

**Report of the Trustees and**  
**Unaudited Financial Statements**  
**For The Year Ended 30 September 2021**  
**for**  
**Peak Empower**

Cottons Accountants LLP  
1 Billing Road  
Northampton  
Northamptonshire  
NN1 5AL

**Peak Empower**

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**For The Year Ended 30 September 2021**

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**Peak Empower**  
**Report of the Trustees**  
**For The Year Ended 30 September 2021**

The trustees present their report with the financial statements of the charity for the year ended 30 September 2021. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people)

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

**Public benefit**

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

**Volunteers**

We rely heavily on volunteers and are lucky enough to have a range of volunteers who have a vast range of knowledge and skills.

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

- Delivered over 4000 wellbeing packs to people in isolation during the pandemic and received the rose of Northamptonshire award for our good work
- Created a new inclusive tennis club that runs as a cost neutral
- Ran 12 empowering sports courses for young people who are being home schooled and expanded into performing arts and art
- Started a new STEP programme allowing us to help those who find it hard to gain employment or have lost their jobs due to Covid, we provide practical support, mental well-being sessions, sports sessions, online cooking sessions and help them to keep to realistic budgets
- Adapted our existing projects to enable these to be fulfilled in spite of the restrictions in force due to Covid.
- Funded and supported an Art project with the High Sheriff for children from deprived backgrounds
- Created a series of parent and child activities for those self isolated
- Helped over 250 families in poverty to have food for xmas and presents
- Helped provide food for 25 elderly for the period of December - February

**Peak Empower**  
**Report of the Trustees**  
**For The Year Ended 30 September 2021**

**FINANCIAL REVIEW**

**Financial position**

The Charity will hold sufficient unrestricted reserves to cover the administration costs of the Charity for six months. If the Treasurer deems it necessary to draw down on these reserves, the Trustees will be notified with the reason(s) why this will be required, and actioned after the Trustees have confirmed their agreement with this action. The board plan to undertake fundraising activities in the 2021/22 financial year to assist with our Unrestricted reserves. As of 30.9.21 the Unrestricted Reserves were -£63 due to non payment from participants.

**Principal funding sources**

The main sources of funds this year were grants made to Peak Empower from The Postcode Lottery, The Lottery and Northampton Community Foundation.

**FUTURE PLANS**

Increase the number of inclusive recreational clubs  
Continue with the STEP programme to help those with particular issues in accessing work  
Expansion of the HERO program which provides recreational activities for Home Educated young people.  
Continue our work in helping those who are socially isolated.  
Expand to work more with elderly people in isolation

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a constitution and constitutes a charitable incorporated organisation.

**Recruitment and appointment of new trustees**

Elected by another board member and then voted on by the board

**Induction and training of new trustees**

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1187913

**Principal address**

2 Walpole Way  
Boughton  
Northampton  
Northamptonshire  
NN2 8FN

**Trustees**

Ms C Byrne (resigned 16/03/2022)  
Mrs S Trewin  
Mr W Tuckfield  
Mrs V Edwin-Camp (resigned 31/12/2021)  
Mr E Johnson (appointed 22/3/2022)

**Independent Examiner**

Cottons Accountants LLP  
1 Billing Road  
Northampton  
Northamptonshire  
NN1 5AL

Peak Empower

Report of the Trustees

For The Year Ended 30 September 2021

Approved by order of the board of trustees on 28th June 2022 and signed on its behalf by:

A large, bold, handwritten signature in black ink that reads "W Tuckfield". The "W" is stylized with a loop, and "Tuckfield" is written in a cursive-like font.

Mr W Tuckfield - Trustee

A thick, horizontal, handwritten stroke in black ink, possibly a flourish or a stylized underline, located below the signature.

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**Independent Examiner's Report to the Trustees of**  
**Peak Empower**

**Independent examiner's report to the trustees of Peak Empower**

I report to the charity trustees on my examination of the accounts of Peak Empower (the Trust) for the year ended 30 September 2021.

**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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 accounts to be reached.



Mr D Roberts  
FCA  
Cottons Accountants LLP  
1 Billing Road  
Northampton  
Northamptonshire  
NN1 5AL

Date: .....30/06/2022

**Peak Empower**

**Statement of Financial Activities**  
**For The Year Ended 30 September 2021**

			Year ended 30/9/21	Period 12/2/20 to 30/9/20
	Notes	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies		11,547	72,940	84,487
<b>Charitable activities</b>				
Charitable activities		1,051	-	1,051
Other income		<u>14</u>	<u>-</u>	<u>14</u>
<b>Total</b>		12,612	72,940	85,552
<b>EXPENDITURE ON</b>				
<b>Charitable activities</b>				
Charitable activities		12,675	65,644	78,319
<b>NET INCOME/(EXPENDITURE)</b>		(63)	7,296	7,233
<b>RECONCILIATION OF FUNDS</b>				
<b>Total funds brought forward</b>		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>

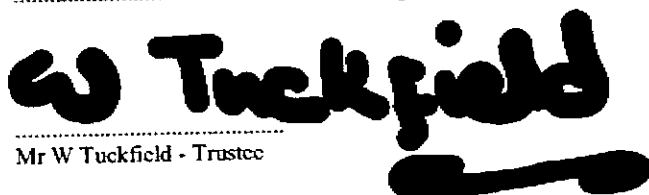
The notes form part of these financial statements

**Peak Empower**

**Balance Sheet**  
**30 September 2021**

	Notes	Unrestricted fund £	Restricted funds £	30/9/21 Total funds £	30/9/20 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	4	441	6,915	7,356	318
<b>CURRENT ASSETS</b>					
Debtors	5	1,037	-	1,037	426
Cash at bank and in hand		<u>3,364</u>	<u>24,876</u>	<u>28,240</u>	<u>25,704</u>
		4,401	24,876	29,277	26,130
<b>CREDITORS</b>					
Amounts falling due within one year	6	(3,343)	(276)	(3,619)	(667)
<b>NET CURRENT ASSETS</b>		<u>1,058</u>	<u>24,600</u>	<u>25,658</u>	<u>25,463</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>	<u>25,781</u>
<b>NET ASSETS</b>		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>	<u>25,781</u>
<b>FUNDS</b>	7				
Unrestricted funds				1,499	1,562
Restricted funds				<u>31,515</u>	<u>24,219</u>
<b>TOTAL FUNDS</b>				<u>33,014</u>	<u>25,781</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28th June 2022..... and were signed on its behalf by:

  
Mr W Tuckfield - Trustee

## **Peak Empower**

### **Notes to the Financial Statements** **For The Year Ended 30 September 2021**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Equipment	- 25% on cost
Computer equipment	- 25% on cost

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Peak Empower**

**Notes to the Financial Statements - continued**  
**For The Year Ended 30 September 2021**

**2. TRUSTEES' REMUNERATION AND BENEFITS**

Remuneration of £1,139.05 (2020 - £432.35) was paid to Verity Edwin Camp during the period for the running of activities.

**Trustees' expenses**

Expenses of £674.83 were paid to a trustee during the period in relation to reimbursed mileage and admin costs.

**3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	5,154	64,509	69,663
Other income	<u>41</u>	<u>-</u>	<u>41</u>
<b>Total</b>	<b>5,195</b>	<b>64,509</b>	<b>69,704</b>
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	<u>3,632</u>	<u>40,291</u>	<u>43,923</u>
 <b>NET INCOME</b>	<b>1,563</b>	<b>24,218</b>	<b>25,781</b>
 <b>TOTAL FUNDS CARRIED FORWARD</b>	<b><u>1,563</u></b>	<b><u>24,218</u></b>	<b><u>25,781</u></b>

**4. TANGIBLE FIXED ASSETS**

	Equipment £	Computer equipment £	Totals £
<b>COST</b>			
At 1 October 2020	-	364	364
Additions	<u>6,678</u>	<u>1,448</u>	<u>8,126</u>
At 30 September 2021	<u>6,678</u>	<u>1,812</u>	<u>8,490</u>
 <b>DEPRECIATION</b>			
At 1 October 2020	-	46	46
Charge for year	<u>783</u>	<u>305</u>	<u>1,088</u>
At 30 September 2021	<u>783</u>	<u>351</u>	<u>1,134</u>
 <b>NET BOOK VALUE</b>			
At 30 September 2021	<u>5,895</u>	<u>1,461</u>	<u>7,356</u>
At 30 September 2020	<u>-</u>	<u>318</u>	<u>318</u>

**Peak Empower**

**Notes to the Financial Statements - continued**  
**For The Year Ended 30 September 2021**

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	30/9/21	30/9/20
	£	£
Other debtors	447	114
Prepayments and accrued income	<u>590</u>	<u>312</u>
	<u><u>1,037</u></u>	<u><u>426</u></u>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	30/9/21	30/9/20
	£	£
Trade creditors	1,098	(1,525)
Other creditors	<u>2,521</u>	<u>2,192</u>
	<u><u>3,619</u></u>	<u><u>667</u></u>

**7. MOVEMENT IN FUNDS**

	At 1/10/20	Net movement in funds	At 30/9/21
	£	£	£
<b>Unrestricted funds</b>			
General fund	1,562	(63)	1,499
<b>Restricted funds</b>			
Sports	13,702	14,216	27,918
Wellness and Education	968	1,728	2,696
Covid	9,270	(9,270)	-
Training	<u>279</u>	<u>622</u>	<u>901</u>
	<u><u>24,219</u></u>	<u><u>7,296</u></u>	<u><u>31,515</u></u>
<b>TOTAL FUNDS</b>	<u><u>25,781</u></u>	<u><u>7,233</u></u>	<u><u>33,014</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	12,612	(12,675)	(63)
<b>Restricted funds</b>			
Sports	38,467	(24,251)	14,216
Wellness and Education	32,014	(30,286)	1,728
Events	536	(536)	-
Covid	177	(9,447)	(9,270)
Training	<u>2,021</u>	<u>(1,399)</u>	<u>622</u>
	<u><u>73,215</u></u>	<u><u>(65,919)</u></u>	<u><u>7,296</u></u>
<b>TOTAL FUNDS</b>	<u><u>85,827</u></u>	<u><u>(78,594)</u></u>	<u><u>7,233</u></u>

**Peak Empower**

**Notes to the Financial Statements - continued**  
**For The Year Ended 30 September 2021**

**7. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	Net movement in funds £	At 30/9/20 £
<b>Unrestricted funds</b>		
General fund	1,562	1,562
<b>Restricted funds</b>		
Sports	13,702	13,702
Wellness and Education	968	968
Covid	9,270	9,270
Training	<u>279</u>	<u>279</u>
	<u>24,219</u>	<u>24,219</u>
<b>TOTAL FUNDS</b>	<u>25,781</u>	<u>25,781</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	5,195	(3,633)	1,562
<b>Restricted funds</b>			
Sports	22,540	(8,838)	13,702
Wellness and Education	5,940	(4,972)	968
Events	347	(347)	-
Covid	35,267	(25,997)	9,270
Training	<u>415</u>	<u>(136)</u>	<u>279</u>
	<u>64,509</u>	<u>(40,290)</u>	<u>24,219</u>
<b>TOTAL FUNDS</b>	<u>69,704</u>	<u>(43,923)</u>	<u>25,781</u>

**Sports**

Peak Empower runs projects to enable access to sporting activities for those that may not normally be able to do so.

These include swimming lessons for autistic young people, cycling lessons and the provision of adapted cycles for those less able to use conventional cycles

Group sporting activities for Home Educated Children to reduce social isolation and increase participation in sports.

Peak Empower also runs shorter sports courses and establishes sports clubs, depending on grant funding.

**Wellness & Education**

Peak Empower runs mentoring programs to assist those who have barriers to obtaining work back into the workplace

They also provide food parcels and wellness packs to assist those in need and reduce feelings of isolation.

**Events**

One off events that can be accessed by all, depending on grant funding

**Peak Empower**

**Notes to the Financial Statements - continued**  
**For The Year Ended 30 September 2021**

**7. MOVEMENT IN FUNDS - continued**

**Running Costs**

Peak Empower has been fortunate to receive grants towards the cost of training staff and running the charity during the Covid pandemic.

**8. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 30 September 2021.

**Peak Empower**

**Detailed Statement of Financial Activities**  
**For The Year Ended 30 September 2021**

	Year ended 30/9/21 £	Period 12/2/20 to 30/9/20 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Gifts	-	(1)
Donations	16,011	2,723
Grants	65,249	65,800
Membership subscriptions	-	485
Events Income	3,141	557
Local lotteries	<u>86</u>	<u>99</u>
	84,487	69,663
<b>Charitable activities</b>		
Grants	1,051	-
<b>Other income</b>		
Other income	-	25
Bank interest received	<u>14</u>	<u>16</u>
	<u>14</u>	<u>41</u>
<b>Total incoming resources</b>	85,552	69,704
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	19,118	5,309
Cost of charitable activity	30,114	26,575
Event costs	11,801	5,033
Subscriptions	148	127
Insurance	1,089	716
Computer and software	1,745	319
Repairs and renewals	201	-
Printing, postage & stationery	904	361
Travel	990	3,921
Sundries	162	65
Clothing costs	424	481
Rent	7,438	276
Training costs	2,056	-
Depreciation of tangible fixed assets	1,089	46
Bank charges and interest	295	70
Bad debts	<u>65</u>	<u>-</u>
	77,639	43,299
<b>Support costs</b>		

This page does not form part of the statutory financial statements

**Peak Empower**

**Detailed Statement of Financial Activities**  
**For The Year Ended 30 September 2021**

	Year ended 30/9/21 £	Period 12/2/20 to 30/9/20 £
Support costs		
Governance costs		
Accountancy and legal fees	<u>680</u>	<u>624</u>
Total resources expended	<u>78,319</u>	<u>43,923</u>
Net income	<u>7,233</u>	<u>25,781</u>

This page does not form part of the statutory financial statements