

REGISTERED CHARITY NUMBER:

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
FITCAP CIO**

Four Oaks Taxation & Accounting Services Limited
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. 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).

FITNESS IN THE COMMUNITY AND ACTIVE PLAY (F.I.T.C.A.P) C.I.O. is an organization dedicated to improving the health, well-being, and quality of life for individuals, especially those in deprived communities in Shard End, Yardley, and North Solihull. The organisation's primary mission is to increase and sustain participation in sport and leisure activities, targeting areas with high levels of financial deprivation where people face barriers to engagement in physical activities. By offering free or low-cost activities, FITCAP CIO enables local families to access sports and leisure programmes that might otherwise be unaffordable.

OBJECTIVES AND ACTIVITIES

Objectives and aims

FITCAP CIO's charitable goals are outlined as follows:

1. Youth Development:

FITCAP CIO aims to act as a resource for young people up to the age of 25 living in East Birmingham and North Solihull. Through a wide variety of programmes, FITCAP CIO helps develop the skills, capacities, and capabilities of young individuals, enabling them to become independent, responsible members of society. FITCAP CIO also focuses on education, relieving unemployment, and providing recreational activities to improve the quality of life for young people, particularly those facing financial challenges, disability, or other hardships.

2. Community Engagement and Social Welfare:

FITCAP CIO strives to benefit the residents of East Birmingham and North Solihull by facilitating educational and recreational activities, regardless of sex, sexual orientation, race, or religious beliefs. The organisation aims to promote social welfare through leisure and recreational time activities, ultimately enhancing the conditions of life for residents.

3. Charitable Purposes:

FITCAP CIO is committed to advancing charitable purposes for the public benefit, following the laws of England and Wales. The organisation's focus remains on creating a positive impact for the local community by providing essential services and fostering a sense of community.

Impact on the Community

FITCAP CIO has made a profound impact in the local communities of East Birmingham and North Solihull by:

" Promoting Physical Health: Encouraging an active lifestyle from an early age to combat obesity and improve physical fitness and mental health.

" Addressing Social Inequality: Offering free or low-cost activities that make sports and leisure accessible to people from low-income backgrounds.

" Creating Employment Opportunities: Providing volunteers with training and experience that can lead to employment opportunities.

" Strengthening Community Bonds: Engaging local residents in shared activities and supporting them in developing skills for personal growth.

In summary, FITCAP CIO's activities are making a lasting difference in the lives of local residents, particularly the youth, by fostering physical activity, promoting well-being, and providing crucial opportunities for personal and professional development. The transformation to CIO status strengthens FITCAP CIO's ability to achieve its charitable objectives and enhance its long-term impact.

OBJECTIVES AND ACTIVITIES

Significant activities

FITCAP CIO's services include a wide range of sports and activities designed to engage individuals of all ages, with a special focus on children and young people. These programmes are tailored to address various community needs, such as promoting mental and physical health and wellbeing, and developing skills that contribute to positive life outcomes. Some of the core activities provided by FITCAP CIO are:

" HAF Programme: A holiday activity programme offering sports and leisure activities, as well as healthy meals (breakfast, lunch, and snacks).

" Physical Activities: Football, bootcamp, general multisports, yoga, dance, boxercise, tennis, rounders, and more.

" Health and Wellness: A healthy eating program is also an integral part of FITCAP CIO's offering, supporting participants in making healthier lifestyle choices.

" Women's Programmes: Specific activities and support for women and girls to encourage their participation in fitness and sports.

Additionally, FITCAP CIO supports local volunteers by providing opportunities for them to gain accredited qualifications, valuable work experience, and in many cases, paid employment.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

FITCAP CIO is governed by a constitution. The financial statements comply with current statutory requirements and Statement of Recommended Practice (SORP) for accounting and reporting for charities.

Organisational structure

In April 2023, FITCAP CIO underwent a significant business transformation by converting from a Community Interest Company (CIC) to a Charitable Incorporated Organisation (CIO). This change was driven by both business and strategic motivations, with the primary goal of positioning the organisation for long-term growth while enhancing its ability to serve the community effectively. The transition, which took place over six months, included a thorough review of governance structures, ensuring that the organization could better meet its charitable objectives.

Change in personnel

Former CIC Director Brett Craythorne, who held the position of Chief Executive Officer, resigned on 13 November 2024 due to personal reasons. Trustee Sara Brookes subsequently stepped down from the Board with effect from 14 March 2025, citing increased work commitments.

FITCAP CIO continues to operate with four committed Trustees and remains proactive in identifying and pursuing opportunities to recruit additional Trustees to the Board, in order to strengthen governance and address any identified skills gaps.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Wider network

FITCAP CIO actively engages a broad range of stakeholders to ensure the relevance, quality, and effectiveness of its services. FITCAP CIO believes in the importance of collaboration with local organisations, community groups, statutory bodies, and national entities to align its activities with community needs and priorities. Below is an outline of FITCAP CIO's key stakeholders, the consultation methods employed, and actions taken based on the feedback received.

Stakeholders

FITCAP CIO's stakeholders include a wide range of individuals, organisations, and institutions that play an integral role in the planning, delivery, and evaluation of its programmes. These stakeholders include:

1. Local Schools in East Birmingham and North Solihull
2. Sport Birmingham
3. MAD (Make A Difference) Project
4. Local Police
5. CSP (Coventry, Solihull, and Warwickshire)
6. Local Wellbeing Centres
7. The National Charity StreetGames
8. Stockfield Community Association
9. Solihull Metropolitan Borough Council (MBC)
10. Voluntary and Statutory Sector Organisations
11. Arts in the Yard
12. Local National Governing Body (NGB) Development Officers
13. Lawn Tennis Association (LTA)
14. Local Community Centres
15. Birmingham City Council (CC)
16. Sport England
17. Violence Reduction Partnership

Consultation Methods

FITCAP CIO consults its stakeholders in various ways to ensure their perspectives and needs are incorporated into its activities. These consultation methods include:

1. Steering Group Meetings:

Regular steering group meetings are held with key stakeholders to provide a platform for ongoing dialogue and collaboration. These meetings ensure that stakeholders can offer input on FITCAP CIO's strategic direction, the design of programmes, and the delivery of services.

2. Individual Meetings:

In addition to group meetings, FITCAP CIO holds individual meetings with various stakeholders to address specific concerns or discuss aspects of programmes or initiatives. These meetings foster deeper engagement with partners and allow for more tailored feedback.

3. Surveys and Feedback Forms:

FITCAP CIO uses surveys and feedback forms to gather information from participants and stakeholders about the effectiveness of programmes, their experiences, and suggestions for improvement.

4. Consultations with Community Groups:

FITCAP CIO regularly engages with local community groups, including parents, youth groups, and other grassroots organisations. This ensures that programmes are accessible and responsive to the needs of the target communities.

Actions Taken in Response to Feedback

FITCAP CIO places significant emphasis on responding to feedback and adapting its activities accordingly. Below are some actions taken in response to consultation feedback:

1. Program Expansion and Customisation:

Feedback from stakeholders, particularly schools and local community centres, led FITCAP CIO to expand and tailor programmes to better meet the needs of different age groups and abilities. For example, the demand for women's fitness programmes was addressed by introducing specialised activities for women in local communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

2. Increased Accessibility of Programs:

Based on input from local families, FITCAP CIO worked to ensure that more free or low-cost activities were available to those facing financial challenges. Additionally, feedback from local wellbeing centres and community groups highlighted the need for greater flexibility in the timing of some programmes, so FITCAP CIO adjusted schedules to ensure broader participation.

3. Enhanced Collaboration with National Partners:

FITCAP CIO incorporated suggestions from Sport England and StreetGames regarding the importance of aligning with national initiatives to increase community engagement. As a result, FITCAP CIO strengthened its collaboration with these organisations to access funding and resources for specific projects, such as the HAF programme.

4. Improved Monitoring and Evaluation:

Stakeholders emphasised the importance of robust monitoring and evaluation frameworks. In response, FITCAP CIO strengthened its evaluation processes to track participant outcomes more effectively, ensuring transparency and accountability to funders and the community.

5. Ongoing Communication with Stakeholders:

FITCAP CIO has ensured that there is continuous feedback between the steering group and the delivery team. This ongoing dialogue has allowed the organisation to remain responsive to changing needs and priorities within the community and to adapt programmes in real time.

Stakeholder Involvement in the Delivery of FITCAP CIO's Activities

Stakeholders are not just consulted but are actively involved in the co-delivery of FITCAP CIO's activities. The organisation operates as a leader within a consortium of partners, working collaboratively to design and implement action plans that are shared across multiple organisations. FITCAP CIO is responsible for overseeing the day-to-day financial management, budgets, and evaluations for the projects, ensuring that all stakeholders have a voice in the overall implementation.

Conclusion

Through regular and meaningful consultation, FITCAP CIO ensures that the voices of its stakeholders are integrated into its programmes. This collaborative approach allows the organisation to continuously improve its services, respond to community needs, and deliver impactful programmes. By fostering strong relationships with local, regional, and national partners, FITCAP CIO is better able to achieve its charitable objectives and make a lasting difference in the lives of those it serves.

Risk management

The Trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number: 1206159

Approved by order of the board of trustees on 16 January 2026 and signed on its behalf by:

A Plester - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FITCAP CIO

Independent examiner's report to the trustees of FITCAP CIO

I report to the charity trustees on my examination of the accounts of FITCAP CIO (the Trust) for the year ended 31 March 2025.

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

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 member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no 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.

Michael J Rudd FCA CTA

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16 January 2026

FITCAP CIO**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

		2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies		259,112	332,910
EXPENDITURE ON			
Raising funds	2	245,722	301,198
Charitable activities			
Donation		100	-
Total		245,822	301,198
NET INCOME		13,290	31,712
RECONCILIATION OF FUNDS			
Total funds brought forward		100,180	68,468
TOTAL FUNDS CARRIED FORWARD		113,470	100,180

The notes form part of these financial statements

FITCAP CIO**BALANCE SHEET****31 MARCH 2025**

		2025 Unrestricted fund £	2024 Total funds £
	Notes		
FIXED ASSETS			
Tangible assets	5	8,241	10,759
CURRENT ASSETS			
Debtors	6	31,973	6,500
Cash at bank		84,089	85,751
		<u>116,062</u>	<u>92,251</u>
CREDITORS			
Amounts falling due within one year	7	(10,833)	(2,830)
NET CURRENT ASSETS		<u>105,229</u>	<u>89,421</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		113,470	100,180
NET ASSETS		<u>113,470</u>	<u>100,180</u>
FUNDS	8		
Unrestricted funds		<u>113,470</u>	<u>100,180</u>
TOTAL FUNDS		<u>113,470</u>	<u>100,180</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16 January 2026 and were signed on its behalf by:

A Plester - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

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.

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

Tangible fixed assets

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

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.

Pension costs and other post-retirement benefits

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

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

2. RAISING FUNDS

Raising donations and legacies

	2025	2024
	£	£
Purchases	-	13,347
Support costs	245,722	287,851
	<u>245,722</u>	<u>301,198</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

	2025	2024
	£	£
Trustees' salaries	-	28,667
	<u>-</u>	<u>28,667</u>

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>332,910</u>
EXPENDITURE ON	
Raising funds	<u>301,198</u>
NET INCOME	31,712
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>68,468</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>100,180</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

5. TANGIBLE FIXED ASSETS

	Long leasehold £	Plant and machinery £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 April 2024 and 31 March 2025	3,378	16,717	12,552	4,641	37,288
DEPRECIATION					
At 1 April 2024	1,879	9,602	11,417	3,631	26,529
Charge for year	225	1,511	285	497	2,518
At 31 March 2025	2,104	11,113	11,702	4,128	29,047
NET BOOK VALUE					
At 31 March 2025	1,274	5,604	850	513	8,241
At 31 March 2024	1,499	7,115	1,135	1,010	10,759

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	25,473	-
Other debtors	6,500	6,500
	31,973	6,500

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	8,806	1
Taxation and social security	827	1,929
Other creditors	1,200	900
	10,833	2,830

8. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	100,180	13,290	113,470
TOTAL FUNDS	100,180	13,290	113,470

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	259,112	(245,822)	13,290
TOTAL FUNDS	259,112	(245,822)	13,290

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	68,468	31,712	100,180
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>68,468</u>	<u>31,712</u>	<u>100,180</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	332,910	(301,198)	31,712
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>332,910</u>	<u>(301,198)</u>	<u>31,712</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	68,468	45,002	113,470
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>68,468</u>	<u>45,002</u>	<u>113,470</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	592,022	(547,020)	45,002
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>592,022</u>	<u>(547,020)</u>	<u>45,002</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	2	1
Grant and contributions	259,110	332,909
	<u>259,112</u>	<u>332,910</u>
Total incoming resources	259,112	332,910
EXPENDITURE		
Raising donations and legacies		
Purchases	-	13,347
Charitable activities		
Grants to institutions	100	-
Support costs		
Management		
Trustees' salaries	-	28,667
Wages	50,757	40,091
Social security	-	806
Pensions	930	1,352
Insurance	4,783	5,593
Postage and stationery	144	609
Advertising	-	2,156
Computer running expenses	3,740	1,924
Training and coaching	180,326	179,946
Motor and travel	-	477
Hire charges	-	14,143
Household and cleaning	-	805
Sundries	-	(47)
Long leasehold	225	264
Plant and machinery	1,511	1,945
Motor vehicles	285	379
Computer equipment	497	1,561
	<u>243,198</u>	<u>280,671</u>
Information technology		
Telephone	318	-
Repairs and renewals	86	794
	<u>404</u>	<u>794</u>
Governance costs		
Accountancy and legal fees	1,320	900
Professional fees	800	5,486
	<u>2,120</u>	<u>6,386</u>
Total resources expended	<u>245,822</u>	<u>301,198</u>
Net income	<u>13,290</u>	<u>31,712</u>

This page does not form part of the statutory financial statements