

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**

	Page
Reference and Administrative Details	2
Trustees' Report	3 - 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance sheet	11
Notes to the accounts	12 - 21

**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: £80,325). 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 £
<i>Cost of generating donations and legacies</i>				
Fundraising and events	21,194	-	21,194	17,050
Advertising	990	-	990	612
	22,184	-	22,184	17,662
			Total 2023 £	Total 2022 £
<i>Charitable activities expenditure</i>				
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	24,648	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
	290,588	134,054	424,642	278,264

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	23,466	-	(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 (£1,996)

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: £17,267) 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**

	Page
Reference and Administrative Details	2
Trustees' Report	3 - 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance sheet	11
Notes to the accounts	12 - 21

**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: £80,325). 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 £
<i>Cost of generating donations and legacies</i>				
Fundraising and events	21,194	-	21,194	17,050
Advertising	990	-	990	612
	22,184	-	22,184	17,662
			Total 2023 £	Total 2022 £
<i>Charitable activities expenditure</i>				
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	24,648	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
	290,588	134,054	424,642	278,264

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 (£1,996)

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: £17,267) 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**

	Page
Reference and Administrative Details	2
Trustees' Report	3 - 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance sheet	11
Notes to the accounts	12 - 21

**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: £80,325). 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 £
<i>Cost of generating donations and legacies</i>				
Fundraising and events	21,194	-	21,194	17,050
Advertising	990	-	990	612
	22,184	-	22,184	17,662
			Total 2023 £	Total 2022 £
<i>Charitable activities expenditure</i>				
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
	290,588	134,054	424,642	278,264

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	23,466	-	(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 (£1,996)

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: £17,267) 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