SPORT AT THE HEART

England & Wales · Charity number 1168659

Details

Other names	SATH
Status	Registered
Legal form	CIO
Registered	2016-08-08
Register	View on the Charity Commission register

Contact

Address	C/o Newfield Primary School Longstone Avenue London NW10 3UD
Phone	07857992633
Email	hello@sportattheheart.org
Website	www.sportattheheart.org

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF THE LONDON BOROUGH OF BRENT AND THE SURROUNDING AREA, THE PROVISION OF FACILITIES FOR HEALTHY RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: We deliver community based sports and physical activity projects in the London Borough of Brent. Projects delivered benefit those in the community that may not have access to such provision due to social of economical barriers. All our programmes focus on the health, wellbeing and personal development of the participants, their families and the wider community.

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Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Brent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£447,722	£436,131	-	-
2024-03-31	£352,895	£398,991	-	-
2023-03-31	£357,478	£330,722	-	-
2022-03-31	£281,871	£260,734	-	-
2021-03-31	£187,335	£159,400	-	-

Trustees

Name	Role	Appointed
ALESIA CARRINGTON		2017-03-23
CORRINE DALEY		2017-03-23
Harold Bennett		2024-12-21
Olga Mirzoyan		2021-02-27
Steven Marshall		2024-12-21

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SPORT AT THE HEART

England & Wales - Charity number 1168659

Accounts

Trustee's Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	01	04	2024	To	31	03	2025

Section A Reference and administration details

Charity name	Sport at the Heart
Other names charity is known by	SatH Community Sports & Wellbeing
Registered charity number (if any)	1168659
Charity's principal address	C/o Newfield Primary School
	Longstone Avenue
	London
	Postcode **NW10 3UD**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Corrine Daley			
2	Alesia Carrington			
3	Olga Mirzoyan			
4	Steven Marshall		21/12/2024	
5	Harold Bennet		21/12/2024	
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20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nary Wijeratne

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed or reappointed, and elected by members at the AGM.

Additional governance issues (Optional information)

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

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Sport at the Heart (SatH) is a registered charity governed by its Board of Trustees, who are responsible for strategic direction, financial oversight and risk management. The charity operates in line with its constitution and charitable objects, with trustees ensuring compliance with all regulatory requirements including safeguarding, financial reporting, employment and public benefit obligations.

During 2024–25, SatH strengthened its governance framework and operational infrastructure. This included updating core policies across safeguarding, HR, equality, data protection and health and safety, improving internal financial systems, and embedding clearer staff structures, supervision processes and escalation routes. These developments support the charity's long-term sustainability and readiness for growth.

SatH's work is increasingly embedded within wider borough partnership structures, reflecting the organisation's role as a trusted community anchor.

SatH also contributed to borough-wide priorities through networks such as I AM Brent, Brent Health Matters, the VCS Forum and partnerships with local providers, as well as continuing to steward community use of Roundwood School & Community Centre in partnership with the Beckmead Trust.

These networks provide strategic alignment, shared insight and opportunities for collaboration that enhance SatH's reach and impact, and enable the charity to contribute to borough-wide priorities around health, wellbeing, safety and community power.

Trustees reviewed the charity's major risks during the year, including funding stability, safeguarding, staffing capacity and building operations,

and monitored mitigation processes put in place by senior leadership.

Section C Objectives and activities

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

To promote for the benefit of the inhabitants of the London Borough of Brent and the surrounding area, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

SatH's charitable purpose remains to advance health, wellbeing, education and community participation through sport, physical activity, leadership and creative programmes. The trustees confirm they have had regard to the Charity Commission's guidance on public benefit when planning the charity's activities.

The charity's work between April 2024 and March 2025 focused on five core aims:

- **Improving physical and mental wellbeing** through accessible sport and movement opportunities.
- **Providing safe, inclusive youth spaces** centred on belonging and positive relationships.
- **Developing young people's leadership, skills and confidence**, especially for those facing the greatest barriers.
- **Strengthening families and communities** through inclusive programmes and multi-agency partnerships.
- **Activating and stewarding local facilities**, such as Roundwood, to support locally-led provision and strengthen community access to youth and wellbeing.

Our activity portfolio continued to include:

- girls' and women's wellbeing programmes
- school partnerships and curriculum-aligned delivery
- Roundwood youth club for girls and mixed sessions
- multi-sport and physical activity programmes across local venues
- leadership, volunteering and accredited qualifications
- holiday activities and community events
- mentoring and targeted support for high-needs young people

SatH also delivered significant community engagement work as the anchor organisation in place at Roundwood School & Community Centre, co-producing activities and strengthening community voice in the development of youth and wellbeing provision. SatH also secured investment to upgrade facilities for long-term community use.

Additional details of objectives and activities (Optional information)

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

- policy on grantmaking;
- policy programme related

investment;

- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

During 2024–25, SatH focused on sustaining high-quality provision while strengthening organisational capacity and expanding delivery in response to community need. This year was marked by steady growth in schools-based work, deepened targeted support for young people, progression in leadership pathways, and the early development of Roundwood School and Community Centre as a hub for community providers. Our ability to consolidate and diversify funding has further strengthened long-term sustainability.

1. Strategic Development and Organisational Growth

SatH continued to invest in its organisational foundations to support effective, high-impact delivery:

- The three-year strategic plan was refreshed, ensuring clear priorities aligned with the evolving needs of children, young people and families in Brent.
- A strengthened monitoring and evaluation framework was embedded across programmes, allowing better measurement of wellbeing, participation, and leadership outcomes.
- Policies, safeguarding processes and HR systems were reviewed and updated to support staff, volunteers and community partners.
- SatH continued its partnership with the Beckmead Trust, maintaining responsibility for the wraparound youth offer and day-to-day building operations at Roundwood School and Community Centre.

These developments have created greater organisational resilience and enabled the charity to respond more flexibly to increasing demand.

2. High-Quality Weekly Youth and Community Programmes

SatH sustained a broad range of weekly youth and community activities that promote belonging, wellbeing and positive relationships. These included:

- Junior and Senior Youth Clubs offering informal learning, mentoring, creative activities and social connection. This year, provision expanded across three new sites (Three Trees, St Raph's and Church Lane), reflecting increased demand and strengthened partnership activity.
- Pre-School Sports Clubs, supporting early years physical literacy and positive play.
- Multi-Sports Sessions encouraging confidence, movement and social interaction.
- StreetDance & Performing Arts, providing expressive, creative and wellbeing benefits.
- Women & Girls' sessions, including a new girls-only youth night, leaderships programmes, self-development sessions, fitness, sports and wellbeing workshops.
- SEND-inclusive activities delivered with partners such as Let's Unite for Autism.

Across the year, SatH delivered over 3,000 hours of community activities, engaging more than 1,500 children, young people and family members.

3. Strengthened Targeted Support for Young People

Targeted interventions continued to play a crucial role in supporting children and young people experiencing vulnerability.

- The Safer Through Activities Together (STAT) programme provided targeted mentoring, transition support and positive activities for 48 Year 6 pupils across six primary schools.
- Trauma-informed practice, strengthened through multi-year Thrive training, enabled early identification of need and appropriate intervention or referral.
- SatH delivered I AM Brent interventions for young people requiring additional support, addressing wellbeing, relationships, safety and confidence.
- GIRL (Growing Independent Resilient Leaders) mentoring provision specifically for girls and young women vulnerable to exploitation or harm.

These programmes continue to contribute to improved decision-making, resilience, and reduced risk at key stages of development for young people, as well as strengthened SatH's trauma-informed and early-intervention approach across the year.

4. Leadership, Volunteering and Skills Development

SatH expanded its leadership and training pathways, ensuring more young people and adults gained the skills and confidence to contribute to their communities.

Training delivered included:

- Sports Leaders Level 1 and 2 Qualifications
- Bronze Duke of Edinburgh Award
- Netball Leaders Award
- First Aid, Inclusion & Diversity, Health & Safety workshops

More than 80 young people and adults gained recognised training or qualifications through SatH this year. The youth leadership pathway continued to support young people to progress into volunteering and paid roles, reflecting sustained investment in local leadership development.

5. School Holiday Programmes

SatH delivered holiday provision during every school break, including HAF-funded and Kitchen Social programmes. These sessions provided:

- enriching activities (including trips & residentials)
- specialist workshops
- movement and play
- access to nutritious meals
- safe spaces during school closures

6. Roundwood School and Community Centre: Strengthening a Community Hub

Section D Achievements and performance

SatH's partnership with the Beckmead Trust continued to support Roundwood School and Community Centre as an accessible, inclusive space for children, young people, families and local residents.

This year, SatH sustained weekly youth provision, expanded community use of the space, and began intentionally building a wider provider hub, collaborating with local organisations to bring a broader range of activities and support into the centre.

Roundwood's role as a trusted, safe and welcoming space has continued to grow, supporting:

- physical activity and wellbeing
- creative programmes and the arts
- leadership and skills development
- community connection
- family engagement
- access to wider support such as the food bank and welfare services

The centre remains a cornerstone for local cohesion and opportunity.

Section E Financial review

Brief statement of the charity's policy on reserves

The level of free reserves (excluding restricted funds) is reviewed annually by the trustees. In the current economic climate, the trustees consider that the most appropriate level of free reserves is between 3-6 months budgeted future operating expenditure; to be able to withstand a prolonged drop in funding over the coming year but also to help fund operations where funding is paid in arrears, rather than up front.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

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

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

During the financial year, SatH received income from:

- Trusts and foundations (John Lyons Charity, City Bridge Trust, Henry Smith Foundation, Children in Need)
- Local authority funding and contracts (HAF, NCIL)
- Programme delivery in schools
- Partnership and Consortia (I AM Brent, Safer Neighbourhood Board)

Expenditure continued to reflect SatH's community focus, with the majority spent on:

- staff and sessional worker costs
- delivery and programme resources
- venue and facility expenses
- training and safeguarding
- organisational development and governance

SatH maintained a prudent reserves position in line with its policy, ensuring financial stability while continuing to invest in programme growth and staff capacity.

Section F Other optional information

SatH's ability to create meaningful change is because we are, and have always been, a frontline, grassroots and delivery-focused organisation. Our daily presence in youth spaces, schools, community centres and local neighbourhoods gives us a deep, lived understanding of the experiences, strengths and challenges within our communities. This remains our primary focus and the core of our charitable purpose.

Our model has always been built on community power: relationships, trust, lived experience, and working alongside young people and families to design and grow opportunities that meet real needs. This year, we began to more intentionally recognise, articulate and build on that strength.

2024–25 has been a foundation year where SatH:

- strengthened its understanding of systems change, community power and place-based practice
- refined the language and frameworks to describe the work we have always done intuitively
- invested in staff development to embed shared approaches and deepen reflective practice
- positioned itself more clearly as an organisation that listens, responds and adapts with its community
- enhanced structures that support collaboration with residents, partners and local organisations

This groundwork enables us to elevate and exemplify our community-led approach in 2025–26, ensuring that our frontline delivery continues to inform wider improvements in youth work, wellbeing, leadership pathways and community infrastructure.

SatH will remain delivery-focused, that is our foundation, while increasingly using our insight, relationships and experience to contribute to positive change in the systems that shape young people's and our community's lives.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	CDaley	AC
Full name(s)	Corrine Daley	Alesia Carrington
Position (eg Secretary, Chair, etc)	Trustee	
Date	27/01/2026	

Charity Name	Number
Sport at the Heart	1168659

Annual Accounts

For the period from	April 1st 2024	To	March 31st 2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Henry Smith	15,000	-	-	15,000	30,000
LB Brent	-	93,884	-	93,884	44,662
Sport England	-	-	-	-	-
Wembley National Stadium Trust	16,875	-	-	16,875	11,250
Young Brent Foundation	-	-	-	-	31,093
John Lyons Charity	-	55,000	-	55,000	40,000
Sessional Income	7,203	-	-	7,203	6,693
City of London	-	41,652	-	41,652	20,523
Mayors Fund	-	2,792	-	2,792	6,500
Jack Petchey Foundation	-	900	-	900	900
London Sport	-	5,430	-	5,430	-
StreetGames	-	1,500	-	1,500	-
Children in Need	-	30,000	-	30,000	30,000
London Community Foundation	-	10,000	-	10,000	-
UK Youth	30,000	5,770	-	35,770	30,000
I AM Brent/ VRU	-	21,715	-	21,715	-
Garfield Weston	-			-	20,000
Schools income	-	43,435		43,435	30,630
The National Lottery/ DCMS		49,987		49,987	10,000
DofE Award		-		-	8,937
London Youth		6,505		6,505	13,900
Donations	1,166			1,166	
Other Revenue	8,908	-	-	8,908	17,808
AR)	79,152	368,570	-	447,722	352,895
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	79,152	368,570	-	447,722	352,895
A3 Payments					
Community Programme Delivery		£85,617	-	85,617	87,736
Venues		£23,903	-	23,903	8,333
Staff Uniform & Kits		2,567	-	2,567	6,502
Sports & Play Equipment & Resources		16,726	-	16,726	4,292
Insurance		425	-	425	425
Travel & Transport		2,339	-	2,339	2,627
Events & Community Outreach		£13,564	-	13,564	12,462
Volunteer Expenses		366	-	366	743
IT		4,879	-	4,879	2,834
Proffesional Memberships		360	-	360	165
Phone & Internet		3,076	-	3,076	2,477
Office and stationary		3,563	-	3,563	4,176
Marketing & Publicity		£581	-	581	500
Admin & Consultancy		19,741	-	19,741	53,990
Workforce Development & Training Offer		5,719	-	5,719	2,496
Food & Refreshments	10,196	-	-	10,196	5,938
Core Staff Costs	57,285	179,188	-	236,473	193,799
Audit & Accounting fees		726	-	726	490
Trips & Residentials		4,675	-	4,675	8,621
Staff wellbeing	80	-	-	80	266
Recruitment costs		555	-	555	120
Sub total	£67,561	368,570	-	436,131	398,991
A4 Asset and investment purchases. (see table)					

	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	67,561	368,570	-	436,131	398,991
Net of receipts/(payments)	11,591	-	-	11,591	- 46,096
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	70,521		-	70,521	116,617
Cash funds this year end	82,112	-	-	82,112	70,521

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))			

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Corrine Daley	27/01/2026
	AC	Alesia Carrington	28/01/2026

Independent Examiner's Report to the Trustees of Sport at the Heart Charity Number 1168659
I report on the accounts of the Trust for the year ended 31st March 2025 Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.
It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently 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 41 of the 1993 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

have been met.
Name: Rachel Rossiter
Relevant professional qualification or body: CIMA
Address: 114 Leghorn Road London NW10 4PG
Date: 28.01.2026.

SPORT AT THE HEART

England & Wales - Charity number 1168659

Accounts

Docusign Envelope ID: 4228B2E2-A80D-470C-8677-AA21AFF6DD2D

Trustee's Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	01	04	2023	To	31	03	2024

Section A Reference and administration details

Charity name	Sport at the Heart
Other names charity is known by	SatH Community Sports & Wellbeing
Registered charity number (if any)	1168659
Charity's principal address	C/o Newfield Primary School
	Longstone Avenue
	London
	Postcode **NW10 3UD**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Corrine Daley			
2	Alesia Carrington			
3	Olga Mirzoyan			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nary Wijeratne

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed or reappointed, and elected by members at the AGM.

Additional governance issues (Optional information)

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

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

SatH has a Child Protection & Safeguarding Policy, Vulnerable Adults Policy, Health & Safety Policy, Equity Policy and Data Protection Policy, and all staff, volunteers (over the age of 16) and trustees are subject to an enhanced DBS check. Policies are reviewed and updated annually or in line with changes in statutory requirements, whichever comes first.

SatH are members of London Youth who offer support on a wide range of governance and policies as well as access to training for charity trustees. We hold a Bronze level Quality Mark through London Youth consolidating our internal systems and governance.

We partner with various organisations to achieve our charity goals and provide excellent local support for children, young people, and families. We aim to preserve existing services and develop new sustainable practices. We collaborate with many local grassroots organisations through Brent's community and voluntary sector networks.

Section C Objectives and activities

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

To promote for the benefit of the inhabitants of the London Borough of Brent and the surrounding area, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In alignment with our charitable objectives, the following key activities have been undertaken to benefit the public:

Youth Engagement Programmes
We provide inclusive, accessible youth clubs and programmes designed to engage young people in physical activity, creative arts, and personal development. Activities are co-created with young participants to ensure they reflect their needs, interests, and aspirations.

Weekly youth clubs and school holiday programmes at Roundwood School and Community Centre offer structured activities that promote physical health, mental wellbeing, and social connection.

Volunteering and Leadership Development
Our young volunteer programme empowers young people with opportunities to contribute to their communities while gaining leadership skills, qualifications, and work experience.

Over 250 hours of youth-led volunteering and social action projects were delivered this year, helping participants build confidence, develop new skills, and gain a sense of purpose.

Community Sport and Health Initiatives
We deliver affordable and accessible community sports sessions and health programmes that encourage active lifestyles and improve wellbeing for all ages.

Free or low-cost sports activities, including basketball, fitness sessions, roller skating and multi-sports programmes, promote inclusion and tackle barriers to participation.

Inclusive Outreach and Support
We work to engage marginalised or underserved groups, including young people with learning disabilities, ethnically diverse communities, low-income families, and marginalised communities, ensuring equitable access to our services.

Tailored, culturally competent programmes and partnerships with local organisations help break down barriers and provide targeted support where it is needed most.

Facility Improvement and Shared Use
Through partnerships like our work at Roundwood School and Community Centre, we contribute to improving local facilities for community use. Developing and enhancing spaces, such as the multi-use games area (MUGA), supports community cohesion and encourages increased physical activity.

By delivering these activities, Sport at the Heart addresses key societal challenges, including youth unemployment, social isolation, and health inequalities, while creating opportunities for participants to gain confidence, skills, and a sense of belonging.

The trustees remain committed to ensuring that all our services and programmes are accessible, inclusive, and serve the public benefit.

Additional details of objectives and activities (Optional information)

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

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

This year, Sport at the Heart (SatH) focused on consolidating and diversifying its funding, securing more core funding and generating additional revenue through service delivery. This approach has strengthened our long-term sustainability and enabled us to maintain high-quality provision for our community.

Key achievements include:

Strategic Development and Organisational Growth

- We developed and refreshed our three-year strategic plan, ensuring clear direction and alignment with the needs of our community.
- A robust monitoring and evaluation framework was introduced to measure and demonstrate the impact of our work more effectively, enhancing our ability to deliver outcomes-driven programmes.
- SatH took on the management of the wraparound youth offer and the building management at Roundwood School and Community Centre in direct partnership with the Beckmead Trust, further embedding our role as a key provider of community services and youth opportunities in Brent.

High-Quality Weekly Youth and Community Programmes

Our weekly activities continued to provide inclusive, safe spaces for children, young people, and families to improve their physical and mental wellbeing:

- *Junior and Senior Youth Clubs* offering informal learning, creative activities, and positive peer support.
- *Pre-school Sports Club* for early years children and parents to develop physical literacy and embed active lifestyles.
- *Multi-Sports Sessions* offering a variety of activities that encourage connections, physical activity and a love of sports.
- *StreetDance & Performing Arts* for children of all abilities to enjoy movement & creativity through a variety of disciplines.
- *Women & Girls' Activities* supporting physical and mental wellbeing through fitness sessions, netball, and wellbeing retreat events.
- *SEND-Specific Sessions* in partnership with Let's Unite for Autism.

Over 3,000 hours of community activities were delivered, engaging more than 1,100 young people and their families.

Targeted Support for Young People
The Safer Through Activities Together (STAT) programme, now in its fifth

Docusign Envelope ID: 4228B2E2-A80D-470C-8677-AA21AFF6DD2D

year, provided tailored mentoring and activities for 48 Year 6 pupils from six primary schools who had a number of vulnerabilities making them at risk of violence or gang-involvement. The programme supported their transition to secondary school by improving confidence, decision-making, and positive peer relationships.

Our trauma-informed approach, strengthened by multi-year funding through UK Youth's Thrive programme, ensured early identification of children and young people requiring mental health support, with appropriate interventions and referrals in place to offer long-term support.

Leadership, Volunteering, and Training
SatH delivered a range of workshops and certified training courses to upskill young people and community members, including:

- Level 1 and 2 Sports Leaders Awards, Basketball Level 1
- First Aid, Inclusion & Diversity, Health & Safety workshops
- SEND awareness and disability sport workshops

Over 120 individuals gained qualifications or training to support community leadership.

School Holiday Programmes and Recognition
We successfully delivered school holiday programmes during every school break, including HAF-funded and Fit and Fed activities. These programmes ensured children and young people had access to enriching opportunities, nutritious meals, and specialist workshops.

This year, SatH was recognised with a StreetGames Award for our Fit and Fed school holiday programme, acknowledging its success in tackling holiday hunger, inactivity, and isolation.

Roundwood School and Community Centre: A hub for the community

Our formal partnership with the Beckmead Trust and management of Roundwood School and Community Centre has strengthened the buildings' role as a vital hub for the community.

The centre provides a welcoming, safe, and inclusive space for local residents, young people, and families to connect, grow, and thrive.

By offering consistent services, we have enabled the centre to become a trusted anchor point for community engagement, youth development, and wider support such as foodbank and welfare programmes.

Improved access to the centre has facilitated increased participation in physical activity, mental wellbeing programmes, and leadership opportunities, ensuring it remains at the heart of the community's growth and cohesion.

Section E Financial review

Docusign Envelope ID: 4228B2E2-A80D-470C-8677-AA21AFF6DD2D

Brief statement of the charity's policy on reserves	The level of free reserves (excluding restricted funds) is reviewed annually by the trustees. In the current economic climate, the trustees consider that the most appropriate level of free reserves is between 3-6 months budgeted future operating expenditure; to be able to withstand a prolonged drop in funding over the coming year but also to help fund operations where funding is paid in arrears, rather than up front.
Details of any funds materially in deficit	Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about: • the charity's principal sources of funds (including any fundraising); • how expenditure has supported the key objectives of the charity; • investment policy and objectives including any ethical investment policy adopted.	This year, SatH's expenditures exceeded income. This strategic decision allowed us to invest in upfront services and consultation fees necessary for developing new and enhanced services. We have been successful in securing multi-year grants and core funding grants, which provide a stable financial foundation for our operations. Additionally, we doubled the income generated through session fees, and the expansion of our paid school services. Our expenditures focus on frontline services, including core staff salaries, venue hire, sessional staff costs, volunteer expenses, delivery resources, and training and educational courses. Unspent unrestricted funds are deposited into the bank account to build an appropriate level of free reserves.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	Signed by: 6F24886C1D7C4A9...	Signed by: BC7A5CA7F6524DE...
Full name(s)	Corrine Daley	Alesia Carrington
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	1/23/2025	

Docusign Envelope ID: 4228B2E2-A80D-470C-8677-AA21AFF6DD2D

Charity Name	Number
Sport at the Heart	1168659

Annual Accounts

For the period from	April 1st 2023	To	March 31st 2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Henry Smith	30,000	-	-	30,000	30,000
LB Brent	-	44,662	-	44,662	68,493
Sport England	-	-	-	-	-
Wembley National Stadium Trust	11,250	-	-	11,250	600
Young Brent Foundation	-	31,093	-	31,093	85,733
John Lyons Charity	35,000	5,000	-	40,000	46,000
Sessional Income	6,693	-	-	6,693	3,866
City of London	-	20,523	-	20,523	-
Mayors Fund	-	6,500	-	6,500	4,000
Jack Petchey Foundation	-	900	-	900	900
London Sport	-	-	-	-	2,068
StreetGames	-	-	-	-	19,775
Children in Need	-	30,000	-	30,000	10,350
London Community Foundation	-	-	-	-	15,000
UK Youth	30,000	-	-	30,000	33,000
Neighborly Grants	-	-	-	-	1,500
Garfield Weston	20,000			20,000	15,000
Schools income	-	30,630		30,630	5,200
The National Lottery/ DCMS		10,000		10,000	
DofE Award		8,937		8,937	
London Youth		13,900		13,900	
Donations	485				
Other Revenue	10,008	7,800	-	17,808	15,993
AR)	143,437	209,944	-	352,895	357,478
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	143,437	209,944	-	352,895	357,478
A3 Payments					
Community Programme Delivery		£87,736	-	87,736	51,045
Venue		£8,333	-	8,333	3,025
Staff Uniform & Kits		6,502	-	6,502	5,244
Sports & Play Equipment & Resources		4,292	-	4,292	7,144
Insurance		425	-	425	425
Travel & Transport		2,627	-	2,627	2,032
Events & Community Outreach		£12,462	-	12,462	19,844
Volunteer Expenses		743	-	743	2,607
IT		2,834	-	2,834	2,872
Proffesional Memberships		165	-	165	215
Phone & Internet		2,477	-	2,477	1,916
Office and stationary		4,176	-	4,176	3,579
Marketing & Publicity		£500	-	500	1,404
Admin & Consultancy		53,990	-	53,990	44,469
Workforce Development & Training Offer		2,496	-	2,496	6,116
Food & Refreshments		5,938	-	5,938	5,072
Core Staff Costs	172,237	21,562	-	193,799	166,558
Audit & Accounting fees		490	-	490	461
Trips & Residentials		8,621	-	8,621	6,366
Staff wellbeing		266	-	266	90
DBS Checks		120	-	120	238
Sub total	£172,237	226,754	-	398,991	330,722

Docusign Envelope ID: 4228B2E2-A80D-470C-8677-AA21AFF6DD2D

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	172,237	226,754	-	398,991	330,722
Net of receipts/(payments)	- 28,800	- 16,810	-	- 46,096	30,845
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	118,176	- 2,045	-	116,131	116,131
Cash funds this year end	89,376	- 18,855	-	70,521	116,131

Docusign Envelope ID: 4228B2E2-A80D-470C-8677-AA21AFF6DD2D

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))			

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signed by: Signature	Print Name	Date of approval
	Corrine Daley	1/26/2025
Signed by: 6F24886C1D7G4A9...	Alesia Carrington	1/23/2025
BC7A5CA7F6524DE...		

SPORT AT THE HEART

England & Wales - Charity number 1168659

Accounts

Trustee's Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	05	04	2022	To	31	03	2023

Section A Reference and administration details

Charity name	Sport at the Heart
Other names charity is known by	SatH Community Sports & Wellbeing
Registered charity number (if any)	1168659
Charity's principal address	C/o Newfield Primary School
	Longstone Avenue
	London
	Postcode **NW10 3UD**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Corrine Daley			
2	Alesia Carrington			
3	Olga Mirzoyan			
4				
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19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nary Wijeratne

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed or reappointed, and elected by members at the AGM.

Additional governance issues (Optional information)

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

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

SatH has a Child Protection & Safeguarding Policy, Vulnerable Adults Policy, Health & Safety Policy, Equity Policy and Data Protection Policy, and all staff, volunteers (over the age of 16) and trustees are subject to an enhanced DBS check. Policies are reviewed and updated annually or in line with changes in statutory requirements, whichever comes first.

SatH are members of London Youth who offer support on a wide range of governance and policies as well as access to training for charity trustees. We hold a Bronze level Quality Mark through London Youth consolidating our internal systems and governance. SatH are also members of the Young Brent Foundation and Brent CVS who also offer support, guidance and advice on governance.

We currently work in partnership with a variety of organisations in order to meet our charity objectives and create the best local offer for our children, young people and families, whilst trying to safeguard existing services and create new sustainable ways of working in this current climate. We work closely with many other local grass roots organisations through the community and voluntary sector networks that exist in the borough of Brent.

Section C Objectives and activities

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

To promote for the benefit of the inhabitants of the London Borough of Brent and the surrounding area, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

At our trustee meetings we follow the Charity Commission's guidance on public benefit when planning activities.

The focus of our activities is to always create accessible sports and physical activities in areas of economic and social deprivation - in parks, on estates and in community facilities such as libraries, community centres and youth clubs.

The sports and physical activity sessions go beyond just activation and participation; programmes are delivered by community coaches and volunteers to improve the participant's conditions of life through new social experiences, encouraging and giving information on healthy life choices, and facilitating personal development by increasing self-esteem, and improving team-work and communication skills. Our services keep marginalised families connected to their community through participation in shared activities.

Covid19 changed the way we worked with our community, and as we entered into another tough time with the increasing cost of living, our services shifted again, encouraging us to consolidate the focus of our work into the following areas of priority for our service users:

Whole Family Support.
Activity sessions and events for whole families, mental health programmes, wellness days and parenting support. We now run an established weekly foodbank and drop-in session for families needing one2one support of further signposting.

Positive activities for young people centering equality.
Delivering high quality sessions in sports, the arts, play, youth services for all children and young people, but especially geared towards engaging with the hardest to reach children and young people who were at immediate risk of becoming disenfranchised (socially, educationally and medically). These services also included school holiday provision in every school holiday.

Physical health & wellbeing
Empowering children and young people to make positive choices regarding their health. Co-producing and delivering sports and physical activity programmes appealing to young people but based on our local knowledge and insights, as well as data coming from Sport England and the local authority regarding physical inactivity and health inequalities.

Mental health & wellbeing
We have made great strides in embedded mental health support across all of our programme and the whole organisations. All staff members in our organisation have had Youth Mental Health First Aid training, and our core staff team including Director, completed the Trauma series put on by the Partnership for Young London, making us a trauma-informed organisation. This training enabled staff to identify, and put in place support and referral pathways, for children and young people experiencing mental health challenges. Our staff are supported to look after their own wellbeing by giving them opportunities and resources to be able to do that.

Development of life skills and resilience.
We continue to deliver a wide-range of specialist and targeted programmes such as; mentoring, one2one support, specialist workshops on relationships & self esteem, film and media projects, empowerment programmes, specialist activities for girls and women, and environmental

projects.

Volunteering, routes into employment and the development of leadership skills.
With a dedicated staff member looking after this area of work we have been able to improve our package of support to develop leadership and work-place skills in young people. This includes the delivery of courses, workshops and accredited qualifications, personalised support and target setting and signposting to wider opportunities with partner organisations and beyond.

Additional details of objectives and activities (Optional information)

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

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

SatH has experienced another year of growth in income as well as capacity to deliver. This is accredited in part to the excellent reputation SatH has in the local area with service-users, partners, schools and other community groups, and also to the 'grow-your-own' approach we take to developing young people's skills and giving them access to training and qualifications equipping them to give back to the projects their time and skills. We have a full time (core) staff team of 7; director, project coordinator, 2 youth and community workers, 3 community sports coach's and a business development fundraiser. The core staff team are supported by 22 sessional and specialist staff, and a cohort of approximately 30 volunteers.

This year we delivered over 3000 hours of community activities benefitting over 1100 young people and their families.

Weekly sessions supporting physical health & wellbeing

Our weekly programme of open activities at Roundwood Community

Centre and Charteris Sports Centre have included the following:

- Saturday Sports Club – Active Start for Little Stars early years physical activity programme for under 5's and their parents
- StreetDance & Performing Arts – weekly sessions for differing abilities and experiences, to learn streetdance choreography and drama with opportunities to perform.
- Junior & Senior Youth Clubs – informal learning, safe spaces for young people aged 8-18 to make friends, participate in creative and physical activities and be supported by positive role-models.
- Multi Sports Clubs – fun and inclusive sessions for children and young people to be physically active.
- Mindful Movements – mental health support tools embedded into multi sports and youth club sessions.
- Women & Girls – accessible and inclusive women's programme to become, and remain active in a supportive and social environment. Activities included netball, walking/ running group, fitness classes, pilates and dance sessions for 40 women.
- FunFit Families Legacy Programme – a targeted whole family programme to increase physical activity amongst inactive families with social and/or economical barriers to sport and physical activity. Creating sustainable pathways and programmes with the FFF consortium and Brent's FWC.
- SEND specific multi sports sessions in partnership with Lets Unite for Autism.

Specialist support and targeted programmes

This year we have continued to work with the Brent Safer Neighbourhood Board and Connect Stars to deliver an early intervention project for young people at risk of becoming involved with gangs or drugs - Safer Through Activities Together (STAT). This project is in it's fourth year of working with 48 selected year 6 children from 6 primary schools providing activities and mentoring over a prolonged period of time supporting their transition into year 7 by building confidence, positive peer groups and skills that will help them make good choices.

Mental Health & Wellbeing

We have been a trauma informed organisation since 2021, endorsed by the Partnership for Young London. This has given us the necessary understanding to embed a trauma-informed approach into all areas of our service delivery - to support services users in a holistic way and identify those who need another layer of support. Through multi-year funding from UK Youth's Thrive programme we have been able to build on our practice and implement strong systems for identification, support and referral for children and young people who need early intervention.

Taking a whole-family approach to good mental health is also an area of work for us – the need to support parents, specifically mothers and female carers was identified. Through a series of wellbeing events co-designed with the target group, we brought holistic and alternative therapies to our community such as reiki, healing talking-circles, drama therapy, parenting support, meditation and massage. Over 150 women have been engaged, sign-posted and integrated into wider services through this programme.

Section D Achievements and performance

Youth leadership, volunteering & training

We have consistently delivered a wide range of workshops and/or certified training courses and qualifications and trained over 120 community leaders and sports coaches. Courses included Level 1 and Level 2 Qualifications in Sports Leaders, StreetGames Mentoring in Community Settings, First Aid, Inclusion & Diversity, Health & Safety and SEND workshops.

Jack Petchey Award
We are still running Jack Petchey Award scheme at a Bronze level. 3 young people are selected by their peers annually to receive the award, and we have found this to be an amazing incentive to develop motivation and recognise young people for their achievements.

School Holiday Programmes
We have delivered school holiday programmes in every school holiday, including half terms. Based on the Fit and Fed model of delivery of activities and food for every child, we have been able to develop successful HAF programmes through the new funding available from Brent council via the Department of Education. Our school holiday programmes are extremely well attended, and often over-subscribed. The holiday programmes are delivered at Roundwood Community Centre and include the following:

- Nutritious meals freshly prepared onsite, made with food from the Felix project and other local suppliers. All children and young people have access to healthy food daily.
- Activity Sessions (for ages 5-14) including sports, performing arts and outdoor pursuits.
- Specialist Workshops such as fashion design, upcycling, girls groups, cooking for those aged 14-18
- Offsite Activities to the Welsh Harp for canoeing, orienteering and Brent Goes Wild activities.
- Trips for the different age groups to Go Ape, Ice skating, Lexi Cinema, Olympic Park, trampolining, and galleries.
- Sports Leadership Qualifications, courses and volunteering opportunities.
- Summer social action and citizenship programmes.
- Residential to Woodrow High House in Whitsun half term
- Specialist workshop topics including mental health, healthy relationships, nutrition, healthy lifestyles.

Partnership with Brent Council Family Wellbeing Centres
We have partnered with Brent Council to deliver programmes in all 8 Family Wellbeing Centres, these are: Three Trees, St Raphaels, Alperton, Curzon Crescent, Church Lane, Willow and Granville. The centres cover 8 localities all across Brent and they are part of the governments new 'Family Hub' model, with Brent being one of 75 local authorities to trial this model.

At the FWC we delivered the FunFit Families legacy programme which supports family wellbeing by encouraging physical activity as a whole family leading to better health outcomes and stronger family connections. A focus this year has been mothers, and supporting their personal capacity to be active and in turn, encourage their family to be active. We have run yoga (pregnancy & post-natal), Zumba, Exercise classes and a

Section D Achievements and performance

walking group.

We also deliver a Youth Skills & Wellbeing project, delivering 12-week blocks of youth-led activity sessions – called 'Teen Space'. Young people build the programme in partnership with SatH and the FWC staff (co-creation) with the aim of sustaining the activity delivered by youth leaders who achieve a Leadership accreditation.

Since May 2022 we have delivered youth clubs in 4 FWC, engaging over 70 young people. Outcomes measured have been:

- 85% reported an increase in confidence to try new things
- 89% of YP engaged in activities that they feel meet their needs and priorities
- 8 YP from the FWC participated in a Level 1 Sports Leadership Qualification

Section E Financial review

Brief statement of the charity's policy on reserves	The level of free reserves (excluding restricted funds) is reviewed annually by the trustees. In the current economic climate, the trustees consider that the most appropriate level of free reserves is between 3-6 months budgeted future operating expenditure; to be able to withstand a prolonged drop in funding over the coming year but also to help fund operations where funding is paid in arrears, rather than up front.
Details of any funds materially in deficit	Not applicable

Further financial review details (Optional information)

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

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

SatH's main source of funding this year has been from a variety of grants.

We also took a small amount of money from session fees, and expanded our paid-for school services.

Our income is spent on front line services; core staff team, venue hire, sessional staff costs, volunteer expenses, delivery resources, training and education courses.

Any unspent unrestricted funds go into the bank account to accumulate an appropriate level of free reserves.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CORRINE DALEY	ALESIA CARRINGTON
Position (eg Secretary, Chair, etc)	CHAIR	TREASURER
Date	27.1.24	

Charity Name	Number
Sport at the Heart	1168659

Receipts and payments accounts

For the period from	April 1st 2022	To	March 31st 2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Henry Smith	30,000	-	-	30,000	15,000
LB Brent	-	68,493	-	68,493	32,495
Sport England	-	-	-	-	-
Wembley National Stadium Trust	600	-	-	600	-
Young Brent Foundation	-	85,733	-	85,733	87,335
John Lyons Charity	42,000	4,000	-	46,000	39,000
Sessional Income	3,866	-	-	3,866	3,463
City of London/ London Funders	-	-	-	-	50,000
Mayors Fund	-	4,000	-	4,000	3,250
Jack Petchey Foundation	-	900	-	900	600
London Sport	-	2,068	-	2,068	8,704
StreetGames	-	19,775	-	19,775	3,850
Children in Need	-	10,350	-	10,350	36,517
London Community Foundation	7,500	7,500	-	15,000	-
UK Youth	33,000	-	-	33,000	-
Neighborly Grants	1,500	-	-	1,500	-
Garfield Weston	15,000			15,000	-
Schools income	-	5,200		5,200	-
Other Revenue	1,425	14,568	-	15,993	1,684
AR)	134,890	222,587	-	357,478	281,871
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	134,890	222,587	-	357,478	281,871
A3 Payments					
Community Programme Delivery	£0	£51,045	-	51,045	51,392
Venue	£0	£3,025	-	3,025	4,834
Staff Uniform & Kits	£0	5,244	-	5,244	5,435
Sports & Play Equipment & Resources	£0	7,144	-	7,144	8,054
Insurance	£0	425	-	425	425
Travel & Transport	£0	2,032	-	2,032	2,247
Events & Community Outreach	£0	£19,844	-	19,844	13,701
Volunteer Expenses	£0	2,607	-	2,607	215
IT	£0	2,872	-	2,872	1,398
Proffesional Memberships	£0	215	-	215	155
Phone & Internet	£0	1,916	-	1,916	1,865
Office and stationary	£0	3,579	-	3,579	1,985
Marketing & Publicity	£0	£1,404	-	1,404	357
Admin & Consultancy	£0	44,469	-	44,469	20,016
Workforce Development & Training	-	6,116	-	6,116	7,054
Food & Refreshments	-	5,072	-	5,072	3,318
Core Staff Costs	102,000	64,558	-	166,558	137,975
Audit & Accounting fees	-	461	-	461	0
Trips & Residentials	4,000	2,366	-	6,366	-
Staff wellbeing	90	-	-	90	-
DBS Checks	-	238	-	238	308
Sub total	£106,090	224,632	-	330,722	260,734

A4 Asset & investment					
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	106,090	224,632	-	330,722	260,734
Net of receipts/(payments)	28,800	- 2,045	-	26,756	21,137

A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	89,376	-	-	89,376	68,239
Cash funds this year end	118,176	- 2,045	-	116,131	89,376

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	-	-	-

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		CORRINE DALEY	27.1.24
		ALESIA CARRINGTON	27.1.24

SPORT AT THE HEART

England & Wales - Charity number 1168659

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	05	04	2021	To	04	04	2022

Section A Reference and administration details

Charity name	Sport at the Heart
Other names charity is known by	SatH Community Sports & Wellbeing
Registered charity number (if any)	1168659
Charity's principal address	C/o The Granville
	140 Carlton Vale
	London
	Postcode NW6 5HE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Corrine Daley			
2	Alesia Carrington			
3	Olga Mirzoyan			
4				
5				
6				
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15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nary Wijeratne

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed or reappointed, and elected by members at the AGM.

Additional governance issues (Optional information)

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

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

SatH has a Child Protection & Safeguarding Policy, Vulnerable Adults Policy, Health & Safety Policy, Equity Policy and Data Protection Policy, and all staff, volunteers (over the age of 16) and trustees are subject to an enhanced DBS check. Policies are reviewed and updated annually or in line with changes in statutory requirements, whichever comes first. Staff, volunteers and contracted freelance specialist workers receive an induction where policies, procedures and our organisational values are shared.

SatH are members of London Youth who offer support on a wide range of governance and policies as well as access to training for charity trustees. We are currently completing the London Youth Quality Mark. SatH are also members of the Young Brent Foundation and Brent CVS who also offer support, guidance and advice on governance.

We currently work in partnership with a variety of organisations in order to meet our charity objectives and create the best local offer for our children, young people and families, whilst trying to safeguard existing services and create new sustainable ways of working in this current climate. We currently work with the London Borough of Brent, StreetGames UK, Sported and other local grass roots organisations through the community and voluntary sector networks.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	To promote for the benefit of the inhabitants of the London Borough of Brent and the surrounding area, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)	At our trustee meetings we follow the Charity Commission's guidance on public benefit when planning activities. The focus of our activities is to always create accessible sports and physical activities in areas of economic and social deprivation which has wider social benefits than just activation and participation. We deliver in parks, on estates and in community facilities such as libraries, community centres and youth clubs. The sports and physical activity sessions are delivered by community coaches and volunteers to improve the participant's conditions of life through new social experiences, encouraging and giving information on healthy life choices, facilitating personal development by increasing self-esteem, and improving team-work and communication skills. Our services keep marginalised families connected to their community through participation in shared activities, and our service delivery has built connection and community where it was needed the most. Covid-19 changed the way we work with the community, and as we emerged out of the pandemic in early 2021, our services shifted again, encouraging us to expand the focus of our work into the following areas of priority for our community and service users: *Whole Family Support.* Activity sessions and events for whole families, Mum's wellness days and parenting support programmes, Food bank & welfare support. *Positive activities for young people centering equality.* Delivering high quality sessions in sports, the arts, play, youth services for all children and young people, but especially geared towards engaging with the hardest to reach children and young people who were at immediate risk of becoming disenfranchised (socially, educationally and medically) after the lockdowns. These services also included school holiday provision in every school holiday. *Physical health & wellbeing* Getting children active again after the lockdowns, delivering sports and physical activity programmes based on our knowledge of our children and young people, as well as data coming from Sport England about declining physical activity levels in lockdown amongst children from lower socio-economic groups and certain groups (with Black boys activity levels being negatively affected the most out of all groups of children and young people during the pandemic). *Mental health & wellbeing* 1 in 2 of our participants said they needed support with mental health after the lockdowns. This was found across all age groups including adults (parents/carers). We worked with children and young people, and their families, to develop a tool-kit and resources to help manage their mental health, alongside participating in weekly physical activity sessions focussed on mindfulness and mental health. All staff members in our organisation have had Youth Mental Health First Aid training, and our core staff team including Director, completed the Trauma series put on by

the Partnership for Young London, making us a trauma-informed organisation. This training enabled staff to identify, and put in place support and referral pathways, for children and young people experiencing mental health challenges.

Development of life skills and resilience.
Mentoring, one2one support, specialist workshops on relationships & self esteem, film and media projects, empowerment programmes, specialist activities for girls and women, and environmental projects.

Volunteering, routes into employment and the development of leadership skills.
Package of support to develop leadership and work-place skills in young people. This including courses, workshops and accredited qualifications, personalised support and target setting and setting ourselves up to take on an apprentice.

This year we have also focussed on organisational capacity and efficiency, working with Clear Thinking Consultancy, we have developed a 3 year plan, better organisational structure, refreshed our theory of change and developed a new vision for SatH and our community. To better manage our increased income and number of financial transactions, we have implemented a new Finance Policy as well as migrated our financial operations to the accounting software Xero.

Additional details of objectives and activities (Optional information)

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

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

SatH has experienced another year of growth in income as well as capacity to deliver. This is accredited to the excellent quality of the delivery of community services by the committed coaches and staff as well as strong leadership and the additional capacity for organisational

development by having a full time (core) staff team of 5; director, project coordinator, 2 youth and community workers and 1 community sports coach. The core staff team are supported by 22 sessional and specialist staff, and our projects are often referenced as an example of best practice amongst peers and network membership organisations.

This year we delivered over 3000 hours of community activities benefitting over 730 young people and their families.

Weekly sessions supporting physical health & wellbeing

Our weekly programme of open activities at Roundwood Community Centre, Charteris Sports Centre, Roundwood park, and QPCS have included the following:

- Saturday Sports Club – Active Start for Little Stars early years physical activity programme for under 5's and their parents
- StreetDance – weekly sessions for differing abilities and experiences, to learn streetdance choreography and opportunities to perform.
- Junior & Senior Youth Clubs – safe spaces for young people aged 8-18 to make friends, participate in creative and physical activities and be supported by positive role-models.
- Multi Sports Clubs – fun and inclusive sessions for children and young people to be physically active.
- Mindful Movements – mental health support tools embedded into multi sports and youth club sessions.
- We Move – accessible and inclusive women's programme to become, and remain active in a supportive and social environment. Activities included netball, walking/ running group, fitness classes, pilates and dance sessions for 40 women.
- FunFit Families – a targeted whole family programme to increase physical activity amongst inactive families with social and/or economical barriers to sport and physical activity.
- Brent Goes Wild – incorporating environmental projects into our sessions and in school holidays using the resources and training provided by YBF, Natural History Museum and the Welsh Harp encouraging more diversity in young people taking an interest in STEM subjects.

In addition to these sessions, we were able to build on the success of, and roll out the Fun Fit Families programme across all 8 newly established Brent Family Wellbeing Centres, further engaging families who would not access sports or physical activity otherwise. Sessions included whole family sports and games sessions, coffee morning discussions around healthy lifestyles, as well as exercise classes for mums and female carers.

Specialist support and targeted programmes

This year we have continued to work with the Brent Safer Neighbourhood Board and Connect Stars to deliver an early intervention project for young people at risk of becoming involved with gangs or drugs - Safer Through Activities Together (STAT). This project is in it's third year of working with 48 selected year 6 children from 6 primary schools providing activities and mentoring over a prolonged period of time supporting their transition into year 7 by building confidence, positive peer groups and skills that will help them make good choices.

Working on a project with YBF we have been able to provide specialised mentoring to 10 young people at risk of exclusion from school by using the outcome star method through the Pathfinder programme.

Our family welfare support and weekly foodbank which started during the pandemic, are now an integral part of our programme for families in short-term crisis and those needing advocacy and access to welfare services.

Mental Health & Wellbeing

Becoming a trauma informed organisation in 2021, endorsed by the Partnership for Young London, gave us the necessary understanding to embed a trauma-informed approach into all areas of our service delivery - to support services users in a holistic way and identify those who need another layer of support, especially after the effects of the pandemic. Through funding from UK Youth's Thrive programme we have been able to build on our practice and implement strong systems for identification, support and referral for children and young people who need early intervention.

It wasn't just children and young people who needed intervention and mental health support after the pandemic, an emerging need to support parents – specifically mothers and female carers (from 1-parent households) was identified. The pandemic had taken its toll, and many needed to unpack their experiences in a safe space. Through a series of wellbeing events co-designed with the target group, we brought holistic and alternative therapies to our community (which are sometimes financially inaccessible) such as reiki, healing talking-circles, drama therapy, parenting support, meditation and massage. Over 120 women have been engaged, sign-posted and integrated into wider services through this programme.

Youth leadership, volunteering & training

As part of the legacy of the FunFit Families project, taking a 'local approach' to increasing physical activity in Brent was identified by delivery partners as a key driver to engaging hard to reach participants. A training programme was developed and delivered based on the training needs of these organisations and an existing skills-gap in the wider local workforce. We have delivered over 10 accredited and/or certified training courses and qualifications and trained over 120 community leaders and sports coaches who are active in their communities. Courses included Level 1 and Level 2 Qualifications in Sports Leaders, 1st 4 Sport Level 2 Development of Multi-Skills, Basketball Level 1 Coaching Award, First Aid, Inclusion & Diversity, Boxing 4 Fitness and a Handball Workshop.

Jack Petchey Award
With more of a focus on developing the leadership skills of young people volunteering with SatH, we enrolled on the Jack Petchey Award scheme at a Bronze level. 3 young people are selected by their peers annually to receive the award, and we have found this to be an amazing incentive to develop motivation and recognise young people for their achievements.

Apprenticeship
This is an area of work which we have been keen to enter for years now, it is a logical extension to our volunteer programme for young people. We have a proven track record of developing leadership skills and

Section D Achievements and performance

competencies in young people, growing a confident workforce as we go. With an increased capacity to manage, and a new organisational structure, we have been able to offer a Level 3 Sport and Health Officer apprenticeship placement to a young adult in our community.

School Holiday Programmes
We have delivered school holiday programmes in every school holiday, including half terms over this period. Based on the Fit and Fed model of delivery of activities and food for every child, we have been able to develop successful HAF programmes through the new funding available from Brent council from the DfE. Our school holiday programmes are extremely well attended, and often over-subscribed. The holiday programmes are delivered at Roundwood Community Centre and include the following:

- Nutritious meals freshly prepared onsite, made with food from the Felix project and other local suppliers. All children and young people have access to healthy food daily.
- Activity Sessions (for ages 5-14) including sports, performing arts and outdoor pursuits.
- Specialist Workshops such as fashion design, upcycling, girls groups, cooking for those aged 14-18
- Offsite Activities to the Welsh Harp for canoeing, orienteering and Brent Goes Wild activities.
- Trips for the different age groups to Go Ape, Ice skating, Lexi Cinema, Olympic Park, trampolining, and galleries.
- Sports Leadership Qualifications, courses and volunteering opportunities.
- Summer Film Making Workshops.
- Residential to Woodrow High House in Whitsun half term
- Specialist workshop topics including mental health, healthy relationships, nutrition, healthy lifestyles.

This last year we have provided approximately 4000 healthy meals to children and young people attending the school holiday programmes throughout the year. We have good working relationships with StreetGames Fit & Fed, Mayors Funded Kitchen Social, Brent HAF and the Felix project and sit on a number of networks to ensure that holiday programmes are sustainable and accessible for all children and young people, with a special focus on these families who need this support the most.

Section E Financial review

Brief statement of the charity's policy on reserves	The level of free reserves (excluding restricted funds) is reviewed annually by the trustees. In the current economic climate, the trustees consider that the most appropriate level of free reserves is between 3-6 months budgeted future operating expenditure; to be able to withstand a prolonged drop in funding over the coming year but also to help fund operations where funding is paid in arrears, rather than up front.
Details of any funds materially in deficit	Not applicable

Further financial review details (Optional information)

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

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

SatH's main source of funding this year has been from a variety of grants. We also took a very small amount of money from session fees, although this was hugely impacted by Covid-19 and is taking time to recover.

Our income is spent on delivering front-line services; core staff team, venue hire, sessional staff costs, volunteer expenses, delivery resources, training and education courses.

Any unrestricted funds go into the bank account to accumulate an appropriate level of free reserves.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CORRINE DALEY	ALESIA CARRINGTON
Position (eg Secretary, Chair, etc)	CHAIR	TRUSTEE
Date	24. JAN 2023	

Charity Name	Number
Sport at the Heart	1168659

Receipts and payments accounts

For the period from	April 4th 2021	To	April 3rd 2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Henry Smith	15,000	-	-	15,000	-
LB Brent	-	32,495	-	32,495	20,253
Sport England	-	-	-	-	9,943
Wembley National Stadium Trust	-	-	-	-	22,850
Young Brent Foundation	-	87,335	-	87,335	19,859
John Lyons Charity	35,000	4,000	-	39,000	6,000
Sessional Income	3,436	-	-	3,436	426
City of London/ London Funders	-	50,000	-	50,000	49,460
Mayors Fund	-	3,250	-	3,250	14,350
Jack Petchey Foundation	-	600	-	600	250
London Sport	-	8,704	-	8,704	2,500
StreetGames	-	3,850	-	3,850	13,315
Children in Need	-	36,517	-	36,517	23,183
Local Giving	-	-	-	-	2,000
London Community Foundation	-	-	-	-	2,820
Other Revenue	1,684		-	1,684	126
AR)	55,120	226,751	-	281,871	187,335
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	55,120	226,751	-	281,871	187,335
A3 Payments					
Community Programme Delivery	£0	£51,392	-	51,392	74,933
Venue	£0	£4,834	-	4,834	3,066
Staff Uniform & Kits	£0	5,435	-	5,435	-
Sports & Play Equipment & Resources	£0	8,054	-	8,054	2,755
Insurance	£0	425	-	425	-
Travel & Transport	£0	2,247	-	2,247	4,312
Events & Community Outreach	£0	£13,701	-	13,701	-
Volunteer Expenses	£0	215	-	215	143
IT	£0	1,398	-	1,398	2,269
Proffesional Memberships	£0	155	-	155	20
Phone & Internet	£0	1,865	-	1,865	1,874
Office and stationary	£0	1,985	-	1,985	49
Marketing & Publicity	£0	£357	-	357	-
Admin & Consultancy	£0	20,016	-	20,016	16,742
Workforce Development	-	7,054	-	7,054	1,556
Food & Refreshments	-	3,318	-	3,318	2,759
Core Staff Costs	-	137,975	-	137,975	38,780
COVID Response	-	-	-	-	9,789
DBS Checks	-	308	-	308	353
Sub total	-	260,734	-	260,734	159,400
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	-	260,734	-	260,734	159,400

Net of receipts/(payments)	55,120	- 33,983	-	21,137	27,935
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	11,452	56,787	-	68,239	40,304
Cash funds this year end	66,572	22,804	-	89,376	68,239

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	-	-	-
		Agreement Error	Agreement Error	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	CORRINE BAKER	24.1.23
	ALESIA CARRINGTON	25.1.23

Independent Examiner's Report to the Trustees of Sport at the Heart Charity Number 1168659

I report on the accounts of the Trust for the year ended 30 April 2022

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently 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 41 of the 1993 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

have been met.

Name: Rachel Rossiter

Relevant professional qualification or body: ACMA CGMA

Address: 65 Chambers Lane NW10 2RL London

Date: 29th January 2023

Scanned with CamScanner

SPORT AT THE HEART

England & Wales - Charity number 1168659

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	05	04	2020	To	04	04	2021

Section A Reference and administration details

Charity name	Sport at the Heart
Other names charity is known by	SatH
Registered charity number (if any)	1168659
Charity's principal address	C/o The Granville
	140 Carlton Vale
	London
	Postcode NW6 5HE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sharareh Avazzadeh		April-September 2020	
2	Alesia Carrington			
3	Corrine Daley			
4	Olga Mirzoyan		September 2020-Present	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed or reappointed, and elected by members at the AGM.

Additional governance issues (Optional information)

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

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

We have a Child Protection & Safeguarding Policy, Vulnerable Adults Policy, Health & Safety Policy, Equity Policy and Data Protection Policy, and all trustees are subject to an enhanced DBS check, which is added to the online update system and updated in line with statutory requirements.

SatH are members of London Youth who offer support on a wide range of governance and policies as well as access to training for charity trustees.

SatH are also members of the Young Brent Foundation who also offer support, guidance and advice.

We currently work in partnership with a variety of organisations in order to meet our charity objectives and create the best offer for local children, young people and families, whilst trying to safeguard existing services and create new sustainable ways of working in this current climate. We currently work with London Borough of Brent, StreetGames UK, Sported and other local grass roots organisations through the Sport 4 Good network in Brent.

Section C Objectives and activities

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

To promote for the benefit of the inhabitants of the London Borough of Brent and the surrounding area, the provision of facilities for healthy recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances with the object of improving their conditions of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

At our trustee meetings we follow the Charity Commission's guidance on public benefit when planning activities.

2020 – 2021 has been a year that we couldn't have possibly planned for.

The focus of our activities is to always create accessible sports and physical activities in areas of economic and social deprivation, in parks, on estates and in community facilities such as libraries, community centres and youth clubs. The sports and physical activity sessions are delivered by community coaches and volunteers to improve the participant's conditions of life through new social experiences, encouraging and giving information on healthy life choices, and facilitating personal development by increasing self-esteem, and improving team-work and communication skills. Our services keep marginalised families connected to their community through participation in shared activities.

Because of our relationships with service users and connections to the community we were able to pivot into wider services coordinating a local response to Covid-19 very quickly, as soon as the lockdowns started.

This year, the main activities undertaken were in response to Covid-19 and the impact it had on our community. New ways of working emerged, and the needs of the community shifted to which we were able to remain agile and respond to the ever-changing guidance and effects of the pandemic.

Additional details of objectives and activities (Optional information)

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

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Response to Covid-19

Food Parcels & Essentials
We used our weekly delivery slot at The Felix Project and the donations from Street games, Inkind Direct and Kitchen Social to obtain as much food, toiletry essentials and sports equipment to form weekly care package's to go out to the most affected and vulnerable families. Only having a Smart car available at the start, we packed it to the brim, and thus started our weekly deliveries. The following weeks we hired out Zipcars as the number of families had risen due to partnering up with local schools and adding their vulnerable families to our list of deliveries. The deliveries continued for the whole year, although the numbers of families supported became less as we were able to referred them onto specialist services (food banks, early help); at the peak of the pandemic we were supporting over 70 families. A family quoted "It's the constant week in week out support, you have kept up without fail. No other blessing has been greater than this. God Bless your hard work." This year we delivered over 5000 family food parcels.

Sports, Play & Arts Resources
As soon as we heard there was a possibility of a lockdown, we had prepared over 40 'Go Bags' for our participants to take home on the last day that we were able to run sessions at Roundwood Youth Club. The bag included; Frisbees, rulers, rubbers, pens, Pedometers, deodorant spray, cones, small balls, a few other little bits and a football. We knew it would be vital to prep and make sure the children have something to take home, many of them repeated the same thing saying "they didn't have a lot of the bag's contents at home." After the first lockdown was officially announced and we knew our efforts had to continue throughout this period. Other items distributed to households were tennis rackets, art supplies boxes, books and home fitness equipment for the whole family. Over 125 families received resources to support learning, play and physical activity.

1-2-1 Support calls & Doorstep Visits
Our Coaches intentionally stayed in contact with some of our (most vulnerable) young people, checking in on them with weekly calls to monitor their overall wellbeing and mental health with consent from both parent and young person. The calls also helped us get feedback on what online activities, sports equipment or anything else they required. 356 doorstep visits were made in the first lockdown.

Online Zoom Sessions
Being thrown out of routine and being less active has a massive effect on our mental health, with this in mind we strived to continue the engagement with our young people to provide a sense of normality in this strange time. Among our coaches and external partners, we were able to bring a weekly variety of structured zoom sessions assessable to young people, and the whole family. These weekly sessions consisted of fitness sessions, quiz's, yoga, circuit training, dance, drama, 1-2-1 tutoring and schoolwork support, cook-alongs, music sessions and online 'hang-outs'.

Film Project with S+O Media
Before lockdown, SatH had been planning a film project (funded by the Borough of Culture) with S&O for our young people to direct and create their own film, but due to lockdown, we transitioned it to a zoom session to allow for the project to go ahead. The young people filmed their experience and what SatH are doing during the lockdown. The project

was also delivered in-person throughout the summer holidays. The final film can be accessed here: https://www.metrolandcultures.com/news/sport-at-the-heart-release-brent-borough-of-us-1/

Summer Holiday Programme August 2020

We really needed to be at the heart of the community over the Summer holidays, delivering face-to-face services. After speaking with many parents, carers, young people and other local organisations we planned and delivered a successful COVID-secure summer programme shaped by the needs of our community and supported by our network of partners. With permission from Brent Council, the four-week summer scheme was based at Roundwood Youth Centre and ran daily from 3rd August to 28th August. The programme included;

- Activity Sessions (for ages 5-14) including sports, performing arts and outdoor pursuits.
- Specialist Workshops such as fashion design, upcycling, girls groups, cooking.
- Offsite Activity to the Welsh Harp for canoeing
- Sports Leadership Qualification (for ages 15+)
- London Borough of Culture Film Project

The summer programme was for children and young people aged 5 – 18 years old that lived in the NW10 area; an area that has been hit hardest by Covid-19. We engaged 100 children and young people over the summer holidays, and each week we had really good attendance with a daily average of 86 visits per day over the 3 daily sessions. We ran a total of 60 different sessions over 4 weeks and delivered 140 hours of activity. As part of the Kitchen Social programme to support children and young people at risk of food insecurity and holiday hunger, we provided 450 meals per week and over 1,800 meals throughout the course of the Summer holidays.

In-Person Services

In between the lockdowns, and when it was deemed safe to do so we were able to deliver many in-person services for the community at Roundwood Youth Centre, Roundwood Park, and Charteris Sports Centre.

- Saturday Sports Club – Active Start for Little Stars early years physical activity programme for under 5's and their parents
- Safer Through Activities Together – targeted support for year 6 children at risk of involvement in gangs, to build their confidence and self-esteem as they transition to secondary school.
- StreetDance -
- Junior Youth Clubs – safe spaces for young people aged 8-13 to make friends, participate in creative and physical activities and be supported by positive role-models.
- Multi Sports Clubs – fun and inclusive sessions for children and young people to be physically active.
- Netball – accessible and inclusive women's programme to remain active in a supportive and social environment.
- FunFit Families – a targeted whole family programme to increase physical activity amongst inactive families with social and/or economical barriers to sport and physical activity.
- Mindful Movements – a targeted mental health programme for children and young people who experienced anxiety or depression as a result of the lockdowns and pandemic.

Section D Achievements and performance

These sessions were deemed essential to the physical and mental wellbeing of the community during times of uncertainty, SatH remained a consistent service in the local landscape thus solidifying our connection to our community and integrity of our organisation and programmes.

Section E Financial review

Brief statement of the charity's policy on reserves

The level of free reserves (excluding restricted funds) is reviewed annually by the trustees. In the current economic climate, the trustees consider that the most appropriate level of free reserves is between 3-6 months budgeted future operating expenditure; to be able to withstand a prolonged drop in funding over the coming year but also to help fund operations where funding is paid in arrears, rather than up front. i.e. we often have to wait several months to receive funding, and so our reserves are important to help manage our uneven cash flows.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

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

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

SatH's main source of funding this year has been from a variety of emergency and Covid-19 recovery grants. We also took a very small amount of money from session fees, although this was hugely impacted by Covid-19.

The majority of our money is spent on delivering programmes; venue hire, sessional staff costs, volunteer expenses, flyers and sports equipment, and this year spending money on food and essential items distributed to families in need.

This year we had spent noticeably more on IT – laptops, software and programmes to enable staff to operate from home and deliver online services.

Any unrestricted funds go into the bank account to start to accumulate an appropriate level of reserves.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CORRINE DAVEY	OLGA MIRZOIAN
Position (eg Secretary, Chair, etc)	CHAIR	TRUSTEE
Date	26.01.22	

Charity Name	Number
Sport at the Heart	1168659

Receipts and payments accounts

For the period from	April 4th 2020	To	April 3rd 2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Big Lottery Fund	-		-		-
LB Brent	-	20,253	-	20,253	37,351
Sport England	9,943	-	-	9,943	9,940
Wembley National Stadium Trust	-	22,850	-	22,850	-
Young Brent Foundation	-	19,859	-	19,859	25,794
John Lyons Charity	-	6,000	-	6,000	25,000
Sessional Income	426	-	-	426	2,506
City of London	-	49,460	-	49,460	-
Mayors Fund	-	14,350	-	14,350	-
Jack Petchey Foundation	-	250	-	250	500
London Sport	-	2,500	-	2,500	190
StreetGames	-	13,315	-	13,315	7,754
Children in Need	-	23,183	-	23,183	9,850
Local Giving	-	2,000	-	2,000	-
London Community Foundation	2,820	-	-	2,820	-
Refunds	126		-	126	277
***Sub total** (Gross income for AR)*	13,315	174,020	-	187,335	119,162
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,315	174,020	-	187,335	119,162
A3 Payments					
Community Programme Delivery - Staff	£0	£74,933	-	74,933	60,534
Venue	£0	£3,066	-	3,066	6,463
Staff Uniform & Kits	£0	-	-	-	1,483
Sports & Play Equipment & Resources	£0	2,755	-	2,755	8,460
Insurance	£0	-	-	-	388
Travel & Transport	£0	4,312	-	4,312	2,334
Events & Community Outreach	£0	£0	-	-	4,251
Volunteer Expenses	£0	143	-	143	448
IT	£0	2,269	-	2,269	1,323
Proffesional Memberships	£0	20	-	20	145
Phone & Internet	£0	1,874	-	1,874	1,609
Office and stationary	£0	49	-	49	1,570
Marketing & Publicity	£0	£0	-	-	2,635
Admin & Consultancy	£0	16,742	-	16,742	852
Staff Development	-	1,556	-	1,556	949
Food & Refreshments	-	2,759	-	2,759	1,942
Core Staff Costs	-	38,780	-	38,780	22,860
COVID Response	-	9,789	-	9,789	415
DBS Checks	-	353	-	353	185
Sub total	-	159,400	-	159,400	118,847
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	-	159,400	-	159,400	118,847

Net of receipts/(payments)	13,315	14,620	-	27,935	315
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	40,304	-	-	40,304	-
Cash funds this year end	53,619	14,620	-	68,239	40,619

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	-	-	-

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		CORINE BAILEY	21.01.22
		OLGA MIRZOIAN	26.01.22

Independent Examiner's Report to the Trustees of Sport at the Heart Charity Number 1168659

I report on the accounts of the Trust for the year ended 30 April 2021

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently 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 41 of the 1993 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

have been met.

Name: Rachel Rossiter

Relevant professional qualification or body: ACMA = CIMA.

Address: 65 Chambers Lane London NW10 2RL

Date: 24.01.22.

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