

BASIC SPORTS & FITNESS (BSF CHARITY)

England & Wales · Charity number 1162212

Details

Other names BASIC SPORTS & FITNESS, BSF

Status Registered

Legal form Charitable company

Company number [07307759](#)

Registered 2015-06-15

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

Contact

Address 21a
Sebert Road
Forest Gate
London
E7 0NG

Phone 02085340075

Email john@basicsportsandfitness.com

Website www.basicsportsandfitness.com

Activities

Objects: THE CHARITY'S OBJECTS ("OBJECTS") ARE FOR PUBLIC BENEFIT SPECIFICALLY RESTRICTED TO THE FOLLOWING: TO PROMOTE THE PUBLIC BENEFIT OF THE INHABITANTS OF NEWHAM AND OTHER LONDON BOROUGHES WITH THE PROVISION OF FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES OR FOR THE PUBLIC AT LARGE IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITION OF LIFE OF THE SAID INHABITANTS.

Activities: HEALTH AND WELL-BEING

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- Uganda
- Newham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	-	-	-	-
2024-07-31	£21,700	£15,000	-	-
2023-07-31	£23,280	£21,461	-	-
2022-07-31	£21,300	£21,000	-	-
2021-07-31	£18,313	£19,214	-	-
2020-07-31	£34,000	£32,645	-	-

Trustees

Name	Role	Appointed
JOHN BOSCO N WAIGO	Chair	2015-06-15
MUSTAFA LADU GORE		2015-06-15
TOM TIONDI		2015-06-15
TONNY KABALI		2015-06-15

BASIC SPORTS & FITNESS (BSF CHARITY)

England & Wales - Charity number 1162212

Accounts



Trustees' Annual Report for the period							
From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	31st	July	2019		31st	July	2020

Section A Reference and administration details

Charity name **Basic Sports & Fitness (bsf Charity)**

Other names charity is known by

Registered charity number (if any) **1162212**

Charity's principal address **21A Sebert Road**
Forest Gate
London
Postcode E7 0NG

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	MR JOHN BOSCO WAIGO	Chair		
2	MR TOM TIONDI	Treasurer		
3	MR TONNY KABALI	Secretary		
4	MR MUSTAFA LADU GORE	Member		
5				
6				
7				
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9				
10				
11				
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13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year
N/A	

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 <small>(eg. trust deed, constitution)</small>	Trust deed
How the charity is constituted <small>(eg. trust, association, company)</small>	MEMORANDUM AND ARTICLES INCORPORATED
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appoint by elected

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.

Section C Objectives and activities

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

The charity's objects ("objects") are for public benefit specifically restricted to the following: To promote the public benefit of the inhabitants of Newham and other London boroughs with the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants Other charitable purposes for the public benefit assisting people with similar needs in the (England) and Uganda.

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)

We use sports activities as a vehicle to promote learning and training in order to improve confidence, improve social inclusion, increase knowledge & skills, enable cooperation among young people, with participation in sports & engagement in the wider community. We also deliver intergenerational activities that bring together both youth and adults, including parents to learn a skill together.

These enable both groups to interact and break the stereotypes barriers they hold of each other. Positive adults (possibly parents) interacting together with young people helps the tendency to low their stereotype perception of themselves, while it also helps the adult's intention to augment and moderate their stereotype of young people without interaction. Bring adult role models in the community to engage and facilitate positive learning that creates opportunities and feeling trust in the abilities qualities and judgement which is necessary for the mental health of young people BSF engages, inspire and nurture young people's enthusiasm and ability in a way that enables them to become the sole drivers of their own success.

Workshop on youth Knife Crime Preventative Project, covering the topics in; Character development

- The danger of Gangs – History and Gang culture.

Despite the huge challenges of the situation social and physical distancing measures, lockdowns of businesses, schools, and overall social life, which have become commonplace to curtail the spread of the disease.

As an organisation working with vulnerable young people we achieved reaching out in different online, digital ways.

Interactive sessions using technology to supported young people with their mental health since the onset, of the COVID-19 pandemic spreading to almost everywhere in world.

Supporting increasingly worried and anxious, young people with uncertainty that feel unsettled and unsafe.

Whilst effort ware already being made to continue vital support services by moving online, for some YP there are huge barriers to digital engagement.

Additional details of objectives and activities (Optional information)

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

- policy on grant making.
- policy programme related investment.
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Through our weekly sessions for children and young adult we managed to achieve getting those Physically inactivity and at risk (health i.e. obesity) and social exclusion to participant in our activity and interact, creating self-awareness for basic skills in fitness activities, healthy eating and increase opportunities for involvement in sports agility skills.

- Promote and practice social inclusion by supporting young people through sports. Promoting healthy lifestyle, leadership development, thereby increasing the binding and bridging social capital of young people in Newham.
- Engaging with 5-15 young people per week x 40 weeks, total in calendar year 200-600 young people and adults.
- 80 at-risk young people in Newham as a diversionary activity away from gangs and violent crime.
- Talent Development in Uganda

Develop new project Good for Girls physical actives, mental Health awareness and social action.

Section E

Financial review

Brief statement of the charity's policy on reserves

Protect (BSF Charity) income and allow to take advantage of new opportunities reserves be spent on any of our aims.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

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

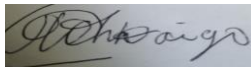
- the charity's principal sources of funds (including any fundraising).
- how expenditure has supported the key objectives of the charity.
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustee



Full names: John Bosco N Waigo

Position: (Chair)

Date 31/05/21

31/05/21

Company Number 07307759

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2020
FOR
BASIC SPORTS&FITNESS (BSF Charity)**

INDEX TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST JULY 2020

REGISTERED NUMBER:

CHARITY NUMBER

1162212 (Charity Commission)

CHAIRMAN

John Bosco N. Waigo

COMPANY SECRETARY:

Tonny Kabali

BANKERS:

BARCLAYS BANK PLC

1 Church Place

London

E14 5HP

MANAGEMENT STRUCTURE

The Basic Sports & Fitness (BSF Charity) is managed by a committee of 4 people elected at the annual general meeting by members of the organisation. The committee is composed of a chairperson, Treasurer, secretary and committee members. The management committee are the trustees of the charity

The trustees who served during the year are:

Mr John Bosco N Waigo (Chairman)

Mr Tom Tiondi (Treasurer)

Mr Tonny Kabali (Secretary)

Mr Mustafa Ladu Gore (Member)

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST JULY 2020

The trustees present their report with the financial statements of the company for the financial year ended 31st July 2020.

PRINCIPAL ACTIVITY

BSF engages, inspire and nurture young people's enthusiasm and ability in a way that enables them to become the sole drivers of their own success.

We use sports activities as a vehicle to promote learning and training in order to improve confidence, improve social inclusion, increase knowledge & skills, enable cooperation among young people, with participation in sports & engagement in the wider community.

We also deliver intergenerational activities that bring together both youth and adults, including parents to learn a skill together.

These enable both groups to interact and break the stereotypes barriers they hold of each other.

Positive adults (possibly parents) interacting together with young people helps the tendency to low their stereotype perception of themselves, while it also helps the adult's intention to augment and moderate their stereotype of young people without interaction.

Bring adult role models in the community to engage and facilitate positive learning that creates opportunities and feeling trust in the abilities qualities and judgement which is necessary for the mental health of young people

The key objectives are to encourage YP and wider community to participate in sporting and physical activities, promote a healthy lifestyle to fight obesity through fitness training and healthy (balance) diet, combat crime by promoting unity through sporting activities, engage the Youth to participate in a social activities that promote social inclusion, peer support and mentoring program tailored on individual needs and requirement, networking with local enforcement.

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

This report was approved by the board on 1st April 2021 and signed on its behalf.

CHAIRPERSON John Bosco N. Waigo

SECRETARY Tonny Kabali

THEN FINANCIAL INFORMATION

BASIC SPORTS & FITNESS (BSF CHARITY) INCOME AND EXPENDITURE
ACCOUNT FOR THE YEAR ENDED 31 JULY 2020

	Notes	2020	2019
		£	£
INCOME			
Contract Income (Zest Mind)		1,200.00	
London Youth	1	4,500.00	
Near Neighbours			
London Community Foundation	1	5,900.00	24,720.00
Other In kind	1	6,500.00	7,500.00
BBC Children in need	1		10,000.00
London Community Foundation C/Bridge	1	7,200.00	
Events by Basic Sports	1	<u>2,400.00</u>	
TOTAL INCOMES		27,700.00	42,220.00
OPERATING EXPENDITURE			
Training Expenses		14,800.00	18,600.00
Volunteer Expenses		3,600.00	4,800.00
Administration Expenses	2	10,400.00	7,000.00
Rental & Hall Hire			
Advertising & Promotion	3	1,500.00	1,800.00
Website host & Upgrade		480.00	600.00
Insurance Indemnity		240.00	240.00
Depreciation	4	1,275.00	930.00
Accounting Fee		350.00	350.00
TOTAL EXPENDITURE		32,645.00	34,320.00
Surplus /Deficit for the year 31st July 2020		-4,945.00	7,900.00
Balance (Brought /Forward as 1 st August 2019)		14,471.00	6,571.00
Surplus/Deficit C/F 31st July 2020		9,526.00	14,471.00

BASIC SPORTS & FITNESS (BSF Charity)

BALANCE SHEET AS AT 31 JULY 2020

NOTES	2020	2019
	£	£
NON-CURRENT ASSETS:		
Tangible fixed Asset 5	1,690.00	1,585.00
CURRENT ASSETS:		
Cash on hand, at Bank AND DEBTORS	8,186.00	13,417.00
CREDITORS: Amounts falling due within one year	350.00	350.00
	-----	-----
Net Assets	9,526.00	14,652.00
	=====	=====
REPRESENTED BY:		
Restricted fund	0.00	00.00
Designated fund	0.00	00.00
General fund	0.00	181.00
Surplus C/F	9,526	14,471.00
	-----	-----
	9,526.00	14,652.00
	=====	=====

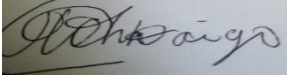
The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Mr John Bosco Waigo (chair)

Director

A rectangular box containing a handwritten signature in black ink, which appears to read 'John Bosco Waigo'.

Approved by the board on 1st April 2021

Tonny Kabali

Secretary

BASIC SPORTS & FITNESS (BSF Charity)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 JULY 2020

Accounting Policies

Accounting Convention: The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Notes

1 Grants made up as follows: -

- London Community Foundation £13,100.00
- Contract Income (Zest) £1,200
- London Youth £4,500
- Other in kind 6,500.00

2 Administrative Expenses of £10,400.00:

	£
• Telephone charges	3,000.00
• Office stationeries, printing & postage	3,000.00
• General & miscellaneous expenses	3,800.00
• Website host and upgrade	600.00
• Total	10,400.00

3 Advertising & promotion of £1,800.00 comprise of:

	£
▪ Publicity leaflets, banners & flyers	550.00
▪ Project Re-launch & promotions	550.00
▪ PR marketing & video production	400.00
Total	<u>1,500.00</u>

4 **Depreciation:** Depreciation is calculated on straight line basis and is charged at 25% per annum.

- 5 **Equipment:** The equipment in the balance sheet are the only non-current asset the company owns and consist of a laptop and projector including other training materials valued at historical cost of £3,720.00 and additions of £1,380.00 (incurring a 25% depreciation as above.

	Cost £	Depreciation £	Net book value £
Equipment (gym related)	<u>5,100.00</u>	3410.00	<u>1,690.00</u>
Total			<u>1,690.00</u>

- 6 Professional fees of £350.00 accruing relate to bookkeeping and accountancy fees. This remained outstanding at the balance sheet date.
- 7 The project has been able to sustain its programs and aiming to raise more funds to expand and to achieve its objectives. We are now applying for further funding to expand to have permanent Gym and studio for young people.
- All activities of the company are classified as continuing.