

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
Contents
For the Year Ended 31 January 2023

	<u>Page</u>
Reference and Administrative Details	2
Trustee Directors' Report	3 – 6
Independent Examiners' Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 – 20

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></u>	<u></u>
Net current assets		12,296	9,588
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></u>	<u></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>
	<u><u>18,104</u></u>	<u><u>15,990</u></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.