

**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

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Trustees' Annual Report**

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

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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

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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.

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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
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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.

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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)
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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.

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**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
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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

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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:

- 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

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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:	8		
Restricted income funds		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
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

5 Staff costs

	2021	2020
	£	£
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.