

**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 Sothorn 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 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: 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.