

Registered number: 09152373
Charity number: 1159381

**COLCHESTER UNITED COMMUNITY FOUNDATION (Formerly Colchester
United FC Football in the Community)**

(A Company Limited by Guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2023

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

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COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY AND ITS TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2023

Trustees/Directors Robert Cowling
Timothy Waddington
Linda Gaine
Anne Turrell
Dmitri Frederick Halajko (appointed 1 August 2022)

Company registered number 09152373

Charity registered number 1159381

Registered office PO Box CO5 0LX
Jobserve Community Stadium
United Way, Mile End
Colchester
Essex
CO4 5UP

Company secretary Helen Haworth

Website www.cu-fc.com/fitc

Independent Examiner Luke Morris
Chartered Accountants
Fitzroy House
Crown Street
Ipswich
Suffolk
IP1 3LG

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2023

The Trustees present their annual report together with the financial statements of Colchester United Community Foundation (the "Charitable Company" or the "Charity") for the year ended 30 June 2023. The Annual Report serves the purposes of both a Trustees' report and a Directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the Charitable Company comply with the current statutory requirements, the requirements of the Charitable Company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Since the Charitable Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

The information on page 1 forms part of the Trustees' Report.

Objectives and activities

a. Policies and objectives

The principal object of the Charitable Company is to provide community participation in healthy recreation by providing programmes for the playing of association football and other sports capable of improving health.

During the year when planning the activities of the Charity, the Trustees have read and paid due regard to the Charity Commission's guidance on public benefit in accordance with section 17 of the Charities Act 2011.

b. Main activities undertaken to further the Company's purposes for the public benefit

The Charity provides high quality sports and education programmes to children, young people and adults from across the local region. The Charity positions itself to provide its programmes to people of all ages.

Achievements and performance

a. Key performance indicators

The surplus generated for the financial year is £66,605 (2022: £76,672).

The reserves held at the end of this financial year are £657,186 (2022: £590,581), of which £56,745 (2022: £271,535) are restricted.

COLCHESTER UNITED COMMUNITY FOUNDATION
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023

Achievements and performance (continued)

b. Review of activities

We are delighted to report that 2022.23 financial year has seen our highest ever revenue generated, number of participants and delivery hours engaged in our provision. This is huge credit to the skills and expertise of our staff, volunteers and trustees who are encouraging more people than ever before to improve their lives through sport, health, and education.

During this reporting period we successfully launched our "Enrich our Communities Strategy 2023-2028" alongside a rebrand and name change. The delivery of this has been made possible by the traits and behaviours by all connected with Colchester United Community Foundation. These will be instrumental in ensuring we deliver this strategy for our community and provide similar experiences to our workforce. We will guide, motivate, and inspire our staff by replicating our core values in all our work.

We are now uniquely placed to tackle some of the key issues that our community is facing, alongside combating broader societal challenges, and supporting local and national agendas. Through the engagement of over 9,5000 individuals on average each week, we positively impact our community by providing opportunities for people to become the best version of themselves. Ongoing partnership development is key to our strategy and together we will inspire, enrich, and unite our communities.

Adopting our strategy and upgrading our approach for the times we are in, and the future we want to build is crucial. We believe sport and physical activity has a huge role to play in improving physical and mental health for all, supporting the economy, reconnecting communities, and building a stronger society for all.

This will be possible by our comprehensive governance and innovative leadership in place to support our workforce as we diversify and expand our offer again. We believe that through our key strategic priorities we will maximise all aspects of our participant's journey and in turn our programmes will grow, but also ensure that an individual's journey feels and looks further enriched.

We are always there for our community but more importantly, we have been there for our communities that need us most. Moving forwards, we will ensure we continue to make a difference whether that is to individuals, groups or the community. The support of many partner organisations has enabled us to be successful in establishing our programmes at the heart of the communities whilst addressing mental health, physical health, loneliness, and isolation in our community. Thank you to everyone over the last 12 months who has trusted us, supported us, funded us and believed in us.

I hope you find our Charities Commission report provides a clear insight into Colchester United Community Foundation financial position. We are proud of the work we undertake and achievements, and look forward to ensuring another year of development, manageable growth and success ahead in 2023.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to meet its liabilities as they fall due and to continue in operational existence for the foreseeable future, being at least 12 months from the date of approval of these financial statements. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023

b. Reserves policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level which equates to approximately six months unrestricted expenditure to protect against a decline or interruption of future sources of income. Six months being deemed suitable to enable the activities of the Charity in respect of funding allocations, continuity in provision of service and responsibilities to staff to be fulfilled.

The Trustees review the level of reserves of the Charity in context with the current economic climate to ensure sufficient reserves are maintained to fulfill the Charity's activities on an ongoing basis.

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023

Structure, governance and management

a. Constitution

The Company is registered as a Charitable Company limited by guarantee.

The Company is constituted under a Memorandum of Association dated 29 July 2014 and is a registered charity, number 1159381.

The principal object of the Charity is to promote community participation in healthy recreation by providing facilities for the playing of association football and other sports capable of improving health.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

c. Policies adopted for the induction and training of Trustees

New Trustees undergo three months' induction. During this time the new Trustee receives instruction on their obligations under charity and company law, the Charity Commission guidance on public benefits, governance obligations, the committee and decision making processes, the business plan and recent financial performances of the Charity. During induction the new Trustee will attend appropriate external training events where these will facilitate the undertaking of their role alongside an induction checklist and introduction pack.

d. Risk management

The Charity retains a Risk Management Policy where all changes are brought to the attention of the Trustees' and dependent on severity, action plans implemented to address the risk. This policy is reviewed on an annual basis at a board meeting.

Plans for future periods

To ensure the Charity continues to enrich the lives of the people within our communities through high quality, engaging and inspiring sporting provisions. Specifically to improve, grow and add to existing programmes.

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023

Statement of Trustees' responsibilities

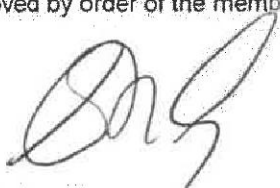
The Trustees (who are also the Directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

Approved by order of the members of the Board of Trustees on 13 March 2024 and signed on their behalf by:



Mr R A Cowling
Trustee

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 30 JUNE 2023**

**Independent Examiner's Report to the Trustees of Colchester United Community Foundation
(the 'Charity')**

I report to the Trustees (who are also Directors for the purpose of company law) on my examination of the financial statements of Colchester United Community Foundation (the "Charity") for the year ended 30 June 2023 which comprises of the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and related notes.

This report is made solely to the Charity's Trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and Basis of Report

As the Trustees of the Charity (and its Directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

An independent examination does not involve gathering all of the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the Independent Examiner's Statement.

COLCHESTER UNITED COMMUNITY FOUNDATION
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INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023

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 ICAEW, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Luke Morris FCA

Dated: 14 March 2024

SB Audit LLP
Chartered Accountants
Fitzroy House
Crown Street
Ipswich
Suffolk
IP1 3LG

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 JUNE 2023**

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	42,017	-	42,017	3,823
Charitable activities	4	514,405	352,082	866,487	771,956
Total income		556,422	352,082	908,504	775,779
Expenditure on:					
Charitable activities		275,027	566,872	841,899	699,107
Total expenditure		275,027	566,872	841,899	699,107
Net income/(expenditure)		281,395	(214,790)	66,605	76,672
Net movement in funds		281,395	(214,790)	66,605	76,672
Reconciliation of funds:					
Total funds brought forward		319,046	271,535	590,581	513,909
Net movement in funds		281,395	(214,790)	66,605	76,672
Total funds carried forward		600,441	56,745	657,186	590,581

The notes on pages 12 to 26 form part of these financial statements.

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)
REGISTERED NUMBER: 09152373

BALANCE SHEET
AS AT 30 JUNE 2023


	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	164,943	107,902
Investments	11	1	1
		<u>164,944</u>	<u>107,903</u>
Current assets			
Debtors	12	22,866	10,312
Cash at bank and in hand		550,344	626,796
		<u>573,210</u>	<u>637,108</u>
Creditors: amounts falling due within one year	13	(80,968)	(154,430)
Net current assets		<u>492,242</u>	<u>482,678</u>
Total assets less current liabilities being net assets		<u><u>657,186</u></u>	<u><u>590,581</u></u>
Charity funds			
Restricted funds	15	56,745	271,535
Unrestricted funds	15	600,441	319,046
Total funds		<u><u>657,186</u></u>	<u><u>590,581</u></u>

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006 and the members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees on 13 March 2024 and signed on their behalf by:


Mr R A Cowling
 (Trustee)

The notes on pages 12 to 26 form part of these financial statements.

COLCHESTER UNITED COMMUNITY FOUNDATION
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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 JUNE 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Net cash generated from operating activities	18	20,883	194,345
Cash flows from investing activities			
Proceeds from the sale of tangible fixed assets		700	-
Purchase of tangible fixed assets		(98,034)	(105,262)
Net cash (used in) by investing activities		(97,334)	(105,262)
Change in cash and cash equivalents in the year		(76,451)	89,083
Cash and cash equivalents at the beginning of the year		626,796	537,713
Cash and cash equivalents at the end of the year	19	550,345	626,796

The notes on pages 12 to 26 form part of these financial statements

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

1. General information

The Charity is a company limited by guarantee. The members of the Company are the Trustees named on page 1. In the event of the Company being wound up, the liability in respect of the guarantee is limited to £10 per member of the Company.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 (FRS 102) and the Companies Act 2006.

Colchester United Community Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to meet its liabilities as they fall due and to continue in operational existence for the foreseeable future, being at least 12 months from the date of approval of these financial statements. The Trustees also confirm that at the time of approving the financial statements, there are no material uncertainties regarding the Charity's ability to continue in operational existence for the foreseeable future. Accordingly, these financial statements are prepared on the going concern basis.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Charitable activities and Governance costs are costs incurred on the Charity's educational operations, including support costs and costs relating to the governance of the Charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

COLCHESTER UNITED COMMUNITY FOUNDATION
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

2. Accounting policies (continued)

2.5 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a Charitable Company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives on the following bases:

Leasehold improvements	- 20% straight line
Equipment	- 10% to 33% straight line
Motor vehicles	- 20% straight line

2.7 Investment

The fixed asset investment is a form of financial instrument and is initially recognised at its transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of Financial Activities incorporating Income and Expenditure Account.

Investment in subsidiary is stated at cost less provision for impairment.

2.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

COLCHESTER UNITED COMMUNITY FOUNDATION
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

2. Accounting policies (continued)

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

2.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Charity's fellow undertaking under common control, Colchester United Football Club Limited, operates a defined contribution pension scheme and the pension charge represents the amounts payable by Colchester United Football Club Limited, to the fund in respect of the year.

2.13 Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund.

Investment income, gains and losses are allocated to the appropriate fund.

COLCHESTER UNITED COMMUNITY FOUNDATION
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

3. Income from donations and legacies

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Gift aid	42,017	42,017	2,123
Government grants	-	-	1,700
	<u>42,017</u>	<u>42,017</u>	<u>3,823</u>
Total 2022	<u>3,823</u>	<u>3,823</u>	

4. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Education	183,711	-	183,711	195,056
Sports Participation	206,786	146,309	353,095	255,577
Health and Inclusion	114,164	205,773	319,937	321,323
Other	9,744	-	9,744	-
	<u>514,405</u>	<u>352,082</u>	<u>866,487</u>	<u>771,956</u>
Total 2022	<u>339,576</u>	<u>432,380</u>	<u>771,956</u>	

COLCHESTER UNITED COMMUNITY FOUNDATION
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

5. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	Total funds 2022 £
Education	61,866	35,241	97,107	129,082
Sports Participation	279,711	65,159	344,870	236,177
Health and Inclusion	322,113	51,038	373,151	333,848
Other	15,068	11,703	26,771	-
	<u>678,758</u>	<u>163,141</u>	<u>841,899</u>	<u>699,107</u>
Total 2022	<u>545,766</u>	<u>153,341</u>	<u>699,107</u>	

6. Analysis of support costs

	2023 £	2022 £
Professional fees	15,320	34,812
Communication expenses	1,646	3,250
Vehicle expenses	21,513	20,282
Management charges	9,000	14,040
Other support costs	105,862	40,534
	<u>153,341</u>	<u>112,918</u>

7. Net income/(expenditure)

	2023 £	2022 £
Depreciation of tangible fixed assets:		
- owned by the Charity	38,197	14,266
Fees payable to the Independent Examiner in respect of:		
- Independent examination of the Charity's annual report	<u>2,600</u>	<u>2,450</u>

COLCHESTER UNITED COMMUNITY FOUNDATION
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

8. Staff costs

	2023 £	2022 £
Wages and salaries	445,828	384,154
Social security costs	60,715	52,914
Contribution to defined contribution pension scheme	50,502	43,965
	<u>557,045</u>	<u>481,033</u>

The average number of persons employed by the Charity during the year was as follows:

2023 No.	2022 No.
<u>43</u>	<u>36</u>

None of the employees received remuneration amounting to more than £60,000 in either the current or prior year.

Key management remuneration paid in the year consisted of remuneration amounting to £58,666 (2022: £45,000) and pension contributions of £1,316 (2022: £1,684). The Trustees received no remuneration for their qualifying services to the Charity in either the current or prior year.

9. Trustees' remuneration and expenses

During the year, none of the Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 30 June 2023, no Trustee expenses have been incurred (2022 - £NIL).

COLCHESTER UNITED COMMUNITY FOUNDATION
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

10. Tangible fixed assets

	Leasehold improvements £	Equipment £	Motor vehicles £	Total £
Cost				
At 1 July 2022	7,134	19,391	119,302	145,827
Additions	-	-	98,034	98,034
Disposals	-	-	(6,840)	(6,840)
At 30 June 2023	7,134	19,391	210,496	237,021
Depreciation				
At 1 July 2022	5,232	16,879	15,814	37,925
Charge for the year	1,426	1,799	34,972	38,197
On disposals	-	-	(4,044)	(4,044)
At 30 June 2023	6,658	18,678	46,742	72,078
Net book value				
At 30 June 2023	476	713	163,754	164,943
At 30 June 2022	1,902	2,512	103,488	107,902

COLCHESTER UNITED COMMUNITY FOUNDATION
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

11. Fixed asset investments

	Investment in subsidiary undertaking £
Cost and net book value	
At 1 July 2022	1
At 30 June 2023	<u>1</u>

Principal subsidiary

At 30 June 2023, the Charity had the following subsidiary undertaking:

Name	Registered office or principal place of business	Principal activity	Class of shares
Colchester United Community Trading Limited	Jobserve Community Stadium United Way Mile End Colchester Essex CO4 5UP	Sports activities	Ordinary

These financial statements have not been consolidated with the results of the Charity's wholly owned subsidiary undertaking as the Group is small. Therefore these financial statements present the results of the Charity and not of its Group.

12. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	11,228	1,100
Prepayments and accrued income	11,638	9,212
	<u>22,866</u>	<u>10,312</u>

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	15,914	22,444
Amounts owed to subsidiary undertaking	25,819	71,105
Amounts owed to related parties	-	19,880
Accruals and deferred income	39,235	41,001
	80,968	154,430

14. Deferred income

	2023	2022
	£	£
Deferred income at 1 July	(412)	-
Resources deferred during the year	-	37,701
Amounts released in the year	-	(38,113)
Deferred income at 30 June	(412)	(412)

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

15. Statement of funds

Statement of funds - current year

	Balance at 1 July 2022 £	Income £	Expenditure £	Balance at 30 June 2023 £
Unrestricted funds				
General Funds - all funds	319,046	556,422	(275,027)	600,441
Restricted funds				
Health & Inclusion	247,929	205,773	(388,890)	64,812
Sports Participation	23,606	146,309	(177,982)	(8,067)
	271,535	352,082	(566,872)	56,745
Total of funds	590,581	908,504	(841,899)	657,186

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 July 2021 £	Income £	Expenditure £	Balance at 30 June 2022 £
Unrestricted funds				
General Funds - all funds	200,369	343,399	(224,722)	319,046
Restricted funds				
Health & Inclusion	286,928	278,388	(317,386)	247,930
Sports Participation	26,612	153,992	(156,999)	23,605
	313,540	432,380	(474,385)	271,535
Total of funds	513,909	775,779	(699,107)	590,581

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

15. Statement of funds (continued)

The Health and Inclusion restricted funds are for the following initiatives:

- The Premier League Primary Stars Programme represents income awarded for the purposes of delivering activities to primary schools focusing on the core values of the Premier League Primary Stars Programme. All sessions are offered to upskill teachers, provide engaging sessions for participants and to increase participation in sport.
- The Premier League Girls fund represents income awarded for the purposes of increasing participation for females within the community. Sessions delivered in schools and at community hub to support the engagement of 11+ females in sport.
- The Premier League Kicks fund represents income awarded for the purpose of providing sports sessions in targeted areas to increase participants, decrease levels of anti-social behaviour and improve levels of community cohesion. As well as increasing physical activity, this project works towards key outcomes including volunteering and qualifications.
- The United Against Knife Crime fund represents income awarded for a community safety programme engaging young children around the dangers of knife crime.
- The Joy of Moving fund represents income awarded to promote healthy eating and lifestyle choices in a programme delivered in primary schools.
- The EFL Infrastructure fund represents income awarded for the purpose of improving the facilities to assist the Charity in delivering its objectives.
- The BSBT fund represents income awarded for the purpose of challenging extremism in the community.
- The BBC Children in Need grant fund is for supporting children aged under 18 who suffer with disabilities and this project is funded by Children in Need.
- The NCS fund is a project for School year 11 and 12 students and provides them with residential experience, social actions projects and life skills. The project is funded by the NCS Trust.
- The Youth Investment Award fund was received in March 2022 to support the Charity's services and offering to young people. The fund has enabled the Charity to improve its infrastructure and offering to children and families that it serves.

The Sports and Participation Fund relates to the Active Essex Holiday Clubs which is to support working families throughout the school holidays.

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	164,943	-	164,943
Fixed asset investments	1	-	1
Current assets	516,465	56,745	573,210
Creditors due within one year	(80,968)	-	(80,968)
Total	600,441	56,745	657,186

Analysis of net assets between funds - prior year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	107,902	-	107,902
Fixed asset investments	1	-	1
Current assets	365,573	271,535	637,108
Creditors due within one year	(154,430)	-	(154,430)
Total	319,046	271,535	590,581

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

17. Related party transactions

At the year end, the Charity owed Colchester United Football Club Limited, a company related by common control, an amount of £6,099 (2022: £14,900).

During the year, the Charity incurred management charges from Colchester United Football Club Limited amounting to £13,500 (2022: £9,000).

During the year, the Charity incurred recharges including staff costs from Colchester United Football Club Limited amounting to £564,025 (2022: £481,033).

At the year end, the Charity owed Colchester United Hospitality Limited, company related by common control, an amount of £783 (2022: £1,872).

At the year end, the Charity owed Aspire Projects Limited, a company related by common control, an amount of £297 (2022: £3,038).

At the year end, the Charity owed Jobserve Sports & Social Club, a charity related by common control, an amount of £591 (2022: £70).

At the year end, the Charity owed Colchester United FC FITC Trading Limited, the subsidiary undertaking, an amount of £18,048 (2022: £71,105).

During the year, the Charity received a gift aid donation from Colchester United FC FITC Trading Limited amounting to £42,017 (2022: £2,108) in respect of trading profits gifted to the Charity.

18. Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net income for the year (as per Statement of Financial Activities)	66,605	76,672
Adjustments for:		
Depreciation charges	38,197	14,266
Loss on the sale of fixed assets	2,096	-
Decrease/(increase) in debtors	(12,554)	24,339
Increase/(decrease) in creditors	(73,461)	79,068
Net cash generated by operating activities	20,883	194,345

COLCHESTER UNITED COMMUNITY FOUNDATION
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

19. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash at bank and in hand	550,345	626,796
Total cash and cash equivalents	550,345	626,796

20. Analysis of changes in net debt

	At 1 July 2022 £	Cash flows £	At 30 June 2023 £
Cash at bank and in hand	626,796	(76,452)	550,344

21. Controlling party

The Charity is controlled by the Board of Trustees.



COMMUNITY FOUNDATION

Registered Charity Number 1159381

Colchester United Community Foundation

Charities Commission Report July 2022 - June 2023

It is with great pleasure and enormous pride, we are able to evidence through "**Enrich our Communities Impact Report 2023**", the difference we are making in our communities. Our staff, volunteers and trustees continue to respond magnificently to the many and varied challenges in our area, and always go the extra mile to support those who need it most.

Back in January 2023 we were excited about what we were going to achieve in the first year through "**Enrich our Communities Strategy 2023-2028**" and looking forward to making a real impact within the communities we serve. The year has exceeded our expectations, and you will see throughout this summary the difference we have made which will have significant long-term benefits.

This report is external evidence that our programmes **inspire, enrich, and unite** our communities, each of which are embedded into our organisation as we set out to deliver these to our beneficiaries. We have continued to place partnerships at the heart of what we do, and it has been amazing to see our commitment to building long term education, health, participation, and inclusion programmes start to materialise. Thank you to everyone over the last 12 months who has trusted us, supported us, funded us and believed in us.

Ensuring manageable growth whilst providing continual high quality delivery has and will continue to be at the forefront of our objectives, as a result providing a positive impact within the areas we serve. If we continue to show the passion, dedication and creativity shown to date, we can confidently look forward with optimism to creating further successes together in 2024.

We again enter 2024 acutely aware that factors beyond our control may play a part in our direction of travel. We will need to continue being agile, flexible and recognise that there are likely to be bumps in the road. We do however have a strong infrastructure in place to react, which is underpinned by an exceptional football club at the heart of its community.

I hope you find our Charities Commission report provides a clear insight into Colchester United Community Foundation financial position. The entire workforce and I look forward to another year of strengthening our bonds and continuing to use the unparalleled power of sport for good.

Corin Haines

CEO

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Shrub End Community & Sport Centre, Boadicea Way, Colchester, Essex, CO2 9BG

www.cu-fc.com/cucf
cucf@colchesterunited.net
01206 755160
@CoIU_CF /CoIU_CF
#enrichourcommunities



COMMUNITY FOUNDATION



ENRICH OUR COMMUNITIES

IMPACT REPORT 2023

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381

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#enrichourcommunities

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18	Participation Programmes
20	Inclusion Programmes
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WELCOME FROM OUR CEO & BOARD

It is with great pleasure and enormous pride, we are able to evidence through **“Enrich our Communities Impact Report 2023”**, the difference we are making in our communities. Our staff, volunteers and trustees continue to respond magnificently to the many and varied challenges in our area, and always go the extra mile to support those who need it most.

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We hope you find our **“Enrich Our Communities Impact Report 2023”** provides a beneficial insight into the work and impact we are engaged in with our communities. The entire organisation looks forward to another year of strengthening our bonds and continuing to use the unparalleled power of sport for good.

If any aspect of what we do is meaningful to you, please get in touch, we'd love to hear from you.

Corin Haines
Chief Executive Officer

OUR BOARD OF TRUSTEES



LINDA GAINE
Trustee lead on
Health



DMITRI HALAJKO
Trustee lead on
Sports Participation



TIM WADDINGTON
Trustee lead on
Safeguarding & EDI



ANNE TURRELL
Trustee lead on
Inclusion



ROBBIE COWLING
Trustee lead on
Business Development



21,550

hours of delivery within
our community

304,000



engagements with our beneficiaries

2023



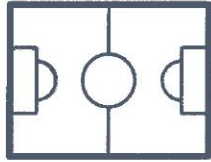
£1.1million

financial investment
into our community



44

different community projects



1,770

community members access
our Shrub End Community
& Sport Centre each week



98

partner organisations and educational
settings worked with us during this period

OUR YEAR IN NUMBERS



2-87

our youngest participants were just
2 years old, and our eldest
beneficiary was 87 years old

59

employees,
volunteers and
trustees committed to
making a difference
to people's lives



OUR CORE



OUR MISSION

To **inspire, enrich, and unite** our communities

OUR FOUNDATIONS



Finance



Safeguarding



Impact & Insight



Governance



Community-Led



Equality, Diversity,
and Inclusion

OUR CULTURE

C REATIVE

OUR PLEDGES

WE WILL

develop healthier and
safer communities

WE WILL

bring communities
together

WE WILL

create an affinity to
Colchester United
Football Club

WE WILL

raise aspirations

OUR PILLARS OF WORK



HEALTH

We aim to use evidence based interventions that target health inequalities and challenges faced by our communities. Working in collaboration with key organisations to enrich our provision.



PARTICIPATION

We aim to reduce the socio-economic barriers faced by the wider community to access an active lifestyle. Using both the power of sport and the brand of Colchester United to inspire all generations.



EDUCATION

We aim to enhance and develop the learning opportunities in Colchester and wider communities. Utilising innovative methods and providing a structured approach.



INCLUSION

We aim to ensure everyone within the community has access to the support they need. Through creative partnerships that create a diverse offer that meets the demands of the local community.

U

NITED

C

OMMITTED

F

AIR

SOME 2023 HIGHLIGHTS

WOMEN'S TEAM

Colchester United Women's Team are back! Featuring players from our girls pathway, college side and even some returning faces from our previous side, we remained unbeaten in the Eastern Regional Women's Division 2 up to Christmas 2023.



COMMUNITY CHAMPION

We've welcomed eight Community Champions, recognising outstanding contribution to the local community and going above and beyond to help others. Each received a unique matchday experience and pitch side presentation.

COMMUNITY CELEBRATION

We hosted the first ever Colchester Community Celebration at our home in Shrub End Sports & Community Centre. With a range of sports, food vendors and local businesses in attendance, plus a small-sided football tournament and a visit from the Mayor.



CHANCE2SHINE CRICKET

In partnership with Essex Cricket, we launched our new Chance2Shine Indoor Cricket programme, a free to access programme in Greenstead, Colchester.



CHAMPIONS AT COBHAM!

We took a Pan-Disability side to Chelsea's Cobham Training Ground and emerged victorious! A great day out for our participants and their families!

STRATEGY LAUNCH

Following a rebrand and name change to Colchester United Community Foundation, we continue to provide high quality provision, which inspires, enriches and unites our community.



COMMUNITY FOUNDATION



OLYMPIC HERO VISITS SENIOR U'S

Double gold medal winning rower, James Cracknell OBE, paid a visit to Shrub End to meet our Senior U's! James joined in playing table tennis, target ball and even made everyone cups of tea!

OUR PROGRESS AGAINST STRATEGIC OBJECTIVES

OBJECTIVE 1 TO INSPIRE, ENRICH AND UNITE OUR COMMUNITIES



Focus:

Embedding a culture that inspires, enriches and unites

- » **We have** provided staff with the tools and knowledge to develop projects and experiences
- » **We have** ensured the needs of the of participants are at the heart of every project
- » **We have** created equal pathways for all, regardless of backgrounds or demographics



"Colchester United Community Foundation makes me feel thought of and included as part of my Club. It's a reason to leave the house and a chance to make new friends. My confidence has shot up and it's become the highlight of my week. I've even signed my children up to new activities with CUCF, to ensure they're benefitting from their work too."

CHRIS
ADULT PAN-DISABILITY
PARTICIPANT



OBJECTIVE 2

PROVIDE EXCEPTIONAL SERVICES TO OUR COMMUNITIES



Focus:

Ensuring an individual's experience will exceed expectations

- » **We have** ensured all staff are receiving adequate upskilling and reflection for personal development, to enable them to thrive
- » **We have** created a comprehensive offer of affordable services
- » **We have** made our services accessible to all through varied lines of communication

"My daughter absolutely loves coming to the holiday camps. Whether it's meeting Eddie the Eagle, taking part in dance workshops or just meeting new friends. She's never come away unhappy."



PARENT
HOLIDAY CAMP PARTICIPANT



OUR PROGRESS AGAINST STRATEGIC OBJECTIVES

OBJECTIVE 3

ENSURE COMPREHENSIVE GOVERNANCE AND INNOVATIVE LEADERSHIP



Focus: Providing staff and the communities we serve with a robust governance and leadership

- » **We have** enhanced the support networks between community groups and organisations
- » **We have** ensured existing working relationships strengthen through continuous partnership development
- » **We have** recruited and retained trustees who enhance the experience and expertise of our board



“We would like to thank you for all the great work you and the other organisations did through the WCSG 2022/23. Earlier this month Roger Hirst, the Police Fire and Crime Commissioner, recommended the Violence and Vulnerability Roundtable report. There was lots of positive comments about the difference the work is making and how inspirational the work is. Thank you for the part you and your organisation played in this.”

ESSEX COUNCIL
FOR VOLUNTARY YOUTH SERVICES



OBJECTIVE 4

EMBED FURTHER EDI, ENVIRONMENTAL SUSTAINABILITY & IMPACT MEASUREMENT WITHIN OUR ORGANISATION



Focus: Continuing to drive positive change and impactful stories throughout our organisation

- » **We have** enhanced our knowledge and resources towards EDI within our organisation
- » **We have** promoted and sustained positive environmental behaviours across the whole network
- » **We have** increased the level of impact measurement we have within our community

"Over the past 12 months, we have appointed members of staff in key roles to oversee our impact monitoring, to lead on environmental sustainability and an EDI lead. We are connecting with other professionals in these fields to continually evolve and improve our methods."

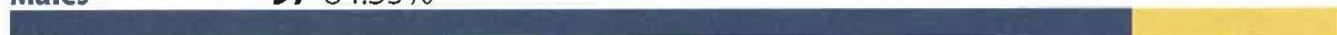
DAVID HOOLEY
IMPACT & INSIGHT OFFICER





OUR PARTICIPANTS

Males **97** 84.35%



Females **18** 15.65%



Disability **32** 28.07%



Health Condition **29** 25.44%



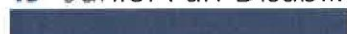
34 Walking Football



17 Adult Pan-Disability



13 Junior Pan-Disability



51 Senior U's



LEE'S STORY



After being diagnosed with Multiple Sclerosis in 2012, Lee was referred to Walking Football by the medical staff supporting him with his condition. His diagnosis soon began to impact on a range of elements of his life, including work and socialising.

"I had a lot of time off work before becoming home-based, so I lost a lot of confidence," Lee told us.

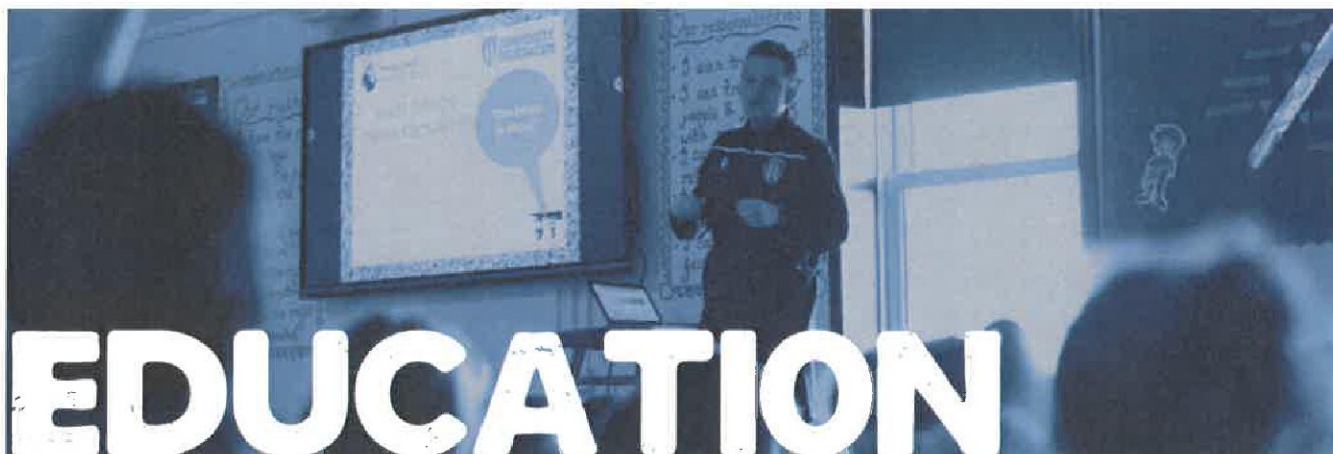
"IT'S MASSIVELY IMPROVED MY SOCIAL SKILLS, I'VE MET LOADS OF GREAT PEOPLE ON THE PROGRAMME AND THE COACHES HAVE BEEN BRILLIANT. I'D DEFINITELY RECOMMEND IT TO ANYONE"

His condition was affecting his speech and had caused a right-sided weakness, particularly prominent in colder months.

"It's massively improved my social skills, I've met loads of great people on the programme and the coaches have been brilliant. I'd definitely recommend it to anyone with diabetes or another neurological condition."

With his loss of confidence and the drop off in his social life, Lee had found the prospect of going out to be daunting and his mental health was suffering as a result. He described the impact of Walking Football as a 'Godsend', feeling a renewed self-confidence and a sense of relief.

"We've started going out on social events outside of the sessions, including some curry nights and we've taken part in tournaments against other football clubs, too and I've loved representing Colchester United. I've probably met 40 or more new friends as a result and it's a pleasure to spend my time with the group."



EDUCATION

60

PARTNER
SCHOOLS

300+

HOURS DELIVERED
WEEKLY

99

FUNDED
SESSIONS

56

ASSEMBLIES &
FESTIVALS

OUR PROGRAMMES

54 Joy of Moving Programmes Delivered

13 Education Assemblies

(6x No Room For Racism, 3x LGBTQ+, 1x Allergy Awareness, 3x Christmas)

43 Festivals

(36x JOM, 1x Girls Football, 1x Mixed Football, 2x Inclusive Football, 3x Sports Days)

45 Premier League Primary Stars Programmes Delivered

● **1,600** Lunch Time Clubs

● **3,300+** After School Clubs

● **5,000+** PE Lessons



12,000

Total Hours
Delivered in
Schools



6,000+

Pupils Reached
Weekly



42

Maths Lessons
Delivered



60

English Lessons
Delivered



30

PSHE Lessons
Delivered



49

Teachers
Engaged in
CPD

MARTHA'S STORY

Martha, aged 10, has benefitted from CUCF's delivery within her school for over 3 years. Over the course of 2023, she engaged in a mix of PE and Premier League Primary Stars.

"I really like the coaches we have from Colchester United, who make every lesson fun and are always really positive," she says.

"I've liked learning to play football in PE and the different skills they teach us each week. It's the first time I've felt confident joining in with PE with the rest of my class," Martha admitted, when we asked about how she felt her PE lessons were going. "Some of my classmates are really sporty and good at PE, which can be a nervous experience, but I'm not worried anymore."

Reflecting on the Wellbeing Stars programme she's taken part in, Martha recognised the impact this has had on her life: "My diet is so different now, and much better! I'm eating more fruit and veg and there's a healthy balance to it. I feel fitter, I feel healthier – I've even started to choose sugar-free options when it comes to food and drink. It's amazing!

"Even outside of PE, I'm making much more effort in class – I don't give up so much... that's called perseverance!"

On the first week of her wellbeing programme,



Martha said that she hated making new friends and trying new experiences. How has that changed since she finished the programme?

"I've joined a new dance club! I've got loads of new friends there and I can't wait to go back. I would have never done that before. I feel focused and it's changed how I feel about new activities."

As she summarises, she has a whole new attitude: "Get up, get dressed, get outside!"

"MY DIET IS SO DIFFERENT NOW, AND MUCH BETTER! I'M EATING MORE FRUIT AND VEG AND THERE'S A HEALTHY BALANCE TO IT. I FEEL FITTER, I FEEL HEALTHIER"



100	Girls Development Centre
300	Boys Development Centre
44	Thurstable Boys College
25	Women's Team
350	Skills Centre
70	Emerging Talent Centre
16	Female Football College



4,600	Free ActivAte Places
4,345	Soccer Camps
136	1-2-1s
150	Teacher Strike Camps

MICHELE-CHRISTINE'S STORY

To inspire, enrich, and unite our communities"



Michele-Christine began her journey with Colchester United Community Foundation on our Skills Centre programme at the start of 2023, which was her first experience of playing football. Her coach, Toby, did a "terrific" job, which Michele-Christine's dad, Yannig, believes was the key to her falling in love with the sport.

"I'm delighted that she's participating in the Development Centre. I watched her session yesterday and it looked like a great experience – the coaching was great and there was a really positive atmosphere. Week-by-week, her skills were developed, until she eventually had enough confidence to join a team."

Michele-Christine has described her experiences as "wonderful" and feels very grateful to all the staff that have worked with her so far.

"There's not really a chance to play with other girls at school, so it's really nice to have this chance every week. I'm much more active now and it's also helped to reduce the stress I previously had in social situations. I've even joined a local team, Stanway, because I now have the confidence to do so – I would never have done this without CUCF!"

"I'M MUCH MORE ACTIVE NOW AND IT'S ALSO HELPED TO REDUCE THE STRESS I PREVIOUSLY HAD IN SOCIAL SITUATIONS"

It isn't just the physical and social benefits that Michele-Christine and her family have noticed, either. It's also making a positive impact within her school life, too.

Yannig told us: "She's joined her school team and plays all different sports with her classmates too. She prefers it to spending her breaks chatting to friends, as football leads to much less drama!"

"It's become part of our family life. We love watching her play and kicking a ball around with her, too."



594	Premier League Kicks
40	Chance2Shine Cricket
25	Refugee Football

830	United Against Knife Crime
1,660	Many Minds, One Heart
18	Fly Like an Eagle
1,043	Unite Our Communities

KAMAL'S STORY



Kamal, a participant within our Pan-Disability programme, has been attending sessions at Shrub End on a Thursday since September 2023.

Francesca, our Pan-Disability coach, has noticed enormous progress in the way that he interacts with her and the other players within the group. When he first arrived, he would only vocalise his own name and speak briefly to one other child, but as he has kept attending, he is now confident to ask for fist bumps, enjoy a laugh with the other participants and knows everybody's name.

Kamal's mum has also noticed a big difference in her son.

"The football sessions go beyond the game; it is a stepping stone for Kamal's journey. Through

"THROUGH EACH KICK AND INTERACTION WITH OTHERS, I CAN SEE THAT HIS SOCIAL SKILLS ARE BLOSSOMING AND HIS PHYSICAL CO-ORDINATION IS IMPROVING"

each kick and interaction with others, I can see that his social skills are blossoming and his physical co-ordination is improving. Kamal truly enjoys each session and a newfound confidence is taking root. Watching him chase the ball with a radiant smile is a moment I will cherish forever. The sessions are thoughtful and embrace his unique abilities and he feels not only welcomed but celebrated. As a mother, I am grateful that each session is not just a space for Kamal to play but a space for him to grow."



OUR PROGRAMMES, WITH THANKS

Thank you to our funders, beneficiaries and stakeholders for their incredible support throughout 2023. None of this would be possible without you.

Interested in getting involved in 2024? See below a list of our programmes. We'd love to welcome you.

PROJECT	ACTIVITY
Sport & Education Provision	Helping pupils to improve their physical literacy and achieve Government guidelines in PE
Premier League Primary Stars	Improves PE skills, literacy and numeracy and PSHE
Work Placements	Unique opportunities to gain real-life experiences for individual students
Alternative Provision	Sports-based studies for students who require additional support
Male Football College	Post-16 Football and Education programmes studying - BTEC, A Levels and public services
Female Football College	Post-16 Football and Education programmes studying - BTEC, A Levels and public services
Apprenticeships	Paid employment opportunities in sports coaching and business administration
Early Eagles	Open access weekly development programme for 4-7 year olds
Joy of Moving	6-week programme using the power of play to enrich the national curriculum around healthy li
Sports Days, Assemblies, Festivals	One off events, tailored to your needs and supporting your regular delivery (Age 5-16)
Skills Centres	Open access weekly development programme to improve all areas of the game
Holiday Activity Camps	Affordable holiday activities with enjoyment and development at the forefront
ActivAte Activity Camps	Free holiday activities with enjoyment and development at the forefront
Wildcats Centres	Open access weekly development programme to improve all areas of the game
Female Development Centres	Invitation-only weekly development programme to improve all areas of the game
Female Emerging Talent Centre	Invitation-only weekly development programme to improve all areas of the game
Boys Development Centres	Invitation-only weekly development programme to improve all areas of the game
Grassroots Club Development	Supporting grassroots clubs with player and coach development
Matchday Experiences	A comprehensive matchday offer from mascots to community champions
Women's Team	Senior side playing in the national pyramid (16+)
Chance2Shine Cricket	Weekly cricket programme aimed at developing cricket skills, with fun at the heart of it (8-13)
Adult Pan-Disability	Tailored football sessions for ages 18+ with disabilities
Walking Football	The slower form of the game for male and female players
Senior U's	Activities, support and a sense of belonging for over 55s
Joy of Moving	Inspiring children of all abilities to move through play
Many Minds One Heart	Support young people with Mental Health
Premier League Kicks	Free activities for young people during the evenings and weekends
Children In Need (Disability Provision)	Sports activities for children with disabilities
United Against Knife Crime	Tackling the growing number of knife crime incidents involving young people
Unite Our Communities	Tacking extremism, radicalisation, hate crime and prejudice to aid community cohesion amongst
Fly Like an Eagle	Mentoring support for young people to improve their outlook and role with school and comm
Refugee Provision	Providing guidance and support whilst playing sport within their new surroundings



young people and their families
unities



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**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

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