

SPORTING FAMILY CHANGE FOUNDATION

England & Wales · Charity number 1166319

Details

Status Registered

Legal form Charitable company

Company number [09507319](#)

Registered 2016-04-01

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

Contact

Address 12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Phone 01225552229

Email info@sportingfamilychange.com

Website www.sportingfamilychange.co.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: Working with Local disadvantaged families, using Sport as a tool of engagement .Primarily the HOPE Programme(Family based Sessions) and Whole based Mentoring.Also supporting young adults with Learning difficulties around their social lives. Activities take place BANES and Wiltshire.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Bath And North East Somerset
- Wiltshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£544,142	£631,136	£123,531	14
2024-04-02	£610,911	£600,462	£210,525	12
2023-04-02	£450,089	£446,826	-	-
2022-04-02	£279,832	£295,926	-	-
2021-04-02	£307,372	£248,498	-	-

Trustees

Name	Role	Appointed
JESSICA WICKS		2017-05-08
Kelly Rae Fuller		2021-10-04
Kim Meredith		2025-10-13
THOMAS GEORGE DUNN		2026-01-26

SPORTING FAMILY CHANGE FOUNDATION

England & Wales - Charity number 1166319

Accounts

Registered number
09507319

Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)

Report and Financial Statements

31 March 2025

**Sporting Family Change Foundation
Report and Financial Statements
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**Sporting Family Change Foundation
Company Information**

Trustees

Kelly R Fuller
J C Wicks
E C Bloor
K Meredith
R Bullard
G J Musto

(Chair)

(appointed 13th October 2025)
(resigned 14th August 2025)
(resigned 1st September 2025)

Secretary

J W Deane

Independent Examiner

Katy Gooding FCA
Holloway House
Epsom Square
White Horse Business Park
Trowbridge
Wiltshire
BA14 0XG

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank
PO Box 250
WN8 6WT

Principal Office

Unit 3A
New Rock Industrial Estate
Chilcompton
Radstock
BA3 4JE

Registered Office

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

The Charity is incorporated in England and Wales.

Registered number

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Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

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

Objectives and activities

Objects and aims

The Charity's strapline, "The Ability to be Kind," reflects our ethos of utilising kindness as a key driver for social change, with all our activities underpinned by demonstrating unconditional kindness in our local community.

The Charity achieves this through delivering a variety of sports-based and healthy activities to empower, inspire and motivate individuals and whole families in the community to make positive long-term lifestyle changes, achieving things they never believed possible.

In addition, the Charity offers a whole based mentoring programme predominantly delivered in secondary schools and provides sporting and social opportunities for young adults with learning disabilities.

Public benefit

The year to 31 March 2025 has been another hugely successful year, where the Charity continued to expand its activities to meet identified need, reaching a wider audience from a more diverse demographic. To achieve this the Charity continued to invest in staffing and training. This included the launch of our new Accessible Counselling service delivered by a qualified British Association of Counselling and Psychotherapy (BACP) Counsellor and Psychotherapist, with over 30 years' experience. The Charity has been able to respond flexibly and quickly, offering support to many local people who would otherwise have had to have waited many months to access a counselling service.

Another key milestone this year was the Charity launching its Kindness Movement in February 2025. This is a natural extension of our underlying values of kindness, showing others dignity and encouraging blue-sky thinking. The Charity aims to harness the power of unconditional kindness to bring about greater social change.

One specific target audience for the Charity is local adult females, often Mums, who are the glue of the family. Supporting them achieves greater impact and has a ripple effect of kindness throughout the whole family. The Charity offered support to local families by providing vital face to face contact, emotional and welfare support where it was needed most. It continues to be the ultimate privilege to connect and be allowed into so many amazing local families' and individuals' lives. For this the Charity is truly grateful.

Sporting Family Change Foundation

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Trustees' Report

Wellbeing Centre

Our Wellbeing Centre, the first of its kind in the area, has been running for over a year and has been used regularly by 80 individuals in the community. Activities offered are all aimed at promoting and developing positive mental health, and where relevant, improving physical fitness. These include yoga, Pilates, tai chi, art therapy, breath work, ice baths, massage, reflexology and other complementary therapies. We also employed a fully qualified therapist and launched our accessible and affordable counselling service to meet the huge demand for support locally.

Whole Based Mentoring

The demand for our holistic mentoring programme increased significantly throughout the year. The Charity has supported children and young people in the local community and in secondary school settings.

The Charity successfully delivered 2,602 mentoring sessions supporting 220 teenagers in 14 secondary schools across B&NES and Wiltshire. These teenagers are either based in school or not in education.

Most do not have a positive association with school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals, whilst working alongside their families. Referrals to the Charity have skyrocketed this year due to changes in society and the increase in poor mental health.

Wellbeing Programme

The Charity continued to deliver its twelve-week Wellbeing Programme either on a 1:1 or 2:1 basis, targeting secondary school students in years 9 -11 in the Norton Radstock area. The course covers exercise, health prevention, nutrition and healthy eating, plus a financial element focusing on budgeting and managing money. It also includes a community volunteering element. We're delighted to report that this year the Charity gained accreditation with the exam board AQA. All students who successfully complete the Wellbeing Programme now receive an AQA certificate. 18 young people completed the Level 1 Programme this year and 10 young people successfully completed Level 2.

Random Acts of Kindness

The Charity's ethos is based on kindness, dignity and blue-sky thinking; it underpins the programmes it delivers and motivates the Charity to proactively demonstrate this in the B&NES and Wiltshire community. Giving time free of charge, offering support to local families when it is most needed is how the Charity delivers kindness. 1,700 hours of kindness were delivered during the year, equating to £67,000 of support.

On 17 February 2025, on National Random Acts of Kindness Day, the Charity launched its Kindness Movement in Bath, aimed at facilitating social change through kind acts. Since then, the movement has grown significantly in awareness and popularity and has even spread nationally.

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Trustees' Report

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset and Wiltshire.

□
The focus this year has been on continuing to reduce isolation, improve physical fitness and promote positive emotional well-being and resilience.

Highlights:

Football Club

The Charity's fully inclusive weekly Football Club in Midsomer Norton continued in popularity. The number of participants increased to 32 with teenagers we currently mentor or used to mentor, young adults with learning disabilities, plus those referred via social prescribing actively getting involved. The Club runs throughout the year, providing the opportunity to meet new people, make new friendships as well as improve fitness and have fun.

SEN Social Club

Another new initiative launched this year was a weekly early evening Social Club for local young adults, who have a variety of learning difficulties including physical disabilities and long-term medical conditions. The club is free to attend and aims to encourage the young adults to try new opportunities, enabling them to mix socially and build new friendships.

Activities have included a mixed martial arts lesson, gym sessions, a curry night cooked by the young adults, a Christmas meal, a cooking class, participating in the Kindness choir, a trip to watch a rugby match - Bristol Bears vs Bath Rugby and spin cycling sessions. We are looking forward to the coming year with more new activities planned.

SFC Spin Sessions

A new offer this year was to provide spin sessions for local individuals, who'd expressed an interest in cycling. The Charity purchased 8 spin bikes in Dec 2024 with the aim of encouraging local individuals who'd never cycled or not cycled for a long time to train for an SFC cycle challenge over 3 days planned for Sept 2025. The spin classes were popular and 6 sessions per week were delivered at various times and days to ensure they were accessible to all. Approx. 20 people attended each week.

Social Prescribing

The Charity is a recognised social prescribing delivery partner across Bath and North East Somerset. Social prescribing is a means of enabling GPs and other health professionals to refer their patients to a range of local non-clinical services as an alternative to prescribing medication. It focuses on improving their health, wellbeing and social welfare holistically. As part of our social prescribing activity, we continued to be a delivery partner in the Active Way Partnership, supporting local people to improve their health and well-being through supported 1:1 walking sessions and the delivery of "Walk and Talk" small group walking.

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Trustees' Report

SFC Supported Walking Programme

The charity's Supported Walk and Talk programme for individuals and small groups continued with 150 people engaging in the programme throughout the year. This included local walks in the Somer Valley and B&NES area plus more challenging longer walks including hill walks to build strength, resilience and fitness. These were in preparation for our next challenge when 12 people successfully completed the National 3 Peaks in July 2024.

Older people's exercise classes

The charity continued gentle chair exercise classes for older people in retirement housing complexes and extra care schemes. The classes proved popular reaching 42 older people. The focus was on improving mobility, developing positive mental health, building confidence and reducing social isolation. Residents were encouraged to build new friendships and socialise outside the classes.

Once a month, the Charity also transported the older people to their premises in Chilcompton for half a day of fun activities including singing with the SFC Kindness Choir, gentle seated exercise, games and refreshments. This provided the opportunity to socialise with other older people from different housing complexes locally, building new friendships and having fun together.

Ultimately the Charity looks to improve family cohesion through these programmes.

SFC Documentary

Inspired by our ethos of kindness, the Charity decided to produce a documentary demonstrating how the power of unconditional kindness can bring about positive social change. To date 6 episodes have been produced highlighting different aspects of kindness in the world. These have been invaluable in helping spread the message of kindness and encouraging others to become involved.

Events

The Charity has provided numerous opportunities for local families to take part in a variety of challenges. These included a fire walk in May 2024 where 50 individuals took part, the National 3 Peaks Challenge in June 2024 and the Salford Santa Dash in Dec 2024 as we were one of the beneficiary charities. Over 80 individuals from local families participated. Other events included a charity golf day at Castle Combe hosted by a local business in July 2024 where 22 teams took part to raise funds for us and our 10th Anniversary Celebration Ball at Aerospace, Filton on 16 November 2024 where 340 people attended.

The Charity's Kindness Choir also performed at Bath Christmas Market in Dec 2024 and a Christmas party was held for over 60 people where the Charity's staff served Christmas lunch to local families. The Charity also delivered over 50 hampers to local families at Christmas time.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

Sporting Family Change Foundation

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Trustees' Report

Strategic Planning

Environmental Change continues to be our strategic focus, underpinning this is our culture of kindness.

The Trustees have maintained the Charity's staff team of 15 employees. This has helped address the huge public need for support which has skyrocketed this year. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Financial review

In this year a deficit of £86,994 was suffered (2024: Surplus £10,449). Total incoming resources were £544,142 (2024: £610,911) which included donations and grants of £75,522 (2024: £76,837). It is key that the Charity continues to attract donations and income from other sources going forward. The income from charitable activities were £468,620 (2024: £534,074) and cost of providing of these activities amounted to £566,375 (2024: £499,827).

Policy on reserves

At 31 March 2025 the Charity had free unrestricted reserves of £123,531 (2024: £205,525) and restricted reserves of £0 (2024: £5,000). In prior years the trustees ringfenced the sum of £100,000 for the purpose the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

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Trustees' Report

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principal risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the Charity or its beneficiaries should those risks materialise.

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

Charity staff/volunteers - Each month

Wellbeing - Regular updates relating to the general health and wellbeing of all staff and volunteers.

Delivery of services - All practical measures have been implemented to create the safest working conditions possible - e.g. access to sanitisers and cleaning products, masks, social distancing, etc.

Financial - Each month

Budget - Regular monitoring especially quarterly projected income/expenditure against annual projected budget - looking at any adjustments that may need implementing.

Internally - Profit and loss is regularly monitored to give an accurate cash flow forecast.

Delivery - Any change in delivery of services is to be scrutinised and monitored regularly to ensure compliance with changing Government guidelines.

Fundraising - Regular updates on all grant applications especially successful bids that help sustain the Charity's objectives.

Revenue - All other potential revenue opportunities to be also closely scrutinised.

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Sporting Family Change Foundation
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Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3-year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on

and signed on its behalf by:

K Fuller (KELLY FULLER)

Chair of Trustees

INDEPENDENT EXAMINER'S REPORT

Independent Examiner's Report to the Directors of Sporting Family Change Foundation

This report on the financial statements of the Company for the year ended 31 March 2025, which are set out on pages 11 to 22, is in respect of an examination carried out in accordance with s.145 of the Charities Act 2011.

Respective responsibilities of the PCC and examiner

As the charity's Directors you are responsible for the preparation of the financial statements; you consider that the audit requirement of Regulations and s.145 of the Charities Act 2011 do not apply. It is my responsibility to issue this report on those financial statements in accordance with the terms of the Regulations.

Basis of this report

~~My examination was carried out in accordance with the General Directions given by the Charity Commission under s.145(5) (b) of the Charities Act 2011. That examination includes a review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes considering any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.~~

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that in any material respect, the requirements
- to keep accounting records in accordance with section 130 of the Charities Act 2011 and S386 of the Companies Act 2006
 - to prepare financial statements, which accord with the accounting records and comply with the requirements of the Charities Act 2011 and Regulations, and S396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or
- (2) to which, in my opinion, attentions should be drawn in order to enable a proper understanding of the accounts to be reached.

K Gooding

Name of Principal
Name of firm
Relevant professional qualification or body
Address:

Katy Gooding FCA
Gooding Accounts Limited
ICAEW
Holloway House, Epsom Square
White Horse Business Park
Trowbridge
BA14 0XG

17/12/2025

**Sporting Family Change Foundation
Statement of Financial Activities
for the year ended 31 March 2025**

**(Including Income and Expenditure Account and Statement of Total Recognised
Gains and Losses)**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Income and Endowments from:				
Donations	2	36,022	39,500	75,522
Charitable activities	3	468,620	-	468,620
Total income		504,642	39,500	544,142
Expenditure				
Cost of raising funds:	4	64,761	-	64,761
Charitable activities		521,875	44,500	566,375
Total expenditure		586,636	44,500	631,136
Net income/(expenditure)		(81,994)	(5,000)	(86,994)
Reconciliation of funds				
Total funds brought forward		205,525	5,000	210,525
Balance transfers		-	-	-
Total funds carried forward		123,531	-	123,531
		Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income and Endowments from:				
Donations		58,540	18,297	76,837
Charitable activities		534,074	-	534,074
Total income		592,614	18,297	610,911
Expenditure				
Cost of raising funds:		100,635	-	100,635
Charitable activities		454,216	45,611	499,827
Total expenditure		554,851	45,611	600,462
Net income/(expenditure)		37,763	(27,314)	10,449
Reconciliation of funds				
Total funds brought forward		167,762	32,315	200,077
Total funds carried forward		205,525	5,000	210,525

Sporting Family Change Foundation

Registered number: 09507319

**Balance Sheet
as at 31 March 2025**

	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	7	13,114	13,240
Current assets			
Debtors	8	40,408	125,377
Cash at bank and in hand		91,843	103,615
		<u>132,254</u>	<u>228,992</u>
Creditors: amounts falling due within one year	9	21,837	31,707
Net current assets		<u>110,417</u>	<u>197,285</u>
Total assets less current liabilities		<u>123,531</u>	<u>210,525</u>
Net assets		<u>123,531</u>	<u>210,525</u>
Funds	11		
Unrestricted funds		123,531	205,525
Restricted funds		-	5,000
Total funds		<u>123,531</u>	<u>210,525</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

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

The financial statements were approved by the Trustees on:

Signature *K Fuller*

Name *Kelly Fuller*

Position *Trustee*

5-12-2025.

5-12-2025.

Chair *Trustee.*

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sporting Family Change Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy 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 Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

Trade debtors

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

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025**

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2025 Total	2024 Total
	£	£	£	£
Donations and legacies;				
Donations	34,516	17,000	51,516	51,516
Gift aid reclaimed	1,506	-	1,506	-
Grants, including capital grants;				
Grants from other charities	-	22,500	22,500	25,321
	<u>36,022</u>	<u>39,500</u>	<u>75,522</u>	<u>76,837</u>
3 Income from charitable activities				
Fundraising	36,862	-	36,862	44,188
Massage/Spin classes	1,197	-	1,197	-
Café	42	-	42	983
Mentoring	430,519	-	430,519	488,903
	<u>468,620</u>	<u>-</u>	<u>468,620</u>	<u>534,074</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2025 Total	2024 Total
	£	£	£	£
Cost of generating funds				
Fundraising and events	57,867	-	57,867	84,598
Advertising	6,894	-	6,894	16,037
	<u>64,761</u>	<u>-</u>	<u>64,761</u>	<u>100,635</u>
			Total	Total
			2025	2024
			£	£
Charitable activities expenditure				
Resources	183	-	183	972
Venue Hire	875	-	875	636
Mentoring costs	25,076	-	25,076	25,619
Entrance fees	290	-	290	547
Charitable expenditure	36,221	-	36,221	33,227
Café expenditure	411	-	411	3,942
Wages and salaries	269,723	44,500	314,223	273,068
Staff NIC	20,782	-	20,782	11,319
Staff pensions	6,009	-	6,009	4,906
Transport costs	42,951	-	42,951	38,224
Premises costs	57,448	-	57,448	56,073
Staff training	2,149	-	2,149	1,803
Repairs and maintenance	4,172	-	4,172	13,905
Telephone and internet	1,415	-	1,415	1,103
Sundry expenses	247	-	247	348
Refreshments	36,734	-	36,734	27,720
Bookkeeping fees	1,938	-	1,938	1,898
Independent examiners fee	600	-	600	600
Legal and professional fees	9,767	-	9,767	-
Insurance	1,067	-	1,067	736
Printing, postage and stationery	774	-	774	281
Depreciation	3,043	-	3,043	2,900
	<u>521,875</u>	<u>44,500</u>	<u>566,375</u>	<u>499,827</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs	2025	2024
	£	£
The aggregate payroll costs were as follows:		
Wages and salaries	314,223	273,069
Social security costs	20,782	11,319
Pension costs	6,009	4,906
	<u>341,014</u>	<u>289,294</u>

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2025	2024
	Number	Number
Charitable activities	<u>14</u>	<u>14</u>

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor	Fixtures	Office	Total
	Vehicles	and fittings	equipment	
	£	£	&	£
			machinery	
			£	
Cost				
At 1 April 2024	4,917	9,500	8,680	23,097
Additions	-	-	2,917	2,917
Disposals	-	-	-	-
At 31 March 2025	<u>4,917</u>	<u>9,500</u>	<u>11,597</u>	<u>26,014</u>
Depreciation				
At 1 April 2024	1,245	2,977	5,635	9,857
Charge for the year	734	1,305	1,004	3,043
On disposals	-	-	-	-
At 31 March 2025	<u>1,979</u>	<u>4,282</u>	<u>6,639</u>	<u>12,900</u>
Net book value				
At 31 March 2025	<u>2,938</u>	<u>5,218</u>	<u>4,958</u>	<u>13,114</u>
At 31 March 2024	<u>3,672</u>	<u>6,523</u>	<u>3,045</u>	<u>13,240</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

8 Debtors	2025	2024
	£	£
Trade debtors	15,330	108,200
Other debtors	-	430
Prepayments	<u>25,078</u>	<u>16,747</u>
	<u>40,408</u>	<u>125,377</u>

9 Creditors: amounts falling due within one year	2025	2024
	£	£
Trade creditors	16,715	27,697
Taxation and social security costs	4,070	2,161
Other creditors	302	1,099
Accruals and deferred grants	<u>750</u>	<u>750</u>
	<u>21,837</u>	<u>31,707</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £6,009 (2024 - £4,906).

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

11 Funds	Balance at 1 April 2024	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2025
Unrestricted funds					
General fund	105,525	504,642	(586,636)	-	23,531
Designated funds					
Foundation for Life Centre	100,000	-	-	-	100,000
Total Unrestricted funds	<u>205,525</u>	<u>504,642</u>	<u>(586,636)</u>	<u>-</u>	<u>123,531</u>
Restricted funds					
BANES Council COMF 2	4,000	-	(4,000)	-	-
Bath Women's Fund	1,000	-	(1,000)	-	-
BANES - Community Contribution Fund	-	500	(500)	-	-
Selwood	-	1,000	(1,000)	-	-
Norie Trust	-	2,000	(2,000)	-	-
Landsec Grant	-	2,000	(2,000)	-	-
Sported	-	1,000	(1,000)	-	-
Medlock Charitable Trust	-	15,000	(15,000)	-	-
Wessex Water Community Fund	-	4,000	(4,000)	-	-
BANES (Active Way)	-	12,000	(12,000)	-	-
Sperring Trust	-	2,000	(2,000)	-	-
Total restricted funds	<u>5,000</u>	<u>39,500</u>	<u>(44,500)</u>	<u>-</u>	<u>-</u>
Total funds	<u>210,525</u>	<u>544,142</u>	<u>(631,136)</u>	<u>-</u>	<u>123,531</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

The specific purposes for which the funds are to be applied are as follows:

BANES COMF 2 (Contain Outbreak Management Fund)

To deliver a physical exercise Transition Programme to help young people transition from primary to secondary school in B&NES.

Bath Women's Fund

Supporting the development of our women's BRAS group (Believe, Achieve, Reach, Succeed) including activities such as Pilates and tap dancing at our Women's Wellbeing Centre, the first facility of its kind in the Midsomer Norton area.

BANES Council - Community Contribution Fund £500

For help with the rising cost of living. Provision of food to community pantry for 6 weeks in Writhlington

Selwood Housing - Stronger Communities Fund £1,000

After school club healthy activities delivered once a week for four months in a housing estate in Midsomer Norton as part of Selwood Housing.

Norie Trust - £2,000

(£2k per yr for 3 years. 2024 is year 2) to support therapeutic activities at SFC Wellbeing Centre.

Landsec Grant (Clarks Village) £2000

To deliver seated gentle exercise sessions to older people in extra care homes for four months

Sported grant via Barclay Community Football Fund £1,000

To deliver weekly fully inclusive Monday Football Club.

Medlock Charitable Trust £15,000

To support the delivery of accessible, affordable counselling for women and girls from Oct 2024-- July 2025.

Wessex Water Community Fund (via Quartet Community Foundation) £4,000

To support our individual and small group supported Walk and Talk Programme.

BANES (Active Way) £8,000

Final year of a 3 year grant as part of the Active Travel Social Prescribing Programme, delivering 80 walking sessions for individuals, including 2 weekly Supported Walk and Talk group sessions.

Sperring Trust £2,000

For the teenage girls Love Yourself programme from Sept 24 - end July 25.

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £18,725 (2024: £32,100) and reimbursed expenses of £21,797 (2024: £20,898) were paid during the period. The remuneration was paid under express power given in the governing document.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2025

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

SPORTING FAMILY CHANGE FOUNDATION

England & Wales - Charity number 1166319

Accounts

Registered number
09507319

Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)

Report and Financial Statements

31 March 2024

**Sporting Family Change Foundation
Report and Financial Statements
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**Sporting Family Change Foundation
Company Information**

Trustees

R Bullard
J C Wicks
E C Bloor
C M Murphy
G J Musto
Kelly R Fuller

(Resigned 20th March 2024)

Secretary

J W Deane

Independent Examiner

Mr Matthew Porter FCA
Haines Watts
Enterprise House
Timbrell Street
Trowbridge
Wiltshire
BA14 8PL

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank
PO Box 250
WN8 6WT

Principal Office

Unit 3A
New Rock Industrial Estate
Chilcompton
Radstock
BA3 4JE

Registered Office
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

The Charity is incorporated in England and Wales.

Registered number

09507319

Charity number

1166319

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

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

Objectives and activities

Objects and aims

The objective of the Charity is to use sport to empower, inspire and motivate local families in the community to make positive long-term lifestyle changes, through a variety of healthy opportunities.

This is achieved through the Charity's whole based mentoring programme predominantly delivered in secondary schools and a variety of sports-based projects encouraging healthy activities for individuals and the whole family. The Charity also provides sporting and social opportunities for young adults with learning disabilities.

Public benefit

The year to 31 March 2024 has been another hugely successful year, celebrating the Charity's 10th anniversary with greater clarity and focus. The Charity experienced another period of growth during this year, continuing to expand our staff team to meet identified need and reaching a wider audience from a more diverse demographic. One specific target audience for the Charity is local adult females, often Mums, who are the glue of the family. Supporting them achieves greater impact and has a ripple effect of kindness throughout the whole family. The Charity offered support to local families by providing vital face to face contact, emotional and welfare support where it was needed most. It continues to be the ultimate privilege to connect and be allowed into so many amazing local families' and individuals' lives. For this the Charity is truly grateful.

The Charity's objectives for the public benefit were achieved through the following activities:

10th Anniversary celebrations

In March 2024 the Charity's greatest expedition took place to celebrate this milestone. 40 adults travelled to the iconic city of New York; 20 competing in the New York Half Marathon, which coincided with St Patrick's weekend on 17 March. Over the course of the year, the Charity trained a number of local individuals, many of whom had never run before. They trained in all weathers and their determination to complete the run shone through. The Charity is hugely proud of this achievement and every competitor successfully completed the 13.1-mile run.

The Charity held its annual Celebration Ball themed "Be Kind, Be Colour Be You" at the Apex Hotel in Bath in November 2023. The Charity welcomed 260 guests and offered hospitality to 100 individuals either NHS staff or frontline workers. The opportunity to spend time together and relax in an informal environment with people from all walks of life is an important element of the Charity's vision.

Sporting Family Change Foundation

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Trustees' Report

Another significant milestone this year is the Charity surpassed over £1M raised since it became a registered charity in April 2016. These funds have enabled the Charity to promote and deliver significant kindness across the region, through a variety of activities, examples of which are listed below. We strive to continually build on this, to extend our reach and support more local families.

New Premises

We expanded our premises in Chilcompton and opened a new Women's Wellbeing Centre in July 2023. The launch was attended by 70 local females and stakeholders. This facility is the first of its kind in the area with the aim of promoting and developing positive mental health, as well as physical fitness

Whole Based Mentoring

The demand for our holistic mentoring programme increased significantly. The Charity has supported children and young people in the local community either in primary or secondary school settings.

The Charity successfully delivered 2,489 mentoring sessions supporting 205 teenagers in 17 secondary and primary schools across B&NES and Wiltshire. These teenagers are either based in school or not in education.

Most do not have a positive association with school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals, whilst working alongside their families. Referrals to the Charity have skyrocketed this year due to changes in society and the increase in poor mental health.

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Trustees' Report

"Love Yourself Programme"

A new development was the launch of the "Love Yourself" programme targeted at local teenage girls aged 11- 18, many of whom were either not in school or poor attenders. The programme was designed to increase self-esteem, boost self-confidence and instil self-belief to show the girls they could achieve more than they believed they could and raise aspirations. It was delivered either 1:1 or in small group sessions over the course of the academic year. 15 teenage girls participated with most requesting to return to education at the end of the programme: a testament to its success.

Wellbeing Programme

The Charity continued to deliver its twelve-week Wellbeing Programme either on a 1:1 or 2:1 basis, targeting secondary school students in years 9 -11 in the Norton Radstock area. The course covers exercise, health prevention, nutrition and healthy eating, plus a financial element focusing on budgeting and managing money. It also includes a community volunteering element. The Charity has begun the process of accreditation with the exam board AQA. 21 young people completed the Level 1 Programme this year and 13 young people successfully completed Level 2.

Random Acts of Kindness

The Charity's ethos is based on kindness, dignity and blue-sky thinking; it underpins the programmes it delivers and motivates the Charity to proactively demonstrate this in the B&NES and Wiltshire community. Giving time free of charge, offering support to local families when it is most needed is how the Charity delivers kindness. 1,400 hours of kindness were delivered during the year which equates to £55,000 of support

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset and Wiltshire.

The focus this year has been on continuing to reduce isolation, improve physical fitness and promote positive emotional well-being and resilience.

Highlights:

Social Prescribing

The Charity is a recognised social prescribing delivery partner across Bath and North East Somerset. Social prescribing is a means of enabling GPs and other health professionals to refer their patients to a range of local non-clinical services as an alternative to prescribing medication. It focuses on improving their health, wellbeing and social welfare holistically. As an extension of our social prescribing activity, we became a delivery partner in the Active Way Partnership, supporting local people to improve their health and well-being through supported 1:1 walking sessions and the delivery of "Walk and Talk" small group walking.

Sporting Family Change Foundation
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Charity number: 1166319

Trustees' Report

SFC Run Club

The Charity continued its Running Club which also expanded as more people registered to run the New York Half Marathon in March 2024. Training sessions increased to three times per week and were open to all adults of any ability. The runs have increased in length and pace over time and 20 people regularly participated. 18 people completed a 10km run in the autumn as part of the training programme and 20 people successfully completed the New York Half Marathon on 17 March 2024, giving the experience of a lifetime. A huge achievement considering many people were novice runners!

SFC Supported Walking Programme

The charity's Supported Walk and talk programme for individuals and small groups continued with 135 people engaging in the programme throughout the year. This included local walks in the Somer Valley and B&NES area plus more challenging longer walks including hill walks to prepare for the National 3 Peaks Challenge due to take place in July 2024.

Football Club

The charity's fully inclusive weekly Football Club in Midsomer Norton continues to go from strength to strength. The number of participants increased to 30 with teenagers we currently mentor or used to mentor, young adults with learning disabilities, older people plus those referred via social prescribing actively getting involved. The Club runs throughout the year, providing the opportunity to meet new people, make new friendships as well as get fit and have fun.

Older people's exercise classes

The charity continued gentle chair exercise classes for older people in a number of local care homes and supported housing. The classes proved popular reaching 38 older people. The focus was on improving mobility, developing positive mental health, building confidence and reducing social isolation. Residents were encouraged to build new friendships and socialise outside the classes.

English Club for Ukrainians

The Charity recognised the need for English classes for local Ukrainian families. Within the staff team, the Charity has a qualified T.E.F.L. teacher and a Ukrainian staff member. This enabled the Charity to provide free weekly English classes in Bath.

Ultimately the Charity looks to improve family cohesion through these programmes.

Activities for local young adults with a learning disability

The Charity provided a variety of group sports and healthy activities enabling young adults with a learning disability to mix and have a social life, which they often struggle to access. Activities included, football, a disco, bowling, fitness training, participating in the choir and a trip to the beach.

Events

The Charity has provided numerous opportunities for local families to take part in sporting challenges such as the 4 Countries, 4 Days international cycle ride, 10km run in Bournemouth or Cheddar, walk the Yorkshire 3 Peaks as well as family fun days.

Sporting Family Change Foundation

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Trustees' Report

Women who have connected with the Charity's B.R.A.S project (Believe, Reach, Achieve, Succeed) expressed an interest in singing, so the Charity established a Kindness choir. Practising once a week, the choir has performed at a variety of venues across B&NES including singing at the Bath Christmas Market. The choir has gone from strength to strength receiving requests for them to perform at various community events. There are a number of upcoming performances already scheduled as well as regular performances at the older people's sessions the Charity delivers.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

Strategic Planning

Environmental Change continues to be our strategic focus, underpinning this is our culture of kindness.

The Trustees have increased the Charity's staff team from 10 to 15 employees. This has helped address the huge public need for support which is skyrocketed this year. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Financial review

In this year a surplus of £10,449 (2023: surplus £3,264) was achieved. Total incoming resources were £610,911 (2023: £450,089) which included donations and grants of £76,837 (2023: £135,085). It is key that the Charity continues to attract donations and income from other sources going forward. The income from charitable activities were £534,074 (2023: £315,004) and cost of providing of these activities amounted to £499,827 (2023: £315,004).

Policy on reserves

At 31 March 2024 the Charity had free unrestricted reserves of £205,525 (2023: £167,762) and restricted reserves of £5,000 (2023: £32,315). In prior years the trustees ringfenced the sum of £100,000 for the purpose the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

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Charity number: 1166319

Trustees' Report

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principle risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

Charity staff/volunteers - Each month

Wellbeing - Regular updates relating to the general health and wellbeing of all staff and volunteers.

Delivery of services - All practical measures have been implemented to create the safest working conditions possible - e.g. access to sanitisers and cleaning products, masks, social distancing, etc.

Financial - Each month

Budget - Regular monitoring especially quarterly projected income/expenditure against annual projected budget - looking at any adjustments that may need implementing.

Internally - Profit and loss is regularly monitored to give an accurate cash flow forecast.

Delivery - Any change in delivery of services is to be scrutinised and monitored regularly to ensure compliance with changing Government guidelines.

Fundraising - Regular updates on all grant applications especially successful bids that help sustain

Revenue - All other potential revenue opportunities to be also closely scrutinised.

Sporting Family Change Foundation
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Trustees' Report

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3 year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on 22/11/2024

and signed on its behalf by:

R Bullard
Chair of Trustees



INDEPENDENT EXAMINER'S REPORT

Independent Examiner's Report to the Directors of Sporting Family Change Foundation

This report on the financial statements of the Company for the year ended 31 March 2024, which are set out on pages 2 to 22, is in respect of an examination carried out in accordance with s.145 of the Charities Act 2011.

Respective responsibilities of the PCC and examiner

As the charity's Directors you are responsible for the preparation of the financial statements; you consider that the audit requirement of Regulations and s.145 of the Charities Act 2011 do not apply. It is my responsibility to issue this report on those financial statements in accordance with the terms of the Regulations.

Basis of this report

My examination was carried out in accordance with the General Directions given by the Charity Commission under s.145(5) (b) of the Charities Act 2011. That examination includes a review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes considering any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that in any material respect, the requirements
- to keep accounting records in accordance with section 130 of the Charities Act 2011 and S386 of the Companies Act 2006
 - to prepare financial statements, which accord with the accounting records and comply with the requirements of the Charities Act 2011 and Regulations, and S396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or
- (2) to which, in my opinion, attentions should be drawn in order to enable a proper understanding of the accounts to be reached.

Name of Principal
Name of firm
Relevant professional qualification or body
Address:

Mr Matthew Porter FCA
Haines Watts
ICAEW
Enterprise House, Timbrell Street, Trowbridge,
Wiltshire, BA14 8PL



6 December 2024

**Sporting Family Change Foundation
Statement of Financial Activities
for the year ended 31 March 2024**

**(Including Income and Expenditure Account and Statement of Total Recognised
Gains and Losses)**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income and Endowments from:				
Donations	2	58,540	18,297	76,837
Charitable activities	3	534,074	-	534,074
Total income		592,614	18,297	610,911
Expenditure				
Cost of raising funds:	4	100,635	-	100,635
Charitable activities		454,216	45,611	499,827
Total expenditure		554,851	45,611	600,462
Net income/(expenditure)		37,763	(27,314)	10,449
Reconciliation of funds				
Total funds brought forward		167,762	32,315	200,077
Balance transfers		-	-	-
Total funds carried forward		205,525	5,000	210,525
		Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income and Endowments from:				
Donations		49,095	85,990	135,085
Charitable activities		315,004	-	315,004
Total income		364,099	85,990	450,089
Expenditure				
Cost of raising funds:		22,184	-	22,184
Charitable activities		290,588	134,054	424,642
Total expenditure		312,772	134,054	446,826
Net income/(expenditure)		51,327	(48,064)	3,264
Reconciliation of funds				
Total funds brought forward		116,489	80,325	196,814
Balance transfers		(55)	55	-
Total funds carried forward		167,762	32,315	200,077

Sporting Family Change Foundation

Registered number: 09507319

**Balance Sheet
as at 31 March 2024**

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	7	13,240	7,658
Current assets			
Debtors	8	125,377	84,770
Cash at bank and in hand		103,615	128,422
		<u>228,992</u>	<u>213,192</u>
Creditors: amounts falling due within one year	9	31,707	20,773
Net current assets		<u>197,285</u>	<u>192,419</u>
Total assets less current liabilities		<u>210,525</u>	<u>200,077</u>
Net assets		<u>210,525</u>	<u>200,077</u>
Funds	11		
Unrestricted funds		205,525	167,762
Restricted funds		5,000	32,315
Total funds		<u>210,525</u>	<u>200,077</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

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

The financial statements were approved by the Trustees on:

Signature

Name

Position

22/11/2024



R Bullard

Chair

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sporting Family Change Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy 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 Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

Trade debtors

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

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2024 Total	2023 Total
	£	£	£	£
Donations and legacies;				
Donations	51,516	-	51,516	68,529
Gift aid reclaimed	-	-	-	13
Grants, including capital grants;				
Grants from other charities	7,024	18,297	25,321	66,543
	<u>58,540</u>	<u>18,297</u>	<u>76,837</u>	<u>135,085</u>
3 Income from charitable activities				
Fundraising	44,188	-	44,188	8,594
Café	983	-	983	4,045
Mentoring	488,903	-	488,903	302,365
	<u>534,074</u>	<u>-</u>	<u>534,074</u>	<u>315,004</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024

4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2024 Total £	2023 Total £
<i>Cost of generating funds</i>				
Fundraising and events	84,598	-	84,598	21,194
Advertising	16,037	-	16,037	990
	<u>100,635</u>	<u>-</u>	<u>100,635</u>	<u>22,184</u>
			Total 2024 £	Total 2023 £
<i>Charitable activities expenditure</i>				
Resources	972	-	972	11,161
Venue Hire	636	-	636	1,051
Mentoring costs	25,544	75	25,619	15,362
Entrance fees	547	-	547	724
Charitable expenditure	33,227	-	33,227	26,951
Café expenditure	3,942	-	3,942	8,975
Wages and salaries	227,727	45,341	273,068	218,968
Staff NIC	11,319	-	11,319	13,708
Staff pensions	4,906	-	4,906	4,697
Transport costs	38,224	-	38,224	29,863
Premises costs	56,073	-	56,073	36,359
Staff training	1,803	-	1,803	208
Repairs and maintenance	13,710	195	13,905	28,945
Telephone and internet	1,103	-	1,103	844
Sundry expenses	348	-	348	266
Refreshments	27,720	-	27,720	20,661
Bookkeeping fees	1,898	-	1,898	2,444
Independent examiners fee	600	-	600	750
Legal and professional fees	-	-	-	388
Insurance	736	-	736	645
Printing, postage and stationery	281	-	281	598
Depreciation	2,900	-	2,900	1,074
	<u>454,216</u>	<u>45,611</u>	<u>499,827</u>	<u>424,642</u>

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024**

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs	2024	2023
	£	£
The aggregate payroll costs were as follows:		
Wages and salaries	273,069	218,969
Social security costs	11,319	13,708
Pension costs	4,906	4,697
	<u>289,294</u>	<u>237,374</u>

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2024	2023
	Number	Number
Charitable activities	<u>14</u>	<u>10</u>

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor Vehicles £	Fixtures and fittings £	Office equipment £	Total £
Cost				
At 1 April 2023	4,917	3,500	6,198	14,615
Additions	-	6,000	2,482	8,482
Disposals				-
At 31 March 2024	<u>4,917</u>	<u>9,500</u>	<u>8,680</u>	<u>23,097</u>
Depreciation				
At 1 April 2023	327	1,596	5,034	6,957
Charge for the year	918	1,381	601	2,900
On disposals			-	-
At 31 March 2024	<u>1,245</u>	<u>2,977</u>	<u>5,635</u>	<u>9,857</u>
Net book value				
At 31 March 2024	<u>3,672</u>	<u>6,523</u>	<u>3,045</u>	<u>13,240</u>
At 31 March 2023	<u>4,590</u>	<u>1,904</u>	<u>1,164</u>	<u>7,658</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024

8 Debtors	2024	2023
	£	£
Trade debtors	108,200	76,303
Other debtors	430	
Prepayments	16,747	8,467
	<u>125,377</u>	<u>84,770</u>

9 Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	27,697	10,445
Taxation and social security costs	2,161	8,921
Other creditors	1,099	657
Accruals and deferred grants	750	750
	<u>31,707</u>	<u>20,773</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £4,906 (2023 - £4,697).

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024**

11 Funds	Balance at 1 April 2023	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2024
Unrestricted funds					
General fund	67,762	592,614	(554,850)	-	105,525
Designated funds					
Foundation for Life Centre	100,000	-	-	-	100,000
Total Unrestricted funds	167,762	592,614	(554,850)	-	205,525
Restricted funds					
St Johns Foundation - Special Programme	2,314	-	(2,314)	-	-
National Lottery Small Grants	5,000	-	(5,000)	-	-
Medlock Charitable Trust	15,000	-	(15,000)	-	-
BANES Council COMF 2	10,000	-	(6,000)	-	4,000
RUH	-	7,600	(7,600)	-	-
Norrie Trust	-	2,000	(2,000)	-	-
St James Place	-	2,699	(2,699)	-	-
Bath Women's Fund	-	4,000	(3,000)	-	1,000
Quartet Community Foundation	-	1,998	(1,998)	-	-
Total restricted funds	32,314	18,297	(45,611)	-	5,000
Total funds	200,077	610,911	(600,461)	-	210,525

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2024**

The specific purposes for which the funds are to be applied are as follows:

St John's Foundation – Special Programme

Ringfenced for the capital cost of the Foundation for Life Centre.

National Lottery Small Grants

Delivering gentle exercise classes for older people in local community in Norton Radstock.

Medlock Charitable Trust £15,000

Supporting social prescribing and recovery phase sports activities.

BANES COMF 2 (Contain Outbreak Management Fund)

To deliver a physical exercise Transition Programme to help young people transition from primary to secondary school in B&NES.

Royal United Hospital (RUH)

Towards healthy activity groups sessions for those most affected by the pandemic.

Norrie Trust

Towards supporting healthy activities at our Women's Wellbeing Centre.

St James Place Charitable Foundation

Towards our teenage girls mentoring project "Love Yourself"

Bath Women's Fund

Towards the costs of supporting women to improve their mental health resilience, social connectedness, become physically fitter and more pro-actively involved in their local communities.

Quartet Community Foundation

Towards our teenage girls mentoring project "Love Yourself"

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £32,100 (2023: £29,167) and reimbursed expenses of £20,898 (2023: £26,596) were paid during the period. The remuneration was paid under express power given in the governing document.

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

SPORTING FAMILY CHANGE FOUNDATION

England & Wales - Charity number 1166319

Accounts

Registered number
09507319

Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)

Report and Financial Statements

31 March 2023

**Sporting Family Change Foundation
Report and Financial Statements
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**Sporting Family Change Foundation
Company Information**

Trustees

R Bullard
J C Wicks
E C Bloor
C M Murphy
G J Musto
Kelly R Fuller

Secretary

J W Deane

Independent Examiner

Mr Matthew Porter FCA
Haines Watts
Enterprise House
Timbrell Street
Trowbridge
Wiltshire
BA14 8PL

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank
PO Box 250
WN8 6WT

Principal Office

Unit 3A
New Rock Industrial Estate
Chilcompton
Radstock
BA3 4JE

The Charity is incorporated in England and Wales.

Registered number

09507319

Charity number

1166319

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Objectives and activities

Objects and aims

The objective of the Charity is to use sport to empower, inspire and motivate local families in the community to make positive long-term lifestyle changes, through a variety of healthy opportunities.

This is achieved through the Charity's whole based mentoring programme predominantly delivered in secondary schools and a variety of sports-based projects encouraging healthy activities for individuals and the whole family. The Charity also provides sporting and social opportunities for young adults with learning disabilities. Despite the coronavirus pandemic being over, we still found these activities had to be adapted to respond to the toxic legacy it has left and impact on local people, whilst continuing to meet their changing needs.

Public benefit

The year to 31 March 2023 has been another hugely successful year, with greater clarity and focus for the Charity. The charity consolidated its activities, before another period of growth expanding our staff team and reaching a wider audience from a more diverse demographic. The Charity continued to support local families providing vital face to face contact, emotional and welfare support where it was needed most. It continues to be the ultimate privilege to connect and be allowed into so many amazing local families' and individuals' lives. For this the Charity is truly grateful.

The Charity's objectives for the public benefit were achieved through the following activities:

New Premises

A move to a larger premises in April, just outside Midsomer Norton provided more space for a greater range of healthy activities, supporting more local individuals and families.

Whole Based Mentoring

The demand for our holistic mentoring programme increased significantly. The Charity has supported children and young people in the local community and either in primary or secondary school settings.

Primary Mentoring – successfully delivered 624 mentoring sessions supporting 16 children in 5 primary schools across B&NES.

Secondary Mentoring – successfully delivered 1,920 mentoring sessions supporting 170 teenagers in 10 secondary schools across B&NES and Wiltshire. These teenagers are either based in school or not in education.

Sporting Family Change Foundation

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Charity number: 1166319

Trustees' Report

Most do not have a positive association with school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals whilst working alongside their families. Referrals to the Charity have skyrocketed this year due to the ongoing legacy of the coronavirus pandemic.

Wellbeing Programme

In September 2022 the Charity began delivering its twelve week Wellbeing Programme. This was delivered 1:1 or 2:1 and targeted at secondary school students in years 9 -11 in the Norton Radstock area. The course covers exercise, health prevention, nutrition and healthy eating, plus a financial element focusing on budgeting and managing money. It also includes a community volunteering element. Following on from the success of the Level 1 Programme which 24 young people completed this year, the need for a Level 2 Programme became apparent. We designed and produced the Level 2 Wellbeing Programme, which 12 young people successfully completed.

Random Acts of Kindness

The Charity's ethos is based on kindness, dignity and blue-sky thinking; it underpins the programmes it delivers and motivates the Charity to proactively demonstrate this in the B&NES community. Giving time free of charge, offering support to local families when it is most needed is how the Charity delivers kindness. 1,228 hours of kindness were delivered during the year which equates to £50,000 of support.

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset.

The focus this year has been on continuing to reduce isolation, improve physical fitness, emotional well-being and resilience to diminish the negative impact of the coronavirus pandemic.

Highlights:

Social Prescribing

The Charity is a recognised social prescribing delivery partner across Bath and North East Somerset. Social prescribing is a means of enabling GPs and other health professionals to refer their patients to a range of local non-clinical services as an alternative to prescribing medication. It focuses on improving their health, wellbeing and social welfare holistically. Green social prescribing is about exercising in the fresh air to improve people's health and well-being. The type of activities the Charity delivered included walking, cycling, running and kayaking.

Sporting Family Change Foundation
Registered number: 09507319
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Trustees' Report

SFC Run Club

The Charity started a Running Club as an extension of the Supported Walk and Talk sessions in June 2022. Training sessions ran weekly and were open to all ages and abilities. The runs have increased in length and pace over time and 12 people regularly participated. 9 completed a 10km run in Sept 2022.

Supported Walking Programme

The charity's Supported Walk and talk programme for individuals and small groups continued with 120 people engaging in the programme throughout the year. This included local walks in the Somer Valley and B&NES area plus more challenging longer walks including hill walks to prepare for the Yorkshire 3 Peaks Challenge.

Football Club

The charity's fully inclusive weekly Football Club In Midsomer Norton continues to go from strength to strength. The number of participants increased to 30 with teenagers we currently mentor or used to mentor, young adults with learning disabilities, older people plus those referred via social prescribing actively getting involved. The Club runs throughout the year, providing the opportunity to meet new people, make new friendships as well as get fit and have fun.

Older people's exercise classes

The charity started gentle chair exercise classes for older people in a local care home and also local supported housing in Feb 2023. The classes proved popular reaching 40 older people. The focus was on improving mobility, developing positive mental health, building confidence and reducing social isolation. Residents were encouraged to build new friendships and socialise outside the classes.

Ultimately the Charity looks to improve family cohesion through these programmes.

Activities for local young adults with a learning disability

Once Government restrictions eased, the Charity resumed their usual group sports and healthy activities supporting young adults so they can mix and have a social life, which they often struggle to access. Activities included developing life skills – cookery course, football, bowling, boxing, go-karting, fitness training and a trip to the beach.

Events

The Charity held its annual Celebration Ball at the Apex Hotel in Bath in November 2022. The Charity welcomed 240 guests and offered hospitality to 40 NHS staff. The opportunity to spend time together and relax in an informal environment with people from all walks of life is an important element of the Charity's vision.

The Charity also provided numerous opportunities for local families to take part, either in sporting challenges such as the Westonbirt Sprint Triathlon, SFC Skydive, 5Km Inflatable Challenge, 10km Pizza Run, or family fun days – "Heroes and Villains" fancy dress fun run in August 2022.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

Sporting Family Change Foundation
Registered number: 08507319
Charity number: 1166319

Trustees' Report

Strategic Planning

Environmental Change continues to be our strategic focus, underpinning this is our culture of kindness.

The Trustees have increased the Charity's staff team from 7 to 10 employees. This has helped address the huge public need for support which is continually emerging, particularly as a legacy of the coronavirus pandemic. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Financial review

In this year a surplus of £3,264 (2022: deficit £16,094) was achieved. Total incoming resources were £450,089 (2022: £279,832) which included donations and grants of £135,085 (2022: £133,057). It is key that the Charity continues to attract donations and income from other sources going forward as the income from charitable activities of £315,004 (2022: £146,775) continues to be considerably lower than the cost of the provision of these activities which amounted to £424,643 (2022: £278,264).

Policy on reserves

At 31 March 2023 the Charity had free unrestricted reserves of £167,762 (2022: £116,489) and restricted reserves of £32,315 (2022: £60,325). In the prior year the trustees ringfenced the sum of £100,000 for the purpose the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principle risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

COVID related control measures

Since the start of the COVID pandemic the Trustees have continued to implement the control measures listed below, where necessary:

Charity staff/volunteers - Each month

Wellbeing - Regular updates relating to the general health and wellbeing of all staff and volunteers.

Delivery of services - All practical measures have been implemented to create the safest working conditions possible - e.g. access to sanitisers and cleaning products, masks, social distancing, etc.

Financial - Each month

Budget - Regular monitoring especially quarterly projected income/expenditure against annual projected budget - looking at any adjustments that may need implementing.

Internally - Profit and loss is regularly monitored to give an accurate cash flow forecast.

Delivery - Any change in delivery of services is to be scrutinised and monitored regularly to ensure compliance with changing Government guidelines.

Fundraising - Regular updates on all grant applications especially successful bids that help sustain

Revenue - All other potential revenue opportunities to be also closely scrutinised.

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3 year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on 12/12/2023

and signed on its behalf by:

R Bullard
Chair of Trustees



EXAMINER'S REPORT

Independent Examiner's Report to the Directors of Sporting Family Change Foundation

This report on the financial statements of the Company for the year ended 31 March 2023, which are set out on pages 2 to 21, is in respect of an examination carried out in accordance with s.145 of the Charities Act 2011.

Respective responsibilities of the PCC and examiner

As the charity's Directors you are responsible for the preparation of the financial statements; you consider that the audit requirement of Regulations and s.145 of the Charities Act 2011 do not apply. It is my responsibility to issue this report on those financial statements in accordance with the terms of the Regulations.

Basis of this report

My examination was carried out in accordance with the General Directions given by the Charity Commission under s.145(5) (b) of the Charities Act 2011. That examination includes a review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes considering any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that in any material respect, the requirements
- to keep accounting records in accordance with section 130 of the Charities Act 2011 and S386 of the Companies Act 2006
 - to prepare financial statements, which accord with the accounting records and comply with the requirements of the Charities Act 2011 and Regulations, and S396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or
- (2) to which, in my opinion, attentions should be drawn in order to enable a proper understanding of the accounts to be reached.

Name of Principal
Name of firm
Relevant professional qualification or body
Address:

Mr Matthew Porter FCA
Haines Watts
ICAEW
Enterprise House, Timbrell Street, Trowbridge,
Wiltshire, BA14 8PL

Matthew Porter.

20 December 2023

**Sporting Family Change Foundation
Statement of Financial Activities
for the year ended 31 March 2023**

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income and Endowments from:				
Donations	2	49,095	85,990	135,085
Charitable activities	3	315,004	-	315,004
Total income		364,099	85,990	450,089
Expenditure				
Cost of raising funds:	4	22,184	-	22,184
Charitable activities		290,588	134,054	424,642
Total expenditure		312,772	134,054	446,826
Net income/(expenditure)		51,327	(48,064)	3,264
Reconciliation of funds				
Total funds brought forward		116,489	80,325	196,814
Balance transfers		(55)	55	-
Total funds carried forward		167,762	32,315	200,077
		Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income and Endowments from:				
Donations		45,390	87,667	133,057
Charitable activities		146,775	-	146,775
Total income		192,165	87,667	279,832
Expenditure				
Cost of raising funds:		17,662	-	17,662
Charitable activities		212,463	65,801	278,264
Total expenditure		230,125	65,801	295,926
Net income/(expenditure)		(37,960)	21,866	(16,094)
Reconciliation of funds				
Total funds brought forward		154,500	58,408	212,908
Balance transfers		(51)	51	-
Total funds carried forward		116,489	80,325	196,814

All income and expenditure derive from continuing activities.

Sporting Family Change Foundation

Registered number: 09507319

**Balance Sheet
as at 31 March 2023**

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	7	7,658	4,232
Current assets			
Debtors	8	84,770	44,060
Cash at bank and in hand		128,422	159,135
		<u>213,192</u>	<u>203,195</u>
Creditors: amounts falling due within one year	9	20,773	10,613
Net current assets		<u>192,419</u>	<u>192,582</u>
Total assets less current liabilities		<u>200,077</u>	<u>196,814</u>
Net assets		<u>200,077</u>	<u>196,814</u>
Funds	11		
Unrestricted funds		167,762	116,489
Restricted funds		32,315	80,325
Total funds		<u>200,077</u>	<u>196,814</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 12/12/2023 and signed on their behalf by:



R Bullard
Chair of Trustees

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sporting Family Change Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy 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 Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

Trade debtors

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

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2023 Total	2022 Total
	£	£	£	£
Donations and legacies;				
Donations from individuals	48,529	20,000	68,529	37,297
Gift aid reclaimed	13	-	13	1,014
Grants, including capital grants;				
Grants from other charities	553	65,990	66,543	84,746
	<u>49,095</u>	<u>85,990</u>	<u>135,085</u>	<u>133,057</u>
3 Income from charitable activities				
Fundraising	8,594	-	8,594	5,950
Café	4,045	-	4,045	-
Mentoring	302,365	-	302,365	140,825
	<u>315,004</u>	<u>-</u>	<u>315,004</u>	<u>146,775</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2023 Total £	2022 Total £
Cost of generating donations and legacies				
Fundraising and events	21,194	-	21,194	17,050
Advertising	990	-	990	612
	<u>22,184</u>	<u>-</u>	<u>22,184</u>	<u>17,662</u>
			Total 2023 £	Total 2022 £
Charitable activities expenditure				
Resources	3,291	7,870	11,161	1,930
Venue Hire	1,051	-	1,051	443
Mentoring costs	15,362	-	15,362	30,196
Entrance fees	175	549	724	395
Charitable expenditure	24,848	2,103	26,951	23,116
Café expenditure	8,975	-	8,975	-
Wages and salaries	121,108	97,860	218,968	168,979
Staff NIC	13,708	-	13,708	10,982
Staff pensions	4,697	-	4,697	3,685
Transport costs	28,016	1,847	29,863	7,809
Premises costs	36,359	-	36,359	13,178
Staff training	208	-	208	-
Repairs and maintenance	6,617	22,328	28,945	3,335
Telephone and internet	844	-	844	668
Sundry expenses	266	-	266	3,042
Refreshments	19,424	1,237	20,661	3,712
Bookkeeping fees	2,444	-	2,444	3,142
Independent examiners fee	750	-	750	-
Legal and professional fees	388	-	388	100
Consulting	-	-	-	500
Insurance	645	-	645	1,248
Printing, postage and stationery	338	260	598	596
Depreciation	1,074	-	1,074	1,228
	<u>290,588</u>	<u>134,054</u>	<u>424,642</u>	<u>278,264</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs	2023	2022
	£	£
The aggregate payroll costs were as follows:		
Wages and salaries	218,969	188,979
Social security costs	13,708	10,962
Pension costs	4,697	3,685
	<u>237,374</u>	<u>183,626</u>

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2023	2022
	Number	Number
Charitable activities	<u>10</u>	<u>8</u>

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor Vehicles	Fixtures and fittings	Office equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	417	3,500	6,198	10,115
Additions	4,500	-	-	4,500
Disposals				-
At 31 March 2023	<u>4,917</u>	<u>3,500</u>	<u>6,198</u>	<u>14,615</u>
Depreciation				
At 1 April 2022	117	1,120	4,648	5,883
Charge for the year	210	476	388	1,074
On disposals				-
At 31 March 2023	<u>327</u>	<u>1,596</u>	<u>5,034</u>	<u>6,957</u>
Net book value				
At 31 March 2023	<u>4,590</u>	<u>1,904</u>	<u>1,164</u>	<u>7,658</u>
At 31 March 2022	<u>300</u>	<u>2,380</u>	<u>1,552</u>	<u>4,232</u>

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

8 Debtors	2023	2022
	£	£
Trade debtors	76,303	44,060
Prepayments	8,467	-
	<u>84,770</u>	<u>44,060</u>
9 Creditors: amounts falling due within one year	2023	2022
	£	£
Trade creditors	10,445	7,079
Taxation and social security costs	8,921	2,868
Other creditors	657	166
Accruals and deferred grants	750	500
	<u>20,773</u>	<u>10,613</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £4,697 (2022 - £3,685).

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

11 Funds	Balance at 1 April 2022	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2023
Unrestricted funds					
General fund	16,488	364,099	(312,771)	(55)	67,762
Designated funds					
Foundation for Life Centre	100,000	-	-	-	100,000
Total Unrestricted funds	116,488	364,099	(312,771)	(55)	167,762
Restricted funds					
St Johns Foundation - Special Programme	25,771	-	(23,456)	-	2,315
Medlock Charitable Trust	9,000	-	(9,000)	-	-
Quartet Community Foundation - Bath Half Marathon Fund	6,896	-	(6,896)	-	-
Big Local Redstock and Westfield	198	6,461	(6,658)	-	-
BANES - Covid Outbreak Management Fund	23,468	-	(23,466)	-	-
Natural England	4,995	-	(4,995)	-	-
Charities Trust - Nationwide Building Society - Colleague Grant	10,000	-	(10,000)	-	-
Medlock Charitable Trust	-	5,000	(5,055)	55	-
National Lottery Small Grants	-	9,993	(4,993)	-	5,000
Medlock Charitable Trust	-	15,000	-	-	15,000
BANES Council COMF 2	-	26,584	(16,584)	-	10,000
Wesport - Together Fund	-	5,021	(5,021)	-	-
NHS - Charities Together BSW Fund	-	2,529	(2,529)	-	-
Medlock Charitable Trust	-	5,000	(5,000)	-	-
Quartet Community Foundation	-	1,940	(1,940)	-	-
BANES Violence Reduction Grant	-	4,000	(4,000)	-	-
B&NES Council -Ukrainian grant	-	1,996	(1,996)	-	-
BANES	-	2,000	(2,000)	-	-
Wessex Water	-	466	(466)	-	-
Total restricted funds	80,325	85,990	(134,055)	55	32,315
Total funds	196,814	450,089	(446,826)	-	200,077

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

The specific purposes for which the funds are to be applied are as follows:

St John's Foundation – Special Programme

Ringfenced for the capital cost of the Foundation for Life Centre.

Medlock Charitable Trust

Delivering 1:1 exercise sessions for local adults referred through social prescribing and GP surgeries across B&NES.

Quartet Community Foundation - Bath Half Marathon Fund

to purchase gym equipment enabling us to support more families to become fitter in B&NES.

Big Local Radstock and Westfield

Supporting local parents in Radstock and Westfield referred by social prescribers with 1:1 exercise sessions to improve their physical and mental health.

B&NES Council – Covid Outbreak Management Fund

For a Recovery Phase Exercise Programme for adults/parents across B&NES to improve their fitness and emotional resilience post pandemic.

Natural England

For Green social prescribing activities for men and teenage boys, referred by local GP surgeries in Midsomer Norton.

Charities Trust – Nationwide Building Society - Colleague Grant

For monthly sports and healthy activities supporting young adults with learning disabilities.

National Lottery Small Grants

Delivering gentle exercise classes for older people in local community in Norton Radstock.

Medlock Charitable Trust £15,000

Supporting social prescribing and recovery phase sports activities.

BANES COMF 2 (Contain Outbreak Management Fund)

To deliver a physical exercise Transition Programme to help young people transition from primary to secondary school in B&NES.

Wesport - Together Fund

Supporting families disproportionately affected by the Covid pandemic to improve their mental health and physical fitness via sports sessions and healthy activities.

NHS - Charities Together BSW Fund

For healthy activity group sessions post Covid supporting those most affected by the pandemic.

Medlock Charitable Trust £5000, £5000

To support our work in the community with Ukrainian refugees.

Quartet Community Foundation

Developing the charity's fully inclusive football club in the Norton Radstock area.

BANES Violence Reduction Grant

For the "Love Yourself" programme supporting teenage girls in B&NES

B&NES Council -Ukrainian grant (£1,000)

Supporting local Ukrainian families from across B&NES with sports and healthy exercise in their local communities.

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

Wessex Water

To purchase kayaks and equipment to improve the fitness of local families.

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £29,167 (2022: £26,103) and reimbursed expenses of £26,596 (2022: £17,257) were paid during the period. The remuneration was paid under express power given in the governing document.

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Registered number
09507319

Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)

Report and Financial Statements

31 March 2023

**Sporting Family Change Foundation
Report and Financial Statements
Contents**

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**Sporting Family Change Foundation
Company Information**

Trustees

R Bullard
J C Wicks
E C Bloor
C M Murphy
G J Musto
Kelly R Fuller

Secretary

J W Deane

Independent Examiner

Mr Matthew Porter FCA
Haines Watts
Enterprise House
Timbrell Street
Trowbridge
Wiltshire
BA14 8PL

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank
PO Box 250
WN8 6WT

Principal Office

Unit 3A
New Rock Industrial Estate
Chilcompton
Radstock
BA3 4JE

The Charity is incorporated in England and Wales.

Registered number

09507319

Charity number

1166319

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Objectives and activities

Objects and aims

The objective of the Charity is to use sport to empower, inspire and motivate local families in the community to make positive long-term lifestyle changes, through a variety of healthy opportunities.

This is achieved through the Charity's whole based mentoring programme predominantly delivered in secondary schools and a variety of sports-based projects encouraging healthy activities for individuals and the whole family. The Charity also provides sporting and social opportunities for young adults with learning disabilities. Despite the coronavirus pandemic being over, we still found these activities had to be adapted to respond to the toxic legacy it has left and impact on local people, whilst continuing to meet their changing needs.

Public benefit

The year to 31 March 2023 has been another hugely successful year, with greater clarity and focus for the Charity. The charity consolidated its activities, before another period of growth expanding our staff team and reaching a wider audience from a more diverse demographic. The Charity continued to support local families providing vital face to face contact, emotional and welfare support where it was needed most. It continues to be the ultimate privilege to connect and be allowed into so many amazing local families' and individuals' lives. For this the Charity is truly grateful.

The Charity's objectives for the public benefit were achieved through the following activities:

New Premises

A move to a larger premises in April, just outside Midsomer Norton provided more space for a greater range of healthy activities, supporting more local individuals and families.

Whole Based Mentoring

The demand for our holistic mentoring programme increased significantly. The Charity has supported children and young people in the local community and either in primary or secondary school settings.

Primary Mentoring – successfully delivered 624 mentoring sessions supporting 16 children in 5 primary schools across B&NES.

Secondary Mentoring – successfully delivered 1,920 mentoring sessions supporting 170 teenagers in 10 secondary schools across B&NES and Wiltshire. These teenagers are either based in school or not in education.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Most do not have a positive association with school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals whilst working alongside their families. Referrals to the Charity have skyrocketed this year due to the ongoing legacy of the coronavirus pandemic.

Wellbeing Programme

In September 2022 the Charity began delivering its twelve week Wellbeing Programme. This was delivered 1:1 or 2:1 and targeted at secondary school students in years 9 -11 in the Norton Radstock area. The course covers exercise, health prevention, nutrition and healthy eating, plus a financial element focusing on budgeting and managing money. It also includes a community volunteering element. Following on from the success of the Level 1 Programme which 24 young people completed this year, the need for a Level 2 Programme became apparent. We designed and produced the Level 2 Wellbeing Programme, which 12 young people successfully completed.

Random Acts of Kindness

The Charity's ethos is based on kindness, dignity and blue-sky thinking; it underpins the programmes it delivers and motivates the Charity to proactively demonstrate this in the B&NES community. Giving time free of charge, offering support to local families when it is most needed is how the Charity delivers kindness. 1,228 hours of kindness were delivered during the year which equates to £50,000 of support.

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset.

The focus this year has been on continuing to reduce isolation, improve physical fitness, emotional well-being and resilience to diminish the negative impact of the coronavirus pandemic.

Highlights:

Social Prescribing

The Charity is a recognised social prescribing delivery partner across Bath and North East Somerset. Social prescribing is a means of enabling GPs and other health professionals to refer their patients to a range of local non-clinical services as an alternative to prescribing medication. It focuses on improving their health, wellbeing and social welfare holistically. Green social prescribing is about exercising in the fresh air to improve people's health and well-being. The type of activities the Charity delivered included walking, cycling, running and kayaking.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

SFC Run Club

The Charity started a Running Club as an extension of the Supported Walk and Talk sessions in June 2022. Training sessions ran weekly and were open to all ages and abilities. The runs have increased in length and pace over time and 12 people regularly participated. 9 completed a 10km run in Sept 2022.

Supported Walking Programme

The charity's Supported Walk and talk programme for individuals and small groups continued with 120 people engaging in the programme throughout the year. This included local walks in the Somer Valley and B&NES area plus more challenging longer walks including hill walks to prepare for the Yorkshire 3 Peaks Challenge.

Football Club

The charity's fully inclusive weekly Football Club In Midsomer Norton continues to go from strength to strength. The number of participants increased to 30 with teenagers we currently mentor or used to mentor, young adults with learning disabilities, older people plus those referred via social prescribing actively getting involved. The Club runs throughout the year, providing the opportunity to meet new people, make new friendships as well as get fit and have fun.

Older people's exercise classes

The charity started gentle chair exercise classes for older people in a local care home and also local supported housing in Feb 2023. The classes proved popular reaching 40 older people. The focus was on improving mobility, developing positive mental health, building confidence and reducing social isolation. Residents were encouraged to build new friendships and socialise outside the classes.

Ultimately the Charity looks to improve family cohesion through these programmes.

Activities for local young adults with a learning disability

Once Government restrictions eased, the Charity resumed their usual group sports and healthy activities supporting young adults so they can mix and have a social life, which they often struggle to access. Activities included developing life skills – cookery course, football, bowling, boxing, go-karting, fitness training and a trip to the beach.

Events

The Charity held its annual Celebration Ball at the Apex Hotel in Bath in November 2022. The Charity welcomed 240 guests and offered hospitality to 40 NHS staff. The opportunity to spend time together and relax in an informal environment with people from all walks of life is an important element of the Charity's vision.

The Charity also provided numerous opportunities for local families to take part, either in sporting challenges such as the Westonbirt Sprint Triathlon, SFC Skydive, 5Km Inflatable Challenge, 10km Pizza Run, or family fun days – "Heroes and Villains" fancy dress fun run in August 2022.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

Sporting Family Change Foundation
Registered number: 08507319
Charity number: 1166319

Trustees' Report

Strategic Planning

Environmental Change continues to be our strategic focus, underpinning this is our culture of kindness.

The Trustees have increased the Charity's staff team from 7 to 10 employees. This has helped address the huge public need for support which is continually emerging, particularly as a legacy of the coronavirus pandemic. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Financial review

In this year a surplus of £3,264 (2022: deficit £16,094) was achieved. Total incoming resources were £450,089 (2022: £279,832) which included donations and grants of £135,085 (2022: £133,057). It is key that the Charity continues to attract donations and income from other sources going forward as the income from charitable activities of £315,004 (2022: £146,775) continues to be considerably lower than the cost of the provision of these activities which amounted to £424,643 (2022: £278,264).

Policy on reserves

At 31 March 2023 the Charity had free unrestricted reserves of £167,762 (2022: £116,489) and restricted reserves of £32,315 (2022: £60,325). In the prior year the trustees ringfenced the sum of £100,000 for the purpose the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principle risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

COVID related control measures

Since the start of the COVID pandemic the Trustees have continued to implement the control measures listed below, where necessary:

Charity staff/volunteers - Each month

Wellbeing - Regular updates relating to the general health and wellbeing of all staff and volunteers.

Delivery of services - All practical measures have been implemented to create the safest working conditions possible - e.g. access to sanitisers and cleaning products, masks, social distancing, etc.

Financial - Each month

Budget - Regular monitoring especially quarterly projected income/expenditure against annual projected budget - looking at any adjustments that may need implementing.

Internally - Profit and loss is regularly monitored to give an accurate cash flow forecast.

Delivery - Any change in delivery of services is to be scrutinised and monitored regularly to ensure compliance with changing Government guidelines.

Fundraising - Regular updates on all grant applications especially successful bids that help sustain

Revenue - All other potential revenue opportunities to be also closely scrutinised.

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3 year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on 12/12/2023

and signed on its behalf by:

R Bullard
Chair of Trustees



EXAMINER'S REPORT

Independent Examiner's Report to the Directors of Sporting Family Change Foundation

This report on the financial statements of the Company for the year ended 31 March 2023, which are set out on pages 2 to 21, is in respect of an examination carried out in accordance with s.145 of the Charities Act 2011.

Respective responsibilities of the PCC and examiner

As the charity's Directors you are responsible for the preparation of the financial statements; you consider that the audit requirement of Regulations and s.145 of the Charities Act 2011 do not apply. It is my responsibility to issue this report on those financial statements in accordance with the terms of the Regulations.

Basis of this report

My examination was carried out in accordance with the General Directions given by the Charity Commission under s.145(5) (b) of the Charities Act 2011. That examination includes a review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes considering any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that in any material respect, the requirements
- to keep accounting records in accordance with section 130 of the Charities Act 2011 and S386 of the Companies Act 2006
 - to prepare financial statements, which accord with the accounting records and comply with the requirements of the Charities Act 2011 and Regulations, and S396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or
- (2) to which, in my opinion, attentions should be drawn in order to enable a proper understanding of the accounts to be reached.

Name of Principal
Name of firm
Relevant professional qualification or body
Address:

Mr Matthew Porter FCA
Haines Watts
ICAEW
Enterprise House, Timbrell Street, Trowbridge,
Wiltshire, BA14 8PL

Matthew Porter.

20 December 2023

**Sporting Family Change Foundation
Statement of Financial Activities
for the year ended 31 March 2023**

**(Including Income and Expenditure Account and Statement of Total Recognised
Gains and Losses)**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income and Endowments from:				
Donations	2	49,095	85,990	135,085
Charitable activities	3	315,004	-	315,004
Total income		364,099	85,990	450,089
Expenditure				
Cost of raising funds:	4	22,184	-	22,184
Charitable activities		290,588	134,054	424,642
Total expenditure		312,772	134,054	446,826
Net income/(expenditure)		51,327	(48,064)	3,264
Reconciliation of funds				
Total funds brought forward		116,489	80,325	196,814
Balance transfers		(55)	55	-
Total funds carried forward		167,762	32,315	200,077
		Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income and Endowments from:				
Donations		45,390	87,667	133,057
Charitable activities		146,775	-	146,775
Total income		192,165	87,667	279,832
Expenditure				
Cost of raising funds:		17,662	-	17,662
Charitable activities		212,463	65,801	278,264
Total expenditure		230,125	65,801	295,926
Net income/(expenditure)		(37,960)	21,866	(16,094)
Reconciliation of funds				
Total funds brought forward		154,500	58,408	212,908
Balance transfers		(51)	51	-
Total funds carried forward		116,489	80,325	196,814

All income and expenditure derive from continuing activities.

Sporting Family Change Foundation

Registered number: 09507319

**Balance Sheet
as at 31 March 2023**

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	7	7,658	4,232
Current assets			
Debtors	8	84,770	44,060
Cash at bank and in hand		128,422	159,135
		<u>213,192</u>	<u>203,195</u>
Creditors: amounts falling due within one year	9	20,773	10,613
Net current assets		<u>192,419</u>	<u>192,582</u>
Total assets less current liabilities		<u>200,077</u>	<u>196,814</u>
Net assets		<u>200,077</u>	<u>196,814</u>
Funds	11		
Unrestricted funds		167,762	116,489
Restricted funds		32,315	80,325
Total funds		<u>200,077</u>	<u>196,814</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 12/12/2023 and signed on their behalf by:



R Bullard
Chair of Trustees

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sporting Family Change Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy 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 Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

Trade debtors

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

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2023 Total	2022 Total
	£	£	£	£
Donations and legacies;				
Donations from individuals	48,529	20,000	68,529	37,297
Gift aid reclaimed	13	-	13	1,014
 Grants, including capital grants;				
Grants from other charities	553	65,990	66,543	84,746
	<u>49,095</u>	<u>85,990</u>	<u>135,085</u>	<u>133,057</u>
 3 Income from charitable activities				
Fundraising	8,594	-	8,594	5,950
Café	4,045	-	4,045	-
Mentoring	302,365	-	302,365	140,825
	<u>315,004</u>	<u>-</u>	<u>315,004</u>	<u>146,775</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2023 Total £	2022 Total £
Cost of generating donations and legacies				
Fundraising and events	21,194	-	21,194	17,050
Advertising	990	-	990	612
	<u>22,184</u>	<u>-</u>	<u>22,184</u>	<u>17,662</u>
			Total 2023 £	Total 2022 £
Charitable activities expenditure				
Resources	3,291	7,870	11,161	1,930
Venue Hire	1,051	-	1,051	443
Mentoring costs	15,362	-	15,362	30,196
Entrance fees	175	549	724	395
Charitable expenditure	24,848	2,103	26,951	23,116
Café expenditure	8,975	-	8,975	-
Wages and salaries	121,108	97,860	218,968	168,979
Staff NIC	13,708	-	13,708	10,982
Staff pensions	4,697	-	4,697	3,685
Transport costs	28,016	1,847	29,863	7,809
Premises costs	36,359	-	36,359	13,178
Staff training	208	-	208	-
Repairs and maintenance	6,617	22,328	28,945	3,335
Telephone and internet	844	-	844	668
Sundry expenses	266	-	266	3,042
Refreshments	19,424	1,237	20,661	3,712
Bookkeeping fees	2,444	-	2,444	3,142
Independent examiners fee	750	-	750	-
Legal and professional fees	388	-	388	100
Consulting	-	-	-	500
Insurance	645	-	645	1,248
Printing, postage and stationery	338	260	598	596
Depreciation	1,074	-	1,074	1,228
	<u>290,588</u>	<u>134,054</u>	<u>424,642</u>	<u>278,264</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs	2023	2022
	£	£
The aggregate payroll costs were as follows:		
Wages and salaries	218,969	188,979
Social security costs	13,708	10,962
Pension costs	4,697	3,685
	<u>237,374</u>	<u>183,626</u>

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2023	2022
	Number	Number
Charitable activities	<u>10</u>	<u>8</u>

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor Vehicles	Fixtures and fittings	Office equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	417	3,500	6,198	10,115
Additions	4,500	-	-	4,500
Disposals				-
At 31 March 2023	<u>4,917</u>	<u>3,500</u>	<u>6,198</u>	<u>14,615</u>
Depreciation				
At 1 April 2022	117	1,120	4,648	5,883
Charge for the year	210	476	388	1,074
On disposals				-
At 31 March 2023	<u>327</u>	<u>1,596</u>	<u>5,034</u>	<u>6,957</u>
Net book value				
At 31 March 2023	<u>4,590</u>	<u>1,904</u>	<u>1,164</u>	<u>7,658</u>
At 31 March 2022	<u>300</u>	<u>2,380</u>	<u>1,552</u>	<u>4,232</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

8 Debtors	2023	2022
	£	£
Trade debtors	76,303	44,060
Prepayments	8,467	-
	<u>84,770</u>	<u>44,060</u>
9 Creditors: amounts falling due within one year	2023	2022
	£	£
Trade creditors	10,445	7,079
Taxation and social security costs	8,921	2,868
Other creditors	657	166
Accruals and deferred grants	750	500
	<u>20,773</u>	<u>10,613</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £4,697 (2022 - £3,685).

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

11 Funds	Balance at 1 April 2022	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2023
Unrestricted funds					
General fund	16,488	364,099	(312,771)	(55)	67,762
Designated funds					
Foundation for Life Centre	100,000	-	-	-	100,000
Total Unrestricted funds	116,488	364,099	(312,771)	(55)	167,762
Restricted funds					
St Johns Foundation - Special Programme	25,771	-	(23,456)	-	2,315
Medlock Charitable Trust	9,000	-	(9,000)	-	-
Quartet Community Foundation - Bath Half Marathon Fund	6,896	-	(6,896)	-	-
Big Local Redstock and Westfield	198	6,461	(6,658)	-	-
BANES - Covid Outbreak Management Fund	23,468	-	(23,466)	-	-
Natural England	4,995	-	(4,995)	-	-
Charities Trust - Nationwide Building Society - Colleague Grant	10,000	-	(10,000)	-	-
Medlock Charitable Trust	-	5,000	(5,055)	55	-
National Lottery Small Grants	-	9,993	(4,993)	-	5,000
Medlock Charitable Trust	-	15,000	-	-	15,000
BANES Council COMF 2	-	26,584	(16,584)	-	10,000
Wesport - Together Fund	-	5,021	(5,021)	-	-
NHS - Charities Together BSW Fund	-	2,529	(2,529)	-	-
Medlock Charitable Trust	-	5,000	(5,000)	-	-
Quartet Community Foundation	-	1,940	(1,940)	-	-
BANES Violence Reduction Grant	-	4,000	(4,000)	-	-
B&NES Council -Ukrainian grant	-	1,996	(1,996)	-	-
BANES	-	2,000	(2,000)	-	-
Wessex Water	-	466	(466)	-	-
Total restricted funds	80,325	85,990	(134,055)	55	32,315
Total funds	196,814	450,089	(446,826)	-	200,077

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

The specific purposes for which the funds are to be applied are as follows:

St John's Foundation – Special Programme

Ringfenced for the capital cost of the Foundation for Life Centre.

Medlock Charitable Trust

Delivering 1:1 exercise sessions for local adults referred through social prescribing and GP surgeries across B&NES.

Quartet Community Foundation - Bath Half Marathon Fund

to purchase gym equipment enabling us to support more families to become fitter in B&NES.

Big Local Radstock and Westfield

Supporting local parents in Radstock and Westfield referred by social prescribers with 1:1 exercise sessions to improve their physical and mental health.

B&NES Council – Covid Outbreak Management Fund

For a Recovery Phase Exercise Programme for adults/parents across B&NES to improve their fitness and emotional resilience post pandemic.

Natural England

For Green social prescribing activities for men and teenage boys, referred by local GP surgeries in Midsomer Norton.

Charities Trust – Nationwide Building Society - Colleague Grant

For monthly sports and healthy activities supporting young adults with learning disabilities.

National Lottery Small Grants

Delivering gentle exercise classes for older people in local community in Norton Radstock.

Medlock Charitable Trust £15,000

Supporting social prescribing and recovery phase sports activities.

BANES COMF 2 (Contain Outbreak Management Fund)

To deliver a physical exercise Transition Programme to help young people transition from primary to secondary school in B&NES.

Wesport - Together Fund

Supporting families disproportionately affected by the Covid pandemic to improve their mental health and physical fitness via sports sessions and healthy activities.

NHS - Charities Together BSW Fund

For healthy activity group sessions post Covid supporting those most affected by the pandemic.

Medlock Charitable Trust £5000, £5000

To support our work in the community with Ukrainian refugees.

Quartet Community Foundation

Developing the charity's fully inclusive football club in the Norton Radstock area.

BANES Violence Reduction Grant

For the "Love Yourself" programme supporting teenage girls in B&NES

B&NES Council -Ukrainian grant (£1,000)

Supporting local Ukrainian families from across B&NES with sports and healthy exercise in their local communities.

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

Wessex Water

To purchase kayaks and equipment to improve the fitness of local families.

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £29,167 (2022: £26,103) and reimbursed expenses of £26,596 (2022: £17,257) were paid during the period. The remuneration was paid under express power given in the governing document.

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Registered number
09507319

Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)

Report and Financial Statements

31 March 2023

**Sporting Family Change Foundation
Report and Financial Statements
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**Sporting Family Change Foundation
Company Information**

Trustees

R Bullard
J C Wicks
E C Bloor
C M Murphy
G J Musto
Kelly R Fuller

Secretary

J W Deane

Independent Examiner

Mr Matthew Porter FCA
Haines Watts
Enterprise House
Timbrell Street
Trowbridge
Wiltshire
BA14 8PL

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank
PO Box 250
WN8 6WT

Principal Office

Unit 3A
New Rock Industrial Estate
Chilcompton
Radstock
BA3 4JE

The Charity is incorporated in England and Wales.

Registered number

09507319

Charity number

1166319

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Objectives and activities

Objects and aims

The objective of the Charity is to use sport to empower, inspire and motivate local families in the community to make positive long-term lifestyle changes, through a variety of healthy opportunities.

This is achieved through the Charity's whole based mentoring programme predominantly delivered in secondary schools and a variety of sports-based projects encouraging healthy activities for individuals and the whole family. The Charity also provides sporting and social opportunities for young adults with learning disabilities. Despite the coronavirus pandemic being over, we still found these activities had to be adapted to respond to the toxic legacy it has left and impact on local people, whilst continuing to meet their changing needs.

Public benefit

The year to 31 March 2023 has been another hugely successful year, with greater clarity and focus for the Charity. The charity consolidated its activities, before another period of growth expanding our staff team and reaching a wider audience from a more diverse demographic. The Charity continued to support local families providing vital face to face contact, emotional and welfare support where it was needed most. It continues to be the ultimate privilege to connect and be allowed into so many amazing local families' and individuals' lives. For this the Charity is truly grateful.

The Charity's objectives for the public benefit were achieved through the following activities:

New Premises

A move to a larger premises in April, just outside Midsomer Norton provided more space for a greater range of healthy activities, supporting more local individuals and families.

Whole Based Mentoring

The demand for our holistic mentoring programme increased significantly. The Charity has supported children and young people in the local community and either in primary or secondary school settings.

Primary Mentoring – successfully delivered 624 mentoring sessions supporting 16 children in 5 primary schools across B&NES.

Secondary Mentoring – successfully delivered 1,920 mentoring sessions supporting 170 teenagers in 10 secondary schools across B&NES and Wiltshire. These teenagers are either based in school or not in education.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Most do not have a positive association with school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals whilst working alongside their families. Referrals to the Charity have skyrocketed this year due to the ongoing legacy of the coronavirus pandemic.

Wellbeing Programme

In September 2022 the Charity began delivering its twelve week Wellbeing Programme. This was delivered 1:1 or 2:1 and targeted at secondary school students in years 9 -11 in the Norton Radstock area. The course covers exercise, health prevention, nutrition and healthy eating, plus a financial element focusing on budgeting and managing money. It also includes a community volunteering element. Following on from the success of the Level 1 Programme which 24 young people completed this year, the need for a Level 2 Programme became apparent. We designed and produced the Level 2 Wellbeing Programme, which 12 young people successfully completed.

Random Acts of Kindness

The Charity's ethos is based on kindness, dignity and blue-sky thinking; it underpins the programmes it delivers and motivates the Charity to proactively demonstrate this in the B&NES community. Giving time free of charge, offering support to local families when it is most needed is how the Charity delivers kindness. 1,228 hours of kindness were delivered during the year which equates to £50,000 of support.

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset.

The focus this year has been on continuing to reduce isolation, improve physical fitness, emotional well-being and resilience to diminish the negative impact of the coronavirus pandemic.

Highlights:

Social Prescribing

The Charity is a recognised social prescribing delivery partner across Bath and North East Somerset. Social prescribing is a means of enabling GPs and other health professionals to refer their patients to a range of local non-clinical services as an alternative to prescribing medication. It focuses on improving their health, wellbeing and social welfare holistically. Green social prescribing is about exercising in the fresh air to improve people's health and well-being. The type of activities the Charity delivered included walking, cycling, running and kayaking.

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Trustees' Report

SFC Run Club

The Charity started a Running Club as an extension of the Supported Walk and Talk sessions in June 2022. Training sessions ran weekly and were open to all ages and abilities. The runs have increased in length and pace over time and 12 people regularly participated. 9 completed a 10km run in Sept 2022.

Supported Walking Programme

The charity's Supported Walk and talk programme for individuals and small groups continued with 120 people engaging in the programme throughout the year. This included local walks in the Somer Valley and B&NES area plus more challenging longer walks including hill walks to prepare for the Yorkshire 3 Peaks Challenge.

Football Club

The charity's fully inclusive weekly Football Club In Midsomer Norton continues to go from strength to strength. The number of participants increased to 30 with teenagers we currently mentor or used to mentor, young adults with learning disabilities, older people plus those referred via social prescribing actively getting involved. The Club runs throughout the year, providing the opportunity to meet new people, make new friendships as well as get fit and have fun.

Older people's exercise classes

The charity started gentle chair exercise classes for older people in a local care home and also local supported housing in Feb 2023. The classes proved popular reaching 40 older people. The focus was on improving mobility, developing positive mental health, building confidence and reducing social isolation. Residents were encouraged to build new friendships and socialise outside the classes.

Ultimately the Charity looks to improve family cohesion through these programmes.

Activities for local young adults with a learning disability

Once Government restrictions eased, the Charity resumed their usual group sports and healthy activities supporting young adults so they can mix and have a social life, which they often struggle to access. Activities included developing life skills – cookery course, football, bowling, boxing, go-karting, fitness training and a trip to the beach.

Events

The Charity held its annual Celebration Ball at the Apex Hotel in Bath in November 2022. The Charity welcomed 240 guests and offered hospitality to 40 NHS staff. The opportunity to spend time together and relax in an informal environment with people from all walks of life is an important element of the Charity's vision.

The Charity also provided numerous opportunities for local families to take part, either in sporting challenges such as the Westonbirt Sprint Triathlon, SFC Skydive, 5Km Inflatable Challenge, 10km Pizza Run, or family fun days – "Heroes and Villains" fancy dress fun run in August 2022.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

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Trustees' Report

Strategic Planning

Environmental Change continues to be our strategic focus, underpinning this is our culture of kindness.

The Trustees have increased the Charity's staff team from 7 to 10 employees. This has helped address the huge public need for support which is continually emerging, particularly as a legacy of the coronavirus pandemic. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Financial review

In this year a surplus of £3,264 (2022: deficit £16,094) was achieved. Total incoming resources were £450,089 (2022: £279,832) which included donations and grants of £135,085 (2022: £133,057). It is key that the Charity continues to attract donations and income from other sources going forward as the income from charitable activities of £315,004 (2022: £146,775) continues to be considerably lower than the cost of the provision of these activities which amounted to £424,643 (2022: £278,264).

Policy on reserves

At 31 March 2023 the Charity had free unrestricted reserves of £167,762 (2022: £116,489) and restricted reserves of £32,315 (2022: £60,325). In the prior year the trustees ringfenced the sum of £100,000 for the purpose the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principle risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

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Trustees' Report

COVID related control measures

Since the start of the COVID pandemic the Trustees have continued to implement the control measures listed below, where necessary:

Charity staff/volunteers - Each month

Wellbeing - Regular updates relating to the general health and wellbeing of all staff and volunteers.

Delivery of services - All practical measures have been implemented to create the safest working conditions possible - e.g. access to sanitisers and cleaning products, masks, social distancing, etc.

Financial - Each month

Budget - Regular monitoring especially quarterly projected income/expenditure against annual projected budget - looking at any adjustments that may need implementing.

Internally - Profit and loss is regularly monitored to give an accurate cash flow forecast.

Delivery - Any change in delivery of services is to be scrutinised and monitored regularly to ensure compliance with changing Government guidelines.

Fundraising - Regular updates on all grant applications especially successful bids that help sustain

Revenue - All other potential revenue opportunities to be also closely scrutinised.

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Sporting Family Change Foundation
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Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3 year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on 12/12/2023

and signed on its behalf by:

R Bullard
Chair of Trustees



EXAMINER'S REPORT

Independent Examiner's Report to the Directors of Sporting Family Change Foundation

This report on the financial statements of the Company for the year ended 31 March 2023, which are set out on pages 2 to 21, is in respect of an examination carried out in accordance with s.145 of the Charities Act 2011.

Respective responsibilities of the PCC and examiner

As the charity's Directors you are responsible for the preparation of the financial statements; you consider that the audit requirement of Regulations and s.145 of the Charities Act 2011 do not apply. It is my responsibility to issue this report on those financial statements in accordance with the terms of the Regulations.

Basis of this report

My examination was carried out in accordance with the General Directions given by the Charity Commission under s.145(5) (b) of the Charities Act 2011. That examination includes a review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes considering any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that in any material respect, the requirements
- to keep accounting records in accordance with section 130 of the Charities Act 2011 and S386 of the Companies Act 2006
 - to prepare financial statements, which accord with the accounting records and comply with the requirements of the Charities Act 2011 and Regulations, and S396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or
- (2) to which, in my opinion, attentions should be drawn in order to enable a proper understanding of the accounts to be reached.

Name of Principal
Name of firm
Relevant professional qualification or body
Address:

Mr Matthew Porter FCA
Haines Watts
ICAEW
Enterprise House, Timbrell Street, Trowbridge,
Wiltshire, BA14 8PL

Matthew Porter.

20 December 2023

**Sporting Family Change Foundation
Statement of Financial Activities
for the year ended 31 March 2023**

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income and Endowments from:				
Donations	2	49,095	85,990	135,085
Charitable activities	3	315,004	-	315,004
Total income		364,099	85,990	450,089
Expenditure				
Cost of raising funds:	4	22,184	-	22,184
Charitable activities		290,588	134,054	424,642
Total expenditure		312,772	134,054	446,826
Net income/(expenditure)		51,327	(48,064)	3,264
Reconciliation of funds				
Total funds brought forward		116,489	80,325	196,814
Balance transfers		(55)	55	-
Total funds carried forward		167,762	32,315	200,077
		Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income and Endowments from:				
Donations		45,390	87,667	133,057
Charitable activities		146,775	-	146,775
Total income		192,165	87,667	279,832
Expenditure				
Cost of raising funds:		17,662	-	17,662
Charitable activities		212,463	65,801	278,264
Total expenditure		230,125	65,801	295,926
Net income/(expenditure)		(37,960)	21,866	(16,094)
Reconciliation of funds				
Total funds brought forward		154,500	58,408	212,908
Balance transfers		(51)	51	-
Total funds carried forward		116,489	80,325	196,814

All income and expenditure derive from continuing activities.

Sporting Family Change Foundation

Registered number: 09507319

**Balance Sheet
as at 31 March 2023**

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	7	7,658	4,232
Current assets			
Debtors	8	84,770	44,060
Cash at bank and in hand		128,422	159,135
		<u>213,192</u>	<u>203,195</u>
Creditors: amounts falling due within one year	9	20,773	10,613
Net current assets		<u>192,419</u>	<u>192,582</u>
Total assets less current liabilities		<u>200,077</u>	<u>196,814</u>
Net assets		<u>200,077</u>	<u>196,814</u>
Funds	11		
Unrestricted funds		167,762	116,489
Restricted funds		32,315	80,325
Total funds		<u>200,077</u>	<u>196,814</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 12/12/2023 and signed on their behalf by:



R Bullard
Chair of Trustees

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sporting Family Change Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy 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 Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

Trade debtors

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

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2023 Total	2022 Total
	£	£	£	£
Donations and legacies;				
Donations from individuals	48,529	20,000	68,529	37,297
Gift aid reclaimed	13	-	13	1,014
 Grants, including capital grants;				
Grants from other charities	553	65,990	66,543	84,746
	<u>49,095</u>	<u>85,990</u>	<u>135,085</u>	<u>133,057</u>
 3 Income from charitable activities				
Fundraising	8,594	-	8,594	5,950
Café	4,045	-	4,045	-
Mentoring	302,365	-	302,365	140,825
	<u>315,004</u>	<u>-</u>	<u>315,004</u>	<u>146,775</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2023 Total £	2022 Total £
Cost of generating donations and legacies				
Fundraising and events	21,194	-	21,194	17,050
Advertising	990	-	990	612
	<u>22,184</u>	<u>-</u>	<u>22,184</u>	<u>17,662</u>
			Total 2023 £	Total 2022 £
Charitable activities expenditure				
Resources	3,291	7,870	11,161	1,930
Venue Hire	1,051	-	1,051	443
Mentoring costs	15,362	-	15,362	30,196
Entrance fees	175	549	724	395
Charitable expenditure	24,848	2,103	26,951	23,116
Café expenditure	8,975	-	8,975	-
Wages and salaries	121,108	97,860	218,968	168,979
Staff NIC	13,708	-	13,708	10,982
Staff pensions	4,697	-	4,697	3,685
Transport costs	28,016	1,847	29,863	7,809
Premises costs	36,359	-	36,359	13,178
Staff training	208	-	208	-
Repairs and maintenance	6,617	22,328	28,945	3,335
Telephone and internet	844	-	844	668
Sundry expenses	266	-	266	3,042
Refreshments	19,424	1,237	20,661	3,712
Bookkeeping fees	2,444	-	2,444	3,142
Independent examiners fee	750	-	750	-
Legal and professional fees	388	-	388	100
Consulting	-	-	-	500
Insurance	645	-	645	1,248
Printing, postage and stationery	338	260	598	596
Depreciation	1,074	-	1,074	1,228
	<u>290,588</u>	<u>134,054</u>	<u>424,642</u>	<u>278,264</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs	2023	2022
	£	£
The aggregate payroll costs were as follows:		
Wages and salaries	218,969	188,979
Social security costs	13,708	10,962
Pension costs	4,697	3,685
	<u>237,374</u>	<u>183,626</u>

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2023	2022
	Number	Number
Charitable activities	<u>10</u>	<u>8</u>

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor Vehicles £	Fixtures and fittings £	Office equipment £	Total £
Cost				
At 1 April 2022	417	3,500	6,198	10,115
Additions	4,500	-	-	4,500
Disposals				-
At 31 March 2023	<u>4,917</u>	<u>3,500</u>	<u>6,198</u>	<u>14,615</u>
Depreciation				
At 1 April 2022	117	1,120	4,648	5,883
Charge for the year	210	476	388	1,074
On disposals				-
At 31 March 2023	<u>327</u>	<u>1,596</u>	<u>5,034</u>	<u>6,957</u>
Net book value				
At 31 March 2023	<u>4,590</u>	<u>1,904</u>	<u>1,164</u>	<u>7,658</u>
At 31 March 2022	<u>300</u>	<u>2,380</u>	<u>1,552</u>	<u>4,232</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

8 Debtors	2023	2022
	£	£
Trade debtors	76,303	44,060
Prepayments	8,467	-
	<u>84,770</u>	<u>44,060</u>
9 Creditors: amounts falling due within one year	2023	2022
	£	£
Trade creditors	10,445	7,079
Taxation and social security costs	8,921	2,868
Other creditors	657	166
Accruals and deferred grants	750	500
	<u>20,773</u>	<u>10,613</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £4,697 (2022 - £3,685).

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

11 Funds	Balance at 1 April 2022	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2023
Unrestricted funds					
General fund	16,488	364,099	(312,771)	(55)	67,762
Designated funds					
Foundation for Life Centre	100,000	-	-	-	100,000
Total Unrestricted funds	116,488	364,099	(312,771)	(55)	167,762
Restricted funds					
St Johns Foundation - Special Programme	25,771	-	(23,456)	-	2,315
Medlock Charitable Trust	9,000	-	(9,000)	-	-
Quartet Community Foundation - Bath Half Marathon Fund	6,896	-	(6,896)	-	-
Big Local Redstock and Westfield	198	6,461	(6,658)	-	-
BANES - Covid Outbreak Management Fund	23,468	-	(23,466)	-	-
Natural England	4,995	-	(4,995)	-	-
Charities Trust - Nationwide Building Society - Colleague Grant	10,000	-	(10,000)	-	-
Medlock Charitable Trust	-	5,000	(5,055)	55	-
National Lottery Small Grants	-	9,993	(4,993)	-	5,000
Medlock Charitable Trust	-	15,000	-	-	15,000
BANES Council COMF 2	-	26,584	(16,584)	-	10,000
Wesport - Together Fund	-	5,021	(5,021)	-	-
NHS - Charities Together BSW Fund	-	2,529	(2,529)	-	-
Medlock Charitable Trust	-	5,000	(5,000)	-	-
Quartet Community Foundation	-	1,940	(1,940)	-	-
BANES Violence Reduction Grant	-	4,000	(4,000)	-	-
B&NES Council -Ukrainian grant	-	1,996	(1,996)	-	-
BANES	-	2,000	(2,000)	-	-
Wessex Water	-	466	(466)	-	-
Total restricted funds	80,325	85,990	(134,055)	55	32,315
Total funds	196,814	450,089	(446,826)	-	200,077

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023**

The specific purposes for which the funds are to be applied are as follows:

St John's Foundation – Special Programme

Ringfenced for the capital cost of the Foundation for Life Centre.

Medlock Charitable Trust

Delivering 1:1 exercise sessions for local adults referred through social prescribing and GP surgeries across B&NES.

Quartet Community Foundation - Bath Half Marathon Fund

to purchase gym equipment enabling us to support more families to become fitter in B&NES.

Big Local Radstock and Westfield

Supporting local parents in Radstock and Westfield referred by social prescribers with 1:1 exercise sessions to improve their physical and mental health.

B&NES Council – Covid Outbreak Management Fund

For a Recovery Phase Exercise Programme for adults/parents across B&NES to improve their fitness and emotional resilience post pandemic.

Natural England

For Green social prescribing activities for men and teenage boys, referred by local GP surgeries in Midsomer Norton.

Charities Trust – Nationwide Building Society - Colleague Grant

For monthly sports and healthy activities supporting young adults with learning disabilities.

National Lottery Small Grants

Delivering gentle exercise classes for older people in local community in Norton Radstock.

Medlock Charitable Trust £15,000

Supporting social prescribing and recovery phase sports activities.

BANES COMF 2 (Contain Outbreak Management Fund)

To deliver a physical exercise Transition Programme to help young people transition from primary to secondary school in B&NES.

Wesport - Together Fund

Supporting families disproportionately affected by the Covid pandemic to improve their mental health and physical fitness via sports sessions and healthy activities.

NHS - Charities Together BSW Fund

For healthy activity group sessions post Covid supporting those most affected by the pandemic.

Medlock Charitable Trust £5000, £5000

To support our work in the community with Ukrainian refugees.

Quartet Community Foundation

Developing the charity's fully inclusive football club in the Norton Radstock area.

BANES Violence Reduction Grant

For the "Love Yourself" programme supporting teenage girls in B&NES

B&NES Council -Ukrainian grant (£1,000)

Supporting local Ukrainian families from across B&NES with sports and healthy exercise in their local communities.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2023

Wessex Water

To purchase kayaks and equipment to improve the fitness of local families.

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £29,167 (2022: £26,103) and reimbursed expenses of £26,596 (2022: £17,257) were paid during the period. The remuneration was paid under express power given in the governing document.

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

SPORTING FAMILY CHANGE FOUNDATION

England & Wales - Charity number 1166319

Accounts

Registered number
09507319

Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)

Report and Financial Statements

31 March 2022



Concept Accountancy
Chartered Certified Accountants

**Sporting Family Change Foundation
Report and Financial Statements
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**Sporting Family Change Foundation
Company Information**

Trustees

R Bullard
J C Wicks
E C Bloor
C M Murphy
G J Musto
Kelly R Fuller

Secretary

J W Deane

Independent Examiner

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank
PO Box 250
WN8 6WT

Principal Office

Unit 3A
New Rock Industrial Estate
Chilcompton
Radstock
BA3 4JE

The Charity is incorporated in England and Wales.

Registered number

09507319

Charity number

1166319

**Sporting Family Change Foundation
Accountants' Report**

Independent examiner's report to the trustees of Sporting Family Change Foundation

I report on the accounts of the company for the year ended 31st March 2022, which are set out on pages 4 to 20.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect, the requirements:
 - a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice - Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock



BA3 2DN

15 June 2022

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

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

Objectives and activities

Objects and aims

The objective of the Charity is to use sport to empower, inspire and motivate local families in the community to make positive long-term lifestyle changes, through a variety of healthy opportunities.

This is achieved through the Charity's whole based mentoring programme in primary and secondary schools and a variety of sports-based projects encouraging healthy activities for individuals and the whole family. The Charity also provides sporting and social opportunities for young adults with learning disabilities. As Government restrictions eased, we resumed delivering our core services, such as group sports and healthy activities. However, we still found these activities had to be adapted to respond to the legacy of the coronavirus pandemic and impact on local people, whilst continuing to meet their changing needs.

Public benefit

The year to 31 March 2022 has been another hugely successful year, with greater clarity and focus for the Charity. It will always be known as the year of growth, with a move to new premises, expanding our staff team and reaching a wider audience from a more diverse demographic. The Charity continued to support local families providing vital face to face contact, emotional support and welfare checks where they were needed most. It continues to be the ultimate privilege to connect and be allowed into so many amazing local families' and individuals' lives. For this the Charity is truly grateful.

The Charity began to return to some sense of normality post pandemic and the Charity's objectives for the public benefit were achieved through the following activities:

New Premises

A move to new premises in April, just outside Midsomer Norton provided more space for activities and enabled the Charity to establish a charity gym supporting more local individuals and families.

Whole Based Mentoring

The service returned to some sense of normality, but the number of referrals / demand increased significantly. The Charity has supported children and young people outside in the local community and either in primary or secondary school settings.

Primary Mentoring – successfully delivered 1,027 mentoring sessions supporting 280 children in 6 primary schools across B&NES.

Secondary Mentoring – successfully delivered 1,260 mentoring sessions supporting 134 teenagers in 8 secondary schools across B&NES.

Sporting Family Change Foundation

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Charity number: 1166319

Trustees' Report

Most do not have a positive association with school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals whilst working alongside their families. Referrals to the Charity have skyrocketed this year due to the ongoing legacy of the coronavirus pandemic.

Wellbeing Programme

In September 2021 the Charity launched its 12 week Level 1 Wellbeing Programme. This was delivered 1:1 or 2:1 and targeted at secondary school students in year 9 or 10 in the Norton Radstock area. The course covers exercise, health prevention, healthy eating and nutrition, plus budgeting and managing money. It also includes a community volunteering element. 11 young people have completed the course this year.

Random Acts of Kindness

The Charity's ethos is based on kindness, dignity and blue-sky thinking; it underpins the programmes it delivers and motivates the Charity to proactively demonstrate this in the B&NES community. Giving time free of charge, offering support to local families when it is most needed is how the Charity delivers kindness. 315 hours of kindness were delivered during the year.

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset.

In April 2021 when lockdown restrictions lifted, the Charity resumed its original activities. The focus this year has been on continuing to reduce isolation, improve physical fitness, emotional well-being and resilience to diminish the impact of the coronavirus pandemic.

Highlights:

Charity Gym

In April 2021 the Charity established a charity gym in North East Somerset, following a move to new and bigger premises. This created a safe space giving the opportunity for those less confident to improve their fitness, whilst still feeling comfortable, as it is located in a peaceful rural area.

The Charity delivered:

- 420 1:1 sessions and 120 small group exercise sessions
- Delivered evening sessions twice a week to enable those who work or had children to care for during the day to participate.
- Supported 215 teenagers and adults to become active and improve their physical fitness and emotional resilience

Social Prescribing

The Charity became a recognised social prescribing delivery partner across Bath and North East Somerset. Social prescribing is a means of enabling GPs and other health professionals to refer their patients to a range of local non-clinical services as an alternative to prescribing medication. It focuses on improving their health, wellbeing and social welfare holistically. Green social prescribing is about exercising in the fresh air to improve people's health and well-being. The sort of activities the Charity delivered included walking, cycling, kayaking and gardening.

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

Supported Walking Programme

The Charity's Supported Walk and Talk sessions for individuals and small groups continued with over 110 people engaging in the programme throughout the year. This included local walks in the Somer Valley area plus some more challenging hill walks further afield e.g Pen-y-fan.

Football Club

In Sept 2021 the Charity launched a fully inclusive Football Club which runs weekly on a Monday evening in Midsomer Norton. Approx 15 people attend each week such as teenagers we currently mentor or used to mentor, young adults with learning disabilities, older people plus those referred via social prescribing. The Club runs throughout the year, providing the opportunity to meet new people, make new friendships as well as get fit and have fun.

Ultimately the Charity looks to improve family cohesion through these programmes.

Activities for local young adults with a learning disability

Once Government restrictions eased, the Charity resumed their usual group sports and healthy activities supporting young adults so they can mix and have a social life, which they often struggle to access. Activities included fitness training, football, indoor cricket, bowling, supported walking, go-karting, and a trip to the beach.

Events

The Charity held its annual Celebration Ball at the Apex Hotel in Bath in November 2021 after a two year break due to the coronavirus pandemic. The Charity welcomed 250 guests and offered hospitality to 50 NHS staff. The opportunity to spend time together and relax in an informal environment with people from all walks of life is an important element of the Charity's vision.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

Strategic Planning

The Charity recognises the need for a physical base to deliver many of their activities to help implement its Environmental Change Strategy and enable lifelong change for local families. With this in mind, the Charity moved to new and bigger premises in April 2021, allowing more activities to be delivered to local families, completing phase one of the Foundation for Life Centre. The search for an appropriate and permanent location continues. A specific Capital Fundraising Project has been set up which includes £100,000 of unrestricted funds. These monies are ring fenced solely for this project.

The Trustees have also increased the Charity's staff team from 7 to 10 employees, which includes 2 University of Bath placement students for one year. This has helped address the huge public need for support which is continually emerging, particularly as a result of the coronavirus pandemic. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Financial review

In this year a deficit of £16,094 (2021: surplus £58,874) was achieved. Total incoming resources were £279,832 (2021: £307,372) which included donations and grants of £133,057 (2021: £220,872). It is key that the Charity continues to attract donations and income from other sources going forward as the income from charitable activities of £146,775 (2021: £86,500) continues to be considerably lower than the cost of the provision of these activities which amounted to £278,264 (2021: £246,872).

Policy on reserves

At 31 March 2022 the Charity had free unrestricted reserves of £116,489 (2021: £154,500) and restricted reserves of £80,325 (2021: £58,408). In the prior year the trustees ringfenced the sum of £100,000 for the purpose the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principle risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3 year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on 10-11-2022

and signed on its behalf by:

R Bullard
Chair of Trustees



**Sporting Family Change Foundation
Statement of Financial Activities
for the year ended 31 March 2022**

**(Including Income and Expenditure Account and Statement of Total Recognised
Gains and Losses)**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income and Endowments from:				
Donations	2	45,390	87,667	133,057
Charitable activities	3	146,775	-	146,775
Total income		192,165	87,667	279,832
Expenditure				
Cost of raising funds:	4	17,662	-	17,662
Charitable activities		212,463	65,801	278,264
Total expenditure		230,125	65,801	295,926
Net income/(expenditure)		(37,960)	21,866	(16,094)
Reconciliation of funds				
Total funds brought forward		154,500	58,408	212,908
Balance transfers		(51)	51	-
Total funds carried forward		116,489	80,325	196,814
		Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Income and Endowments from:				
Donations		79,637	141,235	220,872
Charitable activities		86,500	-	86,500
Total income		166,137	141,235	307,372
Expenditure				
Cost of raising funds:		1,626	-	1,626
Charitable activities		102,734	144,138	246,872
Total expenditure		104,360	144,138	248,498
Net income/(expenditure)		61,777	(2,903)	58,874
Reconciliation of funds				
Total funds brought forward		93,726	60,308	154,034
Balance transfers		(1,003)	1,003	-
Total funds carried forward		154,500	58,408	212,908

All income and expenditure derive from continuing activities.

Sporting Family Change Foundation
Registered number: 09507319
Balance Sheet
as at 31 March 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	7	4,232	5,420
Current assets			
Debtors	8	44,060	25,301
Cash at bank and in hand		159,135	187,372
		<u>203,195</u>	<u>212,673</u>
Creditors: amounts falling due within one year	9	10,613	5,185
Net current assets		<u>192,582</u>	<u>207,488</u>
Total assets less current liabilities		<u>196,814</u>	<u>212,908</u>
Net assets		<u>196,814</u>	<u>212,908</u>
Funds	11		
Unrestricted funds		116,489	154,500
Restricted funds		80,325	58,408
Total funds		<u>196,814</u>	<u>212,908</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

The financial statements on pages 9 to 20 were approved by the Trustees, and authorised for issue on ~~10-11-2022~~ and signed on their behalf by:

R Bullard
 Chair of Trustees



Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

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

In light of the rapid global spread of the Coronavirus "COVID-19" in early 2020, the Trustees have reviewed projections and budgets for the next twelve months. Following this review, the Trustees consider there to be little impact on the Charity's ability to act as a going concern.

The Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

Trade debtors

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

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2022 Total	2021 Total
	£	£	£	£
Donations and legacies;				
Donations from individuals	28,184	9,113	37,297	28,071
Gift aid reclaimed	1,014	-	1,014	31
Grants, including capital grants;				
Grants from other charities	16,192	78,554	94,746	192,770
	<u>45,390</u>	<u>87,667</u>	<u>133,057</u>	<u>220,872</u>
3 Income from charitable activities				
Fundraising	5,950	-	5,950	-
Mentoring	140,825	-	140,825	86,500
	<u>146,775</u>	<u>-</u>	<u>146,775</u>	<u>86,500</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2022 Total £	2021 Total £
<i>Cost of generating donations and legacies</i>				
Fundraising and events	17,050	-	17,050	963
Advertising	612	-	612	663
	<u>17,662</u>	<u>-</u>	<u>17,662</u>	<u>1,626</u>
			Total 2022 £	Total 2021 £
<i>Charitable activities expenditure</i>				
Resources	1,104	826	1,930	1,779
Venue Hire	443	-	443	30
Mentoring costs	30,178	18	30,196	4,474
Local projects	-	-	-	993
Entrance fees	159	236	395	45
Charitable expenditure	11,093	12,023	23,116	4,970
Wages and salaries	122,173	46,806	168,979	155,581
Staff NIC	10,962	-	10,962	8,854
Staff pensions	3,685	-	3,685	3,277
Transport costs	5,338	2,471	7,809	8,060
Premises costs	13,178	-	13,178	9,340
Staff training	-	-	-	980
Repairs and maintenance	3,335	-	3,335	4,234
Telephone and internet	668	-	668	695
Sundry expenses	3,015	27	3,042	758
Refreshments	418	3,294	3,712	36,410
Cleaning	-	-	-	70
Bookkeeping fees	3,142	-	3,142	3,471
Independent examiners fee	-	-	-	-
Legal and professional fees	-	100	100	179
Consulting	500	-	500	-
Insurance	1,248	-	1,248	1,079
Printing, postage and stationery	596	-	596	336
Depreciation	1,228	-	1,228	1,257
	<u>212,463</u>	<u>65,801</u>	<u>278,264</u>	<u>246,872</u>

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs

2022 **2021**
£ **£**

The aggregate payroll costs were as follows:

Wages and salaries	168,979	155,581
Social security costs	10,962	8,854
	179,941	164,435

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2022	2021
	Number	Number
Charitable activities	8	7

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor Vehicles £	Fixtures and fittings £	Office equipment £	Total £
Cost				
At 1 April 2021	417	3,500	6,198	10,115
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2022	417	3,500	6,198	10,115
Depreciation				
At 1 April 2021	42	525	4,128	4,695
Charge for the year	75	595	518	1,188
On disposals	-	-	-	-
At 31 March 2022	117	1,120	4,646	5,883
Net book value				
At 31 March 2022	300	2,380	1,552	4,232
At 31 March 2021	375	2,975	2,070	5,420

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

8 Debtors	2022	2021
	£	£
Trade debtors	44,060	24,725
Prepayments	-	576
	<u>44,060</u>	<u>25,301</u>
9 Creditors: amounts falling due within one year	2022	2021
	£	£
Trade creditors	7,079	2,412
Taxation and social security costs	2,868	1,477
Other creditors	166	796
Accruals and deferred grants	500	500
	<u>10,613</u>	<u>5,185</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £3,685 (2021 - £3,277).

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

11 Funds	Balance at 1 April 2021	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2022
Unrestricted funds					
General fund	54,500	192,165	(230,126)	(51)	16,488
Designated funds					
Foundation for Life Centre	100,000	-	-	-	100,000
Total Unrestricted funds	154,500	192,165	(230,126)	(51)	116,489
Restricted funds					
St Johns Foundation - Special Programme	25,869	-	(100)	-	25,770
The Roper Family Charitable Trust	2,000	-	(2,000)	-	-
Medlock Charitable Trust	11,936	-	(11,987)	51	-
Midsomer Norton Town Council	2,997	-	(2,997)	-	-
National Lottery Small Grants Sperring Trust	8,546	-	(8,546)	-	-
BANES Square Meals Project	1,650	-	(1,650)	-	-
Medlock Charitable Trust	5,410	613	(6,023)	-	-
Quartet Community Foundation - Bath Half Marathon Fund	-	15,000	(6,000)	-	9,000
Quartet Community Foundation - Resilience Fund	-	9,738	(2,842)	-	6,896
St Johns Foundation - Summer Holiday Activities Fund	-	924	(924)	-	-
Big Local Radstock and Westfield	-	2,923	(2,923)	-	-
LocalGiving Magic Stars	-	3,230	(3,032)	-	198
BANES - Covid Outbreak Management Fund	-	520	(520)	-	-
Wesport Tackling Inequalities Fund 3	-	25,724	(2,258)	-	23,466
Medlock Charitable Trust	-	3,500	(3,500)	-	-
Norie Trust	-	2,500	(2,500)	-	-
Medlock Charitable Trust	-	2,000	(2,000)	-	-
Natural England	-	6,000	(6,000)	-	-
Charities Trust - Nationwide Building Society - Colleague Grant	-	4,995	-	-	4,995
	-	10,000	-	-	10,000
Total restricted funds	58,408	87,667	(65,802)	51	80,325
Total funds	212,908	279,832	(295,928)	-	196,814

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022**

The specific purposes for which the funds are to be applied are as follows:

St John's Foundation – Special Programme

Ringfenced for the capital cost of the Foundation for Life Centre.

The Roper Family Charitable trust

Towards a supported walking project for local vulnerable women.

Medlock Charitable Trust

For our Primary Mentoring Programme delivered across B&NES.

Midsomer Norton Town Council

For 1:1 fitness sessions for adults in Midsomer Norton post coronavirus pandemic.

National Lottery Small Grants

Towards a doorstep exercise programme plus a small group Green Exercise Programme (outdoors) for families across B&NES.

Sperring Trust

Supporting a Recovery Phase exercise programme for teenagers and adults in the Midsomer Norton area.

B&NES Square Meals Project

To purchase ingredients and cook healthy meals which were frozen and distributed to local families during the coronavirus pandemic.

Medlock Charitable Trust

Delivering 1:1 exercise sessions for local adults referred through social prescribing and GP surgeries across B&NES.

Quartet Community Foundation - Bath Half Marathon Fund

to purchase gym equipment enabling us to support more families to become fitter in B&NES.

Quartet Community Foundation - Resilience Fund

To develop SFC's capacity and resilience through collaborating with social prescribers, and participating in social prescribing networks.

St John's Foundation -Summer Holiday Activities Fund

For Summer Holiday Fun Sports Activities for children in Twerton/ Whiteway, Bath.

Big Local Radstock and Westfield

Delivering 1:1 exercise sessions for local adults referred through social prescribing in the Radstock and Westfield area.

LocalGiving Magic Stars

To purchase gym equipment.

B&NES Council – Covid Outbreak Management Fund

For a Recovery Phase Exercise Programme for adults/parents across B&NES to improve their fitness and emotional resilience post pandemic.

Wesport Tackling Inequalities Fund 3

For 1:1 adult exercise sessions targeted at those disproportionately affected by the Covid pandemic.

Medlock Charitable Trust

To support Coles – Medlock grant assessments.

Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2022

Norie Trust

For sports and healthy activities for local Mums post Covid pandemic.

Medlock Charitable Trust

For Ambassador Sponsorship from Team Bath.

Natural England

For Green social prescribing activities for men and teenage boys, referred by local GP surgeries in Midsomer Norton.

Charities Trust – Nationwide Building Society - Colleague Grant

For monthly sports and healthy activities supporting young adults with learning disabilities.

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £26,103 (2021: £28,250) and reimbursed expenses of £17,257 (2021: £11,341) were paid during the period. The remuneration was paid under express power given in the governing document.

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

SPORTING FAMILY CHANGE FOUNDATION

England & Wales - Charity number 1166319

Accounts

Registered number
09507319
Charity number
1166319

Sporting Family Change Foundation
(A company limited by guarantee)
Report and Financial Statements
31 March 2021



**Sporting Family Change Foundation
Report and Financial Statements
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**Sporting Family Change Foundation
Company Information**

Trustees

R Bullard
J C Wicks
E C Bloor
C M Murphy

Secretary

J W Deane

Independent Examiner

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Bankers

Santander
Bridle Road
Bootle
Merseyside
L30 4GB

The Co-Operative Bank

PO Box 250
WN8 6WT

Principal Office

2 Dilton Close
Trowbridge
Wiltshire
BA14 0FS

The Charity is Incorporated in England and Wales.

Registered number

09507319

Charity number

1166319

Sporting Family Change Foundation
Registered number: 09507319
Charity number: 1166319

Trustees' Report

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

Objectives and activities

Objects and aims

The objective of the Charity is to use sport to empower, inspire and motivate local families in the community to make positive long-term lifestyle changes, through a variety of opportunities.

This is achieved through the Charity's whole based mentoring programme in primary and secondary schools and a variety of sports-based projects encouraging healthy activities for the whole family. However, the coronavirus pandemic meant the Charity's usual activities had to be adapted, whilst still striving to meet the changing needs of local families.

Public benefit

The year to 31 March 2021 was incredibly challenging due to the coronavirus pandemic, but also highly successful. The Charity continued to support local families providing vital face to face contact, emotional support and welfare checks where they were needed most, complying with Government restrictions. It was so important to the Charity to show families they hadn't been forgotten.

The Charity started new services and adapted existing ones, responding literally overnight to the crisis to help meet immediate and pressing need to ensure families did not face the pandemic alone. The Charity's objectives for the public benefit were achieved through the following activities:

New activities during the coronavirus pandemic:

Addressing Food Insecurity

The Charity has delivered a total of 2050 essential food parcels plus 7,900 freshly prepared ready meals which are then frozen to support local families. At the height of the pandemic, this reached 90 essential food parcels per week and the Charity worked in partnership with other local networks to ensure the most efficient distribution of food across the locality.

Whole Based Mentoring

The service was adapted to provide welfare checks in person complying with Government restrictions. The Charity has supported children and young people outside in the local community and either in primary or secondary school settings (when schools were open).

Primary Mentoring – successfully delivered 1,550 mentoring sessions supporting 270 children in 10 primary schools across B&NES.

Secondary Mentoring – successfully delivered 1400 mentoring sessions supporting 120 teenagers in 8 secondary schools across B&NES.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Most do not have a positive association to school and/or education. Ultimately the goal of the programme is to increase emotional resilience in the individuals whilst working alongside their families. This year the Charity's referrals have increased significantly due to the impact of the coronavirus pandemic.

H.O.P.E. Programme (Health Opportunities through Physical Education) – This programme continues to have a significant positive impact both on individual families and local community groups across Bath and North East Somerset.

The focus this year has been on helping to reduce isolation, improve physical fitness and emotional well-being to diminish the impact of the coronavirus pandemic.

New Activities:

Doorstep outdoor exercise classes.

These started in July 2020 once lockdown lifted. The classes have supported 45 parents and children to get outdoors, improve their physical fitness and interact with others safely.

Outdoor Exercise

In July, once lockdown measures eased, the Charity started 1:1 and small group exercise sessions, delivered weekly in parks or local green spaces. Three sessions per week were delivered both during the day and evenings to enable those still working to participate.

Supported Walking Programme

Individual and small group walking programme (up to 6 people) started in line with Government guidelines. 9 new groups started across B&NES supporting 60 people and 40 individuals were supported weekly on a 1:1 basis.

Provided online fitness and exercise sessions for our partner charities/schools to help them support their members/pupils to stay healthy during the pandemic.

Ultimately the Charity looks to improve family cohesion through this programme.

Activities for local young adults with a learning disability

The coronavirus pandemic did not allow the Charity to provide their usual group sports activities so the young adults can mix and have a social life, which they often struggle to access. However, the Charity adapted activities and supported individuals on a 1:1 basis outdoors with a variety of sports activities such as boxing, fitness training, walking and football

Events

All events planned for 2020/21 had to be cancelled due to the coronavirus pandemic. We are looking to reschedule some of these towards the end of 2021

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit published by the Charity Commission for England and Wales.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Strategic Planning

The Charity recognises the need for a physical base to deliver many of their activities to help implement its Environmental Change Strategy and enable lifelong change for local families. With this in mind, a specific Capital Fundraising Project has been set up which includes £100,000 of unrestricted funds. These monies are ring fenced solely for this project. The base/facility is to be called The Foundation for Life Centre and the search for an appropriate location continues. This has proved a longer task than the Trustees would have anticipated but they are mindful of acquiring the best place possible to expand the Charity's activities.

The Trustees also look to increase staff to address the huge public need for support which is continually emerging, especially as a result of the coronavirus pandemic, and will potentially use some unrestricted funds for this purpose. Recruitment is primarily based on the values of the individuals and matching the Charity's ethos.

Financial review

In this year a surplus of £82,874 (2020 deficit: £99,222) was achieved. Total incoming resources were £307,372 (2020: £167,495) which included donations and grants of £220,872 (2020: £86,860). It is key that the Charity continues to attract donations and income from other sources going forward as the income from charitable activities of £86,500 (2020: £80,635) continues to be considerably lower than the cost of the provision of these activities which amounted to £242,872 (2020: £254,126).

Policy on reserves

At 31 March 2021 the Charity had free unrestricted reserves of £54,500 (2020: £93,726) and restricted reserves of £62,408 (2020: £60,308). During the year the trustees ringfenced the sum of £100,000 for the purpose of the Foundation for Life Centre as a designated fund. The Charity aims to build on these reserves to ensure that they are of such a level that the Charity can continue to provide the charitable activities in the event of a fall in incoming resources.

Risk management

The Trustees have a risk management policy which comprises of:

- an annual review of the principle risks and uncertainties the Charity faces
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review
- the implementation of procedures designed to minimise or manage any potential impact on the

The principle risks the Trustees consider the Charity is exposed to are:

- financial sustainability
- compliance with laws and regulations relating to health and safety and safeguarding of the members of the public the Charity works with.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

COVID related control measures

Since the start of the COVID pandemic the Trustees have decided to implement the control measures listed below:

Charity staff/volunteers - Each month

Wellbeing - Regular updates relating to the general health and wellbeing of all staff and volunteers.

Delivery of services - All practical measures have been implemented to create the safest working conditions possible - e.g. access to sanitisers and cleaning products, masks, social distancing, etc.

Employment - Practical changes will be implemented e.g. Government Furlough Scheme depending on the practical needs and financial situation/requirements of the Charity.

Financial - Each month

Budget - Regular monitoring especially quarterly projected income/expenditure against annual projected budget - looking at any adjustments that may need implementing.

Internally - Profit and loss is now monitored to give an accurate cash flow forecast.

Delivery - Any change in delivery of services is to be scrutinised and monitored regularly to ensure

Bookkeeping - A new bookkeeper is to be employed to help maintain the sustainability of the Charity through the uncertain times - focusing on a sustainable model for the future.

Fundraising - Regular updates on all grant applications especially successful bids that help sustain the Charity's objectives.

Revenue - All other potential revenue opportunities to be also closely scrutinised.

Summary

Trustees are confident that with continued monitoring and due diligence checks, the Charity will continue to flourish and increase the significant positive impact it has on many local families' lives in the future.

Sporting Family Change Foundation

Registered number: 09507319

Charity number: 1166319

Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is constituted as a company limited by guarantee and not having a share capital under the Companies Act and is governed by the terms of its Memorandum and Articles of Association established 24 March 2015 and amended 16 February 2016. The Charity was entered in the Central Register of Charities with effect from 1 April 2016.

Recruitment and appointment of Trustees

Trustees are appointed by the existing Trustees and serve for a 3 year term and may be re-elected on retirement. The minimum number of Trustees shall be 3 but is not subject to any maximum.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Sporting Family Change Foundation for the purposes of company law, 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 company 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;
- 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 business.

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 annual report was approved by the Trustees of the Charity on 29/9/21

and signed on its behalf by:

R Bullard
Chair of Trustees



**Sporting Family Change Foundation
Accountants' Report**

Independent examiner's report to the trustees of Sporting Family Change Foundation

I report on the accounts of the company for the year ended 31st March 2021, which are set out on pages 10 to 19.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

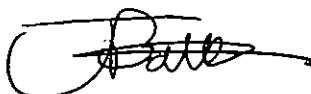
My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect, the requirements:
 - a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice - Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock



BA3 2DN

4 August 2021

**Sporting Family Change Foundation
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 Funds 2021 £
Income and Endowments from:				
Donations	2	79,637	141,235	220,872
Charitable activities	3	86,500	-	86,500
Total income		166,137	141,235	307,372
Expenditure				
Cost of raising funds:	4	1,626	-	1,626
Charitable activities		102,734	144,138	246,872
Total expenditure		104,360	144,138	248,498
Net Income/(expenditure)		61,777	(2,903)	58,874
Reconciliation of funds				
Total funds brought forward		93,726	60,308	154,034
Balance transfers		(1,003)	1,003	-
Total funds carried forward		154,500	58,408	212,908
		Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Income and Endowments from:				
Donations		25,555	61,305	86,860
Charitable activities		80,635	-	80,635
Total income		106,190	61,305	167,495
Expenditure				
Cost of raising funds:		12,591	-	12,591
Charitable activities		91,930	162,196	254,126
Total expenditure		104,521	162,196	266,717
Net Income/(expenditure)		1,669	(100,891)	(99,222)
Reconciliation of funds				
Total funds brought forward		92,057	161,199	253,256
Balance transfers		-	-	-
Total funds carried forward		93,726	60,308	154,034

All income and expenditure derive from continuing activities.

Sporting Family Change Foundation**Registered number:** 09507319**Balance Sheet
as at 31 March 2021**

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	7	5,420	2,760
Current assets			
Debtors	8	25,301	19,110
Cash at bank and in hand		187,372	141,267
		<u>212,673</u>	<u>160,377</u>
Creditors: amounts falling due within one year	9	5,185	9,103
Net current assets		<u>207,488</u>	<u>151,274</u>
Total assets less current liabilities		<u>212,908</u>	<u>154,034</u>
Net assets		<u>212,908</u>	<u>154,034</u>
Funds	11		
Unrestricted funds		154,500	93,726
Restricted funds		58,408	60,308
Total funds		<u>212,908</u>	<u>154,034</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

The financial statements on pages 10 to 20 were approved by the Trustees, and authorised for issue on 29.9.21 and signed on their behalf by:



R Bullard
Chair of Trustees

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

1 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

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

In light of the rapid global spread of the Coronavirus "COVID-19" in early 2020, the Trustees have reviewed projections and budgets for the next twelve months. Following this review, the Trustees consider there to be little impact on the Charity's ability to act as a going concern.

The Trustees have reviewed the supply chains, key donors and the capital resources available and consider that the Charity has adequate resources in place to continue trading for the next twelve months.

Exemption from preparing a cash flow statement

The Charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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.

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

Grants receivable

Grants are recognised when the Charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

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 that aggregate similar costs to that 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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

Governance costs

These include the costs attributable to the Charity's compliance with constitutional and statutory requirements, including audit, strategic management and Trustees's 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 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:

Office equipment	25% reducing balance
Fixtures and fittings	20% reducing balance
Motor vehicles	20% reducing balance

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the Trustees's discretion in furtherance of the objectives of the Charity.

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 even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

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.

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially measured at transaction value and subsequently measured at carrying value plus accrued interest less payments. The financing charge to expenditure is at a constant rate calculated using the effective interest model.

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

2 Income from donations and legacies	Unrestricted funds	Restricted funds	2021 Total £	2020 Total £
	£	£	£	£
Donations and legacies;				
Donations from individuals	27,081	1,010	28,071	10,648
Gift aid reclaimed	31	-	31	3,145
Grants, including capital grants;				
Grants from other charities	52,545	140,225	192,770	73,067
	79,637	141,235	220,872	86,860
3 Income from charitable activities				
Mentoring	86,500	-	86,500	80,635
4 Analysis of Expenditure	Unrestricted funds	Restricted funds	2021 Total £	2020 Total £
			£	£
Cost of generating donations and legacies				
Fundraising and events	963	-	963	11,672
Advertising	663	-	663	919
	1,626	-	1,626	12,591
			Total 2021 £	Total 2020 £
Charitable activities expenditure				
Resources	328	1,451	1,779	6,155
Venue Hire	210	(180)	30	5,523
Mentoring costs	4,163	311	4,474	18,511
Local projects	860	133	993	12,552
Entrance fees	-	45	45	2,171
Charitable expenditure	4,970	-	4,970	13,733
Wages and salaries	53,883	101,698	155,581	148,383
Staff NIC	7,424	1,430	8,854	9,455
Staff pensions	3,277	-	3,277	2,245
Transport costs	1,892	6,168	8,060	10,687
Rent	9,340	-	9,340	5,000
Staff training	980	-	980	1,039
Computer Software and maintenance	-	-	-	1,416
Repairs and maintenance	104	4,130	4,234	92
Telephone and internet	695	-	695	1,254
Sundry expenses	758	-	758	589
Refreshments	7,458	28,952	36,410	6,953
Cleaning	70	-	70	51
Bookkeeping fees	3,471	-	3,471	2,203
Independent examiners fee	-	-	-	1,700
Legal and professional fees	179	-	179	54
Consulting	-	-	-	900
Insurance	1,079	-	1,079	954
Printing, postage and stationery	336	-	336	1,506
Bank charges	-	-	-	80
Depreciation	1,257	-	1,257	920
	102,734	144,138	246,872	254,126

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

5 Trustees remuneration and expenses

No Trustees have received any remuneration from the Charity during the year.

No Trustees have received any reimbursed expenses from the Charity during the year.

The key management personnel of the Charity are the Trustees.

6 Staff costs	2021	2020
	£	£
The aggregate payroll costs were as follows:		
Wages and salaries	155,581	148,383
Social security costs	8,854	9,455
	<u>164,435</u>	<u>157,838</u>

The monthly average number of persons (including Trustees) employed by the Charity during the year expressed as full time equivalents was as follows:

	2021	2020
	Number	Number
Charitable activities	<u>7</u>	<u>7</u>

No employee received emoluments of more than £60,000 during the year.

7 Tangible fixed assets

	Motor Vehicles £	Fixtures and fittings £	Office equipment £	Total £
Cost				
At 1 April 2020	-	-	6,198	6,198
Additions	417	3,500	-	3,917
Disposals	-	-	-	-
At 31 March 2021	<u>417</u>	<u>3,500</u>	<u>6,198</u>	<u>10,115</u>
Depreciation				
At 1 April 2020	-	-	3,438	3,438
Charge for the year	42	525	690	1,257
On disposals	-	-	-	-
At 31 March 2021	<u>42</u>	<u>525</u>	<u>4,128</u>	<u>4,695</u>
Net book value				
At 31 March 2021	<u>375</u>	<u>2,975</u>	<u>2,070</u>	<u>5,420</u>
At 31 March 2020	<u>-</u>	<u>-</u>	<u>2,760</u>	<u>2,760</u>

**Sporting Family Change Foundation
Notes to the Accounts
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8 Debtors	2021	2020
	£	£
Trade debtors	24,725	15,633
Other debtors	-	3,080
Prepayments	576	417
	<u>25,301</u>	<u>19,110</u>

9 Creditors: amounts falling due within one year	2021	2020
	£	£
Trade creditors	2,412	3,024
Taxation and social security costs	1,477	3,365
Other creditors	796	654
Accruals and deferred grants	500	2,080
	<u>5,185</u>	<u>9,103</u>

10 Pension and other schemes

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £3,277 (2020 - £2,245).

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

11 Funds	Balance at 1 April 2020	Incoming resources	Resources expended	Balance transfers	Balance at 31 March 2021
Unrestricted funds					
General fund	93,726	166,137	(104,360)	(101,003)	54,500
Designated funds					
Foundation for Life Centre	-	-	-	100,000	100,000
Total Unrestricted funds	93,726	166,137	(104,360)	(1,003)	154,500
Restricted funds					
Bath Boules Trust	8	-	(8)	-	-
Medlock Charitable Trust - One to One Mentoring	4,950	-	(4,950)	-	-
St Johns Foundation - Special Programme	30,000	-	(4,130)	-	25,869
Medlock Charitable Trust - Eddle Street Cuts	2,000	-	(2,000)	-	-
Norie Trust	1,000	-	(1,000)	-	-
Stone King Foundation	150	-	(150)	-	-
Newby Trust	7,292	-	(7,292)	-	-
Sport England - Netball	2,820	-	(2,820)	-	-
The Roper Family Charitable Trust	3,088	-	(1,088)	-	2,000
National Lottery Small Grants	9,000	-	(454)	-	8,546
Bath and North East Somerset Council - Crisis and Affordable Food Projects	-	1,620	(1,620)	-	-
Big Local Radstock & Westfield	-	4,800	(4,847)	47	-
Medlock Charitable Trust	-	19,250	(7,314)	-	11,936
Medlock Charitable Trust	-	3,000	-	(3,000)	-
Society of Merchant Venturers'	-	4,960	(4,960)	-	-
Midsomer Norton Town Council	-	2,997	-	-	2,997
National Lottery Small Grants	-	55,801	(55,801)	-	-
Natural England	-	4,495	(4,495)	-	-
Natural England	-	3,000	(3,000)	-	-
Norie Trust	-	1,000	(1,000)	-	-
Quartet Community Foundation- Coronavirus Response Fund Round 1	-	4,965	(4,965)	-	-
Quartet Community Foundation- Coronavirus Recovery & Stabilisation Fund	-	9,786	(9,786)	-	-
Quartet Community Foundation- Coronavirus Response Fund Round 2	-	4,563	(4,563)	-	-
Quartet Community Foundation- Express - Coronavirus Fund	-	4,850	(4,850)	-	-
Sperring Trust	-	1,650	-	-	1,650
Tesco Bags of Help- Covid 19 Fund	-	500	(500)	-	-
Western Power Distribution	-	4,500	(4,500)	-	-
Wesport Tackling Inequalities Fund Round 1	-	2,724	(2,724)	-	-
Wesport Tackling Inequalities Fund Round 2	-	2,865	(3,312)	347	-
Yorkshire Building Society	-	2,000	(2,009)	9	-
Mercy In Action	-	800	-	(800)	-
BANES Square Meals Project	-	1,010	-	4,400	5,410
Total restricted funds	60,308	141,236	(144,138)	1,003	58,408
Total funds	154,034	307,373	(248,498)	-	212,908

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

The specific purposes for which the funds are to be applied are as follows:

Bath Boules Trust - 3 Project Search outings for young adults with learning disabilities.

Medlock Charitable Trust - One to One Mentoring - Primary mentoring for 6 schools.

St Johns Foundation Special Programme - Towards the capital cost of The Foundation for Life Centre.

Medlock Charitable Trust - Eddie Street Cuts - To purchase materials for Eddie Street Cuts Project in Bath.

Norie Trust - 1 : 1 Mentoring to support teenage girls.

Stone King Foundation - Towards the purchase of a new printer for the charity.

Newby Trust - Family gym sessions.

Sport England - Netball - Working with young adults with learning difficulties.

The Roper Family Charitable Trust - Women of domestic violence, walking project.

National Lottery Small Grants - Mums and daughters netball.

Bath and North East Somerset Council - Crisis and Affordable Food Projects - Towards staff costs to continue delivering essential food parcels to families in B&NES plus Christmas hampers.

Big Local Radstock & Westfield - For essential food parcels for families in Radstock and Westfield during the coronavirus pandemic.

Medlock Charitable Trust - For our Primary Mentoring Programme delivered across B&NES

Medlock Charitable Trust - Towards matched funding supporting the Square Meals Project in B&NES

Society of Merchant Venturers' - For continuation of our Supported Walking group Programme for adults across

Midsomer Norton Town Council - For 1:1 fitness sessions for adults in Midsomer Norton post coronavirus pandemic.

National Lottery Small Grants - Towards essential food parcels and distribution, establishing a Doorstep Exercise Programme plus a small group Green Exercise Programme (outdoors) for families across B&NES and contribution to core costs.

Natural England - Towards our Supported Walking Programme (green prescribing) for adults across B&NES.

Natural England - For 1:1 walking sessions as part of our Supported Walking Programme (green prescribing) across B&NES.

Norie Trust - Donation to emergency food parcel distribution during the Covid -19 pandemic.

Quartet Community Foundation- Coronavirus Response Fund Round 1 - For essential food parcels and distribution to families in B&NES during the coronavirus pandemic.

Quartet Community Foundation- Coronavirus Recovery & Stabilisation Fund - To mentor teenagers across B&NES to prepare for return to secondary school after Lockdown 1.

Quartet Community Foundation- Coronavirus Response Fund Round 2 - Towards our Supported Walk and Talk Group Project for adults across B&NES.

Quartet Community Foundation- Express - Coronavirus Fund - To deliver Christmas hampers to local families across B&NES during the coronavirus pandemic.

**Sporting Family Change Foundation
Notes to the Accounts
for the year ended 31 March 2021**

Sperring Trust - Supporting a Recovery Phase exercise programme for teenagers and adults in the Midsomer Norton area.

Tesco Bags of Help- Covid 19 Fund - Towards essential food parcels for families in B&NES during the coronavirus pandemic.

Western Power Distribution - For essential food parcels and distribution to families in B&NES during the coronavirus pandemic.

Wesport Tackling Inequalities Fund Round 1 - Towards our Supported Walk and Talk Project for adults across B&NES establishing 9 walking groups.

Wesport Tackling Inequalities Fund Round 2 - Towards individual supported walking sessions for adults across B&NES.

Yorkshire Building Society - For essential food parcels for families in B&NES during the coronavirus pandemic.

Mercy in Action - Towards matched funding supporting the Square Meals Project in B&NES

BANES Square Meals Project - A fundraising collaboration between the Bath Freemasons, Mercy In Action (Community Pantry), Sporting Family Change Foundation and Medlock Charitable Trust, to purchase ingredients to continue preparing fresh meals for local families

12 Related party transactions

Mr J Deane, father of the Trustee Ms J Wicks, was employed by the Charity during the period. A salary of £28,250 (2020: £30,000) and reimbursed expenses of £11,341 (2020: £19,312) were paid during the period. The remuneration was paid under express power given in the governing document.

13 Charity Status

The Charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the Charity in the event of liquidation.

The address of its registered office is:

2 Dilton Close
Trowbridge
Wiltshire
BA14 0FS