

Inspire Plus

Annual Report 2021

Kempton House, Kempton Way, Dysart Road Grantham, Lincolnshire, NG31 7LE

Year Ended 31 August 2021

Registered Charity
Number 1144507
Company Number
07778125

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Inspire Plus Trustees Report for the year ended 31 August 2021

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 31 August 2021. 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).

Chair's report

With a background running my own successful manufacturing business and having served as a trustee now for more than 4 years, I'm proud and honoured to become the Chair of this wonderful charity. I would like to pay tribute here to the charity's previous Chair David Price, who held the role for 10 years. He should feel very proud of what this charity has achieved during his stewardship, and I'm delighted that David has agreed to remain on the board as a trusted friend and adviser to us all. I would also like to pay my respects to Bob Adams who passed on the 15th November. Bob served on the inspire+ board for many years and he will be missed by us all.

This year the charity reached the huge milestone of ten years' service to the local community. Everyone associated with inspire+ should be proud of this achievement and the positive impact we've had on thousands of young people. To mark this anniversary, Sarah Outen MBE and Charity Ambassador wrote a book titled 'The Great Big Book of Adventure' that involved all our member schools contributing a chapter through their 'mini Authors'. An innovative and adventurous project and fitting addition to Sarah's wonderful legacy.

As always, we are always extremely appreciative of our Ambassadors Sam Ruddock, Sophie Devonish, Sarah Outen and Jonathon Broom-Edwards and the inspirational work they do in schools, the latter becoming gold medallist at the Tokyo Paralympics! Jonathan is now proudly sharing his prized possession with the children during his school visits.

We are all proud of our Move and Food holiday programme that supports children to be active and have a nutritious hot meal. We are pleased that we have been able to access Holiday Activity Food funding through Lincolnshire County Council that has enabled us to reach more children.

Our apprenticeship programmes enjoyed another hugely successful year which saw over 90 apprentices complete and work towards their level 2 and level 3 Community Activator and Community Health Sport and Health Officer apprenticeships. The challenges that came with lockdown enabled our apprentices to support schools and pupils through this difficult time throughout the East of England. Many of our apprentices have been employed by their schools and are subsequently moving onto higher apprenticeships to meet their career goals.

Lastly it should also be noted the important work that our CEO is undertaking nationally. Having co-founded Schools Active Movement in 2020 this organisation is supporting over 200 not-for-profit organisations across the country working with 12,500 schools and 3.25 million children. Schools Active Movement is ensuring good practice is shared across the country and representing members' views and opinions for the benefit of young people.

To ensure the long term commercial and financial security of the charity we continue to diversify our services and initiatives effectively. These activities meet the charity's objectives to advance education, particularly through PE and physical recreation for the benefit of young people under the age of 25 throughout England and Wales and in particular the county of Lincolnshire.

Everyone at this charity is doing their utmost to ensure young people are Healthier, Happier and more Active and it was nice to be recognised again at the Grantham Business Awards. I hope in reading our annual report, you agree that we are making a huge contribution to achieving this outcome.

A handwritten signature in black ink, appearing to read 'D. Joint', written in a cursive style.

Darren Joint

Chair

OBJECTIVES AND ACTIVITIES

Objectives and activities

The charity's objectives as set out in its governing document are to advance education, particularly through sport and physical recreation to the benefit of young people under the age of 25 throughout England and Wales and in particular in the county of Lincolnshire.

The aims of our charity ensuring that young people are Healthy, Happy and Active.

Ensuring our work supports our aims

We review our aims, objectives and activities each year in consultation with young people, schools, staff, trustees and partners. Our objectives have recently been refined due to extensive consultation and are now:

- Supporting High Quality PE & School Sport provision in schools
- To ensure young people meet recommended physical activity levels
- To commit to work with partners for the 'broader' wellbeing of young people
- Engage and equip the next generation of leaders/volunteers
- Sustainable High-Quality provision regardless of government funding

Who used and benefited from our services?

We worked with around 100 primary, secondary and SEN schools. A high concentration of the schools were located in South Kesteven. Others were in Lincolnshire, Peterborough, Grimsby, Norfolk and around the Vale of Belvoir area.

We supported around 75 learners through our PE, Sport & Wellbeing and Community Sport & Health apprenticeships who were predominantly employed in schools and some businesses working in education.

We supported families in South Kesteven through our holiday sports and activity provision.



How our services deliver public benefit?

Our main activities currently are delivered to young people through the support and services we provide schools.


Public Benefit


In setting objectives and planning activities, the trustees have given careful consideration to the Charity Commissions general guidance on public benefit and confirm that they have complied with their duty in section 17 of the Charities Act 2011 in ensuring that the Charity fulfils both the “benefit aspect” and “public aspect” required. This is evidenced by the attached report.



Activities, Achievements & Performance

Initiative / Services	Description	Impact
COVID-19 LOCKDOWN SUPPORT		
Live Sessions	<p>The team schemed to help children and their families during lockdown by providing fun, active, creative, and engaging sessions that could be done from literally anywhere!</p>	<p>During all lockdowns, the team did 74 live streamed videos.</p> <p>From these 74 videos, we have had an amazing 11,799 views across both YouTube and Facebook.</p> <p><i>"We are loving the inspire plus videos!"</i> <i>"I'm really impressed with their dedication."</i> <i>"Logan did two videos tonight and enjoyed them. He also loves the personal touch to hear which schools take part."</i></p> 
Virtual Assemblies	<p>We are primarily responsible for keeping Microsoft in business and trading on the Dow Jones. We attribute this to the amount of Teams assemblies that have been held this year. Thank you to all the teachers for their patience and doing all the admin with parents to allow children to join from home!</p>	<p>Long Sutton and Barrowby are sharing the bragging rights for the most children on one call, combining for a total of nearly 200 children!</p> <p><i>"Quick thank you, great assembly, my class are now buzzing from it. You are obviously becoming an expert at the virtual assemblies."</i></p> 

Initiative / Services	Description	Impact	
Virtual Mentoring & Staff Well-Being	<p>Thank you again to all the teachers that contacted children at home to set up Teams calls and took extra steps to allow the team to come into school for what was then, a rare face to face encounter!</p>	<p>Over 400 children received “Aspire to Inspire” mentoring, to help boost self-esteem, motivation, and engagement either face to face or virtually this year.</p> <p>Despite Covid-19 getting in the way, we still managed to deliver 14 staff well-being sessions, we are coming to bump those numbers up this year.</p> <p><i>“Just a bit of feedback on today’s session, the kids I spoke to loved it, so a huge thanks Sam for doing your thing; I can see it being a real positive.”</i></p>	
Virtual PE Lessons	<p>“Daily Distractions” were an absolute hit during the third lockdown from January 2021, we had so many excited children and very grateful parents joining us online for Super Hero School and Family Fitness Friday!</p>	<p><i>“I think it’s great that you’re doing this virtually ... there is so little to keep them motivated at the moment but she’s really looking forward to the next session!”</i></p> 	


Initiative / Services	Description	Impact
STRATEGIC		
Schools Active Movement	<p>Schools Active Movement (SAM) was co-founded by inspire+ CEO Vincent Brittain in September 2020. The aim of the movement is to support not-for-profit organisations working with schools by '<i>Connecting (the network), Advocating (the importance of PE & School Sport to Government and other stakeholders) and Sharing (good practice)</i>'.</p> <p>This was achieved through a creation of a national board; each region of the country is represented, and a series of national webinars and networking events are held throughout the academic year.</p> <p>Sir Mo Farah is the current SAM patron.</p>	<p>SAM represents 200 not-for-profit organisations across the breadth of England. These organisations work with 12,500 schools and 3.25 million children.</p> <p>A national school survey was held to ascertain the state of play of children returning from the latest lockdown in March. Seven indicators demonstrated to Government the importance of PE & School Sport for children's recovery.</p> <p>79% of school professionals believed that children's physical fitness was worse or a lot worse. General wellbeing was 57% worse or a lot worse, whilst 66% believed that children had put on excessive weight.</p> <p>SAM members used these survey results helped advocate local impact to their MPs.</p> <p>This work played an important part in securing £320 million sport premium for 21/22 academic year and the continuation of the School Games Organiser network.</p>  <p>The infographic displays the Schools Active Movement logo, supported by the Youth Sport Trust. It features three icons: a yellow smiley face for 'Happier', a green apple for 'Healthier', and a red stopwatch for 'More Active'. Below these, a survey results section titled 'Teachers have noticed a range of concerning issues since returning to school on 8 March, following the third national lockdown...' shows data for five categories: Physical fitness, Fundamental movement skills, Pupil's resilience, Pupil's general wellbeing, and Pupil social interaction. Each category has a bar chart showing 'Worse', 'Same', and 'Better' responses. For example, Physical fitness shows a high percentage of 'Worse' responses, while Pupil's general wellbeing shows a high percentage of 'Better' responses. A final section titled 'Pupils have put on excessive weight during lockdown' shows a bar chart with 'Agree', 'Don't know', and 'Disagree' responses, indicating a significant portion of 'Agree'.</p>



Initiative / Services	Description	Impact	
YOUNG PEOPLE			
<div>inspire+ Ambassador Sam Ruddock</div>	<p>Sam continued to deliver virtual assemblies and well-being mentoring based on the themes of “Preparing for the Future” and “Building Resilience”.</p> <p>As virtual turned into face to face, the Aspire to Inspire mentoring programme was able to operate in two secondary schools, to positively change behaviour, attitudes, emotional well-being and self-esteem in Key Stage 3 and Key Stage 4.</p> <p>During the summer term, we embarked on the inspire plus summer roadshow, delivering fun sports and games afternoons to reward Year 5 and Year 6 (and their teachers) after the tough year you have all had!</p>	<p>Over 70 whole school assemblies were delivered virtually with Sam in 2020-2021, with approximately over 1000 children engaged either in school or at home!</p> <p><i>“Yesterday was absolutely brilliant. The children got so much out of it and were very animated going home, talking excitably about seeing you again. I’ve got some great photos some children who aren’t often enthusiastic about PE really throwing themselves into it.”</i></p>	



Initiative / Services	Description	Impact
<p>inspire+ Ambassador Sophie Devenish</p>	<p>This year, Sophie visited our newer core schools. Each school received a half-day session which was focused on Achieving your Goal.</p> <p>Sophie has led on the inspire+ Talented Athlete programmes alongside the inspire+ mentoring programme(s) working with specific groups of children. This also includes the fitness mentoring programme, focusing getting children active. This programme involved 6 visits per school for 6 children of the school's choice.</p> <p>During lockdown, Sophie delivered fitness mentoring & virtual assemblies, focusing on the 5 steps to wellbeing for the KS1 'bubbles'!</p>	<p>Sophie delivered online assemblies to 32 of our schools during the lockdown period. She focused on the 5 steps to wellbeing for KS1.</p> <p>She also led 7 schools through the Fitness Mentoring programme and 11 schools through the Well-Being mentoring programme</p> <p>She also took part in the filming of all 6 of our termly fitness videos.</p> <p>Sophie delivered our staff well-being Boxercise sessions to 10 of our schools, with several booking more for 2021/22 academic year!</p> <div data-bbox="1541 236 2027 598">  </div> <div data-bbox="1541 638 2027 1013">  </div>



Initiative / Services	Description	Impact	
inspire+ Ambassador Sarah Outen MBE	<p>To celebrate the 10th anniversary of inspire+, we commissioned Sarah Outen to lead an adventure book project, across all our schools.</p> <p>The project involved each school commissioning a group of pupils to be their Mini Authors. Sarah then ran termly virtual training sessions with the Mini Authors developing their skills on story writing.</p> <p>Each school submitted a story for the anniversary book. Each story had to be adventure themed and based either in or around their school.</p> <p>To conclude the project, Sarah embarked on a 2-week biking and scootering around all our schools to deliver books to each school and meet the mini authors.</p>	<p><i>“Sarah has an amazing impact on the children, she has a very natural way of connecting with the children and capturing their attention, she has them in the palm of her hand.”</i></p> <ul style="list-style-type: none"> • 50 schools involved in the project • Sarah biked & scooted over 250 miles! <p><i>“We couldn’t think of a more fitting way to celebrate our 10th anniversary! An innovative project that involves all or wonderful schools and children that we are so proud and honoured to support. We would like to thank Sarah Outen our inspirational Ambassador and friend of the charity. She has been inspiring children since the days of her epic human powered adventure around the world and now doing so through this book. Finally, I would like to thank all my amazing colleagues that have worked for the charity over the past 10 years, it’s been a wonderful journey that I’m proud to have shared with you. Here’s to the next 10 years and beyond...”</i></p>	







Initiative / Services	Description	Impact	
inspire+ Ambassador Jonathan Broom-Edwards & Lizzie Simmonds	<p>This year both Jonathan & Lizzie carried out virtual assemblies to all inspire+ schools.</p> <p>Their assemblies focused on the challenges and different ways of learning and life the children were facing during lockdown.</p> <p>They broke these areas down and by gaining ideas from the children came up with their own solutions to overcome them.</p> <p>Each assembly was fully interactive packed with fun and games.</p> <p>Jonathan also continued his competition to design a logo for his new mascot called "Torch". The winners will receive signed GB kit from Jonathan and the winner of the winners will have their design printed on Torch's T-shirt.</p>	<p>Between them they delivered over 100 virtual assemblies.</p> <p><i>"The children were all fully engaged, and the assembly was pitched perfectly for all our age groups."</i></p> <p><i>"Just wanted to say thank you to you and Lizzie for the assembly. The children really enjoyed it - nice that they can still experience these. :)"</i></p> <p><i>"Can you pass on a big thank you for today's assembly by Jonathan Broom-Edwards. The kids loved seeing the other classes and having the challenges."</i></p> <p><i>"Just wanted to let you know that all my staff are buzzing about the assembly this morning. So excited to have you and the team inspiring my lovely staff and pupils. Wouldn't want to be without you all."</i></p>	

Initiative / Services	Description	Impact
<p>Young Ambassador Programme (YAs)</p>	<p>The Young Ambassador Programme ranges from Bronze YAs in Key Stage 2 through to Platinum YA's in Key Stage 5.</p> <p>We are proud to deliver all aspects of this programme, which actively engages young people from Year 5 all the way through to Year 13 and forms a comprehensive part of our leadership pathway.</p> <p>Bronze Young Ambassadors support their PE coordinators deliver initiatives to their classmates, lead assemblies, advertise new clubs, health initiatives and report on school team results.</p>	<p>We have seen an increase in the number of Young Ambassadors at all levels within our area. We have trained over 190 Bronze Young Ambassadors which have then gone on to help lead a variety of activities within their schools such as looking after equipment, assisting with lunch time clubs, and helping set up for PE sessions. The Bronze Young Ambassadors also deliver the legacy tour assembly within school.</p> <p>The BYA programme this year was developed by work booklets that helped shape the programme for the pupils to plan and evidence the work they do in school supporting the fellow pupils. Senior Young Ambassadors this year have been trained and delivering the Sports Cadets Pilot from Youth Sport Trust, this has run successfully with consistent attendance from both young children and Senior Young Ambassadors alike.</p> <div data-bbox="1563 225 1966 523">  </div> <div data-bbox="1503 671 2056 1086">  </div>



Initiative / Services	Description	Impact	
Talented Athlete Programme	<p>This is a programme for KS1 and KS2/3 pupils, who are nominated by their school and was delivered via of a combination of virtual & face to face sessions for this year.</p> <p>KS1 focused on FUNdamental Movements with coach Lisa Ashcroft, whilst KS2/3 focused on psychology, biomechanics, strength & conditioning, diet & nutrition and fitness testing.</p> <p>We had some incredible sessions with parents getting really engaged and participating with their children, one of the big benefits of logging in from home with Sophie and Sam.</p>	<p>We had nearly 200 pupils across all our member schools access our Talented Athlete programmes.</p> <p>Arguably the best part of the programme was having a live cooking session delivered by Darren from Roots to Food on Facebook during May! We had 25 children all cooking their Spanish meatballs from home, following along with Darren and it was so much fun to see so many proud faces with the food that they had prepared themselves!</p> <p><i>"He is such a fussy eater, so to see him practically inhale the food that he had cooked himself was amazing, thank you!"</i></p>	
Talented Athlete Programme and Get Active Grant Scheme	<p>inspire+ support pupils were identified by the school as Talented Athletes.</p> <p>If kit, transport, or club membership fees were a barrier to reach their potential, then schools were able to access funding support for the child's family and help get them on their journey to the next level!</p>	<p>This year, 3 pupils accessed the talented athlete grant scheme to help with sporting equipment, club fees and transport to competitions.</p>	





Initiative / Services	Description	Impact	
Mini Olympics	<p>Unfortunately, 2021 saw the second year that the Mini Olympics had to be run virtually. This did however give schools a day where, despite bubbles still being observed, the whole school could have the same focus for a day.</p> <p>To change the theme from last year's virtual games, all the videos and challenges tasked the children to display either an Olympic/Paralympic value or one of the 5 ways to wellbeing. Children ticked these off on their own bingo card as they completed the challenges and were sent on videos by our coaches and secondary school volunteers.</p>	<p>On the 15th June, inspire+ schools took part in the games. The stats from the day included:</p> <ul style="list-style-type: none"> • Over 1213 views • Over 23,767 interactions with social media posts! <p>"Superbly organised, and the activities were spot on with keeping the children enthusiastic and active. We had such a great day and it brought us all together." Allington with Sedgebrook Primary School.</p> <p>"We twinned the event with our bubble sports day and it has been fantastic. Your videos were wonderful and really engaging. Thank you and your team Chris, you have all done a brilliant job." Linchfield Primary School.</p>	
inspire+ Mass Participation Event	<p>2021's edition of this event was Paralympic focused, as we set the task of children following Sam and Jonathan to Tokyo 2020 – a total distance of 5,867 miles from Grantham to Haneda International Airport.</p> <p>Any amount of physical activity from a walk to a PE lesson contributed miles toward the journey, from a Mini Olympic event, training at home or at school!</p>	<p>Major congratulations and recognition needs to go out to Huntingtower and Buckminster, who amassed 85,100 and 78,994 miles respectively.</p> <p>One child at Buckminster covered nearly the entire trip during the summer term, combining all their activities to a total of 4250 miles! Incredible work!</p>	



Initiative / Services	Description	Impact	
PGL Half day Access	<p>Schools had the opportunity to take pupils to PGL in Caythorpe.</p> <p>Emphasis was placed around extending PE opportunities (OAA) and giving pupils access to outstanding facilities and instructors.</p>	<p>11 schools were able to access a PGL Half Day. Unfortunately, a few schools did have to cancel due to COVID safety precautions. Schools would not normally be able to access PGL for half a day, this is thanks to their inspire+ membership.</p> <p>187 pupils this year got to experience the great outdoor adventure facilities and activities!</p> <p>Many schools used this programme to reward children for attainment, good work, behaviour or to support children develop skills such as teamwork, communication and increase confidence.</p>	
PGL Access Weekend (Year 6-7 Transition)	<p>Schools had the opportunity to select pupils to attend a special weekend at PGL, staffed by inspire+.</p> <p>The weekend is aimed at pupils in year 6 to help aid transition from primary school to secondary school.</p> <p>Schools had the discretion on pupils chosen, with reasons ranging from being a Young Ambassador, attainment, good behaviour, students with low self-confidence or students who have never experienced outdoor</p>		



Initiative / Services	Description	Impact	
	<p>education before, which may have been due to financial restrictions.</p>	<p><i>and was so pleased to make 2 friends who will be going to Priory Ruskin with him in September.</i></p> <p><i>“It was all really well organised and a great opportunity for the kids to mix and enjoy themselves. I am sure it has been particularly challenging to organise and sort out with all the changing covid requirements, so thank you for preserving and arranging a brilliant day.”</i></p>	
<p>Little Movers</p>	<p>This is an inspire+ initiative aimed for 2–5-year-olds to help encourage and develop their fundamental and cognitive motor skills; secondary learning outcomes also include communication and teamwork.</p> <p>It can also provide CPD/team teaching for nursery staff in their knowledge, understanding and confidence in delivering physical activity.</p> <p>This 6-week course covers a variety of topics to encourage a healthy, happy, and active lifestyle from an early age.</p> <p>Sessions can be provided face to face and also virtually.</p>	<p>Taster sessions were delivered last academic year where we saw just shy of 300, 2–5 year-olds.</p> <p>11 Schools have selected Little Movers as part of their membership for the coming academic year.</p> <p>Local Nurseries are also using our Little Movers initiative that we have recently offered.</p> <p><i>“We liked doing the exercises, it makes us feel good!”</i></p> <p><i>“We love the shark game and kicking the balls around!”</i></p> <p><i>“We really enjoy the running games; they make us feel happy” -Woodlands Nursery Pre-Schoolers</i></p>	



Initiative / Services	Description	Impact	
		<p><i>“The little movers’ videos were a great inspiration for our EYFS children. The videos helped motivate the children during lockdown and it is something they have spoken about many times since returning. We also heard several parents got involved as well. I would definitely recommend.” - Mr Leader - Head Teacher of Great Ponton Primary School</i></p>	
TEACHING STAFF			
PE, Sport and Leadership Conference	<p>The 2020 conference took place virtual to allow head teachers and PE leads to gather all their programme information for the coming year.</p> <p>Whilst it was a disappointment to not see teachers in person, the conference proved very popular with teachers, and they were able to action jobs whilst going through their membership.</p>	<p>Over 95% of the charity’s schools attended with most having their PE Leads attend. Head Teachers attended a leadership briefing with our CEO.</p> <p>Workshops that were delivered included, GetSet4PE, AfPE and the 5-ways to wellbeing.</p>	



Initiative / Services	Description	Impact	
CPD Courses	<p>A comprehensive programme of primary school courses delivered locally and nationally, were coordinated for member schools. Courses were aimed at supporting all school staff to deliver high quality PE and Sport in their schools.</p>	<p>40 CPD courses were facilitated throughout the year for schools.</p> <p>A total of 170 staff members were trained.</p>	
The FA Girls School Football Partnership	<p>FA Girls Football Partnership is new this academic year.</p> <p>Inspire+ shares the FA's vision of giving every girl the opportunity to play football by 2024.</p> <p>The partnership allows staff and children to attend CPD events as well as the opportunity to set up the pathway, to reach the goal of giving girls the opportunity to play football by 2024.</p>	<p>We had 17 Schools attend the FA Disney Active Play Through Story Telling and Disney After School. This training was held virtually over three sessions and designed for school staff to lead into a lunch time club and after school with a Disney theme.</p> <p>Inspire+ have ran Shooting Stars club at 6 different schools throughout the summer term, which were all well received and many continuing into the next academic year. 44% of inspire+ schools engaged within the programme.</p> <p>26 Secondary school students signed up and completed the Lincolnshire Lionesses programme, which inspire+ is 25% of the county's uptake. 2 of those students attended a virtual, national conference on behalf of Lincolnshire.</p>	



Initiative / Services	Description	Impact	
SCHOOL			
TOP UP Swimming	This initiative funds 50% of an additional qualified school swim teacher to work with non-swimmers, ensuring children meet the KS2 requirement.	Schools continue to access this programme that is proven to support the development of targeted pupils.	
Parent Volunteer Programme	inspire+ provided an induction event for parents giving them access to basic sports training, enabling them to assist sports clubs at their child's school. This can also be an opportunity for parents to progress into paid job roles.	This academic year we have had a variety of parents train as volunteers. These parents have gained access to our CPD calendar and have been taking full advantage of the training that has been on offer throughout the academic year.	
inspire+ Legacy Tour 2020/21	<p>This year's Legacy Tour looked at both the Tokyo Olympic and Paralympic games with a primary focus on wellbeing and health.</p> <p>All member schools were offered the opportunity to be part of the inspire+ Legacy Tour.</p>	<p>This year's Legacy Tour saw 45 schools down to take part with 27 assemblies being delivered live via Teams.</p> <p>We look forward to delivering the Legacy Tour hopefully face-to-face again to all of our schools next year.</p>	
Playground Leaders	<p>This training programme has been delivered like no other this past year!</p> <p>We were pleased to offer virtual sessions of the course which went down superbly. Safe and suitable games during COVID-19 were very much appreciated, as were</p>	<p>The stats from the 2020/21 year are:</p> <p>Children's confidence and knowledge: 3,933.11% INCREASE</p> <p>Staff confidence and knowledge: 888.31% INCREASE</p> <p><i>"Yes, I feel very confident in the training system and will be able to lead my</i></p>	



Initiative / Services	Description	Impact	
	<p>videos for schools to use in their own time.</p> <p>Giving the staff confidence and knowledge of play and general playground leading and safety was great! Schools also wanted to have a couple of leaders trained in each class to work just in their class/bubbles.</p> <p>All staff have worked brilliantly this year during a difficult time as the course can be delivered virtually, face-to-face, pre-recorded videos</p>	<p><i>playground leader team. Jack was an engaging and clear coach; the children really enjoyed his sessions and took a lot from it. Thank you."</i></p> <p>Colsterworth Primary School TA</p> <p><i>"Came away with lots of new ideas. It was an asset to be able to receive great ideas for more imaginative play, suggestions of ways for improvement and ideas to involve all children in active play."</i></p> <p>Baston Primary School Midday Supervisor</p>	
Specialist Coaches	<p>inspire+ help to provide quality coaching at schools through a comprehensive range of sports, to support increased OSHL and support the upskill of teachers delivering PE curriculum as well as providing PPA cover.</p>	<p>43 schools have accessed the specialist coaching service, with the majority receiving some sessions for free as part of their inspire+ membership. Schools consistently and regularly request additional coaching services.</p> <p>Our specialist coaches provide teachers with the knowledge and guidance to improve and upskill their current PE experience.</p> <p>This year, on average:</p> <ul style="list-style-type: none"> ➤ Pupil enjoyment has increased by 196% ➤ Pupil confidence has increased by 159% ➤ Teacher knowledge has increased by 65% ➤ Teacher confidence has increased by 92% 	


<p>inspire+ mentor programme</p>	<p>As usual, our mentors Sophie, Sam and Chris provided support and guidance to those at home and at school to help remove barriers to learning to support effective participation, enhance individual learning and raise aspirations.</p> <p>Fitness Mentoring focuses on balance, co-ordination, endurance, and flexibility, using these components of fitness to find new, fresh ways of getting physically active.</p>	<p>28 schools received the Well-Being and Fitness Mentoring programme, totalling over 450 pupils participating this year.</p> <p><i>Fitness mentoring feedback:</i></p> <p><i>“Thank you so much Sophie! We really enjoy having you support our children; we feel that we see real improvements in the children’s attitudes and confidence. Thanks again”</i></p> <p><i>“The Year 5’s loved the session and the feedback so far has been really positive!”</i></p>	 
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Initiative / Services	Description	Impact	
#HealthyHappy Active sports camps	<p>This year our camp interventions were highly sought after by parents for Spring and Summer. Sessions were delivered by our inspire+ core staff to provide children with an insight into many different sports that they may otherwise not have the chance to take part in.</p> <p>All activity was done above and beyond Covid-19 Government guidelines, children enjoyed themselves immensely and were given back to their parents suitably tired!</p> <p>This year was also the first time in nearly 18 months that our Secondary Sports Leaders were able to assist and help organise an inspire+ event, so a massive well-done to them for their hard work and enthusiasm.</p>	<p style="text-align: center;">COMMUNITY</p> <p>Thank you to all our member schools that offered their sites and premises to conduct the initiative</p> <p>Over 30 camp days delivered during the school holidays</p> <p>On average 30 children attended each day meaning over 900 places were taken</p>	
		 	

Initiative / Services	Description	Impact	
#HAF / Move & Food	<p>Move and Food was set up by inspire+ in October half term 2020, to provide fun physical activity combined with healthy snacks and a hot, nutritious meal.</p> <p>In the Spring and summer, LCC offered to fund these sessions through a national funded programme named Holiday Activity and Food clubs</p>	<p>The impact of the Move and Food initiative has been fantastic, 120 families took advantage of this in our October, December 2020, February 2021, and May 2021</p> <p>The HAF club has since impacted largely, over 1500 places were taken in the Spring and Summer, with funding confirmed up until Christmas 2021.</p> <p>HAF clubs were ran in multiple venues around Grantham, along with clubs in Stamford and Long Sutton.</p>	
Secondary School Summer Provisions	<p>Transition summer schools was a new initiative ran in the Summer Holiday's for Year 6 students going to Priory Schools in the new 2021/2022 academic year.</p>	<p>We delivered team sports team building sessions and orienteering to allow them to meet other pupils, make friends and get used to the site.</p> <p>We supported Priory Ruskin, Priory LSST and Priory City School over three different weeks to deliver the sessions, seeing 250 children transition into their new school.</p>	

Initiative / Services	Description	Impact	
Belton House Summer Provision	The Belton House Summer provision was a new event that ran very successfully through Summer 2021.	<p>Every Tuesday afternoon the sessions would run 12pm-4.45pm for ages 2 and above.</p> <p>2-5 year old sessions were 30 minutes long, 5 years and above were 45 minutes long. Over the 7 weeks 281 children took part in our sports sessions including, tag rugby, athletics, basketball, cricket.</p> <p>One of the days was spent as a sports play day, 9am-4pm where 190 children took part.</p> <p>All together seeing 473 children in 8 weeks.</p>	
SECONDARY SCHOOL PROVISION			
Sports Leadership Academy	The Sports Leadership Academy has been running for 10 years and enables the leaders to make a real impact in their schools and local community. By working very closely with the local School Games Organisers, we can provide these leaders with great opportunities to positively impact sports within their schools and the local community.	<p>Our ambassador Sam Ruddock held Friday “chit-chat” sessions with the Walton Academy cohort during Lockdown 3.0 (Jan-March 2021). He invited special guests such as Vicky Fleetwood (England Rugby) and Tammy Beaumont (England Cricket) to talk about their own sporting journeys and why coaches/volunteers were crucial to their success at the elite level.</p> <p>As restrictions eased and our sports camps could continue to run, we have had approximately 50 leaders deliver their first bunch of volunteering hours for the charity at these Summer and HAF Sports Camps. We know they are all looking forward to being welcomed back to our biggest volunteering event next year, which is the Mini Olympics in 2022.</p>	

Initiative / Services	Description	Impact
EDUCATION TEAM		
Health Check and PE forum	<p>PE co-ordinators and/or head teachers are invited to join us at termly PE forum meetings and have had the opportunity to request individual support for their school in the form of a PE health check.</p>	<p>In recent years less schools used the health check service, but it remains available to any school requiring it. We are happy to discuss your current provision and how you can enhance PE and school sport in your school. The PE forums take place once per term and focus on up-to-date PE and sport news, resources, and guest speakers.</p> 
Education and Apprenticeship Programmes	<p>Inspire+ apprenticeship programmes are now in their fifth year of delivery. Working with our partners, Inspire Education Group (Formerly New College Stamford and Peterborough Regional College) we now offer a range of level 2-4 programmes to suit schools training needs.</p> <p>Our new level 4 Higher apprenticeship is being launched for 2021-22 year which brings more exciting prospects for those pursuing a career in the PE, Sport and Physical Activity sector. We also now offer an active wraparound care level 2 training programme (AWAC) for school-based learners.</p>	<p>Another hugely successful year saw over 90 apprentices complete and work towards their level 2 and level 3 Community Activator and Community Health Sport and Health Officer apprenticeships. The challenges that came with lockdown enabled our apprentices to support schools and pupils through this difficult time throughout the East of England with cohorts in East Riding, NE Lincs, Norfolk, Lincoln, Grantham, Boston & Stamford.</p> <p>Many of our apprentices have been employed by their schools and are subsequently moving onto higher apprenticeships to meet their career goals.</p> 

Initiative / Services	Description	Impact	
ACTIVE WRAP AROUND CARE			
Uffington Reach for the Stars	<p>Reach for the Stars was established in 2019 to provide wrap-around care for pupils at Uffington Primary School.</p> <p>The provision ensures that children are physically active, supporting them achieve the recommended daily physical activity levels.</p>	<p>Parent feedback</p> <p>“It is so encouraging to get them to do a recommended level of exercise, I think it sets them to establish healthy habits for life which has a positive effect for learning and all other areas of their lives. It also encourages teamwork and self-discipline.”</p> <p>“Both of my kids are much more settled and calmer and respectful. I think they play better together too. They come home feeling physically tired helping with them getting a good night's sleep.”</p>	 <p>inspire+ Charity number: 1144507 Ofsted registration number: 2528282 Designed by: Isabella & Abbie</p>

FINANCIAL REVIEW

Principal funding sources

The majority of our funding has been generated through our school membership fees and our apprenticeship programmes. Currently primary schools receive Sport Premium funding from Government and the majority will use a proportion of this to fund their membership. The charity's services support schools meet targets set out by PE and Sport Premium funding grant. Another significant funding stream has been through delivering the PE, School Sport & Wellbeing and Community Sport & Health apprenticeships. Payments are made by our FE partner Inspire Education Group. The charity has also raised revenue through our specialist coach programme and our holiday provision of which the later was predominately funded through Holiday Activity Food, a national programme administered through the county council.

Policy on reserves

To ensure the medium to long term future of the charity the trustees recognise the need to hold reserves to allow for protection of our activities, of which the charity has pledged to continue regardless of if schools are in receipt of Government funding or not and to promote balanced, long term strategic planning. Trustees currently feel there is still sufficient level of risk associated with future funding, notably Sport Premium that warrants approximately 24 months of expenditure as unrestricted funds, within the general reserves. The reserves at the year end were £833,318 representing just short of 19 months of expenditure.

Financial results

Overall income for the year amounted to £798,682 (2020: £666,468) with an expenditure for the period of £560,251 (2020: £548,101). Net assets of the charity amounted to £833,318 (2020: £594,887) as at 31 August 2021.

PLANS FOR FUTURE PERIODS

The charity will continue to expand its apprenticeship programme through the introduction of a further apprenticeship course to complement the two that we currently deliver. This will be the level 4 'Sports Coach'.

We will also continue to diversify our income streams. The charity secured funds through Lincolnshire County Council to delivery holiday provision funded through Holiday Activity Food funding. This national funding has been confirmed for three years and will allow the charity to expand this provision into further areas and increase the age range of participants in partnership with the council.

We will continue to be mindful of the charity's aims when deciding future services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 19th September 2011 and registered as a charity on 2nd November 2011. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding ten pounds.

Recruitment and appointment of new trustees

The directors of the company are charity trustees for the purpose of charity law. Should the existing Trustees consider it necessary to appoint further Trustees, they would ensure that adequate training was provided and that any candidate would have the required skills in management and planning. The Charity has trustee indemnity insurance in place, in line with the memorandum of articles.

Trustee induction and training

New trustees are presented with an inspire+ induction pack that is now accessed via their trustee hub. This contains all relevant information published by the Charity Commission. Trustees are also periodically sent information about trustee training/awareness courses. Trustees complete a skills audit.

Organisational structure

The governing body is the board of trustees who are responsible for the administration and investment policy of the scheme. The Chief Executive, who is appointed by the trustees, manages the day to day operation under delegated authority.

Key management remuneration

The trustees consider the role and responsibilities of key management personnel and review the remuneration package in line with similar charitable entities. Annual appraisals and pay reviews on key management personnel are undertaken based on the individual's performance of their duties and fulfilment of the objectives of the charity in the period.

Risk Assessment

The Trustees' have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to major risks. The Trustees regularly meet and review the risks facing the Charity and the current safeguards in place. Individual risk assessments are in place for each of the charity's programmes. All specialist coaches and staff are DBS checked during their induction process.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07778125 (England and Wales)

Registered Charity number

1144507

Registered office

Kempton House
Kempton Way
Grantham
Lincolnshire
NG31 7LE

Trustees

Darren Joint	Engineer, Inspire+ Chair	
David Price	Safety Guidance	
Rod Tyler		
Simon Barter		
Christopher Game	Assistant Head/Director of Sport, Jack Hunt School	
Phillip Garner	Retired Public Health Specialist	
Tom Mountain	PGL General Manager	
Bijal Ladv	Specsavers	
Bill Lord	Headteacher	
William Robert Adams	County Councillor	Deceased 15 November 2021
Jenny Barnes	Head of student voice & insight	Appointed 1 February 2021

Gareth Hart	LCC	Appointed 1 September 2020
Rob Price	Alchemy	Appointed 29 September 2020
Scott Bridgeman	Stagecoach	Appointed 1 February 2021
Sara Bird	CEO The Fatorexia Foundation	Appointed 1 February 2021

Company Secretary

Vincent Brittain

Chief Executive

Vincent Brittain

Staff

Chris Graves

Micky Walkden

Carl Blackman

Sophie Devonish

Samuel Ruddock

Jack Medley

Sharalyn Hayter

David Upton

Kai Willerton

Sacha Castell-Smith

Chris Wheaton

Kelsey Pakes

Kane Goswell

Jak Bratton

Steve Bull

Vincent Brittain

Independent Examiner

Paul Colcomb FCCA
Wright Vigar Limited
Chartered Accountants & Business Advisers
15 Newland
Lincoln
Lincolnshire
LN1 1XG

Website

www.inspireplus.org.uk

Approved by order of the board of trustees on 1 March 2022 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'D. Joint', written in a cursive style.

Darren Joint Chairman of trustees, Inspire Plus (Registered Company Number 07778125)

Independent Examiner's Report to the Trustees of Inspire Plus (Registered Company Number: 07778125)

I report on the accounts for the year ended 31 August 2021 set out on pages 1 to 45.

Responsibilities and basis of report

As the charity 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 company'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 that in any material respect:

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.



Paul Colcomb FCCA
Wright Vigar Limited
Chartered Accountants & Business Advisers
15 Newland
Lincoln
LN1 1XG

1 March 2022

Inspire Plus Statement of Financial Activities for the year ended 31 August 2021

		Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM:	Notes				
Donations and grants		28,025	-	28,025	12,000
Investments	3	1,355	-	1,355	1,162
Other income	4	12,305	-	12,305	32,492
Charitable activities	5	756,997		756,997	620,814
Total incoming resources		798,682	-	798,682	666,468
EXPENDITURE ON:					
Charitable activities	6	560,251	-	560,251	548,101
Total expenditure		560,251	-	560,251	548,101
NET INCOME/(EXPENDITURE)		238,431	-	238,431	118,367
RECONCILIATION OF FUNDS					
Total funds brought forward		594,887	-	594,887	476,520
TOTAL FUNDS CARRIED FORWARD		833,318	-	833,318	594,887

Inspire Plus Balance Sheet at 31 August 2021 (Registered Company Number: 07778125)

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Debtors	10	86,308	-	86,308	38,688
Cash at bank and in hand		820,068	-	820,068	605,242
		<u>906,376</u>	<u>-</u>	<u>906,376</u>	<u>643,930</u>
CREDITORS					
Amounts falling due within one year	11	<u>73,058</u>	<u>-</u>	<u>73,058</u>	<u>49,043</u>
NET CURRENT ASSETS		<u>833,318</u>	<u>-</u>	<u>833,318</u>	<u>594,887</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>833,318</u>	<u>-</u>	<u>833,318</u>	<u>594,887</u>
NET ASSETS		<u>833,318</u>	<u>-</u>	<u>833,318</u>	<u>594,887</u>
FUNDS	12				
Unrestricted funds				833,318	594,887
Restricted funds				-	-
TOTAL FUNDS				<u>833,318</u>	<u>594,887</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 August 2021 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 special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 1 March 2022 and were signed on its behalf by:

A handwritten signature in black ink, appearing to be 'D. Joint', written in a cursive style.

Darren Joint - Chair

Inspire Plus Charity Number 1144507, Registered Company Number 07778125

Inspire Plus Statement of Cash Flow for the year ended 31 August 2021

	Notes	2021 £	2020 £
Cash flows from operating activities:			
Cash generated from operations	1	213,491	122,001
Net cash provided by (used in) operating activities		<u>213,491</u>	<u>122,001</u>
Cash flows from investing activities:			
Interest received		1,335	1,162
Net cash provided by (used in) investing activities		<u>1,335</u>	<u>1,162</u>
Change in cash and cash equivalents in the reporting period		214,826	123,163
Cash and cash equivalents at the beginning of the reporting period		<u>605,242</u>	<u>482,079</u>
Cash and cash equivalents at the end of the reporting period		<u><u>820,068</u></u>	<u><u>605,242</u></u>

Inspire Plus Notes to the Statement of Cash Flow for the Year Ended 31 August 2021

1 Reconciliation of net income(expenditure) to net cash flow from operating activities

	Notes	2021	2020
		£	£
Net income/(expenditure) for the reporting period (as per the statement of financial activities)		238,431	118,367
Adjustment for:			
Investment income		(1,335)	(1,162)
(Increase)/decrease in debtors		(47,620)	(10,661)
Increase/(decrease) in creditors		24,015	15,457
Net cash provided by (used in) operating activities	1	<u><u>213,491</u></u>	<u><u>122,001</u></u>

Inspire Plus Notes to the Financial Statements for the Year Ended 31 August 2021

1. STATUTORY INFORMATION

Inspire Plus is a Charitable company, limited by guarantee, registered in England and Wales. The charitable company's registered number and registered office address can be found on the Report of the Trustees.

The presentational currency of the charitable company is Sterling.

2. ACCOUNTING POLICIES

Basis of accounting

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 (FRS102) '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.

Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, when it is probable that the amount will be received and when the amount can be quantified with reasonable accuracy. Donated goods and services are measured at the market value or cost that the gift would have been to the charity.

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.

Investment Income Recognition

Investment income is recognised when receivable and the amount can be measured reliably by the charity. This is normally upon the notification of the interest paid or payable by the bank.

Taxation

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

Pensions

The charity operates a defined contribution pension scheme.

Fund Accounting

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charitable company.

Government Grants

Grants relating to the Coronavirus Job Retention Scheme are recognised in full in the period in which the associated salary, national insurance and pension costs were incurred.

3. INVESTMENT INCOME

	2021	2020
	£	£
Deposit and current account interest	<u>1,335</u>	<u>1,162</u>

4. OTHER INCOME

	2021	2020
	£	£
Government grants	<u>12,305</u>	<u>32,492</u>

During the year, the charitable company received Coronavirus Job Retention Support grants amounting to £12,305. In the previous year, the charitable company received Coronavirus Job Retention Support grants amounting to £31,492; and the remaining £1,000 was a Business Lincolnshire Growth Grant.

5. INCOME FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Core Activities	756,997	621,814
	<u>756,997</u>	<u>621,814</u>

6. CHARITABLE ACTIVITY'S COSTS

	2021	2020
	£	£
Core Activities:		
Direct costs	30,048	27,523
Support costs (see note 7)	530,203	520,578
	<u>560,251</u>	<u>548,101</u>

The charity paid £449 (2020: £250) in grants to individuals for equipment and coaching in the year.

7. SUPPORT COSTS

	2021	2020
	£	£
CPD	9,281	21,093
Wages	374,643	334,031
Social security	23,863	19,467
Pensions	22,785	19,064
Coaching and equipment	22,747	35,666
Travelling	14,609	16,666
Printing, postage and stationery	1,234	2,556
Telephone	1,132	1,268
Insurance	3,299	3,041
Accountancy fees	260	192
Professional fees	14,617	9,440
Independent examiner's fee	4,125	1,956
Website support and IT costs	7,503	14,226
Other management costs	23,219	36,560
Office rental	6,600	4,950
Bank charges	267	35
Sundry expenses	<u>19</u>	<u>367</u>

	530,203	520,578
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8. TRUSTEES' REMUNERATION AND BENEFITS

There was no trustees' remuneration paid for their role as Trustee in the year ended 31 August 2021 or for the year ended 31 August 2020.

Trustees Expenses

There were no trustees' expenses paid for their role as Trustee in the year ended 31 August 2021 or for the year ended 31 August 2020.

9. STAFF COSTS

The average number of staff employed during the period was 18 (2020: 16).

	2021	2020
	£	£
Wages and salaries	374,643	334,031
Social security costs	23,863	19,467
Other pension costs	22,785	19,064
	<u>421,291</u>	<u>372,562</u>
Employees paid £60,000 or more		
	2021	2020
£60,000-£69,999	1	1

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	78,556	5,457
Other debtors	7,752	33,231

86,308	38,688

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	10,567	39,786
Accruals	52,025	7,515
Pension and social security	10,466	1,742
	73,058	49,403

12. MOVEMENT IN FUNDS

	At 31 August 2020	Net movement in funds	At 31 August 2021
	£	£	£
Unrestricted funds			
General fund	594,887	238,431	833,318
TOTAL FUNDS	594,887	238,431	833,318

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

General fund:	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	798,682	560,251	238,431
TOTAL FUNDS	798,682	560,251	238,431

13. MOVEMENT IN FUNDS (Continued)

	At 31 August 2019	Net movement in funds	At 31 August 2020
	£	£	£
Unrestricted funds			
General fund	<u>476,520</u>	<u>118,367</u>	<u>594,887</u>
	<u>476,520</u>	<u>118,367</u>	<u>594,887</u>
TOTAL FUNDS			
Net movement in funds , included in the above is as follows:			
	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General Fund	<u>664,468</u>	<u>548,101</u>	<u>118,367</u>
	<u>664,468</u>	<u>548,101</u>	<u>118,367</u>

14. RELATED PARTY DISCLOSURES

During the period the charity received goods of £1,003 (2020: £1,500) from Safety Guidance Limited, a company in which director D Price is also a director. There was no balance due to Safety Guidance Limited at either year end.

During the period the charity paid trustee, R Tyler for services during the period, unrelated to his work as a trustee, amounting to £1,003 (2020: £3,579). There was a balance due to R Tyler at the year end of £nil (2020: £203).

Key management includes the Chief Executive, and two other members of the charity (2020: Chief executive only and two other members of the charity). The remuneration paid or payable to management for employee services is shown below:

Salaries for the year totalled £137,388 (2020: £136,950).

Employer's NI for the year totalled £14,470 (2020: £14,456).

Employer's pension contributions for the year totalled £12,394 (2020: £12,323).

Expenses reimbursed for the year totalled £1,549 (2020: £4,184.)

Nina Brittain, spouse of Chief Executive, Vincent Britain, was paid £3,389 for services during the year (2020: £nil).