

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

England & Wales · Charity number 1158098

Details

Other names	METRO BLIND SPORTS
Status	Registered
Legal form	CIO
Registered	2014-08-04
Register	View on the Charity Commission register

Contact

Address	1st Floor 3 Queen Square London WC1N 3AR
Phone	07837721648
Email	info@metroblindsport.org
Website	www.metroblindsport.org

Activities

Objects: THE OBJECT OF THE CIO IS TO RELIEVE BLIND AND PARTIALLY SIGHTED PEOPLE, PRIMARILY RESIDENT IN GREATER LONDON, WHO ARE IN NEED, BY PROVIDING, OR ASSISTING IN THE PROVISION OF, RECREATIONAL ITEMS, SERVICES OR FACILITIES CALCULATED TO RELIEVE THE NEEDS OF SUCH PERSONS. IN FURTHERANCE OF THIS OBJECT, THE CIO TRUSTEE POWERS SHALL INCLUDE, BUT NOT BE LIMITED TO:(1) TO PROVIDE VISION IMPAIRED PEOPLE WITH AS WIDE A RANGE OF FULFILLING SPORT AS POSSIBLE. 2) TO PROVIDE A VARIETY OF SOCIAL ACTIVITIES AND INTERESTS. (3) TO PROVIDE THE MEANS - THROUGH SPORTING AND SOCIAL ACTIVITIES - OF MIXING WITH SIGHTED INDIVIDUALS WITH A VIEW TO IMPROVING UNDERSTANDING AND THE INTEGRATION OF VISION IMPAIRED PEOPLE INTO THE COMMUNITY. (4) TO PROVIDE, WHERE POSSIBLE, SOME FORM OF FINANCIAL ASSISTANCE TO ITS MEMBERS TO ENABLE THEM TO PARTICIPATE FULLY IN SOMETIMES COSTLY EVENTS. (5) TO DO ALL SUCH OTHER LAWFUL THINGS AS SHALL FURTHER THE ABOVE OBJECT.

Activities: Metro provides people with a vision impairment in the Greater London area with a range of sporting and social activities and opportunities, giving them the means to mix with sighted people with a view to improving understanding of the needs of people with sight, and to provide, where possible, some form of

financial assistance to its members to enable them to participate fully in sporting events.

Classification

- **How:** Makes Grants To Individuals, Provides Services
- **What:** Disability, Amateur Sport, Recreation
- **Who:** People With Disabilities

Geography

- **Area of benefit:** LOCAL
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£222,934	£161,229	-	-
2024-03-31	£164,673	£191,761	-	-
2023-03-31	£130,440	£197,812	-	-
2022-03-31	£194,785	£227,899	-	-
2021-03-31	£271,982	£168,601	-	-

Trustees

Name	Role	Appointed
Nick Ebbeck	Chair	2019-11-29
Andrew Law		2015-07-14
Anilkumar Kanani		2022-07-12
Ben Roback		2018-11-30
Lewis Rogers		2023-11-20
Maja Vojnovic		2024-08-05
Mark Russell		2015-07-14
Samual Edmond George Hoskin		2025-05-05
Syed Muhammad Naqi Haider Rizvi		2024-08-05

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

England & Wales - Charity number 1158098

Accounts

**METRO SPORTS AND SOCIAL CLUB OF
VISION IMPAIRED PEOPLE**

Report and Unaudited Accounts

For the Year Ended

31 March 2025

Charity Number 1158098

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Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) for the year ended 31 March 2025

The Trustees present their report and unaudited financial statements for the year ended 31 March 2025.

The accounts are prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 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 (FRS102).

OBJECTIVES AND ACTIVITIES

The charitable objective of Metro Sports and Social Club of Vision Impaired People (Metro) is to relieve blind and partially sighted people, primarily resident in Greater London, who are in need, by providing or assisting in the provision of recreational items, services or facilities to meet their needs. Metro removes barriers and creates, provides and promotes regular sporting and active social activities for people living with sight loss in the Greater London Area. Our primary sports are athletics, bowls, cricket, goalball, football, skiing and tennis, all of which offer opportunities for personal development and tournament participation. Our aim is to help reduce isolation and improve self-esteem for visually impaired people. For those less active and/or new to sight loss; to this end we also run a 'low intensity, high impact' programme where we target those who are most isolated and vulnerable; which is also a primary activity. Metro also works with third party organisations who provide a wide range of activities. Metro is an inclusive, member led organisation. The majority of our Trustees are visually impaired and long-term Metro members.

Volunteers are vital in delivering our work, keeping the weekly and monthly practice sessions running and making competitions and tournaments safe and successful. The Trustees thank our wonderful volunteers for the time they dedicate.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) for the year ended 31 March 2025

PUBLIC BENEFIT

Metro gives due regard to the Charity Commission general guidance on public benefit when carrying out activities to ensure that they are inclusive and available to the widest possible number of people. The benefits for participants include peer support, reduced isolation, development of social networks, increased independence and improved health and well-being.

The Annual Athletics Open is a highlight of the calendar and took place for the third time since the pandemic. It was a great success, and we would like to thank all the officials and volunteers who contributed to making it run smoothly.

Both our membership and participation in sport and social activities are now growing strongly after the pandemic. There is evidence that there is less support for people with sight loss to access services such as we provide, and they say they will feel less lonely if they are able to participate in sporting activities. There is a great need and the support that we provide is invaluable to the lives of blind and partially sighted people.

ACHIEVEMENTS AND PERFORMANCE

Sporting and physical activity

- **Bowls:** Our bowlers had a magnificent season having won several competitions across the different classifications. Bowls sessions continue every week at the Paddington Sport Centre.
- **Cricket:** We have two teams that participate in different leagues at different levels. Our development team concentrates on participation and combining that with a degree of friendly competition. This team continues to grow, give more people opportunities. The first team competes at a national level, where we were very competitive in the league, cup and T/20 competitions.
- **Football:** The core group continues to grow, with more people attending weekly practices sessions and tournaments. We have been using these sessions, combined with the competitions to further build the squad and had good season in 2024/25. Many of our new recruits are young and the future is bright.
- **Goalball:** We have teams at different levels in Goalball, to maximise participation; Regional, Intermediate and Elite. All groups have regular training sessions as well as tournaments. Our teams are growing in numbers and doing well and winning tournaments at the different levels.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) for the year ended 31 March 2025

- **Skiing:** Another popular event on the calendar is a trip to Norway, where we take a group of blind and partially sighted people to Ridderrennet to give them the opportunity to experience slalom skiing.
- **Tennis:** We have biweekly training sessions for blind and partially sighted players at the Islington Tennis Centre. Great coaching is provided to all attendees, some of whom take part in tournaments, where they have performed excellently.
- **'Low Intensity, High Impact':** this is our newest programme that targets the most isolated blind and partially sighted people, encouraging them to get 'out'. Whilst this is a new programme, it is an incredibly important one for us and attracting greater participation and membership.

FINANCIAL REVIEW

We have raised funds through corporate support by way of goodwill advertising and donations, also from formal grant applications, and personal donations through our website.

Principal funders for the period covered by this report are:

- Thomas Pocklington Trust
- Souter Charitable Trust
- Dorothy Hay Bolton Charitable Trust
- William Allen Young Charitable Trust
- Middlesex Sports Foundation
- ESC Lottery Fund Sport England
- Primary Club
- Peter Harrison Foundation
- Fight for Sight
- Disability Sports Development
- National Lottery Community Fund
- The Dan Maskell Tennis Trust
- Lennox Hannay Charitable Trust

It is the policy of the Trustees to hold sufficient unrestricted reserves to cover six months operating costs and to provide funds to offset any unexpected events which may arise and to provide for major planned

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued) for the year ended 31 March 2025**

events including new developments. At 31 March 2025 actual unrestricted funds of £79,370 (of which £1,694 has been designated) which is deemed appropriate to cover six months operating costs.

In addition to the unrestricted funds, at 31 March 2025 the charity held £90,878 of restricted funds as set out in note 8a and 8b to the accounts.

Trustees of Metro Blind Sport would like to pass on their thanks to all funders, in particular to Thomas Pocklington Trust for their continued support.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) for the year ended 31 March 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Metro Sports and Social Club of Vision Impaired People is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO). The Board of Trustees provides governance and oversight to the Charity. The Board may comprise up to twelve trustees. They have legal responsibility for the effective use of resources, in accordance with the constitution, and for providing effective leadership and direction. All trustees give up their time freely and no trustee remuneration was paid in the year. Trustees are required to disclose all relevant interests and register them with the Board and Chief Executive Officer and, in accordance with the Charity's constitution, withdraw from decisions where a conflict of interest arises. Each new trustee is given an appropriate induction programme and training relevant to their responsibility. Trustees are also encouraged to involve themselves as volunteers to the charity, which does not fall under the responsibility of a trustee, but shows commitments and interest.

The Board met five times during this year.

Management

As Metro moves towards being more independent, TPT continues to support Metro financially and with back office support. The Trustees are exceptionally grateful for this support.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) for the year ended 31 March 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Name and registration

Metro is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO) no: 1158098.

Registered office

5 Mead Road, Uxbridge, Middlesex UB8 1AU

Board of trustees

Nick Ebbeck (Chair)

Andrew Law

Ben Roback

Mark Russell

Lewis Rogers

Naqi Rizvi (Joined 16 September 2024)

Maja Vojnovic (Joined 16 September 2024)

Anil Kanani (Treasurer)

Amanda Green (Stepped down 4 November 2024)

Steve Garbutt (Stepped down 16 September 2024)

Sam Hoskin (invited to join 27/01/25, attended board 5 May 2025)

Senior Management

Rory Field Chief Executive Officer

Website

www.metroblindsport.org

Bankers

Barclays Bank PLC, 1 Churchill Place, London, E14 5HP

National Westminster, Enfield, Lee House, Baird Road, Middlesex, EN1 1FD

Independent Examiner

Nicola Anderson FCIE, 189 Baldwins Lane, Croxley Green, Rickmansworth, Hertfordshire, WD3 3LL.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) for the year ended 31 March 2025

Insurance brokers

Towergate Insurance, Unit 2 Grovelands Business Centre, Boundary Way,
Hemel Hempstead, Hertfordshire, HP2 7TE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice including FRS102 the Financial Reporting Standard applicable in the UK and Ireland. Under that law, the Trustees must not approve the financial statements unless they are satisfied they give a true and fair view of the state of affairs of the Charity and of the income and expenditure of the Charity for that period.

In preparing those financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable the Trustees to ascertain the financial position of the

Charity and ensure that the financial statements comply with relevant charity legislation. 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.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued) for the year ended 31 March 2025**

The Trustees confirm that, so far as they are aware, there is no relevant information of which the Charity's Independent Examiner is unaware. They have taken all the steps that they ought to have taken as trustees in order to be aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

Approved by the Board on 10 September 2025



Nick Ebbeck
Chair

Metro Sports and Social Club of Vision Impaired People Independent Examiner's Report for the year ended 31 March 2025

I report to the Trustees on my examination of the accounts of Metro Sports and Social Club of Vision Impaired People (charity no: 1158098) for the year ended 31 March 2025 which are set out on pages 12 to 22.

Respective responsibilities of trustees and examiner 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

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.

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report for the year ended 31 March 2025**

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.

A handwritten signature in blue ink, consisting of a circular initial followed by a series of loops and a long horizontal stroke ending in an arrowhead.

Nicola Anderson FCIE

Date: 11 September 2025

Charity Accountant and Independent Examiner

189 Baldwins Lane
Croxley Green
Rickmansworth
Hertfordshire
WD3 3LL

Metro Sports and Social Club of Vision Impaired People
Statement of Financial Activities
For the year ended 31 March 2025

	Note	2025			2024		
		Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £
Income from:							
Grants and donations	2	114,863	5,376	120,239	127,367	-	127,367
Charitable activities	3	1,527	100,075	101,602	1,211	34,958	36,169
Investments		1,093	-	1,093	1,137	-	1,137
Total income		117,483	105,451	222,934	129,715	34,958	164,673
Expenditure on:							
Charitable activities	4	(107,673)	(53,556)	(161,229)	(164,897)	(26,864)	(191,761)
Total expenditure		(107,673)	(53,556)	(161,229)	(164,897)	(26,864)	(191,761)
Net income/expenditure for the year		9,810	51,895	61,705	(35,182)	8,094	(27,088)
Reconciliation of funds							
Funds brought forward		69,560	38,983	108,543	104,742	30,889	135,631
Funds carried forward		79,370	90,878	170,248	69,560	38,983	108,543

Metro Sports and Social Club of Vision Impaired People
Balance Sheet
As at 31 March 2025

	Note	2025 £	2024 £
Current assets			
Debtors	6	-	1,440
Cash at bank		178,289	119,061
Total		178,289	120,501
Creditors: amounts due within one year	7	(8,041)	(11,958)
Net current assets/net assets		170,248	108,543
Funds of the Charity:			
	8		
Restricted income funds		90,878	38,983
Designated funds		1,694	1,919
Unrestricted funds		77,676	67,641
		170,248	108,543

The notes on pages 14 to 22 form part of the financial statements.

Approved by the Trustees on 10 September 2025 and signed on their behalf by




Nick Ebbeck
Chair

Anil Kanani
Treasurer

Metro Sports and Social Club of Vision Impaired People

Notes to the Financial Statements for the year ended March 2025

1. Accounting policies

Basis of accounting

The accounts are prepared in accordance with the Charities Act 2011 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 (FRS102

The Charity is a public benefit entity as defined by FRS102

Going Concern

The accounts have been prepared on the going concern basis as, after making enquiries, the Trustees have reasonable assurance that the Charity has adequate resources to continue in operational existence for the foreseeable future. The charity has secured a funding agreement with TPT until 2028, TPT will continue to administer the Charity. The Trustees are confident of securing funding from other sources.

Income recognition

Income is recognised once the charity has entitlement, receipt is probable, and the amount can be measured reliably.

Income from donations, gifts and grants, including donated facilities and services, comprises income for core activities and are of a general nature. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions, which in themselves are not restrictions, which must be met before the Charity has unconditional entitlement

Income from charitable activities comprises income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised as the related services are provided. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

Metro Sports and Social Club of Vision Impaired People

Notes to the Financial Statements for the year ended March 2025

1. Accounting policies (continued)

Income from investments comprises bank interest. This income is recognised when credited to the charity's bank account.

Expenditure recognition

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of non-recoverable VAT.

Allocation of costs

Charitable activities include all costs directly related to the objects of the Charity.

Support costs are incurred in support of the above activities. Included in support costs are costs incurred in governance of the charity which are primarily associated with the constitutional and statutory requirements. Support costs are allocated to activities based on an estimate of staff time spent on each activity during the financial period.

Donated facilities and services

Donations received in kind and not in cash are brought into the Statement of Financial Activities at a value which the Trustees consider would represent the cost to the Charity if these items were purchased. The income is accounted for under donations and the expenditure under the appropriate expenditure.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements for the year ended March 2025

2. Grants and donations

	2025	2024
	£	£
Institutions		
Pocklington Trust	103,672	114,339
Dorothy Hay-Bolton Charitable Trust	9,000	4,000
GC Gibson	-	3,000
Joseph Strong Frazer Trust	-	1,000
Vision4Growth	-	2,819
Souter Charitable Trust	3,000	-
Middlesex Sports Foundation	1,000	-
William Allen Young Charitable Trust	2,000	
Donations (Unrestricted) below £1,000	-	693
	118,672	125,851
Individuals	1,567	1,465
Membership fees	-	50
Total	120,239	127,366

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements for the year ended March 2025

3 Charitable activities

	2025	2024
	£	£
Fees	945	816
Tennis balls	473	290
Anniversary Celebration	-	105
Collections	109	-
Grants		
ESC London Lottery Sport England	7,945	-
Primary Club	16,000	9,000
Peter Harrison Foundation	18,000	-
London Metro Futsal Club	3,430	3,000
Grants under £1,000	1,024	990
Fight for Sight	25,476	14,968
Mike Brace	-	4,000
DSI Technology	-	1,000
Disability Sports Development	6,000	2,000
National Lottery Community Fund	20,000	-
The Dan Maskell Tennis Trust	1,200	-
Lennox Hannay Charitable Trust	1,000	-
	101,602	36,169

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements for the year ended March 2025

4 Charitable expenditure

	2025	2024
	£	£
Staff costs	99,775	96,200
Service costs	28,272	53,573
Support Costs (Pocklington Trust)	23,296	26,702
Website & telecoms	3,890	9,657
Other	4,263	3,927
Independent Examination	1,175	1,100
Administration	558	602
Trustee Expenses	-	-
Total	161,229	191,761

5 Staff costs

	2025	2024
	£	£
Gross Salaries	91,618	48,022
Employer's NI	4,121	-
Employer's Pension	4,036	1,571
Seconded from Pocklington Trust	-	-
Contracted from Pocklington Trust	-	46,607
Other staff costs	-	-
	99,775	96,200

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements for the year ended March 2025

The average number of staff, including contracted and seconded staff, during the year was:

	2025	2024
Headcount	2.3	2.5

No member of staff was paid over £60,000 (2024: none)

The total remuneration (inc Employer's NI & Pension) paid for key management was £65,274 (2024: £49,902)

6 Debtors

	2025	2024
	£	£
Prepayments and accrued income	-	-
Debtors	-	1,440
Total	-	1,440

7 Creditors: amounts due within one year

	2025	2024
	£	£
Creditors	6,676	9,866
Accruals	1,365	2,092
	8,041	11,958

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements for the year ended March 2025

8a. Funds of the Charity – Current year

Movement on funds:

	At 01 Apr 24	Income	Expenditure	At 31 Mar 25
	£	£	£	£
Restricted funds				
Archery	415	-	-	415
Athletics	-	8,000	(4,288)	3,712
Bowls	-	1,000	(1,000)	-
Cricket	8,425	8,512	(9,180)	7,757
Tennis	-	3,500	(3,500)	-
Multisport	-	55,992	(5,294)	50,698
Swimming	988	-	-	988
Gunnersbury	7,832	-	(2,000)	5,832
Cycling	1,154	-	-	1,154
Walking	1,019	-	-	1,019
Climbing	5,628	212	(760)	5,080
Rugby	3,000	-	-	3,000
Football	-	3,430	(2,965)	465
Goalball	-	4,000	(1,187)	2,813
High Impact LD	10,522	7,484	(18,006)	-
Sport Eng Equipment	-	7,945	-	7,945
Pocklington Intern	-	5,376	(5,376)	-
	38,983	105,451	(53,556)	90,878
Unrestricted Funds				
Designated Funds	1,919	-	(225)	1,694
General funds	67,641	117,483	(107,448)	77,676
	69,560	117,483	(107,673)	79,370
Total funds	108,543	222,934	(161,229)	170,248

Allocation of net assets by fund

	Restricted	Unrestricted	Total
	£	£	£
Cash at bank	90,878	87,411	178,289
Debtors	-	-	-
Creditors	-	(8,041)	(8,041)
	90,878	79,370	170,248

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements for the year ended March 2025

8b. Funds of the Charity – Prior year

Movement on funds:

	At 01 Apr 23	Income	Expenditure	At 31 Mar 24
	£	£	£	£
Restricted funds				
Archery	615	-	(200)	415
Athletics	-	4,025	(4,025)	-
Cricket	7,757	7,250	(6,582)	8,425
Tennis	-	250	(250)	-
Swimming	988	-	-	988
Gunnersbury	8,601	-	(769)	7,832
Cycling	1,154	-	-	1,154
Walking	2,917	-	(1,898)	1,019
Climbing	5,857	165	(394)	5,628
Rugby	3,000	-	-	3,000
Football	-	3,000	(3,000)	-
High Impact LD	-	14,968	(4,446)	10,522
Sailing	-	300	(300)	-
Anniversary Dinner	-	5,000	(5,000)	-
	30,889	34,958	(26,864)	38,983
Unrestricted funds				
Designated Funds	2,369	-	(450)	1,919
General funds	102,373	129,715	(164,447)	67,641
	104,742	129,715	(164,897)	69,560
Total funds	135,631	164,673	(191,761)	108,543

Allocation of net assets by fund

	Restricted	Unrestricted	Total
	£	£	£
Cash at bank	38,983	80,078	119,061
Debtors	-	1,440	1,440
Creditors	-	(11,958)	(11,958)
	38,983	69,560	108,543

Metro Sports and Social Club of Vision Impaired People

Notes to the Financial Statements for the year ended March 2025

9 Trustee remuneration and expenses

No trustee received any remuneration from the charity in the year (2024: 0)

No trustee received reimbursement (2024: none) for travel expenses to attend Board meetings.

10 Related party transactions

The Thomas Pocklington Trust (TPT) is a related party as it has significant influence over the charity.

Up to 31 March 2023 all TPT support was given in kind. From 1 April 2023 the charity and TPT entered into a 3-year agreement whereby TPT would pay an annual grant to the charity and would continue to provide in-kind support services.

The following transactions have been included in the accounts:

	2025	2024
	£	£
Income		
Grants Awarded	80,376	80,000
In kind donations	23,296	34,339
	103,672	114,339
Expenditure		
Staff services	-	46,607
Support services	23,296	26,702
	23,296	73,309

There were no amounts due to or from TPT at 31 March 2025 (2024: £Nil)

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

England & Wales - Charity number 1158098

Accounts

**METRO SPORTS AND SOCIAL CLUB OF
VISION IMPAIRED PEOPLE**

Report and Unaudited Accounts

For the Year Ended

31 March 2024

Charity Number 1158098

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**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024**

The Trustees present their report and unaudited financial statements for the year ended 31 March 2024.

The accounts are prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 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 (FRS102).

OBJECTIVES AND ACTIVITIES

The charitable objective of Metro Sports and Social Club of Vision Impaired People (Metro) is to relieve blind and partially sighted people, primarily resident in Greater London, who are in need, by providing or assisting in the provision of recreational items, services or facilities to meet their needs. Metro removes barriers and creates, provides and promotes regular sporting and active social activities for people living with sight loss in the Greater London Area. Our core sports are athletics, bowls, cricket, goalball, football and tennis, all of which offer opportunities for personal development and tournament participation. Our aim is to help reduce isolation and improve self-esteem for visually impaired people. For those less active and/or new to sight loss; to this end we also run a 'low intensity, high impact' programme where we target those who are most isolated and vulnerable. Metro also works with third party organisations who provide a wide range of activities.

Metro is an inclusive, member led organisation. The majority of our Trustees are visually impaired and long-term Metro members.

Volunteers are vital in delivering our work, keeping the weekly and monthly practice sessions running and making competitions and tournaments safe and successful. The Trustees thank our wonderful volunteers for the time they dedicate.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024
PUBLIC BENEFIT**

Metro give due regard to the Charity Commission general guidance on public benefit when carrying out activities to ensure that they are inclusive and available to the widest possible number of people. The benefits for participants include peer support, reduced isolation, development of social networks, increased independence and improved health and well-being. The Annual Athletics Open is a highlight of the calendar and took place for the second time since the pandemic. It was a great success, and we would like to thank all the officials and volunteers who contributed to making it run smoothly. Both our membership and participation in sport and social activities are starting to grow nicely after the pandemic. There is evidence that there is less support for people with sight loss to access services such as we provide, and they say they will feel less lonely if they were able to participate in sport activities. There is a great need and the support that we provide is invaluable to the lives of blind and partially sighted people.

ACHIEVEMENTS AND PERFORMANCE

Sporting and physical activity

Metro was awarded the Kings Award for Voluntary Services. This is the highest award that a charity can receive and is the equivalent of an MBE. This is in recognition for the work that we have done over the last 50 years. Metro's new CEO was honoured by the MCC at Lords as one of their inaugural "MCC Community Cricket Heroes", recognising the work he has done for blind cricket in the community for over 20 years.

- **Bowls:** Our bowlers had a magnificent season having won several competitions across the different classifications. Bowls sessions continue every week at the Paddington Sport Centre.
- **Cricket:** A good season can be described in different ways, but this covers most of them. Metro has two teams, one that concentrates on participation, inclusion and development and another that focuses on competition. The latter won the National League and the former, playing in the Sothern Regional Development League, was awarded the 'Spirit of Cricket' award. Participation in cricket, as in all the sports is up. Our practice sessions in 2023 were held at the beautiful Hornsey Cricket Club facilities and we are grateful for their support.
- **Football:** The core group continues to grow, with more people attending weekly practices sessions and tournaments. We have

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued)

For the year ended 31 March 2024

been using these sessions, combined with the competitions to further build the squad and we are expecting a good season in 2024/25.

- **Goalball:** We have teams at three different levels in Goalball, to maximise participation; Novice, Intermediate and Elite. All groups have regular training sessions as well as matches. In the last year, the Intermediate Group were runners up in the cup competition and the Elite Group went after the League Title.
- **Tennis:** We have biweekly training sessions for blind and partially sighted players at the Islington Tennis Centre. Besides the great coaching that they have received, our players have performed extremely well, with several in the UK top 10 across the different blind tennis categories, as well as the world number 1 in the totally blind category for men.
- **'Low Intensity, High Impact':** this is our new programme that targets the most isolated blind and partially sighted people, encouraging them to get 'out'. Whilst this is a new programme, it is an incredibly important one for us and attracting greater participation and membership.

FINANCIAL REVIEW

We have raised funds through corporate support by way of goodwill advertising and donations, also from formal grant applications, and personal donations through our website.

Principal funders for the period covered by this report are:

Thomas Pocklington Trust
Joseph Strong Frazer Trust
GC Gibson
Dorothy Hay Bolton
Primary Club
Fight for Sight
DSI Technology Services
Disability Sports Development

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024**

It is the policy of the Trustees to hold sufficient unrestricted reserves to cover six months operating costs and to provide funds to offset any unexpected events which may arise and to provide for major planned events including new developments. At 31 March 2024 actual unrestricted funds of £69,560 (of which £1,919 has been designated) which is deemed appropriate to cover six months operating costs.

In addition to the unrestricted funds, at 31 March 2024 the charity held £38,983 of restricted funds as set out in note 8a and 8b to the accounts.

Trustees of Metro Blind Sport would like to pass on their thanks to all funders, in particular to Thomas Pocklington Trust for their continued support.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024
STRUCTURE, GOVERNANCE AND MANAGEMENT**

Metro Sports and Social Club of Vision Impaired People is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO). The Board of Trustees provides governance and oversight to the Charity. The Board may comprise up to twelve trustees. They have legal responsibility for the effective use of resources, in accordance with the constitution, and for providing effective leadership and direction. All trustees give up their time freely and no trustee remuneration was paid in the year. Trustees are required to disclose all relevant interests and register them with the Board and Chief Executive Officer and, in accordance with the Charity's constitution, withdraw from decisions where a conflict of interest arises. Each new trustee is given an appropriate induction programme and training relevant to their responsibility. Trustees are also encouraged to involve themselves in areas of interest through close involvement with staff and users of the Charity's services.

The Board met seven times during this year.

Management

As Metro moves towards being more independent, TPT continues to support Metro financially and with back office support.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024
REFERENCE AND ADMINISTRATIVE DETAILS**

Name and registration

Metro is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO) no: 1158098.

Registered office

5 Mead Road, Uxbridge, Middlesex UB8 1AU

Board of trustees

Nick Ebbeck (Chair)
Stephen Garbutt
Amanda Green
Andrew Law
Ben Roback
Mark Russell
Lewis Rogers
Anil Kanani (Treasurer)

Senior Management

Rory Field Chief Executive Officer

Website

www.metroblindsport.org

Bankers

Barclays Bank PLC, 1 Churchill Place, London, E14 5HP
National Westminster, Enfield, Lee House, Baird Road, Middlesex, EN1
1FD

Independent Examiner

Nicola Anderson FCIE, 189 Baldwins Lane, Croxley Green,
Rickmansworth, Hertfordshire, WD3 3LL.

Insurance brokers

Towergate Insurance, Unit 2 Grovelands Business Centre, Boundary Way,
Hemel Hempstead, Hertfordshire, HP2 7TE

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice including FRS102 the Financial Reporting Standard applicable in the UK and Ireland. Under that law, the Trustees must not approve the financial statements unless they are satisfied they give a true and fair view of the state of affairs of the Charity and of the income and expenditure of the Charity for that period.

In preparing those financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable the Trustees to ascertain the financial position of the

Charity and ensure that the financial statements comply with relevant charity legislation. 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 confirm that, so far as they are aware, there is no relevant information of which the Charity's Independent Examiner is unaware. They have taken all the steps that they ought to have taken as trustees in order to be aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2024**

Approved by the Board on 16 September 2024

A handwritten signature in black ink, appearing to read 'Nick Ebbeck', written in a cursive style.

Nick Ebbeck
Chair

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2024**

I report to the Trustees on my examination of the accounts of Metro Sports and Social Club of Vision Impaired People (charity no: 1158098) for the year ended 31 March 2024 which are set out on pages 12 to 23.

Respective responsibilities of trustees and examiner 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

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.

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2024**

A handwritten signature in black ink, consisting of a circled 'N' followed by a series of loops and a long horizontal stroke ending in an arrowhead.

Nicola Anderson FCIE

Date: 04 November 2024

Charity Accountant and Independent Examiner

189 Baldwins Lane
Croxley Green
Rickmansworth
Hertfordshire
WD3 3LL

Metro Sports and Social Club of Vision Impaired People
Statement of Financial Activities
For the year ended 31 March 2024

	Note	2024			2023		
		Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £
Income from:							
Grants and donations	2	127,367	-	127,367	97,086	684	97,770
Charitable activities	3	1,211	34,958	36,169	4,034	28,322	32,356
Investments		1,137	-	1,137	314	-	314
Total income		129,715	34,958	164,673	101,434	29,006	130,440
Expenditure on:							
Charitable activities	4	(164,897)	(26,864)	(191,761)	(159,880)	(37,932)	(197,812)
Total expenditure		(164,897)	(26,864)	(191,761)	(159,880)	(37,932)	(197,812)
Net income/expenditure for the year		(35,182)	8,094	(27,088)	(58,446)	(8,926)	(67,372)
Reconciliation of funds							
Funds brought forward		104,742	30,889	135,631	163,188	39,815	203,003
Funds carried forward		69,560	38,983	108,543	104,742	30,889	135,631

Metro Sports and Social Club of Vision Impaired People
Balance Sheet
As at 31 March 2024

	Note	2024 £	2023 £
Current assets			
Debtors	6	1,440	555
Cash at bank		119,061	147,840
Total		120,501	148,395
Creditors: amounts due within one year	7	(11,958)	(12,764)
Net current assets/net assets		108,543	135,631
Funds of the Charity:			
	8		
Restricted income funds		38,983	30,889
Designated funds		1,919	2,369
Unrestricted funds		67,641	102,373
		108,543	135,631

The notes on pages 14 to 23 form part of the financial statements.

Approved by the Trustees on 16 September 2024 and signed on their behalf by



Nick Ebbeck
Chair



Anil Kanani
Treasurer

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

1. Accounting policies

Basis of accounting

The accounts are prepared in accordance with the Charities Act 2011 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 (FRS102

The Charity is a public benefit entity as defined by FRS102

Going Concern

The accounts have been prepared on the going concern basis as, after making enquiries, the Trustees have reasonable assurance that the Charity has adequate resources to continue in operational existence for the foreseeable future. The charity has secured a funding agreement with TPT until 2028, TPT will continue to administer the Charity. The Trustees are confident of securing funding from other sources.

Income recognition

Income is recognised once the charity has entitlement, receipt is probable, and the amount can be measured reliably.

Income from donations, gifts and grants, including donated facilities and services, comprises income for core activities and are of a general nature. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions, which in themselves are not restrictions, which must be met before the Charity has unconditional entitlement

Income from charitable activities comprises income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised as the related services are provided. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

1. Accounting policies (continued)

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

Income from investments comprises bank interest. This income is recognised when credited to the charity's bank account.

Expenditure recognition

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of non-recoverable VAT.

Allocation of costs

Charitable activities include all costs directly related to the objects of the Charity.

Support costs are incurred in support of the above activities. Included in support costs are costs incurred in governance of the charity which are primarily associated with the constitutional and statutory requirements. Support costs are allocated to activities based on an estimate of staff time spent on each activity during the financial period.

Donated facilities and services

Donations received in kind and not in cash are brought into the Statement of Financial Activities at a value which the Trustees consider would represent the cost to the Charity if these items were purchased. The income is accounted for under donations and the expenditure under the appropriate expenditure.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

2. Grants and donations

	2024	2023
	£	£
Institutions		
Pocklington Trust	114,339	85,560
Dorothy Hay-Bolton Charitable Trust	4,000	3,000
GC Gibson	3,000	2,000
Joseph Strong Frazer Trust	1,000	1,000
Vision4Growth	2,819	-
Grants under £1,000	-	684
Donations (Unrestricted) below £1,000	693	2,421
	125,851	94,665
Individuals	1,465	2,985
Membership fees	50	120
Total	127,366	97,770

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

3 Charitable activities

	2024	2023
	£	£
Fees	816	625
Tennis balls	290	314
Anniversary Celebration	105	3,095
 Grants		
Primary Club	9,000	7,000
Blind Cricket England & Wales	-	1,095
Greater London Authority	-	2,845
London Metro Futsal Club	3,000	1,505
Vision Foundation	-	3,890
Grants under £1,000	990	2,987
The Will Charitable Trust	-	7,000
British Blind Sport	-	2,000
Fight for Sight	14,968	-
Mike Brace	4,000	-
DSI Technology	1,000	-
Disability Sports Development	2,000	-
	<hr/> 36,169	<hr/> 32,356

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

4 Charitable expenditure

	2024	2023
	£	£
Staff costs	96,200	87,128
Service costs	53,573	70,662
Support Costs (Pocklington Trust)	26,702	20,067
Website & telecoms	9,657	12,749
Other	3,927	5,387
Independent Examination	1,100	900
Administration	602	919
Trustee Expenses	-	-
Total	191,761	197,812

5 Staff costs

	2024	2023
	£	£
Gross Salaries	48,022	-
Employer's Pension	1,571	-
Seconded from Pocklington Trust	-	87,128
Contracted from Pocklington Trust	46,607	-
Other staff costs	-	-
	96,200	87,128

The average number of staff, including contracted and seconded staff, during the year was:

	2024	2023
Headcount	2.5	2.2

No member of staff was paid over £60,000 (2023: none)

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

The total remuneration (inc Employer's NI & Pension) paid for key management was £49,902 (2023: £50,898)

6 Debtors

	2024	2023
	£	£
Prepayments and accrued income	-	-
Debtors	1,440	555
Total	1,440	555

7 Creditors: amounts due within one year

	2024	2023
	£	£
Creditors	9,866	10,325
Accruals	2,092	2,439
	11,958	12,764

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

8a. Funds of the Charity – Current year

Movement on funds:

	At 01 Apr 23	Income	Expenditure	At 31 Mar 24
	£	£	£	£
Restricted funds				
Archery	615	-	(200)	415
Athletics	-	4,025	(4,025)	-
Cricket	7,757	7,250	(6,582)	8,425
Tennis	-	250	(250)	-
Swimming	988	-	-	988
Gunnersbury	8,601	-	(769)	7,832
Cycling	1,154	-	-	1,154
Walking	2,917	-	(1,898)	1,019
Climbing	5,857	165	(394)	5,628
Rugby	3,000	-	-	3,000
Football	-	3,000	(3,000)	-
High Impact LD	-	14,968	(4,446)	10,522
Sailing	-	300	(300)	-
Anniversary Dinner	-	5,000	(5,000)	-
	30,889	34,958	(26,864)	38,983
Unrestricted Funds				
Designated Funds	2,369	-	(450)	1,919
General funds	102,373	129,715	(164,447)	67,641
	104,742	129,715	(164,897)	69,560
Total funds	135,631	164,673	(191,761)	108,543

Allocation of net assets by fund

	Restricted	Unrestricted	Total
	£	£	£
Cash at bank	38,983	80,078	119,061
Debtors	-	1,440	1,440

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

Creditors	-	(11,958)	(11,958)
	38,983	69,560	108,543

8b. Funds of the Charity – Prior year

Movement on funds:

	At 01 Apr 22	Income	Expenditure	At 31 Mar 23
	£	£	£	£
Restricted funds				
Archery	1,129	-	(514)	615
Athletics	-	684	(684)	-
Bowls	-	-	-	-
Cricket	8,247	8,095	(8,585)	7,757
Tennis	-	2,357	(2,357)	-
Multisport	-	2,270	(2,270)	-
Swimming	1,000	-	(12)	988
Gunnersbury	8,601	-	-	8,601
Cycling	2,679	2,845	(4,370)	1,154
Walking	8,495	-	(5,578)	2,917
Climbing	6,664	360	(1,167)	5,857
Rugby	3,000	-	-	3,000
Football	-	1,505	(1,505)	-
Dance Dosti	-	3,890	(3,890)	-
Travelhands	-	7,000	(7,000)	-
	39,815	29,006	(37,932)	30,889
Unrestricted funds				
Designated Funds	-	2,369	-	2,369
General funds	163,188	99,065	(159,880)	102,373
	163,188	101,434	(159,880)	104,742
Total funds	203,003	130,440	(197,812)	135,631

Allocation of net assets by fund

	Restricted	Unrestricted	Total
	£	£	£
Cash at bank	30,334	117,506	147,840

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

Debtors	555	-	555
Creditors	-	(12,764)	(12,764)
	30,889	104,742	135,631

9 Trustee remuneration and expenses

No trustee received any remuneration from the charity in the year (2023: 0)

No trustee received reimbursement (2023: none) for travel expenses to attend Board meetings.

10 Related party transactions

The Thomas Pocklington Trust (TPT) is a related party as it has significant influence over the charity.

Up to 31 March 2023 all TPT support was given in kind. From 1 April 2023 the charity and TPT entered into a 3-year agreement whereby TPT would pay an annual grant to the charity and would continue to provide in-kind support services.

The following transactions have been included in the accounts:

	2024	2023
	£	£
Income		
Grants Awarded	80,000	-
In kind donations	34,339	107,195
	114,339	107,195
Expenditure		
Staff services	46,607	87,128
Support services	26,702	20,067
	73,309	107,195

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements
For the year ended March 2024

There were no amounts due to or from TPT at 31 March 2024 (2023: £7,175)

11 Capital commitment

The trustees authorised contracted expenditure of £11,280 to upgrade the website. Payments of £8,460 were made in 2022/23 and were included in expenditure for that year. The remaining balance of £2,820 was paid in 2023/24 and is included in expenditure.

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

England & Wales - Charity number 1158098

Accounts

**METRO SPORTS AND SOCIAL CLUB OF
VISION IMPAIRED PEOPLE**

Report and Unaudited Accounts

For the Year Ended

31 March 2023

Charity Number 1158098

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**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023**

The Trustees present their report and unaudited financial statements for the year ended 31 March 2023.

The accounts are prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 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 (FRS102).

OBJECTIVES AND ACTIVITIES

The charitable objective of Metro Sports and Social Club of Vision Impaired People (Metro) is to relieve blind and partially sighted people, primarily resident in Greater London, who are in need, by providing or assisting in the provision of recreational items, services or facilities calculated to relieve the needs of such persons.

The Trustees meet these objectives by

- providing and promoting regular sporting activities for people living with sight loss in the Greater London Area. Our core sports are archery, athletics, bowls, cricket, football and tennis, all of which offer opportunities for personal development and tournament participation;

Our aim is to help reduce isolation for those less active and/or new to sight loss; and through the website and social media platforms providing up-to-date information which is relevant to those living with sight loss; this covers a wide variety of interests from many different organisations.

Volunteers are vital in delivering these initiatives, keeping the weekly and monthly practice sessions running and making competitions and tournaments safe and successful.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued)

For the year ended 31 March 2023

Metro retains a volunteering policy and is supported by Thomas Pocklington Trust who provide financial support and a service which carries out our DBS checks and helps with volunteer recruitment and general administration.

Metro trustees would like to place on record their thanks for the support received from Thomas Pocklington Trust.

PUBLIC BENEFIT

The Trustees give due regard to the Charity Commission general guidance on public benefit when carrying out activities to ensure that they are inclusive and available to the widest possible number of people. The benefits for participants include peer support, reduced isolation, development of social networks, increased independence and improved health and well-being. Following the pandemic, the re-opening of our sports and activities has slowly increased.

Archery has suffered as we lost the venue and coach and we endeavour to find a new home for next year.

The Annual Athletics Open took place this year for the first time since the pandemic and we had a healthy turnout with members, volunteers and officials all giving up their time to attend and support Metro. Getting people back to the weekly activities has improved this year, we continue to encourage past members to take the plunge and get back to sport as well as encourage new members to join. We are seeing people regain their confidence gradually over time but it will take longer for some to take the step back to participating.

ACHIEVEMENTS AND PERFORMANCE

Sporting and physical activity

Cricket nets resumed in May at the nets at Highgate Woods and we had some new members turn out for them, many of whom quickly joined the development team (Devils) for their season. Both Metro teams took part in their respective league and cup competitions again this year.

The Metro first Team won the BCEW National League title, were finalists of the British Blind Sport Primary Club Cup competition and reached the final event in September for the 20-20 competition. Metro players received the BCEW National League batsmen of the year trophy and the BCEW Regional League Partially Sighted Player of the Year 2021. The Devils did

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023**

not emerge winners of any competitions but continued to play regularly and improved, several players showing the kind of promise that would see them later make the step up to first team appearances.

Football sessions took place at the Score Centre in Leyton. They continue to meet on Tuesday evenings and Saturday mornings. There is a good core group of players and they enjoy competing.

Tennis is held at Islington Tennis Centre and attendance has improved this year at both B1 and partially sighted sessions. Our volunteers at tennis are reliable and keen to attend. Tennis members have been taking part in the LTA visually impaired regional and national tournaments. In September, we held an organised trip to Poland with a group of players to take part in an international tournament.

The Metro bowlers are a thriving group playing at Paddington Sports Club and also at Ravenscroft from May when the weather improves. This provided the bowlers with two opportunities each week to attend. Metro members attended the regional and national bowls events during the summer months, with members reaching the finals of many of the VI Bowls England Nationals categories.

Netball sessions continued this year but unfortunately due to lack of resources and the location, this has ceased running. We continue to work with London Pulse to consider how we can get this working in the future.

Our swimming sessions continue to take place at Northolt Leisure Centre for people to learn to swim.

Metro held their AGM in November with over 70 people attending the face-to-face event. Re-election of trustees Nick Ebbeck and Monica Smith occurred by majority, Anil Kanani was appointed as trustee and treasurer as Monica Smith stepped down from the role. It was also confirmed that Andy Law, Amanda Green, Ben Roback, Mark Russell and Steve Garbutt wished to remain as trustees.

There have been various visual awareness training sessions delivered, face to face this year, which prove invaluable learning places.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023**

Metro staff have attended conferences and exhibitions to represent us and promote opportunities for people who are blind or partially sighted to be active.

FINANCIAL REVIEW

We have raised funds through corporate support by way of goodwill advertising and donations, also from formal grant applications, and personal donations through our website.

Principal funders for the period covered by this report are:

Thomas Pocklington Trust
Vision Foundation
Greater London Authority
Joseph Strong Frazer Trust
GC Gibson
Dorothy Hay Bolton
The Will Charitable Trust
British Blind Sport

It is the policy of the Trustees to hold sufficient unrestricted reserves to cover six months operating costs and to provide funds to offset any unexpected events which may arise and to provide for major planned events including new developments. At 31 March 2023 actual unrestricted funds of £104,742 (of which £2,369 has been designated) which is deemed appropriate to cover six months operating costs.

In addition to the unrestricted funds, at 31 March 2023 the charity held £30,889 of restricted funds as set out in note 8a and 8b to the accounts.

Trustees of Metro Blind Sport would like to pass on their thanks to all funders, in particular to Thomas Pocklington Trust for their continued support.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023
STRUCTURE, GOVERNANCE AND MANAGEMENT**

Structure

Metro and Social Club of Vision Impaired People is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO).

Governance

The Board of Trustees controls the Charity.

Trustees are appointed to the Board by election of members; the Board may comprise up to twelve trustees. They have legal responsibility for the effective use of resources, in accordance with the constitution, and for providing effective leadership and direction.

All trustees give up their time freely and no trustee remuneration was paid in the year. Trustees are required to disclose all relevant interests and register them with the Board and Chief Executive Officer and, in accordance with the Charity's constitution, withdraw from decisions where a conflict of interest arises.

Each new trustee is given an appropriate induction programme and training relevant to their responsibility. Trustees are also encouraged to involve themselves in areas of interest through close involvement with staff and users of the Charity's services.

The Board met seven times during this year.

Management

TPT has asked Metro to consider how we could become independent in the future and discussions are ongoing. TPT continues to support Metro financially and with back office support.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023
REFERENCE AND ADMINISTRATIVE DETAILS**

Name and registration

Metro is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO) no: 1158098.

Registered office

5 Mead Road, Uxbridge, Middlesex UB8 1AU

Board of trustees

Nick Ebbeck

Stephen Garbutt

Amanda Green

Andrew Law (Chair)

Ben Roback

Mark Russell

Monica Jean Smith

Anil Kanani (Treasurer) appointed 12 July 2022

Senior Management

Tracie Tappenden Chief Executive Officer

Website

www.metroblindsport.org

Bankers

Barclays Bank PLC, 1 Churchill Place, London, E14 5HP

National Westminster, Enfield, Lee House, Baird Road, Middlesex, EN1
1FD

Independent Examiner

Nicola Anderson FCA FCIE, 189 Baldwins Lane, Croxley Green,
Rickmansworth, Hertfordshire, WD3 3LL.

Insurance brokers

Towergate Insurance, Unit 2 Grovelands Business Centre, Boundary Way,
Hemel Hempstead, Hertfordshire, HP2 7TE

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice including FRS102 the Financial Reporting Standard applicable in the UK and Ireland. Under that law, the Trustees must not approve the financial statements unless they are satisfied they give a true and fair view of the state of affairs of the Charity and of the income and expenditure of the Charity for that period.

In preparing those financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable the Trustees to ascertain the financial position of the

Charity and ensure that the financial statements comply with relevant charity legislation. 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 confirm that, so far as they are aware, there is no relevant information of which the Charity's Independent Examiner is unaware. They have taken all the steps that they ought to have taken as trustees in order to be aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2023**

Approved by the Board on 11 September 2023

A handwritten signature in black ink that reads "ANDREW LAW". The letters are slightly slanted and connected in a cursive-like style.

Andrew Law
Chair

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2023**

I report to the Trustees on my examination of the accounts of Metro Sports and Social Club of Vision Impaired People (charity no: 1158098) for the year ended 31 March 2023 which are set out on pages 12 to 22.

Respective responsibilities of trustees and examiner 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

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.

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2023**

A handwritten signature in blue ink, consisting of a circled initial 'N' followed by a series of loops and a long horizontal stroke ending in an arrowhead.

Nicola Anderson FCA FCIE

Date: 12/09/2023

Chartered Accountant and Independent Examiner

189 Baldwins Lane
Croxley Green
Rickmansworth
Hertfordshire
WD3 3LL

Metro Sports and Social Club of Vision Impaired People
Statement of Financial Activities
For the year ended 31 March 2023

	Note	2023			2022		
		Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £
Income from:							
Grants and donations	2	97,086	684	97,770	124,517	-	124,517
Charitable activities	3	4,034	28,322	32,356	2,899	67,357	70,256
Investments		314	-	314	12	-	12
Total income		101,434	29,006	130,440	127,428	67,357	194,785
Expenditure on:							
Charitable activities	4	(159,880)	(37,932)	(197,812)	(136,788)	(91,111)	(227,899)
Total expenditure		(159,880)	(37,932)	(197,812)	(136,788)	(91,111)	(227,899)
Net income/expenditure for the year		(58,446)	(8,926)	(67,372)	(9,360)	(23,754)	(33,114)
Reconciliation of funds							
Funds brought forward		163,188	39,815	203,003	172,548	63,569	236,117
Funds carried forward		104,742	30,889	135,631	163,188	39,815	203,003

Metro Sports and Social Club of Vision Impaired People
Balance Sheet
As at 31 March 2023

	Note	2023 £	2022 £
Current assets			
Debtors	6	555	5,000
Cash at bank		147,840	208,899
Total		148,395	213,899
Creditors: amounts due within one year	7	(12,764)	(10,896)
Net current assets/net assets		135,631	203,003
Funds of the Charity:			
	8		
Restricted income funds		30,889	39,815
Designated funds		2,369	-
Unrestricted funds		102,373	163,188
		135,631	203,003

The notes on pages 16 to 24 form part of the financial statements.

Approved by the Trustees on 11 September 2023 and signed on their behalf by

ANDREW LAW

Andrew Law
Chair



Anil Kanani
Treasurer

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

1. Accounting policies

Basis of accounting

The accounts are prepared in accordance with the Charities Act 2011 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 (FRS102

The Charity is a public benefit entity as defined by FRS102

Going Concern

The accounts have been prepared on the going concern basis as, after making enquiries, the Trustees have reasonable assurance that the Charity has adequate resources to continue in operational existence for the foreseeable future. The charity is reliant on the continued support of the Thomas Pocklington Trust who second staff and administer the charity on behalf of the trustees. A new funding agreement is being negotiated with Thomas Pocklington Trust and the Charity has received written assurances that the Thomas Pocklington Trust does not intend to withdraw support.

Income recognition

Income is recognised once the charity has entitlement, receipt is probable, and the amount can be measured reliably.

Income from donations, gifts and grants, including donated facilities and services, comprises income for core activities and are of a general nature. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions, which in themselves are not restrictions, which must be met before the Charity has unconditional entitlement

Income from charitable activities comprises income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised as the related services are provided. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

1. Accounting policies (continued)

Income from investments comprises bank interest. This income is recognised when credited to the charity's bank account.

Expenditure recognition

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of non-recoverable VAT.

Allocation of costs

Charitable activities include all costs directly related to the objects of the Charity.

Support costs are incurred in support of the above activities. Included in support costs are costs incurred in governance of the charity which are primarily associated with the constitutional and statutory requirements. Support costs are allocated to activities based on an estimate of staff time spent on each activity during the financial period.

Donated facilities and services

Donations received in kind and not in cash are brought into the Statement of Financial Activities at a value which the Trustees consider would represent the cost to the Charity if these items were purchased. The income is accounted for under donations and the expenditure under the appropriate expenditure.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

2. Grants and donations

	2023	2022
	£	£
Institutions		
Pocklington Trust	85,560	117,195
Dorothy Hay-Bolton Charitable Trust	3,000	3,000
GC Gibson	2,000	2,000
Joseph Strong Frazer Trust	1,000	1,000
Grants under £1,000	684	-
Donations (Unrestricted) below £1,000	2,421	447
	94,665	123,642
Individuals	2,985	605
Membership fees	120	270
Total	97,770	124,517

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

3 Charitable activities

	2023	2022
	£	£
Fees	625	348
Tennis balls	314	2,551
Anniversary Celebration	3,095	-
 Grants		
Primary Club	7,000	6,000
Groundwork UK	-	1,000
Blind Cricket England & Wales	1,095	1,349
Greater London Authority	2,845	11,380
Peter Harrison Foundation	-	4,000
London Metro Futsal Club	1,505	-
Vision Foundation	3,890	40,000
Grants under £1,000	2,987	3,628
The Will Charitable Trust	7,000	-
British Blind Sport	2,000	-
	<hr/> 32,356	<hr/> 70,256

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

4 Charitable expenditure

	2023	2022
	£	£
Staff costs including staff seconded from Pocklington Trust	87,128	100,017
Service costs	70,662	102,176
Support Costs (Pocklington Trust)	20,067	17,177
Website & telecoms	12,749	2,881
Other	5,387	4,170
Independent Examination	900	1,000
Administration	919	478
Trustee Expenses	-	-
Total	197,812	227,899

5 Staff costs

	2023	2022
	£	£
Seconded from Pocklington Trust	87,128	100,017
Other staff costs	-	-
	87,128	128,007

All staff at METRO were seconded from Pocklington Trust from 1 January 2017.

The average number of staff, including seconded staff, during the year was:

	2023	2022
Headcount	2.2	2.7

No member of staff was paid over £60,000 (2022: none)

The total remuneration paid to key management was £50,898 (2022:

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

£35,894)

6 Debtors

	2023	2022
	£	£
Prepayments and accrued income	-	5,000
Debtors	555	-
Total	555	5,000

7 Creditors: amounts due within one year

	2023	2022
	£	£
Creditors	10,325	8,015
Accruals	2,439	2,881
	12,764	10,896

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

8a. Funds of the Charity – Current year

Movement on funds:

	At 01 Apr 22 £	Income £	Expenditure £	At 31 Mar 23 £
Restricted funds				
Archery	1,129	-	(514)	615
Athletics	-	684	(684)	-
Bowls	-	-	-	-
Cricket	8,247	8,095	(8,585)	7,757
Tennis	-	2,357	(2,357)	-
Multisport	-	2,270	(2,270)	-
Swimming	1,000	-	(12)	988
Gunnersbury	8,601	-	-	8,601
Cycling	2,679	2,845	(4,370)	1,154
Walking	8,495	-	(5,578)	2,917
Climbing	6,664	360	(1,167)	5,857
Rugby	3,000	-	-	3,000
Football	-	1,505	(1,505)	-
Dance Dosti	-	3,890	(3,890)	-
Travelhands	-	7,000	(7,000)	-
	39,815	29,006	(37,932)	30,889
Unrestricted Funds				
Designated Funds	-	2,369	-	2,369
General funds	163,188	99,065	(159,880)	102,373
	163,188	101,434	(159,880)	104,742
Total funds	203,003	130,440	(197,812)	135,631

Allocation of net assets by fund

	Restricted £	Unrestricted £	Total £
Cash at bank	30,334	117,506	147,840
Debtors	555	-	555
Creditors	-	(12,764)	(12,764)
	30,889	104,742	135,631

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2023

8b. Funds of the Charity – Prior year

Movement on funds:

	At 01 Apr 21 £	Income £	Expenditure £	At 31 Mar 22 £
Restricted funds				
Archery	1,489	-	(360)	1,129
Athletics	-	-	-	-
Bowls	1,055	1,800	(2,855)	-
Cricket	10,385	7,349	(9,487)	8,247
Tennis	-	5,488	(5,488)	-
Multisport	-	-	-	-
Website	534	-	(534)	-
Swimming	1,000	-	-	1,000
Gunnersbury	17,795	-	(9,194)	8,601
Cycling	7,600	11,380	(16,301)	2,679
Walking	8,966	-	(471)	8,495
Climbing	11,745	-	(5,081)	6,664
Rugby	3,000	-	-	3,000
Football	-	1,340	(1,340)	-
Dance Dosti	-	40,000	(40,000)	-
	63,569	67,357	(91,111)	39,815
Unrestricted funds	172,548	127,428	(136,788)	163,188
Total funds	236,117	194,785	(227,899)	203,003

Allocation of net assets by fund

	Restricted £	Unrestricted £	Total £
Cash at bank	37,979	170,920	208,899
Debtors	5,000	-	5,000
Creditors	(3,164)	(7,732)	(10,896)
	39,815	163,188	203,003

9 Trustee remuneration and expenses

No trustee received any remuneration from the charity in the year (2022: 0)

No trustee received reimbursement (2022: none) for travel expenses to attend Board meetings.

10 Related party transactions

Thomas Pocklington Trust is a related party as it has significant influence over the charity. During the year TPT seconded staff to the charity at a gross cost of £87,128 (2022: £100,017) and charged the charity £21,635 (2022:£ nil) towards this cost. The balance of £65,493 (2022: £100,017) was free of charge to the charity and is recognised as offsetting income and expenditure.

TPT also provided support services totalling £20,067 (2022: £17,177) free of charge to the charity and this is also recognised as offsetting income and expenditure.

At 31 March 2023 the charity owed TPT £7,175 (2022: nil)

11 Capital commitment

The trustees authorised and contracted expenditure of £11,280 to upgrade the website. Payments of £8,460 have been made in 2022/23 and are included in expenditure. The balance of £2,820 will be included as expenditure when the website goes live which is expected to be in 2023/24.

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

England & Wales - Charity number 1158098

Accounts

**METRO SPORTS AND SOCIAL CLUB OF
VISION IMPAIRED PEOPLE**

Report and Unaudited Accounts

For the Year Ended

31 March 2022

Charity Number 1158098

Metro Sports and Social Club of Vision Impaired People

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**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

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

The accounts are prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 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 (FRS102).

OBJECTIVES AND ACTIVITIES

The charitable objective of Metro Sports and Social Club of Vision Impaired People (Metro) is to relieve blind and partially sighted people, primarily resident in Greater London, who are in need, by providing or assisting in the provision of recreational items, services or facilities calculated to relieve the needs of such persons.

The Trustees meet these objectives by

- providing and promoting regular sporting activities for people living with sight loss in the Greater London Area. Our core sports are archery, athletics, bowls, cricket, football and tennis, all of which offer opportunities for personal development and tournament participation;
- running regular multi-sport taster days and short courses aimed at encouraging participation and reducing isolation for those less active and/or new to sight loss; and
- through the website and social media platforms providing up-to-date information which is relevant to those living with sight loss; this covers a wide variety of interests from many different organisations.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

Volunteers are vital in delivering these initiatives, keeping the weekly and monthly practice sessions running and making competitions and tournaments safe and successful.

Metro retains a volunteering policy and draw on the administrative capacity of Thomas Pocklington Trust volunteering function for additional DBS checks, volunteer recruitment and general administration.

Metro trustees like to place on record their thanks for the support received from Thomas Pocklington Trust.

PUBLIC BENEFIT

The Trustees give due regard to the Charity Commission general guidance on public benefit when carrying out activities to ensure that they are inclusive and available to the widest possible number of people.

The benefits for participants include peer support, reduced isolation, development of social networks, increased independence and improved health and well-being.

The situation regarding the closure of sports and leisure centres was much improved from April 2021 until the later months of the year. Slowly our activities resumed with some new activities starting during as well. The final two quarters of the year was once again affected by the Omicron coronavirus variant.

There were some activities that did not resume during the year, such as archery, and some that the charity did have not had the confidence to deliver due to the pandemic situation, such as the Annual Athletics Open.

Whilst the charity have provided more opportunities for people to be active, there were some challenges that remained following the pandemic. The primary challenge was getting people back to activity. It has been noticeable that some members, who were very active pre-covid, were still not confident enough to return to activity.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

The Sport England Active Lives survey highlighted the same issues. The impact of the pandemic has been seen across all impairment groups, with an overall drop of 2.1%, compared to 12 months ago, among disabled people and those with a long-term health condition who were active. However, those with a disability or long-term health condition saw no recovery across mid-March to mid-May 2021, compared to the first full lockdown during the same period in 2020 –remaining 7.1% down on 2019.

This clearly demonstrates why specific programmes, like those that Metro deliver, are so important to help disabled people access activity.

ACHIEVEMENTS AND PERFORMANCE

Sporting and physical activity

Cricket nets resumed in May at the nets at Highgate Woods. It was pleasing that the cricket season, league and cup competitions, occurred this year. The Metro Team won the BCEW National League title and were finalists of the British Blind Sport Primary Club Cup competition. Metro players received the BCEW National League batsmen of the year trophy and the BCEW Regional League Partially Sighted Player of the Year 2021. Plans to deliver a junior cricket coaching programme were arranged. Through a partnership with Essex Cricket Foundation and The Lords Taverner's.

Football sessions resumed at the Score Centre in Leyton. They moved to weekday evenings as access to the centre at weekends was initially not permitted. The numbers attending have been strong and once weekend access was restored, London Metro Futsal used weekday and weekend sessions to play football.

Tennis resumed at Islington Tennis Centre and attendances at the B1 sessions were slightly lower than we would have expected pre-covid, largely due to confidence with travelling on public transport. Many of our volunteers also delayed their return until they had received their second vaccination. It was pleasing that the LTA visually impaired regional and national tournaments resumed, many of which members attended. Metro

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

members were winners in 6 of the main categories at the VI Tennis National Finals in November.

A new tennis session commenced in Sutton in the final quarter.

The Metro bowlers returned to the green for the first time since December 2020 at Paddington Sports Club in April. This new location was funded by a successful Sport England application. In May members returned to the regular summer venue at Ravenscourt Park. This provided the bowlers with two opportunities each week to attend. Metro members attended the regional and national bowls events during the summer months, with members reaching the finals of many of the VI Bowls England Nationals categories. Members were winners of the B3 pairs event and runners up in the B1 pairs event, B3 singles and B1 singles.

Netball sessions commenced at the end of June. London Pulse Netball provided the coaching. This was the first partnership of its kind as no other Superleague teams were engaged with VI netball. Similarly, England Netball do not currently provide access to VI Netball. The other key provision of this partnership was that London Pulse provided free access to London Pulse home matches for visually impaired/blind fans to enjoy netball. Whilst attendances at training sessions were relatively low, it was a unique programme. The programme formed part of the London Pulse application for a London Sport award. They were shortlisted and filming took place in November to showcase VI netball. The filming was shown in December at the awards ceremony and across social media. London Pulse won the London sport 'Elite sport in the community award' for working in partnership on the Metro VI Netball sessions and for doing work with the Met Police.

Thanks to funding from Vision Foundation, in partnership with Step Change Studios, we launched the first phase of the Dance Dosti project in the first quarter of the year. Dance Dosti which is the online dance content. A Dance Dosti is a visually impaired dance programme aimed at people with a South Asian background. A specific website was created in the first phase and 128 dance videos were created, in 4 different languages. There have been over 500 unique visitors to the website and the target number of

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

registrations in the grant submission of 100 were achieved. The second phase engaged with providers and instructors of dance sessions, providing them with feedback about how to improve delivery for the target audiences. The final phase was direct delivery of inclusive dance sessions in 5 different London boroughs. Media coverage has been positive with coverage featuring on Asian on Sunday, Asian Voice, Disability Arts Online, RNIB Radio, and Gym Owner to name a few.

The e-cycling Ride Side by Side project in partnership with Bikeworks in West London continued with renewed funding. These sessions have seen strong occupancy throughout. What has been pleasing is that Metro have secured a strong partnership with Bikeworks. This has meant that they have supported Metro members to take part in East London, outside of the Metro funded programme.

The 1:1 swimming sessions restarted in the summer at Northolt Leisure Centre. Alongside people attending to learn to swim or to build water confidence, we have supported several members to focus on improving their technique, which is something we haven't had previously. Similarly we have supported some junior members to learn to swim during the school holiday periods.

Metro held their AGM in November with over 50 people attending the face-to-face event. The numbers were down on last face-to-face event, but this was expected with the developments with the pandemic. Re-election of trustees Andy Law, Mark Russell, Ben Roback and Monica Smith occurred by majority. It was also confirmed that Amanda Green, Nick Ebbeck and Steve Garbutt wished to remain as trustees.

In November the Metro CEO attended the RNIB See Futures Differently Conference as a panellist. One of their strands was how the pandemic adversely affected people with a visual impairment with regards to access to physical exercise and the follow on impact on mental health. The session consisted of a film of peoples experience of this during covid followed by a panel discussion with the Metro CEO and representatives from RNIB, Guide Dogs and British Blind Sport. Future work is expected to come from this summit on this subject matter.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

There have been various visual awareness training sessions delivered, face to face and online with coaches and with staff at leisure facilities. Metro staff have delivered webinars for partners customers, speaking about opportunities for blind and partially sighted people to be active.

FINANCIAL REVIEW

We have raised funds through corporate support by way of goodwill advertising and donations, also from formal grant applications, and personal donations through our website.

Principal funders for the period covered by this report are:

Thomas Pocklington Trust
Vision Foundation
Loves
Queens Club Foundation
Greater London Authority
Peter Harrison Foundation
Joseph Strong Frazer Trust
GC Gibson

It is the policy of the Trustees to hold sufficient unrestricted reserves to cover six months operating costs and to provide funds to offset any unexpected events which may arise and to provide for major planned events including new developments. At 31 March 2022 actual unrestricted funds of £163,188 which is deemed appropriate to cover six months operating costs.

In addition to the unrestricted funds, at 31 March 2022 the charity held £39,815 of restricted funds as set out in note 8a and 8b to the accounts.

Trustees of Metro Blind Sport would like to pass on their thanks to all funders, in particular to Thomas Pocklington Trust for their continued support.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022
STRUCTURE, GOVERNANCE AND MANAGEMENT**

Structure

Metro and Social Club of Vision Impaired People is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO).

Governance

The Board of Trustees controls the Charity.

Trustees are appointed to the Board by election of members; the Board may comprise up to twelve trustees. They have legal responsibility for the effective use of resources, in accordance with the constitution, and for providing effective leadership and direction.

All trustees give up their time freely and no trustee remuneration was paid in the year. Trustees are required to disclose all relevant interests and register them with the Board and Chief Executive Officer and, in accordance with the Charity's constitution, withdraw from decisions where a conflict of interest arises.

Each new trustee is given an appropriate induction programme and training relevant to their responsibility. Trustees are also encouraged to involve themselves in areas of interest through close involvement with staff and users of the Charity's services.

The Board met ten times during this year.

Management

Metro continues to adapt to the considerable implications of closer ties with the Thomas Pocklington Trust, especially the financial benefits of their taking our staff onto their payroll. The range of other back office support continues to be received from the Thomas Pocklington Trust, greatly increasing the security and capacity of general administration, finance, HR, volunteering support and technical support services.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022
REFERENCE AND ADMINISTRATIVE DETAILS**

Name and registration

Metro is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO) no: 1158098.

Registered office

5 Mead Road, Uxbridge, Middlesex UB8 1AU

Board of trustees

Nick Ebbeck
Stephen Garbutt
Amanda Green
Andrew Law (Chair)
Ben Roback
Mark Russell
Monica Jean Smith (Treasurer)

Senior Management

Martin Symcox, Chief Executive Officer

Website

www.metroblindsport.org

Bankers

Barclays Bank PLC, 1 Churchill Place, London, E14 5HP
National Westminster, Enfield, Lee House, Baird Road, Middlesex, EN1
1FD

Independent Examiner

Nicola Anderson FCA FCIE, 189 Baldwins Lane, Croxley Green,
Rickmansworth, Hertfordshire, WD3 3LL.

Insurance brokers

Towergate Insurance, Unit 2 Grovelands Business Centre, Boundary Way,
Hemel Hempstead, Hertfordshire, HP2 7TE

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice including FSR102 the Financial Reporting Standard applicable in the UK and Ireland. Under that law, the Trustees must not approve the financial statements unless they are satisfied they give a true and fair view of the state of affairs of the Charity and of the income and expenditure of the Charity for that period.

In preparing those financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable the Trustees to ascertain the financial position of the

Charity and ensure that the financial statements comply with relevant charity legislation. 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 confirm that, so far as they are aware, there is no relevant information of which the Charity's Independent Examiner is unaware. They have taken all the steps that they ought to have taken as trustees in order to be aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2022**

Approved by the Board on 12th September 2022

Andrew Law
Chair

A handwritten signature in black ink, appearing to read 'ANDREW LAW', written in a stylized, cursive-like font.

Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2022

I report to the Trustees on my examination of the accounts of Metro Sports and Social Club of Vision Impaired People (charity no: 1158098) for the year ended 31 March 2022 which are set out on pages 14 to 24.

Respective responsibilities of trustees and examiner 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.

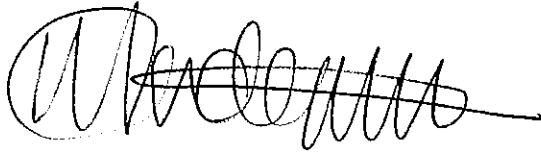
Independent examiner's statement

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.

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2022**



Nicola Anderson FCA FCIE

Date: 22 October 2022

Chartered Accountant and Independent Examiner

189 Baldwins Lane
Croxley Green
Rickmansworth
Hertfordshire
WD3 3LL

Metro Sports and Social Club of Vision Impaired People
Statement of Financial Activities
For the year ended 31 March 2022

	Note	2022		2021		
		Unrestricted Funds	Restricted Funds	Total Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£	£	£
Income from:						
Grants and donations	2	124,517	-	124,517	1,860	215,746
Charitable activities	3	2,899	67,357	70,256	54,982	56,188
Investments	12	12	-	12	-	48
Total income		127,428	67,357	194,785	56,842	271,982
Expenditure on:						
Charitable activities	4	(136,788)	(91,111)	(227,899)	(10,970)	(168,601)
Total expenditure		(136,788)	(91,111)	(227,899)	(10,970)	(168,601)
Net income/expenditure for the year		(9,360)	(23,754)	(33,114)	45,872	103,381
Reconciliation of funds						
Funds brought forward		172,548	63,569	236,117	17,697	132,736
Funds carried forward		163,188	39,815	203,003	63,569	236,117

Metro Sports and Social Club of Vision Impaired People
Balance Sheet
As at 31 March 2022

	Note	2022 £	2021 £
Current assets			
Debtors	6	5,000	1,800
Cash at bank		208,899	265,843
Total		213,899	267,643
Creditors: amounts due within one year			
	7	(10,896)	(31,526)
Net current assets/net assets		203,003	236,117
Funds of the Charity:			
Restricted income funds	8	39,815	63,569
Unrestricted funds		163,188	172,548
		203,003	236,117

The notes on pages 16 to 24 form part of the financial statements.

Approved by the Trustees on 12/09/2022 and signed on their behalf by


 Andrew Law
 Chair


 Monica Smith
 Treasurer

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

1. Accounting policies

Basis of accounting

The accounts are prepared in accordance with the Charities Act 2011 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 (FRS102)

The Charity is a public benefit entity as defined by FRS102

Going Concern

The accounts have been prepared on the going concern basis as, after making enquiries, the Trustees have reasonable assurance that the Charity has adequate resources to continue in operational existence for the foreseeable future. The charity is reliant on the continued support of the Thomas Pocklington Trust who second staff and administer the charity on behalf of the trustees. A new funding agreement is being negotiated with Thomas Pocklington Trust and the Charity has received written assurances that the Thomas Pocklington Trust does not intend to withdraw support.

Income recognition

Income is recognised once the charity has entitlement, receipt is probable, and the amount can be measured reliably.

Income from donations, gifts and grants, including donated facilities and services, comprises income for core activities and are of a general nature. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions, which in themselves are not restrictions, which must be met before the Charity has unconditional entitlement

Income from charitable activities comprises income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised as the related services are provided. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

1. Accounting policies (continued)

Income from investments comprises bank interest. This income is recognised when credited to the charity's bank account.

Expenditure recognition

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of non-recoverable VAT.

Allocation of costs

Charitable activities include all costs directly related to the objects of the Charity.

Support costs are incurred in support of the above activities. Included in support costs are costs incurred in governance of the charity which are primarily associated with the constitutional and statutory requirements. Support costs are allocated to activities based on an estimate of staff time spent on each activity during the financial period.

Donated facilities and services

Donations received in kind and not in cash are brought into the Statement of Financial Activities at a value which the Trustees consider would represent the cost to the Charity if these items were purchased. The income is accounted for under donations and the expenditure under the appropriate expenditure.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

2. Grants and donations

	2022	2021
	£	£
Institutions		
Pocklington Trust	117,195	153,962
Lloyds of London	-	30,000
Carmen Butler Charitable Trust	-	10,000
Dorothy Hay-Bolton Charitable Trust	3,000	3,000
Salesforce	-	2,650
Salesforce Match Funding	-	2,120
GC Gibson	2,000	2,000
Mishcon de Reya	-	1,600
Next Plc	-	1,500
Joseph Strong Frazer Trust	1,000	1,000
Souter Charitable Trust	-	1,000
Grants under £1,000	-	1,860
Donations (Restricted) below £1,000	447	4,130
	123,642	214,822
Individuals	605	864
Membership fees	270	60
Total	124,517	215,746

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

3 Charitable activities

	2022	2021
	£	£
Fees	348	344
Tennis balls	2,551	862
 Grants		
National Lottery	-	9,935
Edward Gostling	-	7,900
Weinstock	-	3,000
Zedra Trust	-	2,000
ESC Lottery Fund Sport England	-	2,530
Disability Rights	-	7,966
Postcode Community	-	11,745
Lockwell Trustees	-	3,000
Barchester Health	-	1,000
Lowes	-	1,500
ESC Lottery Fund (Toyota Parasport)	-	2,990
Primary Club	6,000	-
Groundwork UK	1,000	-
Blind Cricket England & Wales	1,349	-
Greater London Authority	11,380	-
Peter Harrison Foundation	4,000	-
Vision Foundation	40,000	-
Grants under £1,000	3,628	1,416
	70,256	56,188

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

4 Charitable expenditure

	2022	2021
	£	£
Staff costs including staff seconded from Pocklington Trust	100,017	128,007
Service costs	102,176	10,531
Support Costs (Pocklington Trust)	17,177	25,954
Website & telecoms	2,881	2,924
Other	4,170	311
Independent Examination	1,000	850
Administration	478	24
Total	227,899	168,601

5 Staff costs

	2022	2021
	£	£
Seconded from Pocklington Trust	100,017	128,007
Other staff costs	-	-
	100,017	128,007

All staff at METRO were seconded from Pocklington Trust from 1 January 2017.

The average number of staff, including seconded staff, during the year was:

	2022	2021
Headcount	2.7	4

No member of staff was paid over £60,000 (2020: none)

The total remuneration paid to key management was £35,894 (2021: £49,753)

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

6 Debtors

	2022	2021
	£	£
Prepayments and accrued income	5,000	1,800
Total	5,000	1,800

7 Creditors: amounts due within one year

	2022	2021
	£	£
Creditors	8,015	676
Deferred Income	-	30,000
Accruals	2,881	850
	10,896	31,526

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

8a. Funds of the Charity – Current year

Movement on funds:

	At 01 Apr 21 £	Income £	Expenditure £	At 31 Mar 22 £
Restricted funds				
Archery	1,489	-	(360)	1,129
Athletics	-	-	-	-
Bowls	1,055	1,800	(2,855)	-
Cricket	10,385	7,349	(9,487)	8,247
Tennis	-	5,488	(5,488)	-
Multisport	-	-	-	-
Website	534	-	(534)	-
Swimming	1,000	-	-	1,000
Gunnersbury	17,795	-	(9,194)	8,601
Cycling	7,600	11,380	(16,301)	2,679
Walking	8,966	-	(471)	8,495
Climbing	11,745	-	(5,081)	6,664
Rugby	3,000	-	-	3,000
Football	-	1,340	(1,340)	-
Dance Dosti	-	40,000	(40,000)	-
	63,569	67,357	(91,111)	39,815
Unrestricted funds	172,548	127,428	(136,788)	163,188
Total funds	236,117	194,785	(227,899)	203,003

Allocation of net assets by fund

	Restricted £	Unrestricted £	Total £
Cash at bank	37,979	170,920	208,899
Debtors	5,000	-	5,000
Creditors	(3,164)	(7,732)	(10,896)
	39,815	163,188	203,003

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

8b. Funds of the Charity – Prior year

Movement on funds:

	At 01 Apr 20 £	Income £	Expenditure £	31 Mar 21 £
Restricted funds				
Archery	1,489	-	-	1,489
Athletics	-	482	(482)	-
Bowls	-	3,120	(2,065)	1,055
Cricket	6,000	5,000	(615)	10,385
Tennis	-	4,584	(4,584)	-
Multisport	-	-	-	-
Website	2,708	750	(2,924)	534
Swimming	500	500	-	1,000
Gunnersbury	7,000	10,795	-	17,795
Cycling	-	7,900	(300)	7,600
Walking	-	8,966	-	8,966
Climbing	-	11,745	-	11,745
Rugby	-	3,000	-	3,000
	17,697	56,842	(10,970)	63,569
Unrestricted funds	115,039	215,140	(157,631)	172,548
Total funds	132,736	271,982	(168,601)	236,117

Allocation of net assets by fund

	Restricted £	Unrestricted £	Total £
Cash at bank	92,745	173,098	265,843
Debtors	1,500	300	1,800
Creditors	(30,676)	(850)	(31,526)
	63,569	172,548	236,117

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2022

9 Trustee remuneration and expenses

No trustee received any remuneration from the charity in the year (2021: 0)

No trustee (2021: none) received reimbursement (2020: none) for travel expenses to attend Board meetings.

10 Related party transactions

Thomas Pocklington Trust is a related party as it has significant influence over the charity. During the year Pocklington provided £100,017 (2020: £128,007) of seconded staff and £17,177 (2020: £25,954) of other services to the charity. These services were provided free of charge and recognised as offsetting income and expenditure.

11 Capital commitment

The trustees have authorised between £12k and £15k not contracted expenditure to upgrade the website.

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

England & Wales - Charity number 1158098

Accounts

**METRO SPORTS AND SOCIAL CLUB OF
VISION IMPAIRED PEOPLE**

Report and Unaudited Accounts

For the Year Ended

31 March 2021

Charity Number 1158098

Metro Sports and Social Club of Vision Impaired People

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Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report For the year ended 31 March 2021

The Trustees present their report and unaudited financial statements for the year ended 31 March 2021.

The accounts are prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 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 (FRS102).

OBJECTIVES AND ACTIVITIES

The charitable objective of Metro Sports and Social Club of Vision Impaired People (Metro) is to relieve blind and partially sighted people, primarily resident in Greater London, who are in need, by providing or assisting in the provision of recreational items, services or facilities calculated to relieve the needs of such persons.

The Trustees meet these objectives by

- providing and promoting regular sporting activities for people living with sight loss in the Greater London Area. Our core sports are archery, athletics, bowls, cricket, football and tennis, all of which offer opportunities for personal development and tournament participation;
- running regular multi-sport taster days and short courses aimed at encouraging participation and reducing isolation for those less active and/or new to sight loss; and
- through the website and social media platforms providing up-to-date information which is relevant to those living with

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report**

For the year ended 31 March 2021

sight loss; this covers a wide variety of interests from many different organisations.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued) For the year ended 31 March 2021

Volunteers are vital in delivering these initiatives, keeping the weekly and monthly practice sessions running and making competitions and tournaments safe and successful. Due to the global pandemic Metro volunteers have not been able to support in ways that Metro was previously accustomed to. All face-to-face activity paused in March 2020 and continued to be paused until the summer of 2020. Therefore, the volunteers supported our online activity that was being delivered.

Metro retains a volunteering policy and now draw on the administrative capacity of Thomas Pocklington Trust volunteering function for additional DBS checks, volunteer recruitment and general administration.

PUBLIC BENEFIT

The Trustees give due regard to the Charity Commission general guidance on public benefit when carrying out activities to ensure that they are inclusive and available to the widest possible number of people.

The benefits for participants include peer support, reduced isolation, development of social networks, increased independence and improved health and well-being.

At the start of lockdown all staff were contacting Metro members by telephone, or email where no number held, to offer support. The charity pivoted to provide information as varied as activities to complete at home, through to information regarding shopping or local support networks.

The website was quickly transformed into an information hub regarding support for members during this lockdown period. Daily updates were provided on supermarkets and

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued)

For the year ended 31 March 2021

shopping and Metro posted information regarding numerous online workouts.

Metro Blind Sport worked with British Blind Sport to support activity re-starting.

This included Metro leading on the creation of guidance to support leisure operators and sport providers when they re-opened their facilities. Metro was the lead on this guidance and the work was completed in collaboration with RNIB and Visionary.

ACHIEVEMENTS AND PERFORMANCE

Sporting Activities

On a sporting perspective, it has been a frustrating year for Metro members as normal activity has been severely impacted by the pandemic.

Face to face activity did not resume until the summer of 2021 and even at this point is what informal compared to regular activity in previous years. From September regular face to face activity resumed with regular tennis sessions commencing. Football followed in October, but other activities were unable to resume, primarily due to lack of availability facilities due to leisure centres and sports clubs being closed.

New Activity

Despite the lack of face-to-face activity Metro delivered various activities online.

In addition to the general support mentioned earlier, the Metro staff team organised a series of online get togethers.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2021**

Topics included general quizzes, visually impaired technology support and interviews with sports participants.

Furthermore, we encouraged a Metro member to complete a series of interviews with our members and key personnel within the VI sporting landscape. Six interviews were created with nearly 800 views of the interviews to the end of the year.

Early in the pandemic we continued to deliver online tennis sessions every other week. Although these started out as opportunities to remain socially connected to other members, they soon changed. Thanks to funding from the Dan Maskell Trust, Metro was able to deliver online tennis coaching for our members. Led by our regular coach, Metro delivered two sessions every other week for each group of players.

Metro hired a Yoga Instructor to deliver a short yoga series for us. Four online audio described VI Chair Yoga video Sessions, were delivered by a highly qualified fitness and yoga teacher, who became visually impaired a few years ago and truly believes that yoga is for all.

Metro partnered with the Tottenham Hotspur Foundations Health and Wellbeing coaches to deliver virtual exercise classes for members. The weekly exercise classes explored different types of training and sessions take place on Zoom virtual video platform.

During the lockdown period Metro was able to establish a new partnership with the London Pulse Netball franchise, who are part of the Vitality Netball Superleague. This partnership has been established to provide opportunities for blind and partially sighted people in London to learn about the game, play the game and experience the game.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2021**

Metro delivered a visual awareness training programme for London Pulse Netball during November which was extremely well received. 10 coaches and volunteers linked to London Pulse Netball came along to the session. It was intended to start a coaching programme from the Spring. Although delayed, London Pulse remain committed and have offered support for members to gain vital knowledge from the superleague players.

Metro partnered with Bikeworks, to deliver the Ride Side-by-Side project to enable local blind and partially sighted residents within the boroughs of Kensington and Chelsea, Hammersmith and Fulham and the east of Ealing to make short trips, to keep appointments, visit the shops or make social visits on a Side-By-Side cycle, accompanied by a trained rider (pilot). Prior to Christmas Metro took three members to test out the service and it was a great success. Formal sessions commenced in March 21.

In the final quarter of the year Metro delivered a series of weekly challenges that were posted on YouTube and social media channels resulting in 238 views during the quarter. The aim was to keep members connected through simple exercise challenges during the lockdown period.

Metro launched a Facebook page during the final quarter of the year. Increasing our outward presence resulted in a request for Metro to give evidence at the Lords Select Committee. The National Plan for Sport and Recreation Committee was appointed to consider the effectiveness of current sport and recreation policies and initiatives, and the case for a national plan for sport and recreation. Metro CEO was honoured to provide feedback on behalf of blind and partially sighted Londoner's to this committee in March.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2021**

Finally, due to lockdown restrictions we delivered our AGM virtually. Following the formal proceedings and with over 50 members attending, we used this less formal interaction to open up normal proceedings and give members a chance to pose questions. These included questions on how Metro was adapting to lockdown and what Metro were doing to secure Metro's future in an uncertain Covid-19 environment. A hybrid approach is being considered for the next AGM, restrictions allowing, to continue this approach.

FINANCIAL REVIEW

We have raised funds through corporate support by way of goodwill advertising and donations in event programmes, also from formal grant applications, station collections and personal donations through our website.

Principal funders for the period covered by this report are:

Thomas Pocklington Trust
Lloyds of London
Postcode Community Trust
The National Lottery
Edward Gostling Foundation
Disability Rights UK
Sport England
Salesforce UK
Dan Maskell Trust

It is the policy of the Trustees to hold sufficient unrestricted reserves to cover six months operating costs and to provide funds to offset any unexpected events which may arise and to provide for major planned events including new developments. At 31 March 2021 actual unrestricted funds of £172,548 which is deemed appropriate to cover six months operating costs.

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)**

For the year ended 31 March 2021

In addition to the unrestricted funds, at 31 March 2021 the charity held £63,569 of restricted funds as set out in note 8a and 8b to the accounts.

Trustees of Metro Blind Sport would like to pass on their thanks to all funders, in particular to Thomas Pocklington Trust for their continued support.

■

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)
For the year ended 31 March 2021
STRUCTURE, GOVERNANCE AND MANAGEMENT**

Structure

Metro and Social Club of Vision Impaired People is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO).

Governance

The Board of Trustees controls the Charity.

Trustees are appointed to the Board by election of members; the Board may comprise up to twelve trustees. They have legal responsibility for the effective use of resources, in accordance with the constitution, and for providing effective leadership and direction.

All trustees give up their time freely and no trustee remuneration was paid in the year. Trustees are required to disclose all relevant interests and register them with the Board and Chief Executive Officer and, in accordance with the Charity's constitution, withdraw from decisions where a conflict of interest arises.

Each new trustee is given an appropriate induction programme and training relevant to their responsibility. Trustees are also encouraged to involve themselves in areas of interest through close involvement with staff and users of the Charity's services.

The Board met ten times during this year.

Management

Metro continues to adapt to the considerable implications of closer ties with the Thomas Pocklington Trust, especially the financial benefits of their taking our staff onto their payroll.

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued)

For the year ended 31 March 2021

The range of other back office support continues to be received from the Thomas Pocklington Trust, greatly increasing the security and capacity of general administration, finance, HR, volunteering support and technical support services.

REFERENCE AND ADMINISTRATIVE DETAILS

Name and registration

Metro is registered with the Charity Commission as a Charitable Incorporated Organisation (CIO) no: 1158098.

Registered office

5 Mead Road, Uxbridge, Middlesex UB8 1AU

Board of trustees

Nick Ebbeck

Stephen Garbutt

Amanda Green

Andrew Law (Chair)

Ben Roback

Mark Russell

Monica Jean Smith (Treasurer)

Senior Management

Martin Symcox, Chief Executive Officer

Website

www.metroblindsport.org

Bankers

Barclays Bank PLC, 1 Churchill Place, London, E14 5HP

National Westminster, Enfield, Lee House, Baird Road,

Middlesex, EN1 1FD

Metro Sports and Social Club of Vision Impaired People Trustees' Annual Report (Continued)

For the year ended 31 March 2021

Independent Examiner

Nicola Anderson FCA FCIE, 189 Baldwins Lane, Croxley Green, Rickmansworth, Hertfordshire, WD3 3LL.

Insurance brokers

Towergate Insurance, Unit 2 Grovelands Business Centre, Boundary Way, Hemel Hempstead, Hertfordshire, HP2 7TE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice including FSR102 the Financial Reporting Standard applicable in the UK and Ireland. Under that law, the Trustees must not approve the financial statements unless they are satisfied they give a true and fair view of the state of affairs of the Charity and of the income and expenditure of the Charity for that period.

In preparing those financial statements, the Trustees are required to:

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- make judgements and estimates that are reasonable and prudent;
- observe the methods and principles of Charities SORP; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time

**Metro Sports and Social Club of Vision Impaired People
Trustees' Annual Report (Continued)**

For the year ended 31 March 2021

the financial position of the Charity and enable the Trustees to ascertain the financial position of the

Charity and ensure that the financial statements comply with relevant charity legislation. 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 confirm that, so far as they are aware, there is no relevant information of which the Charity's Independent Examiner is unaware. They have taken all the steps that they ought to have taken as trustees in order to be aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

Approved by the Board on 26th November 2021

Metro Sports and Social Club of Vision Impaired People Independent Examiner's Report For the year ended 31 March 2021

I report to the Trustees on my examination of the accounts of Metro Sports and Social Club of Vision Impaired People (charity no: 1158098) for the year ended 31 March 2021 which are set out on pages 13 to 23.

Respective responsibilities of trustees and examiner 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 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, 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

**Metro Sports and Social Club of Vision Impaired People
Independent Examiner's Report
For the year ended 31 March 2021**

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.

Nicola Anderson FCA FCIE

Date:

Chartered Accountant and Independent Examiner

189 Baldwins Lane
Croxley Green
Rickmansworth
Hertfordshire
WD3 3LL

Metro Sports and Social Club of Vision Impaired People
Statement of Financial Activities
For the year ended 31 March 2021

	Note	2021			2020		
		Unrestrict ed Funds £	Restrict ed Funds £	Total Funds £	Unrestrict ed Funds £	Restrict ed Funds £	Total Funds £
Income from:							
Grants and donations	2	213,886	1,860	215,746	241,402	6,101	247,503
Charitable activities	3	1,206	54,982	56,188	2,122	40,513	42,635
Investments		48	-	48	177	-	177
Total income		215,140	56,842	271,982	243,701	46,614	290,315
Expenditure on:							
Charitable activities	4	(157,631)	(10,970)	(168,601)	(235,053)	(43,367)	(278,420)
Total expenditure		(157,631)	(10,970)	(168,601)	(235,053)	(43,367)	(278,420)
Net income/expenditure for the		57,	45,8	103,38	8,6	3,2	11,895

Metro Sports and Social Club of Vision Impaired People
Statement of Financial Activities
For the year ended 31 March 2021

year	509	72	1	48	47	
Reconciliation of funds						
Funds brought forward	115,03 9	17,69 7	132,736	106,39 1	14,45 0	120,841
Funds carried forward	172,5 48	63,56 9	236,11 7	115,0 39	17,6 97	132,73 6

Metro Sports and Social Club of Vision Impaired People
Balance Sheet
As at 31 March 2021

	Not e	2021	2020
		£	£
Current assets			
Debtors	6	1,800	-
Cash at bank		265,843	136,634
Total		267,643	136,634
Creditors: amounts due within one year	7	(31,526)	(3,898)
Net current assets/net assets		236,117	132,736
Funds of the Charity:			
Restricted income funds	8	63,569	17,697
Unrestricted funds		172,548	115,039
		236,117	132,736

The notes on pages 16 to 23 form part of the financial statements.

Approved by the Trustees on2021 and signed on their behalf by

Andrew Law
Chair

Monica Smith
Treasurer

Metro Sports and Social Club of Vision Impaired People

Notes to the Financial Statements (continued)

For the year ended March 2021

1. Accounting policies

Basis of accounting

The accounts are prepared in accordance with the Charities Act 2011 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 (FRS102)

The Charity is a public benefit entity as defined by FRS102

Going Concern

The accounts have been prepared on the going concern basis as, after making enquiries, the Trustees have reasonable assurance that the Charity has adequate resources to continue in operational existence for the foreseeable future. The charity is reliant on the continued support of the Thomas Pocklington Trust who second staff and administer the charity on behalf of the trustees. A new funding agreement is being negotiated with Thomas Pocklington Trust and the Charity has received written assurances that the Thomas Pocklington Trust does not intend to withdraw support.

Income recognition

Income is recognised once the charity has entitlement, receipt is probable, and the amount can be measured reliably.

Income from donations, gifts and grants, including donated facilities and services, comprises income for core activities and are of a general nature. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions, which in themselves are not restrictions, which must be met before the Charity has unconditional entitlement

Income from charitable activities comprises income received under contract or where entitlement to grant funding is subject to specific

**Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021**

performance conditions. This income is recognised as the related services are provided. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

1. Accounting policies (continued)

Income from investments comprises bank interest. This income is recognised when credited to the charity's bank account.

Expenditure recognition

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of non-recoverable VAT.

Allocation of costs

Charitable activities include all costs directly related to the objects of the Charity.

Support costs are incurred in support of the above activities. Included in support costs are costs incurred in governance of the charity which are primarily associated with the constitutional and statutory requirements. Support costs are allocated to activities based on an estimate of staff time spent on each activity during the financial period.

Donated facilities and services

Donations received in kind and not in cash are brought into the Statement of Financial Activities at a value which the Trustees consider would represent the cost to the Charity if these items were purchased. The income is accounted for under donations and the expenditure under the appropriate expenditure.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021

Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021

2. Grants and donations

	2021	2020
	£	£
Institutions		
Pocklington Trust	153,962	202,249
Lloyds of London	30,000	-
Carmen Butler Charitable Trust	10,000	-
Dorothy Hay-Bolton Charitable Trust	3,000	-
Salesforce	2,650	-
Salesforce Match Funding	2,120	-
GC Gibson	2,000	-
Mishcon de Reya	1,600	-
Next Plc	1,500	-
Joseph Strong Frazer Trust	1,000	-
Souter Charitable Trust	1,000	1,000
Nelson Solicitors	-	3,203
Croydon Logistics	-	3,000
Galliard Homes Ltd	-	2,000
		0
Middlesex Sport Foundation	-	2,000
Edgar Lawley Foundation	-	1,500
Portman Settled Estates	-	1,200
Trustees of Chapman	-	1,000
Dentons UK	-	1,000
The Gledswood Charity	-	1,000
Grants under £1,000	1,860	5,401
Donations (Restricted) below £1,000	4,130	19,239
	214,822	243,792
Individuals	864	3,601
Membership fees	60	110
Total	215,746	247,503

**Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021**

3 Charitable activities

	2021	2020
	£	£
Fees	344	744
Tennis balls	862	1,377
Grants		
National Lottery	9,935	-
Edward Gostling	7,900	-
Weinstock	3,000	-
Zedra Trust	2,000	-
ESC Lottery Fund Sport England	2,530	-
Disability Rights	7,966	-
Postcode Community	11,745	-
Lockwell Trustees	3,000	-
Barchester Health	1,000	-
Lowes	1,500	-
ESC Lottery Fund (Toyota Parasport)	2,990	
Primary Club	-	6,000
Mazar's Trust	-	5,000
Active Londoners	-	3,979
The Robert Gavron Grant	-	3,000
Boyton Manor/De Byre	-	3,000
The Wyn & Ken Lo Memorial Fund	-	2,000
GC Gibson	-	2,000
Islington Sport (LTA)	-	2,000
Dixie Rose Findley Charitable Trust	-	2,000
Dorothy Hay -Bolton Charitable Trust	-	2,000
The Sir James Roll Charitable Trust	-	1,000
Canary Wharf	-	1,000
Disability Sports Development Trust	-	1,000
The Joseph Strong Frazer Foundation	-	1,000
Grants under £1,000	1,416	5,535
	56,188	42,635

Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021

4 Charitable expenditure

	2021	2020
	£	£
Staff costs including staff seconded from Pocklington Trust	128,007	159,144
Service costs	10,531	57,311
Support Costs (Pocklington Trust)	25,954	43,105
Website & telecoms	2,924	10,077
Other	311	7,137
Independent Examination	850	1,200
Administration	24	446
Total	168,601	278,420

6 Debtors

	2021	2020
	£	£
5 Staff costs		
Seconded from Pocklington Trust	128,007	159,144
Other staff costs	-	-
	128,007	159,144

All staff at METRO were seconded from Pocklington Trust from 1 January 2017.

The average number of staff, including seconded staff, during the year was:

	2021	2020
7 Headcount	4	4

No member of staff was paid over £60,000 (2020: none)

The total remuneration paid to key management was £49,753 (2020: £60,835)

**Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021**

**8a. Funds of the Charity - Current year
Movement on funds:**

	At 01 Apr 20 £	Income £	Expenditure £	At 31 Mar 21 £
Restricted funds				
Archery	1,489	-	-	1,489
Athletics	-	482	(482)	-
Bowls	-	3,120	(2,065)	1,055
Cricket	6,000	5,000	(615)	10,385
Tennis	-	4,584	(4,584)	-
Multisport	-	-	-	-
Website	2,708	750	(2,924)	534
Swimming	500	500	-	1,000
Gunnersbury	7,000	10,795	-	17,795
Cycling	-	7,900	(300)	7,600
Walking	-	8,966	-	8,966
Climbing	-	11,745	-	11,745
Rugby	-	3,000	-	3,000
	17,697	56,842	(10,970)	63,569

**Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021**

Unrestricted funds	115,039	215,140	(157,631)	172,548
Total funds	132,736	271,982	(168,601)	236,117

Allocation of net assets by fund

	Restricted £	Unrestricted £	Total £
Cash at bank	92,745	173,098	265,843
Debtors	1,500	300	1,800
Creditors	(30,676)	(850)	(31,526)
	63,569	172,548	236,117

8b Funds of the Charity - Prior Year

Movement on funds:

	At 01 Apr 19 £	Income £	Expenditure £	At 31 Mar 20 £
Restricted funds				
Archery	2,012	386	(909)	1,489
Athletics	-	6,000	(6,000)	-
Bowls	-	7,762	(7,762)	-
Cricket	6,725	7,902	(8,627)	6,000
Tennis	-	9,085	(9,085)	-
Multisport	-	6,979	(6,979)	-

**Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021**

Website	3,879	1,000	(2,171)	2,708
Videos	1,834	-	(1,834)	-
Swimming	-	500	-	500
Gunnersbury	-	7,000	-	7,000
	14,450	46,614	(43,367)	17,697
Unrestricted funds	106,391	243,701	(235,053)	115,039
Total funds	120,841	290,315	(278,420)	132,736

Allocation of Net Assets by Fund

	Restrict ed £	Unrestrict ed £	Total £
Cash at bank	17,697	118,937	136,634
Debtors	-	-	-
Creditors	-	(3,898)	(3,898)
	17,697	115,039	132,736

9 Trustee remuneration and expenses

No trustee received any remuneration from the charity in the year (2020: nil)

No trustee (2020: none) received reimbursement (2020: £nil) for travel expenses to attend Board meetings.

**Metro Sports and Social Club of Vision Impaired People
Notes to the Financial Statements (continued)
For the year ended March 2021**

10 Related party transactions

Thomas Pocklington Trust is a related party as it has significant influence over the charity. During the year Pocklington provided £128,007 (2020: £159,144) of seconded staff and £25,954 (2020: £43,105) of other services to the charity. These services were provided free of charge and recognised as offsetting income and expenditure.