

PLYMOUTH SPORTS CHARITY LIMITED

England & Wales · Charity number 1146141

Details

Other names PLYMOUTH SPORTS ACADEMY LIMITED, PSA

Status Registered

Legal form Charitable company

Company number [07755411](#)

Registered 2012-02-29

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

Contact

Address 1 Haysend Walk
Plymouth
PL6 6FX

Phone 07807274617

Email info@pscharity.org.uk

Website www.pscharity.org.uk

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF PLYMOUTH AND THE SURROUNDING AREA THE PROVISION OF FACILITIES FOR RECREATIONA OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF THE SAID INHABITANTS.

Activities: Using the medium of sport and education to support disadvantaged young people and vulnerable adults in Plymouth and the surrounding area.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Cornwall
- Devon
- Plymouth City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£133,903	£134,853	-	-
2024-01-31	£90,618	£108,317	-	-
2023-01-31	£162,694	£163,036	-	-
2022-01-31	£120,115	£189,980	-	-
2021-01-31	£120,115	£189,980	-	-

Trustees

Name	Role	Appointed
Garry Thompson		2019-11-05
Maria Ringstrom		2019-11-05
angeline sandford		2019-06-14

PLYMOUTH SPORTS CHARITY LIMITED

England & Wales - Charity number 1146141

Accounts

ANNUAL REPORT 2024-25



REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 JANUARY 2025

Charity Name

Plymouth Sports Charity Limited

Trustee Directors

M Ringstrom

A Sandford

G Thompson

Registered Office

1 Haysend Walk

Plymouth

PL6 6FX

Info@pscharity.org.uk
Telephone: 07568141747



MANAGING SYMPTOMS
THROUGH EXERCISE

TRUSTEE REPORT

The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 January 2025. The provisions of the Statement of Recommended Practice “Accounting and Reporting by Charities” (SORP FRS 102- implemented 1 January 2019) have been adopted in preparing the annual report and financial statements of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 30 August 2011 and registered as a charity on 29 February 2012. 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 £10.

Recruitment, Appointment of Trustees

The Directors of the company are also charity Trustees for the purposes of charity law. They give their time voluntarily and receive no benefits from the charity. All day to day operational matters are delegated to the management team. Under the Articles of Association there is no automatic requirement for rotation/retirement of Director/Trustees.

When recruiting Trustees, the existing Trustees seek individuals with a skill set complimentary to theirs. The aim is that the Trustee/Directors as a group, have a diverse set of skills that individually benefit the objectives of the charity.

ABOUT US

COMPANY NUMBER: 07755411

CHARITY REGISTERED IN ENGLAND AND WALES NUMBER: 1146141

Plymouth Sports Charity improves physical and mental wellbeing in the Plymouth community. Our free and accessible sport, movement, and health programmes support people from all backgrounds: including veterans, young people, and those with chronic health conditions.

Our Mission

To make fitness and sport accessible to everyone, especially the most vulnerable, by offering free, high-quality programmes that enhance physical health, mental wellbeing, and social inclusion pscharity.org.uk.

Our Vision

We aim to create a healthier, more inclusive Plymouth where everyone, regardless of circumstance, can build strength, confidence, and community through movement and sport pscharity.org.uk.



OUR IMPACT

Supporting Veterans - THE VETERANS FOUNDATION

Thanks to the support of the Veterans' Foundation, our ACE Connections programme has grown into a flagship service for veterans across Plymouth. Veterans often face physical and mental health challenges after service, including PTSD, social isolation, and a loss of identity. ACE Connections provides structured, veteran-specific sessions that include tennis coaching, gym-based functional fitness, and group cycling.

Delivered in safe, non-judgemental environments, these sessions are free and flexible — tailored to different fitness levels. But ACE isn't just about movement: it's a peer-led space that fosters trust, accountability, and camaraderie. Veterans support each other, laugh together, and rebuild social confidence while improving physical resilience.

Many participants have said this is the first time since leaving service they've felt a genuine sense of belonging.



SUPPORTING VETERANS

OBESITY PREVENTION

POSTCODE COMMUNITY

Plymouth's obesity rates continue to rise, affecting around 25% of adults and placing a huge burden on health services. Our charity's response is focused on realistic, long-term support — not quick fixes.

Our Healthy Movement programme offers:

- Free activity classes in community centres
- Light circuits and guided resistance training
- Support with routine-building and food planning

We make sure sessions are stigma-free and suitable for all sizes and backgrounds. We also run pop-up wellbeing sessions offering BMI checks and motivational goal-setting.

Participants gain more than just weight loss, they gain momentum, identity, and support. Many report improvements in mental health, mobility, and even employment prospects due to greater confidence.



**MANAGING SYMPTOMS
THROUGH EXERCISE**

CHRONIC CONDITION SUPPORT

DEVON COMMUNITY FOUNDATION

Chronic conditions like arthritis, diabetes, fibromyalgia, and long COVID affect daily life for thousands in Plymouth. Many feel left behind by traditional gyms or pain management programmes.

Our Move to Improve classes fill that gap. These low-impact fitness and wellbeing sessions, funded by grant-makers, are led by experienced instructors who adapt activities to each individual's needs.

We incorporate:

- Gentle resistance work for joint stability
- Breathing and posture control for pain relief
- Social connection and habit-building for confidence

We regularly hear that these sessions reduce reliance on medication, lower GP visits, and help participants sleep better. Above all, they give people hope and a sense of achievement.



EXERCISE REFERRAL

HEART HEALTH IN CATTEDOWN

HEART RESEARCH UK

Cardiovascular disease remains one of the top killers in Plymouth, and the neighbourhood of Cattedown faces some of the city's starkest health inequalities. With Heart Research UK funding, we designed and delivered a Cardio Boost programme in the area, offering walking groups, aerobics, and movement classes for adults aged 40+. Sessions were free, sociable, and offered lifestyle support alongside exercise.

The results:

Participants reported improved energy and reduced blood pressure

Many began walking daily outside of class

Some used the programme to start managing weight or reduce smoking

This project helped over 100 local residents take their first steps to long-term heart health – and many have continued to attend other charity programmes



**IMPROVING HEALTH AND
EMPOWERING SELF-MANAGEMENT**

EMPOWERING YOUNG PEOPLE

CHILDREN IN NEED

In 2024–2025, we worked with schools, youth hubs, and families to deliver free physical activity sessions to young people aged 10–18, particularly those from disadvantaged or underserved communities.

Our Youth programme go beyond sport. It teaches:

- The importance of daily movement and hydration
- How to manage stress and build resilience
- Basics of balanced eating and screen-time management

Sessions are fun, inclusive, and skill-focused — building confidence through activities like circuits, dance, football, and boxing fitness. For many participants, this is their only access to structured physical activity.

One 13-year-old said:

“This helps me feel better when I’m sad or angry. I feel stronger.”

We also delivered targeted sessions for at-risk boys and girls, helping improve school attendance, teamwork, and self-esteem.



FINANCIAL SUMMARY

Plymouth Sports Charity

Unaudited Financial Statements for the Year Ended 31 January 2025

These unaudited financial statements have been prepared by the trustees of Plymouth Sports Charity for the year ending 31 January 2025, in accordance with the Charities SORP (FRS 102) and applicable law. No independent examination or audit has been undertaken.

Statement of Financial Activities

Total Income: £133,903.25

Total Expenditure: £134,852.76

Net Movement in Funds: £-949.51

FINANCIAL SUMMARY

Income		
Category	Amount	
	2025	2024
Restrctited income	97,064	77,938
Unrestricted income	36,839.25	12,680
Total	133,903.25	90,618
Expenditure		
Category	Amount	
Accountancy	2946.5	
Advertisement	1772.04	
Bank Charges	140.76	
Equipment	2701.26	
Facility Hire	340	
Insurance	1615.51	
Operational/IT/Design	364.96	
Project Costs	120790.23	
Ad Hoc	3951.1	
Website Fees	230.4	
Total	134852.76	108,317
Movement in funds	-949.51	-17699

FINANCIAL SUMMARY

	2025	2024
Fixed assets (25% depreciation)	4939.5	6586
Debtors	0	2470
Cash at bank and in hand	351.64	1502

- As mentioned in the going concern, although the cash in hand is lower then last year, we have since recieved further income, cleare debt, reduced operating expsenses and hold a strong positon moving forward.

BALANCE SHEET

	2024/25	2023/24
Tangible Fixed Assets	4939.50	6586
Cash at bank and in hand	351.64	3972
Liabilities,Debtors and prepayments	0	(7111)
Total Current Assets	5291.14	10558
Creditors: amounts falling due within one year	0	(7111)
Net Assets	5291.14	3447

FINANCIAL REVIEW

The charity generated income in the year to 31 January 2025 of £133,903.25 (2024 – £90,618). Of this income, £97,064 was in relation to restricted funds (2023 – £77,938).

Total expenditure for the year was £134,852.76 (2024 – £108,317), of which £97,064 (2024 – £77,723) was spent on restricted funds. This has therefore generated a deficit of £949.51 (2024 – deficit of £17,699), of which a surplus of £0 (2024 – surplus of £215) was in relation to restricted funds, before transfers was in relation to restricted funds, before transfers.

GOING CONCERN

The charity generated a modest deficit in the year to 31 January 2025 of £949.51, entirely relating to unrestricted funds. This represents a significant improvement compared to the previous year's deficit of £17,699, of which £30,905 related to unrestricted funds.

The Trustees are pleased to report that this improvement reflects tighter cost control, more accurate allocation of restricted and unrestricted income, and an overall rebalancing of the charity's funding model.

As a result, while unrestricted funds remained modest, they did not fall into a materially negative position at year end. The charity ended the financial year with a fund balance of £351.64, upholding its ability to meet short-term liabilities.

Since the year end, the charity has continued to receive unrestricted income, and overall income levels remain consistent with the previous year. The Trustees are confident that with continued prudent financial management and a focus on sustainable delivery, the charity remains in a much stronger position than 12 months ago.

On this basis, the Trustees are approving the accounts on a going concern basis.

Reserves Policy:

The charity now has a formal reserves policy in place, with the aim of holding sufficient unrestricted reserves to cover core operational costs for a period of 3–6 months. Based on current expenditure levels, the target range for reserves is approximately £3,000 to £8,000.

As at 31 January 2025, the charity held unrestricted funds of £351.64, representing a modest but important step forward from the prior year, when the charity held negative unrestricted reserves. This reflects a significant improvement in the charity's financial resilience.

The Trustees remain committed to further building reserves in the year ahead through a combination of:

- Securing unrestricted income from funders and supporters
- Controlling core operational expenditure
- Embedding the reserves target into financial planning

While the charity is not yet fully funded to the desired level, the direction of travel is positive, and the reserves policy is now a guiding part of its financial strategy.

Notes to the Financial Statements

1. Accounting Policies

The financial statements have been prepared on a receipts and payments basis. The charity is exempt from audit under Section 144 of the Charities Act 2011.

2. Trustee Remuneration and Related Parties

No trustees received any remuneration or expenses during the year. There were no related party transactions.

3. Staff and Employees

The charity had no employees during the year.

4. Assets

The charity does not hold any fixed assets or long-term investments.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Plymouth Sports Charity Limited for the purposes of company law) are responsible for preparing the Trustees Directors' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- (a) select appropriate accounting policies and then apply them consistently;
 - (b) observe the methods and principles in the Charities SORP;
 - (c) make judgements and estimates that are reasonable and prudent,
 - (d) state whether UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
 - (e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.
- The directors are also responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Acts 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and reporting by Charities and in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on their behalf by:

Trustee name:

Date:

Trustee

THESE ACCOUNTS HAVE BEEN PREPARED AND DELIVERED IN ACCORDANCE WITH THE SPECIAL PROVISIONS RELATING TO SMALL COMPANIES WITHIN PART 15 OF THE COMPANIES ACT 2006 AND THE FINANCIAL REPORTING STANDARD APPLICABLE IN THE UK AND REPUBLIC OF IRELAND (FRS 102).

FOR THE YEAR IN QUESTION, THE CHARITABLE COMPANY WAS ENTITLED TO EXEMPTION FROM AN AUDIT UNDER SECTION 477 OF THE COMPANIES ACT 2006. THE MEMBERS HAVE NOT REQUIRED THE CHARITABLE COMPANY TO OBTAIN AN AUDIT OF ITS ACCOUNTS FOR THE YEAR IN QUESTION IN ACCORDANCE WITH SECTION 476 OF THE ACT.

THE TRUSTEES/DIRECTORS ACKNOWLEDGE THEIR RESPONSIBILITIES FOR COMPLYING WITH THE REQUIREMENTS OF THE COMPANIES ACT 2006 WITH RESPECT TO ACCOUNTING RECORDS AND THE PREPARATION OF ACCOUNTS. APPROVED BY THE BOARD OF TRUSTEES FOR ISSUE ON 30/7/2025 AND SIGNED ON THEIR BEHALF BY:

PLYMOUTH SPORTS CHARITY LIMITED

England & Wales - Charity number 1146141

Accounts

Plymouth Sports Charity Limited
(A Charitable Company Limited by Guarantee)

Annual Report and Financial Statements

For the Year Ended 31 January 2024

Company Number: 07755411
Charity Registered in England and Wales Number: 1146141

Plymouth Sports Charity Limited
Contents
For the Year Ended 31 January 2024

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Plymouth Sports Charity Limited
Reference and Administrative Details
For the Year Ended 31 January 2024

Charity Name	Plymouth Sports Charity Limited
Trustee Directors	M Ringstrom A Sandford G Thompson
Registered Office	1 Haysend Walk Plymouth PL6 6FX
Independent Examiner	Michelle Ferris BSc (Hons) FCA DChA Albert Goodman LLP Goodwood House Blackbrook Park Avenue Taunton Somerset TA1 2PX

The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 January 2024. The provisions of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP FRS 102- implemented 1 January 2019) have been adopted in preparing the annual report and financial statements of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 30 August 2011 and registered as a charity on 29 February 2012. 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 £10.

Recruitment, Appointment of Trustees

The Directors of the company are also charity Trustees for the purposes of charity law. They give their time voluntarily and receive no benefits from the charity. All day to day operational matters are delegated to the management team. Under the Articles of Association there is no automatic requirement for rotation/retirement of Director/Trustees.

When recruiting Trustees, the existing Trustees seek individuals with a skill set complimentary to theirs. The aim is that the Trustee/Directors as a group, have a diverse set of skills that individually benefit the objectives of the charity.

OBJECTIVES AND ACTIVITIES

The objective of Plymouth Sports Charity is to enhance the quality of life for individuals in Plymouth and surrounding areas by providing accessible facilities for recreational and fitness activities. We prioritise individuals facing challenges due to youth, age, infirmity, disability, financial hardship, or other socio-economic factors. Our aim is to support social welfare by improving physical, mental, and social well-being within our community.

Our primary focus is to holistically improve the lives of our beneficiaries through physical activities and fitness education. We deliver accessible and innovative programmes tailored to promote health and social connection, offering a unique learning environment that fosters lifelong skills. Our vision is to be the leading provider of inclusive health and fitness sessions across the Southwest of England, with a commitment to excellence in fitness and health services.

By achieving these aims, Plymouth Sports Charity advances its legal purpose to alleviate hardship and promote health, in line with the objectives of the Charity Commission and the Charities Act 2011. The trustees are committed to the public benefit and carefully evaluate each project to ensure it meets the evolving needs of Plymouth residents. For example, given the rising concerns around men's health, our programmes have targeted specific health issues, such as addressing the impact of poor diet and sedentary lifestyles, which account for over half of male deaths in Plymouth. All projects are designed to be inclusive, ensuring the charity maximises its impact.

Our activities in 2023 have included prescribed exercise programmes tailored to individual needs, as well as free accredited courses that promote health literacy and equip participants with valuable fitness skills. Moving forward, our strategy remains to prioritise physical activity sessions to enhance both physical and mental health. This approach has proven effective through projects like PSC Active Communities and Children in Need, which have all demonstrated significant positive outcomes for our service users.

To assess success, we use criteria that are specific to each project and funder requirements. Core measures of success include the number of beneficiaries reached, physical improvements (measured through blood pressure, BMI, and other health metrics), and mental health improvements (tracked using mood charts). This rigorous approach ensures that we continue delivering impactful services aligned with our goals.

ACHIEVEMENTS AND PERFORMANCE

Plymouth Sports Charity remains committed to delivering holistic support that improves the physical, mental, and social well-being of disadvantaged groups in Plymouth. In the past year, we have expanded our funding sources and enhanced our impact through several notable projects, detailed below:

- Youth Justice Grant in Partnership with Street Games – £20,000. This grant has funded programmes that engage Plymouth youth in physical and social activities, enhancing their well-being and preventing anti-social behaviour. An extension of £4,000 will enable continued programming until August 2023.
- Children in Need Project – Renewed for an additional year, this project will conclude in August 2023, providing continued support for young people through targeted fitness sessions and mentoring.
- National Lottery Community Fund (Awards for All) – £10,000. This grant enabled us to offer fitness sessions to disadvantaged adults, using our partnerships with local gyms like Be:Unique to create inclusive environments that promote well-being.
- Duchy Health Charity – Funded to expand our services into Cornwall, focusing on men's mental health through fitness initiatives in Saltash and Liskeard. These sessions foster both health improvements and a supportive social environment for participants.
- Parkinson's UK – This funding has supported a specialised fitness programme for individuals with Parkinson's, providing targeted exercises to improve motor function and balance. The project has also established a sustainable carpet bowls group, managed by a former participant-turned-volunteer, ensuring its continuity and ongoing impact.
- The Veterans Foundation – Through this grant, we delivered a wide range of accessible activities, including walking sports, night rides, paddleboarding, and fishing. Our collaboration with veteran services ensured consistent programming throughout the week.
- Sovereign Housing Partnership – "Sporting Chance" offered 50 young people the opportunity to organise a sports festival for local primary schools, gaining a sports coaching qualification and project management skills.
- Sport England – Get into Golf Plymouth – Aimed at middle-aged men, this initiative provided free introductory golf sessions, supporting participants in improving their physical and mental health while enjoying outdoor activity and stress relief.

The trustees are immensely proud of these achievements, which underscore our dedication to our mission and the strong relationships we have built with partners and funders. Looking ahead, we are committed to sustaining and expanding our impact, confident in our ability to create lasting change for Plymouth's most vulnerable populations. The Board of Trustees remains stable, with no structural changes anticipated in the near future.

FINANCIAL REVIEW

The charity generated income in the year to 31 January 2024 of £90,618 (2023 - £162,694). Of this income, £77,938 was in relation to restricted funds (2023 - £133,451).

Total expenditure for the year was £108,317 (2023 - £163,036), of which £77,723 (2023 – £128,556) was spent on restricted funds. This has therefore generated a deficit of £17,699 (2023 – deficit of £342), of which a surplus of £215 (2023 – surplus of £4,885) was in relation to restricted funds, before transfers.

GOING CONCERN

As noted above, the charity generated a deficit in the year to 31 January 2024 of £17,699, with a deficit of £30,905 in relation to unrestricted funds. This has left the charity in negative unrestricted funds as at 31 January 2024, and with a balance sheet net total of £3,447. The Trustees acknowledge that this is a not a sustainable position and further deficits would leave the charity unable to operate.

Since the year end, the charity has secured additional unrestricted funding to bring the unrestricted funds back to a positive position and trustees are cutting costs wherever possible to return the charity to a sustainable footing from which to proceed.

On that basis, they are approving the accounts on a going concern basis.

Reserves policy

The charity is still in the position of developing its reserves and therefore does not have a formal reserves policy. The eventual aim is to carry sufficient reserves to cover unrestricted costs for a period of 3-6 months. As at the year end the charity did not hold any free reserves, however these are being developed towards the required level of approximately £8,070 - £16,140.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Plymouth Sports Charity Limited for the purposes of company law) are responsible for preparing the Trustees Directors' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- (a) select appropriate accounting policies and then apply them consistently;
- (b) observe the methods and principles in the Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent,
- (d) state whether UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- (e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The directors are also responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Acts 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and reporting by Charities and in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on their behalf by:



M Ringstorm
Trustee

Date: 23/11/2024

Plymouth Sports Charity Limited

Independent Examiners' Report to the Members and Trustees
For the Year Ended 31 January 2024

Independent examiners report to the Trustees of Plymouth Sports Charity Limited

I report to the charity trustees on my examination of the accounts of Plymouth Sports Charity Limited ("the Company") for the year ended 31 January 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.

Albert Goodman LLP provides the charity with book-keeping services. I confirm that the necessary safeguards as required by the Directions of the Charity Commission have been implemented, and that I have applied the provisions of the Revised Ethical Standard 2016 issued by the Financial Reporting Council.

Independent examiner's statement

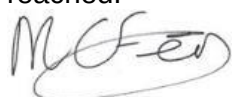
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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 comply with these 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).

Emphasis of matter

I draw your attention to note 1.12 in the financial statements which disclose the assumptions of the Trustees have made in preparing the accounts on a going concern basis. My report is not modified in this respect.

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.



Michelle Ferris BSc (Hons) FCA DChA
Albert Goodman LLP
Date: 25/11/2024
TA1 2PX

Goodwood House
Blackbrook Park Avenue
Taunton, Somerset, TA1 2PX

Plymouth Sports Charity Limited

Statement of Financial Activities (including an Income and Expenditure account)

For the Year Ended 31 January 2024

	Notes	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2024 £	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2023 £
Income from:							
Donations and general grants	2	4,160	-	4,160	76	-	76
Charitable activities	2	7,770	77,938	85,708	29,167	133,451	162,618
Total income		12,680	77,938	90,618	29,243	133,451	162,694
Expenditure on:							
Raising funds		90	-	90	198	-	198
Charitable expenditure	3	8,601	99,626	108,227	34,272	128,566	162,838
Total expenditure		8,691	99,626	108,317	34,470	128,566	163,036
Net (expenditure)/income before transfers		3,989	(21,688)	(17,699)	(5,227)	4,885	(342)
Transfer between funds	7	(12,991)	12,991	-	1,402	(1,402)	-
Net movement in funds		(9,002)	(8,697)	(17,699)	(3,825)	3,483	(342)
Reconciliation of funds							
Fund balances at 01 February 2023		12,449	8,697	21,146	16,274	5,214	21,488
Fund balances at 31 January 2024	7	3,447	-	3,447	12,449	8,697	21,146

The results for the year derive from continuing activities and there are no gains or losses other than those shown above.

The statement of financial activities incorporates the income and expenditure account.

Plymouth Sports Charity Limited- Company Registration Number: 07755411**Balance Sheet**

As at 31 January 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible fixed assets	5	6,586	8,850
Current assets			
Debtors	6	2,470	-
Cash at bank and in hand		1,502	14,636
		<u>3,972</u>	<u>14,636</u>
Creditors			
Amounts falling due within one year	6	(7,111)	(2,340)
Net current assets		<u>(3,139)</u>	<u>12,296</u>
Net assets		<u><u>3,447</u></u>	<u><u>21,146</u></u>
Funds			
Unrestricted funds			
General funds	7	3,447	12,449
		<u>3,447</u>	<u>12,449</u>
Restricted funds	7	-	8,697
Net assets		<u><u>3,447</u></u>	<u><u>21,146</u></u>

These accounts have been prepared and delivered in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

For the year in question, the charitable company was entitled to exemption from an audit under section 477 of the Companies Act 2006.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

The trustees/directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the Board of Trustees for issue on 23/11/2024 and signed on their behalf by:



M Ringstorm
Trustee

1 Accounting Policies

1.1 General information and basis of accounting

Plymouth Sports Charity Limited is a company limited by guarantee incorporated in the United Kingdom under the Companies Act. The maximum liability of each member is limited to £10. The address of the registered office is given on page 2. The nature of the charity's operations and its principal activities are set out in the Trustees report on pages 3-6.

The financial statements have been prepared in £ sterling on the historical cost basis and in accordance with 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)- (Charities SORP (FRS 102)) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income. The valuation of donated services is not quantified within the Statement of Financial Activities.

Donation income is received by way of general grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

Income from grants, relating to specifically the provision of goods or services as part of charitable activities or services to clients are included in full in the Statement of Financial Activities when receivable and in the period in which they relate to. Grants are deferred when the monies have been received in advance of the period in which they relate to.

Other trading activities income includes income related to training sessions and is included in the Statement of Financial Activities when receivable.

Investment income is included when receivable.

1.3 Government grants

Government grants are accounted for when unconditionally due and reasonable assurance can be gained that it will be received. Where funds are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate. Where funds have not been received in a specified period, these funds will be accrued in debtors and recognised in the period to which they relate. Not all grants received have conditions and performance indicators attached, where this is the case, the income is included within donations. Performance related grants are included within Charitable Activities income.

1.4 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. All expenditure is gross of VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services to its clients. Direct costs are allocated to such activities and those costs of an indirect nature necessary to support them are shown as contributions to core expenditure.

Other support costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

1.5 Fixed assets

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rate:-

Sports equipment - 25% reducing balance
Office equipment - 33% reducing balance
Motor vehicles - 25% reducing balance

Fixed assets are valued at cost less depreciation. Fixed assets are reviewed annually for impairment.

1.6 Debtors

Accrued income comprises amounts due from funders and is recognised when the charity is entitled to the grant, receipt is probable and the amount can be measured reliably. Prepayments are valued at the amount prepaid.

1.7 Cash at bank and in hand

Cash at bank and in hand comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.8 Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their settlement amount.

1.9 Taxation

The company is a registered charity and is therefore not liable to corporation tax to the extent that income and gains are applied to the charitable objectives of the charity.

1.10 Fund accounting

General funds are unrestricted funds receivable or generated for the objects of the Bureau without further specified purpose and are available as general funds.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criterion is charged to the fund, together with a fair allocation of management and support costs.

1.11 VAT

The charity is not VAT registered and therefore all costs are inclusive of VAT.

1.12 Going concern

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements.

The charity generated a deficit in the year to 31 January 2024 of £17,699, with £9,002 of this being in relation to unrestricted funds. This has left the charity with unrestricted funds as at 31 January 2024 of £3,447, and with a balance sheet net total of £3,447. The Trustees acknowledge that this is a not a sustainable position and further deficits would leave the charity unable to operate.

Since the year end, the charity has secured additional unrestricted funding to bring the unrestricted funds back to a positive position and trustees are cutting costs wherever possible to return the charity to a sustainable footing from which to proceed.

Following the review, the Trustees have concluded that the charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting when preparing the financial statements.

1.13 Financial instruments

The charity only holds basic financial instruments as defined in FRS 102. The financial assets and liabilities of the charity and their measurements are as follows:

Financial assets – trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Financial liabilities – trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost. Taxation and social security are not included in the financial instruments disclosure definition. Deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

Plymouth Sports Charity Limited
Notes to the Financial Statements
For the Year Ended 31 January 2024

2 Incoming resources from charitable activities

	Unre- stricted funds £	Rest- ricted funds £	Total 2024 £	Unre- stricted funds £	Rest- ricted funds £	Total 2023 £
Donations and general grants						
Other funders < £1k	4,160	-	4,160	76	-	76
Charitable activities						
Anglian Trust	-	-	-	-	2,378	2,378
Awards for All	-	10,000	10,000	-	-	-
Bailey Thomas	-	-	-	-	4,000	4,000
Bruce Wake	-	-	-	-	5,000	5,000
Children in Need	-	-	-	-	34,719	34,719
Clare Milne	-	-	-	-	5,000	5,000
Comic Relief	-	998	998	-	8,982	8,982
Cornwall Community Foundation						
Saltash Exercise Referral Scheme*	-	4,200	4,200	-	-	-
Cornwall Council*	1,370	-	1,370	19,970	-	19,970
Devon Com Fund	-	-	-	-	2,000	2,000
Disability Sports	-	5,000	5,000	-	-	-
Fit and Fed*	6,400	-	6,400	8,657	-	8,657
Foyle	-	-	-	-	5,000	5,000
Groundwork	-	-	-	-	2,800	2,800
Parkinsons	-	3,000	3,000	-	-	-
Sovereign Housing	-	18,380	18,380	-	-	-
Sport England	-	-	-	-	9,349	9,349
Veterans Fund	-	28,000	28,000	-	28,000	28,000
Versus Arthritis	-	-	-	-	4,900	4,900
Weston Power	-	-	-	-	2,500	2,500
Youth Justice Project	-	8,000	8,000	-	16,000	16,000
UK Cycling - PSC Ride Away	-	-	-	-	1,500	1,500
Other funders < £1k	750	360	1,110	540	1,323	1,863
	8,520	77,938	86,458	29,167	133,451	162,618
	12,680	77,938	90,618	58,410	266,902	325,312
The income above is made up of:						
Received in year	12,680	75,468	88,148	58,410	358,446	416,856
Accrued income brought forward	-	-	-	-	(91,544)	(91,544)
Accrued income carried forward	-	2,470	2,470	-	-	-
	12,680	77,938	90,618	58,410	266,902	325,312

* denotes amounts received from government. See note 10 for more information.

Plymouth Sports Charity Limited
Notes to the Financial Statements
For the Year Ended 31 January 2024

3 Charitable expenditure

	Unres- tricted £	Res- tricted £	Total 2024 £	Unres- tricted £	Res- tricted £	Total 2023 £
Charitable activities						
Staff salaries	-	17,434	17,434	18,104	-	18,104
Subcontractor costs	9,176	48,839	58,015	22,270	97,282	119,552
Direct costs	6,500	1,732	8,232	297	2,076	2,373
Consultancy and professional fees	200	-	200	-	-	-
Equipment expense and repairs	1,997	7,888	9,885	3,752	7,140	10,892
Purchases	19	-	19	83	-	83
Rent, insurance and utilities	1,840	-	1,840	1,867	-	1,867
Legal and professional fees	56	-	56	-	-	-
Training	210	60	270	-	-	-
Marketing	1,497	141	1,638	1,545	775	2,320
Bank charges	157	-	157	167	-	167
Office costs	92	187	279	73	-	73
Accountancy fees	5,230	-	5,230	3,203	-	3,203
Independent Examination fees	500	-	500	500	-	500
Rent	150	1,080	1,230	504	-	504
Sundry costs	615	362	977	65	85	150
Depreciation	2,265	-	2,265	3,050	-	3,050
	30,504	77,723	108,227	55,480	107,358	162,838
Contributions to core expenditure	(21,903)	21,903	-	(21,208)	21,208	-
	8,601	99,626	108,227	34,272	128,566	162,838

Net incoming resources before transfers is stated after charging:

	2024 £	2023 £
Depreciation	2,264	3,050
Independent examination fees	500	500
Accountancy and bookkeeping fees paid to independent examiner	5,230	3,203

4 Employees and employment costs

	2024	2023
	£	£
Wages and salaries	17,434	18,104
	<u>17,434</u>	<u>18,104</u>

No individual employee was paid over £60,000 (2023: none).

No remuneration was paid to any Trustees during the year (2023: none). No expenses were reimbursed to the Trustees by the charity during the year (2023: none).

The key management personnel of the charity are considered to be the managers. They are paid by a combination of wages and submitted invoices. The total costs to the charity of employee benefits (including submitted invoices) for the key management personnel were £73,693 (2023: £128,410).

The average monthly head count was 2 staff (2023: 2 staff). In addition, the charity used a number of freelance instructors who invoiced the charity separately.

5 Tangible fixed assets

	Sports Equipment £	Office Equipment £	Motor Vehicles £	Total £
Cost				
As at 01 February 2023	16,184	5,415	18,594	40,193
As at 31 January 2024	16,184	5,415	18,594	40,193
Depreciation				
As at 01 February 2023	13,830	4,802	12,711	31,343
Charge for year	590	203	1,471	2,264
As at 31 January 2024	14,420	5,005	14,182	33,607
Net book value				
As at 31 January 2024	1,764	410	4,412	6,586
As at 31 January 2023	2,354	613	5,883	8,850

6 Creditors: Amounts falling due within one year

	2024 £	2023 £
Accruals	7,111	2,340
	<u>7,111</u>	<u>2,340</u>

Where grants are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate.

7 Statement of funds

	Balance 01.02.23 £	Income £	Expenditure £	Transfers £	Balance 31.01.24 £
Unrestricted funds					
General unrestricted funds	12,449	12,680	(8,691)	(12,991)	3,447
Total unrestricted funds	12,449	12,680	(8,691)	(12,991)	3,447
Restricted funds					
Awards for All	-	10,000	(10,000)	-	-
Parkinsons	-	3,000	(3,000)	-	-
Duchy Health Charity	-	5,000	(5,000)	-	-
Sovereign Housing	-	18,380	(18,380)	-	-
Comic Relief	1,282	998	(3,986)	1,706	-
Cornwall Com Fund					
Saltash Exercise Referral Scheme	-	4,200	(4,200)	-	-
Sport England	1,860	-	(2,680)	820	-
Veterans Fund	-	28,000	(28,000)	-	-
Youth Justice Project	5,555	8,000	(24,020)	10,465	-
Other <£1,000	-	360	(360)	-	-
Total restricted funds	8,697	77,938	(99,626)	12,991	-
Total funds	21,146	90,618	(108,317)	-	3,447

Plymouth Sports Charity Limited
Notes to the Financial Statements
For the Year Ended 31 January 2024

Statement of funds- prior year

	Balance 01.02.22 £	Income £	Expenditure £	Transfers £	Balance 31.01.23 £
Unrestricted funds					
General unrestricted funds	16,274	29,243	(34,470)	1,402	12,449
Total unrestricted funds	16,274	29,243	(34,470)	1,402	12,449
Restricted funds					
Active Together - Children in Need	-	34,719	(34,719)	-	-
Anglian Trust	-	2,378	(5,076)	2,698	-
Bailey Thomas	-	4,000	(4,000)	-	-
Bruce Wake	-	5,000	(5,000)	-	-
Clare Milne	-	5,000	(5,000)	-	-
Comic Relief	-	8,982	(7,700)	-	1,282
Devon Com Fund	-	2,000	(2,000)	-	-
Foyle	-	5,000	(5,000)	-	-
Groundwork	-	2,800	(2,800)	-	-
Man Power - Big Lottery	5,214	-	-	(5,214)	-
Ride Away	-	1,500	(1,500)	-	-
Sport England	-	9,349	(7,489)	-	1,860
Versus Arthritis	-	4,900	(4,996)	96	-
Veterans Fund	-	28,000	(28,000)	-	-
Weston Power	-	2,500	(2,500)	-	-
Youth Justice Project	-	16,000	(10,445)	-	5,555
Other <£1,000	-	1,323	(2,340)	1,018	-
Total restricted funds	5,214	133,451	(128,565)	(1,402)	8,697
Total funds	21,488	162,694	(163,035)	-	21,146

- The general unrestricted fund represents the unrestricted funds of the charity at the year end.
- Active Together funding came from Children in Need for a project that uses exercise and games to improve fitness as well as mental and social health. Our sessions aim to educate, motivate and inspire children whilst improving self-confidence, communication, leadership and problem solving.
- The Anglian Trust funding was provided for to run introductory fishing sessions for children in and around Plymouth, aimed at 6 - 16yr olds from disadvantaged areas who hadn't previously had a go at fishing. They were taught to utilise the time to improve communication and interact with new

friends.

- Bailey Thomas funding was specifically targeting disabled children and opening the doors to regular activity.

Plymouth Sports Charity Limited

Notes to the Financial Statements

For the Year Ended 31 January 2024

7 Statement of funds (cont.)

- Clare Milne funding a sports project to engage disadvantaged children into regular exercise and build social bonds.
- The Comic Relief funding has been provided to enable a fitness project for isolated and disadvantaged men and women.
- The Devon Com Fund came from Devon Community Foundation was to run Covid relief sessions. These were online fitness and workshops focused around nutrition and exercise aimed at 30-75 year olds suffering from isolation and poor health.
- Foyle Foundation was a grant to support adults get active with fitness and outdoor activities
- Groundwork funding came from Groundworks Trust to provide healthy activity sessions to men and women with poor mental health whilst suffering from a disability or a physical barrier to becoming active such as illness or injury.
- Man Power funding came from Big Lottery to provide an accessible and inclusive health and well-being centre for disadvantaged males aged 16+ who have poor physical health and limited opportunities to reach their potential. This will have a knock on improvement in their mental and social well-being. A transfer was made out of the funds this year to reflect expenditure incorrectly allocated to unrestricted funds in previous years.
- Ride Away funding came from the Postcode Lottery for the "PSc Ride Away" initiative, promoting health and well-being through free cycling sessions in the South West
- The Sport England fund is a fully inclusive activity project for males in Plymouth between the ages of 35 and 65 who are struggling with their physical health causing them to be inactive. "TriFit" will provide this group of males with new healthy activity sports sessions which will positively impact their physical health, whilst also improving their mental health as a secondary outcome.
- Versus Arthritis fund is arthritis sessions provided by Versus Arthritis. The aim of the project is to provide free exercise referral scheme that will provide individualized exercise programs in a supervised environment for those patient effected by arthritis.
- The Veterans Fund funding was provided to fund a project to engage veterans with a cycling project.
- Youth Justice Project. This initiative has been a focal point in engaging youths in Plymouth, enhancing their physical, mental, and social well-being.
- National Lottery Community Fund (Awards for All) – this grant enabled us to offer fitness sessions to disadvantaged adults, using our partnerships with local gyms like Be:Unique to create inclusive environments that promote well-being.
- Duchy Health Charity – Funded to expand our services into Cornwall, focusing on men's mental health through fitness initiatives in Saltash and Liskeard. These sessions foster both health improvements and a supportive social environment for participants.
- Parkinson's UK – This funding has supported a specialised fitness programme for individuals with Parkinson's, providing targeted exercises to improve motor function and balance. The project has also established a sustainable carpet bowls group, managed by a former participant-turned-volunteer, ensuring its continuity and ongoing impact.
- Sovereign Housing Partnership – "Sporting Chance" offered 50 young people the opportunity to organise a sports festival for local primary schools, gaining a sports coaching qualification and project management skills.

8 Analysis of net assets between funds

	Unre- stricted funds £	Rest- ricted funds £	Total 2024 £	Unre- stricted funds £	Rest- ricted funds £	Total 2023 £
Tangible assets	6,586	-	6,586	8,850	-	8,850
Current assets	3,972	-	3,972	11,153	3,483	14,636
Current liabilities	(7,111)	-	(7,111)	(2,340)	-	(2,340)
	<u>3,447</u>	<u>-</u>	<u>3,447</u>	<u>17,663</u>	<u>3,483</u>	<u>21,146</u>

9 Related parties

There were no related party transactions during the year (2023: none).

10 Government grants

Income from government grants comprise grants made by local authorities to fund the principal activities and objectives of the charity via core funding and funding for specific restricted projects. No performance related grants recognised in income have had any unfulfilled conditions or any other contingencies attaching to them. See note 2 for more information. Government grants received during the year amounted to £11,970 (2023: £28,627).

11 Company limited by guarantee

The company was incorporated as a company limited by guarantee and has no share capital. The guarantee to the company is £10 per member on the winding up of the company. At 31 January 2024 the company had three members and the total amount guaranteed is therefore £30.

PLYMOUTH SPORTS CHARITY LIMITED

England & Wales - Charity number 1146141

Accounts

Plymouth Sports Charity Limited
(A Charitable Company Limited by Guarantee)

Annual Report and Financial Statements

For the Year Ended 31 January 2023

Company Number: 07755411
Charity Registered in England and Wales Number: 1146141

Plymouth Sports Charity Limited
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For the Year Ended 31 January 2023

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Plymouth Sports Charity Limited
Reference and Administrative Details
For the Year Ended 31 January 2023

Charity Name	Plymouth Sports Charity Limited
Trustee Directors	M Ringstrom A Sandford G Thompson
Registered Office	1 Haysend Walk Plymouth PL6 6FX
Independent Examiner	Michelle Ferris BSc (Hons) FCA DChA Albert Goodman LLP Goodwood House Blackbrook Park Avenue Taunton Somerset TA1 2PX

The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 January 2023. The provisions of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP FRS 102- implemented 1 January 2019) have been adopted in preparing the annual report and financial statements of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 30 August 2011 and registered as a charity on 29 February 2012. 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 £10.

Recruitment, Appointment of Trustees

The Directors of the company are also charity Trustees for the purposes of charity law. They give their time voluntarily and receive no benefits from the charity. All day to day operational matters are delegated to the management team. Under the Articles of Association there is no automatic requirement for rotation/retirement of Director/Trustees.

When recruiting Trustees, the existing Trustees seek individuals with a skill set complimentary to theirs. The aim is that the Trustee/Directors as a group, have a diverse set of skills that individually benefit the objectives of the charity.

OBJECTIVES AND ACTIVITIES

The charitable company's objective is to promote for the benefit of the inhabitants of Plymouth and the surrounding area the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances in the interest of social welfare and with the object of improving the conditions of life of the said inhabitants.

Predominantly the aim of the charity is to holistically help and improve the lives of its beneficiaries through physical activities. We do this by delivering education on fitness and exercises and coaching to improve the physical, mental and social health of its users. We use innovative techniques to offer a bespoke and unique learning environment that develops the beneficiary, creating lifelong skills. The charity's vision is to be the leading provider of accessible health and fitness sessions within the southwest of England. We believe in only focusing on what we excel at and that is fitness and health.

By achieving the charities aims we will further the legal purpose of the charity which is to relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage. We will also arguably be purposely advancing health by using our exercise referral scheme to "promote activities that have a proven beneficial effect on health".

The Trustees have complied with the requirements of the Charities Act 2011 and have had due regard to the Charity Commission's public benefit guidance. Before any funding applications are written and any projects planned the trustees evaluate what services are in the best interest of the general population of Plymouth, a good example being improving men's health in Plymouth due to the 54% of death in males being from poor diet and 67% of death of males in Plymouth being due to a lack of physical activity. The trustees also ensure that each project is as inclusive as possible and optimising the charities impact of public benefit.

We have been relieving those in need by delivering prescribed exercise suitable for each service users condition, situation and previous experiences. We have also met this need by delivering free and accessible accredited courses and qualifications. Moving forward the charities strategy will be to continue meet the need of the public by using physical activity sessions to improve physical and mental health. This is due to the success of our present and previous projects that have directly made this positive impact to the service users such as PSC Active Communities, MAN Power and the Children in Need projects.

The criteria the charity uses to assess success is individualised to each project and each funding organisation request however all project successes are based on achieving the targeted number of members of the public over a twelve month period. Moving forward the charity will utilise the success criteria of physical and mental health improvements which are collected via the relevant measurements. These measurements include: the usual physical measurements, blood pressure checks, BMI calculator and scales to measure the beneficiaries' improvements towards their physical health and the use of mood star charts at the start, during and at the end of the project to measure the improvements of the beneficiaries' mental health.

ACHIEVEMENTS AND PERFORMANCE

The charity's commitment to enhancing the physical, mental, and social well-being of disadvantaged individuals in and around Plymouth remains unwavering. Our model emphasises a holistic approach, leveraging healthy exercise, education, mentoring, and fostering robust partnerships.

One of the primary goals for the financial year was to diversify our funding sources and ensure our continued effectiveness. We are pleased to report significant achievements in this regard. Some of the highlights can be read below:

- Magic Little Grants – Postcode Lottery - £500 was allocated for the "PSc Ride Away" initiative, promoting health and well-being through free cycling sessions in the South West.
- Active Cornwall - We secured a total of £16,469, focusing on the expansion of the Time2Move programme, especially in Saltash and its vicinity. This includes physical activities and meals for children eligible for free school meals.
- Angling Trust - A grant of £2,378 towards the "Get Fishing" project, emphasizing free educational fishing sessions for children aged 7 to 15.
- Devon Community Foundation - £5,000 was secured for "TriFit", an all-encompassing activity project tailored for males in Plymouth grappling with mental health challenges.
- Veterans Foundation - £28,000 has been earmarked for the "Sports Play Veterans" initiative, a fully inclusive activity program targeting veterans. This twelve-month project, with thrice-weekly group walking sport sessions, also offers a platform for veterans to connect over coffees post-sessions, catering to both their physical and mental health needs.
- South West Water - They committed £2,500 to a project concentrating on running as a means to bolster the mental health of males in central Plymouth.
- Cycling UK - We received £1,500 for offering free cycling sessions to patients grappling with chronic conditions.
- Foyle foundation – a grant to support adults get active with fitness and outdoor activities.

- Versus Arthritis - With their £5,000 grant, we've expanded our exercise referral scheme for patients in Torbay who suffer from chronic conditions.
- Plymouth City Council Fit and Fed - £8,657 was obtained for broad-spectrum activities, ranging from games to meals, benefiting children across the board.
- Claire Milne - £5,000 – a sports project to engage disadvantaged children into regular exercise and build social bonds.
- Bailey Thomas - £5,000 – Specifically targeting disabled children and opening the doors to regular activity.
- Youth Justice Grant in Partnership with Street Games - £20,000. This initiative has been a focal point in engaging youths in Plymouth, enhancing their physical, mental, and social well-being. Furthermore, an extension grant of £4,000 will see the continuation of this project until August 2023.
- Children in Need Project - This project continues to run successfully and received a further year investment, this will be concluded in August 2023.

The trustees are immensely proud of the progress the charity has made over the past 12 months. Our achievements reflect our commitment and the trust our partners place in us. We are optimistic about the future and are confident that with our current trajectory, we can continue making a profound impact. The current board of trustees remains steadfast in their roles, seeing no imminent changes in the structural fabric of the organisation.

FINANCIAL REVIEW

The charity generated income in the year to 31 January 2023 of £162,694 (2022 - £51,259). Of this income, £133,451 was in relation to restricted funds (2022 - £34,989).

Total expenditure for the year was £163,036 (2022 - £181,808), of which £128,566 (2022 – £138,187) was spent on restricted funds. This has therefore generated a deficit of £342 (2022 – deficit of £130,549), of which a surplus of £4,885 (2022 – deficit of £103,198) was in relation to restricted funds, before transfers.

The significant difference in both income levels and surplus/deficit arises from a quirk of charity accounting. In the year to 31 January 2020, the charity accounting standard (the SORP), required that we recognise £162,325 of income which we had not yet received and which had not been spent. This therefore boosted both income and surplus in 2020 by this amount, and could be seen in accrued income in the balance sheet (shown as part of debtors).

In the year to 31 January 2021, we received £70,781 of this income which was previously recognised. We therefore spent these funds and recognised the associated costs but not been able to recognise the income (as it was recognised in 2020).

The result of this is that we showed a deficit in the 2021 accounts of £69,865, which would be a small surplus should the income have been recognised in line with the expenditure.

In the year to 31 January 2022 there are no more payments due as the full amount has been received, and accrued income is recognised as nil in the year. We were therefore making expenditure which was covered by income recognised in 2020 and the comparative in these statutory accounts show a loss as a result.

2022 saw the end of all of the multi year grants which created this effect, and it is clear to see that this year the accounts are more representative of the charity's cash position. The charity is continuing to generate new sources of income.

On this basis and taking into account the above noted circumstances, the trustees confirm that they have prepared the accounts on the going concern basis.

Reserves policy

The charity is still in the position of developing its reserves and therefore does not have a formal reserves policy. The eventual aim is to carry sufficient reserves to cover unrestricted costs for a period of 3-6 months. As at the year end the charity was holding a small amount of free reserves of £3,599, however these are being developed towards the required level of approximately £8,070 - £16,140.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Plymouth Sports Charity Limited for the purposes of company law) are responsible for preparing the Trustees Directors' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- (a) select appropriate accounting policies and then apply them consistently;
- (b) observe the methods and principles in the Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent,
- (d) state whether UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- (e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The directors are also responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Acts 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and reporting by Charities and in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on their behalf by:

A Sandford
Trustee

Date: 25/10/23

Plymouth Sports Charity Limited

Independent Examiners' Report to the Members and Trustees
For the Year Ended 31 January 2023

Independent examiners report to the Trustees of Plymouth Sports Charity Limited

I report to the charity trustees on my examination of the accounts of Plymouth Sports Charity Limited ("the Company") for the year ended 31 January 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.

Albert Goodman LLP provides the charity with book-keeping services. I confirm that the necessary safeguards as required by the Directions of the Charity Commission have been implemented, and that I have applied the provisions of the Revised Ethical Standard 2016 issued by the Financial Reporting Council.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 comply with these 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.

Michelle Ferris BSc (Hons) FCA DChA
Albert Goodman LLP

Date: 30/10/23

Goodwood House
Blackbrook Park Avenue
Taunton
Somerset, TA1 2PX

Plymouth Sports Charity Limited

Statement of Financial Activities (including an Income and Expenditure account)

For the Year Ended 31 January 2023

	Notes	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2023 £	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2022 £
Income from:							
Donations and general grants	2	76	-	76	-	-	-
Charitable activities	2	29,167	133,451	162,618	16,270	34,989	51,259
Total income		29,243	133,451	162,694	16,270	34,989	51,259
Expenditure on:							
Raising funds		198	-	198	288	-	288
Charitable expenditure	3	34,272	128,566	162,838	43,333	138,187	181,520
Total expenditure		34,470	128,566	163,036	43,621	138,187	181,808
Net (expenditure)/income before transfers		(5,227)	4,885	(342)	(27,351)	(103,198)	(130,549)
Transfer between funds	7	1,402	(1,402)	-	36,922	(36,922)	-
Net movement in funds		(3,825)	3,483	(342)	9,571	(140,120)	(130,549)
Reconciliation of funds							
Fund balances at 01 February 2022		16,274	5,214	21,488	6,703	145,334	152,037
Fund balances at 31 January 2023	7	12,449	8,697	21,146	16,274	5,214	21,488

The results for the year derive from continuing activities and there are no gains or losses other than those shown above.

The statement of financial activities incorporates the income and expenditure account.

Plymouth Sports Charity Limited- Company Registration Number: 07755411**Balance Sheet**

As at 31 January 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible fixed assets	5	8,850	11,900
Current assets			
Cash at bank and in hand		14,636	11,568
		<u>14,636</u>	<u>11,568</u>
Creditors			
Amounts falling due within one year	6	(2,340)	(1,980)
		<u>(2,340)</u>	<u>(1,980)</u>
Net current assets		<u>12,296</u>	<u>9,588</u>
Net assets		<u>21,146</u>	<u>21,488</u>
Funds			
Unrestricted funds			
General funds	7	12,449	16,274
		<u>12,449</u>	<u>16,274</u>
Restricted funds	7	8,697	5,214
		<u>8,697</u>	<u>5,214</u>
Net assets		<u>21,146</u>	<u>21,488</u>

These accounts have been prepared and delivered in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

For the year in question, the charitable company was entitled to exemption from an audit under section 477 of the Companies Act 2006.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

The trustees/directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the Board of Trustees for issue on 25/10/23 and signed on their behalf by:

A Sandford

Trustee

1 Accounting Policies

1.1 General information and basis of accounting

Plymouth Sports Charity Limited is a company limited by guarantee incorporated in the United Kingdom under the Companies Act. The maximum liability of each member is limited to £10. The address of the registered office is given on page 2. The nature of the charity's operations and its principal activities are set out in the Trustees report on pages 3-6.

The financial statements have been prepared in £ sterling on the historical cost basis and in accordance with 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)- (Charities SORP (FRS 102)) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income. The valuation of donated services is not quantified within the Statement of Financial Activities.

Donation income is received by way of general grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

Income from grants, relating to specifically the provision of goods or services as part of charitable activities or services to clients are included in full in the Statement of Financial Activities when receivable and in the period in which they relate to. Grants are deferred when the monies have been received in advance of the period in which they relate to.

Other trading activities income includes income related to training sessions and is included in the Statement of Financial Activities when receivable.

Investment income is included when receivable.

1.3 Government grants

Government grants are accounted for when unconditionally due and reasonable assurance can be gained that it will be received. Where funds are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate. Where funds have not been received in a specified period, these funds will be accrued in debtors and recognised in the period to which they relate. Not all grants received have conditions and performance indicators attached, where this is the case, the income is included within donations. Performance related grants are included within Charitable Activities income.

1.4 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. All expenditure is gross of VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services to its clients. Direct costs are allocated to such activities and those costs of an indirect nature necessary to support them are shown as contributions to core expenditure.

Other support costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

1.5 Fixed assets

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rate:-

Sports equipment - 25% reducing balance
Office equipment - 33% reducing balance
Motor vehicles - 25% reducing balance

Fixed assets are valued at cost less depreciation. Fixed assets are reviewed annually for impairment.

1.6 Debtors

Accrued income comprises amounts due from funders and is recognised when the charity is entitled to the grant, receipt is probable and the amount can be measured reliably. Prepayments are valued at the amount prepaid.

1.7 Cash at bank and in hand

Cash at bank and in hand comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.8 Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their settlement amount.

1.9 Taxation

The company is a registered charity and is therefore not liable to corporation tax to the extent that income and gains are applied to the charitable objectives of the charity.

1.10 Fund accounting

General funds are unrestricted funds receivable or generated for the objects of the Bureau without further specified purpose and are available as general funds.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criterion is charged to the fund, together with a fair allocation of management and support costs.

1.11 VAT

The charity is not VAT registered and therefore all costs are inclusive of VAT.

1.12 Going concern

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting when preparing the financial statements.

1.13 Financial instruments

The charity only holds basic financial instruments as defined in FRS 102. The financial assets and liabilities of the charity and their measurements are as follows:

Financial assets – trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Financial liabilities – trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost. Taxation and social security are not included in the financial instruments disclosure definition. Deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

2 Incoming resources from charitable activities

	Unre- stricted funds £	Rest- stricted funds £	Total 2023 £	Unre- stricted funds £	Rest- stricted funds £	Total 2022 £
All Women	-	-	-	-	10,000	10,000
Anglian Trust	-	2,378	2,378	-	-	-
Bailey Thomas	-	4,000	4,000	-	-	-
Bruce Wake	-	5,000	5,000	-	-	-
Big Lottery	-	-	-	-	10,000	10,000
Children in Need	-	34,719	34,719	-	-	-
Clare Milne	-	5,000	5,000	-	-	-
Comic Relief	-	8,982	8,982	-	-	-
Contracts	-	-	-	7,342	-	7,342
Cornwall Council*	19,970	-	19,970	-	-	-
CR Cyclist Club	-	-	-	2,300	1,660	3,960
Devon Com Fund	-	2,000	2,000	-	-	-
Fit and Fed*	8,657	-	8,657	6,230	-	6,230
Foyle	-	5,000	5,000	-	-	-
Groundwork	-	2,800	2,800	-	-	-
Paddle Away	-	-	-	-	5,000	5,000
Sport England	-	9,349	9,349	-	-	-
Veterans Fund	-	28,000	28,000	-	-	-
Versus Arthritis	-	4,900	4,900	-	5,000	5,000
Weston Power	-	2,500	2,500	-	-	-
Youth Justice Project	-	16,000	16,000	-	-	-
UK Cycling - PSC Ride Away	-	1,500	1,500	-	1,306	1,306
Other funders < £1k	616	1,323	1,939	398	2,023	2,421
	<u>29,243</u>	<u>133,451</u>	<u>162,694</u>	<u>16,270</u>	<u>34,989</u>	<u>51,259</u>
The income above is made up of:						
Received in year	29,243	133,451	162,694	16,270	126,533	142,803
Accrued income brought forward	-	-	-	-	(91,544)	(91,544)
Accrued income carried forward	-	-	-	-	-	-
	<u>29,243</u>	<u>133,451</u>	<u>162,694</u>	<u>16,270</u>	<u>34,989</u>	<u>51,259</u>

* denotes amounts received from government. See note 10 for more information.

Plymouth Sports Charity Limited
Notes to the Financial Statements
For the Year Ended 31 January 2023

3 Charitable expenditure

	Unres- tricted £	Res- tricted £	Total 2023 £	Unres- tricted £	Res- tricted £	Total 2022 £
Charitable activities						
Staff salaries	18,104	-	18,104	15,990	-	15,990
Subcontractor costs	22,270	97,282	119,552	11,358	123,132	134,490
Direct costs	297	2,076	2,373	6,044	3,351	9,395
Equipment expense and repairs	3,752	7,140	10,892	336	2,456	2,792
Purchases	83	-	83	796	708	1,504
Rent, insurance and utilities	1,867	-	1,867	1,392	-	1,392
Training	-	-	-	-	828	828
Marketing	1,545	775	2,320	1,548	167	1,715
Bank charges	167	-	167	137	-	137
Office costs	73	-	73	387	-	387
Accountancy fees	3,203	-	3,203	325	600	925
Independent Examination fees	500	-	500	-	500	500
Rent	504	-	504	422	2,950	3,372
Sundry costs	65	85	150	3,872	104	3,976
Depreciation	3,050	-	3,050	4,117	-	4,117
	55,480	107,358	162,838	46,724	134,796	181,520
Contributions to core expenditure	(21,208)	21,208	-	(3,391)	3,391	-
	34,272	128,566	162,838	43,333	138,187	181,520

Net incoming resources before transfers is stated after charging:

	2023 £	2022 £
Depreciation	3,050	4,117
Independent examination fees	500	500
Accountancy and bookkeeping fees paid to independent examiner	3,203	925

4 Employees and employment costs

	2023	2022
	£	£
Wages and salaries	18,104	15,990
	<u>18,104</u>	<u>15,990</u>

No individual employee was paid over £60,000 (2022: none).

No remuneration was paid to any Trustees during the year (2022: none). No expenses were reimbursed to the Trustees by the charity during the year (2022: none).

The key management personnel of the charity are considered to be the managers. They are paid by a combination of wages and submitted invoices. The total costs to the charity of employee benefits (including submitted invoices) for the key management personnel were £128,410 (2022: £140,424).

The average monthly head count was 2 staff (2022: 2 staff). In addition, the charity used a number of freelance instructors who invoiced the charity separately.

5 Tangible fixed assets

	Sports Equipment £	Office Equipment £	Motor Vehicles £	Total £
Cost				
As at 01 February 2022	16,184	5,415	18,594	40,193
As at 31 January 2023	16,184	5,415	18,594	40,193
Depreciation				
As at 01 February 2022	13,043	4,500	10,750	28,293
Charge for year	787	302	1,961	3,050
As at 31 January 2023	13,830	4,802	12,711	31,343
Net book value				
As at 31 January 2023	2,354	613	5,883	8,850
As at 31 January 2022	3,141	915	7,844	11,900

6 Creditors: Amounts falling due within one year

	2023 £	2022 £
Accruals	2,340	1,980
	<u>2,340</u>	<u>1,980</u>

Where grants are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate.

7 Statement of funds

	Balance 01.02.22 £	Income £	Expenditure £	Transfers £	Balance 31.01.23 £
Unrestricted funds					
General unrestricted funds	16,274	29,243	(34,470)	1,402	12,449
Total unrestricted funds	16,274	29,243	(34,470)	1,402	12,449
Restricted funds					
Active Together - Children in Need	-	34,719	(34,719)	-	-
Anglian Trust	-	2,378	(5,076)	2,698	-
Bailey Thomas	-	4,000	(4,000)	-	-
Bruce Wake	-	5,000	(5,000)	-	-
Clare Milne	-	5,000	(5,000)	-	-
Comic Relief	-	8,982	(7,700)	-	1,282
Devon Com Fund	-	2,000	(2,000)	-	-
Foyle	-	5,000	(5,000)	-	-
Groundwork	-	2,800	(2,800)	-	-
Man Power - Big Lottery	5,214	-	-	(5,214)	-
Ride Away	-	1,500	(1,500)	-	-
Sport England	-	9,349	(7,489)	-	1,860
Versus Arthritis	-	4,900	(4,996)	96	-
Veterans Fund	-	28,000	(28,000)	-	-
Weston Power	-	2,500	(2,500)	-	-
Youth Justice Project	-	16,000	(10,445)	-	5,555
Other <£1,000	-	1,323	(2,341)	1,018	-
Total restricted funds	5,214	133,451	(128,566)	(1,402)	8,697
Total funds	21,488	162,694	(163,036)	-	21,146

Statement of funds- prior year

	Balance 01.02.21 £	Income £	Expenditure £	Transfers £	Balance 31.01.22 £
Unrestricted funds					
General unrestricted funds	6,703	16,270	(43,621)	36,922	16,274
Total unrestricted funds	6,703	16,270	(43,621)	36,922	16,274
Restricted funds					
Active Together - Children in Need	40,552	-	(40,552)	-	-
Anglian Trust	4,200	-	(4,200)	-	-
Paddle Away	-	5,000	(6,348)	1,348	-
Versus Arthritis	-	5,000	(5,000)	-	-
Awards for all	-	10,000	(10,000)	-	-
PSC Education	-	1,306	(2,266)	960	-
Man Power - Big Lottery	81,463	10,000	(43,233)	(43,016)	5,214
Veterans Fund	19,119	-	(21,294)	2,175	-
Other <£1,000	-	3,683	(5,294)	1,611	-
Total restricted funds	145,334	34,989	(138,187)	(36,922)	5,214
Total funds	152,037	51,259	(181,808)	-	21,488

7 Statement of funds (cont.)

- The general unrestricted fund represents the unrestricted funds of the charity at the year end.
- Active Together funding came from Children in Need for a project that uses exercise and games to improve fitness as well as mental and social health. Our sessions aim to educate, motivate and inspire children whilst improving self-confidence, communication, leadership and problem solving.
- The Anglian Trust funding was provided for to run introductory fishing sessions for children in and around Plymouth, aimed at 6 - 16yr olds from disadvantaged areas who hadn't previously had a go at fishing. They were taught to utilise the time to improve communication and interact with new friends.
- Bailey Thomas funding was specifically targeting disabled children and opening the doors to regular activity.
- Clare Milne funding a sports project to engage disadvantaged children into regular exercise and build social bonds.
- The Comic Relief funding has been provided to enable a fitness project for isolated and disadvantaged men and women.
- The Devon Com Fund came from Devon Community Foundation was to run Covid relief sessions. These were online fitness and workshops focused around nutrition and exercise aimed at 30-75 year olds suffering from isolation and poor health.
- Foyle Foundation was a grant to support adults get active with fitness and outdoor activities
- Groundwork funding came from Groundworks Trust to provide healthy activity sessions to men and women with poor mental health whilst suffering from a disability or a physical barrier to becoming active such as illness or injury.
- Man Power funding came from Big Lottery to provide an accessible and inclusive health and well-being centre for disadvantaged males aged 16+ who have poor physical health and limited opportunities to reach their potential. This will have a knock on improvement in their mental and social well-being. A transfer was made out of the funds this year to reflect expenditure incorrectly allocated to unrestricted funds in previous years.
- Paddle Away funding is a paddleboarding project for children funded by the whirlwind trust. The focus of the project is to provide a life-enhancing experience to disadvantaged and disabled young people between the ages of 5 and 14 years.
- Ride Away funding came from the Postcode Lottery for the "PSc Ride Away" initiative, promoting health and well-being through free cycling sessions in the South West
- The Sport England fund is a fully inclusive activity project for males in Plymouth between the ages of 35 and 65 who are struggling with their physical health causing them to be inactive. "TriFit" will provide this group of males with new healthy activity sports sessions which will positively impact their physical health, whilst also improving their mental health as a secondary outcome.
- Versus Arthritis fund is arthritis sessions provided by Versus Arthritis. The aim of the project is to provide free exercise referral scheme that will provide individualized exercise programs in a supervised environment for those patient effected by arthritis.
- The Veterans Fund funding was provided to fund a project to engage veterans with a cycling project.
- Youth Justice Project. This initiative has been a focal point in engaging youths in Plymouth, enhancing their physical, mental, and social well-being.

8 Analysis of net assets between funds

	Unre- stricted funds £	Rest- ricted funds £	Total 2023 £	Unre- stricted funds £	Rest- ricted funds £	Total 2022 £
Tangible assets	8,850	-	8,850	11,900	-	11,900
Current assets	5,939	8,697	14,636	6,354	5,214	11,568
Current liabilities	(2,340)	-	(2,340)	(1,980)	-	(1,980)
	<u>12,449</u>	<u>8,697</u>	<u>21,146</u>	<u>16,274</u>	<u>5,214</u>	<u>21,488</u>

9 Related parties

There were no related party transactions during the year (2022: none).

10 Government grants

Income from government grants comprise grants made by local authorities to fund the principal activities and objectives of the charity via core funding and funding for specific restricted projects. No performance related grants recognised in income have had any unfulfilled conditions or any other contingencies attaching to them. See note 2 for more information. Government grants received during the year amounted to £28,627 (2022: £6,230).

11 Company limited by guarantee

The company was incorporated as a company limited by guarantee and has no share capital. The guarantee to the company is £10 per member on the winding up of the company. At 31 January 2023 the company had three members and the total amount guaranteed is therefore £30.

PLYMOUTH SPORTS CHARITY LIMITED

England & Wales - Charity number 1146141

Accounts

Plymouth Sports Charity Limited
(A Charitable Company Limited by Guarantee)

Annual Report and Financial Statements

For the Year Ended 31 January 2022

Company Number: 07755411
Charity Registered in England and Wales Number: 1146141

Plymouth Sports Charity Limited
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For the Year Ended 31 January 2022

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Plymouth Sports Charity Limited
Reference and Administrative Details
For the Year Ended 31 January 2022

Charity Name	Plymouth Sports Charity Limited
Trustee Directors	M Ringstrom A Sandford G Thompson
Registered Office	1 Haysend Walk Plymouth PL6 6FX
Independent Examiner	Michelle Ferris BSc (Hons) FCA DChA Albert Goodman LLP Goodwood House Blackbrook Park Avenue Taunton Somerset TA1 2PX

The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 January 2022. The provisions of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP FRS 102- implemented 1 January 2019) have been adopted in preparing the annual report and financial statements of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 30 August 2011 and registered as a charity on 29 February 2012. 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 £10.

Recruitment, Appointment of Trustees

The Directors of the company are also charity Trustees for the purposes of charity law. They give their time voluntarily and receive no benefits from the charity. All day to day operational matters are delegated to the management team. Under the Articles of Association there is no automatic requirement for rotation/retirement of Director/Trustees.

When recruiting Trustees, the existing Trustees seek individuals with a skill set complimentary to theirs. The aim is that the Trustee/Directors as a group, have a diverse set of skills that individually benefit the objectives of the charity.

OBJECTIVES AND ACTIVITIES

The charitable company's objective is to promote for the benefit of the inhabitants of Plymouth and the surrounding area the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances in the interest of social welfare and with the object of improving the conditions of life of the said inhabitants.

Predominantly the aim of the charity is to holistically help and improve the lives of its beneficiaries through physical activities. We do this by delivering education on fitness and exercises and coaching to improve the physical, mental and social health of its users. We use innovative techniques to offer a bespoke and unique learning environment that develops the beneficiary, creating lifelong skills. The charity's vision is to be the leading provider of accessible health and fitness sessions within the south west of England. We believe in only focusing on what we excel at and that is fitness and health.

By achieving the charities aims we will further the legal purpose of the charity which is to relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage. We will also arguably be purposely advancing health by using our exercise referral scheme to "promote activities that have a proven beneficial effect on health".

The Trustees have complied with the requirements of the Charities Act 2011 and have had due regard to the Charity Commission's public benefit guidance. Before any funding applications are written and any projects planned the trustees evaluate what services are in the best interest of the general population of Plymouth, a good example being improving men's health in Plymouth due to the 54% of death in males being from poor diet and 67% of death of males in Plymouth being due to a lack of physical activity. The trustees also ensure that each project is as inclusive as possible and optimising the charities impact of public benefit.

We have been relieving those in need by delivering prescribed exercise suitable for each service users condition, situation and previous experiences. We have also met this need by delivering free and accessible accredited courses and qualifications. Moving forward the charities strategy will be to continue meet the need of the public by using physical activity sessions to improve physical and mental health. This is due to the success of our present and previous projects that have directly made this positive impact to the service users such as PSC Active Communities, MAN Power and the Second Chance project.

The criteria the charity uses to assess success is individualised to each project and each funding organisation request however all project successes are based on achieving the targeted number of members of the public over a twelve month period. Moving forward the charity will utilise the success criteria of physical and mental health improvements which are collected via the relevant measurements. These measurements include: the use physical measurements, blood pressure checks, BMI calculator and scales to measure the beneficiaries' improvements towards their physical health and the use of mood star charts at the start, during and at the end of the project to measure the improvements of the beneficiaries' mental health.

ACHIEVEMENTS AND PERFORMANCE

The charity continues to use healthy exercise, education, qualifications, mentoring and strong partnerships to improve the physical, mental and social health of disadvantaged people in and around Plymouth. The overarching aim is to provide accessible sport and fitness sessions, community networks and exit routes to create a client centred program which supports a client through their own specific journey creating a sustainable and positive lifestyle.

At the start of the 2021/22 tax year the charity focus was to secure unrestricted income to replace that lost in the previous covid-pandemic. The charity aims to link with partners to secure unrestricted contracts in schools, community settings and holiday programmes.

Aside from the unrestricted funds the charity will continue to focus on securing restricted funded project work focusing on improving health and wellbeing, with the large three-year projects coming to an end next year the charity needs to look at how to continue to be sustainable.

Throughout the year the charity has secured and delivered many successful projects, with a wide range of delivery. Projects such as:

Cycle UK – to create a social cycling group, supporting beginner cyclist and preparing them for longer social rides.

Whirlwind trust – a project to promote and support people to learn how to paddleboard

Fishing UK – an introduction to fishing for children.

Veterans fund – to support veterans to be active and improve their mental health and wellbeing

Awards for all – ladies only fitness sessions to improve health and wellbeing

Arthritis trust – to work closely with gp referrals to improve the lives of those suffering with arthritis.

These enabled the income to remain constant whilst adding a wider spectrum of delivery methods and enhanced contacts. One area of development is the network of contacts and partnerships around the city. These strong partnerships enable the charity to work with the most isolated and at-risk people, ensuring the funding is going to where it is really needed.

The Manpower and Children in Need projects have been very successful and overachieved in terms of outcomes. Children in need have refunded us for a further 12 months to continue our work.

Over the last financial year, we have helped:

- 89 people who suffer from chronic conditions by lowering their blood pressure, BMI and body fat percentage into the recommended rate and scores.
- 621 people improve their physical health measured by their weight.
- 621 people improve their mental health measured by mood chart scores.
- 122 children between the ages of 5 and 18 to improve their physical health measured by fitness assessments.

The trustees are very happy with the performance of the charity over the last 12 months and satisfied there is a strong plan in place to continue the work on going. All three trustees are happy to continue in post and see no reason for any structural changes to happen.

FINANCIAL REVIEW

The charity generated income in the year to 31 January 2022 of £51,259 (2021 - £120,115). Of this income, £34,989 was in relation to restricted funds (2021 - £61,712).

Total expenditure for the year was £181,520 (2021 - £189,980), of which £138,187 (2021 – £126,830) was spent on restricted funds. This has therefore generated a deficit of £130,549 (2021– deficit of £69,865), of which £103,198 (2021 – deficit of £69,865) was in relation to restricted funds, before transfers.

The significant difference in both income levels and surplus/deficit between 2021/2022 and 2020 arises from a quirk of charity accounting.

In the year to 31 January 2020, the charity accounting standard (the SORP), required that we recognise £162,325 of income which we had not yet received and which had not been spent. This therefore boosted both income and surplus in 2020 by this amount, and could be seen in accrued income in the balance sheet (shown as part of debtors).

In the year to 31 January 2021, we received £70,781 of this income which was previously recognised. We therefore spent these funds and recognised the associated costs but not been able to recognise the income (as it was recognised in 2020).

The result of this is that we show a deficit in the 2021 accounts of £69,865, which would be a small surplus should the income have been recognised in line with the expenditure.

In the year to 31 January 2022 there are no more payments due as the full amount has been received, and accrued income is recognised as nil in the year. We were therefore making expenditure which was covered by income recognised in 2020 and these statutory accounts show a loss as a result.

2022 saw the end of all of the multi year grants which created this effect, and it is therefore hoped that future years will be more representative of the cash position. The charity is continuing to generate new sources of income.

On this basis and taking into account the above noted circumstances, the trustees confirm that they have prepared the accounts on the going concern basis.

Reserves policy

The charity is still in the position of developing its reserves and therefore does not have a formal reserves policy. The eventual aim is to carry sufficient reserves to cover unrestricted costs for a period of 3-6 months. As at the year end the charity were not holding any free reserves, however these are being developed towards the required level of approximately £15,750- £31,500.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Plymouth Sports Charity Limited for the purposes of company law) are responsible for preparing the Trustees Directors' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- (a) select appropriate accounting policies and then apply them consistently;
- (b) observe the methods and principles in the Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent,
- (d) state whether UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- (e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The directors are also responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Acts 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and reporting by Charities and in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on their behalf by:

A Sandford
Trustee

Date: 28 June 2022

Plymouth Sports Charity Limited

Independent Examiners' Report to the Members and Trustees
For the Year Ended 31 January 2022

Independent examiners report to the Trustees of Plymouth Sports Charity Limited

I report to the charity trustees on my examination of the accounts of Plymouth Sports Charity Limited ("the Company") for the year ended 31 January 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.

Albert Goodman LLP provides the charity with book-keeping services. I confirm that the necessary safeguards as required by the Directions of the Charity Commission have been implemented, and that I have applied the provisions of the Revised Ethical Standard 2016 issued by the Financial Reporting Council.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 comply with these 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.

Michelle Ferris BSc (Hons) FCA DChA
Albert Goodman LLP

Date: 4 July 2022

Goodwood House
Blackbrook Park Avenue
Taunton
Somerset, TA1 2PX

Plymouth Sports Charity Limited

Statement of Financial Activities (including an Income and Expenditure account)

For the Year Ended 31 January 2022

	Notes	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2022 £	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2021 £
Income from:							
Charitable activities	2	16,270	34,989	51,259	58,403	61,712	120,115
Total income		16,270	34,989	51,259	58,403	61,712	120,115
Expenditure on:							
Raising funds		288	-	288	217	-	217
Charitable expenditure	3	43,333	138,187	181,520	62,933	126,830	189,763
Total expenditure		43,621	138,187	181,808	63,150	126,830	189,980
Net (expenditure)/income before transfers		(27,351)	(103,198)	(130,549)	(4,747)	(65,118)	(69,865)
Transfer between funds	8	36,922	(36,922)	-	-	-	-
Net movement in funds		9,571	(140,120)	(130,549)	(4,747)	(65,118)	(69,865)
Reconciliation of funds							
Fund balances at 01 February 2021		6,703	145,334	152,037	11,450	210,452	221,902
Fund balances at 31 January 2022	8	16,274	5,214	21,488	6,703	145,334	152,037

The results for the year derive from continuing activities and there are no gains or losses other than those shown above.

The statement of financial activities incorporates the income and expenditure account.

Plymouth Sports Charity Limited- Company Registration Number: 07755411**Balance Sheet**

As at 31 January 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible fixed assets	5	11,900	16,017
Current assets			
Debtors	6	-	91,544
Cash at bank and in hand		11,568	46,585
		<u>11,568</u>	<u>138,129</u>
Creditors			
Amounts falling due within one year	7	(1,980)	(2,109)
		<u></u>	<u></u>
Net current assets		9,588	136,020
Net assets		<u>21,488</u>	<u>152,037</u>
Funds			
Unrestricted funds			
General funds	8	16,274	6,703
		<u>16,274</u>	<u>6,703</u>
Restricted funds	8	5,214	145,334
		<u>5,214</u>	<u>145,334</u>
Net assets		<u>21,488</u>	<u>152,037</u>

These accounts have been prepared and delivered in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

For the year in question, the charitable company was entitled to exemption from an audit under section 477 of the Companies Act 2006.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

The trustees/directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the Board of Trustees for issue on 28 June 2022 and signed on their behalf by:

A Sanford

Trustee

1 Accounting Policies

1.1 General information and basis of accounting

Plymouth Sports Charity Limited is a company limited by guarantee incorporated in the United Kingdom under the Companies Act. The maximum liability of each member is limited to £10. The address of the registered office is given on page 2. The nature of the charity's operations and its principal activities are set out in the Trustees report on pages 3-6.

The financial statements have been prepared in £ sterling on the historical cost basis and in accordance with 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)- (Charities SORP (FRS 102)) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income. The valuation of donated services is not quantified within the Statement of Financial Activities.

Donation income is received by way of general grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

Income from grants, relating to specifically the provision of goods or services as part of charitable activities or services to clients are included in full in the Statement of Financial Activities when receivable and in the period in which they relate to. Grants are deferred when the monies have been received in advance of the period in which they relate to.

Other trading activities income includes income related to training sessions and is included in the Statement of Financial Activities when receivable.

Investment income is included when receivable.

1.3 Government grants

Government grants are accounted for when unconditionally due and reasonable assurance can be gained that it will be received. Where funds are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate. Where funds have not been received in a specified period, these funds will be accrued in debtors and recognised in the period to which they relate. Not all grants received have conditions and performance indicators attached, where this is the case, the income is included within donations. Performance related grants are included within Charitable Activities income.

1.4 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. All expenditure is gross of VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services to its clients. Direct costs are allocated to such activities and those costs of an indirect nature necessary to support them are shown as contributions to core expenditure.

Other support costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

1.5 Fixed assets

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rate:-

Sports equipment - 25% reducing balance
Office equipment - 33% reducing balance
Motor vehicles - 25% reducing balance

Fixed assets are valued at cost less depreciation. Fixed assets are reviewed annually for impairment.

1.6 Debtors

Accrued income comprises amounts due from funders and is recognised when the charity is entitled to the grant, receipt is probable and the amount can be measured reliably. Prepayments are valued at the amount prepaid.

1.7 Cash at bank and in hand

Cash at bank and in hand comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.8 Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their settlement amount.

1.9 Taxation

The company is a registered charity and is therefore not liable to corporation tax to the extent that income and gains are applied to the charitable objectives of the charity.

1.10 Fund accounting

General funds are unrestricted funds receivable or generated for the objects of the Bureau without further specified purpose and are available as general funds.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criterion is charged to the fund, together with a fair allocation of management and support costs.

1.11 VAT

The charity is not VAT registered and therefore all costs are inclusive of VAT.

1.12 Covid-19

The Trustees have considered the implication of the Covid-19 pandemic on the operations of the charity. Whilst the charity had to cease operations during lockdown, costs were cut to a minimum and funders have remained supportive, allowing deferral of projects where necessary. Taking into account all reasonable circumstances, the Trustees believe that the charity remains a going concern and no adjustments to the accounts are necessary.

1.13 Financial instruments

The charity only holds basic financial instruments as defined in FRS 102. The financial assets and liabilities of the charity and their measurements are as follows:

Financial assets – trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Financial liabilities – trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost. Taxation and social security are not included in the financial instruments disclosure definition. Deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

2 Incoming resources from charitable activities

	Unre- stricted funds £	Rest- ricted funds £	Total 2022 £	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £
All Women	-	10,000	10,000	-	-	-
Anglian Trust	-	-	-	-	4,200	4,200
Big Lottery	-	10,000	10,000	-	-	-
Brunel Academy	-	-	-	3,780	-	3,780
Cornwall Council*	-	-	-	283	-	283
Covid Response	-	-	-	42,500	-	42,500
Contracts	7,342	-	7,342	-	-	-
CR Cyclist Club	2,300	1,660	3,960	-	-	-
Devon Com Fund	-	-	-	-	2,440	2,440
Devon Council*	-	-	-	1,310	-	1,310
Edward Gosling	-	-	-	-	5,200	5,200
Elm Grant	-	-	-	-	1,000	1,000
Fit and Fed*	6,230	-	6,230	-	-	-
Garfield Weston	-	-	-	-	20,000	20,000
The PLUSS Organisation	-	-	-	1,000	-	1,000
Paddle Away	-	5,000	5,000	-	-	-
Sparc Sport CIC	-	-	-	4,000	-	4,000
True Colours	-	-	-	4,800	-	4,800
Veterans Fund	-	-	-	-	28,000	28,000
Versus Arthritis	-	5,000	5,000	-	-	-
UK Cycling - PSC Ride Away	-	1,306	1,306	-	-	-
Other funders < £1k	398	2,023	2,421	730	872	1,602
	<u>16,270</u>	<u>34,989</u>	<u>51,259</u>	<u>58,403</u>	<u>61,712</u>	<u>120,115</u>
The income on the previous page is made up of:						
Received in year	16,270	126,533	142,803	58,403	132,493	190,896
Accrued income brought forward	-	(91,544)	(91,544)	-	(162,325)	(162,325)
Accrued income carried forward	-	-	-	-	91,544	91,544
	<u>16,270</u>	<u>34,989</u>	<u>51,259</u>	<u>58,403</u>	<u>61,712</u>	<u>120,115</u>

* denotes amounts received from government. See note 14 for more information.

3 Charitable expenditure

	Unres- tricted £	Res- tricted £	Total 2022 £	Unres- tricted £	Res- tricted £	Total 2021 £
Charitable activities						
Staff salaries	15,990	-	15,990	17,516	-	17,516
Subcontractor costs	11,358	123,132	134,490	31,565	99,341	130,906
Direct costs	6,044	3,351	9,395	14,111	6,379	20,490
Equipment expense and repairs	336	2,456	2,792	295	3,949	4,244
Purchases	796	708	1,504	-	-	-
Rent, insurance and utilities	1,392	-	1,392	3,385	35	3,420
Training	-	828	828	25	2,985	3,010
Marketing	1,548	167	1,715	665	883	1,548
Bank charges	137	-	137	120	-	120
Office costs	387	-	387	784	-	784
Accountancy fees	325	600	925	354	1,318	1,672
Independent Examination fees	-	500	500	-	500	500
Rent	422	2,950	3,372	-	-	-
Sundry costs	3,872	104	3,976	-	-	-
Depreciation	4,117	-	4,117	5,553	-	5,553
	46,724	134,796	181,520	74,373	115,390	189,763
Contributions to core expenditure	(3,391)	3,391	-	(11,440)	11,440	-
	43,333	138,187	181,520	62,933	126,830	189,763

4 Employees and employment costs

	2022	2021
	£	£
Wages and salaries	15,990	17,516
	<u>15,990</u>	<u>17,516</u>
	<u><u>15,990</u></u>	<u><u>17,516</u></u>

No individual employee was paid over £60,000 (2021: none).

No remuneration was paid to any Trustees during the year (2021: none). No expenses were reimbursed to the Trustees by the charity during the year (2021: none).

The key management personnel of the charity are considered to be the managers. They are paid by a combination of wages and submitted invoices. The total costs to the charity of employee benefits (including submitted invoices) for the key management personnel were £140,424 (2021: £144,382).

The average monthly head count was 2 staff (2021: 2 staff). In addition, the charity used a number of freelance instructors who invoiced the charity separately.

5 Tangible fixed assets

	Sports Equipment £	Office Equipment £	Motor Vehicles £	Total £
Cost				
As at 01 February 2021	16,184	5,415	18,594	40,193
As at 31 January 2022	16,184	5,415	18,594	40,193
Depreciation				
As at 01 February 2021	11,992	4,049	8,135	24,176
Charge for year	1,051	451	2,615	4,117
As at 31 January 2022	13,043	4,500	10,750	28,293
Net book value				
As at 31 January 2022	3,141	915	7,844	11,900
As at 31 January 2021	4,192	1,366	10,459	16,017

6 Debtors

	2022 £	2021 £
Accrued income	-	91,544

7 Creditors: Amounts falling due within one year

	2022 £	2021 £
Other creditors	-	130
Accruals	1,980	1,979
	1,980	2,109

Where grants are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate.

8 Statement of funds

	Balance 01.02.21 £	Income £	Expenditure £	Transfers £	Balance 31.01.22 £
Unrestricted funds					
General unrestricted funds	6,703	16,270	(43,621)	36,922	16,274
Total unrestricted funds	6,703	16,270	(43,621)	36,922	16,274
Restricted funds					
Active Together - Children in Need	40,552	-	(40,552)	-	-
Anglian Trust	4,200	-	(4,200)	-	-
Paddle Away	-	5,000	(6,348)	1,348	-
Versus Arthritis	-	5,000	(5,000)	-	-
Awards for all	-	10,000	(10,000)	-	-
PSC Education	-	1,306	(2,266)	960	-
Man Power - Big Lottery	81,463	10,000	(43,233)	(43,016)	5,214
Veterans Fund	19,119	-	(21,294)	2,175	-
Other <£1,000	-	3,683	(5,294)	1,611	-
Total restricted funds	145,334	34,989	(138,187)	(36,922)	5,214
Total funds	152,037	51,259	(181,808)	-	21,488

Statement of funds- prior year

	Balance 01.02.20 £	Income £	Expenditure £	Transfers £	Balance 31.01.21 £
Unrestricted funds					
General unrestricted funds	11,450	58,403	(63,150)	-	6,703
Total unrestricted funds	11,450	58,403	(63,150)	-	6,703
Restricted funds					
Active Together - Children in Need	64,552	-	(24,000)	-	40,552
Anglian Trust	-	4,200	-	-	4,200
Devon Com Fund	-	2,440	(2,440)	-	-
Edward Gosling	-	5,200	(5,200)	-	-
Elm Grant	-	1,000	(1,000)	-	-
Garfield Western	-	20,000	(20,000)	-	-
Man Power - Big Lottery	145,900	-	(64,437)	-	81,463
Veterans Fund	-	28,000	(8,881)	-	19,119
Other <£1,000	-	872	(872)	-	-
Total restricted funds	210,452	61,712	(126,830)	-	145,334
Total funds	221,902	120,115	(189,980)	-	152,037

8 Statement of funds (cont.)

- The general unrestricted fund represents the unrestricted funds of the charity at the year end.
- Active Together funding came from Children in Need for a project that uses exercise and games to improve fitness as well as mental and social health. Our sessions aim to educate, motivate and inspire children whilst improving self-confidence, communication, leadership and problem solving.
- The Anglian Trust funding was provided for to run introductory fishing sessions for children in and around Plymouth, aimed at 6 - 16yr olds from disadvantaged areas who hadn't previously had a go at fishing. They were taught to utilise the time to improve communication and interact with new friends.
- The Devon Com Fund came from Devon Community Foundation was to run Covid relief sessions. These were online fitness and workshops focused around nutrition and exercise aimed at 30-75 year olds suffering from isolation and poor health.
- The Edward Gosling Funding Provides individualized exercise programs in a supervised environment for those patients effected by clinical conditions including: anxiety, hypertension, diabetes, obesity, back pain, angina, depression, osteoporosis, cancer, arthritis and other conditions.
- The Elm Grant funding aims to educate 20 men about anatomy and physiology, health and activity, safety and nutrition in order improve their long term physical and mental health. The project will provide them with an accredited and recognized 1st4sport Level 2 Gym Instructing course that can also help them get back in to work or further education.
- The Garfield Weston funding was provided for health and fitness sessions focusing on the most disadvantaged people from Exeter, Torquay, and Paignton.
- The Veterans Fund funding was provided to fund a project to engage veterans with a cycling project.
- Man Power funding came from Big Lottery to provide an accessible and inclusive health and well-being centre for disadvantaged males aged 16+ who have poor physical health and limited opportunities to reach their potential. This will have a knock on improvement in their mental and social well-being. A transfer was made out of the funds this year to reflect expenditure incorrectly allocated to unrestricted funds in previous years.
- Access Reach Funding was received from the Reach Fund to improve the financial controls and management within the charity, produce a 3 year forecast and produce a strategic plan.
- Paddle Away funding is a paddleboarding project for children funded by the whirlwind trust. The focus of the project is to provide a life-enhancing experience to disadvantaged and disabled young people between the ages of 5 and 14 years.
- Versus Arthritis fund is arthritis sessions provided by Versus Arthritis. The aim of the project is to provide free exercise referral scheme that will provide individualized exercise programs in a supervised environment for those patient effected by arthritis.

9 Analysis of net assets between funds

	Unre- stricted funds £	Rest- ricted funds £	Total 2022 £	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £
Tangible assets	11,900	-	11,900	16,017	-	16,017
Current assets	6,354	5,214	11,568	(7,205)	145,334	138,129
Current liabilities	(1,980)	-	(1,980)	(2,109)	-	(2,109)
	<u>16,274</u>	<u>5,214</u>	<u>21,488</u>	<u>6,703</u>	<u>145,334</u>	<u>152,037</u>

10 Related parties

There were no related party transactions during the year (2021: none).

11 Government grants

Income from government grants comprise grants made by local authorities to fund the principal activities and objectives of the charity via core funding and funding for specific restricted projects. No performance related grants recognised in income have had any unfulfilled conditions or any other contingencies attaching to them. See note 3 for more information. Government grants received during the year amounted to £6,230 (2021: £1,593).

12 Company limited by guarantee

The company was incorporated as a company limited by guarantee and has no share capital. The guarantee to the company is £10 per member on the winding up of the company. At 31 January 2022 the company had three members and the total amount guaranteed is therefore £30.

PLYMOUTH SPORTS CHARITY LIMITED

England & Wales - Charity number 1146141

Accounts

Plymouth Sports Charity Limited
(A Charitable Company Limited by Guarantee)

Annual Report and Financial Statements

For the Year Ended 31 January 2021

Company Number: 07755411
Charity Registered in England and Wales Number: 1146141

Plymouth Sports Charity Limited
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For the Year Ended 31 January 2021

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Plymouth Sports Charity Limited
Reference and Administrative Details
For the Year Ended 31 January 2021

Charity Name Plymouth Sports Charity Limited

Trustee Directors M Ringstrom
A Sandford
G Thompson

Registered Office 1 Haysend Walk
Plymouth
PL6 6FX

Independent Examiner Michelle Ferris FCA
Albert Goodman LLP
Goodwood House
Blackbrook Park Avenue
Taunton
Somerset
TA1 2PX

The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 January 2021. The provisions of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP FRS 102- implemented 1 January 2019) have been adopted in preparing the annual report and financial statements of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 30 August 2011 and registered as a charity on 29 February 2012. 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 £10.

Recruitment, Appointment of Trustees

The Directors of the company are also charity Trustees for the purposes of charity law. They give their time voluntarily and receive no benefits from the charity. All day to day operational matters are delegated to the management team. Under the Articles of Association there is no automatic requirement for rotation/retirement of Director/Trustees.

When recruiting Trustees, the existing Trustees seek individuals with a skill set complimentary to theirs. The aim is that the Trustee/Directors as a group, have a diverse set of skills that individually benefit the objectives of the charity.

OBJECTIVES AND ACTIVITIES

The charitable company's objective is to promote for the benefit of the inhabitants of Plymouth and the surrounding area the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances in the interest of social welfare and with the object of improving the conditions of life of the said inhabitants.

Predominantly the aim of the charity is to holistically help and improve the lives of its beneficiaries through physical activities. We do this by delivering education on fitness and exercises and coaching to improve the physical, mental and social health of its users. We use innovative techniques to offer a bespoke and unique learning environment that develops the beneficiary, creating lifelong skills. The charity's vision is to be the leading provider of accessible health and fitness sessions within the south west of England. We believe in only focusing on what we excel at and that is fitness and health.

By achieving the charities aims we will further the legal purpose of the charity which is to relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage. We will also arguably be purposely advancing health by using our exercise referral scheme to "promote activities that have a proven beneficial effect on health".

The Trustees have complied with the requirements of the Charities Act 2011 and have had due regard to the Charity Commission's public benefit guidance. Before any funding applications are written and any projects planned the trustees evaluate what services are in the best interest of the general population of Plymouth, a good example being improving men's health in Plymouth due to the 54% of death in males being from poor diet and 67% of death of males in Plymouth being due to a lack of physical activity. The trustees also ensure that each project is as inclusive as possible and optimising the charities impact of public benefit.

We have been relieving those in need by delivering prescribed exercise suitable for each service users condition, situation and previous experiences. We have also met this need by delivering free and accessible accredited courses and qualifications. Moving forward the charities strategy will be to continue meet the need of the public by using physical activity sessions to improve physical and mental health. This is due to the success of our present and previous projects that have directly made this positive impact to the service users such as PSC Active Communities, MAN Power and the Second Chance project.

The criteria the charity uses to assess success is individualised to each project and each funding organisation request however all project successes are based on achieving the targeted number of members of the public over a twelve month period. Moving forward the charity will utilise the success criteria of physical and mental health improvements which are collected via the relevant measurements. These measurements include: the use physical measurements, blood pressure checks, BMI calculator and scales to measure the beneficiaries' improvements towards their physical health and the use of mood star charts at the start, during and at the end of the project to measure the improvements of the beneficiaries' mental health.

ACHIEVEMENTS AND PERFORMANCE

Early in the tax year of 2020/21 the charity was focussed on delivering projects to improve the health and well-being of its users, projects such as the Reaching communities fund and Children in Need were running successful sessions each week. In March 2020 the Covid-19 pandemic started which forced the charity to spend some time developing new techniques and delivery models. Along with this we received further funding to run projects throughout the year, to include Garfield Weston, The Veterans Foundation and The National Lottery Covid Response Fund. Each project had its own specific aims, such as improving the lives of veterans, unemployed or isolated individuals. Much of our delivery was conducted online via zoom and mobile apps and since the reopening of many facilities has remained a useful mode of delivery.

During the tax year of 2020/21 the charity helped over 160 men and 40 women to improve their physical health over a twelve-month period during the MAN Power and Covid Response fund projects. This number has resulted in our two-year target number of the Big Lottery Reaching communities project being reached. We did this by delivering our exercise referral scheme and personal training programme which included health checks, personalised fitness programmes that lead each beneficiary up to the recommended 150 minutes of activity per week and continual monitoring and evaluation of their improvements.

Over the last financial year we have helped:

- 323 people who suffer from chronic conditions by lowering their blood pressure, BMI and body fat percentage into the recommended rate and scores.
- 701 people improve their physical health measured by their weight.
- 621 people improve their mental health measured by mood chart scores.
- 321 children between the ages of 5 and 18 to improve their physical health measured by fitness assessments.
- 23 people to become more employable by delivering free accredited training courses and delivered mandatory training to 112 employed workers.

FINANCIAL REVIEW

The charity generated income in the year to 31 January 2021 of £120,115 (2020 - £346,621). Of this income, £61,712 was in relation to restricted funds (2020 - £304,459).

Total expenditure for the year was £189,980 (2020 - £133,628), of which £126,830 (2020 – £90,098) was spent on restricted funds. This has therefore generated a deficit of £69,865 (2020 – surplus of £212,992), of which £65,118 (2020 – surplus of £214,361) was in relation to restricted funds, before transfers.

The significant difference in both income levels and surplus/deficit between 2021 and 2020 arises from a quirk of charity accounting.

In the year to 31 January 2020, the charity accounting standard (the SORP), required that we recognise £162,325 of income which we had not yet received and which had not been spent. This therefore boosted both income and surplus in 2020 by this amount, and can be seen in accrued income in the balance sheet (shown as part of debtors).

In the year to 31 January 2021, we have received £70,781 of this income which was previously recognised. We have therefore spent these funds and recognised the associated costs but not been able to recognise the income (as it was recognised last year).

The result of this is that we show a deficit in the 2021 accounts of £69,865, which would be a small surplus should the income have been recognised in line with the expenditure.

This has also had the impact of reducing accrued income to £91,554, which will be reduced over the course of the next 2 years.

On this basis and taking into account the above noted circumstances, the trustees confirm that they have prepared the accounts on the going concern basis.

Reserves policy

The charity is still in the position of developing its reserves and therefore does not have a formal reserves policy. The eventual aim is to carry sufficient reserves to cover unrestricted costs for a period of 3-6 months. As at the year end the charity were not holding any free reserves, however these are being developed towards the required level of approximately £15,750- £31,500.

Covid-19

Our trading consists of contracts with local schools to deliver sports coaching and physical education lessons. We also sell mandatory training to mainstream organisations and accredited qualifications to the public. Coronavirus has ceased all our unrestricted training resulting in the charity losing multiple school contracts which we have held over 8 years. We have been unable to deliver any mandatory training due to the lock down restrictions and as the accredited qualifications we sell are sport and fitness courses within gym and leisure settings we have had to cease trading in this respect. We are continuing with grant funded activities and have taken advantage of the government schemes available to us to limit expenditure as far as possible.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Plymouth Sports Charity Limited for the purposes of company law) are responsible for preparing the Trustees Directors' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- (a) select appropriate accounting policies and then apply them consistently;
- (b) observe the methods and principles in the Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent,
- (d) state whether UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- (e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The directors are also responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Acts 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and reporting by Charities and in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on their behalf by:

A Sandford

Trustee

Date: 22 October 2021

Plymouth Sports Charity Limited

Independent Examiners' Report to the Members and Trustees
For the Year Ended 31 January 2021

Independent examiners report to the Trustees of Plymouth Sports Charity Limited

I report to the charity trustees on my examination of the accounts of Plymouth Sports Charity Limited ("the Company") for the year ended 31 January 2021.

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.

Albert Goodman LLP provides the charity with book-keeping services. I confirm that the necessary safeguards as required by the Directions of the Charity Commission have been implemented, and that I have applied the provisions of the Revised Ethical Standard 2016 issued by the Financial Reporting Council.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 comply with these 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.

Michelle Ferris BSc (Hons) FCA DChA
Albert Goodman LLP

Date: 25 October 2021

Goodwood House
Blackbrook Park Avenue
Taunton
Somerset, TA1 2PX

Plymouth Sports Charity Limited

Statement of Financial Activities (including an Income and Expenditure account)

For the Year Ended 31 January 2021

	Notes	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2021 £	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2020 £
Income from:							
Donations and general grants	2	-	-	-	36	-	36
Charitable activities	3	58,403	61,712	120,115	42,126	304,459	346,585
Total income		58,403	61,712	120,115	42,162	304,459	346,621
Expenditure on:							
Raising funds		217	-	217	-	18	18
Charitable expenditure	4	62,933	126,830	189,763	43,530	90,080	133,610
Total expenditure		63,150	126,830	189,980	43,530	90,098	133,628
Net (expenditure)/income before transfers		(4,747)	(65,118)	(69,865)	(1,368)	214,361	212,993
Transfer between funds	9	-	-	-	39,590	(39,590)	-
Net movement in funds		(4,747)	(65,118)	(69,865)	38,222	174,771	212,993
Reconciliation of funds							
Fund balances at 01 February 2020		11,450	210,452	221,902	(26,772)	35,681	8,909
Fund balances at 31 January 2021	9	6,703	145,334	152,037	11,450	210,452	221,902

The results for the year derive from continuing activities and there are no gains or losses other than those shown above.

The statement of financial activities incorporates the income and expenditure account.

Plymouth Sports Charity Limited- Company Registration Number: 07755411**Balance Sheet**

As at 31 January 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible fixed assets	6	16,017	21,572
Current assets			
Debtors	7	91,544	162,325
Cash at bank and in hand		46,585	39,747
		<u>138,129</u>	<u>202,072</u>
Creditors			
Amounts falling due within one year	8	(2,109)	(1,742)
Net current assets		<u>136,020</u>	<u>200,330</u>
Net assets		<u><u>152,037</u></u>	<u><u>221,902</u></u>
Funds			
Unrestricted funds			
General funds	9	6,703	11,450
		<u>6,703</u>	<u>11,450</u>
Restricted funds	9	145,334	210,452
Net assets		<u><u>152,037</u></u>	<u><u>221,902</u></u>

These accounts have been prepared and delivered in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

For the year in question, the charitable company was entitled to exemption from an audit under section 477 of the Companies Act 2006.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

The trustees/directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the Board of Trustees for issue on 22 October 2021 and signed on their behalf by:

A Sandford

Trustee

1 Accounting Policies

1.1 General information and basis of accounting

Plymouth Sports Charity Limited is a company limited by guarantee incorporated in the United Kingdom under the Companies Act. The maximum liability of each member is limited to £10. The address of the registered office is given on page 2. The nature of the charity's operations and its principal activities are set out in the Trustees report on pages 3-5.

The financial statements have been prepared in £ sterling on the historical cost basis and in accordance with 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)- (Charities SORP (FRS 102)) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income. The valuation of donated services is not quantified within the Statement of Financial Activities.

Donation income is received by way of general grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

Income from grants, relating to specifically the provision of goods or services as part of charitable activities or services to clients are included in full in the Statement of Financial Activities when receivable and in the period in which they relate to. Grants are deferred when the monies have been received in advance of the period in which they relate to.

Other trading activities income includes income related to training sessions and is included in the Statement of Financial Activities when receivable.

Investment income is included when receivable.

1.3 Government grants

Government grants are accounted for when unconditionally due and reasonable assurance can be gained that it will be received. Where funds are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate. Where funds have not been received in a specified period, these funds will be accrued in debtors and recognised in the period to which they relate. Not all grants received have conditions and performance indicators attached, where this is the case, the income is included within donations. Performance related grants are included within Charitable Activities income.

1.4 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. All expenditure is gross of VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services to its clients. Direct costs are allocated to such activities and those costs of an indirect nature necessary to support them are shown as contributions to core expenditure.

Other support costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

1.5 Fixed assets

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rate:-

Sports equipment - 25% reducing balance
Office equipment - 33% reducing balance
Motor vehicles - 25% reducing balance

Fixed assets are valued at cost less depreciation. Fixed assets are reviewed annually for impairment.

1.6 Debtors

Accrued income comprises amounts due from funders and is recognised when the charity is entitled to the grant, receipt is probable and the amount can be measured reliably. Prepayments are valued at the amount prepaid.

1.7 Cash at bank and in hand

Cash at bank and in hand comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.8 Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their settlement amount.

1.9 Taxation

The company is a registered charity and is therefore not liable to corporation tax to the extent that income and gains are applied to the charitable objectives of the charity.

1.10 Fund accounting

General funds are unrestricted funds receivable or generated for the objects of the Bureau without further specified purpose and are available as general funds.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criterion is charged to the fund, together with a fair allocation of management and support costs.

1.11 VAT

The charity is not VAT registered and therefore all costs are inclusive of VAT.

1.12 Covid-19

The Trustees have considered the implication of the Covid-19 pandemic on the operations of the charity. Whilst the charity had to cease operations during lockdown, costs were cut to a minimum and funders have remained supportive, allowing deferral of projects where necessary. Taking into account all reasonable circumstances, the Trustees believe that the charity remains a going concern and no adjustments to the accounts are necessary.

1.13 Financial instruments

The charity only holds basic financial instruments as defined in FRS 102. The financial assets and liabilities of the charity and their measurements are as follows:

Financial assets – trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost as detailed in note 11.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Financial liabilities – trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost as detailed in note 11. Taxation and social security are not included in the financial instruments disclosure definition. Deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

2 Donations and general grants

	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £	Unre- stricted funds £	Rest- ricted funds £	Total 2020 £
Donations						
Donations & gifts	-	-	-	36	-	36
	-	-	-	36	-	36

Plymouth Sports Charity Limited
Notes to the Financial Statements
For the Year Ended 31 January 2021

3 Incoming resources from charitable activities

	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £	Unre- stricted funds £	Rest- ricted funds £	Total 2020 £
Access Reach Fund	-	-	-	-	15,000	15,000
Anchor Trust	-	-	-	1,120	-	1,120
Anglian Trust	-	4,200	4,200	-	-	-
Big Lottery	-	-	-	-	207,300	207,300
Brunel Academy	3,780	-	3,780	14,820	-	14,820
Children in Need	-	-	-	-	82,125	82,125
Comic Relief	-	-	-	-	-	-
Cornwall Council*	283	-	283	1,620	-	1,620
Covid Response	42,500	-	42,500	-	-	-
Devon Com Fund	-	2,440	2,440	-	-	-
Devon Council*	1,310	-	1,310	-	-	-
Edward Gosling	-	5,200	5,200	-	-	-
Elm Grant	-	1,000	1,000	-	-	-
Garfield Weston	-	20,000	20,000	-	-	-
The Learning Curve	-	-	-	17,081	-	17,081
The PLUSS Organisation	1,000	-	1,000	-	-	-
Plymouth City Council*	-	-	-	960	-	960
Sparc Sport CIC	4,000	-	4,000	-	-	-
True Colours	4,800	-	4,800	-	-	-
Veterans Fund	-	28,000	28,000	-	-	-
Individual funders	-	-	-	2,156	-	2,156
Other funders < £1k	730	872	1,602	2,109	-	2,109
Other sales	-	-	-	2,260	34	2,294
	<u>58,403</u>	<u>61,712</u>	<u>120,115</u>	<u>42,126</u>	<u>304,459</u>	<u>346,585</u>
The income on the previous page is made up of:						
Received in year	58,403	132,493	190,896	42,126	142,134	184,260
Accrued income brought forward	-	(162,325)	(162,325)	-	-	-
Accrued income carried forward	-	91,544	91,544	-	162,325	162,325
	<u>58,403</u>	<u>61,712</u>	<u>120,115</u>	<u>42,126</u>	<u>304,459</u>	<u>346,585</u>

* denotes amounts received from government. See note 14 for more information.

Plymouth Sports Charity Limited
Notes to the Financial Statements
For the Year Ended 31 January 2021

4 Charitable expenditure

	Unres- tricted £	Res- tricted £	Total 2021 £	Unres- tricted £	Res- tricted £	Total 2020 £
Charitable activities						
Staff salaries	17,516	-	17,516	9,770	14,314	24,084
Subcontractor costs	31,565	99,341	130,906	20,689	61,837	82,526
Direct costs	14,111	6,379	20,490	1,955	969	2,924
Refreshments and supplies	-	-	-	-	490	490
Equipment expense and repairs	295	3,949	4,244	-	3,741	3,741
Hire of venues and equipment	-	-	-	3,600	-	3,600
Rent, insurance and utilities	3,385	35	3,420	-	-	-
Legal and professional fees	-	-	-	-	20	20
Training	25	2,985	3,010	-	2,299	2,299
Marketing	665	883	1,548	-	1,445	1,445
Bank charges	120	-	120	-	76	76
Office costs	784	-	784	-	2,949	2,949
Accountancy fees	354	1,818	2,172	-	1,940	1,940
Independent Examination fees	-	-	-	-	-	-
Software	-	-	-	-	-	-
Depreciation	5,553	-	5,553	7,516	-	7,516
	74,373	115,390	189,763	43,530	90,080	133,610
Contributions to core expenditure	(11,440)	11,440	-	-	-	-
	62,933	126,830	189,763	43,530	90,080	133,610

5 Employees and employment costs

	2021	2020
	£	£
Wages and salaries	17,516	24,084
	<u>17,516</u>	<u>24,084</u>
	<u><u>17,516</u></u>	<u><u>24,084</u></u>

No individual employee was paid over £60,000 (2020: none).

No remuneration was paid to any Trustees during the year (2020: none). No expenses were reimbursed to the Trustees by the charity during the year (2020: none).

The key management personnel of the charity are considered to be the managers. They are paid by a combination of wages and submitted invoices. The total costs to the charity of employee benefits (including submitted invoices) for the key management personnel were £144,382 (2020: £79,737).

The average monthly head count was 2 staff (2020: 2 staff). In addition, the charity used a number of freelance instructors who invoiced the charity separately.

6 Tangible fixed assets

	Sports Equipment £	Office Equipment £	Motor Vehicles £	Total £
Cost				
As at 01 February 2020	16,184	5,415	18,594	40,193
As at 31 January 2021	16,184	5,415	18,594	40,193
Depreciation				
As at 01 February 2020	10,596	3,376	4,649	18,621
Charge for year	1,396	673	3,486	5,555
As at 31 January 2021	11,992	4,049	8,135	24,176
Net book value				
As at 31 January 2021	4,192	1,366	10,459	16,017
As at 31 January 2020	5,588	2,039	13,945	21,572

7 Debtors

	2021 £	2020 £
Accrued income	91,544	162,325

8 Creditors: Amounts falling due within one year

	2021 £	2020 £
Other creditors	130	-
Accruals	1,979	1,742
	2,109	1,742

Where grants are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate.

9 Statement of funds

	Balance 01.02.20 £	Income £	Expenditure £	Transfers £	Balance 31.01.21 £
Unrestricted funds					
General unrestricted funds	11,450	58,403	(63,150)	-	6,703
Total unrestricted funds	11,450	58,403	(63,150)	-	6,703
Restricted funds					
Active Together - Children in Need	64,552	-	(24,000)	-	40,552
Anglian Trust	-	4,200	-	-	4,200
Devon Com Fund	-	2,440	(2,440)	-	-
Edward Gosling	-	5,200	(5,200)	-	-
Elm Grant	-	1,000	(1,000)	-	-
Garfield Western	-	20,000	(20,000)	-	-
Man Power - Big Lottery	145,900	-	(64,437)	-	81,463
Veterans Fund	-	28,000	(8,881)	-	19,119
Other <£1,000	-	872	(872)	-	-
Total restricted funds	210,452	61,712	(126,830)	-	145,334
Total funds	221,902	120,115	(189,980)	-	152,037

Statement of funds- prior year

	Balance 01.02.19 £	Income £	Expenditure £	Transfers £	Balance 31.01.20 £
Unrestricted funds					
General unrestricted funds	(26,772)	42,162	(43,530)	39,590	11,450
Total unrestricted funds	(26,772)	42,162	(43,530)	39,590	11,450
Restricted funds					
Restricted funds	35,681	-	-	(35,681)	-
Active Together - Children in Need	-	82,125	(17,573)	-	64,552
Access Reach Fund	-	15,000	(18,323)	3,323	-
Man Power - Big Lottery	-	207,334	(54,202)	(7,232)	145,900
Total restricted funds	35,681	304,459	(90,098)	(39,590)	210,452
Total funds	8,909	346,621	(133,628)	-	221,902

9 Statement of funds (cont.)

- The general unrestricted fund represents the unrestricted funds of the charity at the year end.
- Active Together funding came from Children in Need for a project that uses exercise and games to improve fitness as well as mental and social health. Our sessions aim to educate, motivate and inspire children whilst improving self-confidence, communication, leadership and problem solving.
- The Anglian Trust funding was provided for to run introductory fishing sessions for children in and around Plymouth, aimed at 6 - 16yr olds from disadvantaged areas who hadn't previously had a go at fishing. They were taught to utilise the time to improve communication and interact with new friends.
- The Devon Com Fund came from Devon Community Foundation was to run Covid relief sessions. These were online fitness and workshops focused around nutrition and exercise aimed at 30-75 year olds suffering from isolation and poor health.
- The Edward Gosling Funding Provides individualized exercise programs in a supervised environment for those patients effected by clinical conditions including: anxiety, hypertension, diabetes, obesity, back pain, angina, depression, osteoporosis, cancer, arthritis and other conditions.
- The Elm Grant funding aims to educate 20 men about anatomy and physiology, health and activity, safety and nutrition in order improve their long term physical and mental health. The project will provide them with an accredited and recognized 1st4sport Level 2 Gym Instructing course that can also help them get back in to work or further education.
- The Garfield Weston funding was provided for health and fitness sessions focusing on the most disadvantaged people from Exeter, Torquay, and Paignton.
- The Veterans Fund funding was provided to fund a project to engage veterans with a cycling project.
- Man Power funding came from Big Lottery to provide an accessible and inclusive health and well-being centre for disadvantaged males aged 16+ who have poor physical health and limited opportunities to reach their potential. This will have a knock on improvement in their mental and social well-being.
- Access Reach Funding was received from the Reach Fund to improve the financial controls and management within the charity, produce a 3 year forecast and produce a strategic plan.

As noted in the Trustees Report, during the year it was identified that previous statutory accounts prepared and filed were not in accordance with the Trustees understanding of the financial position of the charity. These errors had resulted in the charity showing a surplus on restricted funds and a deficit on unrestricted funds, which was not representative of the actual position. Investigation identified that the restricted funds showing a surplus had all finished, with final reports submitted to funders and no reclaim of funding requested. The surplus from restricted funds from 2020 and earlier was therefore transferred out to unrestricted funds in the prior year.

10 Analysis of net assets between funds

	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £	Unre- stricted funds £	Rest- ricted funds £	Total 2020 £
Tangible assets	16,017	-	16,017	21,572	-	21,572
Current assets	(7,205)	145,334	138,129	(8,380)	210,452	202,072
Current liabilities	(2,109)	-	(2,109)	(1,742)	-	(1,742)
	<u>6,703</u>	<u>145,334</u>	<u>152,037</u>	<u>11,450</u>	<u>210,452</u>	<u>221,902</u>

11 Financial instruments

Categorisation of financial instruments

	2021 £	2020 £
Financial assets that are debt instruments measured at amortised cost	138,129	202,072
	<u>138,129</u>	<u>202,072</u>
Financial liabilities measured at amortised cost	2,109	1,742
	<u>2,109</u>	<u>1,742</u>

There were no items of income, expense, gains or losses to report.

12 Related parties

There were no related party transactions during the year (2020: none).

13 Government grants

Income from government grants comprise grants made by local authorities to fund the principal activities and objectives of the charity via core funding and funding for specific restricted projects. No performance related grants recognised in income have had any unfulfilled conditions or any other contingencies attaching to them. See note 3 for more information. Government grants received during the year amounted to £1,593 (2020: £2,580).

14 Company limited by guarantee

The company was incorporated as a company limited by guarantee and has no share capital. The guarantee to the company is £10 per member on the winding up of the company. At 31 January 2021 the company had three members and the total amount guaranteed is therefore £30.