

ANNUAL REPORT 2024-25



REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 JANUARY 2025

Charity Name

Plymouth Sports Charity Limited

Trustee Directors

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Registered Office

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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: