

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)
NET CURRENT ASSETS		<u>3,786</u>	<u>3,229</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		4,286	3,888
NET ASSETS		<u>4,286</u>	<u>3,888</u>
FUNDS	9		
Unrestricted funds		4,286	3,888
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
	<hr/>	<hr/>	<hr/>
At 29 August 2024	3,379	5,500	8,879
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 30 August 2023	2,893	5,267	8,160
Charge for year	160	59	219
	<hr/>	<hr/>	<hr/>
At 29 August 2024	3,053	5,326	8,379
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 29 August 2024	326	174	500
	<hr/>	<hr/>	<hr/>
At 29 August 2023	426	233	659
	<hr/>	<hr/>	<hr/>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	29.8.24 £	29.8.23 £
Other debtors	334	167
	<hr/>	<hr/>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	29.8.24 £	29.8.23 £
Accrued expenses	1,620	1,386
	<hr/>	<hr/>

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
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	3,888	398	4,286
	<hr/>	<hr/>	<hr/>

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
	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>
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)
	<hr/>	<hr/>	<hr/>
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	28,258	27,362
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
	26,855	24,747
Other trading activities		
Accountancy	786	3,234
Other		
Depreciation of tangible fixed assets	219	287
Total resources expended	27,860	28,268
Net income/(expenditure)	398	(906)

This page does not form part of the statutory financial statements