



## Trustee's Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2023		Day 31	Month 03	Year 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			
4				
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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.

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)**

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

## Section D

## Achievements and performance

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

**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.

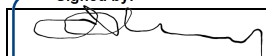
**Section F****Other optional information****Section G****Declaration**

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

**Signed on behalf of the charity's trustees**

Signature(s)

Signed by:



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Full name(s)

Corrine Daley

Signed by:



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Alesia Carrington

Position (eg Secretary, Chair, etc)

Chair

Treasurer

Date

1/23/2025



Charity Name <b>Sport at the Heart</b>			Number <b>1168659</b>	
<b>Annual Accounts</b>				
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 £
<b>A1 Receipts</b>					
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
Neighbourly 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
<b>AR)</b>	<b>143,437</b>	<b>209,944</b>	<b>-</b>	<b>352,895</b>	<b>357,478</b>

<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>143,437</b>	<b>209,944</b>	<b>-</b>	<b>352,895</b>	<b>357,478</b>

<b>A3 Payments</b>					
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
Professional 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 & Residential		8,621	-	8,621	6,366
Staff wellbeing		266	-	266	90
DBS Checks		120	-	120	238
<b>Sub total</b>	<b>£172,237</b>	<b>226,754</b>	<b>-</b>	<b>398,991</b>	<b>330,722</b>

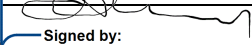
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	172,237	226,754	-	398,991	330,722
Net of receipts/(payments)	- 28,800	- 16,810	-	- 46,096	30,845
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	118,176	- 2,045	-	116,131	116,131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



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		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(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			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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: 6F24886C1D7C4A0...	Alesia Carrington	1/23/2025
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