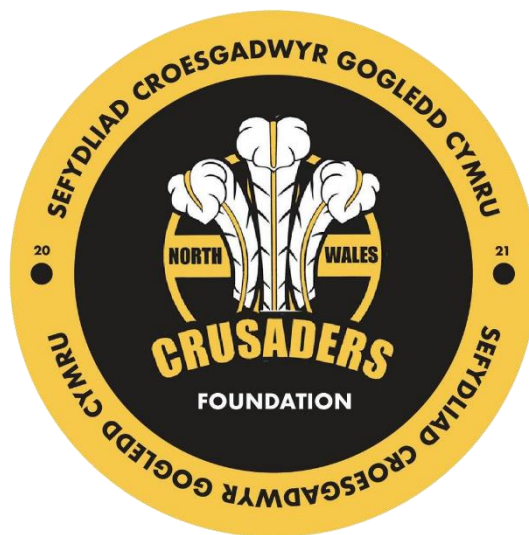


NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

NORTH WALES CRUSADERS FOUNDATION
(a Charitable Incorporated Organisation ("CIO"))

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 12th SEPTEMBER 2023



Charity No: 1195794

REPORT AND ACCOUNTS

NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

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NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

TRUSTEES' REPORT

FOR THE YEAR ENDED 12th SEPTEMBER 2023

The Trustees present their report and accounts for the year ended 12th September 2023. .

REFERENCE AND ADMINISTRATIVE DETAILS

Charity name: North Wales Crusaders Foundation

Registered charity number: 1195794

Charity's principal address: Allington Hughes Law, 10 Grosvenor Road, Wrexham, Clwyd, LL11 1SD

TRUSTEES

Name:	Role	Joined	Resigned/left
Ian Edwards	Chair of Trustees	13 th September 2021	N/A
Mark Bostock	Trustee	13 th September 2021	N/A
Mark Andrew Jones	Trustee	13 th September 2021	13 th November 2022
Andrew Cudbertson	Trustee	17 th January 2022	N/A
Rebecca Liang	Trustee	17 th January 2022	27 th March 2023
Conrad Anderson	Trustee	7 th March 2022	N/A
Rhiannon Davies	Trustee	27 th March 2023	N/A

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document and Constitution

The Charity is a Charitable Incorporated Organisation (CIO).

The Charity is governed by its Constitution which sets out the objects and powers of the charity and governs the actions of the Trustees.

It was registered as a charity with the Charity Commission on 13th September 2021.

Trustee recruitment and appointment

The Charity must have at least three Trustees with a maximum number of 12.

Apart from the first Trustees, every Trustee must be appointed by a resolution passed at a properly convened meeting of the Trustees and are expected to serve a minimum of three years from the date of appointment.

In selecting individuals for appointment as charity trustees, the existing Trustees must have regard for the skills, knowledge and experience needed for the effective administration of the Charity.

OBJECTIVES

- 1) TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION AND PHYSICAL ACTIVITY BY FACILITATING THE PLAYING OF RUGBY LEAGUE AND OTHER PHYSICAL AND/OR RECREATION ACTIVITIES.
- 2) TO PROVIDE AND ASSIST IN THE PROVISION OF FACILITIES FOR SPORT, RECREATION, PHYSICAL ACTIVITY AND OTHER LEISURE TIME ACTIVITY OF SUCH PERSONS WHO HAVE NEED FOR SUCH ACTIVITIES BY REASON OF YOUTH, AGE, ILL HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE.
- 3) TO HELP YOUNG PEOPLE, ESPECIALLY BUT NOT EXCLUSIVELY THROUGH LEISURE TIME ACTIVITIES SO AS TO DEVELOP THEIR CAPABILITIES THAT THEY

NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

TRUSTEES' REPORT

THE YEAR ENDED 12th SEPTEMBER 2023

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

After laying essential building blocks in our first year as a charity, our second year has been very successful from an impact point and engagement of view.

Our Foundation has delivered a diverse range of activities supporting over 9,000 people across 364 sessions from the local North Wales community. Our work has inspired beneficiaries to live a healthy and active lifestyle.

During this year we have recruited a full-time Community Development Officer. This has been vital and given the Foundation the personnel to deliver these activities with the management and support of the Head of Foundation & Board of Trustees.

Activities undertaken for the public benefit include:

Healthy School Assemblies: The assemblies took primary school aged children on a short and interactive journey showing the importance of keeping fit and healthy whilst improving their well-being. These FREE Healthy Assemblies were delivered by our development staff and North Wales Crusaders player Matt Reid.

We delivered an assembly to 30 schools in Conwy, Denbighshire, Flintshire and Wrexham. The project engaged with over 4,500 children aged 4-11. Each child received a free Crusaders season ticket and information about local junior Rugby League hubs.

School Taster Rugby Sessions: These free rugby taster sessions in primary and high schools gave children an opportunity to try a new sport. This was either delivered in a block of individual sessions to schools across North Wales.

24 schools accessed the offer and the project engaged with 4,070 pupils across 147 sessions. Schools were from the Conwy, Denbighshire, Flintshire and Wrexham County Council areas.

Junior Rugby League Hubs: The mini rugby sessions are aimed at primary aged children Years 2,3 and 4 (6-9 years old) in four hub locations (Conwy, Denbighshire, Flintshire and Wrexham) in North Wales. The sessions were fun, engaging and delivered by experienced and qualified rugby league coaches.

Across the four hubs we delivered 88 sessions, engaged with 96 participants and recruited 10 new volunteers. The programme held a series of fun festivals between the different hub's sites. This allowed them to play competitive fixtures and put their skills learnt into practice.

Walking Rugby: These sessions are a non-contact format of the game for over 45's. It's a great way to keep fit and meet new people. The sessions were FREE and in two different locations in North Wales. There were 17 sessions delivered and 15 participants who took part in the programme.

NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

Women's Rugby Sessions: Launched in March 2023, the programme was open to all ability levels and created an excellent pathway to play regularly for North Wales Crusaders.

The project delivered 17 training sessions, had 36 females involved in the programme and up skilled four new volunteers. The team played five friendly fixtures and when unbeaten in their first ever season.

Fit-Saders: We ran a FREE health and wellbeing programme to support people health and wellbeing. Participants received a 12-week programme with a blend of online and face-to-face support from an experience health and well-being coach. We delivered two 12-week programmes engaging with a total 34 adults accessing across both.

Coach Education: The Foundation held a free level 2 coaching course for local volunteers which up skilled 10 new coaches to work across our community-based programme.

Pre-match Crusaders festivals: Across four North Wales Crusaders matches, the Foundation held pre-match junior festivals. This had 24 teams with 230 children, playing 40 matches. These matches were open to teams across the UK and included our North Wales hubs. This gave our North Wales kids an excellent opportunity to play and test themselves against opposition from other parts of the UK.

ANNUAL SURVEY RESULTS

Beneficiaries stated the following from our annual survey:

96.3% were satisfied with the service received.

92.6% of people stated the felt their health and lifestyle had improved.

81.5% are doing at least 30 mins to an hour more exercise a week through the Foundations activities.

96.3% felt more positive after our session.

77.7% felt more connected with the Crusaders community.

PUBLIC BENEFIT STATEMENT

The Trustees consider that they have complied with Section 17 of the Charities Act 2011 with regard to the guidance on public benefit published by the Charity Commission.

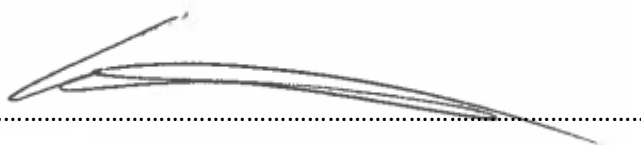
RESERVES POLICY

It is the policy of the Trustees to maintain reserves at levels to cover administrative and general running costs for a period of three months. The policy will be reviewed annually by the Trustees.

APPROVAL

This report was approved by the Trustees on 7th February 2024 and signed on its behalf.

IAN EDWARDS - CHAIR OF TRUSTEES.....



NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

TRUSTEE INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

I report to the trustees on my examination of the accounts of the above charity (the "CIO") for the year ended 12th September 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

accounting records were not kept in accordance with section 130 of the Act or

the accounts do not accord with the accounting records.

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

P&L Accountancy
51 High Street
Mold
Flintshire
CH7 1BQ

Date: 7th February 2024

NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

RECEIPTS AND PAYMENTS ACCOUNTS

THE YEAR ENDED 12th SEPTEMBER 2023

North Wales Crusaders Foundation

Profit and Loss Account
for the year ended 31 August 2023

	2023	2022
	£	£
Turnover	48,546	34,092
Other income	-	-
Cost of raw materials and consumables	(13,715)	-
Gross profit	<u>34,831</u>	<u>34,092</u>
Staff costs	(15,780)	(2,410)
Depreciation and other amounts written off assets	-	-
Other charges	(9,790)	(7,825)
(Loss)/profit before taxation	<u>9,261</u>	<u>23,856</u>
Tax	-	-
(Loss)/profit	<u>9,261</u>	<u>23,856</u>

NORTH WALES CRUSADERS FOUNDATION - ('the CIO')

STATEMENT OF ASSETS AND LIABILITIES AS OF 12th SEPTEMBER 2023

North Wales Crusaders Foundation

Registered number: 1195794

Balance Sheet as at 31 August 2023

	2023 £	2022 £
Called up share capital not paid	-	-
Fixed assets	-	-
Current assets	34,467	23993
Prepayments and accrued income	-	-
	<u>34,467</u>	<u>23993</u>
Creditors: amounts falling due within one year	<u>(1,349)</u>	<u>(136)</u>
Net current liabilities	<u>33,117</u>	<u>23856</u>
Total assets less current liabilities	33,117	23856
Creditors: amounts falling due after more than one year	-	-
Provisions for liabilities	-	-
Accruals and deferred income	-	-
Net liabilities	<u>33,117</u>	<u>23856</u>
 Capital and reserves	 <u>(33,117)</u>	 <u>(23856)</u>
	Number	Number
Average number of employees	<u>1</u>	<u>1</u>

[Loans to directors, guarantees made by the company on behalf of directors]

[Capital commitments, pension commitments, other financial commitments and contingent liabilities]

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

These accounts were approved by the Trustees on 7th February 2024 and were signed on their behalf by:

IAN EDWARDS

