THE SPORTING MEMORIES FOUNDATION

England & Wales · Charity number 1154474

Details

Other names	SPORTING MEMORIES LTD
Status	Registered
Legal form	Charitable company
Company number	08571922
Registered	2013-11-05
Register	View on the Charity Commission register

Contact

Address	Ashfords Unit 2 Manor Court Manor Mill Lane Leeds LS11 8LQ
Phone	07765864484
Email	admin@sportingmemories.uk
Website	www.sportingmemories.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF, AND PROMOTE AND PRESERVE THE GOOD MENTAL HEALTH OF PEOPLE AGED 50 YEARS OF AGE AND OVER WHO EXPERIENCE OR SUFFER FROM MEMORY RELATED CONDITIONS, SUCH AS DEMENTIA, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE FACILITATION AND DELIVERY OF THERAPEUTIC REMINISCENCE THERAPIES AND ACTIVITIES BASED UPON THE SUBJECT OF SPORT

Activities: We work together across generations to establish effective solutions on how to engage older people to tackle dementia, depression & loneliness. We recruit, train, manage and support volunteers to facilitate sporting memories activities across communities

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Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Environment/conservation/heritage
- **Who:** Elderly/old People, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£146,782	£123,304	-	-
2024-03-31	£105,174	£122,852	-	-
2023-03-31	£82,052	£145,991	-	-
2022-03-31	£168,468	£117,381	-	-
2021-03-31	£251,377	£222,840	-	-

Trustees

Name	Role	Appointed
Angie Mills-Curtis		2024-06-24
Gareth Heard		2021-11-01
Richard James Armstrong		2016-11-02
Rory McCormick		2016-01-08
Waseem Khan		2021-11-01

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THE SPORTING MEMORIES FOUNDATION

England & Wales - Charity number 1154474

Accounts

Company registration number 08571922

Charity registration number 1154474

THE SPORTING MEMORIES FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

THE SPORTING MEMORIES FOUNDATION

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Charity number	1154474
Company number	08571922
Registered office	Unit 2, Manor Court Manor Mill Lane Leeds England LS11 8LQ
Directors	R Armstrong G Heard W Khan R McCormick A Mills-Curtis (Appointed 24 June 2024)
Independent examiner	Ashfords Chartered Accountants Unit 2, Manor Court Manor Mill Lane Leeds LS11 8LQ
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ The Co-operative Bank PO Box 250 Delf House Skelmersdale WN8 6WT

THE SPORTING MEMORIES FOUNDATION

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THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The Directors, who are also Trustees for the purposes of charity law, are pleased to present their Annual Directors' report together with the financial statements of the charity for the year ending 31 March 2025.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Objectives and activities

Purpose
In conjunction with other likeminded organisations, including Sporting Memories Network, Sporting Memories Foundation engages partner organisations and members of the community to run community-based activities for older people, to reminiscence about sport and to take part in social and physical activities. Group facilitators are provided, at no cost to them or their organisations, training, tools and resources in order for them to deliver meaningful sessions. Facilitators can either work for the organisation hosting the group or can be volunteers based within the local community. Volunteers are currently managed and processed by the host venue organisations such as councils, libraries, museums and community foundations. The Foundation also recruits, trains, supports and manages its own volunteers.

Partnerships are formed with local authorities, third sector organisations and sport's governing bodies. These tend to be organisations that are targeting the same demographic and by working together both parties are able to have a bigger and sustainable impact.

The Foundation pledges:

Health
We pledge to reduce the effects of social isolation and mental health issues by providing fun, interactive and meaningful group activities enabling friendships to flourish.

Economy
We pledge to ease the financial constraints on health and community organisations by working in partnership with like-minded bodies to find and implement solutions through bids, grants and other fundraising means.

Social
We pledge that through our meaningful activities we will help older people to make new friendships and to feel connected to their communities. We will strive to reduce isolation and loneliness.

Education
We pledge to break down barriers and reduce stereotyping of age by undertaking multigenerational activities with educational institutes and other organisations supporting children and younger adults to help community cohesion.

We continued in shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit. These objectives will be met particularly but not exclusively by the facilitation and delivery of therapeutic reminiscence therapies and activities based upon the subject of sport aimed at the 'ageing population' but benefitting society as a whole.

THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

Aims and activities

As life expectancy continues to increase, the challenges of meeting the health needs of an ageing population become more complex. There are currently more people of pension age in the UK than there are children under the age of sixteen. Three of the biggest challenges facing society, particularly people over the age of 50, are the health and socio-economic impact of dementia, depression and loneliness. It is important to put into context the impact of an 'ageing population' and what this means to individuals, society and the UK economy. There are over 21 million people aged 50 years and over in the UK, this is over a third of the total UK population.

- Over half (51%) of all people aged 75 and over live alone.
- Two fifths of all older people say the television is their main form of company.
- One in four adults will experience mental illness and 60% of care home residents live with depression. This is rarely diagnosed or treated.
- 225,000 people will develop dementia in the UK this year, that's one every three minutes.
- The total cost of dementia in the UK is estimated to be £26.3 billion.

An emerging evidence base, acknowledged by Governments and Public Health clearly shows that to age well and live well we all need to be:

- Socially Connected.
- Mentally Stimulated.
- Physically Active Health and social care services developed for older people and projects aimed at engaging older people have a poor track record of engaging men over the age of 50 in activities that promote healthy activities.

The Sporting Memories Foundation aims to continue to play a key part in tackling and reducing the effects of dementia, depression and loneliness on the individual, carers, communities, local authorities and health services by building on the success and partnerships already in place; creating community hubs offering weekly activities from sport themed cognitive therapy sessions to getting participants actively playing sports such as new age kurling, boccia, walking football and cricket throughout the UK.

It will look at ways to break down barriers and stereotypical labelling of generations through meaningful multigenerational events and activities and will remain at the forefront of this pioneering approach.

Context

During the financial year reported, our priorities have been to:

- Ensure we protect and support the wellbeing of our staff, volunteers, and members.
- Communicate changes and decisions that would impact staff, volunteers, and members in a timely and appropriate way.
- Position Sporting Memories across the UK as experts in the field of using reminisce and physical activity to support staff, volunteers, and members.
- Raise the profile of Sporting memories in the media.
- Ensure continued funds are raised through highlighting fundraising opportunities.
- Ensure continued funds through bid writing and partnerships.
- Utilise the time and opportunity to strengthen our business model and refine operating procedures.

THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and Performance

The Sporting Memories Foundation continued to support volunteers and Sporting Memories Clubs across England and Wales.

Projects

Glamorgan Voluntary (GVS)
We received £1,350 which supported Penarth Sporting Memories Club enjoy activities, a Christmas get together and a trip to watch an Ice Hockey match. Members really enjoyed all the activities. "It was good to go back and watch another game. It was chilly but loved watching it with my friends from the Club", "I have never been to an ice hockey match before and realised I have been missing out. It was brilliant", "I love coming to our Club every week but especially our Christmas party, it makes me so happy"

Volunteering Wales
£23,470.80 was awarded to deliver support to volunteers across Wales and recruit new volunteers across our Clubs. The money was spent during 24/25 financial year. We raised awareness of our activities to attract new volunteers, trained and continued to support our volunteer workforce.

Leeds Community Foundation
We received £50,000 from the Transforming Mental Health Grants City-Wide programme in 2023/2024 to deliver a 'systems change' model across Leeds. Working with Active Leeds to open new Community Clubs and working in 6 health and social care settings with Leeds City Council. We delivered a range of activities and utilised Sky Volunteers. The majority of the project was delivered across 2024/2025.

Charles S French (£1000) and The Childwick Trust (£5,000)
We received funding from two Trusts to deliver Sporting Memories activities within 6 care homes in Essex. Staff have been trained and activities are being facilitated.

Gwent Regional Partnership Board - RIF 24/25 – Caerphilly
We received £5,500 to open a new Club in Caerphilly at the local rugby club. Our Project Co-ordinator Rob Baker, worked with local partners to open the Club towards the end of the year.

Member Ian's "When Rob told me about the new Club in Caerphilly I was excited, I have been involved with Sporting Memories for about 5 years and love the sessions, now I have a weekly session at my local club it has made such a difference, I really enjoy popping along for a cup of coffee and a biscuit and listening to stories from other members and enjoy taking part in the quizzes too, I told my friend about it and he is now coming along too. I hope the Club continues and we can increase member participation as the group is a god send".

Rhondda Cynon Taff County Borough Council - UK Government Shared Prosperity Fund
We received £5,540 to continue to support the Sporting Memories Clubs at the Arts Factory, Ferndale every Monday and in Pontypridd at the Rugby Club every Thursday. Both Clubs have continued to thrive during the year.

Newport City Council - Participatory Budgeting – Raising Hope Dementia Fund
Working in partnership with Dragons Community in Newport, we were successful with a community vote to receive funds to continue to support the successful Sporting Memories Club at Rodney Parade.

West Suffolk Council - Thriving Communities Fund 25 -26
We received funding to deliver a new weekly Sporting Memories Club in Bury St Edmonds working with local partners.

Cambridgeshire Community Foundation - Healthier Futures Fund
During the year we was successful with a two-year project in Cambridgeshire to open three new Sporting Memories Clubs and support activities in 3 care homes. £49,844 has supported activities with local partners. Clubs that opened during the year have got off to a very successful start.

Our first Club at Abbey Leisure Centre, is going exceptionally well. We have between 20-30 people attending each week and they even bring their own picnics to eat whilst chatting! Our first few members already attended the leisure centre, but they then went and told other people in the community who do not attend and only come to Sporting Memories and love it. We hope these individuals now start to take part in more activities in the centre, which would be a great outcome for the project. We are also speaking to a few of them to see if they would like to take the lead on the Club as formal volunteers to help with sustainability of the session.

Salford CVS - Impact Fund Tackling Health Inequalities
We were successful with a £29,536 grant to work in partnership with Salford Leisure Trust to take on the facilitation of existing Clubs across Salford as well as opening a new Club in the area.

Allwyn UK Partnership
We have a new long-term partnership with Allwyn UK, who manage and facilitate the National Lottery games. We will work in partnership to offer volunteering experiences across our activities for employees. Each employee has a £500 match funding offer for fundraising, and we are hoping to capitalise on this offer during the partnership.

Strategy and fundraising
During the year we continued to promote general fundraising to support our activities.

A small number of people have raised funds for the charity with various activities. Rob Forman, Sporting Memories ambassador ran a 10k raising £125 for Sporting Memories and Patron Guy Mowbray, appeared on BBC's Celebrity Mastermind in January, where he represented Sporting Memories as his nominated charity. As part of his appearance on the programme the charity received a small donation of £3,000. We have a number of Clubs planning their own fundraising events in 2025-2026 including Cwmbran and Beeston.

Sporting Memories overall are continuing to connect with Family Wealth Officers to test a new letter of support for the organisation with high wealth individuals.

Conversations are ongoing that will look to grow the Sporting Memories Foundation activities and grow income sources.

Monitoring and evaluation
There are three elements of monitoring to consider —regulatory, financial and delivery against the charitable aims.

i. Regulatory — it is the responsibility of the trustees to ensure the charity meets all the financial and operational requirements of the Charity Commission and as set out in the Foundations statement of objectives. An annual report of activities and annual accounts are prepared by the directors and Ashfords Chartered Accountants before being submitted to the charity commission's online filing system. Copies of both reports are available to download from the charity commission's website.

ii. Financial — Day to day financial monitoring and management of the Foundation's bank accounts are currently processed by Chris Wilkins, CEO. Financial reporting is a standing item on the agenda of the quarterly trustee meetings.

Monitoring and evaluation (continued)

iii. Delivery of the charitable aims —it is the responsibility of all trustees to ensure the charitable aims are adhered to and remain the focus of all activity. Monitoring and reporting of progress and delivery of grant funded activity is either carried out by external evaluators commissioned by the grant funders, through commissioned work by training and evaluation advisor Charlie Murphy or by Sporting Memories Network CIC. Evaluation: The majority of evaluation into the impact of sporting memories in relation to group participants, facilitators and volunteers has been carried out by Sporting Memories Network CIC.

iv. The Sporting Memories Foundation will seek to continue to build and contribute to the evidence base for sporting memories in partnership with academic institutions, health and social care researchers and grant funding organisations. It will also seek to work with academic institutions to identify funding opportunities, grants and other research mechanisms to further the demonstration of the social impact and health outcomes of the approach.

Financial review

The charity's work is performed on a voluntary basis by the Directors. Income for the year amounted to £146,782 (2024: £105,174). Expenditure in the year amounted to £123,304 (2024: £122,852). The net movement in funds for the year was £23,479 (2024: -£17,678). General unrestricted reserves stood at £34,649 (2024: £22,077) and restricted funds stood at £25,536 (2024: £14,630). The analysis of the restricted funds can be found on note 12 of the financial statements.

Investment Policy

The Directors periodically review the charity's investment policy to ensure that it continues to meet the needs of the charity. Given the charity's limited funds, funds are held in current accounts with the Co-operative Bank and CAF Bank which represent a low-risk option for funds.

Reserves Policy

The aim is to continue to retain a general reserve equivalent to three months' average expenses, as a contingency against any unavoidable reduction in income or other unforeseen circumstances affecting the charity's business. This was met at the year end.

Structure, Governance and Management

Governing Document

Sporting Memories Limited is a charitable company limited by guarantee, incorporated on 17 June 2013 and recognised as a charity by the Charity Commission on 5 November 2013. 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 and Appointment of Directors

The Directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Directors. The Memorandum and Articles of Association set out the requirements regarding the charity's Directors, as follows:

- There is no maximum number of Directors but the minimum number shall be three.
- No person shall, unless recommended by the Directors for election, be elected as a Director at any General Meeting of the Company unless that person, or some member of the Company intending to propose that person, has, at least fourteen days and no more than forty-five days before that General Meeting, left at the registered office of the Company a notice in writing of the intention of such member of the Company to propose that person for election as a Director, together with a notice signed by the person intended to be proposed for election as a Director confirming his or her willingness to be elected as a director.

Directors' Induction and Training
The present Directors are familiar with the practical work of the charity, having been actively involved in its establishment and evolution. They have fully considered the induction and training requirements of new Directors and have agreed the following:

- To enhance new Directors' decision-making and understanding of the charity, all new Directors will be briefed by the current Board on how the charity was established and how it has evolved. During this briefing, emphasis would be placed on explaining aims and objectives of the charity and how these are achieved. New Directors would be given copies of previous meeting documents including Minutes of Board of Directors.

In addition, new Directors' induction and training would also involve a briefing session with a Board member to further familiarise new Directors with the charity and the context within which the charity operates. This briefing session would encompass:

- Obligations of Directors.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

All new Directors would receive a copy of the Memorandum and Articles and the latest financial statements and report.

The charity is seeking to recruit at least one further trustee, with experience of working at CFO level.

Members
The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure
The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

In the period 2024/25 the Board of Directors had four members, as laid out on the legal and administrative information page, from a variety of backgrounds relevant to the work of the charity.

Related parties
Any financial decisions that may benefit Sporting Memories Network CIC, of which Chris Wilkins is a Director, are decided by the independent board of trustees. The system for this at present is via an online voting facility. Voting takes place once full details of any proposed spend are supplied – including a breakdown of costs for the services or resources to be supplied. This system would also be implemented should the situation arise of any other trustee potentially benefiting financially from the foundation.

THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

Reference and administrative details

Charity name:	The Sporting Memories Foundation
Registered Charity number:	1154474
Registered Company number:	08571922
Principal address:	2 Manor Court, Manor Mill Lane Leeds, England, LS11 8LQ
Trustees:	R Armstrong G Heard W Khan R McCormick A Mills-Curtis (Appointed 24 June 2024)
Website:	www.sportingmemories.uk
Socials:	X - @SportsMemNet Facebook - @SportingMemoriesFoundation LinkedIn – Sporting Memories Instagram - @thesmf

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' annual report was approved on 7th October 2025 and signed on behalf of the board of trustees by:



Mr Rory McCormick
Director

THE SPORTING MEMORIES FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE DIRECTORS OF THE SPORTING MEMORIES FOUNDATION

I report to the Directors on my examination of the financial statements of The Sporting Memories Foundation ('the Charitable Company') for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the Charitable Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charitable 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 the Charitable Company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements 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 financial statements 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.

Ashfords

Ashfords Chartered Accountants

2 Manor Court
Manor Mill Lane
Leeds
LS11 8LQ

Dated: 07/10/2025

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income from:							
Donations and legacies	**4**	21,521	122,117	143,638	22,714	64,291	87,005
Other income	**5**	3,144		3,144	18,169	-	18,169
Total income		24,665	122,117	146,782	40,883	64,291	105,174
Expenditure on:							
Charitable activities	**6**	4,493	118,811	123,304	60,630	62,222	122,852
Total expenditure		4,493	118,811	123,304	60,630	62,222	122,852
Net incoming resources before transfers		20,172	3,306	23,478	(19,747)	2,069	(17,678)
Gross transfers between funds		-	-	-	-	-	-
Net income for the year/ Net movement in funds		20,172	3,306	23,478	(19,747)	2,069	(17,678)
Fund balances at 1 April 2024		22,077	14,630	36,707	41,824	12,561	54,385
Fund balances at 31 March 2025		42,249	17,936	60,185	22,077	14,630	36,707

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2025

	Note	2025 £	2024 £
Current assets			
Cash at bank and in hand		65,412	39,592
Creditors: amounts falling due within one year	**10**	(5,227)	(2,885)
Net assets		60,185	36,707
Income funds			
Restricted funds	**11**	17,936	14,630
Unrestricted funds		42,249	22,077
Total charity funds		60,185	36,707

For the year ending 31 March 2025 the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the Directors and authorised for issue on…7th October 2025……and are signed on behalf of the board by:

RM McCormick

Mr Rory McCormick
Director

Company Registration No. 08571922

1. General information

The Sporting Memories Foundation is a private company limited by guarantee incorporated in England and Wales. The address of the registered office is Unit 2, Manor Court, Manor Mill Lane, Leeds, England, LS11 8LQ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

The Charitable Company has taken advantage of the provision in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- Grants for immediate expenditure are accounted for when they become receivable. Grants received for a specific purpose are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

3. Accounting policies (continued)

Incoming resources (continued)

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended
Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Financial instruments
A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Defined contribution plans
Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Unrestricted Funds £	Restricted Funds £	Total 2024 £
Donations and gifts	24,665	-	24,665	22,714	-	22,714
Grant income	-	122,117	122,117	-	64,291	64,291
	24,665	122,117	146,782	22,714	64,291	87,005

5. Charitable activities

	2025 £	2024 £
Earned income	-	3,182
Services provided under contract	2,978	14,900
Interest income	166	87
	3,144	18,169

6. Charitable activities

	2025 £	2024 £
Staff costs	65,235	83,009
Travel and accommodation	3,710	4,592
Bank charges	60	-
Consultancy	499	1,233
Insurance	679	661
Advertising	573	56
Accountancy	2,982	1,320
Project costs	45,422	27,972
Telecommunications	2,996	4,005
Sundry	1,148	4
	123,304	122,852

Analysis by fund

	2025 £	2024 £
Unrestricted Funds	4,493	60,630
Restricted Funds	118,811	62,222
	123,304	122,852

7. Directors

None of the Directors (or any persons connected with them) received any remuneration or benefits from the Charitable company during the year (2024: £nil).

8. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025 £	2024 £
Wages and salaries	58,550	74,920
Social security costs	5,350	6,466
Employer contributions to pension plans	1,335	1,623
	65,235	83,009

The average number of employees during the year was:

	2025 No.	2024 No.
	3	4

No employee received employee benefits of more than £60,000 during the year (2024: £nil).

9. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,335 (2024: £1,623).

10. Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	1,200	1,320
Other taxation and social security	4,027	1,565
	5,227	2,885

11. Analysis of restricted funds

	At 1 April 2024 £	Movement in funds: Incoming resources £	Resources expended £	Transfers £	At 31 March 2025 £
TNLCF – Awards for All	14,630	-	(14,630)	-	-
Glamorgan Voluntary (GVS)	-	1,345	(1,345)	-	-
Volunteering Wales	-	21,124	(21,124)	-	-
Leeds Community Foundation	-	22,500	(22,500)	-	-
GAVO	-	5,500	(5,500)	-	-
Charles S French	-	1,000	(1,000)	-	-
Newport Council	-	3,800	(3,800)	-	-
The Childwick Trust	-	5,000	(5,000)	-	-
Salford Community Foundation	-	29,536	(11,600)	-	17,936
Rhondda Cynon Taff	-	5,540	(5,540)	-	-
Cambridgeshire Community Foundation	-	24,922	(24,922)	-	-
Chartered Accounts Livery	-	1,500	(1,500)	-	-
Bentley Advancing Life Chances	-	350	(350)	-	-
Restricted Funds	14,630	122,117	(118,811)	-	17,936

Comparative analysis of restricted funds

	At 1 April 2023 £	Movement in funds: Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Babergh and Mid-Suffolk District Councils	6,761	-	(6,761)	-	-
Comic Relief	2,000	-	(2,000)	-	-
Fowler Smith and Jones Trust	1,500	-	(1,500)	-	-
Sir George Martin Trust	2,300	-	(2,300)	-	-
Glamorgan Voluntary (GVS)	-	847	(847)	-	-
TNLCF – Awards for All	-	19,630	(5,000)	-	14,630
Tudwick Foundation	-	1,350	(1,350)	-	-
McCarthy Stone Foundation	-	7,218	(7,218)	-	-
Volunteering Wales	-	16,800	(16,800)	-	-
Macmillan Charity	-	1,976	(1,976)	-	-
Cobtree Charity Trust	-	1,470	(1,470)	-	-
Leeds Community Foundation	-	12,500	(12,500)		
Sir Jules Thorn Charitable Trust	-	2,500	(2,500)		
Restricted Funds	12,561	64,291	(62,222)	-	14,630

12. Related parties

During the year, The Sporting Memories Foundation provided employees to Sporting Memories Network C.I.C for which they cross-charged for the particular staff time spent totalling £2,978 (2024: £14,900).

THE SPORTING MEMORIES FOUNDATION

England & Wales - Charity number 1154474

Accounts

Company registration number 08571922

Charity registration number 1154474

THE SPORTING MEMORIES FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

THE SPORTING MEMORIES FOUNDATION

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Charity number	1154474
Company number	08571922
Registered office	Unit 2, Manor Court Manor Mill Lane Leeds England LS11 8LQ
Directors	R Armstrong G Heard W Khan R McCormick A Mills-Curtis (Appointed 24 June 2024)
Independent examiner	Ashfords Chartered Accountants Unit 2, Manor Court Manor Mill Lane Leeds LS11 8LQ
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ The Co-operative Bank PO Box 250 Delf House Skelmersdale WN8 6WT

THE SPORTING MEMORIES FOUNDATION

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THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The Directors, who are also Trustees for the purposes of charity law, are pleased to present their Annual Directors' report together with the financial statements of the charity for the year ending 31 March 2024.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Objectives and activities

Purpose
In conjunction with other likeminded organisations, including Sporting Memories Network, Sporting Memories Foundation engages partner organisations and members of the community to run community-based activities for older people, to reminiscence about sport and to take part in social and physical activities. Club facilitators are provided, at no cost to them or their organisations and training, tools and resources are provided in order for them to deliver meaningful sessions. Facilitators can either work for the organisation hosting the Club or can be volunteers based within the local community. Volunteers are currently managed and processed by the host venue organisations such as councils, libraries, museums and community foundations. The Foundation also recruits, trains, supports and manages its own volunteers.

Partnerships are formed with local authorities, third sector organisations and sport's governing bodies. These tend to be organisations that are targeting the same demographic and by working together both parties are able to have a bigger and sustainable impact.

The Foundation pledges:

Health
We pledge to reduce the effects of social isolation and mental health issues by providing fun, interactive and meaningful group activities enabling friendships to flourish.

Economy
We pledge to ease the financial constraints on health and community organisations by working in partnership with like-minded bodies to find and implement solutions through bids, grants and other fundraising means.

Social
We pledge that through our meaningful activities we will help older people to make new friendships and to feel connected to their communities. We will strive to reduce isolation and loneliness.

Education
We pledge to break down barriers and reduce stereotyping of age by undertaking multigenerational activities with educational institutes and other organisations supporting children and younger adults to help community cohesion.

We continued in shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit. These objectives will be met particularly but not exclusively by the facilitation and delivery of therapeutic reminiscence therapies and activities based upon the subject of sport aimed at the 'ageing population' but benefitting society as a whole.

Aims and activities

As life expectancy continues to increase, the challenges of meeting the health needs of an ageing population become more complex. There are currently more people of pension age in the UK than there are children under the age of sixteen. Three of the biggest challenges facing society, particularly people over the age of 50, are the health and socio-economic impact of dementia, depression and loneliness. It is important to put into context the impact of an 'ageing population' and what this means to individuals, society and the UK economy. There are over 21 million people aged 50 years and over in the UK, this is over a third of the total UK population.

- Over half (51%) of all people aged 75 and over live alone.
- Two fifths of all older people say the television is their main form of company.
- One in four adults will experience mental illness and 60% of care home residents live with depression. This is rarely diagnosed or treated.
- 225,000 people will develop dementia in the UK this year, that's one every three minutes.
- The total cost of dementia in the UK is estimated to be £26.3 billion.

An emerging evidence base, acknowledged by Governments and Public Health clearly shows that to age well and live well we all need to be:

- Socially Connected.
- Mentally Stimulated.
- Physically Active Health and social care services developed for older people and projects aimed at engaging older people have a poor track record of engaging men over the age of 50 in activities that promote healthy activities.

The Sporting Memories Foundation aims to continue to play a key part in tackling and reducing the effects of dementia, depression and loneliness on the individual, carers, communities, local authorities and health services by building on the success and partnerships already in place; creating community hubs offering weekly activities from sport themed cognitive therapy sessions to getting participants actively playing sports such as new age kurling, boccia, walking football and cricket throughout the UK.

It will look at ways to break down barriers and stereotypical labelling of generations through meaningful multigenerational events and activities and will remain at the forefront of this pioneering approach.

Context

During the financial year reported, our priorities have been to:

- Ensure we protect and support the wellbeing of our staff, volunteers, and members.
- Communicate changes and decisions that would impact staff, volunteers, and members in a timely and appropriate way.
- Position Sporting Memories across the UK as experts in the field of using reminisce and physical activity to support staff, volunteers, and members.
- Raise the profile of Sporting memories in the media.
- Ensure continued funds are raised through highlighting fundraising opportunities.
- Ensure continued funds through bid writing and partnerships.
- Utilise the time and opportunity to strengthen our business model and refine operating procedures.

Achievements and Performance

The Sporting Memories Foundation continued to support volunteers and Sporting Memories Clubs across England and Wales.

Projects

Glamorgan Voluntary (GVS)
We received £847 from the Loneliness & Social Isolation Fund which supported Penarth Sporting Memories Club enjoy three new activities, a Christmas get together, a Clock Cricket session and a trip to watch the Cardiff Devils v Sheffield Steelers Ice Hockey match. Members really enjoyed all the activities. "Can we do again next year, I really enjoyed myself", "I loved that, best party I have been to for ages. I like the quiz, the food, everything!", "This is going to be the highlight of my Christmas!", "We had such a lovely time at our first ice hockey match - we will be back!"

Fowler Smith and Jones Trust and Tudwick Foundation
£1,500 was provided from Fowler Smith and Jones Trust to part fund a new Sporting Memories Club in Maldon, Essex with Places Leisure in the last financial year. £1,350 was provided this year from the Tudwick Foundation to part fund the Club. We have worked with the Leisure Provider to open the new Club which has been going well, supporting a small group of older people on a weekly basis.

McCarthy Stone Foundation
We were awarded £7,218 to support our work in Wales working specifically across Cardiff, Vale of Glamorgan, Newport, Caerphilly and Torfean where we facilitate 8 weekly Sporting Memories Clubs.

Volunteering Wales
£23,470.80 was awarded to deliver support to volunteers across Wales and recruit new volunteers across our Clubs. The money will be spent during 24/25 financial year.

Macmillian Charity
Macmillian provided us with £1,976 to support the provision of projectors at some of our Clubs in Wales and two get togethers. During the year we held a Christmas gathering and Clubs have been using their projectors to show sporting film clips and the Sporting Pink. Next year we are planning a Summer Sports Day during the Paris Olympic Games. Helen Ley from Macmillian came along to the Christmas event to take to members about their services and how to get help and look out for symptoms.

Cobtree Charity Trust
Sporting Memories and Swale Community Leisure will use the £1,350 awarded to work in partnership and facilitate Sporting Memories activities in Maidstone, Kent. A Club will be opened during 2024.

Leeds Community Foundation
We received £50,000 from the Transforming Mental Health Grants City-Wide programme to deliver a 'systems change' model across Leeds. Working with Active Leeds to open three new Community Clubs in leisure centres and working in 6 health and social care settings with Leeds City Council. The majority of the project will be delivered across 2024/2025.

Sir George Martin Trust
We were successful in receiving £2,300 to continue our Sporting Memories activities in partnership with Huddersfield Town Foundation that support older people from across Huddersfield and the wider area during the last financial year. The funding has helped to deliver across this year: a weekly online Sporting Memories Club, weekly walking football Sporting Memory Sessions and monthly face to face sessions in Kirklees Library.

TNLCF – Awards for All
£19,630 was awarded to help Sporting Memories develop a new Sporting Memories Hospice Model that will support and connect frail older sports fans through meaningful reminiscence and physical activities. The project, over 1 year, will promote a positive lifestyle for beneficiaries and allow participants to develop strong, social networks. For some beneficiaries the project will enhance end-of-life care.

Working with four Hospices we are providing the tools and resources to deliver Sporting Memories activities. Each Hospice has a Resource Centre containing reminiscence resources, designed to enable everyday sporting-related interactions and conversations, as well as, resources to facilitate group and one-to-one sessions. We are gathering learning to cascade with other hospices and grow our offer.

Sir Jules Thorn Charitable Trust
We received £2,500 to support our core costs in supporting volunteers and our communication activity across England.

Babergh and Mid District Councils - Community Development Grant
In the previous year we received £19,884 to develop a new model in Suffolk. The funding supported delivery of Sporting Memories activities in 6 care homes and open two community Clubs in leisure centres, with a positive pathway between the two settings for older people. During this year we have continued to engage the care homes and facilitate the Community Clubs and grow beneficiary numbers.

Strategy and fundraising
During the year we have developed new systems and communications to help with our general fundraising.

We have set up CAF Donate to support new individual giving opportunities for those who wish to donate offline. We have a new leaflet to handout at Clubs and are monitoring the response rate.
We have an easier system for processing Gift Aid on all eligible donations to Sporting Memories.

DRAFT

A small number of people have raised funds for the charity with various activities. Angie Curtis Mills did a new year swim in the Solent at Stokes Bay during the morning of New Year's Day supported by friends and family and raised over £300. Andrew Purvis donated £1,600 which was raised from the Oar Mighty Mates, which unfortunately did not proceed fully during the year.

Conversations are ongoing that will look to grow the Sporting Memories Foundation activities and grow income sources.

Monitoring and evaluation
There are three elements of monitoring to consider —regulatory, financial and delivery against the charitable aims.

i. Regulatory — it is the responsibility of the trustees to ensure the charity meets all the financial and operational requirements of the Charity Commission and as set out in the Foundations statement of objectives. An annual report of activities and annual accounts are prepared by the directors and Ashfords Chartered Accountants before being submitted to the charity commission's online filing system. Copies of both reports are available to download from the charity commission's website.

ii. Financial — Day to day financial monitoring and management of the Foundation's bank accounts are currently processed by Chris Wilkins, CEO. Financial reporting is a standing item on the agenda of the quarterly trustee meetings.

Monitoring and evaluation (continued)

iii. Delivery of the charitable aims —it is the responsibility of all trustees to ensure the charitable aims are adhered to and remain the focus of all activity. Monitoring and reporting of progress and delivery of grant funded activity is either carried out by external evaluators commissioned by the grant funders or by Sporting Memories. Evaluation: The majority of evaluation into the impact of Sporting Memories in relation to group participants, facilitators and volunteers has been carried out by Sporting Memories, overseen by the Director of Impact and Fundraising.

The Sporting Memories Foundation will seek to continue to build and contribute to the evidence base for Sporting Memories in partnership with academic institutions, health and social care researchers and grant funding organisations. It will also seek to work with academic institutions to identify funding opportunities, grants and other research mechanisms to further the demonstration of the social impact and health outcomes of the approach.

Financial review

The charity's work is performed on a voluntary basis by the Directors. Income for the year amounted to £105,174 (2023: £82,052). Expenditure in the year amounted to £ 122,852 (2023: £145,991. The net movement in funds for the year was a deficit of £17,678 (2023: £63,939). General unrestricted reserves stood at £22,077 (2023: £41,824) and restricted funds stood at £14,630 (2023: £12,561). The analysis of the restricted funds can be found on note 12 of the financial statements.

Investment Policy

The Directors periodically review the charity's investment policy to ensure that it continues to meet the needs of the charity. Given the charity's limited funds, funds are held in current accounts with the Co-operative Bank and CAF Bank which represent a low-risk option for funds.

Reserves Policy

The aim is to continue to retain a general reserve equivalent to three months' average expenses, as a contingency against any unavoidable reduction in income or other unforeseen circumstances affecting the charity's business. This was met at the year end.

Structure, Governance and Management

Governing Document

Sporting Memories Limited is a charitable company limited by guarantee, incorporated on 17 June 2013 and recognised as a charity by the Charity Commission on 5 November 2013. 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 and Appointment of Directors

The Directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Directors. The Memorandum and Articles of Association set out the requirements regarding the charity's Directors, as follows:

- There is no maximum number of Directors but the minimum number shall be three.
- No person shall, unless recommended by the Directors for election, be elected as a Director at any General Meeting of the Company unless that person, or some member of the Company intending to propose that person, has, at least fourteen days and no more than forty-five days before that General Meeting, left at the registered office of the Company a notice in writing of the intention of such member of the Company to propose that person for election as a Director, together with a notice signed by the person intended to be proposed for election as a Director confirming his or her willingness to be elected as a director.

Directors' Induction and Training
The present Directors are familiar with the practical work of the charity, having been actively involved in its establishment and evolution. They have fully considered the induction and training requirements of new Directors and have agreed the following:

- To enhance new Directors' decision-making and understanding of the charity, all new Directors will be briefed by the current Board on how the charity was established and how it has evolved. During this briefing, emphasis would be placed on explaining aims and objectives of the charity and how these are achieved. New Directors would be given copies of previous meeting documents including Minutes of Board of Directors.

In addition, new Directors' induction and training would also involve a briefing session with a Board member to further familiarise new Directors with the charity and the context within which the charity operates. This briefing session would encompass:

- Obligations of Directors.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

All new Directors would receive a copy of the Memorandum and Articles and the latest financial statements and report.

The charity is seeking to recruit at least one further trustee, with experience of working at CFO level.

Members
The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure
The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

In the period 2023/24 the Board of Directors had four members, as laid out on the legal and administrative information page, from a variety of backgrounds relevant to the work of the charity.

Related parties
Any financial decisions that may benefit Sporting Memories Network CIC, of which Chris Wilkins is a Director, are decided by the independent board of trustees. The system for this at present is via an online voting facility. Voting takes place once full details of any proposed spend are supplied – including a breakdown of costs for the services or resources to be supplied. This system would also be implemented should the situation arise of any other trustee potentially benefiting financially from the foundation.

THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

Reference and administrative details

Charity name:	The Sporting Memories Foundation
Registered Charity number:	1154474
Registered Company number:	08571922
Principal address:	2 Manor Court, Manor Mill Lane Leeds, England, LS11 8LQ
Trustees:	R Armstrong G Heard W Khan R McCormick A Mills-Curtis (Appointed 24 June 2024)
Website:	www.sportingmemories.uk
Socials:	X - @SportsMemNet Facebook - @SportingMemoriesFoundation LinkedIn – Sporting Memories Instagram - @thesmf

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' annual report was approved on 12 November 2024 and signed on behalf of the board of trustees by:



Mr Rory McCormick
Director

THE SPORTING MEMORIES FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE DIRECTORS OF THE SPORTING MEMORIES FOUNDATION

I report to the Directors on my examination of the financial statements of The Sporting Memories Foundation ('the Charitable Company') for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the Charitable Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charitable 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 the Charitable Company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements 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 financial statements 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.



Mueen Hyder (ACCA)
Ashfords Chartered Accountants

2 Manor Court
Manor Mill Lane
Leeds
LS11 8LQ

Dated: 12 November 2024

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income from:							
Donations and legacies	**4**	22,714	64,291	87,005	39,354	38,548	77,902
Other income	**5**	18,169	-	18,169	4,150	-	4,150
Total income		40,883	64,291	105,174	43,504	38,548	82,052
Expenditure on:							
Raising funds		-	-	-	-	-	-
Charitable activities	**6**	60,630	62,222	122,852	29,136	116,855	145,991
Total expenditure		60,630	62,222	122,852	29,136	116,855	145,991
Net incoming resources before transfers		(19,747)	2,069	(17,678)	14,368	(78,307)	(63,939)
Gross transfers between funds		-	-	-	-	-	-
Net income for the year/ Net movement in funds		(19,747)	2,069	(17,678)	14,368	(78,307)	(63,939)
Fund balances at 1 April 2023		41,824	12,561	54,385	27,456	90,868	118,324
Fund balances at 31 March 2024		22,077	14,630	36,707	41,824	12,561	54,385

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Current assets			
Cash at bank and in hand		39,592	57,200
Creditors: amounts falling due within one year	**10**	(2,885)	(2,815)
Net assets		36,707	54,385
Income funds			
Restricted funds	**11**	14,630	12,561
Unrestricted funds		22,077	41,824
Total charity funds		36,707	54,385

For the year ending 31 March 2024 the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the Directors and authorised for issue on 12 November 2024 and are signed on behalf of the board by:



Mr Rory McCormick
Director

Company Registration No. 0857192

1. General information

The Sporting Memories Foundation is a private company limited by guarantee incorporated in England and Wales. The address of the registered office is Unit 2, Manor Court, Manor Mill Lane, Leeds, England, LS11 8LQ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

The Charitable Company has taken advantage of the provision in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- Grants for immediate expenditure are accounted for when they become receivable. Grants received for a specific purpose are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

3. Accounting policies (continued)

Incoming resources (continued)

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended
Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Financial instruments
A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Defined contribution plans
Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Unrestricted Funds £	Restricted Funds £	Total 2023 £
Donations and gifts	22,714	-	22,714	34,063	365	34,428
Grant income	-	64,291	64,291	5,291	38,183	43,474
	22,714	64,291	87,005	39,354	38,548	77,902

5. Charitable activities

	2024 £	2023 £
Earned income	3,182	-
Services provided under contract	14,900	4,105
Interest income	87	45
	18,169	4,150

6. Charitable activities

	2024 £	2023 £
Staff costs	83,009	68,679
Travel and accommodation	4,592	2,258
Telephone	-	1,798
Bank charges	-	67
Consultancy	1,233	347
Insurance	661	691
Advertising	56	905
Accountancy	1,320	2,209
Project costs	27,972	66,351
Computer running costs	4,005	1,879
Sundry	4	807
	122,852	145,991

Analysis by fund

	2024 £	2023 £
Unrestricted Funds	60,630	29,136
Restricted Funds	62,222	116,855
	122,852	145,991

7. Directors

None of the Directors (or any persons connected with them) received any remuneration or benefits from the Charitable company during the year (2023: £nil).

8. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024 £	2023 £
Wages and salaries	74,920	62,781
Social security costs	6,466	4,720
Employer contributions to pension plans	1,623	1,178
	83,009	68,679

The average number of employees during the year was:

	2024 No.	2023 No.
	4	5

No employee received employee benefits of more than £60,000 during the year (2023: £nil).

9. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,623 (2023: £1,178).

10. Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	1,320	1,320
Other taxation and social security	1,565	1,495
	2,885	2,815

11. Analysis of restricted funds

	At 1 April 2023 £	Movement in funds: Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Babergh and Mid-Suffolk District Councils	6,761	-	(6,761)	-	-
Comic Relief	2,000	-	(2,000)	-	-
Fowler Smith and Jones Trust	1,500	-	(1,500)	-	-
Sir George Martin Trust	2,300	-	(2,300)	-	-
Glamorgan Voluntary (GVS)	-	847	(847)	-	-
TNLCF – Awards for All	-	19,630	(5,000)	-	14,630
Tudwick Foundation	-	1,350	(1,350)	-	-
McCarthy Stone Foundation	-	7,218	(7,218)	-	-
Volunteering Wales	-	16,800	(16,800)	-	-
Macmillan Charity	-	1,976	(1,976)	-	-
Cobtree Charity Trust	-	1,470	(1,470)	-	-
Leeds Community Foundation	-	12,500	(12,500)		
Sir Jules Thorn Charitable Trust	-	2,500	(2,500)		
Restricted Funds	12,561	64,291	(62,222)	-	14,630

	At 1 April 2022 £	Movement in funds: Incoming resources £	Resources expended £	Transfers £	At 31 March 2023 £
Esmee Fairburn	51,134	-	(51,134)	-	-
Country Durham Foundation (Bishop Auckland)	750	-	(750)	-	-
National Lottery Awards4All	3,122	-	(3,122)	-	-
The Pen y Cymoedd Wind Farm Community Fund	1,000	-	(1,000)	-	-
Suffolk Community Foundation	4,578	19,884	(17,701)	-	6,761
Voluntary Sector Mental Health Sustainability Fund	338	-	(338)	-	-
The London Community Foundation	8,596	-	(8,596)	-	-
Nottinghamshire County Council	21,350	-	(21,350)	-	-
Comic Relief	-	2,700	(700)	-	2,000
Fowler Smith and Jones Trust	-	1,500	-	-	1,500
GVS - Third Sector Capital	-	4,299	(4,299)	-	-
Pontypridd Club	-	265	(265)	-	-
Professional Footballers Association	-	7,500	(7,500)	-	-
Sir George Martin Trust	-	2,300	-	-	2,300
The Blakemore Foundation	-	100	(100)	-	-
Restricted Funds	90,868	38,548	(116,855)	-	12,561

12. Related parties

During the year, The Sporting Memories Foundation provided employees to Sporting Memories Network C.I.C for which they cross-charged for the particular staff time spent totalling £14,900 (2023: £4,105).

THE SPORTING MEMORIES FOUNDATION

England & Wales - Charity number 1154474

Accounts

Company registration number 08571922

Charity registration number 1154474

THE SPORTING MEMORIES FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

THE SPORTING MEMORIES FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Charity number	1154474
Company number	08571922
Registered office	Unit 2, Manor Court Manor Mill Lane Leeds England LS11 8LQ
Directors	Mr R Armstrong Mr G Heard Mr W Khan Mr R McCormick Mr C Wilkins (Resigned 31 March 2023)
Independent examiner	Ashfords Chartered Accountants Unit 2, Manor Court Manor Mill Lane Leeds LS11 8LQ
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ The Co-operative Bank PO Box 200 Delf House Southway Skelmersdale WN8 6GH

THE SPORTING MEMORIES FOUNDATION

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THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Directors, who are also Trustees for the purposes of charity law, are pleased to present their Annual Directors' report together with the financial statements of the charity for the year ending 31 March 2023.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Objectives and activities

Purpose
In conjunction with other likeminded organisations, including Sporting Memories Network, Sporting Memories Foundation engages partner organisations and members of the community to run community-based activities for older people, to reminiscence about sport and to take part in social and physical activities. Group facilitators are provided, at no cost to them or their organisations, training, tools and resources in order for them to deliver meaningful sessions. Facilitators can either work for the organisation hosting the group or can be volunteers based within the local community. Volunteers are currently managed and processed by the host venue organisations such as councils, libraries, museums and community foundations. The Foundation also recruits, trains, supports and manages its own volunteers.

Partnerships are formed with local authorities, third sector organisations and sport's governing bodies. These tend to be organisations that are targeting the same demographic and by working together both parties are able to have a bigger and sustainable impact.

The Foundation pledges:

Health
We pledge to reduce the effects of social isolation and mental health issues by providing fun, interactive and meaningful group activities enabling friendships to flourish.

Economy
We pledge to ease the financial constraints on health and community organisations by working in partnership with like-minded bodies to find and implement solutions through bids, grants and other fundraising means.

Social
We pledge that through our meaningful activities we will help older people to make new friendships and to feel connected to their communities. We will strive to reduce isolation and loneliness.

Education
We pledge to break down barriers and reduce stereotyping of age by undertaking multigenerational activities with educational institutes and other organisations supporting children and younger adults to help community cohesion.

We continued in shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit. These objectives will be met particularly but not exclusively by the facilitation and delivery of therapeutic reminiscence therapies and activities based upon the subject of sport aimed at the 'ageing population' but benefitting society as a whole.

THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

Aims and activities

As life expectancy continues to increase, the challenges of meeting the health needs of an ageing population become more complex. There are currently more people of pension age in the UK than there are children under the age of sixteen. Three of the biggest challenges facing society, particularly people over the age of 50, are the health and socio-economic impact of dementia, depression and loneliness. It is important to put into context the impact of an 'ageing population' and what this means to individuals, society and the UK economy. There are over 21 million people aged 50 years and over in the UK, this is over a third of the total UK population.

- Over half (51%) of all people aged 75 and over live alone.
- Two fifths of all older people say the television is their main form of company.
- One in four adults will experience mental illness and 60% of care home residents live with depression. This is rarely diagnosed or treated.
- 225,000 people will develop dementia in the UK this year, that's one every three minutes.
- The total cost of dementia in the UK is estimated to be £26.3 billion.

An emerging evidence base, acknowledged by Governments and Public Health clearly shows that to age well and live well we all need to be:

- Socially Connected.
- Mentally Stimulated.
- Physically Active Health and social care services developed for older people and projects aimed at engaging older people have a poor track record of engaging men over the age of 50 in activities that promote healthy activities.

The Sporting Memories Foundation aims to continue to play a key part in tackling and reducing the effects of dementia, depression and loneliness on the individual, carers, communities, local authorities and health services by building on the success and partnerships already in place; creating community hubs offering weekly activities from sport themed cognitive therapy sessions to getting participants actively playing sports such as new age kurling, boccia, walking football and cricket throughout the UK.

It will look at ways to break down barriers and stereotypical labelling of generations through meaningful multigenerational events and activities and will remain at the forefront of this pioneering approach.

Context

During the financial year reported, our priorities have been to:

- Ensure we protect and support the wellbeing of our staff, volunteers, and members.
- Communicate changes and decisions that would impact staff, volunteers, and members in a timely and appropriate way.
- Position Sporting Memories across the UK as experts in the field of using reminisce and physical activity to support staff, volunteers, and members.
- Raise the profile of Sporting memories in the media.
- Ensure continued funds are raised through highlighting fundraising opportunities.
- Ensure continued funds through bid writing and partnerships.
- Utilise the time and opportunity to strengthen our business model and refine operating procedures.

THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance
The Sporting Memories Foundation continued to support volunteers and sporting memories groups across England and Wales.

Projects

Esmee Fairbain
We received £149,027 in 2019 for a three-year project that will work with Elder Tree Befriending in Plymouth, to open new Sporting Memories Clubs and test our social licence model. This financial year was the final year of the project funding. The funding saw the project facilitate 5 Community Clubs with 47 members, 2 weekly, Talk in the Park groups with 50 regular attendees and a total of 70 attendees over the year, 1 new Short Mat Bowls group with 8 regular attendees and 1 Zoom group with 5 members.

County Durham Community Foundation
With this funding a Sporting Memories Club was set-up by Bishop Auckland Football Club in 2021. The Club has continued to grow and be a great success with support from the grant being in part spent during this financial year.

National Lottery Community Fund – Awards for All – Gateshead
This fund helped to set-up two Clubs in the Gateshead area, in Wickham and Dunston, in partnership with the local primary care health centre. Local link workers were trained to facilitate the sessions and both reminiscence and physical activity resources were provided to support activities. Unfortunately, the Wickham Club had to close, but the Dunston Club has remained with a core group of beneficiaries and their carers attending regularly. The funding came to an end in this financial year, and we are seeking continuation funding to support the Group.

The Pen y Cymoedd Wind Farm Community Fund
We received £1,000 in 2020 for venue hire for a Sporting Memories Club in Rhonnda Cynon Taff, Wales. Due to Covid-19, we were unable to spend all of this grant. During this year, we opened a Club at the Arts Factory in Ferndale, Rhonnda Cynon Taff and the funding supported the costs of the venue.

Suffolk Community Foundation - Fonnereau Road Foundation Fund
We received £4,578 to purchase physical activity equipment for Clubs in Suffolk. Due to Clubs being closed due to Covid this funding was carried over. During the year we purchased new equipment for our Suffolk Clubs and distributed to improve physical and mental well-being.

Voluntary Sector Mental Health Sustainability Fund
In August 2021 we received £3,500 to purchase tablets and provide training for volunteers to support our new monitoring and evaluation app's roll out across England. Due to the impact of Covid, we moved to use the funding to deliver online Sporting Memories Clubs and training for volunteers to facilitate. This continued during 2022/2023. This funding is now spent.

The London Community Foundation – GVC Fund
We received funding during the previous financial year to support new Clubs for men in the Borough of Croydon, London. With this funding we continued to facilitate the Sporting Memories Clubs in partnership with the Asian Resource Centre Croydon, with the Club taking place at Peony Court, Care home.

Nottinghamshire County Council
A grant totalling £21,350 was received in January 2022 to open new Sporting Memories Clubs in Broxtowe Borough, Nottinghamshire across a year. In April 2022 we opened two new Clubs Beeston Sporting Memories Club and Chilwell/Bramcote Sporting Memories in partnership with ImagineArts and Liberty Leisure. Beeston Sporting Memories Club has become established for 10 individuals, 5 men living with Dementia and their carers. The Club has 4 volunteers supporting. Chilwell/Bramcote Sporting Memories opened but only a small number of individuals attended. A decision to close the Club took place with 2 individuals now attending the Beeston Club.

Professional Footballers Association
We received funding of £7,500 to support weekly online Sporting Memories Clubs for former professional footballers living with dementia to attend alongside their carers. These Clubs have been popular with a core group of individuals attending each week. Due to demand, we delivered two weekly sessions supported by a small number of volunteers.

Babergh and Mid District Councils - Community Development Grant
During the year, we received £19,884 to develop a new model in Suffolk. The funding is supporting delivery of Sporting Memories activities in 6 care homes and open two community Clubs in leisure centres, with a positive pathway between the two settings for older people. During this year we have engaged care homes and started to train individuals for delivery of activities during the next financial year.

GVS - Third Sector Capital 2022
We was successful in receiving £4,299 to provide new equipment for our Clubs across Glamorgan and Cardiff. Each Club received a variety of new equipment including targets and kurling kits. The members have enjoyed using in their Club sessions and have even spoke about an inter Club Kurling competition. Glyn (club member) – 'so glad to have the new equipment, it means we can have enjoy some new activities, I love the large board game and look forward to playing it outside in the Summer.'

Lesley (club member) – 'I really enjoy the bean bags and rubber ring games we play. They remind me of being back at school when we use to play in the gymnasium.'

Chloe (club lead) – 'thank you so much for the new equipment, our members have already used and enjoyed the games and activities, the Kurling kit has been very popular and led to some highly competitive matches. The giant connect 4 game has proved a hit too.'

The Blakemore Foundation
We received £100 from the Blackmore Foundation to support a Wales Get Together at Christmas. The funding supported food at the gatherings which was loved by all members and volunteers in attendance.

Fowler Smith and Jones Trust
£1,500 was provided to part fund a new Sporting Memories Club in Maldon, Essex with Places Leisure. We shall work with the Leisure Provider to open the new Club in the next financial year.

Sir George Martin Trust
We was successful in receiving £2,300 to continue our Sporting Memories activities in partnership with Huddersfield Town Foundation that support older people from across Huddersfield and the wider area. The funding will help to deliver for a further year: a weekly online Sporting Memories Club, weekly walking football Sporting Memory Sessions and monthly face to face sessions in Kirklees Library.

Strategy and fundraising
During the year we have been successful in a number of fundraising opportunities.

We were honoured to not only be involved in the SkyBet Ebor Festival Community Sweepstake but delighted to also be the winning charity after being paired with the eventual race winner Trawlerman, ridden by racing legend Frankie Dettori. We were one of 22 chosen charities that support communities across Yorkshire that were paired with a runner in the Sky Bet Ebor race. Each charity was guaranteed to receive a £1,000 donation after being selected to participate in the Community Sweepstake, with the charities finishing in the top three receiving a further donation. As the winning horse we received £20,000.

In September we had a small team run the Great North Run and raised over £5,000.

Conversations have taken place during the year to create a Business Plan and Funding Strategy, that will look to grow the Sporting Memories Foundation and activities and grown income sources.

Monitoring and evaluation
There are three elements of monitoring to consider —regulatory, financial and delivery against the charitable aims.

i. Regulatory —it is the responsibility of the trustees to ensure the charity meets all the financial and operational requirements of the Charity Commission and as set out in the Foundations statement of objectives. An annual report of activities and annual accounts are prepared by the directors and Whitelaw Wells accountants before being submitted to the charity commission's online filing system. Copies of both reports are available to download from the charity commission's website.

ii. Financial —Day to day financial monitoring and management of the Foundation's bank accounts are currently processed by Chris Wilkins. Financial reporting is a standing item on the agenda of the quarterly trustee meetings.

iii. Delivery of the charitable aims —it is the responsibility of all trustees to ensure the charitable aims are adhered to and remain the focus of all activity. Monitoring and reporting of progress and delivery of grant funded activity is either carried out by external evaluators commissioned by the grant funders, through commissioned work by training and evaluation advisor Charlie Murphy or by Sporting Memories Network CIC. Evaluation: The majority of evaluation into the impact of sporting memories in relation to group participants, facilitators and volunteers has been carried out by Sporting Memories Network CIC.

The Sporting Memories Foundation will seek to continue to build and contribute to the evidence base for sporting memories in partnership with academic institutions, health and social care researchers and grant funding organisations. It will also seek to work with academic institutions to identify funding opportunities, grants and other research mechanisms to further the demonstration of the social impact and health outcomes of the approach.

Financial review
The charity's work is performed on a voluntary basis by the Directors. Income for the year amounted to £82,052 (2022: £168,468). Expenditure in the year amounted to £145,991 (2022: £117,381). The net movement in funds for the year was a deficit of £63,939 (2022: £51,087). General unrestricted reserves stood at £41,824 (2022: £27,456) and restricted funds stood at £12,561 (2022: £90,868). The analysis of the restricted funds can be found on note 12 of the financial statements.

Investment Policy
The Directors periodically review the charity's investment policy to ensure that it continues to meet the needs of the charity. Given the charity's limited funds, funds are held in current accounts with the Co-operative Bank and CAF Bank which represent a low-risk option for funds.

Reserves Policy
The aim is to continue to retain a general reserve equivalent to three months' average expenses, as a contingency against any unavoidable reduction in income or other unforeseen circumstances affecting the charity's business. This was met at the year end.

Structure, Governance and Management

Governing Document
Sporting Memories Limited is a charitable company limited by guarantee, incorporated on 17 June 2013 and recognised as a charity by the Charity Commission on 5 November 2013. 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 and Appointment of Directors
The Directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Directors. The Memorandum and Articles of Association set out the requirements regarding the charity's Directors, as follows:

- There is no maximum number of Directors but the minimum number shall be three.
- No person shall, unless recommended by the Directors for election, be elected as a Director at any General Meeting of the Company unless that person, or some member of the Company intending to propose that person, has, at least fourteen days and no more than forty-five days before that General Meeting, left at the registered office of the Company a notice in writing of the intention of such member of the Company to propose that person for election as a Director, together with a notice signed by the person intended to be proposed for election as a Director confirming his or her willingness to be elected as a director.

Directors' Induction and Training
The present Directors are familiar with the practical work of the charity, having been actively involved in its establishment and evolution. They have fully considered the induction and training requirements of new Directors and have agreed the following:

- To enhance new Directors' decision-making and understanding of the charity, all new Directors will be briefed by the current Board on how the charity was established and how it has evolved. During this briefing, emphasis would be placed on explaining aims and objectives of the charity and how these are achieved. New Directors would be given copies of previous meeting documents including Minutes of Board of Directors.

In addition, new Directors' induction and training would also involve a briefing session with a Board member to further familiarise new Directors with the charity and the context within which the charity operates. This briefing session would encompass:

- Obligations of Directors.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

Directors' Induction and Training (continued)
All new Directors would receive a copy of the Memorandum and Articles and the latest financial statements and report.

The charity is seeking to recruit at least one further trustee, with experience of working at CFO level.

Members
The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure
The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

In the period 2022/23 the Board of Directors had five members, as laid out on page 2, from a variety of backgrounds relevant to the work of the charity. Chris Wilkins stood down as a Trustee in March 2023 and was appointed Chief Executive Officer in the 2023/24 year.

Related parties
Any financial decisions that may benefit Sporting Memories Network CIC are decided by the independent board of trustees. The system for this at present is via an online voting facility. Voting takes place once full details of any proposed spend are supplied – including a breakdown of costs for the services or resources to be supplied. This system would also be implemented should the situation arise of any other trustee potentially benefiting financially from the foundation.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' annual report was approved on 22/12/23 and signed on behalf of the board of trustees by:

RM McCormick

Mr Rory McCormick
Director

THE SPORTING MEMORIES FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE DIRECTORS OF THE SPORTING MEMORIES FOUNDATION

I report to the Directors on my examination of the financial statements of The Sporting Memories Foundation ('the Charitable Company') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the Charitable Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charitable 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 the Charitable Company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements 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 financial statements 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.

Mueen Hyder (ACCA)
Ashfords Chartered Accountants

2 Manor Court
Manor Mill Lane
Leeds
LS11 8LQ

Dated: 19 December 2023

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL POSITION INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Income from:							
Donations and legacies	4	39,354	38,548	77,902	24,096	106,906	131,002
Other income	5	4,150	-	4,150	37,466	-	37,466
Total income		43,504	38,548	82,052	61,562	106,906	168,468
Expenditure on:							
Raising funds	6	-	-	-	216	-	216
Charitable activities	7	29,136	116,855	145,991	55,006	62,159	117,165
Total expenditure		29,136	116,855	145,991	55,222	62,159	117,381
Net incoming resources before transfers		14,368	(78,307)	(63,939)	6,340	44,747	51,087
Gross transfers between funds		-	-	-	(10)	10	-
Net income for the year/ Net movement in funds		14,368	(78,307)	(63,939)	6,330	44,757	51,087
Fund balances at 1 April 2022		27,456	90,868	118,324	21,126	46,111	67,237
Fund balances at 31 March 2023		41,824	12,561	54,385	27,456	90,868	118,324

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Current assets			
Cash at bank and in hand		57,200	120,806
Creditors: amounts falling due within one year	11	(2,815)	(2,482)
Net assets		54,385	118,324
Income funds			
Restricted funds	12	12,561	90,868
Unrestricted funds		41,824	27,456
Total charity funds		54,385	118,324

For the year ending 31 March 2023 the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the Directors and authorised for issue on 22/12/23 and are signed on behalf of the board by:

RM McCormick

Mr R McCormick
Director

Company Registration No. 08571922

1. General information

The Sporting Memories Foundation is a private company limited by guarantee incorporated in England and Wales. The address of the registered office is Unit 2, Manor Court, Manor Mill Lane, Leeds, England, LS11 8LQ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

The Charitable Company has taken advantage of the provision in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Grants for immediate expenditure are accounted for when they become receivable. Grants received for a specific purpose are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

3. Accounting policies (continued)

Incoming resources (continued)

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Unrestricted Funds £	Restricted Funds £	Total 2022 £
Donations and gifts	34,063	365	34,428	19,290	-	19,290
Grant income	5,291	38,183	43,474	4,806	106,906	111,712
	39,354	38,548	77,902	24,096	106,906	131,002

5. Charitable activities

	2023 £	2022 £
Services provided under contract	4,105	37,466
Interest income	45	-
	24,092	37,466

6. Raising funds

	Unrestricted Funds 2023 £	Unrestricted funds 2022 £
Other fundraising costs	-	216

7. Charitable activities

	Total expenditure 2023 £	Total expenditure 2022 £
Staff costs	68,679	94,423
Travel and accommodation	2,258	935
Telephone	1,798	590
Bank charges	67	102
Consultancy	347	2,060
Storage costs	-	1,749
Subscriptions	-	167
Insurance	691	856
Advertising	905	8,323
Accountancy	2,209	3,022
Project costs	66,351	4,938
Computer running costs	1,879	-
Sundry	807	-
	145,991	117,165

7. Charitable activities (continued)

Analysis by fund

	2023 £	2022 £
Unrestricted Funds	29,136	55,006
Restricted Funds	116,855	62,159
	145,991	117,165

8. Directors

None of the Directors (or any persons connected with them) received any remuneration or benefits from the Charitable company during the year.

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £
Wages and salaries	62,781	87,169
Social security costs	4,720	5,699
Employer contributions to pension plans	1,178	1,555
	68,679	94,423

The average number of employees during the year was:

	2023 No.	2022 No.
	5	7

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

10. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,178 (2022: £1,555).

11. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	1,320	1,636
Other taxation and social security	1,495	846
	2,815	2,482

12. Analysis of restricted funds

	At 1 April 2022 £	Movement in funds: Incoming resources £	Resources expended £	Transfers £	At 31 March 2023 £
Esmee Fairburn	51,134	-	(51,134)	-	-
Country Durham Foundation (Bishop Auckland)	750	-	(750)	-	-
National Lottery Awards4All	3,122	-	(3,122)	-	-
The Pen y Cymoedd Wind Farm Community Fund	1,000	-	(1,000)	-	-
Suffolk Community Foundation	4,578	19,884	(17,701)	-	6,761
Voluntary Sector Mental Health Sustainability Fund	338	-	(338)	-	-
The London Community Foundation	8,596	-	(8,596)	-	-
Nottinghamshire County Council	21,350	-	(21,350)	-	-
Comic Relief	-	2,700	(700)	-	2,000
Fowler Smith and Jones Trust	-	1,500	-	-	1,500
GVS - Third Sector Capital	-	4,299	(4,299)	-	-
Pontypridd Club	-	265	(265)	-	-
Professional Footballers Association	-	7,500	(7,500)	-	-
Sir George Martin Trust	-	2,300	-	-	2,300
The Blakemore Foundation	-	100	(100)	-	-
Restricted Funds	90,868	38,548	(116,855)	-	12,561

	At 1 April 2021 £	Movement in funds: Incoming resources £	Resources expended £	Transfers £	At 31 March 2022 £
KCC	-	5,516	(5,516)	-	-
National Lottery Community Fund (Suffolk Rural Project)	10,146	-	(10,146)	-	-
Esmee Fairburn	20,500	52,912	(22,278)	-	51,134
BJM Pearman	2,500	-	(2,505)	5	-
Country Durham Foundation (Bishop Auckland Project)	1,500	-	(750)	-	750
South Glos	465	-	(465)	-	-
National Lottery Awards4All	10,000	-	(6,878)	-	3,122
The Pen y Cymoedd Wind Farm Community Fund	1,000	-	-	-	1,000
Suffolk Community Foundation	-	4,578	-	-	4,578
Voluntary Sector Mental Health Sustainability Fund	-	3,500	(3,162)	-	338
The London Community Foundation	-	10,000	(1,404)	-	8,596
Nottinghamshire County Council	-	21,350	-	-	21,350
Sport England	-	9,050	(9,055)	5	-
Restricted Funds	46,111	106,906	(62,159)	10	90,868

13. Related parties

During the year, The Sporting Memories Foundation provided employees to Sporting Memories Network C.I.C for which they cross-charged for the particular staff time spent totalling £4,105 (2022: £37,466).

THE SPORTING MEMORIES FOUNDATION

England & Wales - Charity number 1154474

Accounts

Draft Financial Statements at 21 December 2022 at 09:24:46

Charity registration number 1154474

Company registration number 08571922 (England and Wales)

THE SPORTING MEMORIES FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

THE SPORTING MEMORIES FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Directors	Mr R Armstrong	
	Mr C D Wilkins	
	Mr R McCormick	
	Mr W Khan	(Appointed 01 November 2021)
	Mr G Heard	(Appointed 01 November 2021)
Charity number	1154474	
Company number	08571922	
Independent examiner	Henton & Co LLP Northgate 118 North Street Leeds West Yorkshire LS2 7PN	
Bankers	The Co-operative Bank PO Box 200 Delf House Southway Skelmersdale WN8 6GH	
	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ	

THE SPORTING MEMORIES FOUNDATION

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THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The Directors, who are also Trustees for the purposes of charity law, are pleased to present their Annual Directors' report together with the financial statements of the charity for the year ending 31 March 2022.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Objectives and activities

Purpose

In conjunction with other likeminded organisations, including Sporting Memories Network, Sporting Memories Foundation engages partner organisations and members of the community to run community-based activities for older people, to reminiscence about sport and to take part in social and physical activities. Group facilitators are provided, at no cost to them or their organisations, training, tools and resources in order for them to deliver meaningful sessions. Facilitators can either work for the organisation hosting the group or can be volunteers based within the local community. Volunteers are currently managed and processed by the host venue organisations such as councils, libraries, museums and community foundations. The Foundation also recruits, trains, supports and manages its own volunteers.

Partnerships are formed with local authorities, third sector organisations and sport's governing bodies. These tend to be organisations that are targeting the same demographic and by working together both parties are able to have a bigger and sustainable impact.

The Foundation pledges:

Health

We pledge to reduce the effects of social isolation and mental health issues by providing fun, interactive and meaningful group activities enabling friendships to flourish.

Economy

We pledge to ease the financial constraints on health and community organisations by working in partnership with like-minded bodies to find and implement solutions through bids, grants and other fundraising means.

Social

We pledge that through our meaningful activities we will help older people to make new friendships and to feel connected to their communities. We will strive to reduce isolation and loneliness.

Education

We pledge to break down barriers and reduce stereotyping of age by undertaking multigenerational activities with educational institutes and other organisations supporting children and younger adults to help community cohesion

Objectives and Activities (continued)

We continued in shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit. These objectives will be met particularly but not exclusively by the facilitation and delivery of therapeutic reminiscence therapies and activities based upon the subject of sport aimed at the 'ageing population' but benefitting society as a whole.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Aims and Activities

As life expectancy continues to increase, the challenges of meeting the health needs of an ageing population become more complex. There are currently more people of pension age in the UK than there are children under the age of sixteen. Three of the biggest challenges facing society, particularly people over the age of 50, are the health and socio-economic impact of dementia, depression and loneliness. It is important to put into context the impact of an 'ageing population' and what this means to individuals, society and the UK economy. There are over 21 million people aged 50 years and over in the UK, this is over a third of the total UK population

- Over half (51%) of all people aged 75 and over live alone
- Two fifths of all older people say the television is their main form of company
- One in four adults will experience mental illness and 60% of care home residents live with depression. This is rarely diagnosed or treated.
- 225,000 people will develop dementia in the UK this year, that's one every three minutes.
- The total cost of dementia in the UK is estimated to be £26.3 billion

An emerging evidence base, acknowledged by Governments and Public Health clearly shows that to age well and live well we all need to be:

- Socially Connected
- Mentally Stimulated
- Physically Active Health and social care services developed for older people and projects aimed at engaging older people have a poor track record of engaging men over the age of 50 in activities that promote healthy activities.

The Sporting Memories Foundation aims to continue to play a key part in tackling and reducing the effects of dementia, depression and loneliness on the individual, carers, communities, local authorities and health services by building on the success and partnerships already in place; creating community hubs offering weekly activities from sport themed cognitive therapy sessions to getting participants actively playing sports such as new age kurling, boccia, walking football and cricket throughout the UK.

It will look at ways to break down barriers and stereotypical labelling of generations through meaningful multigenerational events and activities and will remain at the forefront of this pioneering approach.

Context

Due to Covid-19, the team at SMF have worked tirelessly to adapt our delivery and extend our support to our partners, volunteers, club members and their families and carers.

During the financial year reported, our priorities have been to:

- Ensure we protect and support the wellbeing of our staff, volunteers and members
- Communicate changes and decisions that would impact staff, volunteers and members in a timely and appropriate way
- Develop resources and adapt our delivery to support our staff, volunteers and members during COVID lockdowns and as the country returned to normality
- Position Sporting Memories across the UK as experts in the field of using reminisce and physical activity to support staff, volunteers and members
- Raise the profile of Sporting memories in the media
- Ensure continued funds are raised through highlighting fundraising opportunities
- Ensure continued funds through bid writing and partnerships
- Utilise the time and opportunity to strengthen our business model and refine operating procedures.

2021 remained a challenging year in the context of Covid 19 but we have continued with a new blended delivery model that embraces both face-to-face and digital, group and one-to-one support for people in their own homes.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

The Sporting Memories Foundation continued to support volunteers and sporting memories groups across England and Wales.

Kent County Council – Kent Sporting Memories Project

We finished the funded project commissioned by Kent Sport (Part of Kent County Council) which successfully set-up reminiscence activities (including the collection of Sporting Oral Histories) from older sports fans in the Romney Marsh and Folkstone areas of Kent. Oral histories have been continued to be hosted on the (https://sportingmemorieskent.omeka.net/)

National Lottery Community Fund - Suffolk Rural Project

The rural project funded by the National Lottery Community Fund Reaching Communities programme was impacted by Covid-19, as clubs closed, and new clubs planned were unable to open. Through the flexibility of the funder, we have continued to develop resources, deliver online clubs through Zoom and develop the Kit Bag provision. This project came to an end, and we submitted and end of grant report in July 2021.

The Pen y Cymoedd Wind Farm Community Fund

We received £1,000 in 2020 to support venue hire for the St Winnifred's Sporting Memories Club in Rhonnda Cynon Taff, Wales. Due to Covid-19, we have been unable to spend all of this grant. We did restart the club in July 2021 but unfortunately this was not successful. Therefore, a decision was made to close and revisit in a new location. This funding is being carried over to year-end 2022-23 to support the venue hire for a new club within the local area.

Esmee Fairbairn

We received £149,027 in 2019 for a three-year project that will work with Elder Tree Befriending in Plymouth, to open 10 new Sporting Memories Clubs and test our social licence model. During this year the project has continued to strengthen with Clubs opening first post Covid lockdowns. The project has 5 face to face Clubs open and one online Club taking place weekly. We are approaching the final year of funding and we are currently looking at sustainability options.

County Durham Community Foundation

A Sporting Memories Club was set-up by Bishop Auckland Club. While it started during COVID it has gone on to become a successful face-to-face club and this year introduced some physical activities this year.

National Lottery Community Fund – Awards for All – Gateshead

This fund helped to set-up two Clubs in the Gateshead area, in Wickham and Dunston, in partnership with the local primary care health centre. Local link workers were trained to facilitate the sessions and both reminiscence and physical activity resources were provided to support activities.

Suffolk Community Foundation - Fonnereau Road Foundation Fund

We received £4,578 to purchase physical activity equipment for Clubs in Suffolk. Due to Clubs being closed due to Covid this funding is being carried over to year-end 2022/2023 to purchase and distribute to local Suffolk Clubs to improve physical and mental well-being.

Voluntary Sector Mental Health Sustainability Fund

In August we received £3,500 to purchase tablets and provide training for volunteers to support our new monitoring and evaluation app's roll out across England. Due to the impact of Covid, we have also used the funding to deliver online Sporting Memories Clubs and training for volunteers to facilitate.

The London Community Foundation – GVC Fund

Given the slow re-emergence from COVID the bulk of this fund has been carried over to 2022/23. The focus remains pursuing partnerships with local organisations to set-up two more Sporting Memories Clubs in the Borough of Croydon to supplement the one already established by the Asian Resource Centre.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Nottinghamshire County Council
A grant totalling £21,350 was received in January to open three new Sporting Memories Clubs in Broxtowe Borough, Nottinghamshire across a year. We are in conversation with two potential social licence partners to open two clubs in April 2022. The third club will be opened later in 2022.

Sport England - Return to Play
£9,050 was received to support the restart of five Sporting Memories Clubs across Greater Manchester between February and July 2022.

Strategy and Fundraising
The COO and Funding Manager along with Co-Founders and the team have delivered the Business Plan and Funding Strategy, which expired at the end of March 2021. Work has commenced on the next Business Plan and Funding Strategy, which will be a combined document and aims to reflect not only the currently landscape (Covid-19) but also the plans to grow the Sporting Memories Foundation.

Monitoring and Evaluation Monitoring
There are three elements of monitoring to consider —regulatory, financial and delivery against the charitable aims.

i. Regulatory —it is the responsibility of the trustees to ensure the charity meets all the financial and operational requirements of the Charity Commission and as set out in the Foundations statement of objectives. An annual report of activities and annual accounts are prepared by the directors and Whitelaw Wells accountants before being submitted to the charity commission's online filing system. Copies of both reports are available to download from the charity commission's website.
ii. Financial —Day to day financial monitoring and management of the Foundation's bank accounts are currently processed by Chris Wilkins. Financial reporting is a standing item on the agenda of the quarterly trustee meetings.
iii. Delivery of the charitable aims —it is the responsibility of all trustees to ensure the charitable aims are adhered to and remain the focus of all activity. Monitoring and reporting of progress and delivery of grant funded activity is either carried out by external evaluators commissioned by the grant funders, through commissioned work by training and evaluation advisor Charlie Murphy or by Sporting Memories Network CIC. Evaluation: The majority of evaluation into the impact of sporting memories in relation to group participants, facilitators and volunteers has been carried out by Sporting Memories Network CIC.

The Sporting Memories Foundation will seek to continue to build and contribute to the evidence base for sporting memories in partnership with academic institutions, health and social care researchers and grant funding organisations. It will also seek to work with academic institutions to identify funding opportunities, grants and other research mechanisms to further the demonstration of the social impact and health outcomes of the approach.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Financial review

The charity's work is performed on a voluntary basis by the Directors. Income for the year amounted to £168,468 (2021: £251,377). Expenditure in the year amounted to £117,381 (2021: £222,840). The net movement in funds for the year was a surplus of £51,087 (2021: £28,537). General unrestricted reserves stood at £27,456 (2021: £21,126) and restricted funds stood at £90,868 (2021: £46,111).

Investment Policy

The Directors periodically review the charity's investment policy to ensure that it continues to meet the needs of the charity. Given the charity's limited funds, funds are held in current accounts with the Co-operative Bank and CAF Bank which represent a low-risk option for funds.

Reserves Policy

The aim is to continue to retain a general reserve equivalent to three months' average expenses, as a contingency against any unavoidable reduction in income or other unforeseen circumstances affecting the charity's business. This was met at the year end.

Structure, governance and management

Governing Document

Sporting Memories Limited is a charitable company limited by guarantee, incorporated on 17 June 2013 and recognised as a charity by the Charity Commission on 5 November 2013. 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.

The Directors who served during the year and up to the date of signature of the financial statements were:

Mr R Armstrong	
Mr A R Jameson-Allen	(Resigned 30 April 2021)
Mr C D Wilkins	
Mr R McCormick	
Ms J Colley	(Resigned 21 June 2021)
Ms S Waterhouse	(Resigned 28 June 2022)
Ms J Dorward	(Resigned 21 June 2021)
Mr K Khan	(Appointed 01 November 2021)
Mr G Heard	(Appointed 01 November 2021)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Recruitment and Appointment of Directors

The Directors of the company are also charity trustees for the purposes of The Directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Directors. The Memorandum and Articles of Association set out the requirements regarding the charity's Directors, as follows:

There is no maximum number of Directors but the minimum number shall be three.

No person shall, unless recommended by the Directors for election, be elected as a Director at any General Meeting of the Company unless that person, or some member of the Company intending to propose that person, has, at least fourteen days and no more than forty-five days before that General Meeting, left at the registered office of the Company a notice in writing of the intention of such member of the Company to propose that person for election as a Director, together with a notice signed by the person intended to be proposed for election as a Director confirming his or her willingness to be elected as a director.

Members

The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure

The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

In the period 2020/21 the Board of Directors had seven members, as laid out on page 2, from a variety of backgrounds relevant to the work of the charity.

Directors' Induction and Training

The present Directors are familiar with the practical work of the charity, having been actively involved in its establishment and evolution. They have fully considered the induction and training requirements of new Directors and have agreed the following:

To enhance new Directors' decision-making and understanding of the charity, all new Directors will be briefed by the current Board on how the charity was established and how it has evolved. During this briefing, emphasis would be placed on explaining aims and objectives of the charity and how these are achieved. New Directors would be given copies of previous meeting documents including Minutes of Board of Directors.

In addition, new Directors' induction and training would also involve a briefing session with a Board member to further familiarise new Directors with the charity and the context within which the charity operates. This briefing session would encompass:

- Obligations of Directors.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

All new Directors would receive a copy of the Memorandum and Articles and the latest financial statements and report.

The charity is seeking to recruit at least one further trustee, with experience of working at CFO level.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Members
The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure
The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

Currently The Sporting Memories Foundation does not have any paid employees. The Board of Directors has five members, as laid out on page 9, from a variety of backgrounds relevant to the work of the charity.

Related parties
Any financial decisions that may benefit Sporting Memories Network CIC, of which Chris Wilkins and Tony Jameson-Allen are directors, are decided by the independent trustees. The system for this at present is via an online voting facility. Voting takes place once full details of any proposed spend are supplied – including a breakdown of costs for the services or resources to be supplied. This system would also be implemented should the situation arise of any other trustee potentially benefiting financially from the foundation.

The trustees' report was approved by the Board of Directors.

.....
Christopher D Wilkins
Trustee
Dated: .....

THE SPORTING MEMORIES FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE DIRECTORS OF THE SPORTING MEMORIES FOUNDATION

I report to the Directors on my examination of the financial statements of The Sporting Memories Foundation (the Charitable Company) for the year ended 31 March 2022.

Responsibilities and basis of report

As the Directors of the Charitable Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charitable 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 the Charitable Company's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1 accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Henton + Co LLP

Chris Howitt (FCA)
Henton & Co LLP

Northgate
118 North Street
Leeds
West Yorkshire
LS2 7PN

Dated: 20/12/2022

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	2	24,096	106,906	131,002	48,205	161,079	209,284
Charitable activities	3	37,466	-	37,466	42,093	-	42,093
Total income		61,562	106,906	168,468	90,298	161,079	251,377
Expenditure on:							
Raising funds	4	216	-	216	216	-	216
Charitable activities	5	55,006	62,159	117,165	71,131	151,493	222,624
Total expenditure		55,222	62,159	117,381	71,347	151,493	222,840
Net incoming resources before transfers		6,340	44,747	51,087	18,951	9,586	28,537
Gross transfers between funds		(10)	10	-	(28)	28	-
Net income for the year/ Net movement in funds		6,330	44,757	51,087	18,923	9,614	28,537
Fund balances at 1 April 2021		21,126	46,111	67,237	2,203	36,497	38,700
Fund balances at 31 March 2022		27,456	90,868	118,324	21,126	46,111	67,237

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE SPORTING MEMORIES FOUNDATION

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	8	-		2,903	
Cash at bank and in hand		120,806		72,403	
		120,806		75,306	
Creditors: amounts falling due within one year	9	(2,482)		(8,069)	
Net current assets			118,324		67,237
Income funds					
Restricted funds	10		90,868		46,111
Unrestricted funds			27,456		21,126
			118,324		67,237

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

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

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

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Directors on .....

.....
Christopher D Wilkins
Trustee

Company Registration No. 08571922

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

The Sporting Memories Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Kenmure, Main Road, Dirleton, North Berwick, East Lothian, EH39 5EA, UK.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charitable Company's [governing document], the Companies Act 2006 and "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)". The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The Charitable Company has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The Charitable Company 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 note(s).

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

At the time of approving the financial statements, the Directors have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Directors in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates. Expenditure is classified under the following headings:

Expenditure on raising funds includes expenses incurred by the Charitable Company to raise funds for its charitable purposes.

Expenditure on charitable activities includes the costs incurred by the charity in delivery of its activities and services to its beneficiaries and their associated support costs.

Other expenditure represents those items not falling into any other heading.

1.6 Tangible fixed assets

Fixed assets for the Charitable Company to use are capitalised at cost, for items above £1,000. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Equipment	25% straight line
Computer Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies **(Continued)**

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Donations and legacies

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2022	**2022**	**2022**	2021	2021	2021
	£	**£**	**£**	£	£	£
Donations and gifts	19,290	-	19,290	44,173	1,000	45,173
Grant Income	4,806	106,906	111,712	-	151,079	151,079
Coronavirus job retention scheme grant	-	-	-	4,032	-	4,032
	24,096	106,906	131,002	48,205	161,079	200,284

The Charitable Company benefits greatly from the involvement and support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP FRS102, the economic contribution of general volunteers is not recognised in the accounts.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3 Charitable activities

	Total income 2022 £	Total income 2021 £
Services provided under contract	37,466	42,093

4 Raising funds

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Fundraising and publicity		
Other fundraising costs	216	216
	216	216

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

5 Charitable activities

	Total expenditure 2022 £	Total expenditure 2021 £
Staff costs	94,423	112,227
Depreciation and impairment	-	162
Travel and accomodation	935	5,049
Telephone	590	620
Bank charges	102	69
Consultancy	2,060	34,475
Storage costs	1,749	1,499
Subscriptions	167	176
Insurance	856	802
Project event costs	3,025	56,722
Project materials, equipment and other costs	1,913	1,508
Advertising	8,323	6,339
Independent examiner and accountancy fees	3,022	2,976
	117,165	222,624
	117,165	222,624
Analysis by fund		
Unrestricted funds	55,006	71,131
Restricted funds	62,159	151,493
	117,165	222,624

6 Directors

None of the Directors (or any persons connected with them) received any remuneration or benefits from the Charitable Company during the year.

7 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	7	9

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Employees (Continued)

Employment costs	2022 £	2021 £
Wages and salaries	87,169	103,541
Social security costs	5,699	6,822
Other pension costs	1,555	1,864
	94,423	112,227

There were no employees whose annual remuneration was more than £60,000.

8 Debtors

Amounts falling due within one year:	2022 £	2021 £
Prepayments and accrued income	-	2,903

9 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	846	1,918
Trade creditors	-	4,359
Other creditors	1,636	1,792
	2,482	8,069

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds				
	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 31 March 2022
	£	£	£	£	£	£	£	£	£
Comic Relief - Capital Assets	19	7,300	(7,305)	(14)	-	-	-	-	-
KCC	-	12,936	(12,936)	-	-	5,516	(5,516)	-	-
National Lottery Community Fund (Suffolk Rural Project)	22,478	41,723	(54,055)	-	10,146	-	(10,146)	-	-
Shine Community Foundation	-	3,940	(3,977)	37	-	-	-	-	-
Esmee Fairburn	10,000	76,115	(65,615)	-	20,500	52,912	(22,278)	-	51,134
BJM Pearman	2,500	-	-	-	2,500	-	(2,505)	5	-
County Durham Foundation (Bishop Auckland Project)	1,500	-	-	-	1,500	-	(750)	-	750
Wesleyan	-	5,575	(5,580)	5	-	-	-	-	-
Jo Cox	-	990	(990)	-	-	-	-	-	-
South Glos	-	1,500	(1,035)	-	465	-	(465)	-	-
National Lottery Awards4All	-	10,000	-	-	10,000	-	(6,879)	-	3,121
The Pen y Cymoedd Wind Farm Community Fund	-	1,000	-	-	1,000	-	-	-	1,000
Suffolk Community Foundation	-	-	-	-	-	4,578	-	-	4,578
Voluntary Sector Mental Health Sustainability Fund	-	-	-	-	-	3,500	(3,162)	-	338
The London Community Foundation	-	-	-	-	-	10,000	(1,404)	-	8,596
Nottinghamshire County Council	-	-	-	-	-	21,350	-	-	21,350
Sport England	-	-	-	-	-	9,050	(9,055)	5	-
	36,497	161,079	(151,493)	28	46,111	106,906	(62,160)	10	90,868

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Restricted funds **(Continued)**

Esmee Fairbairn the restricted funds have been carried over as second year annual funding period runs from Oct 21 to end Sept 22.

County Durham Foundation project extended because face-to-face club suspended because of COVID.

National Lottery Awards for All project carried over to 2022/23.

The Pen y Cymoedd Wind Farm Community Fund carried over to 2021/22 due to face-to-face clubs being suspended due to COVID.

Voluntary Sector Mental Health Sustainability Fund used for training of volunteers, balance carried over to 2022/23.

The London Community Foundation Fund carried over to 2022/23 due to the slow re-emergence from COVID.

Suffolk Community Foundation fund carried over to 2022/23 due to covid.

Nottinghamshire County Council fund is to be utilised to open 3 new Sporting Memories clubs in 2022, for which the fund has been carried over to 2022/23.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

11 Analysis of net assets between funds

	Unrestricted funds 2022	Restricted funds 2022	Total 2022	Unrestricted funds 2021	Restricted funds 2021	Total 2021
	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:						
Current assets/(liabilities)	27,456	90,868	118,324	21,126	46,111	67,237
	27,456	90,868	118,324	21,126	46,111	67,237

12 Related party transactions

During the year, The Sporting Memories Foundation provided employees to Sporting Memories Network C.I.C. for which they cross-charged for the particular staff time spent totalling £37,466 (2021 - £Nil).

THE SPORTING MEMORIES FOUNDATION

England & Wales - Charity number 1154474

Accounts

Charity Registration No. 1154474

Company Registration No. 08571922 (England and Wales)

THE SPORTING MEMORIES FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

THE SPORTING MEMORIES FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Directors	Mr R Armstrong Mr C D Wilkins Mr R McCormick Ms S Waterhouse
Charity number	1154474
Company number	08571922
Independent examiner	Henton & Co LLP Northgate 118 North Street Leeds West Yorkshire LS2 7PN
Bankers	The Co-operative Bank PO Box 200 Delf House Southway Skelmersdale WN8 6GH CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

THE SPORTING MEMORIES FOUNDATION

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Statement of financial activities	10
Balance sheet	11
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THE SPORTING MEMORIES FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The Directors, who are also Trustees for the purposes of charity law, are pleased to present their Annual Directors' report together with the financial statements of the charity for the year ending 31 March 2021.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Objectives and activities

Purpose

In conjunction with other likeminded organisations, including Sporting Memories Network, Sporting Memories Foundation engages partner organisations and members of the community to run community-based activities for older people, to reminiscence about sport and to take part in social and physical activities. Group facilitators are provided, at no cost to them or their organisations, training, tools and resources in order for them to deliver meaningful sessions. Facilitators can either work for the organisation hosting the group or can be volunteers based within the local community. Volunteers are currently managed and processed by the host venue organisations such as councils, libraries, museums and community foundations. The Foundation also recruits, trains, supports and manages its own volunteers.

Partnerships are formed with local authorities, third sector organisations and sport's governing bodies. These tend to be organisations that are targeting the same demographic and by working together both parties are able to have a bigger and sustainable impact.

The Foundation pledges:

Health

We pledge to reduce the effects of social isolation and mental health issues by providing fun, interactive and meaningful group activities enabling friendships to flourish.

Economy

We pledge to ease the financial constraints on health and community organisations by working in partnership with like-minded bodies to find and implement solutions through bids, grants and other fundraising means.

Social

We pledge that through our meaningful activities we will help older people to make new friendships and to feel connected to their communities. We will strive to reduce isolation and loneliness.

Education

We pledge to break down barriers and reduce stereotyping of age by undertaking multigenerational activities with educational institutes and other organisations supporting children and younger adults to help community cohesion

Objectives and Activities (continued)

We continued in shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit. These objectives will be met particularly but not exclusively by the facilitation and delivery of therapeutic reminiscence therapies and activities based upon the subject of sport aimed at the 'ageing population' but benefitting society as a whole.

Aims and Activities

As life expectancy continues to increase, the challenges of meeting the health needs of an ageing population become more complex. There are currently more people of pension age in the UK than there are children under the age of sixteen. Three of the biggest challenges facing society, particularly people over the age of 50, are the health and socio-economic impact of dementia, depression and loneliness. It is important to put into context the impact of an 'ageing population' and what this means to individuals, society and the UK economy. There are over 21 million people aged 50 years and over in the UK, this is over a third of the total UK population

- Over half (51%) of all people aged 75 and over live alone
- Two fifths of all older people say the television is their main form of company
- One in four adults will experience mental illness and 60% of care home residents live with depression. This is rarely diagnosed or treated.
- 225,000 people will develop dementia in the UK this year, that's one every three minutes.
- The total cost of dementia in the UK is estimated to be £26.3 billion

An emerging evidence base, acknowledged by Governments and Public Health clearly shows that to age well and live well we all need to be:

- Socially Connected
- Mentally Stimulated
- Physically Active Health and social care services developed for older people and projects aimed at engaging older people have a poor track record of engaging men over the age of 50 in activities that promote healthy activities.

The Sporting Memories Foundation aims to continue to play a key part in tackling and reducing the effects of dementia, depression and loneliness on the individual, carers, communities, local authorities and health services by building on the success and partnerships already in place; creating community hubs offering weekly activities from sport themed cognitive therapy sessions to getting participants actively playing sports such as new age kurling, boccia, walking football and cricket throughout the UK.

It will look at ways to break down barriers and stereotypical labelling of generations through meaningful multigenerational events and activities and will remain at the forefront of this pioneering approach.

Context

Due to Covid-19, the team at SMF have worked tirelessly to adapt our delivery and extend our support to our partners, volunteers, club members and their families and carers.

During the financial year reported, our priorities have been to:

- Ensure we protect and support the wellbeing of our staff, volunteers and members
- Communicate changes and decisions that would impact staff, volunteers and members in a timely and appropriate way
- Develop resources and adapt our delivery to support our staff, volunteers and members whilst in lockdown and as measure are slowly lifted
- Position Sporting Memories across the UK as experts in the field of using reminisce and physical activity to support staff, volunteers and members
- Raise the profile of Sporting memories in the media
- Ensure continued funds are raised through highlighting fundraising opportunities
- Ensure continued funds through bid writing and partnerships
- Utilise the time and opportunity to strengthen our business model and refine operating procedures.

2020 was a challenging year in the context of Covid 19 but we have created a new delivery model that embraces both face-to-face and digital, group and one-to-one support for people in their own homes.

Achievements and performance

The Sporting Memories Foundation continued to support volunteers and sporting memories groups across England and Wales.

Kent County Council – Kent Sporting Memories Project

We were commissioned by Kent Sport (Part of Kent County Council) to set-up reminiscence activities (including the collection of Sporting Oral Histories) from older sports fans in the Romney Marsh and Folkstone areas of Kent, as well as, the setting-up of three weekly Sporting Memories clubs as part of two-year project funded by Heritage Lottery Fund. Oral histories have been continued to be captured, and a website was established to host all the oral histories collected during the project. https://sportingmemorieskent.omeka.net/ The project has also produced a book Kent's Sporting Memories which captures the sporting oral histories of people in East Kent. The stories gathered in the book touch on a wide range of sports, including men's and women's football, wheelchair racing, cricket, boxing, basketball, as well as activities centered around the east Kent coast, such as wind surfing, waterskiing, and sea swimming.

The project also scooped two national industry awards. The project has won both the 'Contribution to Wellbeing' award and the overall 'Winner of the Best Community Archive and Heritage Group' in the 2020 Community Archives and Heritage Group (CAHG) awards.

Our congratulations to all staff, partners and volunteers involved, including Sporting Memories Project Coordinator Michael Romyn, who accepted the awards.



Suffolk Rural Project

The rural project funded by the National Lottery Community Fund was impacted by Covid-19, as clubs closed, and new clubs planned were unable to open. Through the flexibility of the funder, we have continued to develop resources, deliver online clubs through Zoom and develop the Kit Bag provision.

Leeds Community Foundation - Time to Shine and Weslyean Fund

We received funding through the Leeds Time to Shine initiate to set up two weekly clubs in Leeds. During the year we identified the location of the first club at Toast Loves Coffee and recruited 3 volunteers who was trained to facilitate the club, The club was launched in October 2019 but failed to attract any new members, therefore was paused with a restart identified following wider communications work. We have been working with a range of partners to promote our activities, identify alternative locations and a location for the second club. Towards the end of the year positive conversations was held to start to recruit volunteers and start the two clubs.

Two Ridings Community Foundation
An award of £7,290 enabled us to offer weekly calls to members to catch up and check in on welfare. Two of our volunteers during the pandemic was making up to 20 calls each week. We also provided online social activities including a Get Together around the Yorkshire's Grandest Depart, reminiscing about the Tour De France start from 2014. We provided physical activity ideas through the Yorkshire's Grandest Depart steps for Sporting Memories challenge and Kit Bags to be active in homes.

Great Get Together and Facebook
A small award of £990 enabled us to pilot engagement through Facebook. We improved our local Facebook pages and enabled our members and volunteers to continue to chat regularly. The funding and this project have allowed us to access Facebook training for two of our staff members. This in turn then helped us to develop our Facebook site locally and train two volunteers to support running the site and using to connect with members. We set up a private Facebook Group for the local members to chat in a safe environment and ran fortnightly virtual groups via Facebook rooms. This allowed members to interact and see each other to replicate a weekly in person meeting. Members have enjoyed and gave them a lifeline and something to look forward to each week. Going forward we are taking this learning and sharing among the staff teams across England, Scotland, and Wales to develop other Sporting Memories local sites and help to develop Facebook Virtual Groups as another platform and access point for members and volunteers to talk, engage and get peer support.

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South Gloucestershire Council
We were successful in being awarded £1,500 from the local authority to set up an online club for the South Gloucestershire area. Unfortunately, despite talking to local partners and promotion across all platforms the Zoom club did not have any members join. We have continued to promote and looking to use to support opening an in-person club during the Summer of 2021.

The Pen y Cymoedd Wind Farm Community Fund
We received £1,000 to support venue hire for the St Winnifred's Sporting Memories Club in Rhonnda Cynon Taff, Wales. Due to Covid-19, we have been unable to use the grant as the club has been facilitated online so this will be carried over to 2021/22 financial year. The club is expected to reopen in July 2021, and we will report on expenditure in September 2021.

Strategy and Fundraising
The COO and Funding Manager along with Co-Founders and the team have delivered the Business Plan and Funding Strategy, which expired at the end of March 2021. Work has commenced on the next Business Plan and Funding Strategy, which will be a combined document and aims to reflect not only the currently landscape (Covid-19) but also the plans to grow the Sporting Memories Foundation.

Monitoring and Evaluation Monitoring

There are three elements of monitoring to consider —regulatory, financial and delivery against the charitable aims.

i. Regulatory —it is the responsibility of the trustees to ensure the charity meets all the financial and operational requirements of the Charity Commission and as set out in the Foundations statement of objectives. An annual report of activities and annual accounts are prepared by the directors and Whitelaw Wells accountants before being submitted to the charity commission's online filing system. Copies of both reports are available to download from the charity commission's website.

ii. Financial —Day to day financial monitoring and management of the Foundation's bank accounts are currently processed by Chris Wilkins. Financial reporting is a standing item on the agenda of the quarterly trustee meetings.

iii. Delivery of the charitable aims —it is the responsibility of all trustees to ensure the charitable aims are adhered to and remain the focus of all activity. Monitoring and reporting of progress and delivery of grant funded activity is either carried out by external evaluators commissioned by the grant funders, through commissioned work by training and evaluation advisor Charlie Murphy or by Sporting Memories Network CIC. Evaluation: The majority of evaluation into the impact of sporting memories in relation to group participants, facilitators and volunteers has been carried out by Sporting Memories Network CIC.

The Sporting Memories Foundation will seek to continue to build and contribute to the evidence base for sporting memories in partnership with academic institutions, health and social care researchers and grant funding organisations. It will also seek to work with academic institutions to identify funding opportunities, grants and other research mechanisms to further the demonstration of the social impact and health outcomes of the approach.

Financial review

The charity's work is performed on a voluntary basis by the Directors. Income for the year amounted to £251,377 (2020: £187,266). Expenditure in the year amounted to £222,840 (2020: £198,606). The net movement in funds for the year was a surplus of £ 28,537 (2020: £11,340 deficit). General unrestricted reserves stood at £21,126 (2020: £2,203) and restricted funds stood at £46,111 (2020: £36,497).

Investment Policy

The Directors periodically review the charity's investment policy to ensure that it continues to meet the needs of the charity. Given the charity's limited funds, funds are held in current accounts with the Co-operative Bank and CAF Bank which represent a low-risk option for funds.

Reserves Policy

The aim is to continue to retain a general reserve equivalent to three months' average expenses, as a contingency against any unavoidable reduction in income or other unforeseen circumstances affecting the charity's business. This was met at the year end.

Structure, governance and management

Governing Document

Sporting Memories Limited is a charitable company limited by guarantee, incorporated on 17 June 2013 and recognised as a charity by the Charity Commission on 5 November 2013. 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.

The Directors who served during the year and up to the date of signature of the financial statements were:

Mr R Armstrong	
Mr A R Jameson-Allen	(Resigned 30 April 2021)
Mr C D Wilkins	
Mr R McCormick	
Ms J Colley	(Resigned 21 June 2021)
Mr J Mason	(Resigned 19 May 2020)
Ms S Waterhouse	
Ms J Dorward	(Resigned 21 June 2021)

Recruitment and Appointment of Directors

The Directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Directors. The Memorandum and Articles of Association set out the requirements regarding the charity's Directors, as follows:

There is no maximum number of Directors but the minimum number shall be three.

No person shall, unless recommended by the Directors for election, be elected as a Director at any General Meeting of the Company unless that person, or some member of the Company intending to propose that person, has, at least fourteen days and no more than forty-five days before that General Meeting, left at the registered office of the Company a notice in writing of the intention of such member of the Company to propose that person for election as a Director, together with a notice signed by the person intended to be proposed for election as a Director confirming his or her willingness to be elected as a director.

Members

The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure

The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

In the period 2020/21 the Board of Directors had seven members, as laid out on page 2, from a variety of backgrounds relevant to the work of the charity.

Directors' Induction and Training

The present Directors are familiar with the practical work of the charity, having been actively involved in its establishment and evolution. They have fully considered the induction and training requirements of new Directors and have agreed the following:

To enhance new Directors' decision-making and understanding of the charity, all new Directors will be briefed by the current Board on how the charity was established and how it has evolved. During this briefing, emphasis would be placed on explaining aims and objectives of the charity and how these are achieved. New Directors would be given copies of previous meeting documents including Minutes of Board of Directors.

In addition, new Directors' induction and training would also involve a briefing session with a Board member to further familiarise new Directors with the charity and the context within which the charity operates. This briefing session would encompass:

- Obligations of Directors.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

All new Directors would receive a copy of the Memorandum and Articles and the latest financial statements and report.

The charity is seeking to recruit at least one further trustee, with experience of working at CFO level.

Members

The members of the Company shall be the subscriber or subscribers to the Memorandum of Association of the Company and such other persons or organisations as may from time to time be admitted to membership of the Company by the Directors.

Organisational Structure

The Sporting Memories Foundation has a Board of Directors that presently meet on a quarterly basis. Due to the geographical spread of the trustees, the meetings are held via online or tele-conferencing facilities. Agendas and full minutes are produced, circulated, and held on record.

Currently The Sporting Memories Foundation does not have any paid employees. The Board of Directors has five members, as laid out on page 9, from a variety of backgrounds relevant to the work of the charity.

Related parties

Any financial decisions that may benefit Sporting Memories Network CIC, of which Chris Wilkins and Tony Jameson-Allen are directors, are decided by the independent trustees. The system for this at present is via an online voting facility. Voting takes place once full details of any proposed spend are supplied – including a breakdown of costs for the services or resources to be supplied. This system would also be implemented should the situation arise of any other trustee potentially benefiting financially from the foundation.

The trustees' report was approved by the Board of Directors.

.....

Christopher D Wilkins
Trustee
Dated: 15/12/21

THE SPORTING MEMORIES FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE DIRECTORS OF THE SPORTING MEMORIES FOUNDATION

I report to the Directors on my examination of the financial statements of The Sporting Memories Foundation (the Charitable Company) for the year ended 31 March 2021.

Responsibilities and basis of report

As the Directors of the Charitable Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charitable 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 the Charitable Company's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Charitable Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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

1 accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Henton & Co LLP

Ian Peter Hart (BA BFP FCA)
Henton & Co LLP

Northgate
118 North Street
Leeds
West Yorkshire
LS2 7PN

Dated: 03/12/21

THE SPORTING MEMORIES FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:							
Donations and legacies	2	48,205	161,079	209,284	53,824	78,483	132,307
Charitable activities	3	42,093	-	42,093	54,945	-	54,945
Investments	4	-	-	-	14	-	14
Total income		90,298	161,079	251,377	108,783	78,483	187,266
Expenditure on:							
Raising funds	5	216	-	216	216	-	216
Charitable activities	6	71,131	151,493	222,624	142,134	56,256	198,390
Total resources expended		71,347	151,493	222,840	142,350	56,256	198,606
Net incoming/(outgoing) resources before transfers		18,951	9,586	28,537	(33,567)	22,227	(11,340)
Gross transfers between funds		(28)	28	-	-	-	-
Net income/(expenditure) for the year/ Net movement in funds		18,923	9,614	28,537	(33,567)	22,227	(11,340)
Fund balances at 1 April 2020		2,203	36,497	38,700	35,770	14,270	50,040
Fund balances at 31 March 2021		21,126	46,111	67,237	2,203	36,497	38,700

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE SPORTING MEMORIES FOUNDATION

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	9		-		162
Current assets					
Debtors	10	2,903		29,310	
Cash at bank and in hand		72,403		42,361	
		75,306		71,671	
Creditors: amounts falling due within one year	11	(8,069)		(33,133)	
Net current assets			67,237		38,538
Total assets less current liabilities			67,237		38,700
Income funds					
Restricted funds	13		46,111		36,497
Unrestricted funds			21,126		2,203
			67,237		38,700

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Directors on 15/12/21

Christopher D Wilkins
Trustee

Company Registration No. 08571922

1 Accounting policies

Charity information

The Sporting Memories Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Kenmure, Main Road, Dirleton, North Berwick, East Lothian, EH39 5EA, UK.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charitable Company's [governing document], the Companies Act 2006 and "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)". The Charitable Company is a Public Benefit Entity as defined by FRS 102.

The Charitable Company has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The Charitable Company 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 note(s).

The financial statements are prepared in sterling, which is the functional currency of the Charitable Company. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

At the time of approving the financial statements, the Directors have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Directors in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charitable Company.

1.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates. Expenditure is classified under the following headings:

Expenditure on raising funds includes expenses incurred by the Charitable Company to raise funds for its charitable purposes.

Expenditure on charitable activities includes the costs incurred by the charity in delivery of its activities and services to its beneficiaries and their associated support costs.

Other expenditure represents those items not falling into any other heading.

1.6 Tangible fixed assets

Fixed assets for the Charitable Company to use are capitalised at cost, for items above £1,000. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Equipment	25% straight line
Computer Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charitable Company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charitable Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charitable Company's balance sheet when the Charitable Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charitable Company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charitable Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Donations and legacies

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2021	**2021**	**2021**	2020	2020	2020
	£	**£**	**£**	£	£	£
Donations and gifts	44,173	1,000	45,173	53,824	18,728	84,645
Grant Income		151,079	151,079			
Coronavirus job retention scheme grant	4,032	-	4,032	-	-	-
	48,205	161,079	200,284	53,824	78,483	132,307

The Charitable Company benefits greatly from the involvement and support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP FRS102, the economic contribution of general volunteers is not recognised in the accounts.

3 Charitable activities

	Total income 2021	**Total income 2020**
	£	**£**
Services provided under contract	42,093	54,945

4 Investments

	Total	Unrestricted funds
	2021	2020
	£	£
Interest receivable	-	14

5 Raising funds

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Fundraising and publicity		
Other fundraising costs	216	216

5 Raising funds **(Continued)**

	216	216

6 Charitable activities

	Total expenditure 2021 £	Total expenditure 2020 £
Staff costs	112,227	117,650
Depreciation and impairment	162	1,085
Travel and accomodation	5,049	15,318
Telephone	620	598
Bank charges	69	60
Consultancy	34,475	9,251
Storage costs	1,499	1,249
Subscriptions	176	159
Project website costs	-	14,841
Insurance	802	1,135
Project event costs	56,722	10,825
Project materials, equipment and other costs	1,508	1,660
Advertising	6,339	21,366
Independent examiner and accountancy fees	2,976	3,193
	222,624	198,390
	222,624	198,390
Analysis by fund		
Unrestricted funds	71,131	142,134
Restricted funds	151,493	56,256
	222,624	198,390

7 Directors

None of the Directors (or any persons connected with them) received any remuneration or benefits from the Charitable Company during the year.

8 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
	9	-

Employment costs	2021 £	2020 £
Wages and salaries	103,541	91,820
Social security costs	6,822	20,755
Other pension costs	1,864	5,075
	112,227	117,650

There were no employees whose annual remuneration was more than £60,000.

9 Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 April 2020	19,849
At 31 March 2021	19,849
Depreciation and impairment	
At 1 April 2020	19,687
Depreciation charged in the year	162
At 31 March 2021	19,849
Carrying amount	
At 31 March 2020	162

10 Debtors

Amounts falling due within one year:	2021 £	2020 £
Other debtors	-	1,640
Prepayments and accrued income	2,903	27,670
	2,903	29,310

11 Creditors: amounts falling due within one year

	Notes	2021 £	2020 £
Other taxation and social security		1,918	1,423
Deferred income	12	-	30,404
Trade creditors		4,359	-
Other creditors		1,792	1,306
		8,069	33,133

12 Deferred income

	2021 £	2020 £
Other deferred income	-	30,404

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds				
	Balance at 1 April 2019	Incoming resources	Resources expended	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers	Balance at 31 March 2021
	£	£	£	£	£	£	£	£
Comic Relief - Capital Assets	837	-	(818)	19	7,300	(7,305)	(14)	-
Comic Relief - Try for Change Fund	5,212	-	(5,212)	-	-	-	-	-
KCC	8,221	-	(8,221)	-	12,936	(12,936)	-	-
National Lottery Community Fund (Suffolk Rural Project)	-	51,823	(29,345)	22,478	41,723	(54,055)	-	10,146
Shine Community Foundation	-	910	(910)	-	3,940	(3,977)	37	-
Esmee Fairburn	-	20,000	(10,000)	10,000	76,115	(65,615)	-	20,500
BJM Pearman	-	3,500	(1,000)	2,500	-	-	-	2,500
County Durham Foundation (Bishop Auckland Project)	-	2,250	(750)	1,500	-	-	-	1,500
Wesleyan	-	-	-	-	5,575	(5,580)	5	-
Jo Cox	-	-	-	-	990	(990)	-	-
South Glos	-	-	-	-	1,500	(1,035)	-	465
National Lottery Awards4All	-	-	-	-	10,000	-	-	10,000
The Pen y Cymoedd Wind Farm Community Fund	-	-	-	-	1,000	-	-	1,000
	14,270	78,483	(56,256)	36,497	161,079	(151,493)	28	46,111

13 Restricted funds **(Continued)**

The Suffolk rural project has been extended to June 2021.

Esmee Fairbairn the restricted funds have been carried over as second year annual funding period runs from Oct 20 to end Sept 21.

BJM Pearman Project has not commenced yet because of COVID.

County Durham Foundation project extended because face-to-face club suspended because of COVID.

South Glos Project has been extended into 2021/22

National Lottery Awards for All project is not to commence until 2021/22

Gym Development carried over to 2021/22 due to face-to-face clubs being suspended due to COVID.

14 Analysis of net assets between funds

	Unrestricted funds 2021	**Restricted funds 2021**	**Total 2021**	Unrestricted funds 2020	Restricted funds 2020	Total 2020
	£	**£**	**£**	£	£	£
Fund balances at 31 March 2021 are represented by:						
Tangible assets	-	-	-	142	20	162
Current assets/ (liabilities)	21,126	46,111	67,237	2,061	36,477	38,538
	21,126	46,111	67,237	2,203	36,497	38,700

15 Related party transactions

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