

METRO SPORTS AND SOCIAL CLUB OF VISION IMPAIRED PEOPLE

Report and Unaudited Accounts

For the Year Ended

31 March 2023

Charity Number 1158098

Contents

Trustees' Annual Report	2 - 9
Independent Examiner's Report	10 - 11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the Financial Statements	16 - 22

**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, appearing to read 'ANDREW LAW'.

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 circular initial 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.