

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
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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

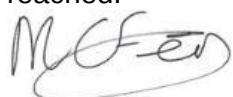
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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>
	<u><u>17,434</u></u>	<u><u>18,104</u></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.