

SPIRIT IN SPORT

England & Wales · Charity number 1161773

Details

Other names SPIRIT IN THE COMMUNITY

Status Registered

Legal form CIO

Registered 2015-05-21

Register [View on the Charity Commission register](#)

Contact

Address 72 Chelsea Road
Southsea
Hampshire
PO5 1NJ

Phone 07850990305

Email office@spiritinsport.org.uk

Website www.spiritinsport.org.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PROVIDING COMMUNITY-BASED SERVICES AND ACTIVITIES FOR MEMBERS OF THE COMMUNITY IN ACCORDANCE WITH CHRISTIAN PRINCIPLES IN ORDER TO PREVENT OR RELIEVE SOCIAL EXCLUSION, IN PARTICULAR, BUT NOT EXCLUSIVELY BY:- THE PROVISION OF A BEFRIENDING SERVICE FOR PEOPLE (OVER THE AGE OF 50) AT RISK OF, OR SUFFERING FROM, ISOLATION AND THROUGH THE PROVISION OF OTHER CHARITABLE ACTIVITIES DESIGNED TO RELIEVE OR PREVENT THE ISOLATION OF THOSE WHO FEEL EXCLUDED FROM SOCIETY INCLUDING RECREATIONAL ACTIVITIES, OUTINGS AND SOCIAL TRIPS INCLUDING TRANSPORT TO AND FROM HOME ("SPIRIT IN THE COMMUNITY").- THE PROVISION OF A COMMUNITY CAFE, DROP-IN CENTRE AND COMMUNITY ACTIVITIES FOR PEOPLE WHO LIVE, WORK, PLAY, PARTICULARLY, BUT NOT EXCLUSIVELY IN THE SOMERSTOWN AREA OF PORTSMOUTH WITH THE AIM OF PROVIDING THEM WITH A SAFE PLACE TO BE WHICH WILL RELIEVE THEIR NEEDS AND AID THEIR SOCIAL INCLUSION ("SPIRIT IN THE COMMUNITY"). FOR THE PURPOSE OF THIS CLAUSE, "SOCIAL EXCLUSION" MEANS BEING EXCLUDED FROM SOCIETY, OR PART OF SOCIETY, AS A RESULT OF BEING A MEMBER OF A SOCIALLY AND ECONOMICALLY DEPRIVED COMMUNITY OR BEING EXCLUDED BY REASON OF AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE. TO PROMOTE GOOD HEALTH AND WELLBEING FOR THE PUBLIC BENEFIT IN PARTICULAR BY THE PROVISION OF COMMUNITY SPORTS ACTIVITIES FOR CHILDREN AND ADULTS OF ALL AGES, PARTICULARLY, BUT NOT EXCLUSIVELY IN THE PORTSMOUTH AREA ("SPIRIT IN SPORT").

Activities: The provision of community sports activities for children and adults of all ages. The provision of a befriending service for people (over the age of 50) at risk of or suffering from isolation. The provision of a community cafe and drop-in centre. All activities for people who live, but not exclusively in the Portsmouth and Somerstown area.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Amateur Sport, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Portsmouth City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£33,634	£43,883	-	-
2024-03-31	£42,109	£37,315	-	-
2023-03-31	£25,216	£33,689	-	-
2022-03-31	£44,274	£12,531	-	-
2021-03-31	£14,498	£12,257	-	-

Trustees

Name	Role	Appointed
DAVID PUGSLEY		2015-11-16
Elaine Hallatt Mrs		2018-12-18
JOS MCCABE		2015-11-16
Mervyn Cowdrey		2025-05-20
STEPHEN KERR		2015-11-16

SPIRIT IN SPORT

England & Wales - Charity number 1161773

Accounts



Trustees' Annual Report for the period

Period start date			Period end date				
From	Day 1ST	Month APRIL	Year 2024	To	Day 31ST	Month MARCH	Year 2025

Section A Reference and administration details

Charity name **SPIRIT IN SPORT**

Other names charity is known by

Registered charity number (if any) **1161773**

Charity's principal address **72, CHELSEA ROAD, SOUTHSEA,
HAMPSHIRE,
Postcode: PO5 1NJ**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	JOSEPH McCABE	CHAIR		
2	DAVID PUGSLEY			
3	STEPHEN KERR			
4	ELAINE HALLATT			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Foundation Model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed for a period of three years and this is reviewed annually at the Annual General Meeting

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>All trustees give their time voluntarily and received no remuneration or other benefits.</p> <p>The Chair of the CIO meets monthly with the Spirit in Sport team leader to review progress and duty of care responsibilities.</p> <p>At the January 2024 AGM, all trustees indicated that they would continue in post for the forthcoming year.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

<p>To promote social inclusion for the public benefit by providing community based services and activities for members of the community in accordance with Christian principles, in order to prevent or relieve social exclusion.</p> <p>To promote good health and wellbeing for the public benefit in particular by the provision of community sports activities for children and adults of all ages, particularly, but not exclusively in the Portsmouth area.</p>

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit in line with our objects at our trustee meetings.

Between April 2024 through to March 2025

- Home Education Sport - 810 over 20 x 4 hour sessions averaging 20-30 participants per session.
- Sports Camp - 270 over 4 x 2-3 day camps averaging 30 participants per day.
- Monday Night 5-a-side Football - 380 players over 22 weeks (2 seasons Sep-Nov and Jan - Mar, with 4 teams per week)
- Public events (other churches/community) - 326
 - Gosport churches summer retreat (Aug 21) – 40 participates
 - Weekly Table Tennis Cafe – 16 participates
 - Weekly 5-a-side football tournament: 60 players
 - Weekly 3 x 3 basketball: 40 participates
 - Trainee Coach Bootcamp - 12 trainees (Aug 24)
 - St Judes Church Senior Citizens Event - 20 (Aug 24)
 - Weekly Men's Shed (meeting of men to do woodwork etc) 10 participates

Total = 1,968 (compared with 1,392 in the previous year)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

GENERAL UPDATE

Spirit in Sport continues to be blessed with a secure premises for storing it's sports equipment and use of office space. As has been the case since Spirit in Sport started we have been blessed with great volunteers in the following areas of work of sport, Men's Shed and youth evenings.

We have been very fortunate in obtaining a number of grants in this last 12 month period, which is, along with our regular supporters the life blood of Spirit in Sport

Volunteers: 14 in number

Summary of the main achievements of the charity during the year

The main achievements of Spirit in Sport in this year have included:

- Increasing the core sports activities in both number of participants and range of sports including
 - Sports Camp
 - Home Education Sports
 - Monday Night Football
 - Support at external church and community events
 - Table Tennis cafe
 - Planning and holding a 5k cross country event in Gosport.
- With 1,968 participant visits/engagements in total
- Increase in fundraising applications
- Receiving grant funding to support the training of coaches

Section E

Financial review

Brief statement of the charity's policy on reserves

Spirit in Sport has a contingency fund of £15000 which is held in reserve to meet essential running costs and annual commitments, including; Salaries, insurance, administration, rent, and sport or community programmes that are currently running, for up to 6 months should no additional funding be made available.

Details of any funds materially in deficit

NONE

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main sources of funding in the year came from donations, fees for charity activities and fundraising.

The main outgoings included: Labour and coaching fees, buildings and sports hall hire, equipment and consumables, administration, insurance and marketing.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	CHRIS COX	
Full name(s)	CHRISTOPHER COX	
Position (eg Secretary, Chair, etc)	MANAGING DIRECTOR	
Date	28.10.2025	

FINANCIAL AFFAIRS
APRIL 2024 – MARCH 2025
BROUGHT OVER FROM MARCH 28th 2024, £48866.51

IN:		OUT:	
April 2024:	£5278.03	April 2024:	£4311.57
May:	£1430.33	May:	£2940.99
June:	£5032.63	June:	£3543.76
July:	£1636.82	July:	£4233.14
August:	£2698.70	August:	£3589.47
September:	£1551.64	September:	£2394.51
October:	£4105.58	October:	£4393.87
November:	£6008.79	November:	£5865.16
December:	£1628.06	December:	£4286.82
January 2025:	£739.37	January 2025:	£3280.78
February:	£2313.72	February:	£2572.55
March:	£1210.58	March:	£2470.69

TOTAL IN TO ACCOUNT YEAR APRIL 2024 – MARCH 2025

HOME EDUCATION SPORTS:	£6475.57
MONDAY FOOTBALL	: £2243.04
SPORTS CAMPS	: £2634.91
AFTER SCHOOL SPORTS	: £2634.72
REGULAR GIVERS	: £4999.18
OTHER DONATIONS	: £3601.88
GRANTS	: £9000.00
GIFT AID	: £2044.95
TOTAL:	<u>£33634.25</u>

TOTAL OUT OF ACCOUNT YEAR APRIL 2024 – MARCH 2025

SALARIES	: £26713.53
HMRC	: £4569.46
NEST	: £1442.25
INSURANCE	: £390.51
DONATIONS	: £540.00
STORAGE	: £480.00
SPORTS HALL HIRE	: £3056.00
ACCOUNTANT FEE	: £195.00
MISC PURCHASES: SPORTS EQUIPMENT, DBS CHECKS ETC. All receipts attached:	£6496.56
TOTAL	£43883.31

Deficit on the year 2024 -March 2025 of £10249.06
In the account as on March 31st 2025, £38617.45



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
SPIRIT IN SPORT

**On accounts for the year
ended**

31ST March 2025

**Charity no
(if any)**

1161773

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2025**.

**Responsibilities 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 Trust's accounts carried out under section 145 of the 2011 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 (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:

Date:

13/11/2025

Name:

Helen Smith

Relevant professional qualification(s) or body (if any):

ACCA

Address:

5, Albert Road, Southsea, Hampshire PO5 2SE

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

No material matters of concern to disclose.

SPIRIT IN SPORT

England & Wales - Charity number 1161773

Accounts



Trustees' Annual Report for the period

From

Period start date

Period end date

Day	Month	Year
1ST	APRI L	2022

Day	Month	Year
31ST	MARCH	2023

Charity name

SPIRIT IN SPORT

Other names charity is known by

Registered charity number (if any)

1161773

Charity's principal address

72, CHELSEA ROAD, SOUTHSEA,
HAMPSHIRE,

Postcode: PO5
1NJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	JOSEPH McCABE	CHAIR		
2	DAVID PUGSLEY			
3	STEPHEN KERR			
4	SARAH SPENDER			
5	ELAINE HALLATT			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Foundation Model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed for a period of three years and this is reviewed annually at the Annual General Meeting

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All trustees give their time voluntarily and received no remuneration or other benefits.

The Chair of the CIO meets monthly with the Spirit in Sport team leader to review progress and duty of care responsibilities.

At the January 2023 AGM, all trustees indicated that they would continue in post for the forthcoming year



Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by providing community based services and activities for members of the community in accordance with Christian principles, in order to prevent or relieve social exclusion. To promote good health and wellbeing for the public benefit in particular by the provision of community sports activities for children and adults of all ages, particularly, but not exclusively in the Portsmouth area.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit in line with our objects at our trustee meetings.

Between April 2022 through to March 2023

- Sports Club:
 - Home Ed - 235 bookings over 36 weekly sessions (981 children sessions in total) across 7 seasons over 20 x 1 hour sessions averaging 27 participants per week.
 - Mar/Apr 22: 32 children over 5 weekly sessions
 - May 22: 26 children over 3 weekly sessions
 - Jun/Jul 22: 27 children over 6 weekly sessions
 - Sep/Oct 22: 38 children over 6 weekly sessions
 - Nov/Dec 22: 42 children over 6 weekly sessions
 - Jan/Feb 23: 42 children over 5 weekly sessions
 - Feb/Apr 23: 38 over 5 weekly sessions

 - New Home Ed Sports group established with first season starting March 2023, with 22 children booked over 6 weekly sessions
 - Sports Camp - 89 bookings for 4 x 2-3 day events (192 children sessions) across the year including:
 - Easter 22: 22 children over 2 days
 - May 22: 22 children over 2 days
 - October 22: 24 children over 2 days
 - February 23: 25 children over 3 days
 - School Sports - 69 bookings for 5-6 weekly sessions (383 children sessions) over 5 seasons
 - Jun/Jul 22: 16 children over 6 sessions
 - Sep/Oct 22: 16 children over 6 sessions
 - Nov/Dec 22: 10 children over 6 sessions
 - Jan/Feb 23: 14 children over 5 sessions
 - Feb/Mar 23: 13 children over 5 sessions
- Team Sports
 - Monday Night 5-a-side Football - 620 participations across 3 seasons of between 9 - 12 weeks each
 - Spring 22: 200 participations across the season (10 weeks, 4 teams, 5 players per team)
 - Summer 22: 180 participations across the season (9 weeks, 4 teams, 5 players per team)
 - Winter 22/23: 240 participations (12 weeks, 4 teams, 5 players per team)
 - Girls Football Club - new activity starting in Jan 23 with 25 bookings of 2 seasons (114 children sessions) of 4-6 weekly sessions.
 - Jan/Feb 23: 14 children over 6 weekly sessions
 - Mar 23: 11 children over 4 weeks

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- 11-a-side football match
- Family Sports
 - England V Wales World Cup Live Screening - 30 attendees
 - Table Tennis Cafe - weekly drop in activities typically attended by between 5 - 10 members of public
- Pursuit Sports
 - London to Brighton Bike Ride - 3 participants
 - Valiant Valley 5k Run - 13 participants
 - Birthday parties - 2 parties for 20-30 children each

Total = 2,349 counted participant sessions across 9 different activities (not including counts for Table Tennis Cafe and birthday parties). This compares with 1,084 in the previous year, and 320 in the year before that.

GENERAL UPDATE

Good growth between 2022-23. This was accelerated with the introduction of a Graduate Team Leader and intern from September 2022. Their introductions provided greater strength and consistency in resource to run existing activities while also allowing for additional activities to be designed and introduced, including further afield.

The new Sports Leader Qualification was also introduced with 5 volunteers enrolled for the year long programme.

Spirit in Sport continued to operate from the new base for its office, storage and some activities, as at St Judes Church, but also continued to benefit from use of other local facilities such as schools and local council owned playing fields.

Additional details of objectives and activities (Optional information)

In addition to the trustees, Spirit in Sport benefitted from the assistance of 12 volunteers during this period.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The main achievements of the charity in this year included:

- Strengthening existing activities
- Employing a full time graduate
- Introducing new activities and additional groups within existing activities
- Receiving grant funding to support staff costs as well as the introduction of new activities.

Brief statement of the charity's policy on reserves

On 31/03/23 cash held on account at the bank totalled £44072.00
This included a contingency fund of £5000 which is held in reserve to meet essential running costs and annual commitments, including; insurance, administration, rent, and sport or community programmes that are currently running, for up to one year should no additional funding be made available.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main sources of funding in the year came from donations, fees for activities and fundraising.

The main outgoings included: Labour and coaching fees, buildings and sports hall hire, equipment and consumables, administration, insurance and marketing.

Section F

Other optional information

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) **CHRIS COX**

Full name(s) **CHRISTOPHER TEX COX**

Position (eg Secretary, Chair, etc) **MANAGER**

Date **21.10.23**



Financial Report

Period: 1st April 2023 – 31st April 2024

B/Fwd from 31 st March 2023	£44,072.04
Income	£42109.18
Outgoings	- £37,314.71
Balance at 31st March 2024	£48,866.51

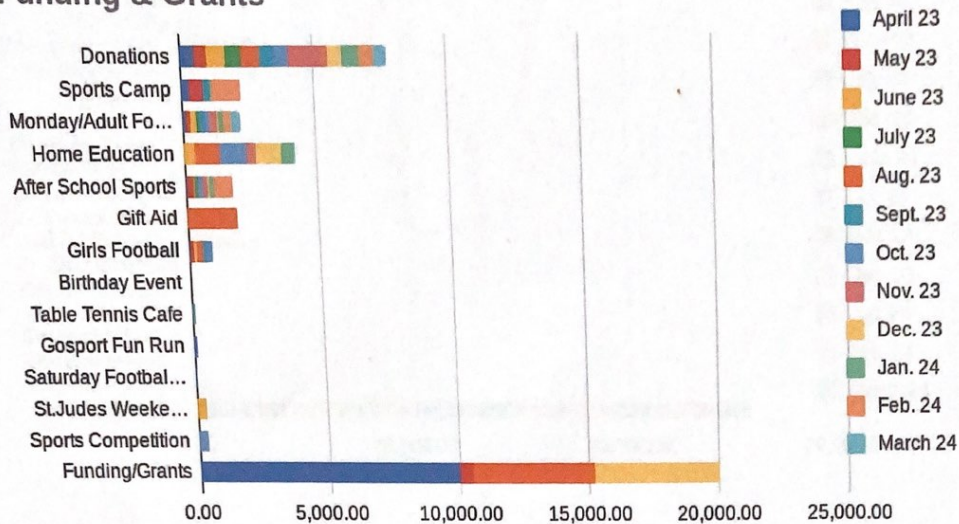
Income :

- ❖ Regular Monthly Donations are now at £508.03
- ❖ SiS income :
 - £4,800.00 Donation from Hampshire & IOW Community Foundation in December 23
 - £175.00 Donation for an event at St.Jude's in January 24
 - £1,130.30 for Sports Camp in February 24

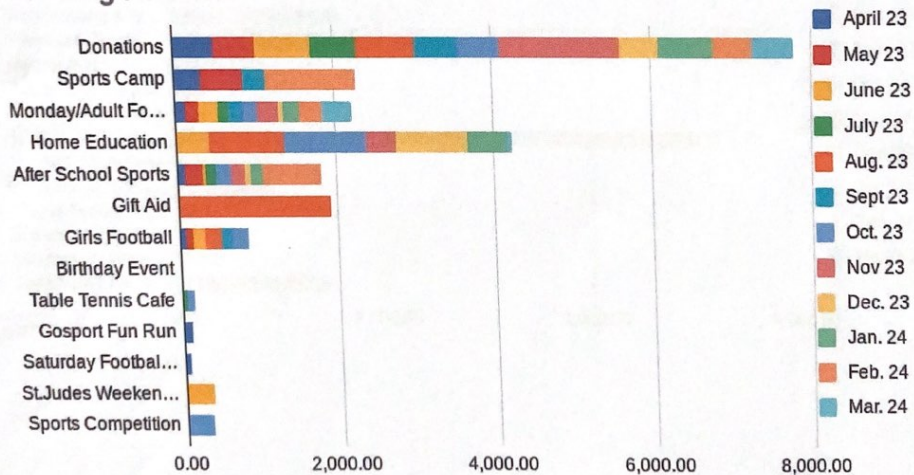
Outgoings:

- ❖ As expected, our major outgoing is labour.
- ❖ Additional website work was carried out in December & January 24 at a cost of £310.00
- ❖ SiS made a donation of £200.00 to Basketball 4 Buckland in January 24
- ❖ The end of year accounts will be submitted to the Accountant for audit.

Income from 1st April 2023 - 31st March 2024 Including Funding & Grants

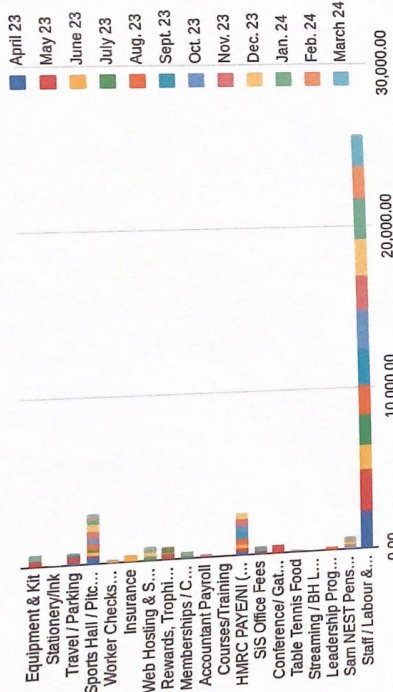


Income from 1st April 2023 - 31st March 2024 Excluding Funding /Grants

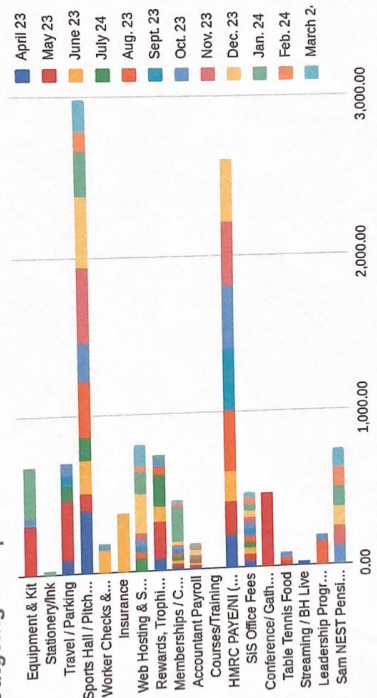


Funding and Grants to 31st March 2024 were £20,050.00

Outgoings 1st April 2023 - 31st March 2024 including Labour cost



Outgoing 1st April 2023 - 31st March 2024 excluding Labour cost



Labour to 31st March 2024 was £25,615.56 excluding any associated tax or pension costs to SIS.



Section A Independent Examiner's Report

Report to the trustees Charity Name SPIRIT IN SPORT

On accounts for the year ended 31st March 2023 Charity no (if any) 1161773

Set out on pages (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities 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 Trust's accounts carried out under section 145 of the 2011 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 (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did not accord with the accounting records; or
the accounts did 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.

Signed: [Signature] Date: 25/10/2023

Name: Helen Smith

Relevant professional qualification(s) or body (if any): ACCA

Address: 5, Albert Road, Southsea, Hampshire PO5 2SE

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

No material matters of concern to disclose.

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SPIRIT IN SPORT

England & Wales - Charity number 1161773

Accounts



Trustees' Annual Report for the period

From	Period start date			Period end date		
	Day 1ST	Month APRI L	Year 2022	Day 31ST	Month MARCH	Year 2023

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Description of the charity's trusts

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You **may choose** to include additional information, where relevant, about:

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All trustees give their time voluntarily and received no remuneration or other benefits.

The Chair of the CIO meets monthly with the Spirit in Sport team leader to review progress and duty of care responsibilities.

At the January 2023 AGM, all trustees indicated that they would continue in post for the forthcoming year



Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by providing community based services and activities for members of the community in accordance with Christian principles, in order to prevent or relieve social exclusion. To promote good health and wellbeing for the public benefit in particular by the provision of community sports activities for children and adults of all ages, particularly, but not exclusively in the Portsmouth area.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit in line with our objects at our trustee meetings.

Between April 2022 through to March 2023

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 - Jun/Jul 22: 16 children over 6 sessions
 - Sep/Oct 22: 16 children over 6 sessions
 - Nov/Dec 22: 10 children over 6 sessions
 - Jan/Feb 23: 14 children over 5 sessions
 - Feb/Mar 23: 13 children over 5 sessions
- Team Sports
 - Monday Night 5-a-side Football - 620 participations across 3 seasons of between 9 - 12 weeks each
 - Spring 22: 200 participations across the season (10 weeks, 4 teams, 5 players per team)
 - Summer 22: 180 participations across the season (9 weeks, 4 teams, 5 players per team)
 - Winter 22/23: 240 participations (12 weeks, 4 teams, 5 players per team)
 - Girls Football Club - new activity starting in Jan 23 with 25 bookings of 2 seasons (114 children sessions) of 4-6 weekly sessions.
 - Jan/Feb 23: 14 children over 6 weekly sessions
 - Mar 23: 11 children over 4 weeks

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- 11-a-side football match
- Family Sports
 - England V Wales World Cup Live Screening - 30 attendees
 - Table Tennis Cafe - weekly drop in activities typically attended by between 5 - 10 members of public
- Pursuit Sports
 - London to Brighton Bike Ride - 3 participants
 - Valiant Valley 5k Run - 13 participants
 - Birthday parties - 2 parties for 20-30 children each

Total = 2,349 counted participant sessions across 9 different activities (not including counts for Table Tennis Cafe and birthday parties). This compares with 1,084 in the previous year, and 320 in the year before that.

GENERAL UPDATE

Good growth between 2022-23. This was accelerated with the introduction of a Graduate Team Leader and intern from September 2022. Their introductions provided greater strength and consistency in resource to run existing activities while also allowing for additional activities to be designed and introduced, including further afield.

The new Sports Leader Qualification was also introduced with 5 volunteers enrolled for the year long programme.

Spirit in Sport continued to operate from the new base for its office, storage and some activities, as at St Judes Church, but also continued to benefit from use of other local facilities such as schools and local council owned playing fields.

Additional details of objectives and activities (Optional information)

In addition to the trustees, Spirit in Sport benefitted from the assistance of 12 volunteers during this period.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The main achievements of the charity in this year included:

- Strengthening existing activities
- Employing a full time graduate
- Introducing new activities and additional groups within existing activities
- Receiving grant funding to support staff costs as well as the introduction of new activities.

Brief statement of the charity's policy on reserves

On 31/03/23 cash held on account at the bank totalled £44072.00
This included a contingency fund of £5000 which is held in reserve to meet essential running costs and annual commitments, including; insurance, administration, rent, and sport or community programmes that are currently running, for up to one year should no additional funding be made available.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main sources of funding in the year came from donations, fees for activities and fundraising.

The main outgoings included: Labour and coaching fees, buildings and sports hall hire, equipment and consumables, administration, insurance and marketing.

Section F

Other optional information

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) **CHRIS COX**

Full name(s) **CHRISTOPHER TEX COX**

Position (eg Secretary, Chair, etc) **MANAGER**

Date **21.10.23**



Financial Report

Period: 1st April 2022 – 31st March 2023

B/Fwd from 31 st March 2022	£52,545.45
Income	£25,215.97
Outgoings	- £33,689.38
Balance at 31st March 2023	£44,072.04

Income :

- Regular Monthly Donations have increased to £498.03
- During Quarter 4 a grant of £3,055 was received from Community Action Cancer (January 2023). Also £250 from the Tricordant Foundation (January 2023).
- Regular activities continue to provide a steady income - Home Education, Monday Football and Sports Camp with new activities introduced - Girls Football & Table Tennis Cafe.

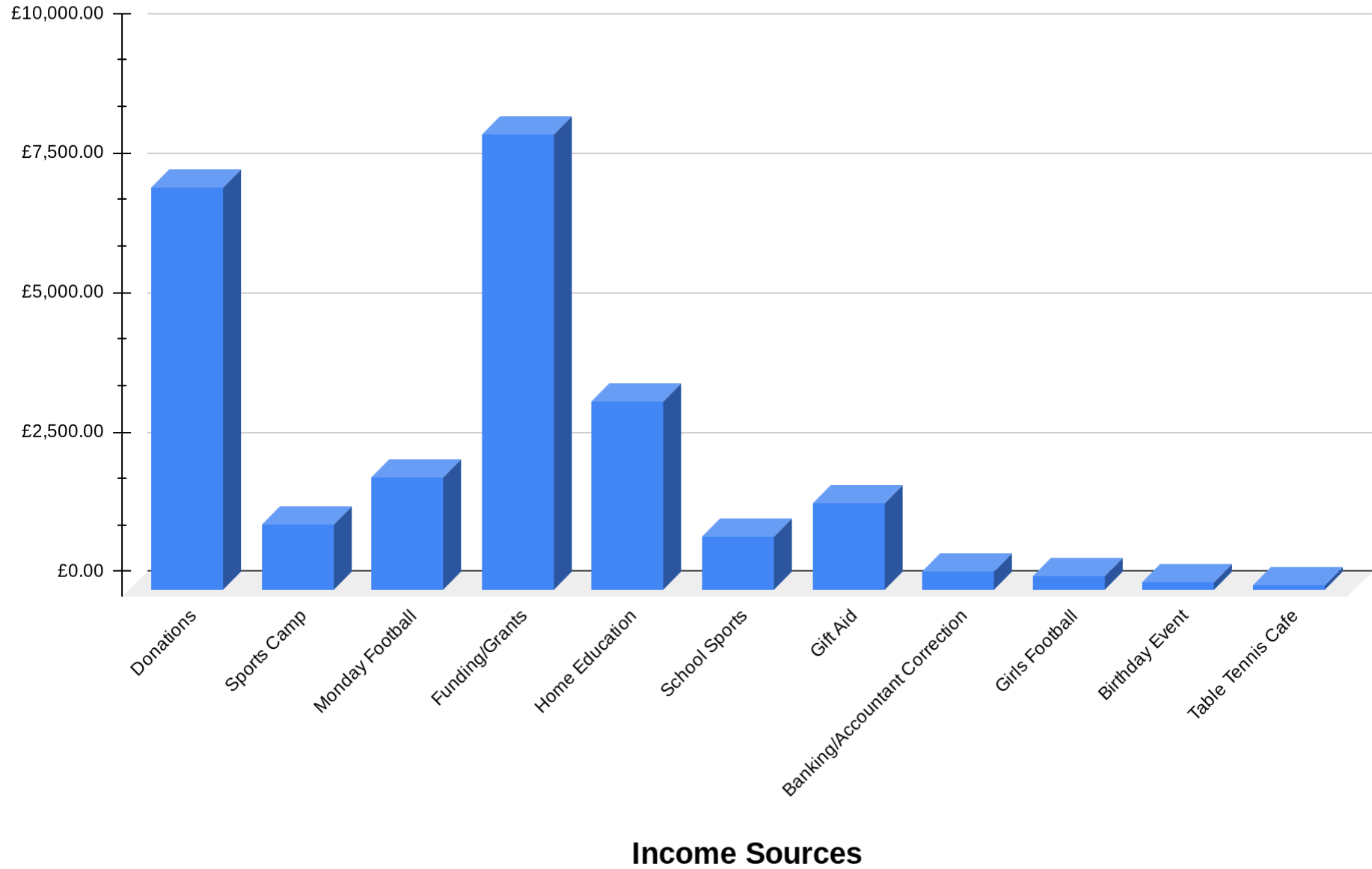


Outgoings:

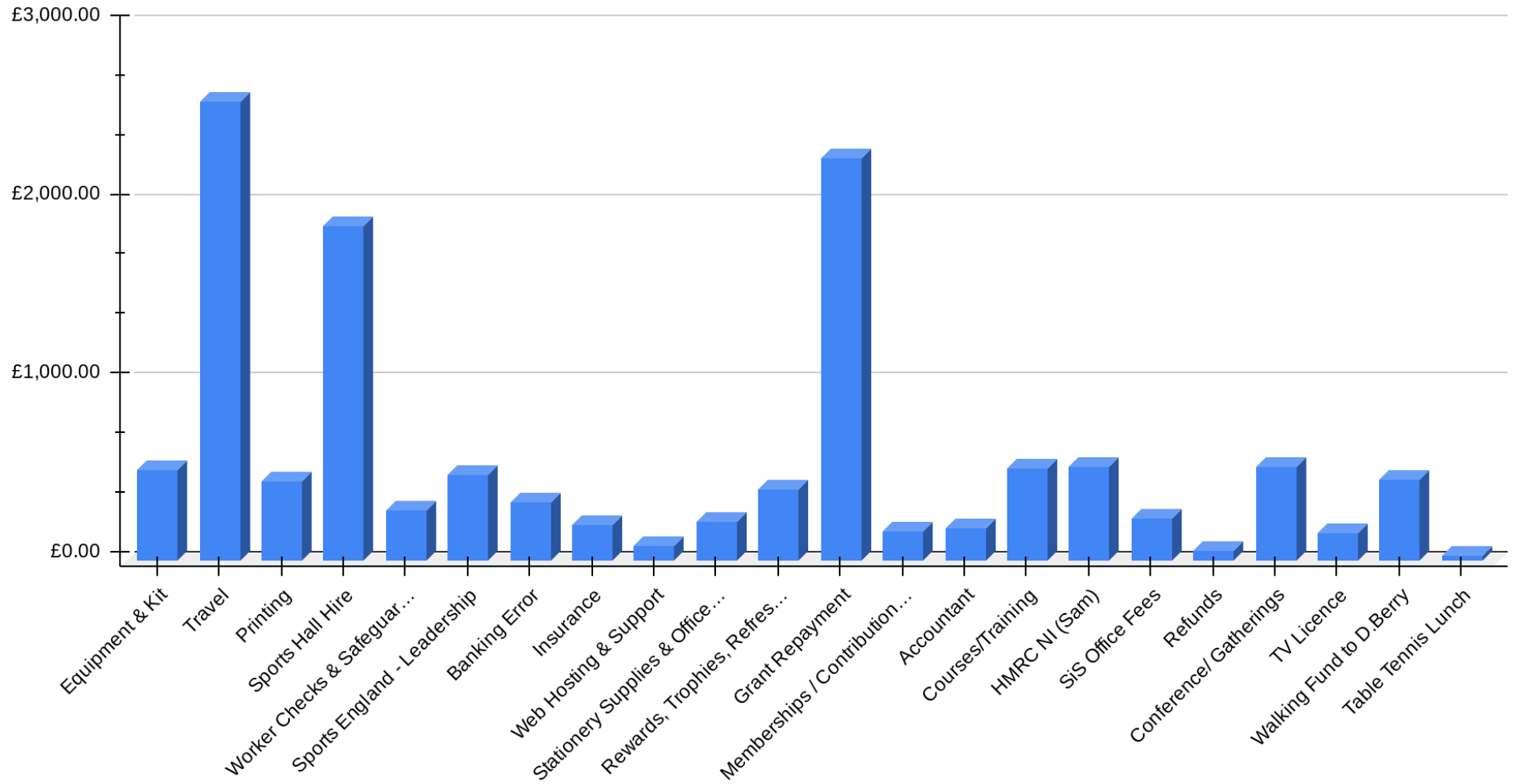
- The biggest cost is for labour which was £21,204.36 this year.
- Other significant overall outgoings this year were:
 - Travel £2,567.00
 - This includes USA visit
 - Repayment of a Grant £2,255.38
 - Sports Hall Hires £1,875.21
- The Walking Fund has now been transferred out of the SiS Account.
- The year closed at a healthy £44,072.04.

Well done team !!

Annual Income 2022/23



Annual Outgoings 2022/23



Plus Labour & Coaching Costs = £21,204.36



Section A Independent Examiner's Report

Report to the trustees Charity Name SPIRIT IN SPORT

On accounts for the year ended 31ST March 2023 **Charity no (if any)** 1161773

Set out on pages (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities 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 Trust's accounts carried out under section 145 of the 2011 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 (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed: [Signature] Date: 25/10/2023

Name: Helen Smith

Relevant professional qualification(s) or body (if any): ACCA

Address: 5, Albert Road, Southsea, Hampshire PO5 2SE

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

No material matters of concern to disclose.

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SPIRIT IN SPORT

England & Wales - Charity number 1161773

Accounts



Trustees' Annual Report for the period

Period start date			Period end date				
From	Day 1ST	Month APRIL	Year 2021	To	Day 31ST	Month MARCH	Year 2022

Section A Reference and administration details

Charity name SPIRIT IN SPORT

Other names charity is known by

Registered charity number (if any) 1161773

Charity's principal address 72, CHELSEA ROAD, SOUTHSEA,
HAMPSHIRE,

Postcode: PO5 1NJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	JOSEPH McCABE	CHAIR		
2	DAVID PUGSLEY			
3	STEPHEN KERR			
4	SARAH SPENDER			
5	ELAINE HALLATT			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Foundation Model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed for a period of three years and this is reviewed annually at the Annual General Meeting

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <input type="checkbox"/> policies and procedures adopted for the induction and training of trustees; <input type="checkbox"/> the charity’s organisational structure and any wider network with which the charity works; <input type="checkbox"/> relationship with any related parties; <input type="checkbox"/> trustees’ consideration of major risks and the system and procedures to manage them. 	<p>All trustees give their time voluntarily and received no remuneration or other benefits.</p> <p>The Chair of the CIO meets monthly with the Spirit in Sport team leader to review progress and duty of care responsibilities.</p> <p>At the January 2022 AGM, all trustees indicated that they would continue in post for the forthcoming year</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by providing community based services and activities for members of the community in accordance with Christian principles, in order to prevent or relieve social exclusion.
To promote good health and wellbeing for the public benefit in particular by the provision of community sports activities for children and adults of all ages, particularly, but not exclusively in the Portsmouth area.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit in line with our objects at our trustee meetings.

Spirit in Sport Football League resumed Sept 2021

Between April through to March

● Home Education Sport - 705 over 20 x 1 hour sessions averaging 20-30 participants per session.

● Sports Camp - 203 over 4 x 2-3 day camps averaging 22 participants per day.

● Monday Night 5-a-side Football - 419 players over 22 weeks (2 seasons Sep-Nov & Jan - Mar, with 4 teams per week)

● Public events (other churches/community) -

○ Gosport churches summer retreat (Aug 21) - 14

○ 2 x 11-a-side football match - 26 players (Jun 21 & Mar 22)

○ Bike Club Isle of Wight ride - 3 (Jul 21)

○ Trainee Coach Bootcamp - 8 (Aug 21)

○ St Judes Church Senior Citizens Event - 16 (Aug 21)

● The following activities remained suspended between April 2021

and the remainder of the financial year (March 2022):

○ 3x3 Basketball

○ Men's Shed

○ Community Cafe

○ Befriending service

Total = 1,392 (compared with 320 in the previous year)

Additional details of objectives and activities (Optional information)

GENERAL UPDATE

Also in this same period, Spirit in Sport made preparations to take on a new full time Graduate Team Leader to start in September 2022, including with fundraising and publicity, and preparing new activities. A new trainee coach team was also being advertised for, with part grant-funded volunteer training on offer, also to start in September 2022.

Spirit in Sport were able to secure new rented premises for equipment storage and office space in this period, having left the previous rented premises back during the lockdown period. As has been the case since Spirit in Sport started we have been blessed with great volunteers in the following areas of work: Sport coaches and helpers, leading youth evenings and fund raising.

Volunteers: 14 in number

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The main achievements of the charity in this particularly challenging year have included:

- Re-introducing the core sports activities including
 - Sports Camp
 - Home Ed Sports
 - Monday Night Football
 - Support at external church and community events
- Seeing a return to in-person activities with 1,392 participant visits/engagements in total
- Fundraising for a new full time Graduate position
- Receiving grant funding to support the training of coaches

Section E

Financial review

Brief statement of the charity's policy on reserves

On 31/03/2021 cash held on account at the bank totalled £44,274.05

This included a contingency fund of £5000 which is held in reserve to meet essential running costs and annual commitments, including; insurance, administration, rent, and sport or community programmes that are currently running, for up to one year should no additional funding be made available.

Details of any funds materially in deficit

NONE

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main sources of funding in the year came from donations, fees for activities and fundraising.

The main outgoings included: Labour and coaching fees, buildings and sports hall hire, equipment and consumables, administration, insurance and marketing.

Section F Other optional information

[Empty box for optional information]

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	CHRIS COX	
Full name(s)	CHRISTOPHER TEX COX	
Position (eg Secretary, Chair, etc)	MANAGER	
Date	09.11.2022	



Financial Report

Period: 1st April 2021 – 31st March 2022

B/Fwd from 31st March 2021

£20,802.13

Income £44,274.05

Outgoings -

£12,530.73

Balance at 31st March 2021

£52,545.45

Income :

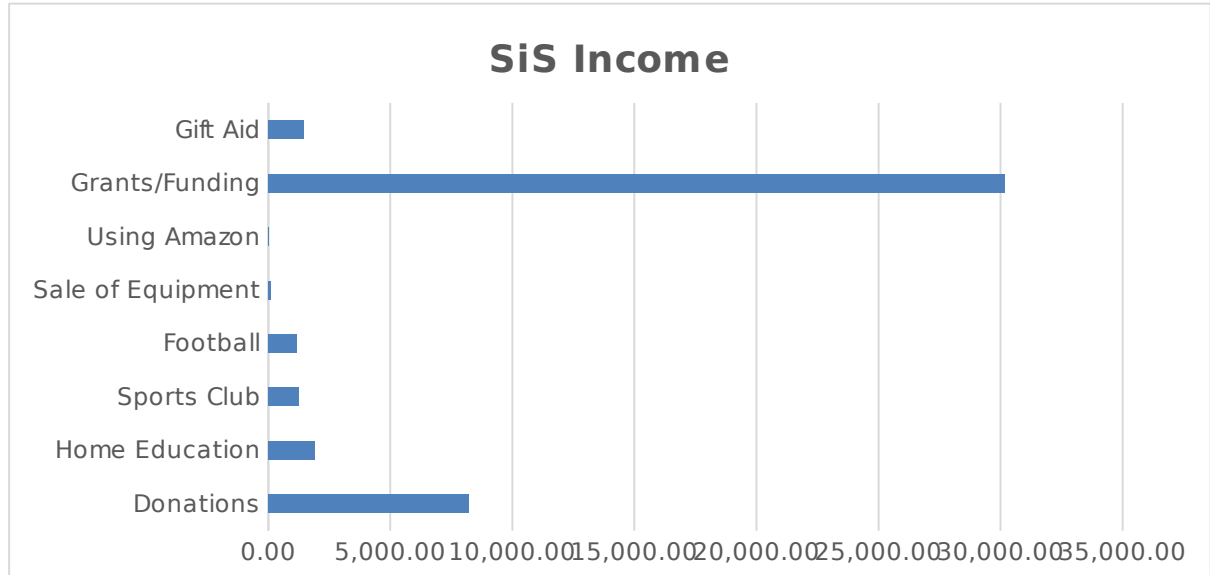
- Regular Monthly Donations have increased to £445.00
- £2,645.00 Grant received in January 2022 from Hedley

Outgoings:

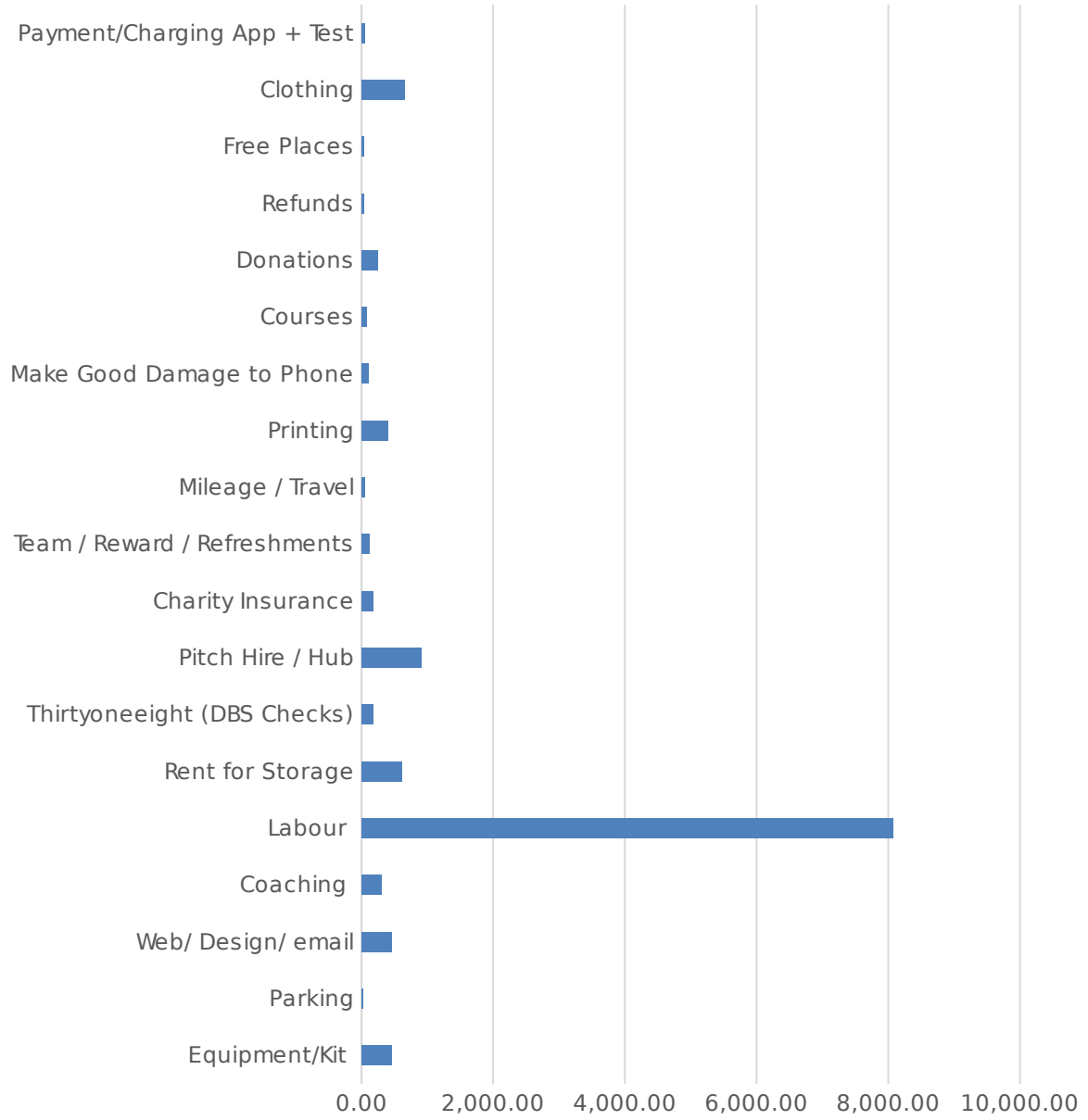
- Regular Monthly Labour costs for Qtr. 4 were £960.00

-
- Awaiting contact regarding independent audit

- Congratulations and thanks to Chris & team for absolutely smashing his funding target of £12,000



SiS Outgoings





Section A

Independent Examiner's Report

Report to the trustees/ members of

SPIRIT IN SPORT

On accounts for the year ended

31st March 2022

Charity no (if any)

1161773

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD/MM/YYYY.

Responsibilities 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 Trust's accounts carried out under section 145 of the 2011 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
• the accounts did not accord with the accounting records; or
• the accounts did 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.

* Please delete the words in the brackets if they do not apply.

Signed:

[Signature]

Date:

08/08/2022

Name:

Helen Smith

Relevant professional qualification(s) or body

ACCA

(if any):

Address:

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

No material matters of concern to disclose.

SPIRIT IN SPORT

England & Wales - Charity number 1161773

Accounts



Trustees' Annual Report for the period

From

Period start date

Period end date

Day
1ST

Month
**APRI
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Year
2020

Day
31ST

Month
**MARC
H**

Year
2021

Section A

Reference and administration details

Charity name

SPIRIT IN SPORT

Other names charity is known by

Registered charity number (if any)

1161773

Charity's principal address

**72, CHELSEA ROAD, SOUTHSEA,
HAMPSHIRE,**

Postcode: PO5 1NJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	JOSEPH McCABE	CHAIR		
2	DAVID PUGSLEY			
3	STEPHEN KERR			
4	SARAH SPENDER			
5	ELAINE HALLATT			
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Names of the trustees for the charity, if any, (for example, any custodian

trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Foundation Model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed for a period of three years and this is reviewed annually at the Annual General Meeting

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All trustees give their time voluntarily and received no remuneration or other benefits.

The Chair of the CIO meets monthly with the Spirit in Sport team leader to review progress and duty of care responsibilities.

At the January 2021 AGM, all trustees indicated that they would continue in post for the forthcoming year

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote social inclusion for the public benefit by providing community based services and activities for members of the community in accordance with Christian principles, in order to prevent or relieve social exclusion.

To promote good health and wellbeing for the public benefit in particular by the provision of community sports activities for children and adults of all ages, particularly, but not exclusively in the Portsmouth area.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit in line with our objects at our trustee meetings.

Between April through to

- Home Ed - 174 (sessions resumed in September and October 2020 and again in March 2021)
- Sports Delivered! - 46 (6 week online fitness and sports challenge programme)
- Badminton Club - 14 (all in October 2020)
- Sports Camp - 86 (outdoor camps in August and October 2020)
- Skipping challenge - 9
- The following activities were suspended from April 2020 without returning for the remainder of the financial year (March 2021):
 - 5-a-side Football
 - 3x3 Basketball
 - Men's Shed
 - Community Cafe
 - Outreach Sports Camps
 - Any partnership activities

Total = 320

While COVID-19 restrictions resulted in ceasing activities from March 2020 through to July 2020, we were able to take advantage of our online media channels to produce and share regular videos during each lockdown, including between May to July 2020 and November and December 2020, and in February 2021 while we were preparing to return to in-person activities. This allowed us to expand our online reach in this time while also providing another avenue to stay in touch with our regular activity participants.

Viewers online:

- 6 x 'Monday Meet The Team' videos - 1,154 (short video introductions to individual team members between May & June 2020)
- 9 x 'Wednesday Word of the Week' - 641 (short

encouragement videos posted online using the charity's Sports Camp cards, running between May & July 2020)

- Skipping Challenge - 412 (online challenge with 2 videos including results video)
- Sports Delivered! - 442 (weekly challenge for 6 weeks posted online in addition to sharing with official participants (counted above))

Total - 2,649

Grand total reach through activities and online outreach during lockdown = 2,969

Additional details of objectives and activities (Optional information)

As has been the case since Spirit in Sport started we have been blessed with great volunteers in the following areas of work: Sport coaches and helpers, leading youth evenings and fund raising.

Volunteers have increased to: 31 in number

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The main achievements of the charity in this particularly challenging year have included:

- Keeping in touch with families in times of national lockdown through organising online fitness and sports challenges
- Adapting to new outdoor settings and adapted COVID-19 safe activities as a result of restrictions and end of tenancy
- Seeing regular participants return to our activities at the same numbers and in some cases more than prior to lockdown
- Attracting funding for sports equipment to be able to share with families during lockdown
- Use of media to prepare a programme of online fitness, sports challenge, and encouragement videos to continue to motivate and connect with the participants

Brief statement of the charity's policy on reserves

On 31st March 2021 cash held on account at the bank totalled £20,802.13

This included a contingency fund of £5000 which is held in reserve to meet essential running costs and annual commitments, including; insurance, administration, rent, and sport or community programmes that are currently running, for up to one year should no additional funding be made available.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main sources of funding in the year came from donations, fees for activities and fundraising.

The main outgoings included: Labour and coaching fees, buildings and sports hall hire, equipment and consumables, administration, insurance and marketing.

Section F

Other optional information

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) CHRIS COX

Full name(s) CHRISTOPHER TEX COX

Position (eg Secretary, Chair, etc) MANAGER

Date **10.11.2021**





Financial Report

Period: 1st April 2020 – 31st March 2021

B/Fwd from 31 st March 2020	£18,
561.19	
Income	£14,497.88
Outgoings	-
£12,256.94	
Balance at 31st March 2021	
£20,802.13	

Income :

- Regular Monthly Donations remain at £415.00
- Significant income from :
 - o Gift Aid £1,417.57 (May 20)
 - o Donation from St.Jude's £750.00 (May 20)
 - o Sports England £1,000.00 (June 20)
 - o Covid 19 Response Grant £1,100.00 (August 20)
 - o Grant from Partnership Foundation £500.00 (Dec. 20)
 - o Selling of SiS equipment £1,537.09 (Dec.20 - Feb. 21)
 - o Grant from the Co-Op £1,648.11 (March 21)

Outgoings:

- Regular Monthly Labour costs of £600.00

- Immanuel Baptist Church £152.00 monthly for storage space