



FFG Foundation

— educate - inspire - empower —

2022

ANNUAL

REPORT

PREPARED BY

Fraser Neill

PRESENTED BY

Fraser Neill

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DECLARATION



ADMINISTRATIVE INFORMATION

CHARITY NAME:

FFG FOUNDATION

CHARITY REGISTRATION:

FFG FOUNDATION IS A CHARITABLE INCORPORATED ORGANISATION (CIO), REGISTERED ON 23RD FEBRUARY 2021. REGISTRATION NUMBER: 1193644

CHARITY REGISTERED ADDRESS

FFG FOUNDATION
11-13 TRAFALGAR STREET
CONSETT
COUNTY DURHAM
DH8 5AP

BOARD OF TRUSTEES

DAVID NEILL (CHAIRMAN) - SINCE 23 FEBRUARY 2021
ROBERT SNAITH (TRUSTEE) - SINCE 23 FEBRUARY 2021
EMMA LOUISE BELL (TRUSTEE) - SINCE 23 JUNE 2022
EGNES MANYENA (TRUSTEE) - SINCE 23 JUNE 2022

CHIEF EXECUTIVE OFFICER

FRASER NEILL

ACCOUNTANT

GERALD GURRIET,
VENUSIA LTD,
APT 316 WIMBLEDON CENTRAL
21-33 WORPLE ROAD
LONDON, SW19 4BJ

Happier, Healthier & More Cohesive Communities.

OBJECTIVES

We took guidance from the Charity Commission on our positive works for the people within our area. The trustees have agreed that the guidance we received correctly represents our charities object and aims for benefiting the people of our community

The objects of the CIO, to be carried out in Consett and the surrounding area, are:

1) The promotion of community participation in healthy recreation for the public benefit through the provision of facilities to participate in sports capable of promoting physical health and fitness.
(For the purposes of this clause "facilities" means land, buildings, equipment, access to coaching and organising sporting activities).

2) To advance in life and help young people through the provision of support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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.

FFG'S MISSION

- Help drive positive change within our community.
- Support people with their development.
- Help raise our communities aspirations and opportunities for future life success.
- Provide services which empowers our users.
- Provide a wide range of services to help more members of our community.

OUR PROMISE

"We look to offer a service which helps to elevate our members. our promise is to continue our development as an organisation to fit and help all people in this adapting and changing world. We are committed to continued professional development and realise when we all work together great things can be achieved."

Fraser Neill
Chief Executive Officer

GOVERNANCE STRUCTURE AND MANAGEMENT



GOVERNING DOCUMENT

The charity FFG Foundation was registered on 23 February 2021 and is governed by the constitution of a Charitable Incorporated Organisation (CIO), whose only voting members are its trustees under the CIO's foundation model constitution

TRUSTEES

The management of the charity is the responsibility of the Trustees, who are elected and co-opted under the terms of the CIO's foundation model constitution. They are inducted through meetings with the chairman and other trustees, covering the history and current activities of the charity, governance and management, and the charities financial accounts, policies and procedures. Trustees are recruited based on their particular skillset and networks that are required for the growth of the CIO in alignment with the values and vision of the charity.

CURRENT TRUSTEES

David Neill (CHAIR)
Robert Snaith
Emma Louise Bell
Egnes Manyena

ORGANISATIONAL STRUCTURE

FFG Foundation is a Charitable Incorporated Organisation governed by its trustee board which is responsible for setting the strategic direction of the organisation and also policy and procedure. The trustees carry ultimate responsibility for the conduct of the charity and for ensuring that it satisfied its legal and contractual obligations. The trustee board meets at least quarterly and there may be additional meetings of appropriate members or groups as required. The day to day operation of the organisation has been delegated to the Chief Executive and other staff / volunteers, who are key to providing the services offered by the charity.

WIDER NETWORK

FFG Foundation has no formal affiliations with other organisations but prides itself by working in partnerships. Building strong partnerships is essential when supporting our community. We believe that by working in key partnerships we can provide high quality support. Where appropriate we offer advise, refer and also signpost support for our members to our partnering cross sector organisations. We accept referrals from over 20 organisations that we work in partnership with.

Our Services

FOOD BANK

We work in partnership with Feeding Families to provide local people with a food bank to be used at their time of need. We provide nutritionally balanced, non-perishable food, on a weekly basis. We have now advanced conversations so that people who are in need also have access to a fuel bank which is funded by Durham County Council. We work in partnership with several organisations so the people in our area have access to the right information, advice and guidance. We have in the know volunteers who regularly signpost clients to relevant partnering agencies for further support.

BOXING

We provide a space for young people to learn and excel within the sport of boxing. Whether they want to do it for fun or competitively, we even have young boxers who have went on to box for England. The environment we have created supports young people and helps them towards successful futures.

ALTERNATIVE LEARNING PROVISION

We offer a unique service with the aim of positively engaging young people into life based learning, improving their behaviour and helping them to reengage into their education within the main stream setting. We do a range of classroom based lessons where we focus on behaviour development, future planning, tracking and achieving and also helping the young people cope with their emotions.

DISABILITY PHYSICAL ACTIVITY

A range of physical activity classes, including non-contact boxing and adaptive resistance band training. People who have disabilities regularly miss out on opportunities that people without disability have. We believe that services around the world should do their part to make services accessible and inclusive for all people.

YOUTH EMPOWERMENT PATHWAYS

An umbrella Service for at risk youth, helping them to fight for a brighter healthier and happier future. We create a safe environment in which service users can learn, adapt, and overcome obstacles. We assist in the development of life management systems with the goal of assisting users in developing a more positive attitude on life and moving toward happiness.

DOWN BUT NOT OUT

An umbrella Service for adults who are in the fight against mental ill health, addiction and other complexities of life that creates long term unemployment barriers. Large focus on suicide prevention and helping those who need our help the most. We provide a safe space for service users to learn, adapt and overcome. We help to develop life management systems and seek to help users have a more positive outlook on their life and make the appropriate steps to move towards happiness.

TABLE TOP SALES

We support local people and businesses by providing a monthly table top sale. Local people and communities come together to share their custom, happiness, teas and cakes. We welcome people into our warm centre.

ACCELERATE

We offer a unique service with the aim of positively engaging people who are not in education, employment or training. The program helps accelerate the service users and looks to move them towards successful futures. We aim to provide the users with learning which will be essential for their acceleration.

WARM SPACE

In this great time of need we offer our facility as a warm space for our community. Those who use the service have access to teas, coffees and wifi whilst being in a warm space. They will have the opportunity to speak to our volunteers to seek for support whether this is in house or signposted.



FFG FOUNDATION

ALTERNATIVE EDUCATION

£80 PER DAY

OUR CURRICULUM

BOXING, SPORTS & EDUCATION

- A mixture of physical and classroom based learning.

BUSINESS STUDIES

- Incorporating both English and Maths whilst keeping the engagement of the young people.

DIY & TOOLBOX TALKS

- Exploring employment pathways to ensure the students go on to success post education.

HELPING YOU ONE STEP AT A TIME

NEURO-DEVELOPMENT + LIFE SKILLS

- Development of skills which are important for the advancement of life. Using the powers of neuroplasticity to elevate future success.

SCIENCE + INNOVATIVE STUDIES

- In the advancing world we live in sciences and innovation continues to expand. We look to empower young people to adapt to this world.

You can contact the contact below for more information.



fraser@ffgfoundation.com



www.ffgfoundation.com



13 Trafalagar Street, Consett,
County Durham, DH8 5AP

Registration:

Get in touch via email to express your interest.



FFG FOUNDATION TRANSITIONAL PATHWAYS

SHORT COURSE

DAY 1 - WORKING WITH OTHERS / TEAM BUILDING ACTIVITIES.

- Introducing learners to the program and warming them up to the learning environment.

DAY 2 - GOAL SETTING, FUTURE PLANNING, TRACKING, ACHIEVING.

- Exploring development pathways for successful futures.

DAY 3 - NEURO DEVELOPMENT + BEHAVIOUR DEVELOPMENT.

- Educating service users on the powers of neuroplasticity and neuro development and how it can be used within their lives.

HELPING YOU ONE STEP AT A TIME

DAY 4 - LIFE SKILLS

- Development of skills which are important for the advancement of life.

DAY 5 - PERSONAL DEVELOPMENT

- Looking to continue our own development continuously.

DAY 6 - REFLECTIVE PRACTICE

- Thinking about our development from an outside in approach.

**CPD ACCREDITED CERTIFICATE IN
NEURO-DEVELOPMENT.**

Registration:

Get in touch via email to express your interest.



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13 Trafalagar Street, Consett,
County Durham, DH8 5AP

CHANGING LIVES THROUGH THE POWERS OF NEUROPLASTICITY



EMPOWERING YOUNG PEOPLE WITH THE TOOLS,
EXPERIENCES AND KNOW HOW IN ORDER TO MAKE
POSITIVE BEHAVIOUR CHANGES.



GAINING CLARITY OF FUTURE LIFE DIRECTION.
ENABLING A PLAN FOR SUCCESS.



SPIKING STUDENTS ENGAGEMENT WITHIN THEIR
MAINSTREAM EDUCATIONAL SCHOOL.



HELPING STUDENTS TO COPE WITH THEIR EMOTIONS,
LEARNING THEM HOW TO TAKE CONTROL OF THEIR
NEUROLOGY IN ORDER TO OBTAIN FUTURE SUCCESS.



MEET MASON..

NEURO - DEVELOPMENT

In Mason's neuro-development review he stated "I used to struggle to get up in the morning and with morning motivation, now i wake up before 7o'clock every morning ready to go to school and FFG. Neuroplasticity has also helped my attitude." We helped Mason gain clarity on how he can obtain future life success and helped him write up a 10-15 year plan. Mason stated that "I am going to stay consistent and stay true to my dreams and goals. I will remain conscious about my everyday life decisions.



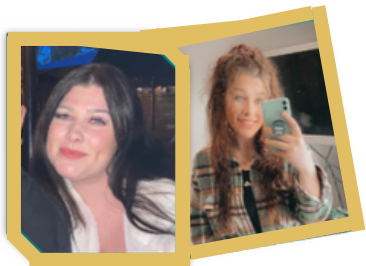
DEVELOPMENT

We have reviewed the progress between Mason's 1st and 2nd review. Mason has demonstrated in these assessments that he has made marked improvements in; Speaking with others, Considering others, Time Management, Motivation, Tolerance, Showing Confidence, Creativity, Human Biology and Sport. Mason has also identified that his compliance with education has improved. We believe that this is significant development in the short space of time we have been working with Mason.



WHAT ARE LOCAL PEOPLE SAYING?

MEET CAITLIN..



"The support I have had from FFG Foundation has changed my life, I have managed to lose 4 stone and I feel happier, healthier and I have made many friendships which will last a lifetime. I am now the chair of the youth council, and I am ready to help make more positive change in Consett and surrounding areas."

MEET CAMERON..



Cameron is a former student within an alternative education provision. Due to his regular attendance at the boxing club, the team are able to keep in touch and follow his progress! After supporting Cameron through his education, Cameron has now gone on to study plumbing and continues to receive support from the FFG Foundation team.

ANONYMOUS SERVICE USER..

"That thing you've just shared about boxing and mental health. I wasn't gonna comment on as it's super personal. But before I started your gym, I had been off work sick for 4 months with depression and anxiety. I was pretty bad. Nearly sectioned. No medication worked and quite frankly I didn't want it. I wasn't motivated to get dressed never mind train, I felt so self-conscious though and stuck.. Then I brought my kids to get them out the house (and me) then I decided to try the women's class as the coaches were so encouraging and understanding and it's literally the best thing I've ever done. I look forward to going and some days need to. Honestly, It's the best thing and the biggest thing that helped my mental health. I'm now back at work phased return and done 3 classes this week. bossing it thanks to you guys!! It's the family feel and knowing your pushed but also understood and not just a number in a gym like the norm."

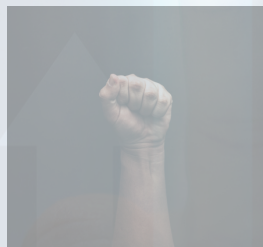
'TOGETHER WE RISE!'

PLANS FOR THE FUTURE



SERVICE DEVELOPMENT

FFG Foundation's executive board members working in conjunction with the chief executive officer plan to grow the charities services and to further increase the hugely positive benefits it provides to its members. We are working in partnership with the County Durham Council and the Directory For Alternative Learning Provisions. We provide education to some of the most hard to reach young people within our area through our Alternative Learning Provision (ALP), we offer a new innovative service which already has achieved great outcomes and developments of young people. We harness the powers of neuroplasticity to help people make the required neuro developments and behaviour changes that are essential for future life success. Our developments and partnerships within alternative learning will provide a steady stream of referrals, ALP will help expand our charities service to the people and further our evidence base of success. We have other exciting new developments which we have planned for the near future. We aim to make our services inclusive for all and will be developing framework to enable other organisations similar to us to do the same. Our developments within our service will see our recipients benefit and will allow for the expansion of FFG Foundation to new members.



VISION TO EXPAND

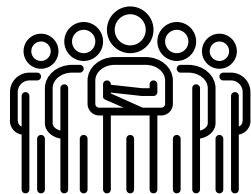
Our services positively change lives. In the future we plan to expand in order to be able to offer our unique and positive services to more people for public benefit. The growth of our services and the increase of public benefit will also bring charitable financial gain for FFG Foundation. The growth and expansion which is planned in the future will in turn help us further attain our visions and goals of making a positive difference within world.



OPERATIONAL SUPPORT AND CHALLENGES

FFG Foundation's services and positive activities are supported by volunteers that have given their time to help our mission.

Although FFG Foundation was officially established as a registered charity on 23 February in 2021, we were already deeply rooted within our community. We previously ran as a non incorporated not for profit amateur boxing club which was set up in July 2018. We worked hard as volunteers to help coach and train our members the skills and fitness required for boxing. However, we soon realised we were doing a lot more than just helping people attain fitness goals and the development of boxing skills, we were changing peoples lives. The registration to become a charity became the natural progression of our organisation. Together as a team we envisioned the growth of our community and we pride ourselves in being able to help provide support to our members.



FACTORS AFFECTING OUR ACHIEVEMENT

Due to being a new organisation we have had to do a lot of learning as we go, we take these challenges within our stride and use these experiences to continue driving forward. We have made a lot of changes within procedures, policies and also infrastructure of the charities services to allow for a more streamline service. We had one of the directors and trustees leave which meant we had to adapt fast to continue our growth. Due to being a new charity, another challenge we have faced is that of finance. We look to overcome this challenge, we have developed a sustainable charity model which will allow us to expand and in turn increasing our positive impact on communities. We have now been approved and commissioned by Durham County Council as a ALP placement, following successful sales presentations by the team.



FINANCIAL PERFORMANCE, RESERVES AND RISKS.



FINANCIAL PERFORMANCE

Between the dates 23rd February 2021 and 28th February 2022 the charity had a revenue of £33,836.51, £18,193 of this was unrestricted revenue from charitable activities and £15,643 was from unrestricted grants. The charity had a total expenditure of £50,847.46 largely made up of rent at £25,606.11. FFG operated between 23rd February 2021 and 28th February 2022 with a loss of £17,010.95. The year end balance stood at £9,262.

FINANCIAL POSITION AND RESERVES

The net assets of the charity as at 28th February 2022 were £9,261.76 which comprised of cash at the bank.

The trustees' policy is to ensure that the charity has a level of free liquid reserves which is adequate to meet its obligations. As at 28th February free liquid reserves were £0, our policy follows having reserves to operate the essential running costs such as rent and bills for a period of 6 months. The CIO is still in the development and the cash flow is set to increase over the next year meaning we will have greater reserves.

FINANCIAL RISK

At the moment the financial risk is minimal due to the charity being led by volunteers. Our current income covers the rent and bills of the building. The charity has a clear 4 year plan on how we are going to build financial stability in order to pay staff and progress the charity forward. We have a set out clear goals, plans and actions in order to achieve this. We have created a steady stream of financial security through our partnership we have created with the Alternative Learning Provision. We believe once we have achieved more of these financial stabilities we will have a high degree of control over our finances and we will look to continue reviewing our financial position and reserve policy to ensure a financial cushion of free reserves at all times.

RECEIPTS AND PAYMENTS ACCOUNT



RECEIPTS AND PAYMENTS

PERIOD FROM 23 FEBRUARY 2021 TO 28TH FEBRUARY 2022

28 February 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £
Receipts				
Grant	1	15,643		15,643
Revenue		18,193		18,193
Gross Income		33,836		33,836
Total Receipts	£26,273 of transfer from existing activities before the charity became a CIO.	60,109		60,109
Payments				
Background Check		60		60
Bank Charges		52		52
Building Safety		1,606		1,606
Cleaning		964		964
Coaching		282		282
Council Tax		1,263		1,263
Entertainment		458		458
Event		279		279
General Office Costs		3,550		3,550
Hygiene		7		7
Insurance		1,246		1,246
Maintenance & Repairs	2	576		576
Marketing		128		128
Membership		920		920
Office Furniture		2,065		2,065
Rent		25,606		25,606
Repairs & Maintenance		162		162
Sport Equipment		5,450		5,450
Telephone and Internet		639		639
Training		246		246
Travel		824		824
Utilities		2,362		2,362
Vehicle Expenses		354		354
Wages		900		900
Website		848		848
Total Payments		50,847		50,847
Net Receipts		9,262		9,262
Cash Funds on 23 February 2020		0		0
Cash Funds this period end		£9,262		£9,262

STATEMENT OF ASSETS AND LIABILITIES



RECEIPTS AND PAYMENTS

PERIOD FROM 23 FEBRUARY 2021 TO 28TH FEBRUARY 2022

28 February 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £
Assets				
Barclays Bank		302.67		302.67
Unity Bank		8,959.09		8,959.09
Total Assets		9,261.76		9,261.76
Liabilities				
		0.00		0.00
Total Liabilities		0.00		0.00
Net Assets		9,261.76		9,261.76
Equity				
Current Earnings		-17,010.95		-17,010.95
Retained Earnings		26,272.71		26,272.71
Total Equity		9,261.76		9,261.76

ACCOUNTING POLICIES AND NOTES TO THE ACCOUNTS



BASIS OF PREPARATION

The accounts have been prepared on a receipts and payments basis as permitted under section 133 of the Charities Act 2011.

FUND ACCOUNTING

Unrestricted funds are general funds that are available for use at the charity trustees' discretion in furtherance of any of the objectives of the charity.

Restricted funds may only be used for certain specified purposes. The charity has a restricted fund relating specifically to missionary expenditure or grants that are received for a specific purpose.

GOING CONCERN

The charity has a high degree of control over its expenditure, and is able to ensure that it operates within its means. The trustees are satisfied that the charity is able to prepare its accounts on going concern basis.

NOTES TO THE ACCOUNTS

DONATIONS

Donations largely comprise one-off or monthly donations to the charity from partners and supporters. Some of these donations are restricted, specifically supporting the work of the missionaries. In addition, the charity runs regular events to raise money which brings in many donations from people supporting the charity and its purpose. The charity also applies for grants from funding organisations such as other charities, trusts, funds and foundations.

ASSET PURCHASES

**Period from 23
February 2021 to
28 February 2022**

£

Sport Equipment	5,450.05
Office Furniture	2,064.98
Total Asset Purchases	7,515.03

DECLARATIONS



The charity trustees declare that they approve the report and accounts for the period from 23 February 2021 to 28 February 2022.

On behalf of the Board:

Name: Dr David Neill

Position: Chair



FFG Foundation

— educate - inspire - empower —

Charity Registration Number:
1193644



CHARITY COMMISSION
FOR ENGLAND AND WALES

FFG FOUNDATION

1193644

Receipts and payments accounts

CC16a

For the period
from

23/02/2021

To

28/02/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant	15,643	-	-	15,643	-
Revenue	18,193	-	-	18,193	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,836	-	-	33,836	-
A2 Asset and investment sales, (see table).					
Bank Transfer	26,273	-	-	26,273	-
	-	-	-	-	-
Sub total	26,273	-	-	26,273	-
Total receipts	60,109	-	-	60,109	-

A3 Payments

Background Check	60	-	-	60	-
Bank Charges	52	-	-	52	-
Building Safety	1,606	-	-	1,606	-
Cleaning	964	-	-	964	-
Coaching	282	-	-	282	-
Council Tax	1,263	-	-	1,263	-
Entertainment	458	-	-	458	-
Event	279	-	-	279	-
General Office Costs	3,550	-	-	3,550	-
Hygiene	7	-	-	7	-
Insurance	1,246	-	-	1,246	-
Maintenance & Repairs	576	-	-	576	-
Marketing	128	-	-	128	-
Membership	920	-	-	920	-
Office Furniture	2,065	-	-	2,065	-
Rent	25,606	-	-	25,606	-
Repairs & Maintenance	162	-	-	162	-
Sport Equipment	5,450	-	-	5,450	-
Telephone and Internet	639	-	-	639	-
Training	246	-	-	246	-
Travel	824	-	-	824	-
Utilities	2,362	-	-	2,362	-
Vehicle Expenses	354	-	-	354	-
Wages	900	-	-	900	-
Website	848	-	-	848	-
	-	-	-	-	-
Sub total	50,847	-	-	50,847	-

A4 Asset and investment purchases, (see table)

	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments

50,847

-

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Net of receipts/(payments)

9,262

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A5 Transfers between funds
CCXX R1 accounts (SS)

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26/10/2022

FRASER NEILL | CEO | *[Signature]* | 27.10.22
EMMA LOUISE BELL | *[Signature]* | 27.10.22
executive BOARD MEMBER

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FFG FOUNDATION

I report to the trustees on my examination of the accounts of FFG Foundation (the Charity) for the period 23 February 2021 to 28 February 2022.

Responsibilities and basis of report

As the trustees of the Charity 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 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.

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 J P Foxwell FCCA FCIE
independent-examiner.net

39 Enfield Road, Poole, BH15 3LJ

Date: 29 December 2022