



**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 29 MARCH 2021 TO 31 MARCH 2022
FOR
THINK ACTIVE CSW**



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Summary Report

For the year ended 31 March 2022

Over the last 12 months Think Active became a Charitable Independent Organisation. This marked a significant milestone after a sustained period of hard work by the board, the Think Active team and also a big change for everyone involved. Thanks, and recognition to the work of the trustees whose leadership, guidance and expertise was invaluable and to the Think Active team who maintained focus and delivered on everything despite the organisational change that was happening around them.

Becoming a Charitable Independent Organisation mid-way through the year was exciting and needed to be managed with our funders and our existing host. Our thanks to Coventry City Council for supporting the organisation and the people within it through a smooth transfer into new employ. Our ongoing gratitude to Sport England for the support with the transfer and your ongoing confidence in us to deliver on a hugely important national agenda in Coventry, Solihull & Warwickshire.

2021 was the second year impacted by COVID-19, which was devastating for the lives of so many people, and for the work of many local clubs, groups and multi sector organisations with whom we partner. We have seen the impact of the pandemic show up in the following ways;

- The pandemic elevating the importance of an active lifestyle,
- Societal disparities, emphasised by the pandemic, have exposed the health inequalities that exist in society.
- A long-term commitment by Sport England to the role of sport and exercise through their [Uniting the Movement](#) strategy.

Much that is contained in this report has been influenced by the course of the pandemic, the restrictions, and limitations it put on everyone and although things have been very hard, the value put on the benefits of physical activity by the Chief Medical Officer to encourage everyone to be active and the commitment of Sport England to invest in us so that we can play a small part in supporting the voluntary clubs and groups, the services and, and the commitment of individuals to support their local community to be physically active.

In fact, the year has seen significant projects come to fruition or develop in new ways, resulting in many more new and different organisations and vulnerable people engaging with Think Active. This has shown up through the Tackling Inequalities Fund and the Community Fund in particular.

We have also worked hard to maximise opportunities, to seek out new and different ways of working and to continue to provide excellent services to partners and stakeholders to help get the residents of Coventry, Solihull & Warwickshire to benefit from sport and physical activity.

All of this means the charity has needed to be agile, embrace the change ahead and as a Board maintain a focus on robust financial management and strong governance from the start.

Our refreshed #WeThinkActive strategy (completed in February 2022) sets out how Think Active will achieve its objectives, and how it will create and make the most of the opportunities. This report highlights some of the brilliant things that Think Active has been doing over the last year, helping community groups and organisations to support their members and local community to return to play and activity after the restrictions caused by the Covid -19 pandemic.

We have worked with other local and national organisations to ensure we have maximised existing resources. We have and will continue to build on existing infrastructures, and we have used data and insight to maximise opportunities for potential of new and changing offers to meet local need and to align with stakeholder agendas.

Think Active is very much about people. We aspire to develop and support confident, capable, inspirational people in our team and across our place. Achieving this will continue to be a major part of our strategic direction, we see people as valuable assets to the charity and to the wider partnership and we have focussed on supporting and developing them to drive sport and physical activity.



Introduction

The Trustees, present their Trustees' Report for Think Active CSW (Think Active), together with the financial statements, for the year ended 31 March 2022.

Think Active operates in accordance with its Constitution which was adopted by the Board of Trustees on 8 April 2021. The Charitable Independent Organisation was formally registered with the Charity Commission on 29 March 2021.

2021 – 22 is a building and creation year for Think Active as we establish ourselves as a new Charity. Please refer to the structure and governance page of this report for details of roles, role holders and vacancies.

Think Active operates from its registered office which is: c/o 1 Mill Street, Leamington Spa, Warwickshire, CV31 1ES.
The website address is: <https://thinkactive.org>

Objectives and Activities

Our objectives remain the same as in our original constitution.

Think Active's objectives are for the benefit of the public:

1. (a) an enhanced quality of life and sense of well-being through engagement with and participation in activities and events that bring people together, leading to improvements in physical and emotional well-being, quality of life and a more stable and cohesive community.
(b) increased opportunities to engage to maximise places (as facilities and places to be active) in new activities that bring people together, leading to increased physical activity and greater social cohesion and fulfilment.
(c) enhanced active citizenship and involvement in community life.
2. an enhanced quality of life and sense of well-being through engagement with and participation in activities and events that bring people together, leading to improvements in physical and emotional well-being, quality of life and a more stable and cohesive community.
3. (a) is the increased efficiency and effectiveness of the community and voluntary groups and organisations that use the facilities, resulting in enhanced outcomes and service delivery and, consequently, and improved quality of life for those who benefit from the work of these groups and organisations.
(b) Increased awareness, knowledge, and confidence around the benefits of physical activity and increasing the number of champions and advocates.
4. Maximising the national, local, and anecdotal data and insight that relates directly to or can inform our charitable activity to support people to be more physically active and directly support our beneficiaries

The Trustees have had due regard to the Charity Commission's public benefit guidance when reviewing and deciding what activities the charity should undertake. The trustees also state that no harm arose from the purposes, the beneficiaries are the general public and locally based community and voluntary organisations, and that no private benefit arises from these purposes.

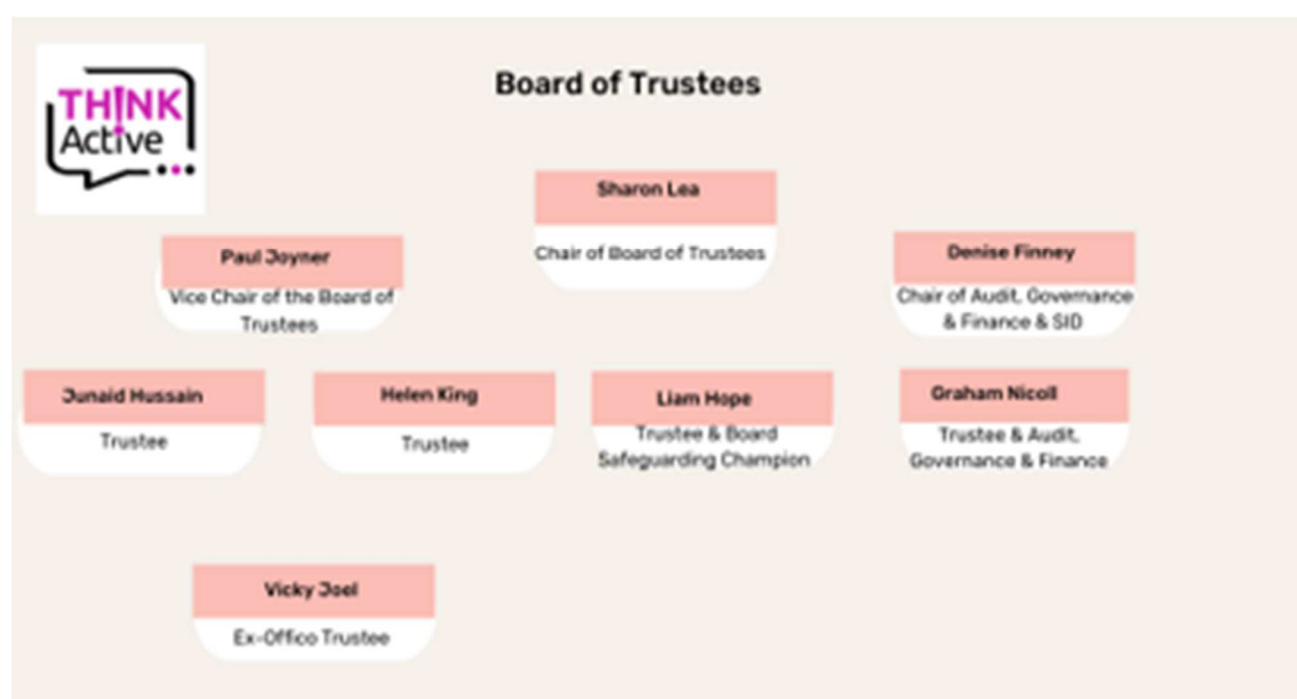
Structure, Governance and Management

The charity was set up to exit Think Active from the hosting arrangement with Coventry City Council.

Think Active CSW's governing document is a constitution and is available via the Charity Commission website.

Think Active CSW is a Charitable Incorporated Organisation.

The recruitment and selection method for trustees is through open recruitment. The Think Active CSW Board of Trustees assembles a nominations committee to formally review and interview and subject to a preferred candidate passing Charity Commission criteria, the Board of Trustees has final say. There are no methods for any person or external body to appoint to the Think Active CSW Board of Trustees. Trustees are selected based on having the necessary skills and expertise to contribute to the charity's activities and to be able to discharge their obligations as Trustees. As at the date of signing this report the Think Active Trustees were as follows:





Day to day management is delegated by the Trustees to Vicky Joel, Director of Think Active CSW.

We would like to thank Val Birchall of Coventry City Council who worked with and supported the Board and team through the transition to a charity with expertise and invaluable advice and guidance.

Trustees' responsibilities for reporting, accounting records and stewardship of assets

The Trustees are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (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 independent organisation for that period. In preparing these financial statements, the Trustees are required to:

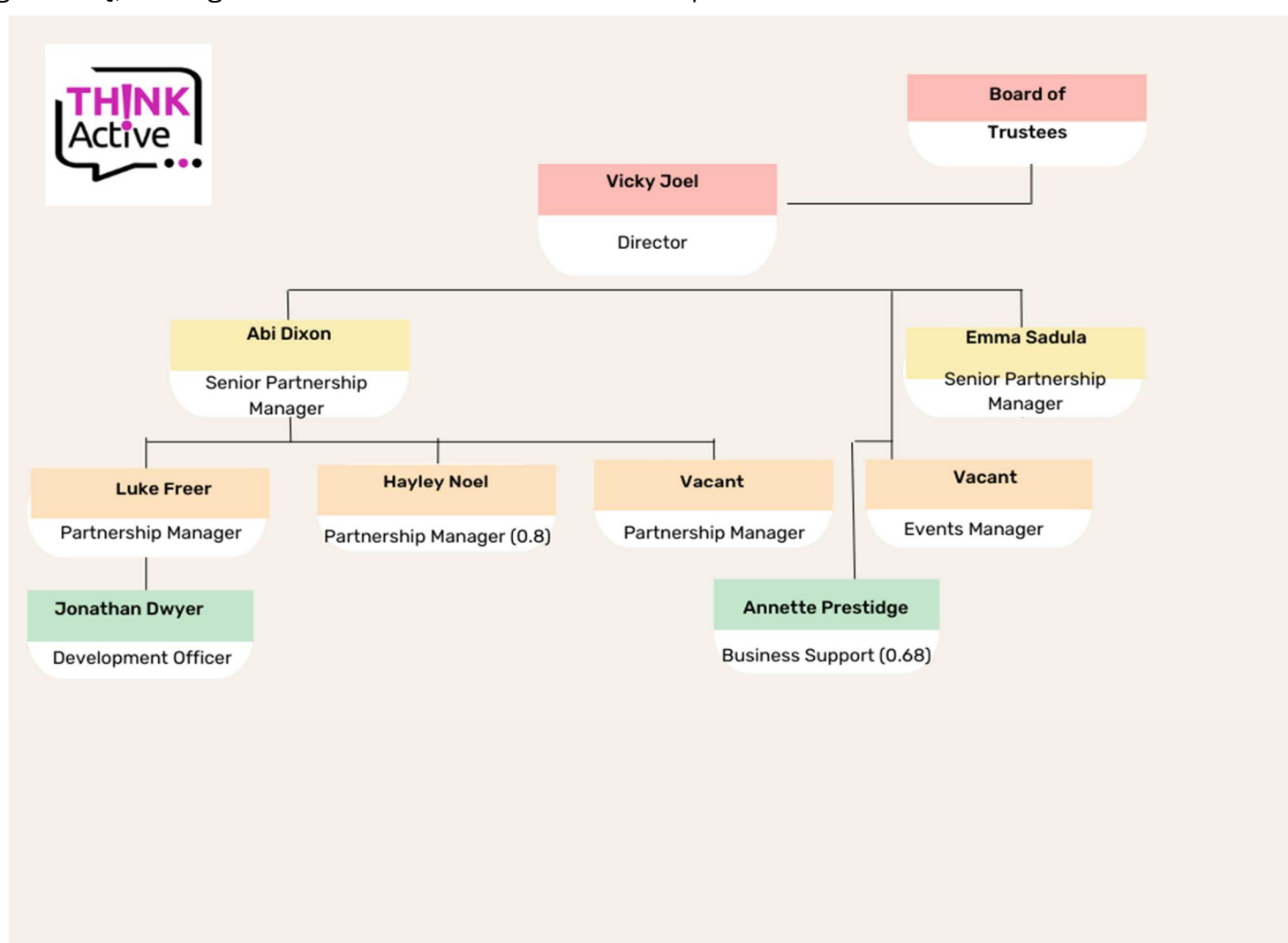
- 1) select suitable accounting policies and then apply them consistently.
- 2) observe the methods and principles in the Charities SORP.
- 3) make judgments and estimates that are reasonable and prudent.
- 4) state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 5) 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 that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Charities Commission requirements. They are responsible for safeguarding the of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

They are also responsible for the maintenance and integrity of Think Active's financial information included on Think Active's website.

Team and Volunteers

Instrumental to the delivery of Think Active's objectives is a small team of people on fixed term contracts, all paid for by external funding (Sport England). Whilst the Think Active HQ is the coworking space at 1 Mill Street, Leamington, the team operate a blended way of working that involves, working from HQ, working from home and out and about to meet partners and stakeholders to meet the needs of the business.





Other References and Administrative Details

Independent Examiner

Harrison Beale & Owen Limited, Highdown House, 11 Highdown Road, Leamington Spa, CV31 1XT

Bankers

CAF Bank

25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

By order of and on behalf of the Think Active Board of Trustees

A handwritten signature in grey ink, appearing to read 'Vicky Joel', on a light grey rectangular background.

Vicky Joel

Director, Think Active on behalf of the Board of Trustees.

29 December 2022



Achievements, Performance and Future Plans

Think Active Trustees refreshed the Inspiring Active Communities to become our #WeThinkActive strategy which was adopted in February 2022.

A summary of the main activities that Think Active have undertaken are as described as follows.

Tackling Inequalities Fund

£96,000 grant funding awarded to 36 organisations.

Organisations in receipt reported that their funding had benefitted over 900 people.



36 LOCAL ORGANISATIONS
RECEIVED GRANTS OF
AROUND £2,500

6 ONLINE COMMUNITIES OF
PRACTICE THAT PROVIDED
SUPPORT AND GUIDANCE TO
APPLICATIONS AND
PROVIDED A FORUM FOR
CLUBS AND GROUPS TO
LEARN FROM EACH OTHER

A Sudanese asylum seeker said: "it is very hard in the hotel as we don't have anything to do and have a lot of stress. I used to just sit in my room all the time and think, which was not good for me. I love playing football, and the football has been so nice for me and my friends. It helps keep us active, and also to meet other people in the hotel who are like us and like playing football, but who I hadn't met before."



An Eritrean asylum seeker said: "it gives me so much joy and energy every week having the chance to play football, and we wish we could play even more often. I met Matt through football and have now joined his English classes that him and his team provide and have started volunteering as well."

Coleshill Community Hub

"The participant numbers increased, and the ladies developed new friendships and brought their friends to the class. We met our target audience and engaged new ladies who hadn't done keep fit previously. We even had ladies arriving on their mobility scooters and then joining in sitting on a chair."





Opening School Facilities

£99,456 of grants awarded to 13 schools across Coventry, Solihull, and Warwickshire to provide access to sports facilities in the evenings and weekends for the school and local community and for sports clubs and groups.

59% of participants were male
41% of participants were female

Average award £7,650

948 attendances by under 18s,
23 attendances by 18+
At 140 sessions

26% of participants reported
from ethnically diverse
communities

25% of participants reported
as Special Educational Needs
& Disabilities

41% of participants reported
as being eligible for free
school meals





Community Fund

£42,576.33 awarded in grants to 13 organisations to increase physical activity in our focus communities (Nuneaton & Bedworth, North Warwickshire, North Solihull, Foleshill, Canley, Willenhall, Bell Green, Woodend in Coventry)

Participants have improved physical wellbeing 100%
Participants have improved mental wellbeing 93%
Participants have improved confidence & self-esteem 100%
Participants contribute to stronger, safer & more inclusive communities 70%
Participants have positive attitudes [towards others, learning, the future] 100%
Participants have improved interpersonal relationships 65%
Participants demonstrate more positive behaviours 100%
Participants participate more in competitive sport & physical activity 65%

Parent Feedback

"It's good for the kids, builds friendships, improves mental health, it's a stress release, it has physical benefits, and encourages problem solving and team building within in a safe and positive environment. The sessions get them out the house, releases frustrations and helps them manage their own feelings from mentoring by both coaches. It helps crucially because you know who they are with, trustworthy, it's a safe environment and the coaches are really committed and supportive of the kids"

Participant Feedback

"I enjoy the environment and how everyone is here to play for fun and is not just about winning. I also like its indoors and I have made some new friends. Instead of been at the parks or at home, I get to play Football and look forward to it every week. We get to play different games and it's not always Football. I get to improve my Football skills and maybe I will find a Football club next year to join. It feels very safe and it's in a friendly environment with people from different Schools. I have made new friends and also get to go with my own friends as well. I like that its open for everyone and not just good players". - Participant A

"It's really fun and the coaches are always up for a laugh and keep the session moving without interrupting it. I am used to strict coaches who only care about winning and don't care about the players enjoying it as long as they are improving. The coaches here talk to you about school and other things and joke with you more. It's really good for my anxiety because I get to relax and have fun with my friends instead of always focusing on Rugby. It also improves my footwork for rugby because I can kick the ball better now. I hope it keeps continuing because it helps me mentally to enjoy sports. It's a lot safer than Rugby and the teams are always split fair. I know some of the people from my School and some from parks but also met new people. There's a lot of people coming now but they are nearly all the same age"- Participant B

47% of participants were female, 53% were male.

8% of participants reported as having a disability or a long-term health condition.

1912 participants took part in sport and physical activity sessions through the Community Fund

Plus, an additional 11,178 participants were active as part of the Solihull Active Parks project in partnership with North Solihull Sport & South Solihull Sport



Events

1 x Forest School Games event including opportunities for young people who have previously not engaged or been included in physical activity at school. The day included Den Building, Fire lighting, Gun Carriage Racing and Orienteering. All activities involved moderate to intense physical activity, working as a group and being outside. It also provided these young people the opportunity to be the focus of attention and to commit fully to the experience.



Image: Participants at the Think Active CSW Forest School Games (October 2021)

The participants reported

20% of participants were not confident to take part in sport, physical activity, and exercise and 80% said that they did not find being active or taking part in sport easy until they had seen it and knew what to do or could copy someone.

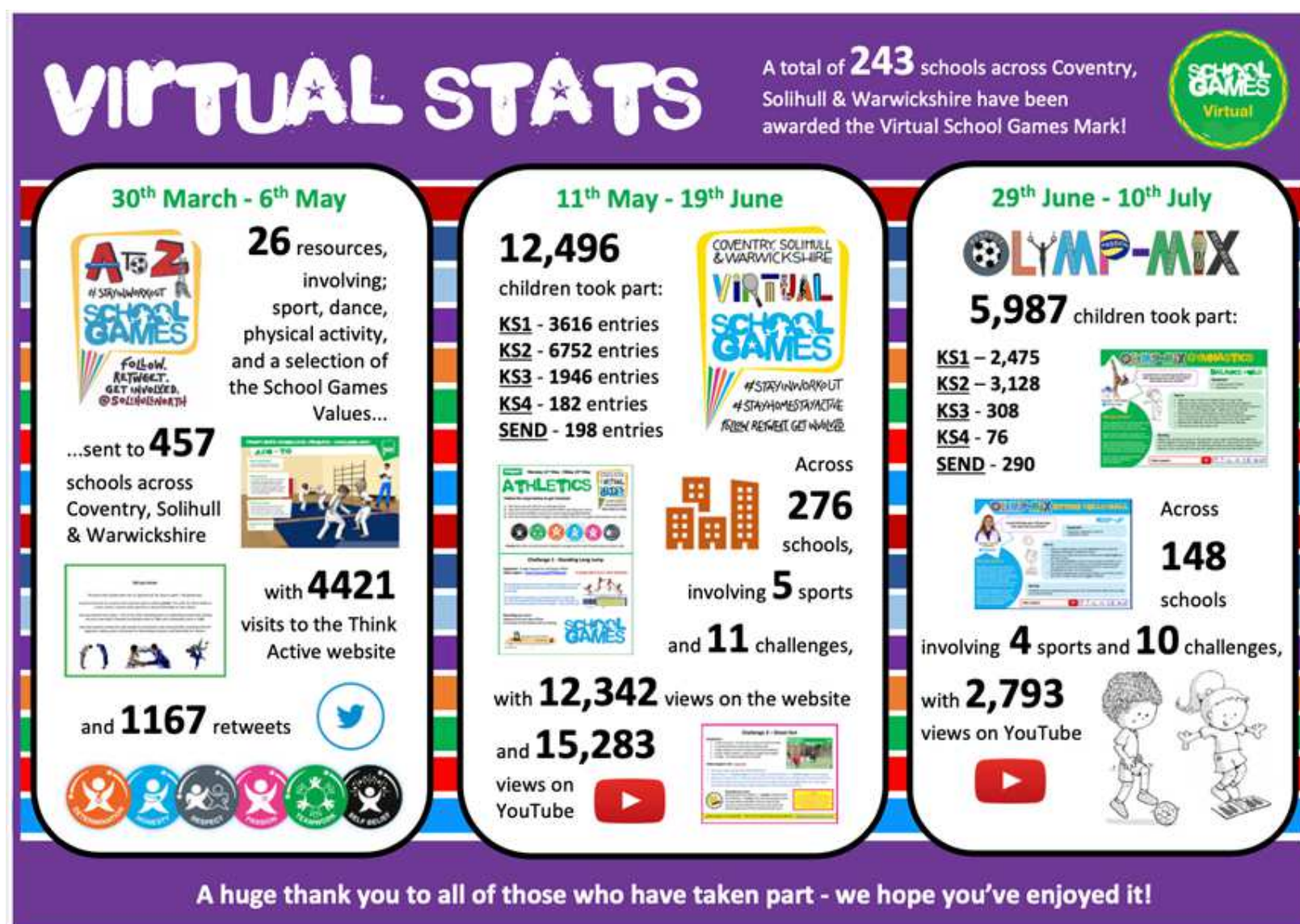
60% of participants were confident to take part.

100% of participants said once they were participating, they had fun, they enjoyed being with their friends or liked being competitive but didn't often get chance.



Virtual School Games

As we emerged out of the restrictions of the pandemic, we retained the virtual school games programme that we had jointly created and introduced in partnership with the School Games Organisers during lockdown. This meant that whatever happened with the pandemic we were able to provide fun and accessible opportunities for children and their families where they live.



YOUR THOUGHTS ...

It's been lovely to hear some of the incredible feedback that some of you have sent us over the last 14 weeks. Here's what you had to say about the Coventry, Solihull & Warwickshire Virtual School Games.....

Teacher – Valley Primary School
"Our Year 5 and 6 boys really got into it which was really lovely to see. The group dances and synchronisation was awesome from some classes. It was probably my favorite week!"

Teacher - St Nicholas School
"I love the Virtual School Games! Great activity ideas and has been fab to do with my bubble."

Teacher – Shirley Heath
"Thank you for your continued work on the Virtual School Games. We have many excited children here at Shirley Heath who have been inspired by yourself and your team!"

Teacher - All Saints Academy
"One of my most PE phobic girls spent the whole minute missing the bucket every time, but she had a smile on her face throughout and it got bigger and bigger as the time went on and she talked about how much she enjoyed it afterwards!"

Parent – St Patricks C of E Primary Academy
"Your support with their wellbeing through sport and fitness has really helped them - and me with mine - at this time when work has been harder than I think I will ever be able to put into words. We are very thankful to have you there to motivate us!"

Parent – Competition Winner
"Rhys is thrilled to have come out a winner in KS4 and is happy with his voucher. The activity was a welcome distraction, he is really missing training at his athletics club."

Teacher – Tudor Grange Academy Kingshurst
"The Virtual Games has been an excellent addition for the students to get involved with during lockdown. They have been able to compete against their peers from school and other schools in a safe and fun environment."

Teacher - St Anne's
"The CSW Virtual competitions have been an invaluable resource for teachers and parents. Resources have been visually pleasing and easy to follow, allowing teachers to incorporate the challenges in PE sessions, and providing families with ideas of how to keep their children active at home. Children have also enjoyed taking part in something that involves a chance to win prizes for the school."

Teacher – St Nicholas School.
"Great fun both in school and out. The games have provided a consistent and regular activity programme in an unsettling time – great for the children and for us."

Parent – Competition Winner
"Thank you so much for this - it has really given him the confidence boost he needed. With his cerebral palsy, he never wins anything sporty so this has proved he just needs to try his best and take part! He really has the biggest smile on his face, this is the first thing he has ever won! So thank you so much."

A huge thank you to all of those who have taken part - we hope you've enjoyed it!

YOUR THOUGHTS CONT...

It's been lovely to hear some of the incredible feedback that some of you have sent us over the last 14 weeks. Here's what you had to say about the Coventry, Solihull & Warwickshire Virtual School Games.....

Teacher – St Christopher
"Just wanted to say thank you for everything you have done during lock down. The kids at St Chris have thoroughly enjoyed the virtual challenges and have been pushing to achieve a personal best. Have a great summer!"

Teacher – Myton School
"The students and their families Have really taken to the challenges that have been set. Thank you to everyone involved in providing these competitions."

Primary Head Teacher – Rugby
"I just wanted to say a heartfelt thank you to the SSP team for all of the additional online sport and exercise ideas, competitions and incentives over the lockdown period. Our children have thoroughly enjoyed them (staff too!) and they have continued to support us in promoting our focus of healthy body and mind."

Teacher – St Patricks Primary
"Our School Games Organisers truly are amazing and the effort they have put into the activities for our children is incredible. They have kept us Active, given us challenges and supported us throughout lockdown. Thank you!"

St Patricks – South Solihull
"I received such a lovely email from one of the parents yesterday, thanking me for the all of the sport that we are providing to support out children's mental health both in school and at home. Thank you!"

Teacher – Smith's Wood Primary Academy
"Our pupils absolutely loved the OLYMP-MIX, a great opportunity for all year groups to get involved"

Pupil Yr. 9 –Myton School
"It was good to have lots of different skills involved and to improve on. I got my family involved and we got very competitive."

Teacher – Stockingford Academy
"We have tried so hard to get everyone at school and at home involved in every sporting event possible during lockdown. We really appreciate how you have adapted things to allow for the continuation of School Games at this time!"

Teacher - St Nicholas C of E Primary, Kenilworth
"We absolutely loved it and really appreciate all of the hard work you have put into keeping School Games running during this difficult time. The children, parents and staff have absolutely loved the challenges and it has been amazing to have consistency during this time away from school. It has been really refreshing for our staff and students and we can't thank you enough for what you have done."

Teacher – Olton Infant Primary
"Loved it. And the Rainbow games (even more so). I am creating a PB booklet for each child so they can continue these outside throughout next year as part of Active 30. Staff really enjoyed them as they could see such lovely progress throughout the week and kids too."

A huge thank you to all of those who have taken part - we hope you've enjoyed it!



School Games Events

In spring 2022 we brought back the physical / face to face county school game events.

Events included indoor rowing, sports hall athletics, boccia, trampolining and football.

9 physical / face to face events

130 schools entered events

1,374 participants took part in county school game events





Projects

Sport Ed

Think Active partnered up with Sport Ed to identify 5 sports clubs or groups who would benefit from resilience and sustainability support from Sport Ed. Each club produced a sustainability action plan which as we work through emerging out of the restrictions helped the club to navigate a difficult time in an informed and planned way.

The findings included.

All 4 groups said they agreed or strong agreed that the project has “increased by understand of areas I need to develop to make a strong group”.

“It has allowed me to re-evaluate my organisations current position and look at what needs to be in place to enable my organisation to grow and become resilient” (Hope in Unity)

All 4 groups said they agreed or strong agreed that “The project has increased my understanding of how planning can help to make my club stronger”.

Hope in Unity said “Looking at where we currently are this has allowed to me plan the areas of development to meet the criteria that is necessary to achieve the goals that are required.

All 4 groups said they agreed or strongly agreed “As a result of the project, I am more confident in the survival of my group”

All 4 groups said they agreed or strongly agreed “As a result of the project, I am more confident in the long-term sustainability of my group. No quotes

All 4 groups said yes – “As a result of this project, have you taken steps to improve your organisation's capacity?”

Jack from Positive Change Midlands – “By having a formal planning document give the organisation a more focused direction to apply for funding”

Migrant Family Support – “I have planned a recruitment drive for the management committee

Hussain – Clarendon Lodge – “Create business plan. Seek funding streams. Increase workforce”

Evadne – Hope In Unity “Currently recruiting for 3 volunteers and one paid position for a Cook. I am also putting together a funding application to recruit a Researcher”.

All 4 groups said Yes to “Have you got the time to implement the plan you have developed with Sported?”

All 4 groups agree or strongly agree “How far do you agree that this project has made a positive difference to your organisation?”

Jack said “to develop weaker areas like marketing and for sported to identify why this is weak”

Evadne said, “It has enabled me to re-evaluate our current position and look at ways of becoming more resilient and viable as an organisation.”

What key lessons will you take from this project into any future work?

Quotes: Jack said, “to make sure that all areas of the organisation are working efficiently to achieve the goals of the organisation.”

Rumbi said “more manpower and resources.”

Evadne said “To always have a plan of action. To be realistic when planning for the future”.

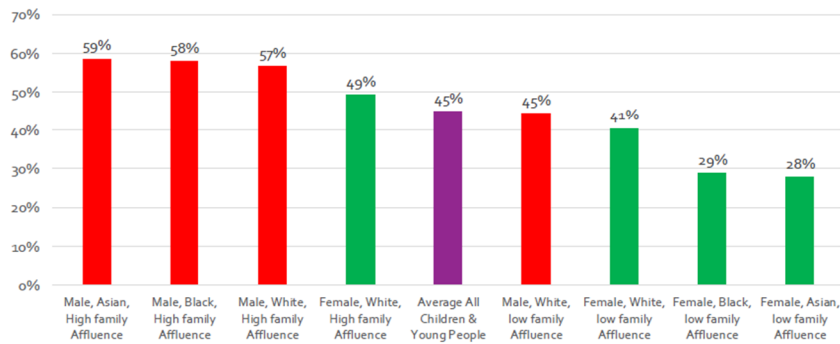
Hussain said, “Importance of planning and getting it on paper.”

Street Games Partnership





Why are we investing in young women and girls in low-income communities?



Sport England - Sport for All (2020)

What does the data say?



- Girls continue to be significantly less active than boys with a gender gap of over 200,000 (47% of boys are active vs 43% of girls)
- Only 41% of girls aged 12-14 years feel happy/satisfied that they are doing enough exercise
- Only 42% of girls aged 12-14 state that physical activity is important to their lives
- 28% of 12-14 year olds do no other exercise on a weekly basis except for PE at school which only 23% state they enjoy
- 35% of girls aged 14-16 years don't take part in regular physical activity because they don't feel confident and 34% don't take part because they don't like being watched
- The pandemic and subsequent lockdown restrictions reduced female appropriate physical activity opportunities and participation considerably

Stats Pack for Media – January 2022 (Women in Sport, 2022)

SUPPORTING TEENAGE GIRLS TO BE ACTIVE IN THE 'NEW NORMAL'



Girls value physical activity more now and want to do more

BUT They need support

52%

agree that doing physical activity and keeping fit is more important than ever

82%

will definitely / probably put more effort into being fit and active in the future



51%

are concerned they have lost their fitness

41%

have lost confidence in their sporting ability



45%

worry it will be hard to get back into the habit of sport and exercise after the pandemic

40%

are worried about being in large groups again

#ReframingSport | womeninsport.org

What did we ask LTOs to do?



- Engage 20 inactive/semi-active women and girls (age 10 plus) in weekly physical activity sessions within their local community.
- Deliver a minimum of 15 weekly physical activity sessions to inactive females between November 2021 – March 2022.
- Upskill a minimum of two coaches through StreetGames' 'Engaging Women & Girls' workshop.
- Attend Communities of Practice sessions and an end of project 'learning lunch' with other delivery partners.

Why did we ask?



The 'Us Girls' pilot project was about our ability to learn about;

- what worked (good practice and approaches),
- what doesn't (challenges and barriers);
- and what is needed in the future.

We approached the project with honesty at its heart:

- Emphasising that we know this work isn't easy; if it is, are we engaging the right young girls?
- Encouraging Locally Trusted Organisations (LTOs) to share their challenges, with a promise that it wouldn't affect future funding decisions.
- Emphasising a desire to fund organisation who are committed to learning and developing their offer based on this.

Overview of the Project

- 16 LTOs in Coventry, Solihull and Warwickshire.
- 9 LTOs in Northamptonshire.
- LTOs included youth groups, sports clubs and mental health charities and community organisations.
- Most of the LTO's were new to the StreetGames network, however, some had engaged with our Doorstep Sport Club funded programme previously.
- It had been quite some time since we had funded any activity, especially female specific engagement work.
- Each LTO received up to £2,500 to fund their new Us Girls provision.





Additional Elements

Training

- All LTOs were asked to **upskill a minimum of two coaches** through StreetGames' ['Engaging Women & Girls'](#) workshop.
- This interactive workshop equips participants with practical ideas on how to best engage women and girls in doorstep sport projects, sharing the latest insight from our [Us Girls](#) programme.
- In Coventry, Solihull and Warwickshire, 10 delegates attended in January 2022.
- In Northamptonshire, 8 delegates attended in February 2022.



Additional Elements – Learning

Communities of Learning (CoL)

To share learning between TIF projects in the network, StreetGames hosted three learning webinars for each cohort of LTOs in collaboration with Think Active & Northamptonshire Sport.

These sessions covered the following topics:

- Session 1: How to find, reach and engage young women and girls from low-income communities?
- Session 2: Engaging young women and girls from low-income communities in sport & physical activity – What is the right offer?
- Session 3: Understanding the impact of sport & physical activity on young women and girls from low-income communities – their attitudes, behaviours, hopes and aspirations?

The communities of learning allowed StreetGames to challenge our pre-existing learning around Us Girls to ensure we remain insight-led and our work is focused on building and sharing knowledge.

Impact on your organisation?



What is the biggest impact of this project on your organisation?

- Staff have gained confidence in themselves from trying new activities.
- Organisations now working in collaboration with external partners to enhance offers due to the relationships formed through the community of learning e.g., contacting She Beast.
- The growth of provision the funding enabled.
- Stronger relationships have been built between trusted adults and young people.
- Young people on the programme will now be mentored as 'young youth workers' as they've gained confidence and skills through Us Girls.
- The relationships built with the schools involved.
- Provided us with more ideas for 'what the girls want' to adapt our youth club sessions to engage more young females going forward.

Impact on the young women and girls?



What is the biggest impact your project has had on your participants?

- Increase in confidence levels in themselves and in the skills they have learnt e.g., aerial skills.
- Increase in ability to make friendships and development of social skills.
- Wider engagement in organisations offer e.g., youth club and mentoring.
- Working towards a goal has allowed the girls to grow in confidence and overcome their fear of performance.
- Now wanting to try new activities and enjoying being active in sessions.

Have you noticed any changes in the attitudes and behaviours of your participants as a result of the project?

- Increase in confidence levels.
- They are proud of what they have achieved.
- Excited to try new activities.

What other impacts has your project had on your participants? (physical/mental/emotional/social)

- A sense of achievement as they worked towards a Level 1 qualification. The girls felt like they were ready to learn something new.
- One young person began to eat at the centre after not wanting to eat in front of anybody at the beginning of the programme.
- Young people have started to enjoy taking part in physical activity and learning about healthy eating.
- Girls now feel valued by the organisation because they have a dedicated night at youth club.
- One young person began to use public transport to attend sessions, which they struggled with before.
- Made new friends from different school from bringing groups together.

Case Study – Ascension Dance



The TIF funding allowed Ascension Dance to provide accessible opportunities for girls to engage in extra-curricular physical activity to encourage longer term participation and develop individual skills and confidence.

Ascension offered a taster session followed by 10-weekly sessions where they provided dance workshops in contemporary dance skills and parkour. The girls worked towards a performance where both locations came together to celebrate, gain feedback, and share positivity. They also offered the girls who regularly participated a ticket to see a professional dance company at Warwick Arts Centre to inspire them to continue engaging in dance and movement.

The project engaged 19 females aged 11-14 - with 12 of these attending regularly. All dance workshop sessions happened face-to-face. Retaining participants was the biggest challenge Ascension faced, due to other afterschool clubs happening simultaneously, covid-19, and a general lack of engagement/interest/motivation.

The participants learnt the most from engaging and connecting with other participants on the performance night. Having to challenge themselves outside of their comfort zones and build confidence in a new, unique style is what they expressed to be the biggest challenge and the most rewarding part of Us Girls. Working towards a project or an end goal allowed the girls to step up and take pride in their work.

The 5 rights of Doorstep Sport was a huge factor in the success of the project, which is why Ascension opted to work at familiar locations and times that complemented the young people's regular schedule. Ascension Dance also noticed the importance of the right person as the main leader Lexy was unable to attend for 2 sessions and the girls commented on how a male leader negatively impacted their engagement during those sessions.

When asked how likely they were to continue engaging with Ascension following the programme, the average score was 7 or 8 out of 10, which suggests the girls are feeling more confident to engage in the wider provision. During the final session information and flyers relating to Ascension Youth sessions were distributed, inviting all participants to attend a free taster session at one of the youth groups. The organisation hope to see continual attendance as the feedback received from participants, teachers and the leader was very positive. Ascension Dance are aiming to stay connected with the teachers at Westwood Academy and Finham Park 2 for any additional opportunities that might arise to work more with the young people who signed-up for Us Girls.

Case Study – Creative Optimistic Visions (COV)



The TIF funding enabled COV to offer 15 aerial, circus and dance sessions to young women aged between 11 and 16 years old, with the aim of improving their confidence, self-esteem and to be more active. COV provided protective behaviour mentoring sessions over the course of the program to further support wellbeing and confidence levels.

COV initially contacted young women known to the service who they thought may benefit from the program. They created a poster to promote the sessions on social media platforms along with regular updates of remaining spaces and sessions updates. To retain participants, COV used regular weekly check ins and adapted the mentoring based on the needs of the individual.

All young women that were involved in the program reported increased confidence & self-esteem levels through conversations with youth workers in the sessions. The young people also noted that the emotional wellbeing and mentoring provided them with a much-needed space to discuss their feelings, thoughts & behaviours.

Through this programme COV with the girls to produce a campaign around how society views others. The organisation and the community have benefitted from this as it raised awareness of perceptions in society and helped the organisation to positively challenge these.

If COV were to deliver this program again, they would consider:

- Longer sessions that would support the campaign, learning choreography and aerial skills.
- Shorter mentoring sessions and a different method of delivering mentoring.

The girls produced a video at the end of the programme to highlight their work and promote the campaign. [Click here to watch!](#)





South Warwickshire and Worcestershire Mind – Club Support

10 clubs supported to develop mental health action plans as part of a Mental Health Pilot delivered in partnership with South Warwickshire and Worcestershire Mind. This has led to a further contract with Mind to extend this pilot across Warwickshire to support clubs to implement their action plans and engage new clubs.

Supporting Leadership opportunities in underrepresented demographics

4 Organisations were funded to deliver a young leaders project to support over 80 young people to gain a Sports Leader Qualification.

‘The impact the funding had on the organisation allowed us to engage a new group of young people away from the organisation and give them an opportunity to engage with people who are wanting to achieve very similar outcomes not only did they receive life skills and knowledge they have to gain a accredit qualification which will help with employment steps and future education.’ Positive Youth Foundation’

Confident, Capable, Inspirational people

19 Safeguarding and Time to Listen Courses delivered to over 150 attendees through a partnership with Sports Structures

79 online Educare courses access by coaches and volunteers through provision of online training licences

Delivered to over 60 GPs in South Warwickshire as part of a Physical Activity Protected Learning Time session

2 x ‘What Clubs Want’ workshops delivered to understand the needs of clubs in Warwickshire and inform Club Development Plan

2 members of the Think Active Team completed a Leadership Apprenticeship

2 x members of the team receiving leadership coaching through Leader Line

Incoming Resources

During this first year as a charity, we have been funded by an existing funding contract from Sport England. Soon after Think Active was established as a charity, we were invited to apply for a further 5 years of funding. At the time of writing this report the 5 years of funding the value of £2,774,500 has been approved to start on 1 April 2022.

The trustees are mindful to not rest and rely on this core funding, as there are other sources explore as a charitable independent organisation.

In this financial period Think Active has not actively fundraised in support of our objectives. We have developed some separate funding streams for bespoke contracts a pieces of work which will come to fruition in the next financial period. We are also grateful to the ongoing financial support from the National Lottery and Sport England.



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THINK ACTIVE CSW

Independent examiner's report to the trustees of Think Active CSW ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the period 29 March 2021 to 31 March 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW 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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached.

Mark Ashfield FCA
ICAEW
Harrison Beale & Owen Limited
Chartered Accountants
Highdown House
11 Highdown Road
Leamington Spa
Warwickshire
CV31 1XT

29 December 2022



THINK ACTIVE CSW

STATEMENT OF FINANCIAL ACTIVITIES
for the period 29 March 2021 to 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Charitable activities				
GENERAL	4	-	483,195	483,195
Other trading activities	2	400,784	-	400,784
Investment income	3	<u>28</u>	<u>-</u>	<u>28</u>
Total		<u>400,812</u>	<u>483,195</u>	<u>884,007</u>
 EXPENDITURE ON				
Charitable activities				
GENERAL	5	-	215,302	215,302
Other		<u>-</u>	<u>266,491</u>	<u>266,491</u>
Total		<u>-</u>	<u>481,793</u>	<u>481,793</u>
 NET INCOME		<u>400,812</u>	<u>1,402</u>	<u>402,214</u>
 TOTAL FUNDS CARRIED FORWARD		<u>400,812</u>	<u>1,402</u>	<u>402,214</u>



THINK ACTIVE CSW				
STATEMENT OF FINANCIAL POSITION				
31 March 2022				
	Notes	Unrestricted funds £	Restricted funds £	Total funds £
FIXED ASSETS				
Tangible assets	10	-	1,741	1,741
CURRENT ASSETS				
Debtors	11	-	10,162	10,162
Cash at bank		<u>400,812</u>	<u>178,151</u>	<u>578,963</u>
		400,812	188,313	589,125
CREDITORS				
Amounts falling due within one year	12	-	(188,652)	(188,652)
NET CURRENT ASSETS		<u>400,812</u>	<u>(339)</u>	<u>400,473</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>400,812</u>	<u>1,402</u>	<u>402,214</u>
NET ASSETS		<u>400,812</u>	<u>1,402</u>	<u>402,214</u>
FUNDS	13			
Unrestricted funds				400,812
Restricted funds				<u>1,402</u>
TOTAL FUNDS				<u>402,214</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 December 2022 and were signed on its behalf by:

.....
D Finney - Trustee



THINK ACTIVE CSW

STATEMENT OF CASH FLOWS
for the period 29 March 2021 to 31 March 2022

	Notes	£
Cash flows from operating activities		
Cash generated from operations	1	<u>580,834</u>
Net cash provided by operating activities		<u>580,834</u>
Cash flows from investing activities		
Purchase of tangible fixed assets		(1,899)
Interest received		<u>28</u>
Net cash (used in)/provided by investing activities		<u>(1,871)</u>
Change in cash and cash equivalents in the reporting period		578,963
Cash and cash equivalents at the beginning of the reporting period		-
Cash and cash equivalents at the end of the reporting period		<u><u>578,963</u></u>



THINK ACTIVE CSW

NOTES TO THE STATEMENT OF CASH FLOWS for the period 29 March 2021 to 31 March 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	£
Net income for the reporting period (as per the Statement of Financial Activities)	402,214
Adjustments for:	
Depreciation charges	158
Interest received	(28)
Increase in debtors	(10,162)
Increase in creditors	<u>188,652</u>
Net cash provided by operations	<u>580,834</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 29.3.21 £	Cash flow £	At 31.3.22 £
Net cash			
Cash at bank	-	<u>578,963</u>	<u>578,963</u>
	-	<u>578,963</u>	<u>578,963</u>
Total	-	<u>578,963</u>	<u>578,963</u>



THINK ACTIVE CSW

NOTES TO THE FINANCIAL STATEMENTS for the period 29 March 2021 to 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. 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.

Computer equipment- 25% on reducing balance

Taxation

The charity is exempt from corporation 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.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

Other revenue

£
400,784



THINK ACTIVE CSW

NOTES TO THE FINANCIAL STATEMENTS - continued for the period 29 March 2021 to 31 March 2022

3. INVESTMENT INCOME			
			£
Deposit account interest			<u>28</u>
4. INCOME FROM CHARITABLE ACTIVITIES			
	Activity		£
	GENERAL		
Project funding received			358,675
	GENERAL		
Opening school facility grant			<u>124,520</u>
			<u>483,195</u>
5. CHARITABLE ACTIVITIES COSTS			
			Support costs (see note 6)
			£
GENERAL			<u>215,640</u>
6. SUPPORT COSTS			
	Finance	Other	Totals
	£	£	£
GENERAL	<u>56</u>	<u>215,584</u>	<u>215,640</u>
7. NET INCOME/(EXPENDITURE)			
Net income/(expenditure) is stated after charging/(crediting):			
			£
Depreciation - owned assets			<u>158</u>



THINK ACTIVE CSW

NOTES TO THE FINANCIAL STATEMENTS - continued for the period 29 March 2021 to 31 March 2022

8. TRUSTEES' REMUNERATION AND BENEFITS

One trustee received remuneration of £35,005 for the period ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 March 2022.

9. STAFF COSTS

	£
Wages and salaries	151,307
Social security costs	10,330
Other pension costs	<u>15,541</u>
	<u>177,178</u>

The average monthly number of employees during the period was as follows:

—

No employees received emoluments in excess of £60,000.

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	<u>1,899</u>
DEPRECIATION	
Charge for year	<u>158</u>
NET BOOK VALUE	
At 31 March 2022	<u>1,741</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade debtors	9,000
Prepayments	<u>1,162</u>
	<u>10,162</u>



THINK ACTIVE CSW

NOTES TO THE FINANCIAL STATEMENTS - continued for the period 29 March 2021 to 31 March 2022

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade creditors	14,832
Social security and other taxes	3,749
Accruals and deferred income	<u>170,071</u>
	<u>188,652</u>

13. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.3.22 £
Unrestricted funds		
General fund	400,812	400,812
Restricted funds		
Restricted fund	1,402	1,402
	<u> </u>	<u> </u>
TOTAL FUNDS	<u>402,214</u>	<u>402,214</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	400,812	-	400,812
Restricted funds			
Restricted fund	483,195	(481,793)	1,402
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>884,007</u>	<u>(481,793)</u>	<u>402,214</u>

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 March 2022.



THINK ACTIVE CSW	
DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the period 29 March 2021 to 31 March 2022	
	£
INCOME AND ENDOWMENTS	
Other trading activities	
Other revenue	400,784
Investment income	
Deposit account interest	28
Charitable activities	
Project funding received	358,675
Opening school facility grant	<u>124,520</u>
	<u>483,195</u>
Total incoming resources	884,007
EXPENDITURE	
Other	
Cost of delivering services	25,932
Project delivery	774
Opening school facility	87,094
Primary role/delivery	19,500
CYL/community	40,064
Together fund expenditure	<u>92,789</u>
	266,153
Support costs	
Finance	
Bank charges	56
Other	
Wages	151,307
Social security	10,330
Pensions	15,541
Insurance	1,299
Telephone	1,637
Postage and stationery	119
Sundries	569
Rent & rates	11,303
Computer costs	3,289
Subscriptions	3,780
Travel & subsistence	471
Professional fees	12,954
Meeting room hire	821
Accountancy	2,006
Computer equipment	<u>158</u>
	215,584
Total resources expended	<u>481,793</u>
Net income	<u>402,214</u>