

**Registered number**  
**09507319**

**Charity number**  
**1166319**

**Sporting Family Change Foundation**  
(A company limited by guarantee)

**Report and Financial Statements**

**31 March 2022**

**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**  
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**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**

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### **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

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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 .....

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

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

<b>2 Income from donations and legacies</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2022 Total</b>	<b>2021 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Donations and legacies;</b>				
Donations from individuals	28,184	9,113	37,297	28,071
Gift aid reclaimed	1,014	-	1,014	31
<b>Grants, including capital grants;</b>				
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>
<b>3 Income from charitable activities</b>				
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**

<b>4 Analysis of Expenditure</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2022 Total £</b>	<b>2021 Total £</b>
<b><i>Cost of generating donations and legacies</i></b>				
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>
			<b>Total 2022 £</b>	<b>Total 2021 £</b>
<b><i>Charitable activities expenditure</i></b>				
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.

<b>6 Staff costs</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
The aggregate payroll costs were as follows:		
Wages and salaries	168,979	155,581
Social security costs	10,962	8,854
	<u>179,941</u>	<u>164,435</u>

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

	<b>2022</b>	<b>2021</b>
	<b>Number</b>	<b>Number</b>
Charitable activities	<u>8</u>	<u>7</u>

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

**7 Tangible fixed assets**

	<b>Motor Vehicles £</b>	<b>Fixtures and fittings £</b>	<b>Office equipment £</b>	<b>Total £</b>
<b>Cost</b>				
At 1 April 2021	417	3,500	6,198	10,115
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2022	<u>417</u>	<u>3,500</u>	<u>6,198</u>	<u>10,115</u>
<b>Depreciation</b>				
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	<u>117</u>	<u>1,120</u>	<u>4,646</u>	<u>5,883</u>
<b>Net book value</b>				
At 31 March 2022	<u>300</u>	<u>2,380</u>	<u>1,552</u>	<u>4,232</u>
At 31 March 2021	<u>375</u>	<u>2,975</u>	<u>2,070</u>	<u>5,420</u>

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

**8 Debtors**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade debtors		
Prepayments	44,060	24,725
	-	576
	<u>44,060</u>	<u>25,301</u>

**9 Creditors: amounts falling due within one year**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade creditors		
Taxation and social security costs	7,079	2,412
Other creditors	2,868	1,477
Accruals and deferred grants	166	796
	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**

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

**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