
The Running Charity

Accounts for the year ended 31 December 2022

Charity number: 1157501

Contents

	page
Reference and administrative details	3
Trustees' Report for the year ended 31 December 2022	4
Independent Examiner's Report to the Trustees of The Running Charity	9
Statement of Financial Activities for the year ended 31 December 2022	10
Balance Sheet as at 31 December 2022	11
Notes to the financial statements	12

Reference and administrative details

Status

The organisation is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission on 17 June 2014.

Governing document

The governing document is the Charitable Incorporated Organisations Constitution, registered on 17 June 2014.

Charity number

1157501

Principal address

20 Ballast Quay
Greenwich
London
SE10 9PD

Trustees

David McMurtrie (Chair)
Kathryn Donkersley (Treasurer)
Wincent Lau
Adrian Lobb (resigned 01/02/2022)
Catherine Seymour
Hamid Vaghefian (resigned 29/09/2022)
Rachael Williams

Bankers

Barclays Bank plc
60 Putney High Street
Putney
London
SW15 1SF

Independent Examiner

Cara Miller ACCA
MHA
910 The Crescent
Colchester Business Park
Colchester
Essex
C04 9YQ

Trustees' Report for the year ended 31 December 2022

The Trustees present their report and the unaudited financial statements for the year ended 31 December 2022.

Reference and administrative information set out on page 3 forms part of this report. The financial statements comply with the Statement of Recommended Practice Accounting and Reporting by Charities (2015).

Structure, governance and management

The Running Charity (TRC or the Charity) is a CIO, registered with the Charity Commission on 17 June 2014. It currently has five trustees.

During 2022, the Charity employed an average of ten full-time staff members (2021: nine). The Charity also continued to benefit from a significant amount of time donated by a number of individuals in the year to 31 December 2022, all on a voluntary basis other than the ten full-time employees.

In his role as General Manager, Alex Eagle was responsible for TRC's day to day operations throughout the year and continues to lead the Charity. Alex maintains regular contact with all of the Trustees who are consulted in relation to all significant matters affecting the organisation.

The Trustees of the Charity have always performed their duties for nil consideration and this will continue.

Trustee recruitment and appointment

New trustees are appointed by the Charity's members, in accordance with the Constitution.

Objectives and activities for the public benefit

The Running Charity's charitable objective and purpose, as per its governing document, is the promotion of social inclusion for the public benefit amongst young people who are socially excluded, by providing them with the means to participate in healthy recreation and with access to support services to relieve their needs and assist them to integrate into society.

At TRC, 'socially excluded' means people who are excluded from society, or parts of society, as a result of homelessness or risk of homelessness.

TRC provides running and fitness-based initiatives to homeless and disadvantaged young people aged 16-24, using the great value of sport as a catalyst for proactive and productive social change. The main activities undertaken in relation to the purposes of the Charity, as set out in its governing document, are summarised on the next page.

Trustees' Report for the year ended 31 December 2022 (continued)

TRC operated three types of activities during the year:

- Hostel and Support – TRC partners with services that support and engage homeless people and those at risk of becoming homeless, to offer running for development programmes. These programmes aim to improve participants' mental wellbeing, resilience, physical health and engagement/integration with society. We do this by offering a range of health-related activities, key work sessions and goal setting sessions.
- Mentor Programme – TRC trains, supports and manages volunteers to support and mentor participants towards a significant run.
- Hardest Adventure events – Between January and September 2022, TRC ran a number of adventure challenges, designed by young people and our team to offer inspiring, trauma-informed residential. Fundraising participants paid a deposit and raised funds for the Charity. In addition, 24 young people took part in 3 of these residential.

TRC also operates a Members Advisory Panel (MAP). The MAP is a user-led platform that enables graduates and members to contribute to the direction and structure of the charity. It is led by a democratically elected chair and enables TRC's young people to complete a chain of input from the user through to the strategic management.

In shaping TRC's objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The Trustees have considered the key activities undertaken by TRC during the year and believe that they have satisfied the public benefit requirement of the Charities Act and the Charities (Accounts and Reports) Regulations 2008.

Risk Management

The Trustees have considered the major risks to which the Charity is exposed. The main issues are:

- Financial – the risk that The Running Charity does not have sufficient reserves to meet its debts as they fall due. The Trustees review TRC's financial position on a regular basis, receiving a financial update at each General Meeting. It is the Charity's policy that it should have sufficient reserves to meet the next six months' expected running costs.
- Closure of partner hostels – TRC forms partnerships with established institutions within the homeless sector, upon which it relies for provision of venues to host its programmes. Early termination of partnerships due to unforeseen closures could lead to a failure to meet the terms required by the funders where either specific hostels or a minimum number of programmes is required. The risk is mitigated through completion of appropriate due diligence prior to entering into agreements with all new partners.
- Litigation from members – the nature of TRC's activities are such that there is an inherent risk of injury during a training session or event run by the Charity. There is also a risk that advice dispensed by TRC or its staff is misconstrued. TRC takes safety extremely seriously and ensures that the health and safety of all members, staff and volunteers is paramount. Additionally, the Charity obtains relevant insurance policies to best protect itself and those involved.

Trustees' Report for the year ended 31 December 2022 (continued)

Risk Management (continued)

- Reliance upon key individuals – due to its current size and the relatively small number of employees, the Charity faces the inherent risk that specific knowledge is held by one or two key individuals. TRC tries to mitigate this risk by ensuring that all significant decisions involve several individuals (including Trustees), all of whom are fully briefed on such matters.

Achievements and performance

During 2022, TRC operated programmes and sessions as detailed within *Objectives and activities for the public benefit*. Programmes were run from our hubs in London, Manchester and Leeds. Our programme of 'active wellbeing' combines personal development within an intensive but gradually progressive structure of goal setting, that address both physical and mental wellbeing as well as the issues that can be compounding a young person's situation. We work in combination with other frontline services, such as housing providers and healthcare services, and incorporate elements of these within the goals that are set in order to support young people to make positive decisions and choices.

Key Milestones & Highlights during the year included:

Impact and outcomes—young people and current members of the programme

- The Charity provided 354 at-risk young people with access to health and wellbeing services. 157 of those young people became members of the programme (regular attendees). The Charity provided 9,396 hours of key work and development support and delivered 1,608 running and fitness sessions during 2022.
- 95% of young people engaging with the Charity have three or more mental health needs and four or more complex support needs. Impact assessments and surveys across the year have indicated improved mental health (91%), a more positive outlook on education, training and employment (74%) and reduced harmful behaviours (84%). Members have also experienced a 568% improvement in cardiovascular health, with 96% active and exercising regularly after working with the Charity.
- 77% of members are now in employment, education and training, compared to 36% of members when they first engaged with the Charity. 99% of young people improved or sustained suitable housing and 77% reported an increased ability to live independently. 78% of members reported that they are better able to manage their finances.
- 100% of young people participating in Hardest Adventure challenges reported that the residential gave them respite from their problems. 89% said it helped their mental health and 95% said it inspired them to try new things and set more ambitious goals.

Impact and outcomes—long term impact of engagement

During 2022, we conducted a survey with over 40 graduates of our programmes to assess the long-term impact of engagement. The average time since participants exited our programmes was four years and one month.

Trustees' Report for the year ended 31 December 2022 (continued)

- Accommodation and housing outcomes: 100% of graduates are in safe and secure accommodation. 95% have not experienced any form of homelessness since graduating.
- Education, employment and training outcomes: 94% of graduates are now in education, employment or training. On average, of the 49.3 months since exiting the programme, graduates have spent just 5 months out of education, employment or training.
- Health outcomes: 100% of graduates report a more positive relationship with their bodies, 81% still run regularly with 56% exercising over three times per week. 74% of applicable graduates no longer use drugs, with a further 26% reporting reduced usage. In addition, 100% reported a better understanding of their own mental health, with 95% managing their mental health in a more proactive and positive way. With regard to social isolation, 98% said they are now able to form more meaningful relationships.
- Crisis management outcomes: 97% of graduates reported that they can proactively deal with problems and feel they can manage a crisis better than before engaging with the Charity. 100% said they are more likely to seek support if needed, 98% are now registered with a GP and 98% reported increased trust in authority figures.

Impact and outcomes—front-line homelessness services

Finally, we also conducted a survey with the front-line service organisations that we partner with. 100% of partners agreed that the Charity's work has a positive effect on the overall outcomes of their organisation, with 80% saying that we enable them to better focus on their core responsibilities and front-line services. 87% agreed that the Charity saved their organisation money.

Infrastructure

- In February 2022, the Charity employed a former graduate of the programme as a programme coach in London. The staff member organising Hardest Adventure challenges during 2022 left the Charity in October 2022.
- Following the recruitment of three trustees during 2021, two trustees resigned this year.
- Throughout the year, the Charity used a donated workspace in central London as both an office space, and to host workshops and base group runs from (see Note 2).

Funding

TRC has benefitted from the generosity of several organisations during 2022, including:

- Barratt Homes
- Boost Charitable Trust
- David and Ruth Lewis Family Trust
- Dulverton Trust
- Flint Family Fund
- Laureus Sport for Good Foundation
- Lloyds Bank Foundation for England & Wales

Trustees' Report for the year ended 31 December 2022 (continued)

Funding (continued)

- Northwick Trust
- On Running
- Peter Kershaw Trust
- St Bride's Managers LLP
- Yorkshire Sport Foundation

The Trustees and staff are immensely grateful to all of the organisations, donors and volunteers who have supported The Running Charity during the year.

Financial review

The income for the year was £374,525 (2021: £486,621), consisting primarily of donations and grants. The decrease was primarily due to reduced availability of grant awards in the current environment.

Expenditure was £427,064 (2021: £352,856). The increase was primarily due to a full year of use of the donated office space in London (compared to eight months during 2021), an increase in staff numbers and a salary review performed in response to the cost of living crisis, and a full year of increased in-person activity following the end of covid-19 related lockdowns during 2021.

Further details of income and expenditure are provided within the notes to the financial statements.

Plans for the future

In the coming year, the Trustees expect The Running Charity to continue to work with the hardest to reach young people. This will be carried out by the retention and the building of new partnerships with charities that support young people with multiple and complex needs.

We will also be focussed heavily on fundraising during the coming year, having been affected by a more difficult funding environment following the covid-19 pandemic.

Reserves policy

TRC endeavours to hold reserves sufficient to meet expected running costs for a period of at least six months. At the end of the year, the Charity held reserves of £342,171 (2021: £394,710), of which £222,331 was unrestricted (2021: £290,415).

Approved by the Trustees on 30 August 2023 and signed on their behalf by:



David McMurtrie
Chair



Kathryn Donkersley
Treasurer

Independent Examiner's Report

I report to the Charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2022 which are set out on pages 10 to 21.

Responsibilities and basis of report

As the Charity's Trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:



Dated: 1st September 2023

Cara Miller ACCA
MHA
Chartered Accountants
910 The Crescent
Colchester Business Park
Colchester
Essex
C04 9YQ

**Statement of Financial Activities
For the year ended 31 December 2022**

	Note	Unrestricted funds £	Restricted funds £	31 Dec 2022 £	31 Dec 2021 £
Income from:					
Donations and grants	2	143,639	205,776	349,415	486,621
Other trading activities	2	25,110	-	25,110	-
Total income		168,749	205,776	374,525	486,621
Expenditure on					
Charitable activities	3	(216,008)	(190,231)	(406,239)	(352,856)
Costs of raising funds	4	(20,825)	-	(20,825)	-
Total resources expended		(236,833)	(190,231)	(427,064)	(352,856)
Net movement in funds		(68,084)	15,545	(52,539)	133,765
Total funds brought forward		290,415	104,295	394,710	260,945
Total funds carried forward	10	222,331	119,840	342,171	394,710

All income and expenses derive from continuing activities.

The notes on pages 12 to 21 form part of these financial statements.

Balance Sheet
As at 31 December 2022

	Note	31 Dec 2022 £	31 Dec 2021 £
Fixed assets			
Tangible assets	7	567	363
Total fixed assets		567	363
Current assets			
Stock	8	12,734	11,769
Cash at bank and in hand		340,929	393,528
Total current assets		353,663	405,297
Creditors: amounts falling due within one year	9	(12,059)	(10,950)
Net current assets/(liabilities)		341,604	394,347
Net assets		342,171	394,710
Funds			
Restricted funds	10	119,840	104,295
Unrestricted funds	10	222,331	290,415
Total funds		342,171	394,710

Approved by the Trustees on 30 August 2023 and signed on their behalf by:



David McMurtrie
Chair



Kathryn Donkersley
Treasurer

Notes to the financial statements

1. Accounting policies

General information and basis of preparation

The Running Charity is a CIO and is registered with the Charity Commission (Charity Registered Number 1157501) in England and Wales. The address of the registered office is given in the Charity information on page 3 of these financial statements. The nature of the Charity's operations and principal activities is the promotion of social inclusion for the public benefit amongst young people who are socially excluded, by providing them with the means to participate in healthy recreation and with access to support services to relieve their needs and assist them to integrate into society.

The Charity constitutes a public benefit entity as defined by FRS 102. The accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015. The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The Charity has applied Update Bulletin 1 as published on 2 February 2016 and does not include a cash flow statement on the grounds that it is applying FRS 102 Section 1A.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes, when any such purpose has been communicated to the donor. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund are set out in the notes to the financial statements.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

Notes to the financial statements (continued)

1. Accounting policies (continued)

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

During the year, the Charity received deposits from and fundraising generated by Hardest Adventure participants (see note 2). These amounts are presented as other trading income.

Where practicable, gifts in kind donated for distribution to the beneficiaries of the Charity are included in stock and donations in the financial statements upon receipt. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh any benefits, then the fair value is recognised as a component of donations when it is distributed and an equivalent amount recognised as charitable expenditure.

Where the Charity is given facilities and services for its own use which it would otherwise have purchased, these are included in the accounts when received, provided the value of the gift can be measured reliably (see note 2). Where the gifted facilities and services would not otherwise have been purchased by the Charity and/or the value of the gift cannot be measured reliably, they are not recognised in the accounts but are disclosed.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities includes all costs incurred on furthering the objects of the Charity; and
- Costs of raising funds relates to the delivery of Hardest Adventure events (see note 4). This includes an allocation of staff salaries and other event expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Support cost allocation

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs, administrative and payroll costs. They are incurred directly in support of expenditure on the objects of the Charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

The analysis of these costs is included in note 4.

Notes to the financial statements (continued)

1. Accounting policies (continued)

Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended. All assets costing more than £500 are capitalised.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer hardware	2 years
Mobile phone handsets	1 year
Office furniture	3 years

Stock

Stock consists of donations of sporting goods and equipment which are used by TRC in the delivery of services. TRC recognises stock at the lower of their replacement cost or recoverable value.

Creditors payable within one year

Creditors are recognised when the Charity has a present legal or constructive obligation resulting from a past event and the settlement is expected to result in an outflow of economic benefits.

Employee benefits

When employees have rendered service to the Charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

The Charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it is able to take advantage of applicable Charity tax exemptions for UK corporation tax purposes.

Going concern

The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is expected to be sufficient with the level of reserves for the Charity to be able to continue as a going concern. The Charity routinely raises finance through the year and the going concern assumption is reliant upon the continued success of these efforts.

Notes to the financial statements (continued)

1. Accounting policies (continued)

Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

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

Liabilities – accruals and other creditors will be classified as financial instruments, and are measured at amortised cost.

Judgements and key sources of estimation uncertainty

The following judgements (apart from those involving estimates) have been made in the process of applying the above accounting policies that have had the most significant effect on amounts recognised in the financial statements:

- Allocation of support costs
- Depreciation rates for tangible fixed assets
- Useful economic lives of assets

2. Income

	Unrestricted funds £	Restricted income funds £	31 Dec 2022 £
Income from:			
Donations:			
- cash	78,674	-	78,674
- goods	-	6,809	6,809
- gifts in kind	32,715	-	32,715
Grants	32,250	198,967	231,217
Other trading activities	25,110	-	25,110
Total income	168,749	205,776	374,525

	Unrestricted funds £	Restricted income funds £	31 Dec 2021 £
Income from:			
Donations:			
- cash	54,193	-	54,193
- goods	-	8,580	8,580
- gifts in kind	21,153	-	21,153
Grants	148,766	253,929	402,695
Other trading activities	-	-	-
Total income	224,112	262,509	486,621

Notes to the financial statements (continued)

2. Income from donations and grants (continued)

Income comprised grants from organisations, donations from individuals and deposits from and fundraising generated by Hardest Adventure participants. Restricted funds comprised grants which were provided for stated purposes, for example funding of specific staff costs or equipment.

Donations of goods relates to sportswear and equipment, most of which is used as rewards to incentivise the young people participating in TRC's programmes.

Donations of gifts in kind relates to an office space in London donated to the Charity by St Bride's Managers LLP from 10 May 2021. The office space was provided free of charge to the Charity, along with a discounted service charge. The gifts in kind recognised as income during 2022 comprise the market rental value of the office, along with the gifted element of the service charge.

3. Analysis of expenditure on charitable activities

	Activities undertaken directly	Support costs	Total
	2022	2022	2022
	£	£	£
Charitable activities	217,983	188,256	406,239
	<u>217,983</u>	<u>188,256</u>	406,239

	Activities undertaken directly	Support costs	Total
	2021	2021	2021
	£	£	£
Charitable activities	192,997	159,859	352,856
	<u>192,997</u>	<u>159,859</u>	352,856

£190,231 (2021: £220,496) of the above costs were attributable to restricted funds.
£216,008 (2021: £132,360) of the above costs were attributable to unrestricted funds.

Total support costs of £188,256 (2021: £159,859) are analysed in Note 4.

The increase in expenditure compared with the prior year is primarily due to costs relating to:

- a full year of donated office space in London, compared to only eight months in 2021;
- an increase in staff numbers and a salary review undertaken in response to the cost of living crisis; and
- a full year of increased in-person activity following the end of covid-19 related lockdowns during 2021.

Notes to the financial statements (continued)

4. Analysis of expenditure on support and other costs

	Total 2022 £	Total 2021 £
Support costs		
- Staff costs	109,490	98,861
- Office costs	38,312	24,837
- Administrative costs	7,017	5,398
- Entertainment	-	27
- General costs	20,045	18,287
- Governance costs	3,360	3,060
- Legal, professional & licences	3,788	3,255
- Meetings & events	256	922
- Race entries	600	2,414
- Enterprise development	2,217	-
- Travel	3,171	2,798
Total support costs	188,256	159,859
Costs of raising funds		
- Staff costs	14,129	-
- Other Hardest adventure costs	6,696	-
Total resources expended	20,825	-

Governance costs of £3,360 (2021: £3,060) relate to the independent examination fee in the current and prior years.

Enterprise development costs relate to the set up of an in-house fundraising platform.

5. Trustees' and Key Management Personnel remuneration and expenses

The Trustees neither received nor waived any remuneration during the year (2021: £nil).

The total amount of employee benefits received by Key Management Personnel was £58,046 (2021: £54,658). The Charity considers its Key Management personnel comprise the Trustees and General Manager. The Trustees did not have any expenses reimbursed during the year (2021: £nil).

Notes to the financial statements (continued)

6. Staff costs

	31 Dec 2022	31 Dec 2021
	£	£
Wages and salaries	302,295	263,624
Social security costs	26,243	21,600
Pension costs	7,220	6,245
Total resources expended	335,758	291,469

The average number of employees during the year was ten (2021: nine). No employees received emoluments of more than £60,000 (2021: nil).

7. Fixed assets

	Computer hardware	Mobile phone handsets	Furniture and equipment	Total
	£	£	£	£
Cost				
Brought forward at 1 January 2022	3,279	650	272	4,201
Additions	-	-	756	756
Carried forward at 31 December 2022	3,279	650	1,028	4,957
Depreciation				
Brought forward at 1 January 2022	(2,936)	(650)	(252)	(3,838)
Charge in the year	(343)	-	(209)	(552)
Carried forward at 31 December 2022	(3,279)	(650)	(461)	(4,390)
Net book value				
At 31 December 2022	-	-	567	567
At 31 December 2021	343	-	20	363

8. Stock

	31 Dec 2022	31 Dec 2021
	£	£
Stock	12,734	11,769
Total stock	12,734	11,769

Stock comprised primarily of sports clothing, which is used during the Charity's sessions.

Notes to the financial statements (continued)

9. Creditors: amounts falling due within one year

	31 Dec 2022	31 Dec 2021
	£	£
Other tax and social security	7,344	6,642
Accruals	3,360	3,060
Other creditors	1,355	1,248
Total creditors due within one year	12,059	10,950

10. Movement in funds

	1 Jan 2022 £	Incoming resources £	Outgoing resources £	31 Dec 2022 £
<i>Funded delivery roles:</i>				
- London 1	15,943	20,000	(33,192)	2,751
- London 2	17,328	55,000	(49,910)	22,418
- Manchester / North West	34,576	117,967	(95,581)	56,962
Funded head office roles	-	-	-	-
Social enterprise officer	3,436	6,000	(5,704)	3,732
Croydon programme	1,300	-	-	1,300
Other projects	19,943	-	-	19,943
	92,526	198,967	(184,387)	107,106
Goods donations	11,769	6,809	(5,844)	12,734
Total restricted funds	104,295	205,776	(190,231)	119,840
Total unrestricted funds	290,415	168,749	(236,833)	222,331
Total funds	394,710	374,525	(427,064)	342,171

Notes to the financial statements (continued)

10. Movement in funds (continued)

	1 Jan 2021 £	Incoming resources £	Outgoing resources £	31 Dec 2021 £
<i>Funded delivery roles:</i>				
- London 1	9,838	35,890	(29,785)	15,943
- London 2	5,672	61,990	(50,334)	17,328
- Manchester / North West	13,322	107,039	(85,785)	34,576
Funded head office roles	-	28,678	(28,678)	-
Social enterprise officer	8,628	20,332	(25,524)	3,436
Croydon programme	1,300	-	-	1,300
Other projects	19,943	-	-	19,943
	58,703	253,929	(220,106)	92,526
Goods donations	3,579	8,580	(390)	11,769
Total restricted funds	62,282	262,509	(220,496)	104,295
Total unrestricted funds	198,663	224,112	(132,360)	290,415
Total funds	260,945	486,621	(352,856)	394,710

Unrestricted funds

Unrestricted funds are general funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds

- London 1 and London 2 – for the purpose of funding staff costs relating to specific programme coach delivery roles within London.
- Manchester / North West – for the purpose of funding staff costs relating to specific delivery roles within Manchester, Leeds and the North West region.
- Funded head office roles – for the purpose of funding staff costs relating to specific head office roles. During 2022, these roles were funded entirely out of unrestricted funds.
- Social Enterprise Officer – for the purpose of funding a role in administration and relationship management. During 2022, this role was primarily funded out of unrestricted funds.
- Croydon programme – for the purpose of funding delivery in the Croydon area.
- Other projects – for the purpose of staff training and enterprise development.
- Goods donations – relate to goods which have been donated to be used to further TRC's charitable objectives.

Notes to the financial statements (continued)

11. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	31 Dec 2022 £
Fixed assets	567	-	567
Cash and current investments	233,823	107,106	340,929
Other current assets / (liabilities)	-	12,734	12,734
Creditors due within one year	(12,059)	-	(12,059)
Total	222,331	119,840	342,171

	Unrestricted funds £	Restricted funds £	31 Dec 2021 £
Fixed assets	363	-	363
Cash and current investments	301,002	92,526	393,528
Other current assets / (liabilities)	-	11,769	11,769
Creditors due within one year	(10,950)	-	(10,950)
Total	290,415	104,295	394,710

13. Related party transactions

There were no related party transactions during 2022 or 2021.