



Trustees' Annual Report for the period

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

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	
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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)

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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.

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


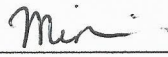
Other optional information

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 DARCY	OLGA MIRZOLIAN
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 1st 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
Professional 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))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		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
	CORDelia Davis	21.01.22
	OLGA MIRZOLIAN	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.