



# Trustees' Annual Report for the period

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

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.

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

**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)**

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 its 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, 1<sup>st</sup> 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

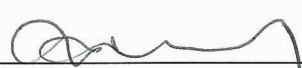

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## Section G

## 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 <b>Sport at the Heart</b>			Number <b>1168659</b>	
<b>Receipts and payments accounts</b>				
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 £
<b>A1 Receipts</b>					
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).

	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	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
Professional 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
<b>Sub total</b>	-	260,734	-	260,734	159,400

### A4 Asset and investment purchases, (see table)

	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	260,734	-	260,734	159,400

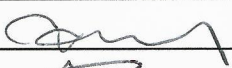

<b>Net of receipts/(payments)</b>	55,120	- 33,983	-	21,137	27,935
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	11,452	56,787	-	68,239	40,304
<b>Cash funds this year end</b>	66,572	22,804	-	89,376	68,239



## 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 £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>				
<b>B4 Assets retained for the charity's own use</b>				
<b>B5 Liabilities</b>				

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		CORRINE BARKER	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: Rache I Rossiter  
Relevant professional qualification or body: ACMA CMAA  
Address: 65 Chamber's Lane NW10 2RL London  
Date: 29<sup>th</sup> January 2023