ENERGISE ME

England & Wales · Charity number 1165592

Details

Other names	SPORT HAMPSHIRE & ISLE OF WIGHT, SHIOW
Status	Registered
Legal form	CIO
Registered	2016-02-16
Register	View on the Charity Commission register

Contact

Address	Energise Me Athelstan House St. Clement Street Winchester Hampshire SO23 9DR
Phone	07958 918064
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Website	www.energiseme.org

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Activities

Objects: THE OBJECTS OF THE CHARITY ARE FOR THE PUBLIC BENEFIT TO PROMOTE COMMUNITY PARTICIPATION IN SPORT AND HEALTHY RECREATION FOR THE BENEFIT OF THE INHABITANTS OF HAMPSHIRE AND THE ISLE OF WIGHT IN PARTICULAR BY:- 1) WORKING WITH AND THROUGH LOCAL AGENCIES TO INCREASE LEVELS OF PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY; 2) PROMOTING AND PROVIDING PROGRAMMES AND SERVICES FOR SPORT, RECREATION, PHYSICAL ACTIVITY, INFORMAL EDUCATION AND OTHER LEISURE TIME OCCUPATION FOR HEALTHY RECREATION; 3) PROMOTING AND PROVIDING FACILITIES AND SERVICES FOR RECREATIONAL, SPORTING OR OTHER LEISURE TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE FOR THE PUBLIC AT LARGE OR THOSE WHO BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES, HAVE NEED OF SUCH FACILITIES AND SERVICES; 4) THE IMPROVEMENT AND PRESERVATION OF GOOD HEALTH AND WELL-BEING THROUGH PARTICIPATION IN HEALTHY RECREATION; 5) PROMOTING AND PROVIDING EDUCATION, TRAINING AND COACHING COURSES WHICH PROMOTE PHYSICAL HEALTH AND FITNESS; 6) FACILITATING AND PROVIDING IMPACT EVALUATION, PERFORMANCE MEASUREMENT AND RELATED INTELLIGENCE FOR PUBLIC BENEFIT IN THE CONTEXT OF SPORT, RECREATION, PHYSICAL ACTIVITY AND WIDER HEALTH AND WELL-BEING.

Activities: Our mission is to change lives through physical activity and sport, inspiring people to adopt active lifestyles that make our communities happier, healthier and stronger.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Recreation, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Hampshire
- Isle Of Wight
- Portsmouth City
- Southampton City

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,814,352	£1,761,515	£2,273,463	21
2024-03-31	£1,431,356	£1,489,877	£2,228,761	17
2023-03-31	£1,195,340	£1,371,084	£2,223,224	17
2022-03-31	£1,450,979	£1,366,525	£2,408,939	17
2021-03-31	£1,290,381	£953,085	£2,327,422	15

Trustees

Name	Role	Appointed
Dr PAUL O'HALLORAN	Chair	2018-07-18
Dr Heather Mitchell		2025-02-06
Dr Laura Edwards		2026-04-17
Gareth Greppellini		2026-04-17
Helen Brooker		2025-05-16
Marc Bishop		2026-04-17
Mike Harris		2025-05-16
Mike Platten		2026-04-17
STEVEN PEASE		2018-07-18
Samantha Forwood		2023-12-13
Tim Lander		2025-05-16
dr Shakiba Moghadam		2020-10-14

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ENERGISE ME

England & Wales - Charity number 1165592

Accounts

Charity registration number 1165592

ENERGISE ME

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

ENERGISE ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Jon Monkcom	(Resigned 11 July 2025)
	Steven Pease	(Re-elected 18 July 2024)
	Dr Paul O'Halloran	(Re-elected 18 July 2024)
	Selina Russell	(Resigned 16 May 2025)
	Zoe Williams	(Resigned 17 June 2024)
	Natalie Austin	(Resigned 16 May 2025)
	Kate Kewley	
	Simon Lovegrove	(Resigned 16 May 2025)
	Dr Shakiba Moghadam	
	Sam Forwood	
	Jane Thomson	(Resigned 16 May 2025)
	Dr Heather Mitchell	(Appointed 06 February 2025)
	Helen Brooker	(Appointed 16 May 2025)
	Mike Harris	(Appointed 16 May 2025)
	Tim Lander	(Appointed 16 May 2025)
Chief Executive Officer	Julie Amies	
Charity number	1165592	
CIO registration number	CE005425	
Principal office	Athelstan House St Clement Street Winchester Hampshire United Kingdom SO23 9DR	
Auditor	Azets Audit Services Third Floor, Gateway House Tollgate Chandlers Ford Hampshire United Kingdom SO53 3TG	

ENERGISE ME

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ENERGISE ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Energise Me is a Charitable Incorporated Organisation. It is committed to tackling the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more. It is registered with the Charity Commission under charity number 1165592 and with Companies House under the Company Registration Number CE005425.

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2025.

The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

The trustees are also directors for the purposes of company law and present their strategic report for the year ended 31 March 2025 in compliance with s414C of the Companies Act 2006.

Objectives and aims

The objects of the charity are to promote community participation in sport and healthy recreation for the benefit, in particular, but not exclusively, of the inhabitants of Hampshire and the Isle of Wight in the interests of social welfare for the public at large or those who by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, have need of such facilities and services, in particular by:

1. Working with and through local agencies to increase levels of participation in sport and physical activity.
2. Promoting and providing programmes, services and facilities for sport, recreation, physical activity, informal education and other leisure-time occupation for healthy recreation.
3. The improvement and preservation of good health and well-being through participation in healthy recreation.
4. Facilitating and providing impact evaluation, performance measurement and related intelligence for public benefit in the context of sport, recreation, physical activity and wider health and well-being.
5. Promoting and providing education, training and coaching courses which promote physical health and fitness.

Who we are

Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight.

We are working hard to make it easier for everyone to move more. Our goal is to create a happier, healthier and stronger future for local people. We won’t rest until everyone has the confidence, support and opportunity to be active on their own terms.

Physical activity transforms lives. Our work is helping people to reduce their risk of major illnesses and depression. We are enabling communities to thrive. But we still have a long way to go.

We are one of 42 Active Partnerships across England who work with partners to create an active nation.

Strategy and Impact

With the launch of the We Can Be Active Strategy in November 2020, we set out Energise Me's role to help deliver it in this document Energise Me will.

Our work focuses on the 5 goals of the We Can Be Active Strategy:

1. **Positive early experiences** for our children and young people
2. **Opportunities** that meet our needs and interests and are accessible and easy to find.
3. **Places and travel routes** where we *all* feel safe and are encouraged to be active.
4. **Support** to help us get started or keep moving when we feel that we can't do it alone.
5. **Bold leaders** working together to create happier and healthier communities.

In 2024/25 we really challenged ourselves to do things differently and bring our partners and collaborators along with us.

A big part of this was developing our version of impact. Instigated by our role delivering the Hampshire Active Health Programme, we challenged normal reporting practices, learning how to ask different questions and dig deeper into 'why' things work or why they don't!

We've changed the way stories of impact are showcased, making sure that the owners of each story take the lead and people have the chance to comment, question and understand in more detail. This has meant changing the format of events and networks, giving more power to members and attendees.

And we've capitalised on the impact of relationships we've developed over the past four years. Spending time building that trust has allowed us to embed brand new physical activity roles into spaces they didn't exist previously.

There's still work to do. We're taking everything we're learning into the next 2 years of our current investment period to help us develop and grow, so we can do the very best for networks and communities in Hampshire and Isle of Wight.

Our 2024-25 Impact Report sets out in more detail the work of Energise Me in 2024-25.

Hampshire Talented Athlete Scheme

Due to cost savings at Hampshire County Council, funding came to an end in 2023-24. As a result, we have re-modelled the Hampshire Talented Athlete Scheme to enable us to continue to support athletes to reach their goals in Olympic, Paralympic and Commonwealth Games disciplines. The scheme is now managed and funded (£11,172) by Energise Me to support local athletes on their path to the world stage. Athletes from over 70 sports are eligible to apply.

Our athletes are varied in their disciplines, so we work closely with each National Governing Body (NGB) to make sure we're giving the right support. We look at many factors to help us determine what is needed including national or international rankings, competition results for individuals or team selections. We aim to be as inclusive as possible. However, we can only provide for sports that have a clear pathway for Olympic, Paralympic and Commonwealth Games disciplines.

In 2024 two hundred and thirty-six athletes were accepted onto the scheme, 210 as extended members and 26 as a member. Extended members can benefit from the free access to leisure facilities. All members can access the Hampshire Talented Athlete wrap around support provided by Southern Academy of Sport (camp and online workshops, where athletes can learn about recovery, competitions mind set and preparation etc) and fast-track physiotherapy. Every area of the administrative county of Hampshire was represented amongst the awards, evidencing good geographical reach.

From 1st January 2025, the scheme was extended to support Portsmouth and Southampton with unrestricted funds from Energise Me. This has attracted several members from each area within the first few months.

Coaching, Volunteers and Officials Bursary

Coaches, volunteers and officials are part of our bold leaders workforce that we need to support people to be active. The Coaching, Volunteers and Officials Bursary scheme supported 30 people to develop their skills to support 15 different sports or activities including cycling, cheerleading, swimming and much more.

Culture in Common

Culture in Common is the Creative People and Places (CPP) programme for the New Forest, funded by Arts Council England (ACE). It is giving local people of the New Forest the chance to enjoy, commission and create their own artistic activities, events and opportunities.

In 2022 a New Forest consortium, led by Energise Me, was successful in its bid to ACE for £1m investment to fund the first three years (April 2022 – March 2025) of a 10-year vision to bring communities together to enjoy Culture in Common. To provide security and stability for current projects, ACE recently announced that it was extending the 2022-25 CPP National Portfolio funding for one year, to 31 March 2026.

The project aligns to the objects of the charity as well as the mission of the We Can Be Active Strategy. As well as participating in Arts and Culture for their own intrinsic physical and mental benefits, we want to explore the opportunity to create new ways for people to be physically active through Arts and Culture.

Culture in Common has a consortium made up of Energise Me, Folio, The Handy Trust, New Forest District Council and New Forest National Park Authority. It blends arts, community engagement, heritage, physical activity and health expertise. The Consortium is passionate about collaborating and building authentic relationships with New Forest communities.

CPP targets investment into parts of the country where engagement in arts and culture is significantly below the national average. These places overlay with places where physical activity levels are low.

CPP focuses on finding ways for communities to take the lead in shaping or co-creating local cultural provision. The aim is to reach and connect with people who aren't involved and support them to experience, create and be inspired by arts, culture and heritage, both as audiences and participants.

Culture in Common is helping to develop a thriving community-driven arts scene in the district. In the first two years, the programme has focused on Totton & the Waterside, New Milton & Pennington and Fordingbridge and has reached 20,000 residents.

Investment

All our work is made possible with the investment and support of our core funder, Sport England and the National Lottery. Energise Me receives investment for its core services and further investment for delivery including the School Games, Core Services, Active Lives and Sport Welfare Officers. New in 2024-25 were 2 investments for place work in Southampton and Portsmouth.

Other investments include Hampshire County Council investment into a Physical Activity Clinical Champion role, Arts Council England & New Forest District Council funding for Culture in Common and The Blagrave Trust, Battersea Arts Centre & Kristian Gerhard Jebsen Foundation investment into The Agency and the Active Partnership Network for the Opening School Facilities programme.

Furthermore, Hampshire Cultural Trust, New Forest National Park Authority, St Barbe's Museum & Art Gallery and The Handy Trust have donated gifts in kind to Culture in Common during 2024-25.

Safeguarding

A safe and supportive environment enables children, young people and adults at risk to enjoy physical activity and sport. Safeguarding sits at the heart of everything we do at Energise Me. We have a designated lead officer (DSL), a deputy lead officer and a Board Champion and 2 Sport Welfare Officers. Safeguarding is a standing item on every team meeting. Each year, Energise Me has an annual review with the Child Protection in Sport Unit (CPSU) to assess if we meet the Safeguarding Standards. Our review assessed that we met the standards.

In addition to our ongoing, embedded safeguarding work we have:

- Facilitated an event for club welfare officers, committee members and coaches to help develop wellbeing and welfare practices within their settings. The event took place in October. Club representatives attended the session and it provided the Sport Welfare Officers with some great insight on ways in which clubs need support moving forward. Guest speakers include Mind and YGam and the overall emphasis was on developing a positive culture.
- One of our Sports Welfare Officers is leading work on our Adults Safe Framework submission to the Ann Craft Trust. She is compiling evidence with the team for the 10 essential criteria.
- The Sports Welfare Officers have provided additional expertise to check, challenge and support other areas of our work e.g. the workforce bursary. They cross check policies and offer advice to clubs on the best safeguarding practice.
- We have an internal Safeguarding working group who curated and shared content in support of Keeping Your Child Safe in Sport Week in October and Safeguarding Adults Week in November. Over the 2 campaigns, we observed the following:
    1. Keeping Your Child Safe in Sport Week - across 9 social media posts (before, during and after), 1036 impressions and 41 engagements. Our Safeguarding webpage was the most viewed webpage (after homepage) during this week.
    2. National Adult Safeguarding Week - across 10 social media posts, 1151 impressions and 105 engagements with 3 posts recognised by the Ann Craft Trust and 1 recognised by Child Protection in Sport Unit.

Financial Review

Financial results for the year ended 31 March 2025 are shown in the statement of financial activities on page 12 with the associated assets and liabilities set out in the balance sheet on page 13. The statement of cash flows for the year is on page 14. Supporting notes to the accounts are on pages 15 to 29 and provide additional information to support the figures in the main statements.

The financial statements have been prepared to comply with the Statement of Recommended Practice and Reporting of Charities SORP (FRS 102) (effective 1 January 2019).

Total incoming resources for the year were £1,814,352 (2024: £1,431,356), resources expended were £1,761,515 (2024: £1,489,877) and the surplus for the year was £44,702 (2024: surplus £5,537).

Sport England continue to be the principal funder of core activities.

There is £330,844 of accrued income which relates to grant funding awarded in 2024-25 but has yet to be drawn down in cash. The cash will be drawn upon over the next 2 years of the remaining reward period.

The charity's investment into the CCLA in 2024-25 delivered a loss of £8,135.

In 2024-25, Sport England made total grants of £1,409,701 (2024: £830,984). At the year end, there was an underspend of £225,000, which has been provided for.

Arts Council England contributed £384,486 (2024: £312,207) to support the Culture in Common project in the New Forest, providing 19% of income for the year.

Hampshire County Council contributed £25,000 towards a new Physical Activity Clinical Champion role. This is a partnership between Energise Me and Hampshire Public Health. The role has an honorary contract through the Integrated Care Board.

Reserves

The organisation's financial reserves are made up of restricted and unrestricted funds. Total funds as of 31 March 2025 were £2,273,463 (2024: £2,228,761). Restricted funds amount to £500,971 and unrestricted funds £1,772,492.

The reserves policy ensures that sufficient free reserves are held to cover a minimum of nine months employment and running costs and 100% end of contract costs (in the event of any significant delays or cessation of external core funding). The fund required to cover these costs is approximately £725k.

On 31 March 2025 the unrestricted fund stood at £1.77m. In December 2021, trustees approved a new Business Plan for 2022-2027. The plan aligns to the We Can Be Active Strategy. It makes unrestricted funds available of up to £200k per annum into areas of work that support the delivery of the We Can Be Active Strategy:

1. Positive early experiences for children and young people
2. Support to get started
3. Places & travel routes
4. Bold leaders working together
5. Understanding people & place
6. Promoting physical activity

The Agency, Place Based work in Southampton, Health systems, Good Gym, Culture in Common and Active through Football are examples of the work that have received investment in 2024-25.

A new designated reserve for the 2022-2027 business plan was set up for an initial £1.0m on 1st April 2022. £158k (2024: £64k) of designated funds were utilised in 2024-25.

Investment Powers and Policy

This policy provides a framework for the management of the charity's reserve funds and uncommitted funds held. The Finance and Audit Committee have delegated authority to amend and action the investment policy on behalf of the board.

Pay Policy for Senior Staff

The People and Performance Sub-Committee establishes remuneration frameworks and policies that promote and support alignment with the organisation's long-term charitable aims and purposes, and with any performance-related pay schemes relevant and proportionate to the charity sector.

Pay levels are reviewed annually and in line with our business reviews. The exact level of any pay is determined by a range of factors, including the performance of the organisation, the current pay market, the funding for the service within which they work, the performance of the employee and the economy as a whole. It is not guaranteed that any pay review will necessarily result in an increase in pay.

Grant making policies

The charity makes many grants to different organisations and individuals. Every programme and grant scheme has its own respective policy, led by officers of the Charity and overseen by partners, funders and informed experts.

Principal Funding Sources

Energise Me's total income of £1,814,352 (2024: £1,431,356) was secured from the following sources:

- Sport England Funding £1,184,701 (2024: £830,985)
- Arts Council England £384,486 (2024: £312,207)
- Hampshire County Council £25,000 (2024: £53,210)
- Blagrave Trust £20,000 (2024: £20,000)
- Battersea Arts Centre £31,150 (2024: £19,167)
- Active Partnership Network £29,286 (2024: £26,959)
- Investment Income £29,135 (2024: £38,627)
- Gifts in Kind £31,632 (2024: £31,278)
- Other Revenue £78,733 (2024: £98,923)

Sport England awarded Energise Me a 5 year grant of £3,686,763 from 1 April 2022 to 31 March 2027 (the term). The grant is awarded as one of their 'system partners' to undertake "Systemic and Governing" and "Delivery" activity in accordance with the Project Plan we submitted. Energise Me will play a role delivering Sport England's Uniting the Movement 10 year vision to transform lives and communities through sport and physical activity. The intent is to make sport and physical activity more inclusive across Hampshire and the Isle of Wight and aligns to our Charity's purpose.

Governance

Governance has strengthened this year. The Board held a development workshop in July 2024 facilitated by an external, independent consultant. The output from the workshop informed the brief for the external board evaluation review.

In line with the Tier 3 requirements of the UK Sports Governance Code, Energise Me must carry out an external board evaluation at least every 4 years. The board appointed an external, independent advisor who begun work in quarter 4 to evaluate the work of the board. The evaluator will report her findings to the July board meeting.

Two trustees have been re-elected and four new trustees have been recruited bringing additional skills and experience to the board.

Energise Me is a Charitable Incorporated Organisation with a Foundation Model Constitution established on 16 February 2016 by the Charity Commission. Its only voting members are its trustees.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Energise Me is committed to ensuring its governance is dynamic and visionary. The charity actively recruits trustees with the right skills, knowledge and experience to support its work. It looks for diversity of thought, experience and background to ensure that strategic decisions are informed and challenged from different perspectives.

Trustees are invited to apply through an open recruitment process. Each trustee can serve for an initial term of three years. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least four continuous years.

There is also one nominated trustee from Hampshire County Council who can serve for three years. This position has not been taken up since 2018. An observer role with no voting rights is provided to Sport England, the principal funding partner. This position has not been taken up since the Charity was set up in 2016. However, we report to Sport England and comply with all requirements of tier 3 of the UK Sports Governance Code.

New trustees undergo an orientation to brief them on their legal obligations under Charity law, guidance on public benefit, content of the constitution, the committee and decision-making processes, the business and strategic plans and recent financial performance of the Charity. During the induction, they meet key members of staff including those who they might provide specific support and mentoring to as well as other trustees.

Any training and development needs will be assessed as part of the trustee's induction process. External training and development opportunities are provided by the Active Partnership Network and trustees are encouraged to take part where it will help them to carry out their role.

Organisation

The board of trustees, which can have up to 11 members, administers the charity. The board meets at least 4 times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate the effective running of the charity, the Chief Executive has delegated authority in some areas through a schedule of delegation that is approved by the trustees. This schedule includes finance, employment, communications, programmes, contracts and remuneration.

Risk Management

The board of trustees has a duty to identify and review risks to which the organisation is exposed. These are reviewed regularly at board meetings. The main areas of risk identified are Strategic, Operational and Financial. Under each heading are different areas trustees consider such as political, reputational etc.

The trustees have policies, systems and processes in place to mitigate the risks identified. They also implement procedures designed to minimise or manage any potential impact on the charity should those risks arise.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

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 Charitable Incorporated Organisation 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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Strategic Report, Trustees' Report, Statutory Report and Financial Statements were approved by the Board of Trustees on 17 October 2025 and signed on its behalf by



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Dr Paul O'Halloran

Chair of Trustees

Date: 21/10/2025

ENERGISE ME

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF ENERGISE ME

Opinion

We have audited the financial statements of Energise Me (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF ENERGISE ME

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

Jon Noble (Senior Statutory Auditor)
for and on behalf of Azets Audit Services

23 October 2025

Chartered Accountants
Statutory Auditor

Third Floor, Gateway House
Tollgate
Chandlers Ford
Hampshire
United Kingdom
SO53 3TG

ENERGISE ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income and endowments from:							
Donations and legacies	**3**	985	1,697,605	**1,698,590**	17,000	1,282,057	**1,299,057**
Investments	**4**	29,135	-	**29,135**	38,627	-	**38,627**
Other income		49,213	37,414	**86,627**	49,569	44,103	**93,672**
Total income		79,333	1,735,019	**1,814,352**	105,196	1,326,160	**1,431,356**
Expenditure on:							
Charitable activities	**5**	193,157	1,568,358	**1,761,515**	100,425	1,389,452	**1,489,877**
Net gains/(losses) on investments	**11**	(8,135)	-	**(8,135)**	64,058	-	**64,058**
Net (outgoing)/incoming resources before transfers		(121,959)	166,661	**44,702**	68,829	(63,292)	**5,537**
Gross transfers between funds	**12**	40,226	(40,226)	**-**	(16,541)	16,541	**-**
Net movement in funds		(81,733)	126,435	**44,702**	52,288	(46,751)	**5,537**
Fund balances at 1 April 2024		1,854,225	374,536	**2,228,761**	1,801,937	421,287	**2,223,224**
Fund balances at 31 March 2025		1,772,492	500,971	**2,273,463**	1,854,225	374,536	**2,228,761**

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

ENERGISE ME

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	**13**		38,175		16,630
Investments	**14**		544,015		552,150
			582,190		568,780
Current assets					
Debtors	**15**	167,856		133,774	
Cash at bank and in hand		1,728,529		1,628,291	
		1,896,385		1,762,065	
Creditors: amounts falling due within one year	**16**	(205,112)		(102,084)	
Net current assets			1,691,273		1,659,981
Total assets less current liabilities			2,273,463		2,228,761
Income funds					
Restricted funds	**17**		500,971		374,536
Designated funds	**18**	725,295		854,135	
General unrestricted funds		1,047,197		1,000,090	
			1,772,492		1,854,225
			2,273,463		2,228,761

The financial statements were approved by the Trustees on 17/10/2025

.....

Dr Paul O'Halloran
Trustee

ENERGISE ME

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	**23**		105,513		(365,478)
Investing activities					
Purchase of tangible fixed assets		(34,410)		(8,241)	
Investment income received		29,135		38,627	
Net cash (used in)/generated from investing activities			(5,275)		30,386
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			100,238		(335,092)
Cash and cash equivalents at beginning of year			1,628,291		1,963,383
Cash and cash equivalents at end of year			1,728,529		1,628,291

1 Accounting policies

Charity information

Energise Me is a Charitable Incorporated Organisation, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees are liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation. The principal office address is Athelstan House, St Clement Street, Winchester, SO23 9DR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Constitution, the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "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)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

During 2022, Energise Me was awarded a 5 year grant agreement with Sport England and a 3 year grant agreement with Arts Council England, which provides some financial security for Energise Me through to 2027. In October 2025, a further 3 year grant agreement with Arts Council England was approved in principle.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes, these remain part of the unrestricted funds of the charity. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1 Accounting policies **(Continued)**

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such Income is only deferred when:
- The donor specifies that the grant or donation must only be used in the future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

1.5 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 are allocated on the portion of the asset's use.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable are payments made to third parties in the furtherance of the charitable objectives of Energise Me. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant and have returned a signed grant agreement. The notification gives the recipient a reasonable expectation that they will receive the grant. Grant awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled conditions attaching to the grant is outside of the control of the organisation.

Provisions for Grants are made when when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers and furniture	33.33% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1 Accounting policies **(Continued)**

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and other short-term liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Basic financial assets

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is estabilised when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Basic financial liabilities

Basic financial liabilities, including creditors are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 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.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1 Accounting policies **(Continued)**

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due and the charity has no legal or constructive obligation to pay further contributions.

Certain members of staff are members of the Hampshire County Council's Local Government Pension Scheme, a defined benefit pension scheme. It is not possible in the normal course of events to identify the share of individual assets and liabilities belonging to participating employers. Accordingly, due to the nature of the scheme, the accounting charge for the period represents the employer contribution payable based on amounts advised by Hampshire County Council.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Donations and gifts	735	96	**831**	-	-	-
Grants	250	1,665,877	**1,666,127**	17,000	1,250,779	**1,267,779**
Donated goods and services	-	31,632	**31,632**	-	31,278	**31,278**
	985	1,697,605	**1,698,590**	17,000	1,282,057	**1,299,057**
Grants receivable for core activities						
Sport England	-	1,184,701	**1,184,701**	-	830,985	**830,985**
Local Authority	-	25,000	**25,000**	17,000	51,000	**68,000**
Arts Council	-	384,486	**384,486**	-	312,207	**312,207**
Other	250	71,690	**71,940**	-	56,587	**56,587**
	250	1,665,877	**1,666,127**	17,000	1,250,779	**1,267,779**

3 Donations and legacies **(Continued)**

Donated goods and services

Donated goods and services relate to gifts-in-kind received by Energise Me in the period. The donated goods and services are recognised as income at fair value, with a corresponding amount recognised as charitable expenditure. Gifts-in-kind in 2025 include £19,882 relating to the "Culture in Common" project (2024: £19,528) and £11,750 relating to "The Agency Battersea Arts Centre" project (2024: £11,750).

4 Investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	29,135	38,627

5 Charitable activities

	Charitable Expenditure 2025 £	Charitable Expenditure 2024 £
Direct charitable expenditure	357,405	402,378
Grant funding of activities (see note 6)	254,259	193,419
Share of support costs (see note 7)	1,135,097	879,577
Share of governance costs (see note 7)	14,754	14,503
	1,761,515	1,489,877
Analysis by fund		
Unrestricted funds	193,157	100,425
Restricted funds	1,568,358	1,389,452
	1,761,515	1,489,877

6 Grants payable

	Charitable Expenditure 2025	Charitable Expenditure 2024
	£	£
Grants to institutions:		
Artsreach	21,534	21,260
SPUD	-	13,000
Waterside Arts	16,930	12,000
National Literacy Trust	-	10,000
ArtfulScribe	11,450	-
Coda Music And Arts Trust	13,525	-
Pompey in the Community	15,000	-
Portsmouth City Council	10,000	-
Southampton Youth Voice Project	30,000	-
The Countryside Education Trust	15,000	-
Other	114,631	93,585
	248,070	149,845
Grants to individuals (19 grants)	6,189	43,574
	254,259	193,419

A full list of grants to institutions have been included as an appendix to the accounts.

7 Support costs

	Support costs	Governance costs	2025	Support costs	Governance costs	2024
	£	£	£	£	£	£
Staff costs	899,749	-	899,749	733,312	-	733,312
Depreciation	12,865	-	12,865	5,757	-	5,757
Advertising	29,301	-	29,301	30,336	-	30,336
Bank charges	1,368	-	1,368	1,055	-	1,055
Computer running costs	29,444	-	29,444	17,475	-	17,475
Travel and subsistence	27,020	-	27,020	14,745	-	14,745
Rent and rates	40,505	-	40,505	23,590	-	23,590
Printing, postage and stationary	17,542	-	17,542	9,153	-	9,153
Office managment & charitable donations	16,936	-	16,936	10,392	-	10,392
Insurance	7,760	-	7,760	8,179	-	8,179
Staff training and recruitment	19,455	-	19,455	14,931	-	14,931
Subsciptions	33,152	-	33,152	10,652	-	10,652
Audit fees	-	12,544	12,544	-	8,700	8,700
Payroll & accountancy fees	-	-	-	-	3,653	3,653
Legal fees	-	2,002	2,002	-	2,000	2,000
Trustee expenses	-	208	208	-	150	150
	1,135,097	14,754	1,149,851	879,577	14,503	894,080
Analysed between						
Charitable activities	1,135,097	14,754	1,149,851	879,577	14,503	894,080

8 Auditor's remuneration

Fees payable to the charity's auditor and associates:	2025	2024
	£	£
Audit of the charity's annual accounts	7,625	7,250
Non-audit services		
All other non-audit services	3,485	3,653

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
	21	17

Employment costs	2025 £	2024 £
Wages and salaries	786,205	645,829
Social security costs	75,372	60,581
Other pension costs	38,172	26,902
	899,749	733,312

Energise Me operates three pension schemes. As at 31 March 2024 5 employees (2024 - 5), who were transferred under TUPE conditions, participate in the Hampshire Local Government Pension Scheme. 18 employees (2024 - 14) participate in the Defined Contribution Pension Scheme managed by the Creative Pension Trust. 1 employee participates in the Prudential AVC plan.

Under the terms of the commercial transfer agreement signed in October 2016, Hampshire County Council acts as guarantor to Energise Me's liability to the Local Government Pension Scheme for staff who were transferred under TUPE conditions. This is set out within the commercial transfer agreement.

Total employee benefits, including employer pension contributions and national insurance, of the key management personnel of the charity were £387,519 (2024 - £389,736).

There were no employees whose annual remuneration was more than £60,000.
In 2024, there were no employees whose annual remuneration was more than £60,000.

11 Net gains/(losses) on investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Revaluation of investments	(8,135)	64,058

12 Transfers

Total transfers between restricted and unrestricted funds in the year were £40,226 (2024: £16,540). Transfers are made from restricted funds when projects have ceased or permitted the release of restricted funds. The following transfers took place:

- £40,226 was transfered to unrestricted from restricted funds in relation to HCC - Talented Athlete Scheme and HCC - Coaches, Officials & Volunteers. This was due to the projects coming to an end.

13 Tangible fixed assets

	Computers and furniture £
Cost	
At 1 April 2024	40,202
Additions	34,410
Disposals	(4,537)
At 31 March 2025	70,075
Depreciation and impairment	
At 1 April 2024	23,572
Depreciation charged in the year	12,865
Eliminated in respect of disposals	(4,537)
At 31 March 2025	31,900
Carrying amount	
At 31 March 2025	38,175
At 31 March 2024	16,630

14 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2024	552,150
Valuation changes	(8,135)
At 31 March 2025	544,015
Carrying amount	
At 31 March 2025	544,015
At 31 March 2024	552,150

15 Debtors

	2025	2024
Amounts falling due within one year:	**£**	**£**
Trade debtors	37,275	35,289
Other debtors	8,415	-
Prepayments and accrued income	122,166	98,485
	167,856	133,774

16 Creditors: amounts falling due within one year

	2025	2024
	£	**£**
Other taxation and social security	1,656	847
Trade creditors	54,605	19,973
Accruals	148,851	81,264
	205,112	102,084

Included with accruals above are grants payable of £nil (2024 - £2,834).

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds				Movement in funds			
	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 1 April 2024	Incoming resources	Resources expended	Transfers	Balance at 31 March 2025
	£	£	£	£	£	£	£	£	£
Sport England funds									
School Games	82,432	90,000	(116,227)	-	56,205	90,000	(104,304)	-	41,901
Social Prescribing	-	25,949	(35,765)	16,540	6,724	-	(6,724)	-	-
Satellite Clubs	3,553	(9,502)	5,949	-	-	-	-	-	-
Tackling Inequalities	69,125	(21,335)	(47,790)	-	-	-	-	-	-
Core Services	44,738	671,474	(619,130)	-	97,082	671,473	(642,071)	-	126,484
Active Lives	6,693	19,800	(22,174)	-	4,319	19,800	(21,955)	-	2,164
Sport Welfare Officers	-	54,600	(9,240)	-	45,360	109,427	(93,724)	-	61,063
Moving Communities	-	-	-	-	-	26,400	(26,400)	-	-
Southampton Place Development	-	-	-	-	-	162,187	(42,703)	-	119,484
Portsmouth Place Development	-	-	-	-	-	105,414	(32,795)	-	72,619
Total Sport England funds	206,541	830,986	(844,377)	16,540	209,690	1,184,701	(970,676)	-	423,715

17 Restricted funds **(Continued)**

	Movement in funds				Movement in funds				
	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 1 April 2024	Incoming resources	Resources expended	Transfers	Balance at 31 March 2025
	£	£	£	£	£	£	£	£	£
Local Authority funds									
HCC - Talented Athlete Scheme	35,722	42,210	(44,913)	-	33,019	-	(12,142)	(20,877)	-
HCC - Coaches, Officials & Volunteers	25,573	11,000	(13,623)	-	22,950	-	(3,601)	(19,349)	-
SCC - The Agency	10,000	-	(7,488)	-	2,512	-	(2,512)	-	-
NFDC - Culture in Common	-	15,000	(15,000)	-	-	17,000	-	-	17,000
TVBC - Ukranian Yoga	-	2,420	(1,867)	-	553	-	(44)	-	509
NFNPA - Culture in Common	-	2,500	-	-	2,500	-	(2,500)	-	-
HCC - PACC	-	-	-	-	-	25,000	-	-	25,000
Total Local Authority funds	71,295	73,130	(82,891)	-	61,534	42,000	(20,799)	(40,226)	42,509
Other funds									
Arts Council England - Culture in Common	143,451	312,207	(366,734)	-	88,924	384,486	(469,063)	-	4,347
Other	-	109,838	(95,450)	-	14,388	123,832	(107,820)	-	30,400
Total Other funds	143,451	422,045	(462,184)	-	103,312	508,318	(576,883)	-	34,747
Total Restricted funds	421,287	1,326,161	(1,389,452)	16,540	374,536	1,735,019	(1,568,358)	(40,226)	500,971

18 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

				Movement in funds		
	Balance at 1 April 2023	Resources expended	Balance at 1 April 2024	Incoming resources	Resources expended	Balance at 31 March 2025
	£	£	£	£	£	£
Designated funds	918,066	(63,931)	**854,135**	29,135	(157,975)	**725,295**
	918,066	(63,931)	**854,135**	29,135	(157,975)	**725,295**

In December 2021, trustees approved a new business plan for 2022-2027 aligning with the We Can Be Active strategy. Trustees committed £1.0m over the 5 years of the strategy to support the following areas of work:

1) Positive early experiences for children and young people
2) Support to get started
3) Places & travel routes
4) Bold leaders working together
5) Understanding people & place
6) Promoting physical activity

19 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£	£	£	£
Fund balances at 31 March 2025 are represented by:						
Tangible assets	-	38,175	38,175	-	16,630	16,630
Investments	544,015	-	544,015	552,150	-	552,150
Current assets/(liabilities)	1,228,477	462,796	1,691,273	1,302,075	357,906	1,659,981
	1,772,492	500,971	2,273,463	1,854,225	374,536	2,228,761

20 Public Funding

	Sport England	Local Authority	Arts Council	Other	Non-public Income	Total
Donations & Legacies	1,184,701	25,000	384,486	71,690	1,081	**1,666,958**
Investments	-	-	-	-	29,135	**29,135**
Other Income	227	41,870	-	29,287	15,243	**86,627**
Gifts in Kind	-	-	-	11,750	19,882	**31,632**
Total income	**1,184,928**	**66,870**	**384,486**	**112,727**	**65,341**	**1,814,352**
Bank charges	1,127	-	-	11	230	**1,368**
Charitable donations	-	-	-	-	-	**-**
Depreciation	11,320	-	616	-	929	**12,865**
Direct	112,804	14,011	130,598	55,152	44,840	**357,405**
Gain/loss on investment	-	-	-	-	8,135	**8,135**
Governance	14,754	-	-	-	-	**14,754**
Grant funding	58,000	3,492	187,767	-	5,000	**254,259**
Insurance	7,760	-	-	-	-	**7,760**
IT Support	22,118	1,051	3,304	296	2,675	**29,444**
Marketing	9,934	4,056	13,911	1,250	150	**29,301**
Office	12,901	55	2,045	1,361	574	**16,936**
Printing	3,232	913	12,859	340	198	**17,542**
Rent	32,895	-	-	-	7,610	**40,505**
Salaries	623,638	35,618	111,336	23,302	105,855	**899,749**
Staff training	15,352	-	-	3,907	196	**19,455**
Subscriptions	6,627	-	108	26,400	17	**33,152**
Travel	11,814	541	9,019	3,303	2,343	**27,020**
Total expenditure	**944,276**	**59,737**	**471,563**	**115,322**	**178,752**	**1,769,650**
Net income	**240,652**	**7,133**	**(87,077)**	**(2,595)**	**(113,411)**	**44,702**

A cash received and deferred grant reconciliation is not included in the accounts as all cash from grants received in the year has been recognised as income during the year.

21 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025	2024
	£	£
Within one year	34,610	950
Between two and five years	120,431	3,616
	155,041	4,566

The expense recognised in relation to operating leases in the year was £32,855 (2024: £23,590).

22 Related party transactions

Related party transactions in the year were as follows:

Rent of £nil (2024: £23,590) was paid to Community Action Hampshire, a related party due to a member of Energise Me's key management being a director of Community Action Hampshire.

Amounts of £35,143 (2024: £26,959) were received from Active Partnerships in relation to work performed by Energise Me employees. Active Partnerships is a related party due to a member of Energise Me's key management being a director of Active Partnerships.

23 Cash generated from operations

	2025	2024
	£	£
Surplus for the year	44,702	5,537
Adjustments for:		
Investment income recognised in statement of financial activities	(29,135)	(38,627)
Fair value gains and losses on investments	8,135	(64,058)
Depreciation and impairment of tangible fixed assets	12,865	5,757
Movements in working capital:		
(Increase) in debtors	(34,082)	(100,112)
Increase/(decrease) in creditors	103,028	(173,975)
Cash generated from/(absorbed by) operations	105,513	(365,478)

24 Analysis of changes in net funds

The charity had no debt during the year.

ENERGISE ME

England & Wales - Charity number 1165592

Accounts

Charity registration number 1165592

ENERGISE ME

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

ENERGISE ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Jon Monkcom	
	Steven Pease	
	Dr Paul O'Halloran	
	Selina Russell	
	Zoe Williams	(Resigned 17 June 2024)
	Natalie Austin	
	Kate Kewley	
	Simon Lovegrove	
	Dr Shakiba Moghadam	
	Dawn Tilley	(Resigned 19 July 2023)
	Sam Forwood	(Appointed 13 December 2023)
	Jane Thomson	(Appointed 13 December 2023)
Chief Executive Officer	Julie Amies	
Charity number	1165592	
CIO registration number	CE005425	
Principal office	Athelstan House St Clement Street Winchester Hampshire United Kingdom SO23 9DR	
Auditor	Azets Audit Services Athenia House 10-14 Andover Road Winchester Hampshire United Kingdom SO23 7BS	

ENERGISE ME

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ENERGISE ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Energise Me is a Charitable Incorporated Organisation. It is committed to tackling the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more. It is registered with the Charity Commission under charity number 1165592 and with Companies House under the Company Registration Number CE005425.

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2024.

The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

The trustees are also directors for the purposes of company law and present their strategic report for the year ended 31 March 2024 in compliance with s414C of the Companies Act 2006.

Objectives and aims

The objects of the charity are to promote community participation in sport and healthy recreation for the benefit, in particular, but not exclusively, of the inhabitants of Hampshire and the Isle of Wight in the interests of social welfare for the public at large or those who by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, have need of such facilities and services, in particular by:

1. Working with and through local agencies to increase levels of participation in sport and physical activity.
2. Promoting and providing programmes, services and facilities for sport, recreation, physical activity, informal education and other leisure-time occupation for healthy recreation.
3. The improvement and preservation of good health and well-being through participation in healthy recreation.
4. Facilitating and providing impact evaluation, performance measurement and related intelligence for public benefit in the context of sport, recreation, physical activity and wider health and well-being.
5. Promoting and providing education, training and coaching courses which promote physical health and fitness.

Who we are

Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight.

We are working hard to make it easier for everyone to move more. Our goal is to create a happier, healthier and stronger future for local people. We won’t rest until everyone has the confidence, support and opportunity to be active on their own terms.

Physical activity transforms lives. Our work is helping people to reduce their risk of major illnesses and depression. We are enabling communities to thrive. But we still have a long way to go.

We are one of 42 Active Partnerships across England who work with partners to create an active nation.

Strategy and Impact

With the launch of the We Can Be Active Strategy in November 2020, we set out Energise Me's role to help deliver it in this document Energise Me will.

Our work focuses on the 5 goals of the We Can Be Active Strategy:

1. **Positive early experiences** for our children and young people
2. **Opportunities** that meet our needs and interests and are accessible and easy to find.
3. **Places and travel routes** where we *all* feel safe and are encouraged to be active.
4. **Support** to help us get started or keep moving when we feel that we can't do it alone.
5. **Bold leaders** working together to create happier and healthier communities.

The video impact report, highlighting work carried out to help deliver each of the 5 goals of the we Can Be Active Strategy in 2023-24 can be found here https://www.energiseme.org/about-us/annual-report-and-accounts/.

Alongside our 5 goals, and the content in the Impact Report we also carry out other work.

Hampshire Talented Athlete Scheme

We support athletes on the talent pathway in partnership with Hampshire County Council. The Hampshire Talented Athlete Scheme supports athletes to reach their goals in Olympic, Paralympic and Commonwealth Games disciplines. It is funded by Hampshire County Council and managed by Energise Me to support local athletes on their path to the world stage. Athletes from over 70 sports are eligible to apply.

Our athletes are varied in their disciplines, so we work closely with each National Governing Body (NGB) to make sure we're giving the right support. We look at many factors to help us determine what is needed including national or international rankings, competition results for individuals or team selections. We aim to be as inclusive as possible. However, we can only provide for sports that have a clear pathway for Olympic, Paralympic and Commonwealth Games disciplines.

In 2024 one hundred and nineteen awards were made to individuals across 35 sports to the value of £30,250. In addition, £11,100 was allocated to Hampshire Talented Athlete wrap around support (camp and online workshops, where athletes can learn about recovery, competitions mind set and preparation etc) and fast-track physiotherapy. Every area of the administrative county of Hampshire was represented amongst the awards, evidencing good geographical reach.

In 2023 we partnered with a new supplier, Southern Academy of Sport. In their first year, Southern Academy provided additional support to develop the whole athlete physically and mentally. This has included eight free online and four in person camps, an Athlete Education Platform, as well as adding four additional physiotherapy providers to help get athletes back on track quickly after any injuries. This support has led to an increase in the number of athletes who have opted in to physiotherapy cover through HTAS this year.

Coaching, Volunteers and Officials Bursary

Coaches, volunteers and officials are part of our bold leaders workforce that we need to support people to be active. The Coaching, Volunteers and Officials Bursary scheme is made possible through a grant from Hampshire County Council. In 2023/2024 £13,324 was allocated across 15 different sports or activities. From Cycling to Cheerleading to Swimming, these grants have supported the training and development of 30 people. Good geographical reach was achieved with 10 out of the 11 district areas in Hampshire represented.

Looking ahead, as part of its programme of savings, it is unlikely that Hampshire County Council will continue to invest into the Talent, Coaching, Volunteers and Officials Bursary programmes. Working with our partners, we will assess the implications for this in the context of the We Can Be Active Strategy, our objects and our finances during 2024-25.

Culture in Common

Culture in Common is the Creative People and Places (CPP) programme for the New Forest, funded by Arts Council England (ACE). It is giving local people of the New Forest the chance to enjoy, commission and create their own artistic activities, events and opportunities.

In 2022 a New Forest consortium, led by Energise Me, was successful in its bid to ACE for £1m investment to fund the first three years (April 2022 – March 2025) of a 10-year vision to bring communities together to enjoy Culture in Common. To provide security and stability for current projects, ACE recently announced that it was extending the 2022-25 CPP National Portfolio funding for one year, to 31 March 2026.

The project aligns to the objects of the charity as well as the mission of the We Can Be Active Strategy. As well as participating in Arts and Culture for their own intrinsic physical and mental benefits, we want to explore the opportunity to create new ways for people to be physically active through Arts and Culture.

Culture in Common has a consortium made up of Energise Me, Folio, The Handy Trust, New Forest District Council and New Forest National Park Authority. It blends arts, community engagement, heritage, physical activity and health expertise. The Consortium is passionate about collaborating and building authentic relationships with New Forest communities.

CPP targets investment into parts of the country where engagement in arts and culture is significantly below the national average. These places overlay with places where physical activity levels are low.

CPP focuses on finding ways for communities to take the lead in shaping or co-creating local cultural provision. The aim is to reach and connect with people who aren't involved and support them to experience, create and be inspired by arts, culture and heritage, both as audiences and participants.

Culture in Common is helping to develop a thriving community-driven arts scene in the district. In the first two years the programme has focused on Totton & the Waterside, New Milton & Pennington and Fordingbridge and has reached 20,000 residents.

Investment

All our work is made possible with the investment and support of our core funder, Sport England and the National Lottery. Other investments include Hampshire County Council investment into the Hampshire Talented Athletes Scheme, Arts Council England & New Forest District Council funding for Culture in Common and The Blagrave Trust & Kristian Gerhard Jebsen Foundation investment into The Agency. Furthermore, Hampshire Cultural Trust, New Forest National Park Authority, St Barbe's Museum & Art Gallery and The Handy Trust have donated gifts in kind to Culture in Common during 2023-24.

Safeguarding

A safe and supportive environment enables children, young people and adults at risk to enjoy physical activity and sport. Safeguarding sits at the heart of everything we do at Energise Me. We have a designated lead officer (DSL), a deputy lead officer and a Board Champion. Safeguarding is a standing item on every team meeting. Each year, Energise Me has an annual review with the Child Protection in Sport Unit (CPSU) to assess if we meet the Safeguarding Standards. Our review assessed that we met the standards.

In addition to our ongoing, embedded safeguarding work we have:

- Developed 3 blogs which have been shared over the last 12 months to highlight a personal story, a response to that story with a call to action, and a further one which highlighted tips from the perspective of a local sports clubs Safeguarding Officer. All stories have been shared continuously throughout the year on our social platforms.
- We formed an internal Safeguarding working group comprising 2 designated Officers, the Marketing & Communications Officer and the Children & Young People Officer to assist with greater diversity of thought and planning.
- We have used our Youth Engagement Toolkit and accompanying activity cards to assist organisations with the promotion of and support for youth voice. 'Play Their Way' a kick-start movement of child-first coaches, organisations and people changing the game from the ground requested access to our Toolkit to add to the resources on their website.
- We collaborated with the Wave Trust to deliver a 'Becoming Trauma Informed' development opportunity for the workforce in Hampshire and the Isle of Wight.

Towards the end of 2023-24, Sport England made an investment into a network of 59 Sport Welfare Officers across England. The investment was made as a policy response to The Whyte Review which questioned the level of safeguarding responsibility given to grassroot volunteers.

National Governing Bodies of Sport, Active Partnerships, the NSPCC's Child Protection in Sport Unit and the Ann Craft Trust have worked together to develop the resource that will support local clubs in ensuring the welfare of their members, both children and adults.

Energise Me will receive £382,200 over 3.5 years to appoint 2 people to support clubs and organisations across Hampshire and the Isle of Wight to promote good practice and safe sport. They will mentor and support Club Welfare Officers to build confidence and amplify participant's voices.

Our Sport Welfare Officers:

- Provide additional, local support for club welfare officers
- Signpost clubs to the right advice and guidance
- Work with club welfare officers to create a safer culture within their organisation
- Facilitate local training opportunities and events
- Create networks so that volunteers and staff feel better connected and informed
- Recognise, share and develop best practice
- Help raise awareness of safeguarding and welfare for young people and adults at local events

They do not advise or manage concerns. Responsibility for this remains with the procedures that clubs/National Governing Bodies have in place.

Financial Review

Financial results for the year ended 31 March 2024 are shown in the statement of financial activities on page 13 with the associated assets and liabilities set out in the balance sheet on page 14. The statement of cash flows for the year is on page 15. Supporting notes to the accounts are on pages 16 to 30 and provide additional information to support the figures in the main statements.

The financial statements have been prepared to comply with the Statement of Recommended Practice and Reporting of Charities SORP (FRS 102) (effective 1 January 2019).

Total incoming resources for the year were £1,431,356 (2023: £1,195,340), resources expended were £1,489,877 (2023: £1,371,084) and the surplus for the year was £5,537 (2023: deficit £185,715).

Sport England continue to be the principal funder of core activities.

Over the year we have paid the remaining Investing in Communities and Satellite Clubs grants. Any unspent funds were returned to Sport England (£30,838). These investment streams are now closed.

There is £87k of accrued income which relates to grant funding awarded in 2023-24 but has yet to be drawn down in cash. The cash will be drawn upon over the next 3 years of the remaining reward period.

The charity’s investment into the CCLA has increased significantly in 2023-24 by £64k.

In 2023-24, Sport England made total grants of £830,986 (2023: £748,784). Additional funding was received in the current year of £54,600 to fund the two Sport Welfare Officer positions.

Arts Council England contributed £312,207 (2023: £303,307) to support the Culture in Common project in the New Forest, providing 22% of income for the year.

Hampshire County Council contributed £68,000 (2023: £70,385) towards the delivery of the Hampshire Talented Athlete Scheme, and the local coaching workforce for continuing professional development. This is the final grant that Energise Me will receive from HCC. Due to the difference between financial year and the HTAS year, this investment allows for 1 final year in 2024-25. Energise Me are reviewing both investments to determine future direction for 2025.

Hampshire County Council paid Energise Me £47k in 23-24 to administer the Covid Outbreak Management Fund. Work in this area will continue in 24-25.

Reserves

The organisation's financial reserves are made up of restricted and unrestricted funds. Total funds as of 31 March 2024 were £2,228,761 (2023: £2,223,223). Restricted funds amount to £374,536 and unrestricted funds £1,854,225.

The reserves policy ensures that sufficient free reserves are held to cover a minimum of nine months employment and running costs and 100% end of contract costs (in the event of any significant delays or cessation of external core funding). The fund required to cover these costs is approximately £725k.

On 31 March 2024 the unrestricted fund stood at £1.84m. In December 2021, trustees approved a new Business Plan for 2022-2027. The plan aligns to the We Can Be Active Strategy. It makes unrestricted funds available of up to £200k per annum into areas of work that support the delivery of the We Can Be Active Strategy:

1. Positive early experiences for children and young people
2. Support to get started
3. Places & travel routes
4. Bold leaders working together
5. Understanding people & place
6. Promoting physical activity

The Agency, Place Based work in Southampton, Health systems, Good Gym, Culture in Common and Active through Football are examples of the work that have received investment in 2023-24.

A new designated reserve for the 2022-2027 business plan was set up for an initial £1.0m on 1st April 2022. £64k (2023: £83k) of designated funds were utilised in 2023-24.

Investment Powers and Policy

This policy provides a framework for the management of the charity's reserve funds and uncommitted funds held. The Finance and Audit Committee have delegated authority to amend and action the investment policy on behalf of the board.

Pay Policy for Senior Staff

In 2023-24 a People and Performance Sub-Committee was established with terms of reference. Trustees wanted to develop a space and opportunity where decisions about pay and remuneration could be discussed in and decided upon earlier in the governance process. The committee establishes remuneration frameworks and policies that promote and support alignment with the organisation's long-term charitable aims and purposes, and with any performance-related pay schemes relevant and proportionate to the charity sector.

Pay levels are reviewed annually and in line with our business reviews. The exact level of any pay is determined by a range of factors, including the performance of the organisation, the current pay market, the funding for the service within which they work, the performance of the employee and the economy as a whole. It is not guaranteed that any pay review will necessarily result in an increase in pay.

Grant making policies

The charity makes many grants to different organisations and individuals. Every programme and grant scheme has its own respective policy, led by officers of the Charity and overseen by partners, funders and informed experts.

Principal Funding Sources

Energise Me's total income of £1,489,876 (2023: £1,195,340) was secured from the following sources:

- Sport England Funding £861,823 (2023: £748,784)
  Broken down into:
  - Lottery Funding £861,823 (2023: £748,784)
  - Exchequer Funding £nil (2023: £nil)
- Arts Council England £312,207 (2023: £303,307)
- Hampshire County Council £114,869 (2023: £70,385)
- Blagrave Trust £20,000 (2023: £nil)
- Battersea Arts Centre £19,167 (2023: £nil)
- Active Partnership Network £26,959 (2023: £nil)
- Investment Income £38,627 (2023: £7,257)
- Gifts in Kind £31,278 (2023: £14,809)
- Other Revenue £64,946 (2023: £53,181)

Sport England awarded Energise Me a 5 year grant of £3,686,763 from 1 April 2022 to 31 March 2027 (the term). The grant is awarded as one of their 'system partners' to undertake "Systemic and Governing" and "Delivery" activity in accordance with the Project Plan we submitted. Energise Me will play a role delivering Sport England's Uniting the Movement 10 year vision to transform lives and communities through sport and physical activity. The intent is to make sport and physical activity more inclusive across Hampshire and the Isle of Wight and aligns to our Charity's purpose.

Governance
Governance has remained strong throughout the year. All Trustee Board meetings have been held, some remotely and some with a combination of in person and online.

Two new trustees have been recruited and one trustee had been elected for a second term.

Energise Me is a Charitable Incorporated Organisation with a Foundation Model Constitution established on 16 February 2016 by the Charity Commission. Its only voting members are its trustees.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Energise Me is committed to ensuring its governance is dynamic and visionary. The charity actively recruits trustees with the right skills, knowledge and experience to support its work. It looks for diversity of thought, experience and background to ensure that strategic decisions are informed and challenged from different perspectives.

Trustees are invited to apply through an open recruitment process. Each trustee can serve for an initial term of three years. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least four continuous years.

There is also one nominated trustee from Hampshire County Council who can serve for three years. This position has not been taken up since 2018. An observer role with no voting rights is provided to Sport England, the principal funding partner. This position has not been taken up since the Charity was set up in 2016. However, we report to Sport England and comply with all requirements of tier 3 of the UK Sports Governance Code.

New trustees undergo an orientation to brief them on their legal obligations under Charity law, guidance on public benefit, content of the constitution, the committee and decision-making processes, the business and strategic plans and recent financial performance of the Charity. During the induction, they meet key members of staff including those who they might provide specific support and mentoring to as well as other trustees.

Any training and development needs will be assessed as part of the trustee's induction process. External training and development opportunities are provided by the Active Partnership Network and trustees are encouraged to take part where it will help them to carry out their role.

Organisation

The board of trustees, which can have up to 11 members, administers the charity. The board meets at least 4 times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate the effective running of the charity, the Chief Executive has delegated authority in some areas through a schedule of delegation that is approved by the trustees. This schedule includes finance, employment, communications, programmes, contracts and remuneration.

Risk Management

The board of trustees has a duty to identify and review risks to which the organisation is exposed. These are reviewed regularly at board meetings. The main areas of risk identified are Strategic, Operational and Financial. Under each heading are different areas trustees consider such as political, reputational etc.

The trustees have policies, systems and processes in place to mitigate the risks identified. They also implement procedures designed to minimise or manage any potential impact on the charity should those risks arise.

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

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 Charitable Incorporated Organisation 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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Strategic Report, Trustees' Report, Statutory Report and Financial Statements were approved by the Board of Trustees on 7 November 2024 and signed on its behalf by

Jon Monkcom
Chair of Trustees

Date: 19.11.24

ENERGISE ME

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF ENERGISE ME

Opinion

We have audited the financial statements of Energise Me (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF ENERGISE ME

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

Jon Noble (Senior Statutory Auditor)
for and on behalf of Azets Audit Services

26 November 2024

Chartered Accountants
Statutory Auditor

Athenia House
10-14 Andover Road
Winchester
Hampshire
United Kingdom
SO23 7BS

ENERGISE ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income and endowments from:							
Donations and legacies	**3**	17,000	1,282,057	**1,299,057**	19,385	1,150,703	**1,170,088**
Investments	**4**	38,627	-	**38,627**	7,258	-	**7,258**
Other income		49,569	44,103	**93,672**	1,848	16,146	**17,994**
Total income		105,196	1,326,160	**1,431,356**	28,491	1,166,849	**1,195,340**
Expenditure on:							
Charitable activities	**5**	100,425	1,389,452	**1,489,877**	84,026	1,287,058	**1,371,084**
Net gains/(losses) on investments	**11**	64,058	-	**64,058**	(9,971)	-	**(9,971)**
Net incoming/(outgoing) resources before transfers		68,829	(63,292)	**5,537**	(65,506)	(120,209)	**(185,715)**
Gross transfers between funds	**12**	(16,541)	16,541	**-**	154,604	(154,604)	**-**
Net movement in funds		52,288	(46,751)	**5,537**	89,098	(274,813)	**(185,715)**
Fund balances at 1 April 2023		1,801,937	421,287	**2,223,224**	1,712,839	696,100	**2,408,939**
Fund balances at 31 March 2024		1,854,225	374,536	**2,228,761**	1,801,937	421,287	**2,223,224**

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

ENERGISE ME

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	13		16,630		14,146
Investments	14		552,150		488,092
			568,780		502,238
Current assets					
Debtors	15	133,774		33,662	
Cash at bank and in hand		1,628,291		1,963,383	
		1,762,065		1,997,045	
Creditors: amounts falling due within one year	16	(102,084)		(276,059)	
Net current assets			1,659,981		1,720,986
Total assets less current liabilities			2,228,761		2,223,224
Income funds					
Restricted funds	17		374,536		421,287
Designated funds	18	854,135		918,066	
General unrestricted funds		1,000,090		883,871	
			1,854,225		1,801,937
			2,228,761		2,223,224

The financial statements were approved by the Trustees on 19.11.24

Jon Monkcom
Trustee

ENERGISE ME

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	**23**		(365,478)		127,703
Investing activities					
Purchase of tangible fixed assets		(8,241)		(14,144)	
Investment income received		38,627		7,258	
Net cash generated from/(used in) investing activities			30,386		(6,886)
Net (decrease)/increase in cash and cash equivalents			(335,092)		120,817
Cash and cash equivalents at beginning of year			1,963,383		1,842,566
Cash and cash equivalents at end of year			1,628,291		1,963,383

1 Accounting policies

Charity information

Energise Me is a Charitable Incorporated Organisation, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees are liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation. The principal office address is Athelstan House, St Clement Street, Winchester, SO23 9DR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Constitution, the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "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)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

During 2022, Energise Me was awarded a 5 year grant agreement with Sport England and a 3 year grant agreement with Arts Council England, which provides some financial security for Energise Me through to 2027.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes, these remain part of the unrestricted funds of the charity. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1 Accounting policies **(Continued)**

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such Income is only deferred when:
- The donor specifies that the grant or donation must only be used in the future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

1.5 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 are allocated on the portion of the asset's use.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable are payments made to third parties in the furtherance of the charitable objectives of Energise Me. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant and have returned a signed grant agreement. The notification gives the recipient a reasonable expectation that they will receive the grant. Grant awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled conditions attaching to the grant is outside of the control of the organisation.

Provisions for Grants are made when when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers and furniture	33.33% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1 Accounting policies **(Continued)**

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and other short-term liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Basic financial assets

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is estabilised when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Basic financial liabilities

Basic financial liabilities, including creditors are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 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.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1 Accounting policies **(Continued)**

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due and the charity has no legal or constructive obligation to pay further contributions.

Certain members of staff are members of the Hampshire County Council's Local Government Pension Scheme, a defined benefit pension scheme. It is not possible in the normal course of events to identify the share of individual assets and liabilities belonging to participating employers. Accordingly, due to the nature of the scheme, the accounting charge for the period represents the employer contribution payable based on amounts advised by Hampshire County Council.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024 £	2024 £	2024 £	2023 £	2023 £	2023 £
Grants	17,000	1,250,779	**1,267,779**	19,385	1,135,894	**1,155,279**
Donated goods and services	-	31,278	**31,278**	-	14,809	**14,809**
	17,000	1,282,057	**1,299,057**	19,385	1,150,703	**1,170,088**
Grants receivable for core activities						
Sport England	-	830,985	**830,985**	-	748,784	**748,784**
Local Authority	17,000	51,000	**68,000**	19,385	51,000	**70,385**
Arts Council	-	312,207	**312,207**	-	303,307	**303,307**
Other	-	56,587	**56,587**	-	32,803	**32,803**
	17,000	1,250,779	**1,267,779**	19,385	1,135,894	**1,155,279**

Donated goods and services

Donated goods and services relate to gifts-in-kind received by Energise Me in the period. The donated goods and services are recognised as income at fair value, with a corresponding amount recognised as charitable expenditure. Gifts-in-kind in 2024 include £19,528 relating to the "Culture in Common" project (2023: £14,809) and £11,750 relating to "The Agency Battersea Arts Centre" project (2023: £nil).

4 Investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	38,627	7,258

5 Charitable activities

	Charitable Expenditure 2024 £	Charitable Expenditure 2023 £
Direct charitable expenditure	402,378	243,332
Grant funding of activities (see note 6)	193,419	313,573
Share of support costs (see note 7)	879,577	802,612
Share of governance costs (see note 7)	14,503	11,567
	1,489,877	1,371,084
Analysis by fund		
Unrestricted funds	100,425	84,026
Restricted funds	1,389,452	1,287,058
	1,489,877	1,371,084

6 Grants payable

	Charitable Expenditure 2024	Charitable Expenditure 2023
	£	£
Grants to institutions:		
Artsreach	21,260	-
SPUD	13,000	-
Waterside Arts	12,000	-
National Literacy Trust	10,000	-
Motiv8 South Ltd	-	33,523
Portsmouth City Council	-	25,947
Tack Room Theatre	-	15,000
Oasis Hub Mayfield	-	10,000
Southampton Sight	-	10,000
Park Community School	-	6,990
Other	93,585	165,153
	149,845	266,613
Grants to individuals (158 grants)	43,574	46,960
	193,419	313,573

A full list of grants to institutions have been included as an appendix to the accounts.

7 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	733,312	-	733,312	655,972	-	655,972
Depreciation	5,757	-	5,757	4,638	-	4,638
Advertising	30,336	-	30,336	33,525	-	33,525
Bank charges	1,055	-	1,055	960	-	960
Computer running costs	17,475	-	17,475	26,311	-	26,311
Travel and subsistence	14,745	-	14,745	8,620	-	8,620
Rent and rates	23,590	-	23,590	32,940	-	32,940
Printing, postage and stationary	9,153	-	9,153	4,449	-	4,449
Office managment & charitable donations	10,392	-	10,392	7,666	-	7,666
Insurance	8,179	-	8,179	5,333	-	5,333
Staff training and recruitment	14,931	-	14,931	4,196	-	4,196
Subsciptions	10,652	-	10,652	18,002	-	18,002
Audit fees	-	8,700	8,700	-	8,160	8,160
Payroll & accountancy fees	-	3,653	3,653	-	3,407	3,407
Legal fees	-	2,000	2,000	-	-	-
Trustee expenses	-	150	150	-	-	-
	879,577	14,503	894,080	802,612	11,567	814,179
Analysed between						
Charitable activities	879,577	14,503	894,080	802,612	11,567	814,179

8 Auditor's remuneration

Fees payable to the charity's auditor and associates:	2024	2023
	£	£
Audit of the charity's annual accounts	8,700	8,160
Non-audit services		
All other non-audit services	3,653	3,407

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	17	17

Employment costs	2024 £	2023 £
Wages and salaries	645,829	577,888
Social security costs	60,581	56,974
Other pension costs	26,902	21,110
	733,312	655,972

Energise Me operates three pension schemes. As at 31 March 2024 5 employees (2023 - 5), who were transferred under TUPE conditions, participate in the Hampshire Local Government Pension Scheme. 14 employees (2023 - 11) participate in the Defined Contribution Pension Scheme managed by the Creative Pension Trust. 1 employee participates in the Prudential AVC plan.

Under the terms of the commercial transfer agreement signed in October 2016, Hampshire County Council acts as guarantor to Energise Me's liability to the Local Government Pension Scheme for staff who were transferred under TUPE conditions. This is set out within the commercial transfer agreement.

Total employee benefits, including employer pension contributions and national insurance, of the key management personnel of the charity were £389,736 (2023 - £354,769).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2024 Number	2023 Number
£60,001 to £70,000	-	1
£70,001 to £80,000	1	-

11 Net gains/(losses) on investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Revaluation of investments	64,058	(9,971)

12 Transfers

Total transfers between restricted and unrestricted funds in the year were £16,540 (2023: £154,604). Transfers are made from restricted funds when projects have ceased or permitted the release of restricted funds. The following transfers took place:

- £16,540 was transfered to restricted from unrestricted funds in relation to Social Prescribing, to amend the opening balance of the fund. This project was still ongoing at the year end.

13 Tangible fixed assets

	Computers and furniture
	£
Cost	
At 1 April 2023	38,466
Additions	8,241
Disposals	(6,505)
At 31 March 2024	40,202
Depreciation and impairment	
At 1 April 2023	24,320
Depreciation charged in the year	5,757
Eliminated in respect of disposals	(6,505)
At 31 March 2024	23,572
Carrying amount	
At 31 March 2024	16,630
At 31 March 2023	14,146

14 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2023	488,092
Valuation changes	64,058
At 31 March 2024	552,150
Carrying amount	
At 31 March 2024	552,150
At 31 March 2023	488,092

15 Debtors

Amounts falling due within one year:	**2024 £**	**2023 £**
Trade debtors	35,289	5,859
Prepayments and accrued income	98,485	27,803
	133,774	33,662

16 Creditors: amounts falling due within one year

	2024 £	**2023 £**
Other taxation and social security	847	-
Trade creditors	19,973	69,621
Accruals	81,264	206,438
	102,084	276,059

Included with accruals above are grants payable of £2,834 (2023 - £115,812).

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds				Movement in funds			
	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£	£	£	£	£
Sport England funds									
DfE Volunteering	6,859	(2,087)	(1,000)	(3,772)	-	-	-	-	-
School Games	72,861	90,000	(53,924)	(26,505)	82,432	90,000	(116,227)	-	56,205
Commonwealth Games Legacy	11,500	-	(11,500)	-	-	-	-	-	-
Social Prescribing	-	22,100	(22,100)	-	-	25,949	(35,765)	16,540	6,724
Satellite Clubs	185,182	(27,314)	(119,266)	(35,049)	3,553	(9,502)	5,949	-	-
Tackling Inequalities	235,436	(25,188)	(141,123)	-	69,125	(21,335)	(47,790)	-	-
Primary School Funding	38,942	-	-	(38,942)	-	-	-	-	-
Core Services	-	671,473	(626,735)	-	44,738	671,474	(619,130)	-	97,082
Coaching Workforce / Innovation	57,077	-	(8,107)	(48,970)	-	-	-	-	-
Active Lives	10,385	19,800	(22,126)	(1,366)	6,693	19,800	(22,174)	-	4,319
Sport Welfare Officers	-	-	-	-	-	54,600	(9,240)	-	45,360
Total Sport England funds	618,242	748,784	(1,005,881)	(154,604)	206,541	830,986	(844,377)	16,540	209,690

17 Restricted funds **(Continued)**

	Balance at 1 April 2022	Movement in funds: Incoming resources	Movement in funds: Resources expended	Movement in funds: Transfers	Balance at 1 April 2023	Movement in funds: Incoming resources	Movement in funds: Resources expended	Movement in funds: Transfers	Balance at 31 March 2024
	£	£	£	£	£	£	£	£	£
Local Authority funds									
HCC - Talented Athlete Scheme	41,149	40,000	(45,427)	-	35,722	42,210	(44,913)	-	33,019
HCC - Coaches, Officials & Volunteers	26,709	11,000	(12,136)	-	25,573	11,000	(13,623)	-	22,950
SCC - The Agency	10,000	10,000	(10,000)	-	10,000	-	(7,488)	-	2,512
NFDC - Culture in Common	-	15,000	(15,000)	-	-	15,000	(15,000)	-	-
TVBC - Ukranian Yoga	-	-	-	-	-	2,420	(1,867)	-	553
NFNPA - Culture in Common	-	-	-	-	-	2,500	-	-	2,500
Total Local Authority funds	77,858	76,000	(82,563)	-	71,295	73,130	(82,891)	-	61,534
Other funds									
Arts Council England - Culture in Common	-	303,307	(159,856)	-	143,451	312,207	(366,734)	-	88,924
Other	-	38,758	(38,758)	-	-	109,838	(95,450)	-	14,388
Total Other funds	-	342,065	(198,614)	-	143,451	422,045	(462,184)	-	103,312
Total Restricted funds	696,100	1,166,849	(1,287,058)	(154,604)	421,287	1,326,161	(1,389,452)	16,540	374,536

18 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds						
	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 1 April 2023	Resources expended	Balance at 31 March 2024
	£	£	£	£	£	£	£
Designated funds	382,515	1,000,000	(81,934)	(382,515)	**918,066**	(63,931)	**854,135**
	382,515	1,000,000	(81,934)	(382,515)	**918,066**	(63,931)	**854,135**

In December 2021, trustees approved a new business plan for 2022-2027 aligning with the We Can Be Active strategy. Trustees committed £1.0m over the 5 years of the strategy to support the following areas of work:

1) Positive early experiences for children and young people
2) Support to get started
3) Places & travel routes
4) Bold leaders working together
5) Understanding people & place
6) Promoting physical activity

19 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Fund balances at 31 March 2024 are represented by:						
Tangible assets	-	16,630	16,630	-	14,146	14,146
Investments	552,150	-	552,150	488,092	-	488,092
Current assets/(liabilities)	1,302,075	357,906	1,659,981	1,313,845	407,141	1,720,986
	1,854,225	374,536	2,228,761	1,801,937	421,287	2,223,224

20 Public Funding

	Sport England	Local Authority	Arts Council	Other	Non-public Income	Total
Donations & Legacies	830,985	85,420	312,207	39,167	-	**1,267,779**
Investments	-	-	-	-	38,627	**38,627**
Other Income	-	51,579	-	26,959	15,133	**93,672**
Gifts in Kind	-	-	-	11,750	19,528	**31,278**
Total income	**830,985**	**136,999**	**312,207**	**77,876**	**73,288**	**1,431,355**
Bank charges	1,039	-	-	-	16	**1,055**
Charitable donations	-	-	-	-	103	**103**
Depreciation	4,882	-	596	-	279	**5,757**
Direct	112,089	36,408	177,161	40,193	36,528	**402,378**
Gain/loss on investment	-	-	-	-	(64,058)	**(64,058)**
Governance	14,503	-	-	-	-	**14,503**
Grant funding	67,734	46,254	66,760	-	12,671	**193,419**
Insurance	8,179	-	-	-	-	**8,179**
IT Support	12,985	905	2,626	511	448	**17,475**
Marketing	9,227	6,944	12,463	1,703	-	**30,337**
Office	7,974	-	1,123	313	877	**10,286**
Printing	3,320	637	4,787	-	410	**9,154**
Rent	23,590	-	-	-	-	**23,590**
Salaries	554,879	22,675	97,237	30,784	27,737	**733,312**
Staff training	11,363	-	51	3,300	217	**14,931**
Subscriptions	4,997	3,045	14	-	2,596	**10,652**
Travel	7,615	8	3,917	1,627	1,577	**14,745**
Total expenditure	**844,376**	**116,876**	**366,734**	**78,431**	**19,401**	**1,425,818**
Net income	**(13,391)**	**20,123**	**(54,527)**	**(555)**	**53,887**	**5,537**

A cash received and deferred grant reconciliation is not inlcluded in the accounts as all cash from grants received in the year has been recognised as income during the year.

21 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024	2023
	£	£
Within one year	950	21,600
Between two and five years	3,616	-
	4,566	21,600

The expense recognised in relation to operating leases in the year was £23,590 (2023: £32,400).

22 Related party transactions

Related party transactions in the year were as follows:

Rent of £23,590 (2023: £32,400) was paid to Community Action Hampshire, a related party due to a member of Energise Me's key management being a director of Community Action Hampshire.

Amounts of £26,959 (2023: £16,146) were received from Active Partnerships in relation to work performed by Energise Me employees. Active Partnerships is a related party due to a member of Energise Me's key management being a director of Active Partnerships.

23 Cash generated from operations

	2024	2023
	£	£
Surplus/(deficit) for the year	5,537	(185,715)
Adjustments for:		
Investment income recognised in statement of financial activities	(38,627)	(7,258)
Fair value gains and losses on investments	(64,058)	9,971
Depreciation and impairment of tangible fixed assets	5,757	4,638
Movements in working capital:		
(Increase)/decrease in debtors	(100,112)	187,555
(Decrease)/increase in creditors	(173,975)	118,512
Cash (absorbed by)/generated from operations	(365,478)	127,703

24 Analysis of changes in net funds

The charity had no debt during the year.

ENERGISE ME

England & Wales - Charity number 1165592

Accounts

Charity registration number 1165592

ENERGISE ME

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

ENERGISE ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Jon Monkcom	
	Steven Pease	
	Dr Paul O'Halloran	
	Selina Russell	
	Shakiba Moghadam	
	Zoe Williams	
	N Austin	(Appointed 18 June 2022)
	K Kewley	(Appointed 29 March 2023)
	S Lovegrove	(Appointed 29 March 2023)
	Dawn Tilley	(Resigned 19 July 2023)
	Dr Samantha Meredith	(Resigned 29 March 2023)
Chief Executive Officer	Julie Amies	
Charity number	1165592	
CIO registration number	CE005425	
Principal office	Westgate Chambers Staple Gardens Winchester Hampshire United Kingdom SO23 8SR	
Auditor	Azets Audit Services Athenia House 10-14 Andover Road Winchester Hampshire United Kingdom SO23 7BS	

ENERGISE ME

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ENERGISE ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Energise Me is a charitable incorporated organisation that is committed to tackling the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more. It is registered with the Charity Commission under charity number 1165592 and with Companies House under the Company Registration Number CE005425

The trustees present the annual report together with the financial statements and auditors' report of the charitable incorporated organisation for the year ended 31 March 2023.

The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and aims

The objects of the charity are to promote community participation in sport and healthy recreation for the benefit, in particular, but not exclusively, of the inhabitants of Hampshire and the Isle of Wight in the interests of social welfare for the public at large or those who by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, have need of such facilities and services, in particular by:

1. Working with and through local agencies to increase levels of participation in sport and physical activity.
2. Promoting and providing programmes, services and facilities for sport, recreation, physical activity, informal education and other leisure-time occupation for healthy recreation.
3. The improvement and preservation of good health and well-being through participation in healthy recreation.
4. Facilitating and providing impact evaluation, performance measurement and related intelligence for public benefit in the context of sport, recreation, physical activity and wider health and well-being.
5. Promoting and providing education, training and coaching courses which promote physical health and fitness.

Who we are

Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight.

We are working hard to make it easier for everyone to move more. Our goal is to create a happier, healthier and stronger future for local people. We won’t rest until everyone has the confidence, support and opportunity to be active on their own terms.

Physical activity transforms lives. Our work is helping people to reduce their risk of major illnesses and depression. We are enabling communities to thrive. But we still have a long way to go.

We are one of 42 Active Partnerships across England who work with partners to create an active nation.

Strategy and Impact

With the launch of the We Can Be Active Strategy in November 2020, we set out Energise Me's role to help deliver it in this document Energise Me will.

Our work focuses on the 5 goals of the We Can Be Active Strategy:

1. **Positive early experiences** for our children and young people.
2. **Opportunities** that meet our needs and interests and are accessible and easy to find.
3. **Places and travel routes** where we *all* feel safe and are encouraged to be active.
4. **Support** to help us get started or keep moving when we feel that we can't do it alone.
5. **Bold leaders** working together to create happier and healthier communities.

Our impact report for 2022-23 can be found here: Energise Me Impact Report 2022-23.
Alongside our 5 goals, and the content in the Impact Report we also carry out other work.

Hampshire Talented Athlete Scheme

We support athletes on the talent pathway in partnership with Hampshire County Council. The Hampshire Talented Athlete Scheme (HTAS) supports athletes to reach their goals in Olympic, Paralympic and Commonwealth Games disciplines. It is funded by Hampshire County Council and managed by Energise Me to support local athletes on their path to the world stage. Athletes from over 70 sports are eligible to apply.

Our athletes are varied in their disciplines, so we work closely with each National Governing Body (NGB) to make sure we're giving the right support. We look at many factors to help us determine what is needed including national or international rankings, competition results for individuals or team selections. We aim to be as inclusive as possible. However, we can only provide for sports that have a clear pathway for Olympic, Paralympic and Commonwealth Games disciplines.

In 2023 one hundred and seventy-two HTAS awards were made to individuals across 31 sports to the value of £42,000. This being made up of £40,000 from Hampshire County Council and £2,000 from brought forward restricted reserves (this maintained the budget for the previous year). Every area of the administrative county of Hampshire was represented amongst the awards, evidencing good geographical reach.

In 2023 we have partnered with a new supplier, Southern Academy of Sport. Southern Academy will help to provide additional support to develop the whole athlete physically and mentally. This includes free online and in person camps, an Athlete Education Platform, as well as additional physiotherapy providers to help get athletes back on track quickly after any injuries. This support has led to an increase in the number of athletes who have opted in to physiotherapy cover through HTAS this year. We have also increased engagement in athlete education, our first in person camp of 2023 was fully booked.

Coaching, Volunteers and Officials Bursary

Coaches, volunteers and officials are part of our bold leaders workforce that we need to support people to be active. The Coaching, Volunteers and Officials Bursary scheme is made possible through a grant from Hampshire County Council. In 2022/2023 £8,339 was allocated across 13 different sports or activities. From Dressage to Cheerleading to Swimming, these grants have supported the training and development of 41 people. Good geographical reach was achieved with 10 out of the 11 district areas in Hampshire represented.

Feedback from awardees included:

“We have been able to more than double in size in terms of the number of club members and the spaces we use for our sessions. In addition to this, Nick is such a dedicated coach, determined to provide the highest possible quality to our young athletes, that the rise in the quality of our coaching provision has been clearly noticeable”.

“We strongly believe in leading by example and showing more girls can play, referee and coach that this will lead to more girls knowing that they can have a try. With the help of this funding, we are making this happen. The two girls have already refereed for two months, and they are also refereeing our new U7, U9 and U12 girls ‘Tigers’ teams when they can. Thank you”.

Culture in Common

We launched a new project in 2022-23, Culture in Common. This is Hampshire’s first Creative People and Places (CPP) project and one of 11 brand new projects announced by Arts Council England (ACE) in December 2021. £1 million will be invested over three years (April 2022 – March 2025). It forms part of a 10-year vision to bring the disparate communities of the New Forest District together to enjoy Culture in Common.

The project aligns to the objects of the charity as well as the mission of the We Can Be Active Strategy. As well as participating in Arts and Culture for their own intrinsic physical and mental benefits, we want to explore the opportunity to create new ways for people to be physically active through Arts and Culture.

Culture in Common has a consortium made up of Energise Me, Folio, The Handy Trust, New Forest District Council and New Forest National Park Authority. It blends arts, community engagement, heritage, physical activity and health expertise. The Consortium is passionate about collaborating and building authentic relationships with New Forest communities.

CPP targets investment into parts of the country where engagement in arts and culture is significantly below the national average. These places overlay with places where physical activity levels are low.

CPP focuses on finding ways for communities to take the lead in shaping or co-creating local cultural provision. The aim is to reach and connect with people who aren’t involved and support them to experience, create and be inspired by arts, culture and heritage, both as audiences and participants.

During the first phase of Culture in Common the priority has been to get to know local people and what matters to them. First of all, learning about their interests and then planning arts and cultural activities and events together with them.

All our work is made possible with the investment and support of our core funder, Sport England and the National Lottery. Also, Hampshire County Council for their investment into the Hampshire Talented Athletes Scheme, Arts Council England, New Forest District Council funding for Culture in Common and Southampton City Council for investment into the Agency. Furthermore, Hampshire Cultural Trust, New Forest National Park Authority and the Handy Trust have donated gifts in kind to Culture in Common during 2022-23.

Safeguarding

A safe and supportive environment enables children, young people and adults at risk to enjoy physical activity and sport. Safeguarding sits at the heart of everything we do at Energise Me. We have a designated lead officer (DSL), a deputy lead officer and a Board Champion. Safeguarding is a standing item on every team meeting. Each year, Energise Me has an annual review with the Child Protection in Sport Unit (CPSU) to assess if we meet the Safeguarding Standards. Our review assessed that we met the standards.

We have:

- Supported the second cohort of 'The Agency' project, ensuring that all those involved are safe and well.
- Supported the 'Culture In Common' programme to embed safeguarding in its work.
- Continued to provide a check and challenge function to organisations seeking Energise Youth or Investing in Communities funding – providing guidance and support on safeguarding policies and procedures.

Financial Review

Financial results for the year ended 31 March 2023 are shown in the statement of financial activities on page 12 with the associated assets and liabilities set out in the balance sheet on page 13. The statement of cash flows for the year is on page 14 . Supporting notes to the accounts are on pages 15 to 29 and provide additional information to support the figures in the main statements.

Total incoming resources for the year were £1,195,340 (2022: £1,450,979), resources expended were £1,371,084 (2022: £1,366,525) and the deficit for the year was £185,715 (2022: surplus £81,517)

Sport England continue to be the principal funder with Hampshire County Council also making a significant contribution. In 2022-23 a significant new funding stream was added from Arts Council England for the new Creative People and Place programme Culture in Common in the New Forest.

In 2022-23, Sport England made total grants of £748,784 (2022: £1,312,457). Additional funding (The Tackling Inequalities Fund and Satellite Club Fund) was received in previous financial years from Sport England. These funds enabled Energise Me to distribute an additional £260,389 (£141,123 Tackling Inequalities Fund, £119,266 Satellite Club Fund) of grants to organisations across Hampshire and Isle of Wight during 22-23. The remaining £72,678 (£69,125 Tackling Inequalities Fund, £3,553 Satellite Club Fund) has been carried forward to provide ongoing support during 2023-24.

New funding from Arts Council England was secured for the 22-23 financial year. £303,307 (2022: £Nil) was received in the year to support the Culture in Common project in the New Forest, providing 25% of income for the year.

Hampshire County Council contributed £70,385 (2022: £116,000) towards the delivery of the Hampshire Talented Athlete Scheme, and the local coaching workforce for continuing professional development.

Reserves

The organisation's financial reserves are made up of restricted and unrestricted funds. Total funds as of 31 March 2023 were £2,223,224 (2022: £2,408,939). Restricted funds amount to £421,287 and unrestricted funds £1,801,937.

The reserves policy ensures that sufficient free reserves are held to cover a minimum of nine months employment and running costs and 100% end of contract costs (in the event of any significant delays or cessation of external core funding). The fund required to cover these costs is approximately £725k.

On 31 March 2023 the unrestricted fund stood at £1.8m. In January 2019 trustees committed £0.5m of unrestricted reserves over 3 years to address inactivity amongst children and young people, women and girls, people with long term health conditions and five localities with the highest levels of inactivity. Trustees remained committed to this investment and plans have been delivered by the Energise Me team. This amount was shown as a designated reserve in the financial statements. Trustees have received regular reports on each element of this work. Based on progress and impact, trustees agreed at their board meeting in December 2019 to extend the investment through to March 2023.

In December 2021, trustees approved a new Business Plan for 2022-2027. The plan aligns to the We Can Be Active Strategy. It makes unrestricted funds available of up to £200k per annum into areas of work that support the delivery of the We Can Be Active Strategy:

1. Positive early experiences for children and young people
2. Support to get started
3. Places & travel routes
4. Bold leaders working together
5. Understanding people & place
6. Promoting physical activity

The Agency, Place Based work in Southampton, including the launch of Good Gym peer researchers, Culture in Common and Active through Football are examples of the work that were continued or planned to start in April 2023.

In March 2023, the investment into the areas of work that were being supported to deliver the previous strategy were reviewed. Some projects were closed, others like The Agency are continuing under the framework of the new strategy and business plan. Any unspent designated reserves were transferred to unrestricted reserves. Where relevant, ongoing work has been absorbed into the new business plan. For example, our work in places where inactivity levels and inequalities are high. A new designated reserve for the 2022-2027 business plan has been set up for an initial £1.0m, with £82k being used in 2022-23.

Investment Powers and Policy

Trustees reviewed Energise Me's investment policy in March 2023. This policy provides a framework for the management of the charity's reserve funds and uncommitted funds held.

Pay Policy for Senior Staff

Pay levels are reviewed annually in April in line with our business reviews. The exact level of any pay review will be determined by considering a range of factors, including the performance of the organisation, the current pay market, the funding for the service within which they work, the performance of the employee and the economy as a whole. It is not guaranteed that any pay review will necessarily result in an increase in pay.

In 2022-23 trustees made a one-off cost of living payment to each member of staff to help with winter energy costs.

Grant making policies

The charity makes many grants to different organisations and individuals. Every programme and grant scheme has its own respective policy, led by officers of the Charity and overseen by partners, funders and informed experts.

Principal Funding Sources

Energise Me's total income of £1,195,340 (2022: £1,450,979) was secured from the following sources:

- Sport England Funding (National Lottery Funding) £748,784 (2022: £1,312,457)
- Arts Council England £303,307 (2022: £nil)
- Hampshire County Council £70,385 (2022: £116,000)
- Other Revenue £53,181 (2022: £41,955)
- Investment Income £7,258 (2022: £203)
- Gifts in Kind £14,809 (2022: £nil)

Sport England awarded Energise Me a 5 year grant of £3,686,763 from 1 April 2022 to 31 March 2027 (the term). The grant is awarded as one of their 'system partners' to undertake "Systemic and Governing" and "Delivery" activity in accordance with the Project Plan we submitted. Energise Me will play a role delivering Sport England's Uniting the Movement 10 year vision to transform lives and communities through sport and physical activity. The intent is to make sport and physical activity more inclusive across Hampshire and the Isle of Wight and aligns to our Charity's purpose.

The final year of satellite club funding was distributed during the year. £119,266 was distributed to 17 new projects and 3 continuation projects. £27,313 was unspent and returned to Sport England.

Additional National Lottery funding was awarded to Energise Me in 2021 from Sport England's Tackling Inequalities Fund. Insight showed that certain groups of people were disproportionately affected by the pandemic. It significantly impacted their ability to be physically active. Energise Me was tasked with helping to reduce this negative impact on people from lower socio-economic groups, culturally diverse communities, disabled people and people with long term conditions.

This work has had a significant impact on the charity's beneficiaries. It has also generated new connections to share the benefits of a physically active lifestyle with groups and organisations. Energise Me distributed £141,123 to clubs and organisations across Hampshire and Isle of Wight in the financial year. £25,188 was unspent and not claimed from Sport England. The impact of these grants can be found in some of the stories you can read here: Investing in Communities

Governance

Governance has remained strong throughout the year. All Trustee Board meetings have been held, some remotely and some with a combination of in person and online.

Energise Me is a Charitable Incorporated Organisation with a Foundation Model Constitution established on 16 February 2016 by the Charity Commission. Its only voting members are its trustees.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Energise Me is committed to ensuring its governance is dynamic and visionary. The charity actively recruits trustees with the right skills, knowledge and experience to support its work. It looks for diversity of thought, experience and background to ensure that strategic decisions are informed and challenged from different perspectives.

Trustees are invited to apply through an open recruitment process. Each trustee can serve for an initial term of three years. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least four continuous years.

There is also one nominated trustee from Hampshire County Council who can serve for three years. This position has not been taken up since 2018. An observer role with no voting rights is provided to Sport England, the principal funding partner. This position has not been taken up since the Charity was set up in 2016. However, we report to Sport England and comply with all requirements of tier 3 of the UK Sports Governance Code.

New trustees undergo an orientation to brief them on their legal obligations under Charity law, guidance on public benefit, content of the constitution, the committee and decision-making processes, the business and strategic plans and recent financial performance of the Charity. During the induction, they meet key members of staff including those who they might provide specific support and mentoring to as well as other trustees.

Any training and development needs will be assessed as part of the trustee's induction process. External training and development opportunities are provided by the Active Partnership Network and trustees are encouraged to take part where it will help them to carry out their role.

Organisation

The board of trustees, which can have up to 11 members, administers the charity. The board meets 6 times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate the effective running of the charity, the Chief Executive has delegated authority in some areas through a schedule of delegation that is approved by the trustees. This schedule includes finance, employment, communications, programmes, contracts and remuneration.

The board is supported by a sub-committee formed to oversee Finance and Audit matters. The Finance and Audit committee meets 3 times a year, and consists of up to 3 Trustees.

Risk Management

The board of trustees has a duty to identify and review risks to which the organisation is exposed. These are reviewed regularly at board meetings. The main areas of risk identified are Strategic, Operational and Financial. Under each heading are different areas trustees consider such as political, reputational etc.

The trustees have policies, systems and processes in place to mitigate the risks identified. They also implement procedures designed to minimise or manage any potential impact on the charity should those risks arise.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity, and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, and the provision of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees' Report, Statutory Report and Financial Statements were approved by the Board of Trustees on 18 October 2023 and signed on its behalf by

Jon Monkcom
Chair of Trustees

Date: 18·10·23

ENERGISE ME

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF ENERGISE ME

Opinion

We have audited the financial statements of Energise Me (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF ENERGISE ME

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

Jon Noble (Senior Statutory Auditor)
for and on behalf of Azets Audit Services

24 October 2023

Chartered Accountants
Statutory Auditor

Athenia House
10-14 Andover Road
Winchester
Hampshire
United Kingdom
SO23 7BS

ENERGISE ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income and endowments from:							
Donations and legacies	**3**	19,385	1,150,703	**1,170,088**	65,000	1,383,456	**1,448,456**
Investments	**4**	7,258	-	**7,258**	203	-	**203**
Other income		1,848	16,146	**17,994**	2,320	-	**2,320**
Total income		28,491	1,166,849	**1,195,340**	67,523	1,383,456	**1,450,979**
Expenditure on:							
Charitable activities	**5**	84,026	1,287,058	**1,371,084**	42,782	1,323,743	**1,366,525**
Net gains/(losses) on investments	**11**	(9,971)	-	**(9,971)**	(2,937)	-	**(2,937)**
Net (outgoing)/incoming resources before transfers		(65,506)	(120,209)	**(185,715)**	21,804	59,713	**81,517**
Gross transfers between funds	**12**	154,604	(154,604)	**-**	-	-	**-**
Net movement in funds		89,098	(274,813)	**(185,715)**	21,804	59,713	**81,517**
Fund balances at 1 April 2022		1,712,839	696,100	**2,408,939**	1,691,035	636,387	**2,327,422**
Fund balances at 31 March 2023		1,801,937	421,287	**2,223,224**	1,712,839	696,100	**2,408,939**

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

ENERGISE ME

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	**13**		14,146		4,640
Investments	**14**		488,092		498,063
			502,238		502,703
Current assets					
Debtors	**16**	33,662		221,217	
Cash at bank and in hand		1,963,383		1,842,566	
		1,997,045		2,063,783	
Creditors: amounts falling due within one year	**17**	(276,059)		(157,547)	
Net current assets			1,720,986		1,906,236
Total assets less current liabilities			2,223,224		2,408,939
Income funds					
Restricted funds	**18**		421,287		696,100
Designated funds	**19**	918,066		382,515	
General unrestricted funds		883,871		1,330,324	
			1,801,937		1,712,839
			2,223,224		2,408,939

The financial statements were approved by the Trustees on 18.10.23

Jon Monkcom
Trustee

ENERGISE ME

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	**23**		127,703		(70,128)
Investing activities					
Purchase of tangible fixed assets		(14,144)		(755)	
Purchase of investments		-		(501,000)	
Investment income received		7,258		203	
Net cash used in investing activities			(6,886)		(501,552)
Net increase/(decrease) in cash and cash equivalents			120,817		(571,680)
Cash and cash equivalents at beginning of year			1,842,566		2,414,246
Cash and cash equivalents at end of year			1,963,383		1,842,566

1 Accounting policies

Charity information

Energise Me is a Charitable Incorporated Organisation, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees are liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation. The principal office address is Westgate Chambers, Staple Gardens, Winchester, SO23 8SR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Constitution, the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "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)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of investments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

During 2022, Energise Me was awarded a 5 year grant agreement with Sport England and a 3 year grant agreement with Arts Council England, which provides some financial security for Energise Me through to 2027.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes, these remain part of the unrestricted funds of the charity. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1 Accounting policies **(Continued)**

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such Income is only deferred when:
- The donor specifies that the grant or donation must only be used in the future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

1.5 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 are allocated on the portion of the asset's use.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable are payments made to third parties in the furtherance of the charitable objectives of Energise Me. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant and have returned a signed grant agreement. The notification gives the recipient a reasonable expectation that they will receive the grant. Grant awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled conditions attaching to the grant is outside of the control of the organisation.

Provisions for Grants are made when when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers and furniture	33.33% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1 Accounting policies **(Continued)**

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and other short-term liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Basic financial assets

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is estabilised when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Basic financial liabilities

Basic financial liabilities, including creditors are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 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.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1 Accounting policies **(Continued)**

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due and the charity has no legal or constructive obligation to pay further contributions.

Certain members of staff are members of the Hampshire County Council's Local Government Pension Scheme, a defined benefit pension scheme. It is not possible in the normal course of events to identify the share of individual assets and liabilities belonging to participating employers. Accordingly, due to the nature of the scheme, the accounting charge for the period represents the employer contribution payable based on amounts advised by Hampshire County Council.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Grants	19,385	1,135,894	**1,155,279**	65,000	1,383,456	**1,448,456**
Donated goods and services	-	14,809	**14,809**	-	-	**-**
	19,385	1,150,703	**1,170,088**	65,000	1,383,456	**1,448,456**
Grants receivable for core activities						
Sport England	-	748,784	**748,784**	-	1,312,456	**1,312,456**
Local Authority	19,385	51,000	**70,385**	65,000	71,000	**136,000**
Arts Council	-	303,307	**303,307**	-	-	**-**
Other	-	32,803	**32,803**	-	-	**-**
	19,385	1,135,894	**1,155,279**	65,000	1,383,456	**1,448,456**

Donated goods and services

Donated goods and services relate to gifts-in-kind received by Energise Me in the period. The donated goods and services are recognised as income at fair value, with a corresponding amount recognised as charitable expenditure. Gifts-in-kind in 2023 include £14,809 relating to the "Culture in Common" project (2022: £nil).

4 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	7,258	203

5 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Direct charitable expenditure	243,332	138,584
Grant funding of activities (see note 6)	313,573	553,753
Share of support costs (see note 7)	802,612	663,591
Share of governance costs (see note 7)	11,567	10,597
	1,371,084	1,366,525
Analysis by fund		
Unrestricted funds	84,026	42,782
Restricted funds	1,287,058	1,323,743
	1,371,084	1,366,525

6 Grants payable

	Charitable Expenditure 2023	Charitable Expenditure 2022
	£	£
Grants to institutions (47 grants):		
Motiv8 South Ltd	33,523	-
Portsmouth City Council	25,947	8,554
Tack Room Theatre	15,000	-
Oasis Hub Mayfield	10,000	-
Southampton Sight	10,000	-
Park Community School	6,990	26,621
Springwell School	-	15,320
St George's School	-	13,216
Priory School	-	11,215
Barton Primary School	-	10,200
Southampton Hospitals Charity	-	10,000
Isle of Wight Youth Trust	-	10,000
Knights Enham School	-	10,000
Catch 22	-	10,000
Other	165,153	375,823
	266,613	500,949
Grants to individuals (125 grants)	46,960	52,804
	313,573	553,753

A full list of grants to institutions have been included as an appendix to the accounts.

7 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	655,972	-	655,972	577,279	-	577,279
Depreciation	4,638	-	4,638	4,380	-	4,380
Advertising	33,525	-	33,525	5,279	-	5,279
Bank charges	960	-	960	948	-	948
Computer running costs	26,311	-	26,311	12,413	-	12,413
Travel and subsistence	8,620	-	8,620	5,886	-	5,886
Rent and rates	32,940	-	32,940	32,400	-	32,400
Printing, postage and stationary	4,449	-	4,449	2,204	-	2,204
Office managment	7,666	-	7,666	6,113	-	6,113
Insurance	5,333	-	5,333	4,923	-	4,923
Staff training and recruitment	4,196	-	4,196	6,556	-	6,556
Subsciptions	18,002	-	18,002	5,210	-	5,210
Audit fees	-	8,160	8,160	-	6,300	6,300
Payroll & accountancy fees	-	3,407	3,407	-	4,297	4,297
	802,612	11,567	814,179	663,591	10,597	674,188
Analysed between						
Charitable activities	802,612	11,567	814,179	663,591	10,597	674,188

8 Auditor's remuneration

Fees payable to the charity's auditor and associates:	2023	2022
	£	£
Audit of the charity's annual accounts	8,160	6,300
Non-audit services		
All other non-audit services	3,407	4,297

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	17	17

Employment costs	2023 £	2022 £
Wages and salaries	577,888	511,176
Social security costs	56,974	45,503
Other pension costs	21,110	20,600
	655,972	577,279

Energise Me operates three pension schemes. As at 31 March 2023 5 employees (2022 - 5), who were transferred under TUPE conditions, participate in the Hampshire Local Government Pension Scheme. 11 employees (2022 - 12) participate in the Defined Contribution Pension Scheme managed by the Creative Pension Trust. 1 employee participates in the Prudential AVC plan.

Under the terms of the commercial transfer agreement signed in October 2016, Hampshire County Council acts as guarantor to Energise Me's liability to the Local Government Pension Scheme for staff who were transferred under TUPE conditions. This is set out within the commercial transfer agreement.

Total employee benefits, including employer pension contributions and national insurance, of the key management personnel of the charity were £354,769 (2022 - £331,114).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
£60,001 to £70,000	1	1

11 Net gains/(losses) on investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Revaluation of investments	(9,971)	(2,937)

12 Transfers

Total transfers between restricted and unrestricted funds in the year were £154,604 (2022: nil). Transfers are made from restricted funds when projects have ceased or permitted the release of restricted funds. The following transfers took place:

- £3,772 was transfered from restricted to unrestricted funds in relation to Department for Education volunteering, to release funds after the project ceased.
- £26,505 was transfered from restricted to unrestricted funds in relation to School Games, to agree the closing balance of the fund.
- £35,049 was transfered from restricted to unrestricted funds in relation to Satellite Clubs, to agree the closing balance of the fund.
- £38,942 was transfered from restricted to unrestricted funds in relation to Primary School Funding, to release funds after the project ceased.
- £48,970 was transfered from restricted to unrestricted funds in relation to Coaching Workforce, to release funds after the project ceased.
- £1,366 was transfered from restricted to unrestricted funds in relation to Active Lives, to agree the closing balance of the fund.

13 Tangible fixed assets

	Computers and furniture
	£
Cost	
At 1 April 2022	24,322
Additions	14,144
At 31 March 2023	38,466
Depreciation and impairment	
At 1 April 2022	19,682
Depreciation charged in the year	4,638
At 31 March 2023	24,320
Carrying amount	
At 31 March 2023	14,146
At 31 March 2022	4,640

14 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2022	498,063
Valuation changes	(9,971)
At 31 March 2023	488,092
Carrying amount	
At 31 March 2023	488,092
At 31 March 2022	498,063

15 Financial instruments

	2023 £	2022 £
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	488,092	498,063

16 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	5,859	4,503
Prepayments and accrued income	27,803	216,714
	33,662	221,217

17 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	69,621	33,444
Accruals	206,438	124,103
	276,059	157,547

Included with accruals above are grants payable of £115,812 (2022 - £80,732).

18 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds			Movement in funds			
	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£
Sport England funds								
DfE Volunteering	11,772	-	(4,913)	6,859	(2,087)	(1,000)	(3,772)	**-**
School Games	71,762	45,000	(43,901)	72,861	90,000	(53,924)	(26,505)	**82,432**
Commonwealth Games Legacy	-	56,500	(45,000)	11,500	-	(11,500)	-	**-**
Social Prescribing	-	41,957	(41,957)	-	22,100	(22,100)	-	**-**
Satellite Clubs	277,660	189,914	(282,392)	185,182	(27,314)	(119,266)	(35,049)	**3,553**
Tackling Inequalities	110,000	216,714	(91,278)	235,436	(25,188)	(141,123)	-	**69,125**
Primary School Funding	34,763	68,777	(64,598)	38,942	-	-	(38,942)	**-**
Opening Schools Facility	-	252,905	(252,905)	-	-	-	-	**-**
Core Services	-	370,282	(370,282)	-	671,473	(626,735)	-	**44,738**
Coaching Workforce / Innovation	58,101	50,608	(51,632)	57,077	-	(8,107)	(48,970)	**-**
Active Lives	10,408	19,800	(19,823)	10,385	19,800	(22,126)	(1,366)	**6,693**
Total Sport England funds	574,466	1,312,457	(1,268,681)	**618,242**	748,784	(1,005,881)	(154,604)	**206,541**
Local Authority funds								
HCC - Talented Athlete Scheme	49,408	40,000	(48,259)	41,149	40,000	(45,427)	-	**35,722**
HCC - Coaches, Officials & Volunteers	12,513	21,000	(6,804)	26,709	11,000	(12,136)	-	**25,573**
SCC - The Agency	-	10,000	-	10,000	10,000	(10,000)	-	**10,000**
NFDC - Culture in Common	-	-	-	-	15,000	(15,000)	-	-
Total Local Authority funds	61,921	71,000	(55,063)	**77,858**	76,000	(82,563)	-	**71,295**

18 Restricted funds **(Continued)**

	Balance at 1 April 2021	Movement in funds: Incoming resources	Movement in funds: Resources expended	Balance at 1 April 2022	Movement in funds: Incoming resources	Movement in funds: Resources expended	Movement in funds: Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£
Other funds								
Arts Council England - Culture in Common	-	-	-	-	303,307	(159,856)	-	**143,451**
Other	-	-	-	-	38,758	(38,758)	-	**-**
Total Other funds	-	-	-	-	342,065	(198,614)	-	**143,451**
Total Restricted Funds	636,387	1,383,457	(1,323,744)	**696,100**	1,166,849	(1,287,058)	(154,604)	**421,287**

19 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds				Movement in funds			
	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£	£
Designated funds	423,044	1,000	(41,529)	**382,515**	1,000,000	(81,934)	(382,515)	**918,066**
	423,044	1,000	(41,529)	**382,515**	1,000,000	(81,934)	(382,515)	**918,066**

In January 2019 trustees committed £500,000 of unrestricted reserves over 3 years to address inactivity amongst children and young people, women and girls, people with long term health conditions and 5 localities with the highest levels of inactivity. As at 31st March 2022, £383k of this remained unspent, mainly due to Covid disruption, and was transferred to unrestricted reserves.

In December 2021, trustees approved a new business plan for 2022-2027 aligning with the We Can Be Active strategy. Trustees committed £1.0m over the 5 years of the strategy to support the following areas of work:

1) Positive early experiences for children and young people
2) Support to get started
3) Places & travel routes
4) Bold leaders working together
5) Understanding people & place
6) Promoting physical activity

20 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Tangible assets	-	14,146	14,146	-	4,640	4,640
Investments	488,092	-	488,092	498,063	-	498,063
Current assets/(liabilities)	1,313,845	407,141	1,720,986	1,214,776	691,460	1,906,236
	1,801,937	421,287	2,223,224	1,712,839	696,100	2,408,939

21 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	21,600	32,400
Between two and five years	-	21,600
	21,600	54,000

The expense recognised in relation to operating leases in the year was £32,400 (2022: £32,400).

22 Related party transactions

Related party transactions in the year were as follows:

Rent of £32,400 (2022: £32,400) was paid to Community Action Hampshire, a related party due to a member of Energise Me's key management being a director of Community Action Hampshire.

Amounts of £16,146 (2022: £nil) were received from Active Partnerships in relation to work performed by Energise Me employees. Active Partnerships is a related party due to a member of Energise Me's key management being a director of Active Partnerships.

23	Cash generated from operations	2023 £	2022 £
	(Deficit)/surpus for the year	(185,715)	81,517
	Adjustments for:		
	Investment income recognised in statement of financial activities	(7,258)	(203)
	Fair value gains and losses on investments	9,971	2,937
	Depreciation and impairment of tangible fixed assets	4,638	4,380
	Movements in working capital:		
	Decrease/(increase) in debtors	187,555	(217,448)
	Increase in creditors	118,512	66,339
	(Decrease) in deferred income	-	(7,650)
	Cash generated from/(absorbed by) operations	127,703	(70,128)

24 Analysis of changes in net funds

The charity had no debt during the year.

ENERGISE ME

England & Wales - Charity number 1165592

Accounts

Charity registration number 1165592

ENERGISE ME

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

ENERGISE ME

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Jon Monkcom Steven Pease Dr Paul O'Halloran Selina Russell Dawn Tilley Dr Samantha Meredith Shakiba Moghadam Zoe Williams
Chief Executive Officer	Julie Amies
Charity number	1165592
CIO registration number	CE005425
Principal office	Westgate Chambers Staple Gardens Winchester Hampshire United Kingdom SO23 8SR
Auditor	Azets Audit Services Athenia House 10-14 Andover Road Winchester Hampshire United Kingdom SO23 7BS

ENERGISE ME

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ENERGISE ME

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Strategic Report

Energise Me is a Charitable Incorporated Organisation that is committed to tackling the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more. It is registered with the Charity Commission under charity number 1165592 and with Companies House under the Company Registration Number CE005425.

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2022.

The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

The trustees are also directors for the purposes of company law and present their strategic report for the year ended 31 March 2022 in compliance with s414C of the Companies Act 2006.

Objectives and activities

The objects of the charity are to promote community participation in sport and healthy recreation for the benefit, in particular, but not exclusively, of the inhabitants of Hampshire and the Isle of Wight in the interests of social welfare for the public at large or those who by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, have need of such facilities and services, in particular by:

1) Working with and through local agencies to increase levels of participation in sport and physical activity.

2) Promoting and providing programmes, services and facilities for sport, recreation, physical activity, informal education and other leisure-time occupation for healthy recreation.

3) The improvement and preservation of good health and well-being through participation in healthy recreation.

4) Facilitating and providing impact evaluation, performance measurement and related intelligence for public benefit in the context of sport, recreation, physical activity and wider health and well-being.

5) Promoting and providing education, training and coaching courses which promote physical health and fitness.

Who are we

Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight.

We are working hard to make it easier for everyone to move more. Our goal is to create a happier, healthier and stronger future for local people. We won't rest until everyone has the confidence, support and opportunity to be active on their own terms.

Physical activity transforms lives. Our work is helping people to reduce their risk of major illnesses and depression. With your help, we are enabling communities to thrive. But we still have a long way to go.

We are one of 42 Active Partnerships who work with partners to create an active nation.

Covid-19

This financial year has been impacted again by the pandemic with activity being restricted at various times due to lockdowns. It has not stopped the work of the charity, but it has impacted some investments such as the Energise YOUth and Investing in Communities programmes where services and facilities have not been able to open at some times during 2021-22.

Our offices in Winchester have re-opened except for the times when we were advised by Government to stay at home. Staff are working in a hybrid way now with time being split between working from home and working from our offices in Winchester.

Strategy and Impact

With the launch of the We Can Be Active Strategy in November 2020, we set out Energise Me's role to help deliver it in this document Energise Me will.

Our work focuses on the 5 goals of the We Can Be Active Strategy:

1. **Positive early experiences** for our children and young people.
2. **Opportunities** that meet our needs and interests and are accessible and easy to find.
3. **Places and travel** routes where we all feel safe and are encouraged to be active.
4. **Suppor**t to help us get started or keep moving when we feel that we can't do it alone.
5. **Bold leaders** working together to create happier and healthier communities.

Our impact report for 2021-22 can be found here Energise Me Impact Report 2021-22.

Alongside our 5 goals, and the content in the Impact Report we also carry out a range of other work.

Hampshire Talented Athlete Scheme

In partnership with Hampshire County Council, Enerigse Me supports athletes on the talent pathway through the Hampshire Talented Athlete Scheme. The Scheme supports athletes to reach their goals in Olympic, Paralympic and Commonwealth Games disciplines. It is funded by Hampshire County Council and managed by Energise Me to support local athletes on their path to the world stage. Athletes from over 70 sports are eligible to apply. We work closely with each National Governing Body (NGB) to make sure we're giving the right support to athletes.

As COVID hit most sports during early 2020, we adapted the way in which we received applications. We streamlined the application process and offered the same level of support received in 2020. We allowed special applications for the few athletes who were able to compete and improve their rankings/ results in 2020.

One hundred and eighty-six awards were made to individuals across 33 sports to the value of £46,000. Hampshire County Council provided £40,000 of funding and Energise Me invested £6,000 of existing restricted reserves. Every area of the administrative county of Hampshire was represented amongst the awards, evidencing good geographical reach.

Feedback from awardees included:

"We used the grant awarded to Ava, to go towards a trip to Iceland for the Reykjavik Games. Ava represented team GB and won her figure skating Category with a 6 points lead. She is obviously over the moon and we wanted to say a huge thanks to the team there, as opportunities like this are only made possible with your support." Parent

"Thank you for the funding of £500. This will allow me to attend England camps and pay for my travel to these camps, I am very grateful". - Athlete

Coaching, Volunteers and Officials Bursary

In partnership with Hampshire County Council, we support our “bold leaders”, coaches, volunteers and officials, to support people to be active. In 2021/2022 £6,804 was allocated across 13 different sports or activities. From Dressage to Cheerleading to Swimming, these grants have supported the training and development of 41 people. Good geographical reach was achieved with 10 out of the 11 district areas in Hampshire represented.

Feedback from awardees included:

“We have been able to more than double in size in terms of the number of club members and the spaces we use for our sessions. In addition to this, Nick is such a dedicated coach, determined to provide the highest possible quality to our young athletes, that the rise in the quality of our coaching provision has been clearly noticeable”.

“We strongly believe in leading by example and showing more girls can play, referee and coach will lead to more girls knowing that they can have a try. With the help of this funding, we are making this happen. The two girls have already refereed for two months, and they are also refereeing our new U7, U9 and U12 girls ‘Tigers’ teams when they can. Thank you”.

All our work is made possible with the investment and support of our core funder, Sport England and the National Lottery. Also, Hampshire County Council for their investment into the Hampshire Talented Athletes Scheme and Southampton City Council for investment into the Agency.

Safeguarding

A safe and supportive environment enables children, young people and adults at risk to enjoy physical activity and sport. Safeguarding sits at the heart of everything we do at Energise Me. We have a lead officer, a deputy lead officer and a Board Champion. Safeguarding is a standing item on every team meeting. Each year, Energise Me has an annual review with the Child Protection in Sport Unit (CPSU) to assess if we meet the Safeguarding Standards. Our review assessed that we met the standards.

During 2021-22 we have:

- Assimilated vast amounts of information from the CPSU, ACT, Sport England, UK Coaching, Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), and the Activity Alliance to respond to COVID, sharing content via a weekly partner’s newsletter, later transitioning to monthly updates.
- Facilitated online partner networking events to create a space for partners to come together and talk about challenges and support each other peer to peer.
- Written an Adult Safeguarding Policy which was approved by Board in July 2021.
- Created some new guidance to support staff using social media.
- Developed and released a Pride in Our Workforce resource to support LGBT+ participants better.
- Provided training.

We also provide a Safeguarding Check and Challenge Toolkit which pulls together key information, contacts and guidance notes to make it easier for clubs and activity providers to tackle safeguarding head on.

Acknowledgments

All our work is made possible with the investment and support of our core funder, Sport England and the National Lottery. Also, Hampshire County Council for their investment into the Hampshire Talented Athletes and Coaching, Volunteers and Officials Bursary schemes and Southampton City Council for investment into the Agency.

Financial review

Financial results for the year ended 31 March 2022 are shown in the statement of financial activities on page 12 with the associated assets and liabilities set out in the balance sheet on page 13. The statement of cash flows for the year is on page 14. Supporting notes to the accounts are on pages 15 to 27 and provide additional information to support the figures in the main statements.

The financial statements have been prepared to comply with the Statement of Recommended Practice and Reporting of Charities SORP (FRS 102) (effective 1 January 2019).

Total incoming resources for the year were £1,450,979 (2021: £1,290,381), resources expended were £1,366,525 (2021: £953,085) and the surplus for the year was £81,517 (2021: surplus £337,296).

Energise Me's sources of funding have not changed in the last year. Sport England continue to be the principal funder with Hampshire County Council also making a significant contribution. In 2021-22, Sport England made total grants of £1,292,821 (2021: £1,145,118). Included in this figure was additional funding from the the Tackling Inequalities Fund of £216,714 (2021: £260,000). This was set up as a package of support to help the sport and physical activity sector recover through and after the coronavirus (Covid-19) crisis. This enabled Energise Me to distribute an additional £91,278 (2021: £150,000) of grants to organisations across Hampshire and Isle of Wight during the financial year. The remaining £235,436 has been carried forward to provide ongoing support during 2022-2023.

Hampshire County Council contributed £116,000 (2021: £135,100) during the year which included funds towards the delivery of the Hampshire Talented Athlete Scheme, and the local coaching workforce for continuing professional development.

Reserves

The organisation’s financial reserves are made up of restricted and unrestricted funds. Total funds as of 31 March 2022 were £2,408,939 (2021: £2,327,422). Restricted funds amount to £696,100 and unrestricted funds £1,712,839.

The reserves policy ensures that sufficient free reserves are held to cover a minimum of nine months employment and running costs and 100% end of contract costs (in the event of any significant delays or cessation of external core funding). The fund required to cover these costs is approximately £500k.

On 31 March 2022 the unrestricted fund stood at £1.713m. In January 2019 trustees committed £0.5m of unrestricted reserves over 3 years to address inactivity amongst children and young people, women and girls, people with long term health conditions and one locality with the highest levels of inactivity. Trustees remain committed to this investment and plans have and are being delivered by the Energise Me team. This amount is shown as a designated reserve in the financial statements. Trustees have received regular reports on each element of this work. Based on progress and impact, trustees agreed at their board meeting in December 2019 to extend the investment through to 2023.

Investment Powers and Policy

Trustees reviewed Energise Me's investment policy in May 2021. This policy provides a framework for the management of the charity's reserve funds and uncommitted funds held.

The policy aims to protect funds from inflation whilst maintaining liquidity, and to follow an ethical investment policy.

Pay Policy for Senior Staff

Pay levels are reviewed annually in April in line with our business reviews. The exact level of any pay review will be determined by considering a range of factors, including the performance of the organisation, the current pay market, the funding for the service within which they work, the performance of the employee and the economy as a whole. It is not guaranteed that any pay review will necessarily result in an increase in pay.

Grant making policies

The charity makes many grants to different organisations and individuals. Every programme and grant scheme has its own respective policy, led by officers of the Charity and overseen by partners, funders and informed experts.

Principal Funding Sources

Energise Me's total income of £1,450,979 (2021: £1,290,381) was secured from the following sources:

- Sport England Funding £1,292,821(2021: £1,145,118)

  Broken down into:

  - Lottery Funding £1,292,821 (2021: £1,128,835)
  - Department of Education Funding £Nil (2021: £16,283)
- Hampshire County Council £116,000 (2021: £135,100)
- Other Revenue £41,955 (2021: £8,749)
- Investment Income £203(2021: £1,414)

Due to the impact of the pandemic, Sport England confirmed to Energise Me a 1 year 'roll over' to extend grant funding up to 31 March 2022. This provided a level of security and reassurance to Energise Me as one of Sport England's national system partners. It was an acknowledgement too of the uncertainties, strains and demands being experienced across the sport and physical activity 'eco-system' because of Covid-19 and the associated restrictions in place to combat it.

Additional National Lottery funding of £216,714 was awarded to Energise Me in 2021 from Sport England's Tackling Inequalities Fund Using their insight, it became clear that certain groups of people were disproportionately affected by the pandemic. It was significantly impacting their ability to be physically active. Energise Me was tasked with helping to reduce this negative impact on people from lower socio-economic groups, culturally diverse communities, disabled people and people with long term conditions.

This work has not only had a significant impact on the charity's beneficiaries, but it has also generated new connections to share the benefits of a physically active lifestyle. Energise Me distributed £91,278 to clubs and organisations across Hampshire and Isle of Wight up until 31 March 2022. The impact of these grants can be found in some of the stories you can read here: Investing in Communities

During this financial year, we began the investment process to remain a national system partner with Sport England from 2022-2027. We carried out a self-assessment, ensured that our policies and the We Can Be Active Strategy aligned to Uniting the Movement, and wrote an investment application. We were awarded a 5 year grant agreement which provides some financial security for Energise Me through to 2027.

Governance

Governance has remained strong throughout the year. All Trustee Board meetings have been held, some remotely and some with a combination of in person and online.

Energise Me is a Charitable Incorporated Organisation with a Foundation Model Constitution established on 16 February 2016 by the Charity Commission. Its only voting members are its trustees.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Energise Me is committed to ensuring its governance is dynamic and visionary. The charity actively recruits trustees with the right skills, knowledge and experience to support its work. It looks for diversity of thought, experience and background to ensure that strategic decisions are informed and challenged from different perspectives.

Trustees are invited to apply through an open recruitment process. Each trustee can serve for an initial term of three years. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least four continuous years.

There is also one nominated trustee from Hampshire County Council who can serve for three years. This position has not been taken up since 2018. An observer role with no voting rights is provided to Sport England, the principal funding partner. This position has not been taken up since the Charity was set up in 2016. However, we report to Sport England and comply with all requirements of tier 3 of the UK Sports Governance Code

New trustees undergo an orientation to brief them on their legal obligations under Charity law, guidance on public benefit, content of the constitution, the committee and decision-making processes, the business and strategic plans and recent financial performance of the Charity. During the induction, they meet key members of staff including those who they might provide specific support and mentoring to as well as other trustees.

Any training and development needs will be assessed as part of the trustee's induction process. External training and development opportunities are provided by the Active Partnership Network and trustees are encouraged to take part where it will help them to carry out their role.

Organisation

The board of trustees, which can have up to 11 members, administers the charity. The board meets every 3 months. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate the effective running of the charity, the Chief Executive has delegated authority in some areas through a schedule of delegation that is approved by the trustees. This schedule includes finance, employment, communications, programmes, contracts and remuneration.

Governance remained strong throughout the period with Trustee Board meetings held in person and online, depending upon the Government guidelines at the time.

Risk Management

The board of trustees has a duty to identify and review risks to which the organisation is exposed. These are reviewed regularly at board meetings. The main areas of risk identified are Political, Operational, Financial and Reputational.

The trustees have policies, systems and processes in place to mitigate those risks identified. They also implement procedures designed to minimise or manage any potential impact on the charity should those risks arise.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Strategic Report, Trustees' Report, Statutory Report and Financial Statements were approved by the Board of Trustees and signed on its behalf by



Jon Monkcom

Chair of Trustees

Date: 01. 12. 2022

ENERGISE ME

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF ENERGISE ME

Opinion

We have audited the financial statements of Energise Me (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud
Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF ENERGISE ME

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

Michael Tizard (Senior Statutory Auditor)
for and on behalf of Azets Audit Services

2 December 2022

Chartered Accountants
Statutory Auditor

Athenia House
10-14 Andover Road
Winchester
Hampshire
United Kingdom
SO23 7BS

Azets Audit Services is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

ENERGISE ME

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income and endowments from:							
Donations and legacies	**3**	65,000	1,383,456	**1,448,456**	76,600	1,203,618	**1,280,218**
Investments	**4**	203	-	**203**	1,414	-	**1,414**
Other income		2,320	-	**2,320**	8,749	-	**8,749**
Total income		67,523	1,383,456	**1,450,979**	86,763	1,203,618	**1,290,381**
Expenditure on:							
Charitable activities	**5**	42,782	1,323,743	**1,366,525**	83,726	869,359	**953,085**
Net losses on investments	**10**	2,937	-	**2,937**	-	-	**-**
Net movement in funds		21,804	59,713	**81,517**	3,037	334,259	**337,296**
Fund balances at 1 April 2021		1,691,035	636,387	**2,327,422**	1,687,998	302,128	**1,990,126**
Fund balances at 31 March 2022		1,712,839	696,100	**2,408,939**	1,691,035	636,387	**2,327,422**

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

ENERGISE ME

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	**11**		4,640		8,265
Investments	**12**		498,063		-
			502,703		8,265
Current assets					
Debtors	**14**	221,217		3,769	
Cash at bank and in hand		1,842,566		2,414,246	
		2,063,783		2,418,015	
Creditors: amounts falling due within one year	**15**	(157,547)		(98,858)	
Net current assets			1,906,236		2,319,157
Total assets less current liabilities			2,408,939		2,327,422
Income funds					
Restricted funds	**17**		696,100		636,387
Designated funds	**18**	382,515		423,044	
General unrestricted funds		1,330,324		1,267,991	
			1,712,839		1,691,035
			2,408,939		2,327,422

The financial statements were approved by the Trustees on 01.12.2022

Jon Monkcom

ENERGISE ME

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	**22**		(70,128)		240,895
Investing activities					
Purchase of tangible fixed assets		(755)		(2,334)	
Purchase of investments		(501,000)		-	
Investment income received		203		1,414	
Net cash used in investing activities			(501,552)		(920)
Net (decrease)/increase in cash and cash equivalents			(571,680)		239,975
Cash and cash equivalents at beginning of year			2,414,246		2,174,271
Cash and cash equivalents at end of year			1,842,566		2,414,246

1 Accounting policies

Charity information

Energise Me is a Charitable Incorporated Organisation, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees are liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation. The principal office address is Westgate Chambers, Staple Gardens, Winchester, SO23 8SR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Constitution, the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "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)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

During 2022 we were awarded a 5 year grant agreement with Sport England and a 3 year grant agreement with Arts Council England, which provides some financial security for Energise Me through to 2027.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes, these remain part of the unrestricted funds of the charity. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

1 Accounting policies **(Continued)**

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such Income is only deferred when:
- The donor specifies that the grant or donation must only be used in the future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

1.5 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 are allocated on the portion of the asset's use.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable are payments made to third parties in the furtherance of the charitable objectives of Energise Me. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant and have returned a signed grant agreement. The notification gives the recipient a reasonable expectation that they will receive the grant. Grant awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled conditions attaching to the grant is outside of the control of the organisation.

Provisions for Grants are made when when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers and furniture	33.33% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1 Accounting policies **(Continued)**

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and other short-term liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Basic financial assets

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is establised when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Basic financial liabilities

Basic financial liabilities, including creditors are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Taxation

The charity is considered to pass the tests set out in Paragraph1 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 om 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.

1.12 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1 Accounting policies **(Continued)**

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due and the charity has no legal or constructive obligation to pay further contribtions.

Certain members of staff are members of the Hampshire Count Council's Local Government Pension Scheme, a defined benefit pension scheme. It is not possible in the normal course of events to identify the share of individual assets and liabilities belonging to participating employers. Accordingly, due to the nature of the scheme, the accounting charge for the period represents the employer contribution payable based on amounts advised by Hampshire County Council.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2022	**2022**	**2022**	2021	2021	2021
	£	**£**	**£**	£	£	£
Grants receivable for core activities						
Sport England	-	1,292,821	1,292,821	-	1,145,118	1,145,118
Local Authority	65,000	61,000	126,000	76,600	58,500	135,100
Other	-	29,635	29,635	-	-	-
	65,000	1,383,456	1,448,456	76,600	1,203,618	1,280,218

4 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	203	1,414

5 Charitable activities

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Direct charitable expenditure	138,584	117,474
Grant funding of activities (see note 6)	553,753	227,998
Share of support costs (see note 7)	663,591	600,765
Share of governance costs (see note 7)	10,597	6,848
	1,366,525	953,085
Analysis by fund		
Unrestricted funds	42,782	83,726
Restricted funds	1,323,743	869,359
	1,366,525	953,085

6 Grants payable

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Grants to institutions (99 grants):		
Park Community School	26,621	-
Springwell School	15,320	-
St George's School	13,216	-
Priory School	11,215	875
Barton Primary School	10,200	-
Southamptons Hospitals Charity	10,000	-
Isle of Wight Youth Trust	10,000	-
Knights Enham School	10,000	-
Catch 22	10,000	-
Active Communities Network	2,225	19,030
BH Live	2,619	10,000
Eastleigh Youth & Community Trust	-	10,000
Other	379,533	145,044
	500,949	184,949
Grants to individuals (153 grants)	52,804	43,049
	553,753	227,998

A full list of grants to institutions have been included as an appendix to the accounts.

7 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Staff costs	577,279	-	577,279	520,066	-	520,066
Depreciation	4,380	-	4,380	3,683	-	3,683
Advertising	5,279	-	5,279	12,557	-	12,557
Bank charges	948	-	948	686	-	686
Computer running costs	12,413	-	12,413	13,045	-	13,045
Travel and subsistence	5,886	-	5,886	348	-	348
Rent and rates	32,400	-	32,400	32,400	-	32,400
Printing, postage and stationary	2,204	-	2,204	2,123	-	2,123
Office managment	6,113	-	6,113	5,463	-	5,463
Insurance	4,923	-	4,923	3,725	-	3,725
Staff training and recruitment	6,556	-	6,556	1,314	-	1,314
Subsciptions	5,210	-	5,210	5,355	-	5,355
Audit fees	-	6,300	6,300	-	6,000	6,000
Payroll & accountancy fees	-	4,297	4,297	-	848	848
	663,591	10,597	674,188	600,765	6,848	607,613
Analysed between						
Charitable activities	663,591	10,597	674,188	600,765	6,848	607,613

Governance costs includes payments to the auditors of £6,300 (2021- £6,000) for audit fees.

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

2022 Number	2021 Number
17	15

9 Employees **(Continued)**

Employment costs	2022 £	2021 £
Wages and salaries	511,176	456,573
Social security costs	45,503	50,078
Other pension costs	20,600	13,415
	577,279	520,066

Energise Me operates two pension schemes. As at 31 March 2022 5 employees (2021 - 5), who were transferred under TUPE conditions, participate in the Hampshire Local Government Pension Scheme. 12 employees (2021 - 12) participate in the Defined Contribution Pension Scheme managed by the Creative Pension Trust.

Under the terms of the commercial transfer agreement signed in October 2016, Hampshire County Council acts as guarantor to Energise Me's liability to the Local Government Pension Scheme for staff who were transferred under TUPE conditions. This is set out within the comercial transfer agreement.

Total employee benefits, including employer pension contributions and national insurance, of the key management personnel of the charity were £331,114 (2021 - £327,968).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2022 Number	2021 Number
£60,001 to £70,000	1	1

10 Net gains/(losses) on investments

	Unrestricted funds	Total
	2022 £	2021 £
Revaluation of investments	(2,937)	-

11 Tangible fixed assets

	Computers and furniture £
Cost	
At 1 April 2021	38,661
Additions	755
Disposals	(15,094)
At 31 March 2022	24,322
Depreciation and impairment	
At 1 April 2021	30,396
Depreciation charged in the year	4,380
Eliminated in respect of disposals	(15,094)
At 31 March 2022	19,682
Carrying amount	
At 31 March 2022	4,640
At 31 March 2021	8,265

12 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2021	-
Additions	501,000
Valuation changes	(2,937)
At 31 March 2022	498,063
Carrying amount	
At 31 March 2022	498,063
At 31 March 2021	-

13 Financial instruments

	2022 £	2021 £
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	498,063	-

14 Debtors

	2022	2021
Amounts falling due within one year:	**£**	**£**
Trade debtors	4,503	2,100
Prepayments and accrued income	216,714	1,669
	221,217	3,769

15 Creditors: amounts falling due within one year

	Notes	2022	2021
		£	**£**
Deferred income	**16**	-	7,650
Trade creditors		33,444	29,755
Accruals		124,103	61,453
		157,547	98,858

Included with accruals above are grants payable of £80,732 (2021 - £24,739).

16 Deferred income

Deferred income is included in the financial statements as follows:

	2022	2021
	£	**£**
Deferred income is included within:		
Current liabilities	-	7,650
Movements in the year:		
Deferred income at 1 April 2021	7,650	65,190
Released from previous periods	(7,650)	(65,190)
Resources deferred in the year	-	7,650
Deferred income at 31 March 2022	-	7,650

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds			Movement in funds		
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
	£	£	£	£	£	£	£
Sport England funds							
DfE Volunteering	1,889	16,283	(6,400)	**11,772**	-	(4,913)	**6,859**
School Games	48,749	45,000	(21,987)	**71,762**	45,000	(43,901)	**72,861**
Commonwealth Games Legacy	-	-	-	**-**	56,500	(45,000)	**11,500**
Social Prescribing	-	11,050	(11,050)	**-**	41,957	(41,957)	**-**
Satellite Clubs	118,643	297,976	(138,959)	**277,660**	189,914	(282,392)	**185,182**
Tackling Inequalities	-	260,000	(150,000)	**110,000**	216,714	(91,278)	**235,436**
Primary School Funding	34,763	68,777	(68,777)	**34,763**	68,777	(64,598)	**38,942**
Opening Schools Facility	-	-	-	**-**	252,905	(252,905)	**-**
Core Services	-	370,282	(370,282)	**-**	370,282	(370,282)	**-**
Coaching Workforce / Innovation	42,244	55,950	(40,093)	**58,101**	50,608	(51,632)	**57,077**
Active Lives	6,356	19,800	(15,748)	**10,408**	19,800	(19,823)	**10,385**
Total Sport England funds	252,644	1,145,118	(823,296)	**574,466**	1,312,457	(1,268,681)	**618,242**
Local Authority funds							
Talented Athlete Scheme	44,739	46,000	(41,331)	**49,408**	40,000	(48,259)	**41,149**
Coaches, Officials & Volunteers	4,745	12,500	(4,732)	**12,513**	21,000	(6,804)	**26,709**
The Agency	-	-	-	**-**	10,000	-	**10,000**
Total Local Authority funds	49,484	58,500	(46,063)	**61,921**	71,000	(55,063)	**77,858**
Total restricted funds	302,128	1,203,618	(869,359)	**636,387**	1,383,457	(1,323,744)	**696,100**

18 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 April 2020	**Incoming resources**	**Resources expended**	**Balance at 1 April 2021**	**Incoming resources**	**Resources expended**	**Balance at 31 March 2022**
	£	**£**	**£**	**£**	**£**	**£**	**£**
Designated funds	482,156	2,100	(61,212)	**423,044**	1,000	(41,529)	**382,515**
	482,156	2,100	(61,212)	**423,044**	1,000	(41,529)	**382,515**

In January 2019 trustees committed £500,000 of unrestricted reserves over 3 years to address inactivity amongst children and young people, women and girls, people with long term health conditions and 5 localities with the highest levels of inactivity. This amount is shown as a designated reserve in the financial statements.

19 Analysis of net assets between funds

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2022	**2022**	**2022**	2021	2021	2021
	£	**£**	**£**	£	£	£
Fund balances at 31 March 2022 are represented by:						
Tangible assets	-	4,640	4,640	-	8,265	8,265
Investments	498,063	-	498,063	-	-	-
Current assets/ (liabilities)	1,214,776	691,460	1,906,236	1,691,035	628,122	2,319,157
	1,712,839	696,100	2,408,939	1,691,035	636,387	2,327,422

20 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022	**2021**
	£	**£**
Within one year	32,400	32,400
Between two and five years	21,600	54,000
	54,000	86,400

21 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

22 Cash generated from operations	**2022**	**2021**
	£	**£**
Surplus for the year	81,517	337,296
Adjustments for:		
Investment income recognised in statement of financial activities	(203)	(1,414)
Fair value gains and losses on investments	2,937	-
Depreciation and impairment of tangible fixed assets	4,380	3,683
Movements in working capital:		
(Increase) in debtors	(217,448)	(455)
Increase/(decrease) in creditors	66,339	(40,675)
(Decrease) in deferred income	(7,650)	(57,540)
Cash (absorbed by)/generated from operations	(70,128)	240,895

23 Analysis of changes in net funds

The charity had no debt during the year.

Appendix - Grants payable

	2022	2021
	£	£
Park Community School	26,621	
Springwell School	15,320	
St George's School	13,216	
Priory School	11,215	875
Barton Primary School	10,200	
Southamptons Hospitals Charity	10,000	
Isle of Wight Youth Trust	10,000	
Knights Enham School	10,000	
Catch 22	10,000	
Saints Foundation	9,922	
Swim The Wight	9,920	
Tower House Horses	9,860	
Portsmouth City of Sanctuary	9,656	
Noadswood School	9,656	
Community Action IOW	9,560	
Mary Rose Academy	9,500	
Active Nation	9,100	
Ryde Academy	9,000	
The Friday Night Charity	8,625	
Cranbourne School	8,600	
Portsmouth City Council	8,554	
Fairisle Junior School	8,300	
Mason Moor Primary School	8,300	
Winchester Youth Counselling	8,096	
Bitterne Park School	7,550	
Vyne School	6,847	
Weston Park School	6,460	
Testwood School	6,370	
Brune Park School	6,300	
Cottage Grove School	6,000	
Applemore College	6,000	
Isle of Wight School Games Organiser	6,000	
Southampton School Games Organiser	6,000	
Breathe Easy IOW	5,904	2,625
Regents Park School	5,850	
Hope School	5,500	
Stepping Stones	5,479	3,360
Admiral Lord Nelson School	5,000	
St Marks School	5,000	
Ringwood Bowling Club	5,000	
Spirit in Sport	4,680	
Scarf	4,366	
Nine Acres Primary School	4,288	
Community First	4,250	8,430
Sandown and Lake Youth Project	4,240	
Redbridge Primary School	4,000	
Meon Junior School	3,680	
New Horizon School	3,680	
Willow Aerial Fitness	3,595	
Vision 4 Youth	3,560	
The United Voice of African Association	3,500	
Yellow Brick Road Projects	3,490	4,359
YMCA	3,402	
Medina Primary School	3,345	
Mountbatten School	3,250	
Barton Peveril	3,240	
Helping Hooves	3,214	
Havant and Waterlooville School Games Organiser	3,000	
Mayflower Theatre Trust	3,000	
Fareham School Games Organiser	3,000	
North Eastleigh and Winchester School Games Organiser	3,000	
The Lords Taverners	3,000	

	2022	2021
	£	£
New Forest School Games Organiser	3,000	
Basingstoke School Games Organiser	3,000	
Portsmouth School Games Organiser	3,000	
Weeke Primary School	3,000	
East Hant School Games Organiser	3,000	
Gosport School Games Organiser	3,000	
Test Valley School Games Organiser	3,000	
South Eastleigh and Winchester School Games Organiser	3,000	
North East Hants School Games Organiser	3,000	
Perins School	2,980	
Hampshire Cricket Board	2,768	
Winchester Street Reach	2,736	
Chamberlayne School	2,623	
BH Live	2,619	10,000
The Bay CofE School	2,610	
Samuel Cody School	2,575	
Greenmount Primary School	2,448	
Hart Plain School	2,370	
Active Communities Network	2,225	19,030
Parkinson's UK	2,015	
Oasis Academy	2,000	
Trafalgar School	1,900	
Petersfield School	1,850	
Parity for Disability	1,700	
Copnor School	1,675	
Places Leisure Andover	1,605	
St Pauls Primary School	1,500	
Swanmore School	1,480	
Hampshire Cultural Trust	1,148	1,950
Springwood Community Partnership	1,140	
Brighton Hill Community School	1,000	
Solent University	1,000	1,800
Meon Infant School	880	
Southsea Infant School	828	
Holme CofE Primary School	752	
St John's CofE Primary School	650	
Arundel Court Primary Academy	580	
Unspent previous awards	(2,969)	
Eastleigh Youth & Community Trust		10,000
Rushmoor Voluntary Services		9,310
Enham Trust		8,750
The YOU Trust		8,700
Winchester Go LD		8,420
Growing Places		8,098
Move Momentum		7,465
FolkActive CIC		7,113
One Community		6,772
Home-Start Hampshire		6,012
MHA Conanunities		6,000
Motiv8 South Ltd		4,122
Breakout Youth		4,000
The Handy Trust		3,866
Basingstoke & District Disability Forum		3,750
ThickSkin Theatre		3,452
City Central Youth FC		3,110
Oarsome Chance		2,851
Crestwood Community School		2,550
Testlands Support Project		2,500
Richard Taunton Sixth Form College		2,440
Solent Youth Action		1,892
Winchester & District Young Carers		1,807
Netley Royais FC		1,800
Clanfield Bowls & Sports Club		1,620
Hedge End Town Council		1,120
Other grants		5,000
	500,949	184,949

ENERGISE ME

England & Wales - Charity number 1165592

Accounts

Company registration number: CE005425
Charity registration number: 1165592

Energise Me

(A charitable incorporated organisation)

Annual Report and Financial Statements for

the Year Ended 31 March 2021

Energise Me

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Energise Me

Reference and Administrative Details

Trustees

Jon Monkcom

Steven Pease

Dr Paul O'Halloran

Selina Russell

Dawn Tilley

Dr Samantha Meredith (appointed 14th October 2020)

Shakiba Moghadam (appointed 14th October 2020)

Zoe Williams (appointed 14th October 2020)

Jan Halliday (resigned 16th February 2020)

Claire Beasley (resigned 11th May 2020)

Chief Executive Officer: Julie Amies

Principal Office

Westgate Chambers
Staple Gardens
Winchester
SO23 8SR

The charity is incorporated in England & Wales.

CIO Registration Number

CE005425

Charity Registration Number

1165592

Auditors

Azets Audit Services
Athenia House
10-14 Andover Road
Winchester
Hampshire
SO23 7BS

Strategic Report

Energise Me is a Charitable Incorporated Organisation that is committed to beating inactivity. It is registered with the Charity Commission under charity number 1165592 and with Companies House under the Company Registration NumberCE005425

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2021.

The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

The trustees are also directors for the purposes of company law and present their strategic report for the year ended 31 March 2021 in compliance with s414C of the Companies Act 2006.

Financial Review

Financial results for the year ended 31 March 2021 are shown in the statement of financial activities on page 13 with the associated assets and liabilities set out in the balance sheet on page 14. The statement of cash flows for the year is on page 15. Supporting notes to the accounts are on pages 16 to 27 and provide additional information to support the figures in the main statements.

The financial statements have been prepared to comply with the Statement of Recommended Practice and Reporting of Charities SORP (FRS 102) (effective 1 January 2019).

Total incoming resources for the year were £1,290,381 (2020: £916,992), resources expended were £953,085 (2020: £895,326) and the surplus for the year was £337,296 (2020: surplus £21,666)

Energise Me's sources of funding have not changed in the last year. Sport England continue to be the principal funder with Hampshire County Council also making a significant contribution. In 2020-21, Sport England made total grants of £1,145,118 (2020: £730,966). Additional funding (The Tackling Inequalities Fund £260,000) was received this year from Sport England. This was set up as a package of support to help the sport and physical activity sector through the coronavirus (Covid-19) crisis. This enabled Energise Me to distribute an additional £150,000 of grants to organisations across Hampshire and Isle of Wight during the financial year. The remaining £110,000 has been carried forward to provide ongoing support during 2021-22.

Hampshire County Council contributed £135,100 towards the delivery of the Hampshire Talented Athlete Scheme, and the local coaching workforce for continuing professional development.

Reserves

The organisation's financial reserves are made up of restricted and unrestricted funds. Total funds as of 31 March 2021 were £2,327,422 (2020: £1,990,126). Restricted funds amount to £636,387 and unrestricted funds £1,691,035.

The reserves policy ensures that sufficient free reserves are held to cover a minimum of nine months employment and running costs and 100% end of contract costs (in the event of any significant delays or cessation of external core funding). The fund required to cover these costs is approximately £500k.

On 31 March 2021 the unrestricted fund stood at £1.691m. In January 2019 trustees committed £0.5m of unrestricted reserves over 3 years to address inactivity amongst children and young people, women and girls, people with long term health conditions and one locality with the highest levels of inactivity. Trustees remain committed to this investment and plans are being delivered by the Energise Me team. This amount is shown as a designated reserve in the financial statements. Trustees have stayed close to the work and based on what has already been delivered, agreed at their December 2019 board meeting to extend the investment through to 2023 recognising that progress had been slowed by the pandemic.

Investment Powers and Policy

Trustees reviewed Energise Me's investment policy in September 2018. This policy provides a framework for the management of the charity's reserve funds and uncommitted funds held.

Pay Policy for Senior Staff

Pay levels are reviewed annually each April in line with our business reviews. The exact level of any pay review will be determined by considering a range of factors, including the performance of the organisation, the current pay market, the funding for the service within which they work, the performance of the employee and the economy as a whole. It is not guaranteed that any pay review will necessarily result in an increase in pay.

Grant making policies

The charity makes many grants to different organisations and individuals. Every programme and grant scheme it runs has its own respective policy led by officers of the Charity and overseen by partners, funders and informed experts.

Principal Funding Sources

Energise Me's total income of £1,290,381 (2020: £916,992) was secured from the following sources

- Sport England Funding £1,145,118 (2020: £730,996)
    - Consisting of:
    - Lottery Funding (£1,128,835) (2020: £721,346)
    - Department of Education Funding (£16,283) (2020: £9,650)
- Hampshire County Council £135,100 (2020: £177,952)
- Other Revenue £8,749 (2020: £6,691)
- Investment Income £1,414 (2020: £1,383)

Covid-19

This Financial year has been dominated by the pandemic. It has not stopped the work of the charity and has in fact led to new opportunities and new connections to help reduce widening inequalities in physical activity through the pandemic.

At the outset, strong leadership was provided by the charity's principal funder, Sport England. They asked all their national partners, of which Energise Me is one to:

1. Support the physical activity and sport sector to ensure it came through the pandemic period as strong as possible
2. Keep the nation moving doing everything we could to encourage people to stay active wherever possible

Strong messaging from the Chief Medical Officer, Chris Whitty helped to support the delivery of these 2 priorities, "There is no situation, there is no age and no condition where exercise is not a good thing".

Following the initial announcement, Sport England confirmed to Energise Me a 1 year 'roll over' to extend grant funding up to 31st March 2022. This provided a level of security and reassurance to Energise Me as one of Sport England's national partners. It was an acknowledgement too of the uncertainties, strains and demands being experienced across the sport and physical activity 'eco-system' because of Covid-19 and the associated restrictions in place to combat it.

Energise Me

Additional National Lottery funding of £260,000 was awarded to Energise Me in 2020 from Sport England's Tackling Inequalities Emergency Fund. Using their insight, it became clear that certain groups of people were disproportionately affected by the pandemic. It was significantly impacting their ability to be physically active. Energise Me was tasked with helping to reduce this negative impact on people from lower socio-economic groups, culturally diverse communities, disabled people and people with long term conditions.

This work has not only had a significant impact on the charity's beneficiaries, it has generated new connections to share the benefits of a physically active lifestyle. Energise Me distributed £150,000 to clubs and organisations across Hampshire and Isle of Wight up until March 2021. The impact of these grants can be found in some of the stories that can be found here Investing in Communities

An additional £110,000 was granted in March 2021 for distribution during 2021.

The impact of the first "lockdown" led to the temporary closure of our offices in Winchester. However, all members of staff were able to work effectively from home with immediate effect. The investment in new IT hardware towards the end of the financial year 2019-20 was fortuitous and allowed us to adapt to working remotely in an efficient way. Regular contact sessions via Microsoft Teams were set up to maintain good communications and ensure all staff were supported. A number of other initiatives were introduced to support staff e.g., afternoon tea and talk and Energise Me on tour WhatsApp group. A license was bought for zoom and combined with Microsoft Teams, the organisation has remained very agile and responsive to people and organisations across Hampshire and the Isle of Wight. As a paper free organisation, no significant difficulties were encountered with the introduction of remote working. Only 1 member of staff was furloughed for a short period of time.

Governance remained strong throughout the period with Trustee Board meetings held remotely and regularly.

Energise Me Trustees' Report

Energise Me is a Charitable Incorporated Organisation with a Foundation Model Constitution established on 16 February 2016 by the Charity Commission. Its only voting members are its trustees.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Energise Me is committed to ensuring its governance is dynamic and visionary. The charity actively recruits trustees with the right skills, knowledge and experience to support its work. It looks for diversity of thought, experience and background to ensure that strategic decisions are informed and challenged from different perspectives.

Trustees are invited to apply through an open recruitment process. Each trustee can serve for an initial term of three years. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least four continuous years.

There is also one nominated trustee from Hampshire County Council who can serve for three years. This position has not been taken up since 2018. An observer role with no voting rights is provided to Sport England, the principal funding partner.

New trustees undergo an orientation to brief them on their legal obligations under Charity law, guidance on public benefit, content of the constitution, the committee and decision-making processes, the business and strategic plans and recent financial performance of the Charity. During the induction, they meet key members of staff including those who they might provide specific support and mentoring to as well as other trustees.

Any training and development needs will be assessed as part of the trustee's induction process. External training and development opportunities are provided by the Active Partnership Network and trustees are encouraged to take part where it will help them to carry out their role.

Organisation

The board of trustees, which can have up to 11 members, administers the charity. The board meets every 3 months. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate the effective running of the charity, the Chief Executive has delegated authority in some areas through a schedule of delegation that is approved by the trustees. This schedule includes finance, employment, communications, programmes, contracts and remuneration.

Risk Management

The board of trustees have a duty to identify and review risks which the organisation is exposed to. These are reviewed regularly at board meetings. The main areas of risk identified are Political, Operational, Financial and Reputational

The trustees have policies, systems and processes in place to mitigate those risks identified. They also implement procedures designed to minimise or manage any potential impact on the charity should those risks arise.

Energise Me

Key areas of work

Like many charities over the last 12 months, COVID-19 has dominated our work. We needed to be agile, adapting quickly to support people and organisations to stay strong and stay active. Our focus has been:

1. Supporting the physical activity and sport sector to ensure it came through the pandemic period as strong as possible
2. Keeping Hampshire and Isle of Wight moving - doing everything we could to encourage people to stay active wherever possible
3. Engagement, development and writing of a new physical activity strategy for Hampshire and the Isle of Wight
4. Positioning physical activity in the changing health landscape
5. Diversity and inclusion
6. Improvement

Supporting the Physical Activity Sector
New web pages to provide support for the sector during covid 19 were launched on 20 March 2020.

Further support for the sector was provided through the first monthly Energise Me sector news offering COVID-19 support for the physical activity and sport sector. This was launched on 24 March 2020. As some lockdown restrictions started to ease in early May 2020, sector news moved to a weekly publication. Changes were happening quickly and the different advice for different sports and physical activities demanded responsive communication.

As the sector started to adapt, Energise Me brought local authority partners together to share learning and ideas throughout the year.

Sport England awarded Energise Me £260,000 to tackle the inequalities that had widened during the pandemic. Investing in Communities was launched and Energise Me drew on all their connections to reach people and organisations who supported people from lower socio-economic groups, culturally diverse communities, disabled people and people with long term conditions. The first award was made in June 2020 and we have supported 33 projects, 31 organisations and awarded £150k. Only 13% of those organisations that received funding had received funding in the past. Nearly half of the organisations that received investment were new connections to Energise Me.

Keeping Hampshire and Isle of Wight moving

As Government announced on 16th March 2020 that non-essential travel should cease and all but key workers should work from home, Energise Me launched Get Active at Home pages to support people to be active the following day. When the schools shut on 20th March, Energise Me supported Hampshire and Isle of Wight school game organisers to launch #HSGDailyChallenge to keep children active. This was a hugely successful campaign engaging over ten thousand children and young people and 340 schools over a 6-week period.

Towards the end of March 2020, Sport England officially launched the Join the Movement campaign. Energise Me used all its platforms, networks and connections to promote the platform which provided further tips, advice and guidance to keep or get active in and around your home. We also started a weekly newsletter to support people during lockdown. We made connections with local people to tell and share their stories to support others who might be finding it difficult to be active. They have provided inspiration, ideas and most importantly made it visible for those who may be struggling to see how others have got started and adapted when sometimes it is difficult.

Energise Me

As Government announced on 16th March 2020 that non-essential travel should cease and all but key workers should work from home, Energise Me launched Get Active at Home pages to support people to be active the following day. And when the schools shut on 20th March, Energise Me supported Hampshire and Isle of Wight School Games Organisers to launch #SGODailyChallenge to keep children active. This was a hugely successful campaign engaging over 14,000 children and young people and 340 schools over the first 15 weeks of lock down. Feedback from parents was really positive. Here's just two examples that illustrate the creativity to help support children to be and stay active "Evie really enjoyed the Cluedo mystery and the blindfold trail. We've really enjoyed doing these so please thank everyone for producing them." Southampton Parent. "We loved the cross the river challenge and made a river of blankets on our lawn, which my children crossed with great teamwork!" Parent – from Wallop School.

As it became clear that the pandemic was here to stay for some time and that it would continue to disrupt daily lives, the decision was taken to cancel the annual School Games which were due to take place in Aldershot in June 2020. The network of School Games Organisers and Energise Me adapted to ensure that children and young people still had the opportunity to be active and to take part in a range of events. There was no shortage of imagination, creativity, resourcefulness and collaboration to launch Hampshire School Games Mark May. And later, an ongoing calendar of virtual competitions for the Autumn 2020 and Spring 2021 terms. The engagement of schools was fantastic with 287 Primary Schools entering results for virtual sports competitions during the Autumn and Spring terms. Over 76,000 sport challenges being completed.

Energise YOUth

Energise YOUth was put on pause for the first few weeks of the pandemic. Four training events scheduled for March 2020 were cancelled. The focus of youth organisations shifted to understanding Government guidelines and the implications of lockdown for the young people using their services. Many faced the challenge of furloughing staff, ceasing and then significantly adapting and re-imagining their delivery.

Between June 2020 and March 2021, we responded to need and organised nine online training sessions. The topics included Youth Mental Health First Aid, Understanding & Supporting LGBTQ+ Young People and Working with Youth Voice. 72 participants attended from 46 different organisations.

We also launched a virtual Energise YOUth network in September 2020. We held five events involving 32 people from 19 organisations. These were opportunities to share learning and experiences. To understand how organisations were adapting and what additional resources and support they needed. For example, moving services online necessitated changes in policies and procedures to keep everyone safe.

After an extended lull through the heart of the pandemic we saw an increase in Expressions of Interest being submitted between January and March 2021. Five new Energise YOUth club proposals were supported in this period receiving an initial investment of £13k with a further £5k committed to be released in 2021-22. Organisations awarded grants included: Crestwood College, Enable Ability, Hedge End Town Council, Oarsome Chance and Richard Taunton Sixth Form College/Lakeside Weightlifting Club.

Energise Me commissioned Beatfreeks, an engagement and insight agency with a vital community of young creatives, to find out how young people across Hampshire and the Isle of Wight feel about physical activity. Over 150 young people aged 16 to 21 years responded to the survey and 16 young people participated in two focus groups to help us unpack the findings. We've produced the Me & Activity Report to share and act on what young people have told us. The recommendations have also been condensed into top tips posted on our website and on social media. The aim of these resources is to inform and improve the way Energise Me and other local organisations work with young people across Hampshire and the Isle of Wight.

We'll continue to build on this work throughout 2021-22 with plans for follow up blogs, call-backs to previously published stories, training courses, a self-assessment audit tool and links to World Mental Health Day and our We Are Undefeatable network events.

Energise Me

The We Can Be Active Strategy

The pandemic presented its challenges for Energise Me and those with whom we work. But it also provided opportunities and we found many things to celebrate. The We Can Be Active Strategy is one of these things. As the lead organisation for physical activity across Hampshire and the Isle of Wight, we were tasked with writing a new strategy for the area. It needed to:

1. Use the data and insight we had available
2. Have co-design and co-production at its heart
3. Recognise that tackling inactivity takes time
4. Include the voices of those who are not active and especially those from under-represented and under-served groups
5. Build a network of supporters from a range of sectors who are needed to build physical activity into their thinking, their services and their offer

We began with a big online conversation which was open to everyone in Hampshire and the Isle of Wight. Local people told us what helps them to be active and what gets in the way. We matched these comments with evidence from around the world before bringing individuals and organisations together to help shape a plan to make it easier for us all to be active. A joint mission "to inspire and support active lifestyles so we can all be active in a way that suits us" was agreed and used to frame further conversations. The strategy was co-produced by over 800 individuals and organisations and set out 5 things that people need to be active in a way that suits them:

1. Positive early experiences for our children and young people
2. Opportunities that meet our needs and interests, and are accessible and easy to find
3. Places and travel routes where we all feel safe and are encouraged to be active
4. Support to help us get started or keep moving when we feel we can't do it alone
5. Bold leaders working together to create happier and healthier communities

Energise Me has set out what it will do to deliver the strategy. It has also set up a number of events through 2021-22 to support people and organisations to connect, collaborate and learn from one another. Topics will include measurement, places that inspire movement, support to get started, and sharing learning.

The health system

Energise Me has identified the health system as a significant and important partner and ally in the delivery of any Physical Activity Strategy. People and organisations who work in the health and care system are seeing people every day who may benefit from moving more.

The Integrated Care System in Hampshire and the Isle of Wight is one of the largest health and care systems in the country working together to improve the health and wellbeing of local people and communities. It is bringing considerable change across the area. Energise Me has developed relationships and networks to work more closely with colleagues in the NHS, Public Health and Adult Social Care to embed physical activity into the new system(s).

Physical activity is being increasingly recognised as a priority for the prevention of ill health. It is considered a 'modifiable risk'. In other words, you can make changes in your life to reduce risks to your health and wellbeing. Physical Activity is already embedded in some parts the public health system through the Health and Wellbeing Strategy. We have worked with the Prevention and Inequalities Board in the Integrated Care System (ICS) as well as other Health and Wellbeing Boards to build relationships that can help to embed physical activity in all parts of the health system.

Energise Me

Diversity and Inclusion

The shocking death of George Floyd, caught on video in the US, sparked protests and a global response. Protestors called for an end to discrimination and racism. Energise Me, along with the network of Active Partnerships across the country recognised that physical activity and sport is not immune from racism and racial inequalities. We spent time training and developing as individuals and as an organisation and issued a statement in May 2021. In this statement, we shared examples of some of our learning through experiences in our work: a different approach to trustee recruitment to diversify the knowledge, skills and experience in our team; investing in communities support to tackle widening inequalities across Hampshire and the Isle of Wight; the Agency an innovative arts-based social change project that originated in Brazil and Pride in our Workforce, another innovative project to improve LGBT+ inclusion. We also set out some of our plans to tackle racism and racial inequality in physical activity and sport.

This work will continue, and a new diversity, equality and inclusion plan will be published in 2021-22.

Improvement

As part of our cycle of performance improvement, an improvement workshop was held in March 2021. We held one internal and one external workshop. To obtain a balanced view, we invited people who knew us well and others who didn't. The workshop revealed many positives including the support that was building for the new strategy, the value of our storytelling, the value placed on our knowledge, skills and experience, our strong values and how the team live them and the progressive nature of our organisation. It also revealed areas where we needed to improve. People told us that we need to communicate who we are and what we do more effectively across our area. Also, to be more confident in our knowledge, skills and experience. And finally, to use our skills bringing people together to facilitate change in physical activity across our area. We've taken this on board and are building these improvements into our future business plan. We've already made a start with the launch of the new strategy. Our improvement partner said after the event "I especially liked the Energise Me role approach supplement... the 'We will' and Energise Me Will is a great and beneficial way for partners to understand what matters to you as an organisation and how you intend to contribute to the overall purpose".

Energise Me

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

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 Charitable Incorporated Organisation 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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Strategic Report, Trustees' Report, Statutory Report and Financial Statements were approved by the Board of Trustees on **14th**
October 2021 and signed on its behalf by

J D MOnkcom
J D MOnkcom (Nov 1, 2021 10:54 GMT)

Jon Monkcom, Chair of Trustees

Energise Me
Independent Auditor's Report to the Trustees of Energise Me

Opinion

We have audited the financial statements of Energise Me (the 'charity') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- the charity has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 10, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis

of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services. 17 November 2021

Michael Tizard, Azets Audit Services,
Chartered Accountants, Statutory Auditor
Athenia House
10-14 Andover Road
Winchester
Hampshire
SO23 7BS

Azets Audit Services is eligible to act as an auditor by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006

Energise Me

Statement of Financial Activities for the Year Ended 31 March 2021
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Notes	Unrestricted funds	Restricted funds	Total 2021	Total 2020
Income from:		£	£	£	£
Charitable activities					
Sport England		-	1,145,118	1,145,118	730,966
Local Authority		76,600	58,500	135,100	177,952
Other Revenue		8,749	-	8,749	6,691
Investment Income	3	1,414	-	1,414	1,383
Total Income		86,763	1,203,618	1,290,381	916,992
Expenditure on:					
Charitable activities	4	83,726	869,359	953,085	895,326
Net Income/(Expenditure)		3,037	334,259	337,296	21,666
Transfers between funds		-	-	-	-
Net movement in funds		3,037	334,259	337,296	21,666
Reconciliation of funds					
Total funds brought forward		1,687,998	302,128	1,990,126	1,968,460
Total funds carried forward	20	1,691,035	636,387	2,327,422	1,990,126

2020	Notes	Unrestricted funds	Restricted funds	Total 2020
Income from:		£	£	£
Charitable activities				
Sport England		1,382	729,584	730,966
Local Authority		119,452	58,500	177,952
Other Revenue		6,691	-	6,691
Investment Income		1,383	-	1,383
Total Income		128,908	788,084	916,992
Expenditure on:				
Charitable activities		96,984	798,342	895,326
Net Income/(Expenditure)		31,924	(10,258)	21,666
Transfers between funds		379,939	(379,939)	-
Net movement in funds		411,863	(390,197)	21,666
Reconciliation of funds				
Total funds brought forward		1,276,135	692,325	1,968,460
Total funds carried forward		1,687,998	302,128	1,990,126

All of the charity's activities derive from continuing operations during the above two periods.

Energise Me

(Registration number: CE005425)
Balance Sheet as at 31 March 2021

	Notes	2021	2020
Fixed Assets		£	£
Tangible assets	**14**	8,265	9,614
Current Assets			
Debtors	**15**	3,769	3,314
Cash at Bank		2,414,246	2,174,271
		2,418,015	2,177,585
Creditors			
Amounts falling due within one year	**16**	98,858	197,073
Net current assets		2,319,157	1,980,512
Net assets		2,327,422	1,990,126
Funds of the charity:			
Restricted Funds	**21**	636,387	302,128
Unrestricted Funds			
General funds		1,267,990	1,205,842
Designated funds		423,045	482,156
Total Unrestricted funds		1,691,035	1,687,998
Total funds	**20**	2,327,422	1,990,126

The financial statements were approved by the trustees, and authorised for issue on 14th October 2021 and signed on their behalf by:

J D MOnkcom
J D MOnkcom (Nov 1, 2021 10:54 GMT)

Jon Monkcom
Chair of Trustees

Energise Me

Statement of Cash Flows for the Year Ended 31 March 2021

	Notes	2021	2020
		£	£
Cash flows from operating activities			
Net movement in funds		337,296	21,666
Adjustments to cash flows from non-cash items			
Depreciation	9	3,683	5,366
Loss on disposal of asset		-	154
		340,979	27,186
Working capital adjustments			
(Increase) in debtors	15	(455)	(690)
(Decrease)/increase in creditors	16	(40,675)	72,848
(Decrease) in deferred income		(57,540)	(16,752)
Net cash flows from operating activities		(98,670)	55,406
Cash flows from investing activities			
Purchase of tangible fixed assets	14	(2,334)	(9,991)
Net increase in cash and cash equivalents		239,975	72,601
Cash and cash equivalents at 1 April 2020		2,174,271	2,101,670
Cash and cash equivalents at 31 March 2021		2,414,246	2,174,271

All of the cash flows are derived from continuing operations during the above two periods.

Energise Me

Notes to the Financial Statements for the Year Ended 31 March 2021

1 Charity status

The charity is a Charitable Incorporated Organisation and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Charities SORP (FRS l02) '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) (effective 1 January 2019).

Basis of preparation

Energise Me 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 notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity. The impact of Covid-19 has been taken into consideration by the trustees during and after year end and following confirmation of Sport England's funding commitment the charity's ability to continue as a going concern remains unchanged.

Income and endowments

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 the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading which aggregate similar costs to the category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable

Grants payable are payments made to third parties in the furtherance of the charitable objects of Energise Me. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant and have returned a signed grant agreement. The notification gives the recipient a reasonable expectation that they will receive the grant. Grant awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to the grant is outside of the control of the Trust.

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

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.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset Class	Depreciation method and rate
Fixtures and Fittings	33% Straight Line
Computer Equipment	33% Straight Line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are general funds that remain part of the unrestricted funds of the charity which have been earmarked for a specific purpose by the Trustees

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions.

Certain members of staff are members of the Hampshire County Council Local Government Pension Scheme, a defined benefit pension scheme. It is not possible in the normal course of events to identify the share of underlying assets and liabilities belonging to individual participating employers. Accordingly due to the nature of the scheme, the accounting charge for the period represents the employer contribution payable based on amounts advised by Hampshire County Council.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Investment Income

	2021	2020
	£	£
Bank interest received	1,414	1,383

4 Expenditure on Charitable activities

	Notes	Unrestricted funds	Restricted funds	Total 2021	Total 2020
		£	£	£	£
Grant funding of activities	7	-	227,998	227,998	125,615
Direct charitable activities		34,687	82,787	117,474	131,822
Support Costs	5	49,039	558,574	607,613	637,889
Total Expenditure		83,726	869,359	953,085	895,326

Included in the expenditure analysed above are governance costs of £6,848 (2020 - £7,150) which relate directly to charitable activities. See note 6 for further details.

5 Analysis of support costs

	Notes	Unrestricted funds	Restricted funds	Total 2021	Total 2020
		£	£	£	£
Salaries		29,961	426,612	456,573	433,092
Employers National Insurance		1,599	48,479	50,078	32,616
Pension costs		1,342	12,073	13,415	52,887
Depreciation		65	3,618	3,683	5,366
Advertising		8,700	3,857	12,557	12,068
Bank Fees			686	686	672
IT support		5,956	7,089	13,045	22,129
Travel & Mileage		112	236	348	12,748
Rent			32,400	32,400	31,707
Printing Postage & Stationary		110	2,013	2,123	7,363
Office Management		400	5,063	5,463	5,275
Insurance			3,725	3,725	3,658
Staff Training & Recruitment		734	580	1,314	6,212
Subscriptions			5,355	5,355	4,946
Governance Costs	6	60	6,788	6,848	7,150
Total Support Costs		49,039	558,574	607,613	637,889

2020 Support Costs	Unrestricted funds	Restricted funds	Total 2020
	£	£	£
Salaries	9,880	423,212	433,092
Employers National Insurance	371	32,245	32,616
Pension costs	41,249	11,638	52,887
Depreciation		5,366	5,366
Advertising	6,126	5,942	12,068
Bank Fees		672	672
IT support		22,129	22,129
Travel & Mileage	1,223	11,525	12,748
Rent		31,707	31,707
Printing Postage & Stationary	78	7,285	7,363
Office Management		5,275	5,275
Insurance		3,658	3,658
Staff Training & Recruitment	110	6,102	6,212
Subscriptions		4,946	4,946
Governance Costs		7,150	7,150
Total Support Costs	59,037	578,852	637,889

2020 Grant funding and direct charitable activities	Unrestricted funds	Restricted funds	Total 2020
	£	£	£
Grant funding of activities	4,457	121,158	125,615
Direct charitable activities	33,490	98,332	131,822
Total	37,947	219,490	257,437

6 Analysis of governance costs

	Notes	Unrestricted funds	Restricted funds	Total 2021	Total 2020
		£	£	£	£
Audit of the financial statements		-	6,000	6,000	5,700
Trustees' expenses	10	-	-	-	100
Payroll & Accountancy Fees		60	788	848	1,350
Total Governance costs		60	6,788	6,848	7,150

7 Analysis of grants awarded

	Notes	2021	2020
		£	£
Grants to Institutions	8	184,949	80,099
Grants to Individuals		43,049	45,516
Total Grants Awarded		227,998	125,615

Notes to the Financial Statements for the Year Ended 31 March 2021

8 Grants to Institutions

Name of institution	2021 £	2020 £
Active Communities Network	19,030	17,325
BH Live	10,000	
Eastleigh Youth & Community Trust	10,000	
Rushmoor Voluntary Services	9,310	
Enham Trust	8,750	
The YOU Trust	8,700	
Community First	8,430	
Winchester Go LD	8,420	
Growing Places	8,098	
Move Momentum	7,465	
FolkActive CIC	7,113	
One Community	6,772	
Home-Start Hampshire	6,012	
MHA Communities	6,000	
Yellow Brick Road Projects	4,359	
Motiv8 South Ltd	4,122	
Breakout Youth	4,000	
The Handy Trust	3,866	
Basingstoke & District Disability Forum	3,750	
ThickSkin Theatre	3,452	
Stepping Stones DS	3,360	
City Central Youth FC	3,110	
Oarsome Chance	2,851	
Breathe Easy Isle of Wight	2,625	
Crestwood Community School	2,550	
Testlands Support Project	2,500	
Richard Taunton Sixth Form College	2,440	
Hampshire Cultural Trust	1,950	
Solent Youth Action	1,892	
Winchester & District Young Carers	1,807	
Netley Royals FC	1,800	
Solent University	1,800	
Clanfield Bowls & Sports Club	1,620	
Hedge End Town Council	1,120	
Priory School	875	1,300
Adventure Activities Isle of Wight		16,034
Scorchers Basketball Foundation		7,466
Portsmouth City Council		7,073
Groundwork South - Energy Youth Club Boxing		4,684
Pompey in the Community		4,000
England Boxing		2,400
Y Services for Young People		2,260
Active Nation		1,964
London Irish Inclusion Rugby Club		1,875
Poseidon ABC		1,800
Everyone Active		1,780
Farnborough Youth for Christ		1,627
Portsmouth City Council & BH Live		1,556
Shoot Academy Farnborough		1,538
Other grants	5,000	5,417
Total Grants to Institutions	**184,949**	**80,099**

Notes to the Financial Statements for the Year Ended 31 March 2021

9 Net income/ (expenditure) for the year

Net incoming resources for the year is stated after charging:

	2021	2020
	£	£
Depreciation of fixed assets	3,683	5,366

10 Trustees' remuneration and expenses

During the year the charity paid no expenses to trustees (2020 £100):
No trustees, nor any persons connected with them, have received any remuneration from the charity during the year. No trustees have received any other benefits from the charity during the year.

11 Staff costs

The aggregate payroll costs were as follows:

	2021	2020
	£	£
Wages and salaries	456,573	433,092
National Insurance costs	50,578	32,616
Pension costs	13,415	52,887
Total Staff costs	520,566	518,595

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full-time equivalents was as follows:

	2021	2020
	£	£
Average Number of Employees	15	15

Energise Me operates two Pension Schemes. As at 31st March 2021 5 (2020: 6) employees, who were transferred under TUPE conditions, participate in the Hampshire Local Government Pension Scheme. 12 (2019: 9) employees participate in the Defined Contribution Pension Scheme managed by the Creative Pension Trust. Employer contributions to the pension schemes for the year totaled £13,415 (2020 - £52,887).

Pension Commitments
Under the terms of the commercial transfer agreement signed in October 2016 Hampshire County Council acts as guarantor to Energise Me's liability to the Local Government Pension Scheme for staff who were transferred under TUPE conditions. This is set out in the commercial transfer agreement.

The number of employees whose emoluments, fell within the following bands was:

	2021	2020
£60,001 - £70,000	1	1

Total employee benefits, including employer Pension Contributions and N.I. of the key management personnel of the charity were **£327,968 (2020 - £334,934)**

12 Auditors' remuneration

	2021 £	2020 £
Audit of the financial statements	6,000	5,700

13 Taxation

The charity is a registered charity and exempt from taxation.

14 Tangible fixed assets

	Computers and Furniture	Total
	£	£
Cost		
At 1 April 2020	36,482	36,482
Additions	2,334	2,334
Disposals	(155)	(155)
At 31 March 2021	38,661	38,661
Depreciation		
At 1 April 2020	26,868	26,868
Charge for the year	3,683	3,683
Eliminated on disposals	(155)	(155)
At 31 March 2021	30,396	30,396
Net book value		
At 31 March 2021	8,265	8,265
At 31 March 2020	9,614	9,614

15 Debtors

	2021 £	2020 £
Trade debtors	2,100	2,708
Prepayments	1,669	606
	3,769	3,314

16 Creditors: amounts falling due within one year

	Note	2021	2020
		£	£
Trade creditors		29,755	20,866
Other creditors		-	46
Accruals		36,714	89,624
Grants Accrued		24,739	21,347
Deferred Income	17	7,650	65,190
Total Creditors		98,858	197,073

17 Deferred Income

	£
Deferred income at 1 April 2020	(65,190)
Resources deferred in the period	(7,650)
Amounts released from previous periods	65,190
Deferred income at 31 March 2021	(7,650)

Deferred Income consists of funding received from Active Surrey for the shared cost of an Energise Me employee to deliver the Social Prescribing Thriving Communities program

18 Obligations under Operating leases

	2021	2020
Within one year	32,400	32,400
In two to five years	54,000	86,400
	86,400	118,800

19 Pension and other schemes

Defined contribution pension scheme. The charity operates a defined contribution pension scheme administered by The Creative Pension Trust. In addition, five members of staff are members of the Hampshire County Council Local Government Pension Scheme (LGPS). At the 31st March 2019 Hampshire Pension fund valuation, it was confirmed that the Hampshire Pension LGPS Fund had performed well and as a result a 0% contribution rate was set through to 2022/23. The total pension cost for the year has therefore reduced and contributions payable by the charity to the schemes amounted to £13,415 (2019 - £52,887).

20 Funds

2020/21 Analysis:	Balance at 1 April 2020	Incoming resource	Resources expended	Transfers	Balance at 31 March 2021
	£	£	£	£	£
Unrestricted funds					
General					
General	1,205,842	84,663	22,514	-	1,267,991
Designated funds	482,156	2,100	61,212	-	423,044
Total General funds	1,687,998	86,763	83,726	-	1,691,035
Restricted funds (Note 21)					
Sport England	252,644	1,145,118	823,296	-	574,466
Local Authority	49,484	58,500	46,063	-	61,921
Total Restricted funds	302,128	1,203,618	869,359	-	636,387
Total funds	1,990,126	1,290,381	953,085	-	2,327,422

In January 2019 trustees committed £0.5m of unrestricted reserves over 3 years to address inactivity amongst children and young people, women and girls, people with long term health conditions and 5 localities with the highest levels of inactivity. This amount is shown as a designated reserve in the financial statements.

2019/20 Analysis:	Balance at 1 April 2019	Incoming resource	Resources expended	Transfers	Balance at 31 March 2020
	£	£	£	£	£
Unrestricted funds					
General					
General	776,135	97,556	47,788	379,939	1,205,842
Designated Funds	500,000	31,352	49,196		482,156
Total General funds	1,276,135	128,908	96,984	379,939	1,687,998
Restricted funds					
Sport England	631,118	729,584	744,773	(363,285)	252,644
Local Authority	61,207	58,500	53,569	(16,654)	49,484
Total Restricted funds	692,325	788,084	798,342	(379,939)	302,128
Total funds	1,968,460	916,992	895,326	-	1,990,126

Transfers in 2019/20 relate to the outcome of a detailed review of the charity's funding and associated costs by activity since the inception of the organisation in October 2016. Original funding provided by Hampshire Council has been classified as unrestricted in accordance with the Commercial Transfer Agreement dated 30th September 2016.

Notes to the Financial Statements for the Year Ended 31 March 2021

21 Analysis of Restricted Funds by program

2020/21 Analysis:	Balance at 1 April 2020	Incoming resource	Resources expended	Transfers	Balance at 31 March 2021
	£	£	£	£	£
Restricted funds					
Sport England funds:					
DfE Volunteering	1,889	16,283	6,400	-	11,772
School Games	48,749	45,000	21,987	-	71,762
Social Prescribing	-	11,050	11,050	-	-
Satellite Clubs	118,643	297,976	138,959	-	277,660
Tackling Inequalities	-	260,000	150,000	-	110,000
Primary School Funding	34,763	68,777	68,777	-	34,763
Core Services	-	370,282	370,282	-	-
Coaching Workforce/ Innovation	42,244	55,950	40,093	-	58,101
Active Lives	6,356	19,800	15,748	-	10,408
Total Sport England funds	252,644	1,145,118	823,296	-	574,466
Local Authority funds:					
Talented Athlete Scheme	44,739	46,000	41,331	-	49,408
Coaches, Officials & Volunteers	4,745	12,500	4,732	-	12,513
Total Local Authority Funds	49,484	58,500	46,063	-	61,921
Total Restricted funds	302,128	1,203,618	869,359	-	636,387

22 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Tangible fixed assets		8,265	8,265
Current assets	1,698,685	719,330	2,418,015
Current liabilities	(7,650)	(91,208)	(98,858)
Total Net Assets	1,691,035	636,787	2,327,422

23 Analysis of net funds

	At 1 April 2020	Cash flow	At 31 March 2021
	£	£	£
Cash at bank and in hand	2,174,271	239,975	2,414,246
Net funds	2,174,271	239,975	2,414,246

24 Related party transactions

During the year the charity entered into no related party transactions:

Energise Me Accounts 2020-21

Final Audit Report 2021-11-01

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