022 to 29 August 2023

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	27,362	(28,268)	(906)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>27,362</u>	<u>(28,268)</u>	<u>(906)</u>

Comparatives for movement in funds

	At 31.8.21 £	Net movement in funds £	At 30.8.22 £
Unrestricted funds			
General fund	9,118	(4,324)	4,794
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>9,118</u>	<u>(4,324)</u>	<u>4,794</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,425	(32,749)	(4,324)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>28,425</u>	<u>(32,749)</u>	<u>(4,324)</u>

Health Through Sport Limited

Notes to the Financial Statements - continued
for the Period 31 August 2022 to 29 August 2023

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 29 August 2023.

HEALTH THROUGH SPORT LIMITED

England & Wales - Charity number 1113480

Accounts

REGISTERED COMPANY NUMBER: 05528751 (England and Wales)
REGISTERED CHARITY NUMBER: 1113480

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 August 2022
for
Health Through Sport Limited

Cobham Murphy
116 Duke Street
Liverpool
Merseyside
L1 5JW

Health Through Sport Limited

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Health Through Sport Limited

Report of the Trustees for the Year Ended 30 August 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 August 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Another very difficult year to get through and for lots of people also and not just because of the after effects of the pandemic but jobs and cost of living prices hitting the economy. Our work is even more important and to help all in the communities we go to work in.

We continue to work with the vulnerable and disadvantaged young people and adults, offering a healthier lifestyle and an opportunity to gain a Level 1 and 2 Football coaching qualification. Health Through Sport is an accredited centre for OpenAwards, which if achieved by the participants, is a national qualification.

We arranged a number of meetings to discuss mental health issues and these have been received really well by all who attended. We finish off with a Q and A from the attendees. Sport has a profound and positive impact of mental wellbeing. Being physically active can improve mood, decrease the chance of depression and anxiety and lead to a better and more balanced lifestyle.

I did a charity walk in Holland to raise much needed funds for Health Through Sport. I walked from ADO Den Haag to NAC Breda, 2 of my ex football teams that I played for in Holland. Thanks to everyone who helped put this together and to all who donated to Justgiving, its much appreciated.

Our charity Golf Day was a great success and all teams who entered the competition enjoyed the day and it took place at Blundells Hill Golf Club. The teams competed for the 4th Dixie Dean Cup.

Thanks to all the teams who supported the event and Blundells Hill Golf Club and to the ex professional footballers who played including Jordan Pickford, Everton and England, who kindly donated a signed pair of his keepers gloves for the raffle. Thanks to all the staff at Blundells Hill, the food and course was excellent.

We had 2 charity dinners at the Hilton Hotel and they were enjoyed by all the guests. Thanks to the Hilton Hotel, guest speakers, comedians, and the MC but most of all the ones who supported the event.

Over the next 12 months we are arranging our charity Golf Day and a couple of dinners and hopefully another type of event.

We are also hoping to start a project that includes retired people, where depression is on the rise and also loneliness. We have spoken to a number of people who are interested in coming along and joining in.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05528751 (England and Wales)

Registered Charity number

1113480

Registered office

11 Baycliff Road

West Derby

Liverpool

Merseyside

L12 6QS

Health Through Sport Limited

**Report of the Trustees
for the Year Ended 30 August 2022**

Trustees

R Goodlass Trustee
E Bowman Trustee
M C Dalton Trustee

Independent Examiner

Cobham Murphy
116 Duke Street
Liverpool
Merseyside
L1 5JW

Approved by order of the board of trustees on 26 April 2023 and signed on its behalf by:

R Goodlass - Trustee

**Independent Examiner's Report to the Trustees of
Health Through Sport Limited**

Independent examiner's report to the trustees of Health Through Sport Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 August 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Chris Russell

Cobham Murphy
116 Duke Street
Liverpool
Merseyside
L1 5JW

14 April 2023

Health Through Sport Limited

**Statement of Financial Activities
for the Year Ended 30 August 2022**

	Notes	30.8.22 Unrestricted fund £	30.8.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		<u>28,425</u>	<u>14,505</u>
EXPENDITURE ON			
Raising funds	2	32,332	17,022
Other		<u>417</u>	<u>507</u>
Total		<u>32,749</u>	<u>17,529</u>
NET INCOME/(EXPENDITURE)		(4,324)	(3,024)
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>9,118</u>	<u>12,142</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>4,794</u></u>	<u><u>9,118</u></u>

The notes form part of these financial statements

Health Through Sport Limited

Balance Sheet 30 August 2022

	Notes	30.8.22 Unrestricted fund £	30.8.21 Total funds £
FIXED ASSETS			
Tangible assets	6	946	1,163
CURRENT ASSETS			
Cash at bank		4,807	8,951
CREDITORS			
Amounts falling due within one year	7	(959)	(996)
NET CURRENT ASSETS		<u>3,848</u>	<u>7,955</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		4,794	9,118
NET ASSETS		<u>4,794</u>	<u>9,118</u>
FUNDS	8		
Unrestricted funds		<u>4,794</u>	<u>9,118</u>
TOTAL FUNDS		<u>4,794</u>	<u>9,118</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 August 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 August 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26 April 2023 and were signed on its behalf by:

R Goodlass - Trustee

The notes form part of these financial statements

Health Through Sport Limited

Notes to the Financial Statements for the Year Ended 30 August 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 30 August 2022**

2. RAISING FUNDS

Raising donations and legacies

	30.8.22	30.8.21
	£	£
Staff costs	689	-
Motor expenses	4,636	4,915
Premises hire for event	18,566	7,452
Prizes & trophies	4,110	1,119
Storage	649	1,357
Telephone	962	747
Postage and stationery	130	208
Sundries	1,268	773
Insurance	566	-
Support costs	-	11
	<u>31,576</u>	<u>16,582</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.8.22	30.8.21
	£	£
Depreciation - owned assets	417	507
Motor expenses	4,636	4,915
Premises hire for event	18,566	7,452
	<u>18,566</u>	<u>7,452</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 August 2022 nor for the year ended 30 August 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 August 2022 nor for the year ended 30 August 2021.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>14,505</u>
EXPENDITURE ON	
Raising funds	17,022
Other	<u>507</u>
Total	<u>17,529</u>

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 30 August 2022**

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
NET INCOME/(EXPENDITURE)	(3,024)
RECONCILIATION OF FUNDS	
Total funds brought forward	12,142
	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>9,118</u>

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Totals £
COST			
At 31 August 2021	3,119	5,500	8,619
Additions	200	-	200
	<hr/>	<hr/>	<hr/>
At 30 August 2022	3,319	5,500	8,819
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 31 August 2021	2,369	5,087	7,456
Charge for year	314	103	417
	<hr/>	<hr/>	<hr/>
At 30 August 2022	2,683	5,190	7,873
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 30 August 2022	<u>636</u>	<u>310</u>	<u>946</u>
At 30 August 2021	<u>750</u>	<u>413</u>	<u>1,163</u>

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 30 August 2022**

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.8.22	30.8.21
	£	£
Trade creditors	(1)	-
Other creditors	204	240
Accrued expenses	756	756
	<u>959</u>	<u>996</u>

8. MOVEMENT IN FUNDS

	At 31.8.21 £	Net movement in funds £	At 30.8.22 £
Unrestricted funds			
General fund	9,118	(4,324)	4,794
	<u>9,118</u>	<u>(4,324)</u>	<u>4,794</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,425	(32,749)	(4,324)
	<u>28,425</u>	<u>(32,749)</u>	<u>(4,324)</u>

Comparatives for movement in funds

	At 31.8.20 £	Net movement in funds £	At 30.8.21 £
Unrestricted funds			
General fund	12,142	(3,024)	9,118
	<u>12,142</u>	<u>(3,024)</u>	<u>9,118</u>

Health Through Sport Limited

**Notes to the Financial Statements - continued
for the Year Ended 30 August 2022**

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	14,505	(17,529)	(3,024)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>14,505</u>	<u>(17,529)</u>	<u>(3,024)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 31.8.20 £	Net movement in funds £	At 30.8.22 £
Unrestricted funds			
General fund	12,142	(7,348)	4,794
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>12,142</u>	<u>(7,348)</u>	<u>4,794</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	42,930	(50,278)	(7,348)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>42,930</u>	<u>(50,278)</u>	<u>(7,348)</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 August 2022.

Health Through Sport Limited
Detailed Statement of Financial Activities
for the Year Ended 30 August 2022

	30.8.22 £	30.8.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	28,425	14,505
	<hr/>	<hr/>
Total incoming resources	28,425	14,505
 EXPENDITURE		
Raising donations and legacies		
Computer and software	689	-
Motor expenses	4,636	4,915
Premises hire for event	18,566	7,452
Prizes & trophies	4,110	1,119
Storage	649	1,357
Telephone	962	747
Postage and stationery	130	208
Sundries	1,268	773
Insurance	566	-
	<hr/>	<hr/>
	31,576	16,571
 Other trading activities		
Donations	-	184
Accountancy	756	256
	<hr/>	<hr/>
	756	440
 Other		
Depreciation of tangible fixed assets	417	507
 Support costs		
Finance		
Bank charges	-	11
	<hr/>	<hr/>
Total resources expended	32,749	17,529
	<hr/>	<hr/>
Net expenditure	<u>(4,324)</u>	<u>(3,024)</u>

This page does not form part of the statutory financial statements

HEALTH THROUGH SPORT LIMITED

England & Wales - Charity number 1113480

Accounts

Financial Statements for the Year Ended 30 August 2020
for
Health Through Sport Limited

Health Through Sport Limited

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for the Year Ended 30 August 2020**

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Health Through Sport Limited

**Income Statement
for the Year Ended 30 August 2020**

	30.8.20	30.8.19
	£	£
TURNOVER	26,311	60,392
Cost of raw materials and consumables	(20,540)	(22,783)
Depreciation and other amounts written off assets	(735)	-
Other charges	(7,601)	(28,705)
Taxation	-	-
(DEFICIT)/SURPLUS	<u>(2,565)</u>	<u>8,904</u>

Health Through Sport Limited (Registered number: 05528751)

Statement of Financial Position
30 August 2020

	30.8.20		30.8.19	
	£	£	£	£
FIXED ASSETS		1,670		2,405
CURRENT ASSETS	11,572		12,902	
CREDITORS				
Amounts falling due within one year	<u>(1,100)</u>		<u>(600)</u>	
NET CURRENT ASSETS		<u>10,472</u>		<u>12,302</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>12,142</u>		<u>14,707</u>
RESERVES		<u>12,142</u>		<u>14,707</u>

NOTES TO THE FINANCIAL STATEMENTS

1. **STATUTORY INFORMATION**

Health Through Sport Limited is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 05528751
Registered office: 11 Baycliff Road
West Derby
Liverpool
L12 6QS

The presentation currency of the financial statements is the Pound Sterling (£).

The charity is a Company Limited by Guarantee . Each member's liability is limited to £1

2. **AVERAGE NUMBER OF EMPLOYEES**

The average number of employees during the year was 2 (2019 - 2).

Statement of Financial Position - continued
30 August 2020

NOTES TO THE FINANCIAL STATEMENTS

3. TRUSTEES REPORT

Obviously the year to 31st August 2020 was a very difficult year for everybody due to the Covid-19 pandemic, however in the earlier part of the year, before the onset of the first national lockdown, we were able to continue with our football coaching courses and maintain our accreditation as a recognised centre for Open awards Football Coaching levels 1 and 2.

We continued to work closely with vulnerable and disadvantaged young people; former drug mis-users; ex-offenders and adults with mental health issues.

We increased our involvement with the Fans for Foodbanks project, helping wherever possible and generally giving our support.

Sadly, as explained earlier, due to the lockdowns and subsequent restrictions on social gatherings, several planned fund-raising events such as Sportsman's dinners and golf days had to be cancelled, however, on 18th September 2020, we successfully held a golf-day in support of Health Through Sport in conjunction with Wirral Ark. The event, held at Prenton Golf Club, was well attended despite the on-going effects of the pandemic and our thanks must go to Derek Mountfield and Leon Osman for their attendance and support.

As restrictions continue to be eased we are in the process of organising further fund-raising events and will continue with the Football Coaching Courses which we feel have become more and more important recently, i.e., in assisting and improving physical and mental well-being.

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 August 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 August 2020 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the micro-entity provisions.

The financial statements were approved by the Board of Directors and authorised for issue on 26 May 2021 and were signed on its behalf by:

.....
M C Dalton - Director

Health Through Sport Limited

**Detailed Income and Expenditure Account
for the Year Ended 30 August 2020**

	30.8.20	£	30.8.19	£
Sales		26,311		60,392
Cost of sales				
Purchases		20,540		22,783
GROSS SURPLUS		5,771		37,609
Expenditure				
Insurance	-		820	
Light and heat	-		2,000	
Telephone	655		1,263	
Post and stationery	30		191	
Advertising	1,000		14,545	
Motor expenses	4,684		5,753	
Staff training	-		526	
No description	216		216	
Sundry expenses	516		842	
Accountancy	500		149	
Legal fees	-		2,400	
	-	7,601	-	28,705
		(1,830)		8,904
Depreciation				
Fixtures and fittings	551		-	
Motor vehicles	184		-	
	-	735	-	-
NET (DEFICIT)/SURPLUS		(2,565)		8,904

This page does not form part of the statutory financial statements

Health Through Sport Limited

**Detailed Statement of Financial Position
for the Year Ended 30 August 2020**

	30.8.20	30.8.19
	£	£
FIXED ASSETS		
Fixtures and fittings	1,119	1,670
Motor vehicles	551	735
	<u>1,670</u>	<u>2,405</u>
CURRENT ASSETS		
Bank account no. 1	11,572	12,902
CREDITORS		
Amounts falling due within one year		
Accrued expenses	<u>(1,100)</u>	<u>(600)</u>
NET CURRENT ASSETS	<u>10,472</u>	<u>12,302</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>12,142</u>	<u>14,707</u>
NET ASSETS	<u><u>12,142</u></u>	<u><u>14,707</u></u>
RESERVES		
Income and expenditure account	<u><u>12,142</u></u>	<u><u>14,707</u></u>

This page does not form part of the statutory financial statements