

PAT BENSON COMMUNITY SPORTS FOUNDATION

England & Wales · Charity number 1176806

Details

Other names PAT BENSON BOXING ACADEMY

Status Registered

Legal form Charitable company

Company number [10501987](#)

Registered 2018-01-24

Register [View on the Charity Commission register](#)

Contact

Address Pat Benson Community Sports Fndn
Unit 2
50 Adderley Street
Birmingham
B9 4ED

Phone 01217732784

Email info@pbba.co.uk

Website www.pbba.co.uk

Activities

Objects: 1. TO ADVANCE IN LIFE AND HELP YOUNG PEOPLE THROUGH:(A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.2. THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR BOXING3. TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Pat Benson Community Sports Foundation uses sport, particularly boxing, in addition to mentoring and personal development to improve the life chances of young people and adults in the most challenging and deprived areas of inner-city Birmingham. The foundation is based in Small Heath and specialist staff deliver programmes ranging from mental wellbeing to homework clubs & women's only classes.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Birmingham City

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£265,758	£357,656	-	-
2023-11-30	£391,585	£361,829	-	-
2022-11-30	£454,884	£387,255	-	-
2021-11-30	£379,264	£311,105	-	-
2020-11-30	£276,924	£220,717	-	-

Trustees

Name	Role	Appointed
Amalia Morris		2024-02-01
DENIS HOUSTON		2016-11-29
Jack Kadansky		2024-02-01
Michael Maguire		2024-02-01
Pat Benson		2016-11-29
William Kerrigan		2024-06-12

PAT BENSON COMMUNITY SPORTS FOUNDATION

England & Wales - Charity number 1176806

Accounts

Charity Registration Number: 1176806

Company Registration Number: 10501987 (England and Wales)

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
(a company limited by guarantee)

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2024

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PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

M Maguire - Chairman
P Benson
D Houston
A Morris
W Kerrigan
J Kadansky

Company Secretary

D Houston

Registered Office

Unit 2
50 Adderley Street
Birmingham
West Midlands
B9 4ED

Charity number: 1176806

Company number: 10501987 (registered in England and Wales)

Bankers

The Co-Operative Bank
PO Box 150
Delf House Skelmersdale WN8 6GG

Accountant

Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

Independent Examiner

Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

CHAIRMAN'S STATEMENT YEAR ENDED 30 NOVEMBER 2024

As Chair of the Pat Benson Community Sports Foundation, I am delighted to present our Trustees Report at the end of another highly impactful and positive year for the organisation. It is a longstanding and highly reputable organisation within the local community. Our board of trustees and, CEO and management combine so well to navigate through a constantly challenging industry, where we know generating funds is always a highly competitive process. I am so please to see our trustees demonstrate such passion and commitment towards an invaluable and iconic local organisation.

The work of our CEO and management team, combining with the University of Essex to present such a comprehensive independent report proves how far sports organisations have progressed over recent years. Thank you to the funders who have made this possible. A further area which is so refreshing to see is when young people, often referred from multi agencies progress to become long-term volunteers. Thanks to various funders, they become qualified coaches and commit so much time, passion and energy into 'giving something back' to the community and the young people who were once in their position. Meanwhile it is enhancing their experience and possibly their future careers, in whatever industry and sector they choose to pursue in the future. As young volunteers, they are making an outstanding contribution to their local communities.

I would like to take this opportunity to commend the staff, the volunteers and my fellow trustees on ensuring that this outstanding organisation continues to thrive within the community. Furthermore, I would like to thank the funders and wider stakeholders, for helping to provide the infrastructure and the funds to ensure we can navigate our way through these periods of uncertainty in our constant fight to create long-term sustainability.

Funders such as: BBC Children In Need, the National Lottery, Peter Harrison, Henry Smith, National Grid, NNS, People's Health Trust, Sport England, HAF Holiday Activity Fund and others provide vital sources of funds to organisations working with the most vulnerable. Thank you to our funders, past and present for leaving such a positive lasting mark on our communities.

On behalf of Pat Benson Community Sports Foundation, thank you all for a very successful year, and we look forward to continuing our vital community work.

Mr. Michael Maguire
Chair
Pat Benson Community Sports Foundation

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report and unaudited financial statements of the charity for the year ending 30 November 2024.

Trustees

The trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the unaudited financial statements were:

P Benson

A Morris

D Houston – Company Secretary

M Maguire – Chairman

W Kerrigan

J Kadansky

None of the directors has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of winding up.

Governing document

Pat Benson Community Sports Foundation Limited is constituted by its Memorandum & Articles of Association, adopted by the membership on 29 November 2016, which were subsequently amended by Special Resolution on 5 January 2018, and is a registered charity. The Trust was formed as a company limited by guarantee and was subsequently registered as a charity on 24 January 2018.

Organisational structure

The Trust is governed by six Executive Officers, who are the directors and trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Activities

The Foundation has achieved positive growth and programme performance throughout the year, progressing into the 3rd and final year of our larger funds, where we have demonstrated high level project impact for our young people and vulnerable adults, who suffer from complications to their health, wellbeing, quality of life and employability chances. Our place-based programmes are designed to address health and wellbeing broadly; however designated activities aimed at enhancing opportunities enable us to monitor a set of designated goals and outcomes on a yearly basis. Broadly, we aim to enhance social interaction opportunities and improve the mental and physical wellbeing of vulnerable adults, in addition to improving the personal development, physical health and wellbeing of young people in order to achieve a series of set targets.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2024

Achievements and progress

Last year, we reported that we have worked on the beginning of a new organisational strategy, along with a comprehensive evaluation report of programmes and projects, as we enter the final year of our large core funding projects. These plans have been successfully achieved. Our new 5-year strategy will outline our plans to successfully grow the Foundation for the foreseeable future, whilst our impact report is publicly available, providing a comprehensive, independent evaluation of how our programmes have contributed to significant change. It provides a thorough understanding of how our organisation presents a safe environment for individuals to progress on a long-term journey. Thank you to University of Essex and Dr Andrew Brinkley for their work.

Evaluation of the Pat Benson Boxing Academy Health and Wellbeing Programmes: What are the Next Steps
Publication date: 17th April 2025

A brief overview of the main findings.

The place-based programmes designed to address health and wellbeing broadly, such as those delivered within the Pat Benson Community Sports Foundation are examples of efforts to tackle community and societal complications. There is growing evidence that these approaches can work when implemented effectively. Programmes delivered within a place-based system, which use the 'power of sport', either through a 'Plus Sport' or 'Sports Plus' lens have consistently demonstrated effectiveness across a variety of behavioural, health, wellbeing, social, employability, and economic outcomes over the short- and medium-term. The foundation use these approaches alongside four long-established 'values': Unite, Respect, Achieve and Inspire to work across Birmingham.

For many participants, social factors such as approachable and friendly staff were initial reasons for attending the classes. Furthermore, the welcoming and encouraging attitude of the coaches was frequently stated, in conjunction with the diverse safe culture within the PBBA facility. This provided a "safe space" for participants of various backgrounds. A key factor in the diverse and deprived community PBBA serves. Indeed, given that the academy works with a wide variety of participants who struggle with a diverse range of mental and physical health problems, being able to adapt to these issues facilitates greater experience and willingness to participate for all participants.

Physical health may be improved from any form of exercise. However, the community provided from the group sessions enhances motivation to keep attending sessions, leading to wider positive life outcomes such as:

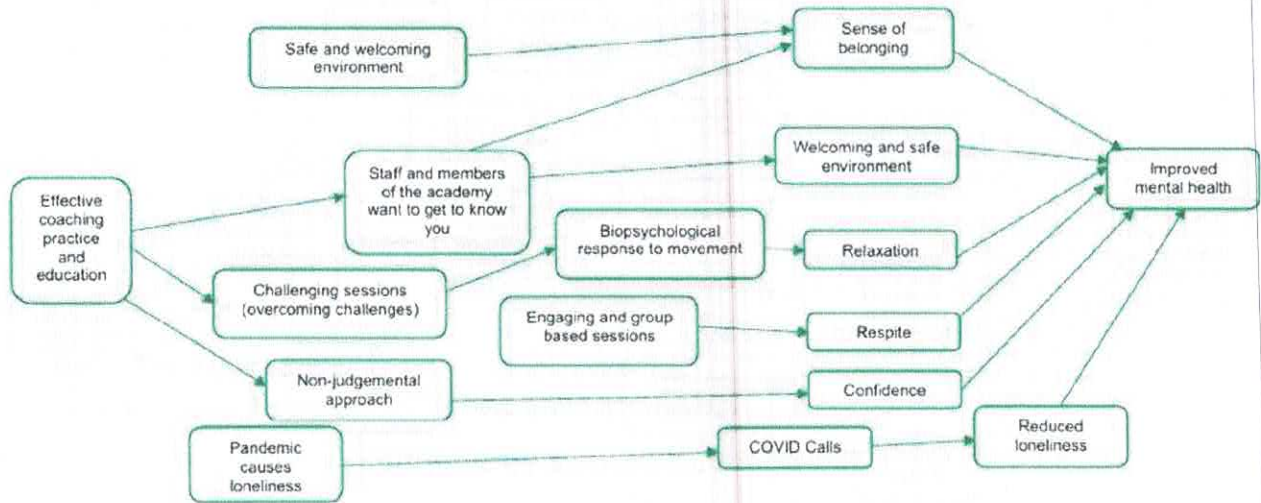
- **Mental Health**

A further benefit of the PBBA programmes is the impact on participants mental health. Various programmes such as Mind Fit, and personal development programmes are aimed specifically at improving mental health. Accordingly, through referrals from organisations and medical health specialists, various individuals get referred to the PBBA programmes. This has resulted in many attendees enrolling in the programmes to improve their mental health, with a great deal of success. This can be further supported by the impact that the programmes have had on individuals with a diverse range of mental health disorders. These participants have accredited the programmes for relief in symptoms from disorders such as anxiety, paranoia and insomnia. This can be demonstrated by a testimonial provided by a Mind Fit participant: "He feels supported by his mentors and peers, and meeting people from a range of different backgrounds has given him the confidence to trust other people and overcome his anxiety and paranoia."
Male, Mind Fit Attendee

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2024

Improved Mental Health

Improved mental health was a common theme amongst many of the programmes capture within the ripple effects mapping workshop. Mental health is constructed of multiple factors and our wellbeing. We found many ways the programmes, such as Mind Fit supported mental health. This was often through how sessions were coached, the environment sessions take place, and the social connections built in the academy. An impact pathway illustrating how mental health is improved within the Mind Fit programme is outline below:



- **Quality of Life**

Various reports have highlighted the impact that attending the programmes have had on their quality of life. This can be accounted to the change in lifestyle and increased exercise enhancing motivation, mood and productivity in many of the participants of the Mind Fit sessions. However, some of the most notable changes have been found through recovering addicts. From being referred through organisations, individuals who have utilised the PBBA as an approach to abstain from the use of recreational drugs and alcohol abuse. In doing so, the routine and discipline engrained from boxing has assisted in sobriety, leading to reintegration into society, developing meaningful relationships, and enhancing self-worth and self-esteem.

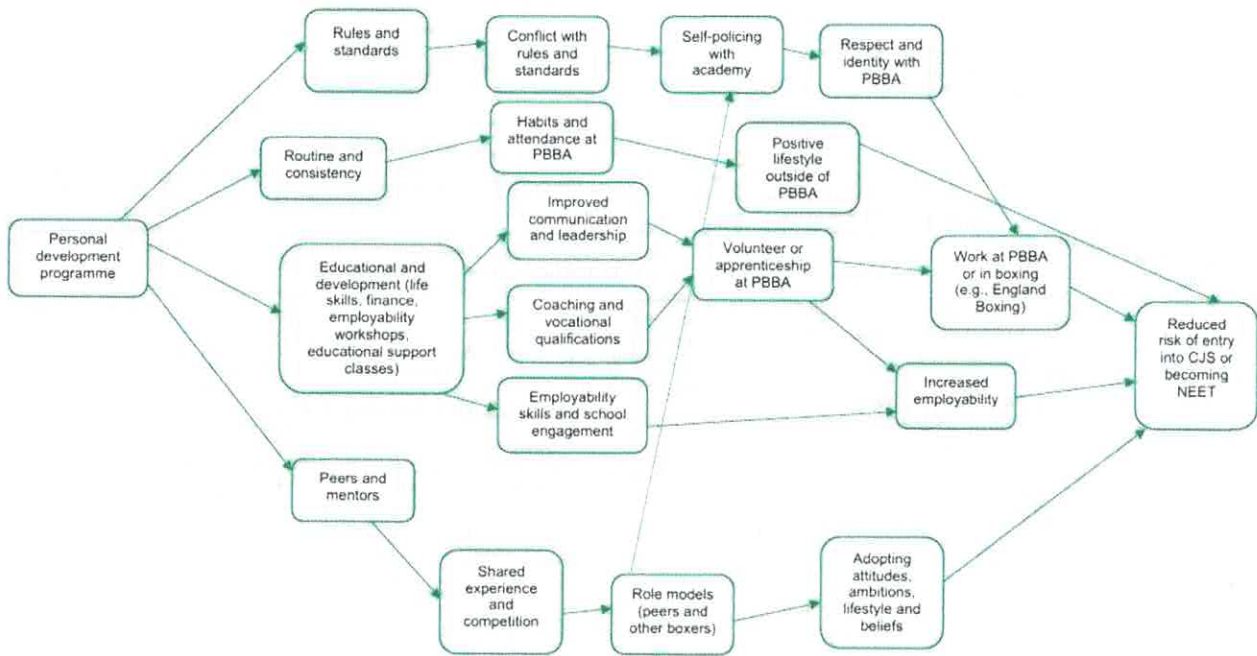
Further areas of significant positive outcomes:

- Social skills and networks
- Employability
- Lower re-offending

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2024

- The Impact on Young People

Programmes aiming to improve social outcomes for young people, are at the heart of the foundation's delivery. Currently this is represented by the 'Personal Development Programme' or PDP. Alongside outcomes such as improved mental health and wellbeing, evidence collected from our ripple-effects map outlines that this programme has been able to prevent young people not being in education or training or entering the criminal justice. It has done this through providing education, and pathways into working in boxing. The mechanisms which shape these outcomes are illustrated in our impact pathway below. Within research we call these pathways a Sport Plus or Plus Sport approach, where boxing is used as a hook or stable activity to facilitate a range of activities.



“This has been so helpful to me both personally and professionally as the staffing team recognised my commitment to the club and the community so when an opportunity came about to gain employment with England Boxing as Community Apprentice Worker, they supported me with my application. As a direct result of the volunteering work that I had done with PBBA and with their support and encouragement, I am proud to say that I was successful in getting the job! I'm now working full-time but I still continue to box for the club as my aim is to compete at the highest level possible whilst continuing to work within the community.”

Male, Personal Development Programme

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2024**

Organisational Governance

Our board of trustees review good Governance practices at every board meeting, understanding that, whilst our organisational performance is strong, there needs to be a constant review of our risk register as well as discussions around the key areas and principles of good governance. As we approach 2025, one area to highlight is the end of project reviews from our long term core funding and how this may affect our organisation. Our board of trustees will work closely and conscientiously with our Chief Executive Officer management team to implement a fit-for-purpose plan, in order to manage this transition period, providing a pathway for long-term success.

It is clear that managing risk is at the forefront of the minds of trustees, with re-development of our current area, as well as a challenging funding climate at the centre of our organisational planning.

Facility

As highlighted in our last report, there are several factors that we must consider, including HS2's new station at Curzon Street as well as possible significant disruption within Digbeth as redevelopment plans take shape in the coming 12-18 months. We will ensure a facilities options appraisal is created, monitored and implemented to ensure wider factors such as city centre development and significant disruption do not negatively impact or threaten organisation performance.

Funding and programmes

Our funding delivery performance remains a highlight and up the period of 30th November 2024, we have again seen conscientious and strong programme delivery. The National Lottery Community Fund, BBC Children In Need and / or others have reached or will be reaching the end of programmes imminently. We therefore report on end of funding performance.

Highlight performances and KPI's from this financial year, unless otherwise stated, include:

Mind Fit Outcomes

- 292 people using the service felt less lonely and isolated across the course of the programme.
- 82 people using the project in its final year have demonstrated improved mental health scores using the WEMWBS scale.

The project created personal development pathways for participants. Individual journeys started with basic engagement in Mind Fit sessions alongside personal centred planning that our evidence shows was effective in improving mental health levels. However, the longer-term effect was an increase in the number of people taking part in training courses that led to an increase in the numbers of community volunteers who are now active across our activities and services. There were also a number of project participants who qualified as community sports or boxing coaches who are now volunteering in the club. There has been a direct correlation between improved mental health levels and increased participation in training and volunteering.

Youth Crime Prevention outcomes

- 302 young people using the project have reported improved confidence and self esteem across the course of the programme.
- 240 young people using the project reported being less likely to affiliate to a gang or be involved in criminal activity across the course of the programme.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2024

Using a boxing gym has proven a culturally relevant environment to engage young people who are at risk of becoming involved in criminal activity. The gym has served a very diverse community for many decades and this rich history seems to supersede current tensions that are prevalent in the community between different ethnic groups, religious groups and gangs. The journey from engagement, training and volunteering has been a successful one and there are several examples of young people leaving the project to take up employment in the leisure industry or to use their experiences during the project to propel themselves into other positive pastimes such as further training or re-engaging with employment.

Health and Wellbeing Programme

- 535 people using the project have reported feeling fitter and healthier across the course of the programme.
- 125 people using the project have demonstrated improved knowledge of health-related issues.

The Health and Fitness programme has provided a range of community-based activity options for groups or people. Courses provided included family exercise sessions, a running and wellbeing group and then open access fitness and well-being sessions delivered from the gym. While there have been lots of outcomes met around improving fitness and wellbeing the programme has also facilitated a wider range of benefits for participants around improving mental health levels, confidence and community cohesion. Resistance training workshop, cardiovascular fitness training and programming and sports performance.

What our partners say

The sessions provided by Pat Benson Boxing have been highly beneficial for the young people we work with through Birmingham Youth Justice Service. These sessions not only offer physical exercise but also significantly improve the participants' mental health and well-being. For many of these young people, boxing has served as a positive outlet to channel their anger and emotions, providing them with a constructive way to manage frustrations. This has contributed to a noticeable reduction in reoffending, as they have a safe and controlled environment to let off steam.

In addition, we have seen several young people who, after participating in the sessions, have successfully returned to education or secured employment. Our experience with Pat Benson Boxing as an organisation has been extremely positive. The staff are highly engaging, empathetic, and skilled in building trust and rapport with young people who often come from challenging backgrounds. The environment in the sessions is welcoming, supportive, and well-structured, which has been crucial for creating a space where the young people feel safe and respected. Feedback from the young people we've referred has been overwhelmingly positive, they find the sessions both enjoyable and rewarding. Overall, Pat Benson Boxing has been an invaluable partner in supporting our work with at-risk youth, and we look forward to continuing this impactful collaboration.

- *Youth Offending Team Officer*

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2024**

Principal funding sources

Income to the Trust is mainly generated through grant funding, donations and coaching fees.

Reserves policy

The reserve policy takes into consideration the major risks that could face the Trust.

It is the policy of the Trust to maintain unrestricted funds, which are the free reserves of the charity. The reserves are held at a level that ensures the financial viability of the Trust. That level is deemed to be one that equates to a minimum of one year's expenditure. The balance sheet indicates that there are £51,428 unrestricted funds as at 30 November 2024.

Statement of Trustees responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

The Trustees Report was approved by the Board of Trustees and signed on its behalf by:

M Maguire - Chairman



Dated 27/08/2025

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

I report to the trustees on my examination of the financial statements of Pat Benson Community Sports Foundation Limited for the year ending 30 November 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for an independent examination, I report in respect of the examination of the charity's financial statements carried out under section 144 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.


Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination: or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Jeremy Kitson FCA
ICAEW
Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

Date: 27.08.2025.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 30 NOVEMBER 2024

	Note	Unrestricted funds	Restricted funds	Total	Total
		2024	2024	2024	2023
		£	£	£	£
Income from:					
Donations and legacies	3	-	-	-	-
Coaching fees		44,740	-	44,740	75,145
Membership fees		6,327	-	6,327	36,421
Tournaments		-	-	-	-
Grants	4	-	214,691	214,691	280,019
Total income		51,067	214,691	265,758	391,585
Expenditure on:					
<u>Charitable activities</u>					
Grant projects		-	258,354	258,354	237,328
Other charitable expenditure	5	99,302	-	99,302	124,501
Total charitable expenditure		99,302	258,354	357,656	361,829
Total resources expended		99,302	258,354	357,656	361,829
Net income for the year/Net movement in funds		(48,235)	(43,663)	(91,898)	29,756
Fund balances at 1 December 2023		99,663	149,258	248,921	219,165
Fund balances at 30 November 2024		51,428	105,595	157,023	248,921

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**BALANCE SHEET
AS AT 30 NOVEMBER 2024**

	Note	2024	2023
Fixed assets	10	<u>6,828</u>	<u>9,113</u>
Current assets			
Debtors	11	169,351	285,651
Cash at bank and in hand		<u>113,439</u>	<u>268,377</u>
		282,790	554,028
Creditors: amounts falling due with one year	12	(127,450)	(303,326)
Net current assets		<u>155,340</u>	<u>250,702</u>
Total assets less current liabilities		162,168	259,815
Creditors: amounts falling due after more than one year	13	(5,145)	(10,894)
Net assets		<u>157,023</u>	<u>248,921</u>
Income funds			
Restricted funds	14	105,595	149,258
Unrestricted funds		51,428	99,663
		<u>157,023</u>	<u>248,921</u>

For the year ending 30 November 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of the financial statements for the year ending 30 November 2024 in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small company's regime.

The financial statements were approved by the Board of Trustees on 27 August 2025 and signed on behalf of the board by:

M Maguire



Trustee

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2024**

1. Accounting Policies

Accounting convention

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis in preparing the financial statements.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

These are included in the Statement of Financial Activities (SOFA) when:

- The charity becomes legally entitled to the resources after any performance conditions have been met;
- The trustees are virtually certain that they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2024**

1. Accounting Policies (continued)

Resources expended

Charitable activities includes all costs relating to general administration, which support the charitable purpose.

Grants offered subject to conditions, which have not been met at the year-end date are noted as a commitment, but not accrued as expenditure.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings that have been allocated to activities on a basis consistent with the use of the resources.

Incoming resources with related expenditure

When incoming resources have related expenditure (as with fundraising or contract income) both are reported gross in the SOFA.

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values their useful lives on the following bases:

Plant and machinery - reducing balance over 4 years

Fixtures and fittings - reducing balance over 4 years

Vehicles - reducing balance over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with bankers, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2024

2. Accounting Policies (continued)

Financial instruments

The charity has elected to apply the provisions of Section 11 "Basic Financial Instruments" and Section 12 "Other Financial Issues" of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the assets and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price, including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market value of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund for the year. The assets of the scheme are held separately from those of the charitable company and are independently administered. The pension cost charge above represents contributions payable by the charitable company to the fund.

3. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2024

4. Grants

	Unrestricted	Restricted	Total	Total
	Funds	funds	2024	2023
	2024	2024	£	£
	£	£		
BBC Children in need – small	-	(8,694)	(8,694)	8,694
BBC Children in need – large	-	28,358	28,358	28,360
Queens Jubilee Fund	-	477	477	5,714
Peoples Health Trust	-	5,922	5,922	11,690
Sport England Small Projects	-	5,058	5,058	13,592
The National Lottery Fighting Fit	-	74,242	74,242	111,362
Street Games HAF DEC 22	-	-	-	3,240
Easter Holiday Fund	-	-	-	14,880
Clothworkers Foundation	-	-	-	-
Celebrating Community Fund	-	-	-	-
Spring Camp – Street Games HAF	-	-	-	-
FEP Pathways To Work Fund	-	-	-	8,792
NNS Selly Oak	-	3,084	3,084	6,168
Peoples Post Code Lottery	-	-	-	-
Peter Harrison	-	13,593	13,593	1,250
National Lottery - AFA	-	-	-	4,820
Henry Smith Charity	-	54,167	54,167	16,668
National Grid Electricity	-	15,778	15,778	9,360
DOE HAF Fund	-	-	-	-
SE Toyota Parasport	-	-	-	-
Sported Disability Fund	-	-	-	-
NNS Sutton Coldfield	-	2,715	2,715	5,432
Youth Investment Fund	-	-	-	-
Street Games HAF Holiday fund	-	11,431	11,431	-
Garfield Weston	-	-	-	29,997
NSS Selly Oak - Soyanns	-	6,560	6,560	-
Bisp & PH AC Trust	-	2,000	2,000	-
Total for the year	-	214,691	214,691	280,019

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES -TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2024**

5. Charitable activities

	2024	2023
	£	£
Depreciation and impairment (note 10)	2,283	3,038
Support costs (note 6)	97,019	121,463
	<u>99,302</u>	<u>124,501</u>

Analysis by fund

Unrestricted funds	99,302	124,501
Restricted funds	-	-
	<u>99,302</u>	<u>124,501</u>

6. Support costs

	2024	2023
	£	£
Advertising and PR	1,792	-
Wages and salaries	23,547	69,091
Independent examiner and accountancy fees	10,859	6,580
Property costs	36,000	21,018
Stationery, postage and telephone	762	2,017
IT costs	662	520
Donations	-	100
Consultancy fees	8,313	15,812
Subscriptions	632	1,639
Loan interest and bank charges	1,170	2,246
Other operating costs	13,282	2,440
	<u>97,019</u>	<u>121,463</u>

7. Trustees

One of the trustees received an Honarium of £2,500 in the year as a one off acknowledgement of long service (2023 - £nil).

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2024

8. Comparatives for the Statement of Financial Activities

	Unrestricted funds	Restricted funds	Total
	£	£	£
<u>Income from:</u>			
Donations and legacies	-	-	-
-Charitable activities	-	-	-
Coaching fees	75,145	-	75,145
Membership fees	36,421	-	36,421
Grants	-	280,019	280,019
Total income	111,566	280,019	391,585
<u>Expenditure on:</u>			
<u>Charitable activities</u>			
Grant projects	-	237,328	237,328
Other charitable expenditure	99,600	24,901	124,501
Total charitable expenditure	99,600	262,229	361,829
Other resources expended	-	-	-
Total resources expended	99,600	262,229	361,829
Net income for the year/Net movement in funds	11,966	17,790	29,756
Fund balances at 1 December 2022	87,697	131,468	219,165
Fund balances at 30 November 2023	99,963	149,258	248,921

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2024

9. Employees

	2024	2023
Gross wages and salaries	208,500	234,080
Employer National Insurance Contributions	26,373	16,440
Pension contributions to defined contribution scheme	3,499	3,366
	<u>238,372</u>	<u>253,886</u>

The average number of employees during the year were as follows:

	2024 No	2023 No
Management	2	2
Administrative	2	2
Coaching	4	5
Total	<u>8</u>	<u>9</u>

One of the employees earned more than £60,000 during the year (2023 - One).

10. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Vehicles £	Total £
Cost				
At 1 December 2023	1,706	26,396	319	28,421
Donated assets	-	-	-	-
At 30 November 2024	<u>1,706</u>	<u>26,396</u>	<u>319</u>	<u>28,421</u>
Depreciation and impairment				
At 1 December 2023	1,018	18,042	250	19,310
Depreciation charge	172	2,089	22	2,283
At 30 November 2024	<u>1,190</u>	<u>20,131</u>	<u>272</u>	<u>21,593</u>
Carrying amount				
At 30 November 2024	<u>516</u>	<u>6,265</u>	<u>47</u>	<u>6,828</u>
At 30 November 2023	<u>689</u>	<u>8,354</u>	<u>70</u>	<u>9,113</u>

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2024

11. Debtors

	2024	2023
	£	£
Amounts falling due within one year		
Amount due from related undertaking	80,984	4,574
Trade debtors	87,500	280,188
Prepayments	867	888
	169,351	285,650

12. Creditors: amounts falling due within one year

	2024	2023
	£	£
Bank loans	5,700	5,700
Trade creditors	7,180	4,327
Other taxes and social security	678	709
Pension contributions due to defined		
Accruals	2,900	2,640
Deferred income	110,992	289,950
Amount due to related undertaking	-	-
	127,450	303,326

13. Creditors: amounts falling due after more than one year

	2024	2023
	£	£
Bank loans	5,145	10,894

The bank loans are unsecured and bear interest at a fixed rate Of 2.5% per annum. The loan is deferred for 12 months before becoming repayable over equal annual instalments over 5 years.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2024**

14. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 December 2023	Incoming resources	Resources expended	Balance at 30 November 2024
	£	£	£	£
Grants	149,258	214,691	258,354	105,595
	<u>149,258</u>	<u>224,834</u>	<u>258,354</u>	<u>115,738</u>

Restricted grants represent funds received for specific project purposes.

15. Analysis of net assets between funds

Fund balances at 30 November 2024 and 30 November 2023 are represented by current assets/(liabilities).

16. Related party transaction

During the year Pat Benson Community Sports Foundation Limited paid £36,000 in rent to Small Heath Boxing Club Limited, a company connected by common directors/trustees and members. Pat Benson Community Sports Foundation Limited also received £112,410 in income from Small Heath Boxing Club Limited. At 30 November 2024, the amounting owing by Small Heath Boxing Club Limited by the Trust amounted by £80,984 (2023 - £4,574 debtor).

Other than these transactions there were no other related party transactions during the year (2023 - none).

17. Company status and controlling party

The company is limited by guarantee. As such there is no share capital. Under the terms of the Articles of Association, each Trustee who is also a Director, is a member of the company. Every company member has promised, that if the company is wound up whilst they are a company member or within one year of ceasing to be a Director, to contribute a maximum of £1 towards winding up the company.

At the balance sheet date there were six company members so the amount subject to guarantee was £6.

Each member's vote ranks pari- passu and there is no controlling party or person of significant interest.

PAT BENSON COMMUNITY SPORTS FOUNDATION

England & Wales - Charity number 1176806

Accounts

Charity Registration Number: 1176806

Company Registration Number: 10501987 (England and Wales)

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
(a company limited by guarantee)

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2023

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

M Maguire - Chairman
P Benson
D Houston
A Morris
W Kerrigan
J Kadansky

Company Secretary

D Houston

Registered Office

Unit 2
50 Adderley Street
Birmingham
West Midlands
B9 4ED

Charity number: 1176806

Company number: 10501987 (registered in England and Wales)

Bankers

The Co-Operative Bank
PO Box 150
Delf House Skelmersdale WN8 6GG

Accountant

Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

Independent Examiner

Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**CHAIRMAN'S STATEMENT
YEAR ENDED 30 NOVEMBER 2023**

It is with great delight I present my first Chairman's statement, as the new Chair of the Pat Benson Community Sports Foundation. It is a longstanding and highly reputable organisation within the local community. The foundation has navigated a period of uncertainty surrounding the Covid pandemic and the ongoing cost of living crisis and recognises in the next phase of development it is important to refresh its purpose and focus in order to continue to meet the relevant needs of its members. The foundation also recognises the special relationship it has with many partners. The Foundation works with a wide range of vulnerable young people and adults, supporting them to grow in confidence and improve both their mental and physical health. The activity and objectives of the Foundation provides a vital stepping stone for young people and adults to better themselves, providing a clear routine and discipline that permeates their daily lives.

Without reputable local hubs, our cities are at a significant disadvantage. I see daily what this organisation achieves. I would like to take this opportunity to commend the staff, the volunteers and my fellow trustees on ensuring that this outstanding organisation continues to thrive within the community. Furthermore, I would like to thank the funders and wider stakeholders, for helping to provide the infrastructure and the funds to ensure we can navigate our way through these periods of uncertainty in our constant fight to create long-term sustainability. The future of our city and people is partly dependant on clubs such as this and the work they do.

Finally, a special message to outgoing Chair, Mr O'Neill. A passionate and long-standing servant, not just to this organisation, but to the wider community, He will move into an honorary position, along with our founder, Pat Benson. On behalf of Pat Benson Community Sports Foundation, thank you all for a very successful year, and we look forward to continuing our vital community work.

Mr. Michael Maguire
Chair
Pat Benson Community Sports Foundation



PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report and unaudited financial statements of the charity for the year ending 30 November 2023.

Trustees

The trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the unaudited financial statements were:

P Benson

A Morris

D Houston – Company Secretary

M Maguire – Chairman

W Kerrigan

J Kadansky

None of the directors has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of winding up.

Governing document

Pat Benson Community Sports Foundation Limited is constituted by its Memorandum & Articles of Association, adopted by the membership on 29 November 2016, which were subsequently amended by Special Resolution on 5 January 2018, and is a registered charity. The Trust was formed as a company limited by guarantee and was subsequently registered as a charity on 24 January 2018.

Organisational structure

The Trust is governed by six Executive Officers, who are the directors and trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Activities

The Foundation has continued with positive growth throughout the year, progressing into year 2 of our larger funds, where we have demonstrated high level programme impact for our young people and vulnerable adults. Despite Covid restrictions being fully lifted earlier in the year of 2022, our team is conscious that some of our members are extremely vulnerable. With the publication of the [Living with COVID plan](#), we continue to monitor the condition of vulnerable individuals through this period, particularly those who have struggled to re-engage with outdoor activity, and those who are at a greater risk of long-term social isolation.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

YEAR ENDED 30 NOVEMBER 2023

Achievements and progress

We have worked on the beginning of a new organisational strategy, as we were approaching the end of our strategy period. This is to be fully published in 2024, along with a comprehensive evaluation report of programmes and projects, as we enter the final year of our large core funding projects.

Organisational Governance

We have conscientiously reviewed our organisational governance and made several improvements. We have included changes at the board level with onboarding new trustees, refreshing our terms of reference, whilst fully reviewing and refreshing our policies throughout the organisation, to ensure excellent governance standards. We have welcomed a new Chair to the organisation, Mr. Micheal Maguire. We thank our outgoing Chair Mr. Pat O'Neill for his years of voluntary service to the Foundation.

Furthermore, we are currently reviewing our Market, PR and Communications activity considering the refined strategy and as such will work through updating our brand, website, and marketing channels to ensure we have a clear articulation of our vision, mission and values and ensure our audience's breadth and focus. This has included a review of our organisation objective, focusing mainly, but not exclusively on advancing the mental and physical health and wellbeing of young people and vulnerable adults.

Facility

Whilst our work is city-wide, we hold a lot of the foundation activity at our Adderley Street facility based in Digbeth. Whilst the facility is grounded in the community provides a neutral safe space for young people, and adults and serves our purpose in many respects. There are several factors that we must consider, including HS2's new station at Curzon Street. Such factors are monitored within our organisation risk factor.

The Team

The CEO and members of the team have benefited from attending both informal and formal training opportunities. This has included mentoring and facilitation support, attending conferences and formal delivery-related workshops. To bring new practices and learnings back to the organisation to support implementation. We have continued with strong staff retention, and developed a strong Senior Leadership Team, enabling us to accommodate maximum capacity within programmes. This ensures we maintain our ethos of helping as many people as possible. We commend all the team on ensuring a safe and regulated space for young people and adults, managing multiple challenging user groups throughout the year

Our Mission

To provide opportunities to be physically active, learn, and personally develop improving individuals and communities' physical and mental well-being.

Our Vision

To be a community-focused organisation, specialising in improving the quality of people's lives

Values

Unite, Respect, Achieve, Inspire

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2023**

Funding and programmes

Our funding delivery performance remains a highlight and up the period of 30th November 2023, we have again seen conscientious and strong programme delivery. Our multi-year funders are The National Lottery Community Fund, BBC Children In Need and the People’s Health Trust. Further small pots of funding from other sources have enabled us to pilot our ever more popular Employability project.

One of our pilots took a sample of 10 individuals, between the ages 19-22 of on our Creating Pathway to Employment programme. The impact suggests this is a programme that is effective and needed within the local and wider community.

	YES	NO	NOT SURE	TOTAL	WEIGHTED AVERAGE
Has the project helped you manage your mental health?	100.00% 10	0.00% 0	0.00% 0	10	5.00
Has the project helped your confidence and self-esteem?	100.00% 10	0.00% 0	0.00% 0	10	5.00
Has the project helped you reduce anxiety towards your future?	90.00% 9	0.00% 0	10.00% 1	10	5.40
Has the project helped you manage your physical health?	100.00% 10	0.00% 0	0.00% 0	10	5.00
Has the project enabled you to try new activities?	100.00% 10	0.00% 0	0.00% 0	10	5.00
Has the project enabled you to engage in physical activities more often?	100.00% 10	0.00% 0	0.00% 0	10	5.00
Has the project increased your confidence to be more active?	100.00% 10	0.00% 0	0.00% 0	10	5.00

USE THE BOX BELOW TO STATE ANY OTHER BENEFITS YOU EXPERIENCED.

- 1 meeting new people
- 2 me mental health and general confidence is a lot better now
- 3 Overall confidence and self esteem is better than ever
- 4 I have lost around 4kg since joining pat benson. It has also increased my confidence in terms of self defence.
- 5 it has raised my self esteem and reduced my social anxiety

	YES	NO	NOT SURE	TOTAL
Has the project helped you manage your mental health?	100.00% 10	0.00% 0	0.00% 0	10
Has the project helped your confidence and self-esteem?	100.00% 10	0.00% 0	0.00% 0	10
Has the project helped you reduce anxiety towards your future?	90.00% 9	0.00% 0	10.00% 1	10
Has the project helped you manage your physical health?	100.00% 10	0.00% 0	0.00% 0	10
Has the project enabled you to try new activities?	100.00% 10	0.00% 0	0.00% 0	10
Has the project enabled you to engage in physical activities more often?	100.00% 10	0.00% 0	0.00% 0	10
Has the project increased your confidence to be more active?	100.00% 10	0.00% 0	0.00% 0	10

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2023

Our flagship Mind Fit programme, where we use sport, mentoring, arts and therapy to improve the mental and physical wellbeing levels of adults, has seen positive evidence of impact. We also provide a highly impactful personal development model for young people and a physical disability intervention. A selection of some outcomes and differences made across the programmes include:

- 34 new community members are working as volunteers
- 5 new qualified level one instructors
- 97 people have reported improved self-confidence and self esteem
- 111 people have felt less lonely and isolated
- 209 adults using the project feel fitter and healthier
- 111 people have felt less lonely and isolated
- 121 people have increased participation in physical activities
- 89 young people using the project will be less likely to affiliate to a gang or be involved in criminal, activity.
- 457 disadvantaged young people have improved their levels of health and fitness on the programme
- 468 disadvantaged young people have increased essential life skills
- 242 disadvantaged young people have experienced progress in entering into education, employment or training.

Differences for adults on one wellbeing intervention programmes.

- Pre-programme base-line
- 20% felt motivated day by day
- 40% felt useful to their peers
- 40% felt close to other people
- 10% felt they dealt with problems well
- 40% felt they were in good physical health
- 30% felt they had good emotional health and well being
- 40% felt optimistic about the future
- 20 % felt calm and relaxed
-
- Following attending the 12-week Programme, three times a week, members reported:
-
- 80% felt motivated day by day
- 80% felt useful to their peers
- 100% felt close to other people
- 75% felt they dealt with problems well
- 100% felt they were in good physical health
- 75% felt they had good emotional health and well being
- 85% felt optimistic about the future
- 60% felt calm and relaxed

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2023**

Case study: Adrian – Mind Fit

Adrian is a long-standing member at PBBA. At 63 years old he is committed to his training to maintain his health and fitness during his senior years. He has made excellent progress in his boxing skills and happiness and wellbeing. He regularly attends the 'Healthy Minds' workshop and particularly enjoyed the goal setting session where he pledged to improve his diet and overall strength. Moreover, he took the time to outline his eating habits over the course of the week and sought to make minor changes to improve and ensure he maintains a balanced diet using the NHS Eatwell Plate as a guide. Adrian attended the strength and conditioning workshop and learned different techniques of lifting safely, which he clearly enjoyed. Furthermore, Adrian completed a Painting and Decorating course at a local college and put his newly learned skills to good use at PBBA, he volunteered to paint the male changing room. With careful precision, he ensured he took his time to complete the job to the highest standard. Adrian is a joy to have as part of the academy and his excellent sense of humour that is appreciated with fellow participants and coaches alike.

Our general health fitness programme caters for self-referrals, those at risk of falling into poor physical and mental health due to various reasons. Our outcomes for this general health and fitness programme are:

- Improve diet and nutrition
- Improve physical health
- Increase awareness of the dangers of smoking
- Reduce alcohol consumption
- Reduce blood pressure
- Reduce obesity
- Reduce smoking

From these members, we found:

- 113 people using the project have improved knowledge of health-related issues

We also conducted research this year as to the extra benefits of the club and the environment on individuals and challenged members to get 'more' from their experience. This is for those in the community that would like to increase their general wellbeing. From the research, of a sample of 100 people over the year, we have found:

- 90% have improve connections,
- 65% have increased their identity and worth to the community
- 95% have improved anxiety by simply 'walking into a boxing club'
- 33% have set a goal to volunteer and 'give something back'
- 47% have made a social contact that they keep in touch with outside of the club.
- 71% have learned a valuable skill
- 93% have improved their wellbeing as a direct result of the programme

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2023

Helen – Mind Fit

Helen has been attending Mind Fit at Pat Benson Boxing Academy for over a year and consistently attends twice weekly. She came with the view to enhance her speed, fitness, footwork, movement and strength whilst seeking out a new social network. She also attends the 12-week 'Healthy Minds' workshop, where she has learned mindfulness practices, how to write a strength and conditioning programme and how to bake a healthy eating snack using just three ingredients.

Her confidence has grown and this shows in the good and supportive relationships she has made with other participants. Helen showed an interest in becoming a Boxing Coach and has completed the Safeguarding and First Aid courses in preparation for her Level One certification in the new year. Helen has also committed to coaching more than ten hours for the club and has already volunteered in our various locations, including Sutton Coldfield and Warstock.

Moreover, Helen has been coaching the popular Self Defence classes for other participants and committed to do this once a month. She has been an absolute pleasure to coach and is supportive of other members of the group and utilises the opportunities that she is presented with.

Objectives

1. Improve physical and mental wellbeing.
2. Raise aspirations and develop the life skills of those who need it most.
3. Continue to build a robust infrastructure, from the board level, across the team, and organisation.
4. To sustain delivery and growth, research and evaluation will be key to ensuring the organisation remains focused on local needs.

Principal funding sources

Income to the Trust is mainly generated through grant funding, donations and coaching fees.

Reserves policy

The reserve policy takes into consideration the major risks that could face the Trust.

It is the policy of the Trust to maintain unrestricted funds, which are the free reserves of the charity. The reserves are held at a level that ensures the financial viability of the Trust. That level is deemed to be one that equates to a minimum of one year's expenditure. The balance sheet indicates that there are £99,663 unrestricted funds as at 30 November 2023 which is in line with the minimum requirements above.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2023**

Statement of Trustees responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

The Trustees Report was approved by the Board of Trustees and signed on its behalf by:

M Maguire - Chairman



Dated

25/09/24

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

I report to the trustees on my examination of the financial statements of Pat Benson Community Sports Foundation Limited for the year ending 30 November 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for an independent examination, I report in respect of the examination of the charity's financial statements carried out under section 144 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

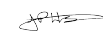
Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Jeremy Kitson FCA
ICAEW
Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 30 NOVEMBER 2023

	Note	Unrestricted funds	Restricted funds	Total	Total
		2023	2023	2023	2022
		£	£	£	£
Income from:					
Donations and legacies	3	-	-	-	2,000
Coaching fees		75,145	-	75,145	90,485
Membership fees		36,421	-	36,421	45,551
Tournaments		-	-	-	-
Grants	4	-	280,019	280,019	316,848
Total income		111,566	280,019	391,585	454,884
Expenditure on:					
Charitable activities					
Grant projects		-	237,328	237,328	286,067
Other charitable expenditure	5	99,600	24,901	124,501	103,054
Total charitable expenditure		99,600	262,229	361,829	389,121
Total resources expended		99,600	262,229	361,829	389,121
Net income for the year/Net movement in funds		11,966	17,790	29,756	65,763
Fund balances at 1 December 2022		87,697	131,468	219,165	153,402
Fund balances at 30 November 2023		99,663	149,258	248,921	219,165

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**BALANCE SHEET
AS AT 30 NOVEMBER 2023**

	Note	2023	2022
Fixed assets	10	<u>9,113</u>	<u>12,150</u>
Current assets			
Debtors	11	285,651	303,311
Cash at bank and in hand		<u>268,377</u>	<u>240,934</u>
		554,028	544,245
Creditors: amounts falling due with one year	12	<u>(303,326)</u>	<u>(320,876)</u>
Net current assets		<u>250,702</u>	<u>223,369</u>
Total assets less current liabilities		259,815	235,519
Creditors: amounts falling due after more than one year	13	<u>(10,894)</u>	<u>(16,354)</u>
Net assets		<u>248,921</u>	<u>219,165</u>
Income funds			
Restricted funds	14	149,258	131,468
Unrestricted funds		99,663	87,697
		<u>248,921</u>	<u>219,165</u>

For the year ending 30 November 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of the financial statements for the year ending 30 November 2023 in accordance with section 476 of the Companies Act 2006.

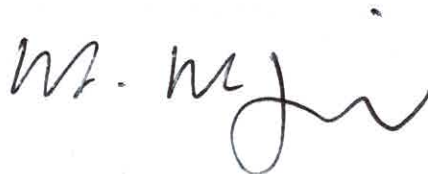
The trustees acknowledge their responsibilities for complying of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small company's regime.

The financial statements were approved by the Board of Trustees on and signed on behalf of the board by:

M Maguire

Trustee



**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023**

1. Accounting Policies

Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a "Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

These are included in the Statement of Financial Activities (SOFA) when:

- The charity becomes legally entitled to the resources after any performance conditions have been met;
- The trustees are virtually certain that they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023**

1. Accounting Policies (continued)

Resources expended

Charitable activities includes all costs relating to general administration, which support the charitable purpose.

Grants offered subject to conditions, which have not been met at the year-end date are noted as a commitment, but not accrued as expenditure.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings that have been allocated to activities on a basis consistent with the use of the resources.

Incoming resources with related expenditure

When incoming resources have related expenditure (as with fundraising or contract income) both are reported gross in the SOFA.

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values their useful lives on the following bases:

Plant and machinery - reducing balance over 4 years

Fixtures and fittings - reducing balance over 4 years

Vehicles - reducing balance over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with bankers, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023

2. Accounting Policies (continued)

Financial instruments

The charity has elected to apply the provisions of Section 11 "Basic Financial Instruments" and Section 12 "Other Financial Issues" of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the assets and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price, including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market value of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund for the year. The assets of the scheme are held separately from those of the charitable company and are independently administered. The pension cost charge above represents contributions payable by the charitable company to the fund.

3. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023

4. Grants

	Unrestricted	Restricted	Total	Total
	Funds	funds	2023	2022
	2023	2023	2023	2022
	£	£	£	£
BBC Children in need – small	-	8,694	8,694	10,159
BBC Children in need – large	-	28,360	28,360	28,357
Queens Jubilee Fund	-	5,714	5,714	3,810
Peoples Health Trust	-	11,690	11,690	5,845
Sport England Small Projects	-	13,592	13,592	5,000
The National Lottery Fighting Fit	-	111,362	111,362	146,588
Street Games HAF DEC 22	-	3,240	3,240	-
Easter Holiday Fund	-	14,880	14,880	-
Clothworkers Foundation	-	-	-	14,000
Celebrating Community Fund	-	-	-	9,857
Spring Camp – Street Games HAF	-	-	-	23,160
FEP Pathways To Work Fund	-	8,792	8,792	-
NNS Selly Oak	-	6,168	6,168	-
Peoples Post Code Lottery	-	-	-	19,996
Peter Harrison	-	1,250	1,250	-
National Lottery - AFA	-	4,820	4,820	2,500
Henry Smith Charity	-	16,668	16,668	-
National Grid Electricity	-	9,360	9,360	-
DOE HAF Fund	-	-	-	3,395
SE Toyota Parasport	-	-	-	833
Sported Disability Fund	-	-	-	4,800
NNS Sutton Coldfield	-	5,432	5,432	-
Youth Investment Fund	-	-	-	28,578
Garfield Weston	-	29,997	29,997	10,000
Total for the year	-	280,019	280,019	316,848

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES -TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023**

6. Support costs

	2023	2022
	£	£
Advertising and PR	-	3,435
Wages and salaries	69,091	58,348
independent examiner and accountancy fees	6,580	4,893
Property costs	21,018	18,686
Stationary, postage and telephone	5,879	3,710
IT costs	520	550
Donations	100	100
Consultancy fees	15,812	882
Subscriptions	1,639	3,175
Loan interest and bank charges	2,246	2,788
Other operating costs	2,440	2,422
	<hr/>	<hr/>
	125,325	98,988

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2022 - £nil).

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023

8. Comparatives for the Statement of Financial Activities

	Unrestricted funds	Restricted funds	Total
	£	£	£
<u>Income from:</u>			
Donations and legacies	2,000	-	2,000
Charitable activities	-	-	-
Coaching fees	90,485	-	90,485
Membership fees	45,552	-	45,552
Grants	-	316,849	316,849
Total income	138,037	316,849	454,886
<u>Expenditure on:</u>			
<u>Charitable activities</u>			
Grant projects	-	286,067	286,067
Other charitable expenditure	103,054	-	103,054
Total charitable expenditure	103,054	286,067	389,121
Other resources expended	-	-	-
Total resources expended	103,054	286,067	389,121
Net income for the year/Net movement in funds	34,983	30,782	65,765
Fund balances at 1 December 2021	52,715	100,687	153,402
Fund balances at 30 November 2022	87,698	131,469	219,167

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023

9. Employees

	2023	2022
Gross wages and salaries	234,080	220,281
Employer National Insurance Contributions	16,440	16,563
Pension contributions to defined contribution scheme	3,366	3,479
	253,886	240,323

The average number of employees during the year were as follows:

	2023	2022
	No	No
Management	2	2
Administrative	2	1
Coaching	5	5
Total	9	8

One of the employees earned more than £60,000 during the year (2022 - One).

10. Tangible fixed assets

	Plant and machinery	Fixtures and fittings £	Vehicles	Total
	£		£	£
Cost				
At 1 December 2022	1,706	26,396	319	28,421
Donated assets	-	-	-	-
At 30 November 2023	1,706	26,396	319	28,421
Depreciation and impairment				
At 1 December 2022	788	15,257	226	16,271
Depreciation charge	230	2,784	23	3,038
At 30 November 2023	1,018	18,042	250	19,309
Carrying amount				
At 30 November 2023	689	8,354	70	9,113
At 30 November 2022	918	11,139	93	12,150

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023

11. Debtors

	2023 £	2022 £
Amounts falling due within one year		
Amount due from related undertaking	4,574	-
Trade debtors	280,188	303,065
Prepayments	888	246
	<u>285,650</u>	<u>303,311</u>

12. Creditors: amounts falling due within one year

	2023 £	2022 £
Bank loans	5,700	5,700
Trade creditors	4,327	5,580
Other taxes and social security	709	627
Pension contributions due to defined		
Accruals	2,640	2,400
Deferred income	289,950	303,627
Amount due to related undertaking		2,941
	<u>303,326</u>	<u>320,876</u>

13. Creditors: amounts falling due after more than one year

	2023 £	2022 £
Bank loans	10,894	22,532

The bank loans are unsecured and bear interest at a fixed rate Of 2.5% per annum. The loan is deferred for 12 months before becoming repayable over equal annual instalments over 5 years.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2023**

14. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 December 2022	Incoming resources	Resources expended	Balance at 30 November 2023
	£	£	£	£
Grants	131,468	280,019	262,229	149,258
	<u>131,468</u>	<u>280,019</u>	<u>262,229</u>	<u>149,258</u>

Restricted grants represent funds received for specific project purposes.

15. Analysis of net assets between funds

Fund balances at 30 November 2023 and 30 November 2022 are represented by current assets/(liabilities).

16. Related party transaction

During the year Pat Benson Community Sports Foundation Limited paid £9,000 in rent to Small Heath Boxing Club Limited, a company connected by common directors/trustees and members. At 30 November 2023, the amounting owing by Small Heath Boxing Club Limited by the Trust amounted by £4,574 (2022 - £2,492 creditor).

Other than these transactions there were no other related party transactions during the year (2022 - none).

17. Company status and controlling party

The company is limited by guarantee. As such there is no share capital. Under the terms of the Articles of Association, each Trustee who is also a Director, is a member of the company. Every company member has promised, that if the company is wound up whilst they are a company member or within one year of ceasing to be a Director, to contribute a maximum of £1 towards winding up the company.

At the balance sheet date there were three company members so the amount subject to guarantee was £3.

Each member's vote ranks pari- passu and there is no controlling party or person of significant interest.

PAT BENSON COMMUNITY SPORTS FOUNDATION

England & Wales - Charity number 1176806

Accounts

Charity Registration Number: 1176806

Company Registration Number: 10501987 (England and Wales)

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
(a company limited by guarantee)

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2022

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PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

P O'Neill - Chairman
P Benson
D Houston

Company Secretary

D Houston

Registered Office

Unit 2
50 Adderley Street
Birmingham
West Midlands
B6 4ED

Charity number: 1176806

Company number: 10501987 (registered in England and Wales)

Bankers

The Co-Operative Bank
PO Box 150
Delf House Skelmersdale
WN8 6GG

Accountant

Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

Independent Examiner

Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

CHAIRMAN'S STATEMENT YEAR ENDED 30 NOVEMBER 2022

This year proved particularly challenging for the community and voluntary sector. However, our organisation was quick to react. The decision to engage a Health and Safety expert to advise us on the way forward provided important advice and consultation, enabling us to resume back to on-site operations early, so we could help people. The decision to keep all staff engaged, some by way of furlough was pivotal. Regular updates by phone or virtual kept the Board abreast of things. We were very pleased with decision to keep in touch with our service users and to bring people back on-site at the earliest possible opportunity.

On another front we, the Trustees, continued to work with potential stakeholders and leaders in the City in order that a new venue which is now almost certain to take place. The Cole Waterhouse group have been in contact with us on a regular basis and tell us they are due to go to planning with a detailed application. We have had regular reports through our CEO regarding a possible venue in Kings Heath, which means we can provide staff to various areas in the community to help people.

I would like to congratulate those involved with our Mental Health Award, great to see our name stand out. Congratulations to our team in organising and running our half term games event, it was a great success, people are asking for the next event. It was great to meet Katie Taylor on her visit to the gym. She has said how she enjoyed meeting all the staff and our young people.

Finally, can I on behalf of the Board thank you all for your "over and above" performance. It makes our role as trustees easier.



P O'Neill

Chairman

Dated: 27.09.2023.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report and unaudited financial statements of the charity for the year ending 30 November 2022.

Trustees

The trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the unaudited financial statements were:

P O'Neill – Chairman

P Benson – Honorary President

D Houston – Company Secretary

None of the directors has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of winding up.

Governing document

Pat Benson Community Sports Foundation Limited is constituted by its Memorandum & Articles of Association, adopted by the membership on 29 November 2016, which were subsequently amended by Special Resolution on 5 January 2018, and is a registered charity. The Trust was formed as a company limited by guarantee and was subsequently registered as a charity on 24 January 2018.

Organisational structure

The Trust is governed by five Executive Officers, who are the directors and trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Objectives and activities

The objectives of the Trust are;

1. To advance in life and help young people through:
 - (a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life;
 - (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
2. The promotion of community participation in healthy recreation in particular by the provision of facilities for boxing

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

YEAR ENDED 30 NOVEMBER 2022

3. To provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.

Needs

(Data is based on latest figures available and is intended to provide a reasonable level of understanding) Birmingham has a population of just over 1 million people and of this around 21% of this is aged 5-19 years, compared to 17.7% in England. Birmingham is therefore a city of young people. In fact, 28.8% of the population is under the age of twenty. It is also an extremely ethnically diverse city with 62.9% of school children from a black or minority ethnic group. Children in Birmingham have worse than average levels of obesity. 50.8% of children participate in at least three hours of sport a week which is worse than the England average.

Children & Young People's Health & Wellbeing in Birmingham

How are these insights reflected in the experience of the children and Young People of Birmingham?

- 3% of 12-18s said they drink at least once a week
- 9% of 12-18s said they smoke
- 4% of 12-18s said they had used drugs in the last month. Alcohol consumption has decreased over the years and have been similar in last two years.

In Junior School students it was reported that:

- 14% of children have significant behaviour problems. This appears to have reduced in comparison to previous years.
- 8% of children have significant emotional problems (e.g. anxiety and depression).
- 8% of children have problems with attention, concentration or hyperactivity.
- 9% of children have difficulties in their overall mental health.

In Secondary School students it was reported that:

- 14% of children have significant behaviour problems/conduct disorders.
- 9% of children have emotional problems.
- 13% of children have poor attention and concentration.
- 10% have overall difficulties in their mental health, which also appears to be a slight increase compared to previous years.

General Deprivation.

Birmingham has much higher levels of poverty and deprivation than the national average, with 88% of Birmingham's wards being more deprived than the England average. 43% of children in the city live in poverty. Life expectancy is higher in the wealthier wards compared to the poorer wards.

95% of people that access the club and the services on offer come from the Small Heath, Nechells or Ladywood areas of Birmingham. These are among the most deprived areas in England with many of the smaller local super output areas falling within the bottom 0% of national deprivation. In Small Health the ward is broken down into 20 Local Super Output Areas (LSOA), 19 of which are in the worse 10% of deprivation nationally. Nechells ward features several LSOAs that are within the worse 1% of deprivation nationally. Deprivation is driven by a range of factors including high unemployment, health inequalities, low-income families and poor housing stock. Key local challenges include;

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

Mental Health.

Mental Health Foundation studies show that a low income, unemployment, poor housing, low levels of education and membership of lower social classes are all associated with a greater risk of experiencing a mental health problem. The poorest fifth of adults are at double the risk of experiencing a mental health problem as those on average incomes. There is growing evidence of up to a twenty-year drop-in life expectancy for people suffering from mental health issues. PBCSF is situated right in the heart of the problem. The West Midlands Mental Health Commission found:

- Demand for children's mental health services in the combined authority area had increased significantly (by an average of over 50%) in recent years as child poverty, isolation and stress had worsened. Evidence shows measures to reduce child poverty, abuse and neglect are key, along with improving school experience and access to social activities and support.
- The cost-of-living crisis was causing and deepening poverty which is a major risk factor for mental ill health as it increases stress, reduces resources for healthy choices and worsens environmental threats. Evidence shows that regional and local measures to reduce costs and increase incomes of the poorest can have a significant benefit to people's mental health.
- Because of structural racism that exposes racialised communities to higher levels of poverty, stress and reduces their opportunities, Black, Asian and other racialised groups experience worse mental health outcomes than white British people. Evidence shows that pro-active measures are needed to ensure services are delivered and shaped by people from affected communities.
- Physical activity is a significant protective factor for mental health. One third of children and one in four adults in the West Midlands are doing less than the minimum amount of activity advised for good health. People from deprived and racialised communities are even less likely to get enough exercise. Structural barriers need to be reduced and removed to ensure more people from all parts of society can walk, cycle and take part in exercise and sport more frequently.

Children In Need

Birmingham has a child poverty rate of 37% which is relatively high in comparison with other cities across the UK. In the areas PBCSF operates child poverty is as high as 43%. A recent survey of young people aged between 10-16 who access our activities and services showed that over has special educational needs or a disability. Birmingham has the highest obesity rates of the core cities at reception and 2nd highest rate at year 6. 24% of children are overweight or obese at reception rising to 40% by year 6. Sport England's latest set of Active People Survey data shows that there is only 31.6% of those aged 16+ taking part in at least one physical activity, per week, across Birmingham which is well below average. Only 32% of population within Ladywood/Nechells participate in sport at least once a week. In particular, the rate of family homelessness is far worse than the England average. The impact of an impoverished childhood upon the emotional health and wellbeing, resilience, and illness of children and young people is significant

Crime and anti-social behaviour.

There are well documented and reported statistics that demonstrate the need for crime prevention initiatives in Birmingham. The Office for National Statistics (ONS) says that in the year to March there were 3,437 offences involving a blade in the West Midlands Police area, an increase on the previous year. That is 118 offences per 100,000 population, behind only the London Met, which saw 168 knife crimes per 100,000 population.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

In the West Midlands Police area violence against the person went up by 20 per cent, weapons possession was up 19 per cent and drug offences rose by 18 per cent. Domestic abuse rose by 24 per cent. Although overall crime figures dropped during Covid-19 the pandemic has made the situation for at risk young people much worse with many not taking part in any education or training and spending lots of time on the streets. Emerging evidence shows how criminal gangs are recruiting young people using new online platforms while at the same time statutory agencies such as the youth offending team or social services have lost touch with young people because of Covid-19 restrictions.

Strategy and Delivery Model

PBCSF underwent a review of strategy, operations and delivery methods throughout 2022. This resulted in a more comprehensive organisational strategy. The work undertaken by the team has led to positive engagement and outcomes with younger people and adult members. PBCSF believes involving its target audiences and being respectful and relatable makes it successful and responsive and aides in understanding the risks and challenges in families, schools, and communities. The opinions of our members, as participants and volunteers are essential to future proofing provision, predicting trends and planning for change.

Organisational values established: *Unite, Inspire, Respect, Achieve*

We created a new website: www.patbensonfoundation.co.uk to differentiate our Foundation work and to be able to articulate our purpose.

Based on best practice, consultation with members and a needs-analysis, we have based our strategy around consolidating our programmes to become more targeted and focussed on the areas of speciality we have developed over the previous 7 years. As an organisation our main focus and aims are tackling and improving the outcomes for young people and vulnerable adults within our community whilst enhancing their mental health and physical wellbeing. To achieve this, we have set some clear organisational aims and established some key pillars of targeted services, which are outlined and illustrated as follows:

Our delivery model has been consolidated into a 4-pillar approach:

- **Personal Development (PD)**; this will embody the intervention and engagement programmes for young people aged 11-16 will be delivered through PD. Personal Development can be delivered to the needs of the particular project, such as youth crime and anti-social behaviour intervention, youth employment and physical fitness to address obesity and rising anxiety issues.
- **Health and Fitness**; for general adult members. This includes lifestyle, stress and family issues, providing an exercise, lifestyle and social environment to address areas surrounding deteriorating health and fitness, such as weight gain, onset of physical diseases, from higher blood pressure to diabetes, or work-related stress.
- **Mind Fit and Wellbeing**; targeted intervention programme for those suffering with mild to complex mental health issues, from stress to paranoid schizophrenia. Mostly referred from mental health organisations, we provide an environment for social interaction and belonging, whilst using boxing and exercise to address physical and mental health inequalities. This improves mental health, reduces loneliness and increase wellbeing.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

- Schools and Education: delivering boxing awards and young leaders' qualifications to schools, alternative provisions and colleges, producing happier and healthier young people, with improved leadership skills, and an improved chance at gaining skills and qualifications.

Our model is based on 4 x 12-week delivery programmes per year. This enables us to engage in recruitment and outreach, as well as monitoring the impact of each 12-week delivery cycle. This year, we have added programmes to help groups and communities in the following areas:

- Physical disabilities. Thanks to funding from People's Health Trust, we are developing specialist physical disability sessions. This includes a partnership with 'Bigger and Better PD', a specialist Parkinson's organisation, as well as Focus Birmingham, a visual impairment charity. We are delivering physical disability sessions through our Mind Fit pillar.
- Newly arrived migrants. Thanks to funding from The National Lottery Awards for All, we have offered a safe environment for newly arrived individuals to engage and achieve.
- Targeted youth leadership programme. Developed through our PD pillar, we are improving our focus on leadership skills, to improve volunteering and employment opportunities.
- Continue to build on the Holiday Activity Fund (HAF) programme, by implementing holiday activities throughout each school holiday. This forms part of our yearly support package.

Since Covid, our team has identified the following areas that we have been including into our offer to members, particularly the more vulnerable:

- Online/telephone mentoring support.
- Online mental well-being sessions.
- Online physical well-being sessions and exercise opportunities.
- Online group / 121 lifestyle support to fill the gap exposed by social isolation and reduced routine. This will cover healthy eating advice, diet plans, budget control and involve group workshops as well as personal development plans.

Performance and Achievements

PBCSF has continued to grow, becoming more targeted in the approach to programmes and areas of speciality. Thanks to funding from Peoples's Postcode Lottery and Clothworker's Foundation, we have purchased a new 2018 plate, 17-seater bus, for the enhancement of PD and Mind Fit programmes.

We have further developed our National Lottery Reaching Communities programme into the second year of a three-year funding grant. On a weekly basis, we deliver over 50 hours of direct health and wellness intervention to young people, adults and families across Birmingham's most deprived areas.

The renewal of our People's Health Trust funding for a further 2 years, has led to the initial delivery of programmes for adults with physical disabilities and young people with social and emotional needs. The aforementioned description of our physical disabilities class highlights the groups we have partnered with to address the needs of adults suffering with Parkinson's and visual impairment.

Our successful application to the BBC Youth Investment Fund, enabled us to purchase new electronic

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

barriers, improving our safeguarding protocols. Furthermore, we have invested into extensive ICT and classroom equipment to enhance the quality of workshops, social groups and our PD experience.

BBC Children In Need funding is one of our long-standing grant funders, enabling us to have developed an infrastructure for youth services within the organisation, focussing on positive impacts for young people from locally deprived areas, namely:

- Increased levels of health and fitness among disadvantaged young people
- Increase the essential life skills of disadvantaged children and young people
- Increase the number of disadvantaged children and young people involved in education, employment of training.

An area of focus has been the implementation of the holiday activity fund programmes, delivered for young people entitled to free school meals throughout the school terms. This is essential to offset the effects of increasing social austerity and the growing adverse impact of holiday hunger. We have run this successfully, in between our 12-week programme delivery cycles, helping over 350 young people.

A highlight achievement from the period was the culmination of our volunteering programme, with representation from local young people as sports volunteers at the Commonwealth Games. This project developed from 2018 to 2022, working with young people and young adults, placing them through a volunteering programme. Young volunteers learned valuable skills, and improved physical, emotional and psychological wellbeing, as well as improving leadership skills and levels of confidence and self-belief. This resulted in our volunteers leading boxers on their Commonwealth ring walks. Volunteers described the experience as life changing. A very proud moment for staff and volunteers.

Impact

Schools and education

We have supported schools to develop happier, fitter and healthier children by delivering up to 415 hours of boxing awards to over 483, 8 - 16-year-olds on our mainstream school and education provision.

Ours schools and education provision has partnered with 5 alternative provisions with students completing a 12-week intervention and behaviour management programme where we have successfully addressed the following.

- Tackling disengagement and anti-social behaviour
- Supporting young people presenting with challenging behaviours and engaging young people through targeted, boxing-led activities.
- Young people have learned to communicate better, improve self-discipline, awareness, whilst improving their knowledge around conflict resolution.

We have worked with mainstream schools on our health and well-being programme to support learners to;

- Improve their health and fitness, as well as the quality of their lifestyles.
- Tackle obesity levels and health inequalities, both physically and mentally.
- Improved concentration and education attainment.
- Improved confidence and better social links and friendships.

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TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

We monitored the progress and impact of our delivery sessions by having students complete a baseline evaluation at the start of their 12-week boxing awards programme and another at the end, allowing us to create an impactful evaluation exercise. School leads complete a similar monitoring tool working closely with families to get an accurate insight into the learners' progress whilst engaging on the programmes we deliver.

- 100% identified improved positive behaviours in the classroom setting by their learners as reported by teachers.
- 100% of learners' friendships and social activities have improved as reported by the participants and teachers.
- 93% of learners have improved physical well-being as reported by participants and teachers.
- 100% of learners have improved emotional well-being as reported by participants and teachers.
- 53% of learners have enrolled on to projects at the academy outside of their school programme

Mind Fit

In the 2022 period, we delivered over 1285 hours of Mind Fit sessions to 421 members. Of those members, we welcomed 61 new members into the provision.

- 39% of participants have statement serious mental health illnesses and have been supported by Mind fit in 2022.
- 76% of participants have had some intervention with services with issues and concerns of their mental health.

What the participants say:

I work for Focus Birmingham – an organisation that supports people with sight loss and complex needs, and I have been referring people to Pat Benson Community Sports Foundation for just over a year. I am currently working with seven people who I have referred to the non-contact boxing sessions, these people are visually impaired or suffer from mental health issues. I have seen significant improvements in people's confidence since attending the sessions and everyone has made progress with their physical fitness no matter how big or small. All the people that I have worked with have all become more independent and some of them have attended the sessions without me or made their own way here. The feedback from service users is always positive about Pat Benson Community Sports Foundation and the boxing sessions. They also love the social group that we run before the sessions in the kitchen/ seating area at the gym where we discuss our weeks and use it as a great opportunity for signposting. These social groups also help tackle social isolation whilst creating a sense of community during the sessions. The sessions are great, and I will continue to refer people to the Foundation in the future.

Hayley Bathgate
Peer Support Co-ordinator at Focus

My name is Roopa Pandya I am thirty-two years of age, and I joined the women's mind fit session on the 19th of May 2022. I was initially told about these sessions after I attended a boxing 4 fitness course at Pat Benson Boxing Academy. I was informed by an employee at Pat Benson and another member that attends these sessions that if I was interested, I should sign up for the women's sessions.

I was keen to get back on to my fitness journey and meet new people as I used to be carer for a family member which occupied most of my time, so it was a good way for me to meet new people and get fit.

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TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

and healthy at the same time. I also lost a family member just recently and was really struggling with my mental health but coming to the mind fit sessions has helped me a lot with keeping me active and occupied. I really enjoy the sessions, especially working out as a group as it encourages me to push myself more to be better.

The coaches are also really encouraging, and I like how I have had the chance to meet amazing people and become more sociable. These sessions have really help me become physically fitter and more confident in myself.

Roopa Pandya

Our Mind Fit and Personal Development programmes are at the forefront of our day-to-day delivery. We engage participants by:

- Supporting and empowering young people and adults who are struggling with their mental health, well-being, confidence and self-esteem.
- Empowering young people through mentoring, physical activity, health and fitness, and skill development as a mechanism to improve their lives and overall life experiences.
- Supporting to improve better emotional and physical health Conclusion Resulting in participants feeling less isolated leading to better opportunities in their community.

The future

- Mental health and suicide prevention; our plans will focus on further programme specialisation through the further promotion and awareness of our Mind Fit programme. We plan to spread awareness of the programme through partners, possibly nationally.
- Facility and satellite clubs; we will operate as a multi-site delivery organisation from 2023, expanding our projects in areas of deprivation that have little to no programme intervention.
- Increase staff levels, with the recruitment of more specialist staff.
- Increase PR and Communications via events and promotions aimed at raising awareness of our organisation, our achievements and the life-changing work we undertake.
- Generate more commercial and private-sector support, through work placement schemes, bridging the gap between our young people and the realistic pathway to employment.

Principal funding sources

Income to the Trust is mainly generated through grant funding, donations and coaching fees.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2022

Reserves policy

The reserve policy takes into consideration the major risks that could face the Trust.

It is the policy of the Trust to maintain unrestricted funds, which are the free reserves of the charity. The reserves are held at a level that ensures the financial viability of the Trust. That level is deemed to be one that equates to a minimum of one year's expenditure. The balance sheet indicates that there are £87,697 unrestricted funds as at 30 November 2022. This provides sufficient funds to cover management, administration and support costs for over 3 years.

Plans for future periods

Our vision: To be the best boxing club in the country, by inspiring communities, and producing champions.

Upon the formation of our new organisation strategy, our objectives in our new strategy are:

- Grow a sustainable and impactful charity.
- Expand our community work and education programmes.
- Re-develop a world class competitive boxing pathway.
- Raise the profile and connectivity of the charity.

We have identified the key activities that need to take place to fulfil our objectives and are essential to the sustainability of PBCSF.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2022**

Statement of Trustees responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

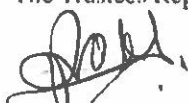
Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

The Trustees Report was approved by the Board of Trustees and signed on its behalf by:


Chairman

Dated 27.09.2023 .

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES OF PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED**

I report to the trustees on my examination of the financial statements of Pat Benson Community Sports Foundation Limited for the year ending 30 November 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for an independent examination, I report in respect of the examination of the charity's financial statements carried out under section 144 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Jeremy Kitson FCA
Prime Chartered Accountants
Corner Oak
1 Homer Road
Solihull
B91 3QG

Date: 27 September 2023

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 30 NOVEMBER 2022

	Note	Unrestricted funds	Restricted funds	Total	Total
		2022	2022	2022	2021
		£	£	£	£
<u>Income from:</u>					
Donations and legacies		2,000	-	2,000	-
Charitable activities		-	-	-	-
Coaching fees		90,485	-	90,485	10,611
Membership fees		45,551	-	45,551	35,189
Tournaments		-	-	-	-
Grants	4	-	316,848	316,848	333,464
Total income		138,036	316,848	454,884	379,264
<u>Expenditure on:</u>					
<u>Charitable activities</u>					
Grant projects		-	286,067	286,067	239,970
Other charitable expenditure	5	103,054	-	103,054	71,135
Total charitable expenditure		103,054	286,067	387,255	311,105
Total resources expended		103,054	286,067	387,255	311,105
Net income for the year/Net movement in funds		34,982	30,781	65,763	68,159
Fund balances at 1 December 2021		52,715	100,687	153,402	85,243
Fund balances at 30 November 2022		87,697	131,468	219,165	153,402

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**BALANCE SHEET
AS AT 30 NOVEMBER 2022**

	Note	2022	2021
Fixed assets	10	12,150	16,215
Current assets			
Debtors	11	303,311	425,005
Cash at bank and in hand		240,934	220,846
		<u>544,245</u>	<u>645,851</u>
Creditors: amounts falling due with one year	12	(320,876)	(486,852)
Net current assets		<u>223,369</u>	<u>158,999</u>
Total assets less current liabilities		235,519	175,214
Creditors: amounts falling due after more than one year	13	(16,354)	(21,812)
Net assets		<u>219,165</u>	<u>153,402</u>
Income funds			
Restricted funds	14	131,468	100,687
Unrestricted funds		87,697	52,715
		<u>219,165</u>	<u>153,402</u>

For the year ending 30 November 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of the financial statements for the year ending 30 November 2022 in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 27.09.2023 and signed on behalf of the board by:


P O'Neill

Trustee

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 NOVEMBER 2022

1. Accounting Policies

Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a "Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

These are included in the Statement of Financial Activities (SOFA) when:

- The charity becomes legally entitled to the resources after any performance conditions have been met;
- The trustees are virtually certain that they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 NOVEMBER 2022

1. Accounting Policies (continued)

Resources expended

Charitable activities includes all costs relating to general administration, which support the charitable purpose.

Grants offered subject to conditions, which have not been met at the year-end date are noted as a commitment, but not accrued as expenditure.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings that have been allocated to activities on a basis consistent with the use of the resources.

Incoming resources with related expenditure

When incoming resources have related expenditure (as with fundraising or contract income) both are reported gross in the SOFA.

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values their useful lives on the following bases:

Plant and machinery - reducing balance over 4 years

Fixtures and fittings - reducing balance over 4 years

Vehicles - reducing balance over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with bankers, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 NOVEMBER 2022

2. Accounting Policies (continued)

Financial instruments

The charity has elected to apply the provisions of Section 11 "Basic Financial Instruments" and Section 12 "Other Financial Issues" of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the assets and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price, including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market value of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund for the year. The assets of the scheme are held separately from those of the charitable company and are independently administered. The pension cost charge above represents contributions payable by the charitable company to the fund.

3. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2022

4. Grants

	Unrestricted Funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
BBC Children in need – small	-	10,159	10,159	13,855
BBC Children in need - large	-	28,357	28,357	34,581
Next Steps	-	-	-	16,444
Queens Jubilee Fund	-	3,810	3,810	-
Peoples Health Trust	-	5,845	5,845	3,855
Sport England Small Projects	-	5,000	5,000	-
Sport England Opportunity VRU	-	-	-	66,366
Heart of England Emergency	-	-	-	1,896
Clothworkers Foundation	-	14,000	14,000	5,072
Celebrating Community Fund	-	9,857	9,857	-
Spring Camp – Street Games	-	23,160	23,160	-
Reaching Communities EF	-	-	-	99,425
Return To Play	-	-	-	3,508
Peoples Post Code Lottery	-	19,996	19,996	-
National Lottery - AFA	-	2,500	2,500	-
Sport Birmingham	-	-	-	4,368
Winter Contingency	-	-	-	11,398
DOE HAF Fund	-	3,395	3,395	15,380
SE Toyota Parasport	-	833	833	4,166
National Lottery Fighting Fit	-	146,558	146,558	24,426
Sported Disability Fund	-	4,800	4,800	-
JRS	-	-	-	28,724
Youth Investment Fund	-	28,578	28,578	-
Garfield Weston	-	10,000	10,000	-
Total for the year	-	316,848	316,848	333,464

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES -TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2022**

5. Charitable activities

	2022	2021
	£	£
Depreciation and impairment	4,066	5,286
Support costs (note 6)	98,988	65,849
	<u>103,054</u>	<u>71,135</u>

Analysis by fund

Unrestricted funds	103,054	71,135
Restricted funds	-	-
	<u>103,054</u>	<u>71,135</u>

6. Support costs

	2022	2021
	£	£
Advertising and PR	3,435	-
Wages and salaries	58,348	48,276
Independent examiner and accountancy fees	4,893	3,350
Property costs	18,685	6,117
Stationery, postage and telephone	3,710	3,317
IT costs	550	554
Donations	100	-
Consultancy fees	882	1,621
Subscriptions	3,175	2,349
Loan interest and bank charges	2,788	150
Other operating costs	2,422	115
	<u>98,988</u>	<u>65,849</u>

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2021 - £nil).

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2022

8. Comparatives for the Statement of Financial Activities

	Unrestricted funds	Restricted funds	Total
	£	£	£
Income from:			
Donations and legacies			
Charitable activities			
Coaching fees	10,611	-	10,611
Membership fees	35,189	-	35,189
Grants	-	333,464	333,464
Total income	45,800	333,464	379,264
Expenditure on:			
Charitable activities			
Grant projects	-	239,970	239,970
Other charitable expenditure	71,135	-	71,135
Total charitable expenditure	71,135	239,970	311,105
Other resources expended	-	-	-
Total resources expended	71,135	239,970	311,105
Net income for the year/Net movement in funds	(25,335)	93,494	68,159
Fund balances at 1 December 2020	78,050	7,193	85,243
Fund balances at 30 November 2021	52,715	100,687	153,402

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2022**

9. Employees

	2022	2021
Gross wages and salaries	220,281	191,930
Employer National Insurance Contributions	16,563	16,678
Pension contributions to defined contribution scheme	3,479	3,272
	<u>240,323</u>	<u>211,880</u>

The average number of employees during the year were as follows:

	2022	2021
	No	No
Management	2	2
Administrative	1	1
Coaching	5	5
Total	<u>8</u>	<u>8</u>

One of the employees earned more than £60,000 during the year (2021 - One).

10. Tangible fixed assets

	Plant and machinery	Fixtures and fittings £	Vehicles	Total
	£		£	£
Cost				
At 1 December 2021	1,706	26,396	319	28,421
Donated assets	-	-	-	-
At 30 November 2022	<u>1,706</u>	<u>26,396</u>	<u>319</u>	<u>28,421</u>
Depreciation and impairment				
At 1 December 2021	482	11,544	180	12,206
Depreciation charge	305	3,714	46	4,065
At 30 November 2022	<u>787</u>	<u>15,258</u>	<u>226</u>	<u>16,271</u>
Carrying amount				
At 30 November 2022	<u>919</u>	<u>11,138</u>	<u>93</u>	<u>12,150</u>
At 30 November 2021	<u>1,224</u>	<u>14,852</u>	<u>139</u>	<u>16,215</u>

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2022

11. Debtors

	2022	2021
	£	£
Amounts falling due within one year		
Amount due from related undertaking	-	402
Trade debtors	303,065	419,838
Prepayments	246	4,765
	<u>303,311</u>	<u>425,005</u>

12. Creditors: amounts falling due within one year

	2022	2021
	£	£
Bank loans	5,700	5,700
Trade creditors	5,580	7,940
Other taxes and social security	627	39,711
Accruals	2,400	2,210
Deferred income	303,627	431,291
Amount due to related undertaking	2,942	-
	<u>320,876</u>	<u>486,852</u>

13. Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Bank loans	16,354	21,812

The bank loans are unsecured and bear interest at a fixed rate Of 2.5% per annum. The loan is deferred for 12 months before becoming repayable over equal annual instalments over 5 years.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2022

14. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 December 2021	Incoming resources	Resources expended	Balance at 30 November 2022
	£	£	£	£
Grants	100,687	316,848	286,067	131,468
	<u>100,687</u>	<u>316,848</u>	<u>286,067</u>	<u>131,468</u>

Restricted grants represent funds received for specific project purposes.

15. Analysis of net assets between funds

Fund balances at 30 November 2022 and 30 November 2021 are represented by current assets/(liabilities).

16. Related party transaction

During the year Pat Benson Community Sports Foundation Limited paid £9,000 (2021 - £nil) in rent to Small Heath Boxing Club Limited, a company connected by common directors/trustees and members. At 30 November 2022, the amount owing to Small Heath Boxing Club Limited by the Charity amounted to £2,492 (2021 - £402 debtor).

Other than these transactions there were no other related party transactions during the year (2021 - none).

17. Company status and controlling party

The company is limited by guarantee. As such there is no share capital. Under the terms of the Articles of Association, each Trustee who is also a Director, is a member of the company. Every company member has promised, that if the company is wound up whilst they are a company member or within one year of ceasing to be a Director, to contribute a maximum of £1 towards winding up the company.

At the balance sheet date there were three company members so the amount subject to guarantee was £3.

Each member's vote ranks pari- passu and there is no controlling party or person of significant interest.

PAT BENSON COMMUNITY SPORTS FOUNDATION

England & Wales - Charity number 1176806

Accounts

Charity Registration Number: 1176806

Company Registration Number: 10501987 (England and Wales)

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
(a company limited by guarantee)

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2021

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LEGAL AND ADMINSTRATIVE INFORMATION

Trustees

P O'Neill - Chairman
P Benson
D Houston

Company Secretary

D Houston

Registered Office

Unit 2
50 Adderley Street
Birmingham
West Midlands
B6 4ED

Charity number: 1176806

Company number: 10501987 (registered in England and Wales)

Bankers

The Co-Operative Bank
PO Box 150
Delf House
Skelmersdale
WN8 6GG

Accountant

K O'Donnell FCCA
35 Hill Lane
Bassets Pole
Sutton Coldfield
West Midlands
B75 6LE

Independent Examiner

BVSC
First Floor
Livery Place
35 Livery Street
Birmingham
B3 2PB

**CHAIRMAN'S STATEMENT
YEAR ENDED 30 NOVEMBER 2021**

This year proved particularly challenging for the community and voluntary sector. However, our organisation was quick to react. The decision to engage a Health and Safety expert to advise us on the way forward provided important advice and consultation, enabling us to resume back to on-site operations early, so we could help people. The decision to keep all staff engaged, some by way of furlough was pivotal. Regular updates by phone or virtual kept the Board abreast of things. We were very pleased with decision to keep in touch with our service users and to bring people back on-site at the earliest possible opportunity.

On another front we, the Trustees, continued to work with potential stakeholders and leaders in the City in order that a new venue which is now almost certain to take place. The Cole Waterhouse group have been in contact with us on a regular basis and tell us they are due to go to planning with a detailed application. We have had regular reports through our CEO regarding a possible venue in Kings Heath, which means we can provide staff to various areas in the community to help people.

I would like to congratulate those involved with our Mental Health Award, great to see our name stand out. Congratulations to our team in organising and running our half term games event, it was a great success, people are asking for the next event. It was great to meet Katie Taylor on her visit to the gym. She has said how she enjoyed meeting all the staff and our young people.

Finally, can I on behalf of the Board thank you all for your "over and above" performance, It makes our role as trustees easier.



P O'Neill

Chairman

Dated: 31/08/2022

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2021

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report and unaudited financial statements of the charity for the year ending 30 November 2021.

Trustees

The trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the unaudited financial statements were:

P O'Neill - Chairman

P Benson

D Houston

None of the directors has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of winding up.

Governing document

Pat Benson Community Sports Foundation Limited is constituted by its Memorandum & Articles of Association, adopted by the membership on 29 November 2016, which were subsequently amended by Special Resolution on 5 January 2018, and is a registered charity. The Trust was formed as a company limited by guarantee and was subsequently registered as a charity on 24 January 2018.

Organisational structure

The Trust is governed by three Executive Officers, who are the directors and trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Objectives and activities

The objectives of the Trust are:

1. To advance in life and help young people through:
 - (a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life;
 - (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
2. The promotion of community participation in healthy recreation in particular by the provision of facilities for boxing 3. to provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2021

Achievements and performance

The UK's second lockdown came to an end on December 2nd, 2021, which resulted in a tiered system being implemented, with many of the county's regions operating in tier 4. The following number of works for challenging for the organisation due to the risk of Covid outbreaks, with many of our vulnerable members being most at risk. The result was taken to operate remotely whilst providing support to members, through virtual workouts and check-in calls, where we provided a bespoke package of support to those most at risk. It was evident that mental and physical health levels had deteriorated significantly; based on communication with our members, anxiety levels and general mental ill-health were notably worsened during the previous 12 months.

Our communication with funders remained strong, enabling us to adapt appropriately to our projects and programmes. Organisations such as The National Lottery, BBC Children In Need, Sport England, The People's Health Trust and Heart of England Community Trust were extremely supportive, providing advice, guidance and strong leadership in helping ourselves and other organisations to adapt accordingly to the obvious challenges. Some funds were extended, so we could still achieve outcomes and targets.

Despite many organisations continuing to work from home, and some members continuing to isolate, the decision was made for all staff to return on-site and operate full time classes and delivery on 1st February 2021. As a team, and after discussions with funders, we felt this in the best interests of vulnerable people, so they could access our full timetable of programmes on-site and in-person. We adapted by extending the number of sessions to run in line with reduced capacity and separate training areas or 'pods' for individuals. Furthermore, we invested in PPE to reduce the risk of an outbreak, and to provide as much protection to staff, volunteers, and members as possible.

An example of adaptation in our operations was through continued communication with BBC Children In Need, where we decided to increase the number of Personal Development sessions for young people, whilst capping the numbers to 6 per class, enabling us the opportunity to achieve the same outcomes.

Upon return to full time operations on 1st February 2021, we were keen to continue our funded programmes. We were awarded HAF (Holiday Activity Fund) funding, for the Spring and Summer period of 2021, where young people from deprived areas, who were likely to go without a meal throughout the school holidays, received a free hot meal everyday on camp. In addition, we provided physical activity, mentoring and workshops to help young people recover from the significant constraints of lockdown and enable them to re-connect with outdoor spaces and to benefit from social interaction with peers. We were delighted to learn that our two main funding awards, The National Lottery Reaching Communities and BBC Children In Need Large fund, both decided to re-fund our awards, for a further three years. Both awards commenced on September 1st, 2021. This was significant news, as both funds enable us to employ specialist core staff, therefore enable us to continue our vital work with young people and adults within the community. Furthermore, such investment in infrastructure allows the organisation to grow, expand and improve operational efficiency.

Further highlights.

Additional achievements included our organisation being awarded a national mental health award. Mind, Sport England and The Lottery commissioned the Active in Adversity Awards, where we achieved the Most Welcoming Organisation, testament to the interaction, the care and the passion demonstrated, and the use of empathy throughout. Our diverse, engrossing and occasionally challenging environment is a safe and non-judgemental space for people who are struggling, and find help, support and comfort with our staff and fellow members. We would like to congratulate our Mind Fit co-ordinators and volunteers for achieving a national award.

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2021

We were delighted to welcome Katie Taylor to the club in Summer 2021 for a motivational visit for our young people on the personal development programme. It was a privilege to see the effect such a modest, yet inspirational world class athlete had on the motivation levels of our young people.

We were delighted to be awarded an Investors in People accreditation; just reward for a management structure and an organisation who value their staff, volunteers and members. We plan to work hard to recruit further key people this coming year.

Finally, our plans for the future gathered momentum with initial plans developed for a new facility, matching our plans to help people through boxing and mentoring in multiple areas of the city.

Performance

Schools and Education

In 2021 we have worked with 14 schools and colleges both primary and secondary, further and higher education providing our intervention & behaviour management and our health & wellbeing programmes. We have offered a unique and inspirational boxing experience to create positive impact for learners who may not learn in a traditional school setting.

We have supported schools to develop happier, fitter and healthier children by delivering up to 350 hours of boxing awards to over 550, 8 - 16-year-olds on our main stream school and education provision.

- 100% identified improved positive behaviours in the classroom setting by their learners as reported by teachers.
- 100% of learners' friendships and social activities have improved as reported by the participants and teachers.
- 85% of learners have improved physical wellbeing as reported by participants and teachers.
- 100% of learners have improved emotional wellbeing as reported by participants and teachers.
- 30% of learners have enrolled on to projects at the academy outside of their school programme

What the schools say;

" I would describe our boxing experience as an incredible learning curve for both the students and staff. The sessions themselves are not only engaging but challenging for students who found themselves sometimes out of their comfort zones and thrived on the competitive edge of each session. On top of this, each week, the priceless experience of attending the boxing academy so that students could get a real feel for the culture and traditions of boxing in a real-life setting. This was an experience and opportunity that these students would never have had without perseverance, guidance and outstanding delivery."

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2021**

Mind Fit

Our Mind fit programmes are designed to improve people's physical and emotional wellbeing. Running consecutively for the last 5 years, the programme has grown from a pilot project back in 2015, to now being our most consistent and impactful provision, partnering with a variety of organisations to deliver interventions under the Mind fit brand.

Following the COVID 19 pandemic, the demand on our service has increased substantially with members requiring specialist support and intervention due to a decline in their emotional wellbeing.

"Levels of psychological distress during the pandemic in adults aged 18 and over reporting a clinically significant level of psychological distress increased from 20.8% in 2019 to 29.5% in April 2020. There was a subsequent increase to 27.1% in January 2021, followed by a further decrease to 24.5% in late March 2021. This has been broadly corroborated by other studies also looking at anxiety, depressive symptoms, loneliness, sleep and stress. There was a subsequent increase to 27.1% in January 2021, followed by a further decrease to 24.5% in late March 2021. This has been broadly corroborated by other studies also looking at anxiety, depressive symptoms, loneliness, sleep and stress."

COVID-19 mental health and wellbeing surveillance: report

In 2021, we delivered over 1050 hours of Mind Fit sessions to 260 members. Of those 260 members, we welcomed 39 new members into the provision.

Participants on our Mind fit provision;

- 30% of participants have statement serious mental health illnesses and have been supported by Mind fit in 2021.
- 70% of participants have had some intervention with services with issues and concerns of their mental health.

Our impact continues to reflect in the data collected every 6 weeks from our members that attend each session of Mind fit;

- 100% of Mind Fit members have reported improved mental health after 6 weeks of attending the programme
- 100% of participants reported improved physical health after 6 weeks of attending the programme consistently
- 85% state that their social networks and friendships
- 100% of Mind fit participants state that they feel optimistic about their future

"Mindfit has helped me with my confidence and improving my fitness, I always look forward to going as it's like one big family, I always feel welcomed and there is always an ear around if there is a problem or need to vent about anything, I'm so glad I started".

Janeeka, Women's Mind Fit

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2021

Personal Development Programme

Throughout 2021, our Personal Development Programme has supported young people to improve health and fitness, encourage disciplines that are traditionally associated with boxing such as punctuality, respect, compassion and hard work. It has proven to improve self-esteem with a predominant focus on confidence and leadership.

Baseline information gathered that our young people presented at referral stages were;

- 20% felt motivated day to day
- 25% felt useful to their peers
- 30% felt close to other people
- 15% felt they dealt with problems well
- 40% felt they were in good physical health
- 40% felt they had good emotional health/wellbeing
- 30% felt optimistic about their future

The programme includes money management and financial literacy, CV and employability workshops, self-care and mindfulness, leadership and teamwork activities.

Impact data gathered at the end of our 12-week personal development programmes found;

- 75% of participants felt motivated
- 100% have improved confidence
- 80% felt useful to their peers
- 80% felt closer to other people
- 100% were dealing with problems better
- 100% reported improved physical health
- 100% reported improved emotional health / wellbeing
- 90% felt optimistic about their future
- 3 in 4 young people that attended our personal development programme have benefit from our boxing pathway and are regular members of our recreational boxing pathway.
- 2 in 4 young people have gone on to our volunteer and coaching programme.

" Two of my Children attend the personal development programme at Pat Benson boxing academy, there has been a major improvement in both of their confidence. My sons communication skills are much better and the information that he is receiving has improved his knowledge in specific areas around money management, how to manage his time better and his physical health is improving. My daughter is regulating her energy much better and her behaviour ha improved, they are taught entrepreneur skills and learning about ideas of starting their own business. I also attend the Women's mind fit sessions which is keeping me fitter and has improved my confidence."

Janine Lawrence, Parent and Mind Fit member

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2021**

Financial review

Principal funding sources

Income to the Trust is mainly generated through grant funding, donations and coaching fees.

Reserves policy

The reserve policy takes into consideration the major risks that could face the Trust.

It is the policy of the Trust to maintain unrestricted funds, which are the free reserves of the charity. The reserves are held at a level that ensures the financial viability of the Trust. That level is deemed to be one that equates to a minimum of one year's expenditure. The balance sheet indicates that there are £52,715 unrestricted funds as at 30 November 2021. This provides sufficient funds to cover management, administration and support costs for over 3 years.

Plans for future periods

**Our vision: To be the best boxing club in the country, by inspiring communities,
and producing champions.**

Upon the formation of our new organisation strategy, our objectives in our new strategy are:

- Grow a sustainable and impactful charity.
- Expand our community work and education programmes.
- Re-develop a world class competitive boxing pathway.
- Raise the profile and connectivity of the charity.

We have identified the key activities that need to take place to fulfil our objectives and are essential to the sustainability of PBCSF.

Statement of Trustees responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2021

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

The Trustees Report was approved by the Board of Trustees and signed on its behalf by:



P O'Neill

Chairman

Dated: 31/8/2022.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

I report to the trustees on my examination of the financial statements of Pat Benson Community Sports Foundation Limited for the year ending 30 November 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for an independent examination. I report in respect of the examination of the charity's financial statements carried out under section 144 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Paul Bowater ACA
Birmingham Voluntary Service Council
First Floor
Livery Place
35 Livery Street
Birmingham
B3 2PB

31 August 2022:

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
YEAR ENDED 30 NOVEMBER 2021**

	Note	Unrestricted funds	Restricted funds	Total	Total
		2021	2021	2021	2020
		£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	-	-	-	28,836
<u>Charitable activities</u>					
Coaching fees		35,189	-	35,189	3,695
Membership fees		10,611	-	10,611	3,307
Tournaments		-	-	-	3,736
Grants	4	28,724	304,740	333,464	237,350
Total income		74,524	304,740	379,264	276,924
<u>Expenditure on:</u>					
<u>Charitable activities</u>					
Grant projects		-	239,970	239,970	146,433
Other charitable expenditure	5	71,135	-	71,135	87,043
Total charitable expenditure		71,135	239,970	311,105	233,476
Other resources expended		-	-	-	-
Total resources expended		71,135	239,970	311,105	233,476
Net income for the year/Net movement in funds		3,389	64,770	68,159	43,448
Fund balances at 1 December 2020		49,326	35,917	85,243	41,795
Fund balances at 30 November 2021		52,715	100,687	153,402	85,243

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

BALANCE SHEET AS AT 30 NOVEMBER 2021

	Note	2021 £	2021 £
Fixed assets	9	<u>16,215</u>	<u>20,657</u>
Current assets			
Debtors	11	425,005	76,999
Cash at bank and in hand		<u>220,846</u>	<u>152,496</u>
		645,851	229,495
Creditors: amounts falling due with one year	12	(486,852)	(136,409)
Net current assets		<u>158,999</u>	<u>93,086</u>
Total assets less current liabilities		175,214	113,743
Creditors: amounts falling due after more than one year	13	(21,812)	(28,500)
Net assets		<u>153,402</u>	<u>85,243</u>
Income funds			
Restricted funds	14	100,687	35,917
Unrestricted funds		52,715	49,326
		<u>153,402</u>	<u>85,243</u>

For the year ending 30 November 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of the financial statements for the year ending 30 November 2021 in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on and signed on behalf of the board by:



P O'Neill

Trustee

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 NOVEMBER 2021

1. Accounting Policies

Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a "Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

These are included in the Statement of Financial Activities (SOFA) when:

- The charity becomes legally entitled to the resources after any performance conditions have been met;
- The trustees are virtually certain that they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2021**

1. Accounting Policies (continued)

Resources expended

Charitable activities includes all costs relating to general administration, which support the charitable purpose.

Grants offered subject to conditions, which have not been met at the year-end date are noted as a commitment, but not accrued as expenditure.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings that have been allocated to activities on a basis consistent with the use of the resources.

Incoming resources with related expenditure

When incoming resources have related expenditure (as with fundraising or contract income) both are reported gross in the SOFA.

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values their useful lives on the following bases:

Plant and machinery – reducing balance over 4 years

Fixtures and fittings – reducing balance over 4 years

Vehicles – reducing balance over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with bankers, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

The charity has elected to apply the provisions of Section 11 “Basic Financial Instruments” and Section 12 “Other Financial Issues” of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity’s balance sheet when the charity becomes party to the contractual provisions of the instrument.

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2021**

1. Accounting Policies (continued)

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the assets and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price, including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market value of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund for the year. The assets of the scheme are held separately from those of the charitable company and are independently administered. The pension cost charge above represents contributions payable by the charitable company to the fund.

2. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2021**

3. Donations and legacies

	Unrestricted Funds	Restricted funds	Total	Total
	2021 £	2021 £	2021 £	2020 £
Donations and gifts	-	-	-	1,258
Donations in kind	-	-	-	27,578
Total for the year	<u>-</u>	<u>-</u>	<u>-</u>	<u>28,836</u>

4. Grants

	Unrestricted Funds	Restricted funds	Total	Total
	2021 £	2021 £	2021 £	2020 £
BBC Children in Need – small grants	-	13,855	13,855	7,726
BBC Children in Need – large grants	-	34,581	34,581	10,941
Reaching Communities	-	-	-	55,268
Peoples Health Trust	-	3,855	3,855	7,093
Sport England Small Projects	-	-	-	7,498
Sport England Opportunity Fund	-	66,366	66,366	19,155
VRU	-	1,896	1,896	5,008
Heart of England Emergency	-	5,072	5,072	3,360
Sport England Emergency Fund	-	-	-	10,000
Heart of England Foundation	-	-	-	13,333
Fore Project	-	-	-	5,000
Reaching Communities EF	-	99,425	99,425	86,145
Return To Play	-	3,508	3,508	702
Summer Camp	-	-	-	2,500
Next Steps	-	16,444	16,444	-
Sport Birmingham – tackling inequalities	-	4,368	4,368	-
Winter Contingency	-	11,398	11,398	-
DOE HAF Fund	-	15,380	15,380	-
SE Toyota Parasport	-	4,266	4,166	-
National Lottery Fighting Fit	-	24,426	24,426	-
JRS	28,724	-	28,724	-
Other	-	-	-	3,621
Total for the year	<u>28,724</u>	<u>304,740</u>	<u>333,464</u>	<u>237,350</u>

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 NOVEMBER 2021

5. Charitable activities

	2021 £	2020 £
Depreciation and impairment	5,286	6,920
Support costs (note 7)	65,849	80,123
	<u>71,135</u>	<u>87,043</u>

Analysis by fund

Unrestricted funds	71,135	12,759
Restricted funds	-	74,284
	<u>71,135</u>	<u>87,043</u>

6. Support costs

	2021 £	2020 £
Advertising and PR	-	-
Wages and salaries	48,276	44,737
Independent examiner and accountancy fees	3,350	2,866
Property costs	6,117	411
Stationary, postage and telephone	3,317	5,635
IT costs	554	2,300
Repairs and renewals	-	21,137
Insurance	-	557
Consultancy fees	1,621	1,118
Subscriptions	2,349	-
Loan interest and bank charges	150	-
Other operating costs	115	1,362
	<u>65,849</u>	<u>80,123</u>

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2020 - £nil).

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2021**

8. Employees

	2021 £	2020 £
Gross wages and salaries	191,930	159,134
Employer National Insurance Contributions	16,678	9,582
Pension contributions to defined contribution scheme	3,272	2,346
	<u>211,880</u>	<u>171,062</u>

The average number of employees during the year were as follows:

	2021 No	2020 No
Management	2	5
Administrative	1	1
Coaching	5	5
Total	<u>8</u>	<u>11</u>

One of the employees earned more than £60,000 during the year (2021 – One).

9. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Vehicles £	Total £
Cost				
At 1 December 2020	863	26,396	319	27,578
Donated assets	843	-	-	843
At 30 November 2021	<u>1,706</u>	<u>26,396</u>	<u>319</u>	<u>28,421</u>
Depreciation and impairment				
At 1 December 2020	216	6,601	104	6,921
Depreciation charge	266	4,943	76	5,285
At 30 November 2021	<u>482</u>	<u>11,544</u>	<u>180</u>	<u>12,206</u>
Carrying amount				
At 30 November 2021	<u>1,224</u>	<u>14,852</u>	<u>139</u>	<u>16,215</u>
At 30 November 2020	<u>647</u>	<u>19,795</u>	<u>215</u>	<u>20,657</u>

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 NOVEMBER 2021**

10. Financial instruments

	2021 £	2020 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	-	-
Carrying value of financial liabilities		
Measured on amortised costs	-	-

11. Debtors

	2021 £	2020 £
Amounts falling due within one year		
Amount due from related undertaking	402	35,205
Trade debtors	419,838	40,944
Prepayments	4,765	850
	<u>425,005</u>	<u>76,999</u>

12. Creditors: amounts falling due within one year

	2021 £	2020 £
Bank loans	5,700	-
Trade creditors	7,940	3,321
Other taxes and social security	39,711	22,420
Pension contributions due to defined contribution pension scheme	-	900
Accruals	2,210	4,106
Deferred income	431,291	104,886
Other creditors	-	776
	<u>486,852</u>	<u>136,409</u>

13. Creditors: amounts falling due after more than one year

	2021 £	2020 £
Bank loans	<u>21,812</u>	<u>28,500</u>

The bank loans are unsecured and bear interest at a fixed rate of 2.5% per annum. The loan is deferred for 12 months before becoming repayable over equal annual instalments over 5 years.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 NOVEMBER 2021

14. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 December 2020	Movement in funds Incoming resources	Resources expended	Balance at 30 November 2021
	£	£	£	£
Grants	35,917	304,740	239,970	100,687
	<u>35,917</u>	<u>304,740</u>	<u>239,970</u>	<u>100,687</u>

Restricted grants represent funds received for specific project purposes.

15. Analysis of net assets between funds

Fund balances at 30 November 2021 and 30 November 2020 are represented by current assets/(liabilities).

16. Related party transaction

During the year the Trust received donations in kind amounting to £843 from Small Heath Boxing Club Limited, a company connected by common directors/trustees and members. These donations comprised tangible fixed assets, which have been recorded in these accounts at the net book value of the assets concerned at the time of the donation. At 30 November 2021, the amounting owing by Small Heath Boxing Club Limited by the Trust amounted by £402 (2020 – owing to £35,205).

Other than these transactions there were no other related party transactions during the year (2020 – none).

17. Company status and controlling party

The company is limited by guarantee. As such there is no share capital. Under the terms of the Articles of Association, each Trustee who is also a Director, is a member of the company. Every company member has promised, that if the company is wound up whilst they are a company member or within one year of ceasing to be a Director, to contribute a maximum of £1 towards winding up the company.

At the balance sheet date there were three company members so the amount subject to guarantee was £3.

Each member's vote ranks pari- passu and there is no controlling party or person of significant interest.

PAT BENSON COMMUNITY SPORTS FOUNDATION

England & Wales - Charity number 1176806

Accounts

Charity Registration Number: 1176806

Company Registration Number: 10501987 (England and Wales)

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED
(a company limited by guarantee)

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2020

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

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LEGAL AND ADMINSTRATIVE INFORMATION

Trustees

P O'Neill - Chairman

P Benson

D Houston

Company Secretary

D Houston

Registered Office

Unit 2

50 Adderley Street

Birmingham

West Midlands

B6 4ED

Charity number: 1176806

Company number: 10501987 (registered in England and Wales)

Bankers

The Co-Operative Bank

PO Box 150

Delf House

Skelmersdale

WN8 6GG

Accountant

K O'Donnell FCCA

35 Hill Lane

Bassets Pole

Sutton Coldfield

West Midlands

B75 6LE

Independent Examiner

BVSC

138 Digbeth

Birmingham

B5 6DR

**CHAIRMAN'S STATEMENT
YEAR ENDED 30 NOVEMBER 2020**

This was the year a lot of organisations alike were found wanting. However, PBBA were quick to react. The decision to engage a safety expert to advise us on the way forward. Although the team led by the CEO had started to change the layout of the premises. The decision to keep all staff engaged, some by way of furlough was pivotal. Regular updates by phone or virtual kept the Board abreast of things. We were very pleased with decision to keep in touch with our service users.

On another front we the Trustees continued to work with potential stakeholders and leaders in the City in order that a new venue which is now almost certain to take place. The Colewaterhouse group reps have been in contact with us on a regular basis and tell us they are due to go to planning with a detailed application. We have had regular reports through our CEO regarding a possible venue in Kings Heath. The owners have yet to meet the Board.

I would like to congratulate those involved with our Mental Health Award, great to see our name pop out. Congratulations to our team in organising and running our half term games event, it's was a great success, people are asking for the next event. It was great to meet Katie Taylor on her visit to the gym. She has said how she enjoyed meeting all the staff and our own Katie "Houston".

Finally can I on behalf of the Board thank you all for you "over and above" performance, It makes our role as trustees easier.



P O'Neill

Chairman

Dated: 18th June 2021

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2020**

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report and unaudited financial statements of the charity for the year ending 30 November 2020.

Trustees

The trustees, who are also the directors for the purposes of company law, and who served during the year and up to the date of signature of the unaudited financial statements were:

P O'Neill - Chairman

P Benson

D Houston

None of the directors has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of winding up.

Governing document

Pat Benson Community Sports Foundation Limited is constituted by its Memorandum & Articles of Association, adopted by the membership on 29 November 2016, which were subsequently amended by Special Resolution on 5 January 2018, and is a registered charity. The Trust was formed as a company limited by guarantee and was subsequently registered as a charity on 24 January 2018.

Organisational structure

The Trust is governed by three Executive Officers, who are the directors and trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Objectives and activities

The objectives of the Trust are:

1. To advance in life and help young people through:
 - (a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life;
 - (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
2. The promotion of community participation in healthy recreation in particular by the provision of facilities for boxing 3. to provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2020

Achievements and performance

Throughout a year dominated in large by the effects of Covid-19 and the lockdown, PBCSF responded and performed very well, working with funders, members, and other stakeholders to ensure the club generated income to cover the inevitable revenue shortfalls, whilst delivering services for society's most vulnerable people. Though most staff were furloughed for specific months at the height of lockdown, and services were suspended, the organisation, responded upon re-opening of a wide range of services in July 2020, from mental health, and visual impairment, to personal development and mentoring, with young people referred from a network of trusted referral bodies. Our post-lockdown 'return-to-play' approach formed a crucial part of addressing and maintaining mental health levels.

Our services revolved around several projects, delivered by project and coaching staff, positively affecting a diverse range of service users, aiming to achieve set aims and objectives. We have managed and delivered a number of 'sport-for-good' programmes.

To analyse achievement and performance, we have improved our monitoring and evaluation processes. We have consistently used Warwickshire and Edinburgh Mental Wellbeing Scale (Wemwbs) and other forms of reporting to highlight an awareness of overall wellbeing and to identify improvements that have been made; likewise, we have been able to identify those that require additional support.

A major part of our monitoring, evaluation and learning has been captured through the use of our portal UPSHOT, an M&E system. This tool also captures evidence such as geographical outcomes, attendance and engagement and progress results. This has supported our project to set goals, identify trends as well as capture the needs of the people that are accessing the service. Our programmes have included, but not been restricted to the following:

Our Fighting Fit, Reaching Communities project, funded by the National Lottery, has enabled us to engage key organisations who support our delivery to improve the physical and mental health, education attainment and personal development of children, young people and young adults who are living in areas of deprivation in Birmingham.

Following this project, we have been able to report on the significant impact of our provision. Within 2020, 371 members reported feeling less isolated, with improved confidence and an improved score via the Wemwbs evaluation scale.

The physical health of participants has improved significantly, with over 500 people reporting feeling fitter and healthier across the programmes, with improved knowledge of health and health-related issues. This is significant in our understanding of how Pat Benson Community Sports Foundation has addressed health inequalities in the area.

Following the COVID 19 pandemic, many members reached out due to a decline in their emotional health. Our Mind Fit programme has engaged over 160 people during 2020, with 96 hours of Mind Fit being delivered and 100% of members reporting improved physical and mental health whilst on the programme. Following the first lockdown in March, we adapted our service and supported our members in a new way. We conducted over 250 phone calls in the space of 3 weeks to complete wellbeing checks, along with video links and online fitness sessions.

On World Mental Health day 2020, Mind Fit programme won a national award, the 'Active in Adversity' award for most welcoming organisation.

"Mind Fit has helped toward breaking down barriers of hospital typecasting for the sport of boxing and has been able to educate visiting services of the disciplines behind the sport and activities involved within it. Overall mind fit is a pro social, positive place that all at the Birmingham and Solihull mental health and wellbeing secure services trust loves to attend. Keep up the good work".

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2020**

Birmingham & Solihull Mental Health NHS Foundation Trust

Within our Mind Fit programme, 100% of referrals have reported improved mental health upon attending our community sessions.

- 100% of participants reported improved physical wellness.
- 85% of young people asked, stated that they feel more supported and less isolated.

Thanks to funding from Sport England, we were able to continue to support people with a disability by increasing the numbers of visually impaired people participating in sport and physical activity.

100% of participants stated they have felt optimistic about their future since attending our disability project. 80% of participants feel closer to other people.

“I’m Darren, England’s most capped blind footballer, I’m over here at the Pat Benson Boxing academy & I have just had a great session with the guys here, it’s always good to keep testing yourself, learn new skills, and keep trying to better yourself every single day.” Darren Harris, The disability project

BBC Children In Need is an example of a different funder, who have invested in our programmes for young people. In 2020, we received £35,763 in grant funding to deliver ongoing support to combat the threat of poor health, inactivity, low self-respect, crime and gang affiliation. We have delivered over 1027 contact hours with 160 new attendees throughout COVID 19, where we have supported new children and young people.

- 100% of participants engaged on our BBC Children in need have improved confidence and self - esteem.
- 100% of regular participants have improved levels of fitness.
- 100% of young people stated that they feel more positive about their future following completion of our personal development programme.
- 75% of young people have gone on to engage in Further education, training and employment.

University of Birmingham Boxing club

We work with students and university departments to run boxing clubs at the University of Birmingham and Aston University, offering support at every level, from beginners' fitness training and stress management to competitive squad level.

“2020 has been a difficult year. PBBA have nevertheless been present and have helped me both mentally and physically. The coaches have been available if I needed. PBBA's zoom workout sessions have been instrumental in keeping me fit”. - Alex Delon.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2020

Financial review

Principal funding sources

Income to the Trust is mainly generated through grant funding, donations and coaching fees.

Reserves policy

The reserve policy takes into consideration the major risks that could face the Trust.

It is the policy of the Trust to maintain unrestricted funds, which are the free reserves of the charity. The reserves are held at a level that ensures the financial viability of the Trust. That level is deemed to be one that equates to a minimum of one year's expenditure. The balance sheet indicates that there are £49,326 unrestricted funds as at 30 November 2020. This provides sufficient funds to cover management, administration and support costs for over 3 years.

Plans for future periods

COVID 19 has and will continue to radically alter the landscape in which sport, physical activity and youth services operate. There are two key aspects to this: firstly, the impact the virus has had on young people's mental health and wellbeing. The Princes Trust has produced a report, "Young People in Lockdown", it states that 70% of 18-to-24-year-olds are experiencing anxiety compare with 47% of the over 75's. 25% of young people feel "lockdown" has impacted on their future, with 69% feeling their life is on hold with research showing that NEETS are 65% more likely to say they do not feel in control in comparison to their peers.

Secondly, we do not know the effect that COVID will have on the economy and its impact on public spending. The government has been praised for its support of the economy and jobs during the pandemic, however, this must be paid for and we have yet to see how this will happen. PBBA and some of its programmes have relied on grants from the "usual" providers to support its delivery, however, as discussed above, it needs to ensure that its services align with the new commissioning and grant landscape and that it has a range of income streams, which ensures its sustainability is not just dependent on grant funding.

Finally, before the COVID pandemic, provision of youth services and support has been decimated by a series of cuts to funding. Since 2011, 43 youth centres run by Birmingham City Council have been closed, with spending plummeting from £6.3m in 2010 to £1.9m in 2018. Unfortunately, since this reduction in spending, Birmingham has seen an 85% increase in knife crime; furthermore, increasing numbers of excluded pupils from mainstream education is exacerbating the situation.

PBBA has responded well to the COVID 19 Pandemic, ensuring that it has continued to support young vulnerable people. The credibility of the PBBA team with young people and their families, other youth-based community organisations and local schools provides an excellent platform, upon which to reflect, renew and refresh as PBBA enters a post COVID world.

The re-evaluation of PBBA's Vision and Mission statement was a result of a review and consultation, reflecting on where the organisation had come from, where it was now, particularly considering COVID and where the organisations want to be in the future.

**Our vision: to be the best boxing club in the country, by inspiring communities,
and producing champions.**

**TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
YEAR ENDED 30 NOVEMBER 2020**

Upon the formation of our new organisation strategy, our objectives in our new strategy are:

- Grow a sustainable and impactful charity.
- Expand our community work and education programmes.
- Re-develop a world class competitive boxing pathway.
- Raise the profile and connectivity of the charity.

We have identified the key activities that need to take place to fulfil our objectives and are essential to the sustainability of PBCSF.

1. There is strong evidence that COVID has and will continue to impact negatively on adults and young people this will prompt investment from local, regional, and national government, resulting in increased competition from established competitors and new entrants into the market.
 - Develop and publish a clear and consistent communications plan utilising the vision, mission, values, and objectives of the project.
 - PBBA promotes its USP through its partnership, engagement, and communication channels.
 - Ensure that insight and evaluation is collected in a consistent and considered manner across the organisation.
2. The long-term financing of the organisation is challenging, there will be greater competition for commissioned contracts, this includes from organisations outside of Birmingham. There will also be more community groups and charities looking to seek funding from organisations such as BIG Lottery; Sport England and national, regional, and local grant making bodies.
 - Develop an income generation plan which increases unrestricted income levels.
 - Develop an income generation plan ensuring that the strategy has a clear and costed CSR offer for the range of services PBBA offers.
3. Identify and prepare funding applications.
4. The success of PBCSF delivery and engagement model needs to be balanced against the increasing need for project oversight, evaluation and communication of activities undertaken. To effectively do this, a review of the roles required for the future need to be considered.
 - Continue investment in the knowledge and skills of staff and volunteers, ensuring that these are appropriate for the future.
 - Consider what roles are required in the PBBA team, as it moves forward over the next two years.

In order to maximise reach, PBCSF is considering a multi-site approach, working with partners and stakeholders to unveil a series of satellite clubs, to target deprived areas with little or no provision in and around our local area.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) YEAR ENDED 30 NOVEMBER 2020

Statement of Trustees responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

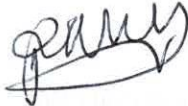
Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

The Trustees Report was approved by the Board of Trustees and signed on its behalf by:



P O'Neill

Chairman

Dated: 18th June 2021



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Pat Benson Community Sport Foundation Limited

**On accounts for the year
ended**

30/11/2020

**Charity no
(if any)**

1176806

Set out on pages

Attached

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 November 2020.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

13 July 2021

Name:

P Bowater

**Relevant professional
qualification(s) or body
(if any):**

ACA

Address:

BVSC Accounting Services

138 Digbeth

Birmingham B5 6DR

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None.

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES OF PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED**

I report to the trustees on my examination of the financial statements of Pat Benson Community Sports Foundation Limited for the year ending 30 November 2020.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for an independent examination, I report in respect of the examination of the charity's financial statements carried out under section 144 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).;

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Paul Bowater ACA
Birmingham Voluntary Service Council
138 Digbeth
Birmingham
B5 6DR

Dated:

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 30 November 2020

	Note	Unrestricted funds	Restricted funds	Total	Total
		2020	2020	2020	2019
		£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	28,836	-	28,836	-
<u>Charitable activities</u>					
Coaching fees		3,695	-	3,695	-
Membership fees		3,307	-	3,307	-
Tournaments		3,736	-	3,736	-
Grants	4	-	237,350	237,350	114,438
Total income		39,574	237,350	276,924	114,438
<u>Expenditure on:</u>					
<u>Charitable activities</u>					
Grant projects		-	146,433	146,433	76,941
Other charitable expenditure	5	12,759	74,284	87,043	4,486
Total charitable expenditure		12,759	220,717	233,476	81,427
Other resources expended		-	-	-	-
Total resources expended		12,759	220,717	233,476	81,427
Net income for the year/Net movement in funds		26,815	16,633	43,448	38,011
Fund balances at 1 December 2019		22,511	19,284	41,795	3,784
Fund balances at 30 November 2020		49,326	35,917	85,243	41,795

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

BALANCE SHEET AS AT 30 November 2020

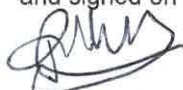
	Note	2020 £	2019 £
Fixed assets	9	<u>20,657</u>	-
Current assets			
Debtors	11	76,999	24,148
Cash at bank and in hand		<u>152,496</u>	<u>25,333</u>
		229,495	49,481
Creditors: amounts falling due with one year	12	(136,409)	(7,686)
Net current assets		<u>93,086</u>	<u>41,795</u>
Total assets less current liabilities		113,743	41,795
Creditors: amounts falling due after more than one year	13	(28,500)	-
Net assets		<u>85,243</u>	<u>41,795</u>
Income funds			
Restricted funds	14	35,917	19,284
Unrestricted funds		49,326	22,511
		<u>85,243</u>	<u>41,795</u>

For the year ending 30 November 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of the financial statements for the year ending 30 November 2020 in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 18th June 2021 and signed on behalf of the board by:



P O'Neill

Trustee

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 November 2020

1. Accounting Policies

Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a "Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

These are included in the Statement of Financial Activities (SOFA) when:

- The charity becomes legally entitled to the resources after any performance conditions have been met;
- The trustees are virtually certain that they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 November 2020

1. Accounting Policies (continued)

Resources expended

Charitable activities includes all costs relating to general administration, which support the charitable purpose.

Grants offered subject to conditions, which have not been met at the year-end date are noted as a commitment, but not accrued as expenditure.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings that have been allocated to activities on a basis consistent with the use of the resources.

Incoming resources with related expenditure

When incoming resources have related expenditure (as with fundraising or contract income) both are reported gross in the SOFA.

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values their useful lives on the following bases:

- Plant and machinery – reducing balance over 4 years
- Fixtures and fittings – reducing balance over 4 years
- Vehicles – reducing balance over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with bankers, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

The charity has elected to apply the provisions of Section 11 “Basic Financial Instruments” and Section 12 “Other Financial Issues” of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity’s balance sheet when the charity becomes party to the contractual provisions of the instrument.

**NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 November 2020**

1. Accounting Policies (continued)

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the assets and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price, including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market value of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund for the year. The assets of the scheme are held separately from those of the charitable company and are independently administered. The pension cost charge above represents contributions payable by the charitable company to the fund.

2. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 November 2020

3. Donations and legacies

	Unrestricted Funds	Restricted funds	Total	Total
	2020 £	2020 £	2020 £	2019 £
Donations and gifts	1,258	-	1,258	-
Donations in kind	27,578	-	27,578	-
Total for the year	<u>28,836</u>	<u>-</u>	<u>28,836</u>	<u>-</u>

4. Grants

	Unrestricted Funds	Restricted funds	Total	Total
	2020 £	2020 £	2020 £	2019 £
BBC Children in Need – small grants	-	7,726	7,726	2,318
BBC Children in Need – large grants	-	10,941	10,941	12,935
Reaching Communities	-	55,268	55,268	87,025
Peoples Health Trust	-	7,093	7,093	12,160
Sport England Small Projects	-	7,498	7,498	-
Sport England Opportunity Fund	-	19,155	19,155	-
VRU	-	5,008	5,008	-
Heart of England Emergency	-	3,360	3,360	-
Sport England Emergency Fund	-	10,000	10,000	-
Heart of England Foundation	-	13,333	13,333	-
Fore Project	-	5,000	5,000	-
Reaching Communities EF	-	86,145	86,145	-
Return To Play	-	702	702	-
Summer Camp	-	2,500	2,500	-
Other	-	3,621	3,621	-
Total for the year	<u>-</u>	<u>237,350</u>	<u>237,350</u>	<u>114,438</u>

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 November 2020

5. Charitable activities

	2020 £	2019 £
Depreciation and impairment	6,920	-
Support costs (note 7)	80,123	4,486
	<u>87,043</u>	<u>4,486</u>

Analysis by fund

Unrestricted funds	12,759	4,486
Restricted funds	74,284	-
	<u>87,043</u>	<u>4,486</u>

6. Support costs

	2020 £	2019 £
Advertising and PR	-	1,640
Wages and salaries	44,737	2,333
Independent examiner and accountancy fees	2,866	500
Property costs	411	-
Stationary, postage and telephone	5,635	-
IT costs	2,300	-
Repairs and renewals	21,137	-
Insurance	557	-
Consultancy fees	1,118	-
Other operating costs	1,362	13
	<u>80,123</u>	<u>4,486</u>

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2019 - £nil).

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 November 2020

8. Employees

	2020 £	2019 £
Gross wages and salaries	159,134	2,333
Employer National Insurance Contributions	9,582	-
Pension contributions to defined contribution scheme	2,346	-
	<u>171,062</u>	<u>2,333</u>

The average number of employees during the year were as follows:.

	2020 No	2019 No
Management	5	1
Administrative	1	-
Coaching	5	-
Total	<u>11</u>	<u>1</u>

One of the employees earned more than £60,000 during the year (2019 – None).

9. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Vehicles £	Total £
Cost				
At 1 December 2019	-	-	-	-
Donated assets	863	26,404	311	27,578
At 30 November 2020	<u>863</u>	<u>26,404</u>	<u>311</u>	<u>27,578</u>
Depreciation and impairment				
At 1 December 2019	-	-	-	-
Depreciation charge	216	6,601	104	6,921
At 30 November 2020	<u>216</u>	<u>6,601</u>	<u>104</u>	<u>6,921</u>
Carrying amount				
At 30 November 2020	<u>647</u>	<u>19,803</u>	<u>207</u>	<u>20,657</u>
At 30 November 2019	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 November 2020

10. Financial instruments

	2020 £	2019 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	-	-
Carrying value of financial liabilities		
Measured on amortised costs	-	-

11. Debtors

	2020 £	2019 £
Amounts falling due within one year		
Amount due from related undertaking	35,205	19,284
Trade debtors	40,944	4,864
Prepayments	850	-
	<u>76,999</u>	<u>24,148</u>

12. Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	3,321	5,700
Other taxes and social security	22,420	1,210
Pension contributions due to defined contribution pension scheme	900	-
Accruals	4,106	-
Deferred income	104,886	-
Other creditors	776	776
	<u>136,409</u>	<u>7,686</u>

13. Creditors: amounts falling due after more than one year

	2020 £	2019 £
Bank loans	<u>28,500</u>	<u>-</u>

The bank loans are unsecured and bear interest at a fixed rate of 2.5% per annum. The loan is deferred for 12 months before becoming repayable over equal annual instalments over 5 years.

PAT BENSON COMMUNITY SPORTS FOUNDATION LIMITED

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 30 November 2020

14. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 December 2019	Movement in funds Incoming resources	Resources expended	Balance at 30 November 2020
	£	£	£	£
Grants	19,284	237,350	220,717	35,917
	<u>19,284</u>	<u>237,350</u>	<u>220,717</u>	<u>35,917</u>

Restricted grants represent funds received for specific project purposes.

15. Analysis of net assets between funds

Fund balances at 30 November 2020 and 30 November 2019 are represented by current assets/(liabilities).

16. Related party transaction

During the year the Trust received donations in kind amounting to £27,578 from Small Heath Boxing Club Limited, a company connected by common directors/trustees and members. These donations comprised tangible fixed assets, which have been recorded in these accounts at the net book value of the assets concerned at the time of the donation.

During 2019, Small Heath Boxing Club Limited assigned the income and related costs on a grant originally assigned to it by Reaching Communities to the Trust. Various costs paid by Small Heath Boxing Club Limited on behalf of the Trust have been recharged during the year. At 30 November 2020, the amounting owing by Small Heath Boxing Club Limited by the Trust amounted to £35,205 (2019 - £19,284).

Other than these transactions there were no other related party transactions during the year (2019 – none).

17. Company status and controlling party

The company is limited by guarantee. As such there is no share capital. Under the terms of the Articles of Association, each Trustee who is also a Director, is a member of the company. Every company member has promised, that if the company is wound up whilst they are a company member or within one year of ceasing to be a Director, to contribute a maximum of £1 towards winding up the company.

At the balance sheet date there were three company members so the amount subject to guarantee was £3.

Each member's vote ranks pari- passu and there is no controlling party or person of significant interest.

