



Trustee's Annual Report for the period

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

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.

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, Alpertons, 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.

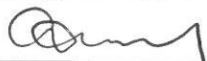

Section F

Other optional information

Section GDeclaration

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 DAUBY	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

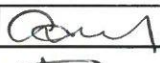
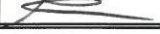
For the period from	April 1st 2022	To	March 31st 2023
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Section A Receipts and payments

	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	-
Neighorly 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
Professional 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))			
		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	