

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

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