

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

Contents of the Financial Statements for the Year Ended 30 August 2022

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4
Balance Sheet	5
Notes to the Financial Statements	6 to 10
Detailed Statement of Financial Activities	11

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

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

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

- (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.

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>23,619</u>	<u>12,874</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
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
	<u> </u>	<u> </u>	<u> </u>
At 30 August 2022	3,319	5,500	8,819
	<u> </u>	<u> </u>	<u> </u>
DEPRECIATION			
At 31 August 2021	2,369	5,087	7,456
Charge for year	314	103	417
	<u> </u>	<u> </u>	<u> </u>
At 30 August 2022	2,683	5,190	7,873
	<u> </u>	<u> </u>	<u> </u>
NET BOOK VALUE			
At 30 August 2022	636	310	946
	<u> </u>	<u> </u>	<u> </u>
At 30 August 2021	750	413	1,163
	<u> </u>	<u> </u>	<u> </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)
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
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)
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
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	-
	31,576	16,571
Other trading activities		
Donations	-	184
Accountancy	756	256
	756	440
Other		
Depreciation of tangible fixed assets	417	507
Support costs		
Finance		
Bank charges	-	11
Total resources expended	32,749	17,529
Net expenditure	(4,324)	(3,024)

This page does not form part of the statutory financial statements