

SPORTABILITY

England & Wales · Charity number 328325

Details

Status Registered

Legal form Other

Registered 1989-08-24

Register [View on the Charity Commission register](#)

Contact

Address Laynes House
526-528 Watford Way
London
NW7 4RS

Phone 07305 047 533

Email info@sportability.org.uk

Website www.sportability.org.uk

Activities

Objects: TO RELIEVE AND REHABILITATE THOSE SUFFERING FROM SPINAL CORD INJURY OR OTHER FORMS OF PARALYSIS.

Activities: Sportability provides sport and challenging pursuits for people with all forms of paralysis - spinal cord injury, stroke, M.S etc. Activities include micro-light flying, gliding, sailing, canoeing, quad-biking, archery, clay pigeon shooting, BloKart sailing, wheelchair tennis, falconry and more. Their credo is taking the 'dis' out of disability and to focus on ability.

Classification

- **How:** Provides Services
- **What:** Disability, Amateur Sport
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£88,170	£70,856	-	-
2024-12-31	£58,756	£66,005	-	-
2023-12-31	£70,093	£60,422	-	-
2022-12-31	£47,594	£59,613	-	-
2021-12-31	£57,164	£54,634	-	-
2020-12-31	£30,420	£25,304	-	-

Trustees

Name	Role	Appointed
MARTYN BAKER	Chair	
Christopher William Selway		2025-08-07
Colin Alexander Campbell		2014-05-01
Daniel Wilson		2025-11-20
IAN MICHAEL TAYLORSON		2012-07-19
Jane Mackenzie		2025-08-07
KEVIN LEWIS		
Tania Francine Nadarajah		2022-01-18

SPORTABILITY

England & Wales - Charity number 328325

Accounts



SPORTABILITY
Charity Registration No. 328325

**REPORT of the TRUSTEES
and
UNAUDITED FINANCIAL STATEMENTS
for the
YEAR ENDED 31 DECEMBER 2025**

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

SPORTABILITY

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REPORT OF THE TRUSTEES

For The Year Ended 31st December 2025

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

328325

Principal address

Laynes House
526-528 Watford Way
London
NW7 4RS

Trustees

Mr M Baker, Miss T Nadarajah, Mr D Wilson, Mr K Lewis, Mr I Taylorson, Mr C Campbell ,
Miss J Mackenzie, Mr C Selway.

Independent Examiner

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Solicitors

Keystone Law
48 Chancery Lane
London
WC2A 1JF

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



.....
M. Baker – Chairman

Date: 06.05.26

Independent Examiner's Report to the Trustees of Sportability

I report to the trustees on my examination of the financial statements of Sportability for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Mr Y Chanmuganathan
Centrum Chartered Certified Accountants
ACCA
Elscot House
Arcadia Avenue
London
N3 2JU

Mr Y Chanmuganathan
Chartered Certified Accountant
Elscot House
Arcadia Avenue
London N3 2JU

Date: 07/05/2026

Sportability
Statement of Financial Activities
For The Year Ended 31 December 2025

				2025	2024
	Notes	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	<u>3</u>	82,374	5,000	87,374	58,041
Investments	<u>4</u>	796	-	796	715
		83,170	5,000	88,170	58,756
EXPENDITURE ON:					
Raising funds	<u>6</u>	(4,233)	-	(4,233)	(3,637)
Charitable activities:	<u>6</u>				
Events and activity programmes		(66,623)	-	(66,623)	(62,368)
		(70,856)	-	(70,856)	(66,005)
NET INCOME/(EXPENDITURE)		12,314	5,000	17,314	(7,249)
NET MOVEMENT IN FUNDS		12,314	5,000	17,314	(7,249)
RECONCILIATION OF FUNDS:					
Total funds brought forward		19,254	1,500	20,754	28,003
TOTAL FUNDS CARRIED FORWARD		31,568	6,500	38,068	20,754

The notes on pages 7 to 12 form part of these financial statements.

Sportability
Statement of Financial Position
As at 31 December 2025

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	<u>10</u>	444	-	444	555
		444	-	444	555
CURRENT ASSETS					
Cash at bank and in hand		32,881	6,500	39,381	22,405
		32,881	6,500	39,381	22,405
Creditors: Amounts Falling Due Within One Year	<u>11</u>	(1,757)	-	(1,757)	(2,206)
NET CURRENT ASSETS (LIABILITIES)		31,124	6,500	37,624	20,199
TOTAL ASSETS LESS CURRENT LIABILITIES		31,568	6,500	38,068	20,754
NET ASSETS		31,568	6,500	38,068	20,754
FUNDS OF THE CHARITY					
Restricted Funds				6,500	1,500
Unrestricted Funds				31,568	19,254
TOTAL FUNDS				38,068	20,754

MC Baker

Signed on behalf of the board:
 Mr Martyn Baker – Chairman

K Lewis

Mr Kevin Lewis - Hon. Treasurer

Sportability
Notes to the Financial Statements
For The Year Ended 31 December 2025

1. General Information

Sportability is an unincorporated charity registered with the Charity Commission, registered charity number 328325 . The principal address is Laynes House, 526-528 Watford Way, London, NW7 4RS.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

2.2. Fund Accounting

Unrestricted funds

These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

Designated funds

These are unrestricted funds earmarked by the trustees for particular purposes.

Revaluation funds

These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds

These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

2.3. Incoming Resources

Recognition of Income

Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure

Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies

Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts

Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities

These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help

The value of any volunteer help received is not included in the accounts.

Investment income

This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets

This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets

This includes any gain or loss on the sale of investments.

Sportability
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2025

2.4. Resources Expended

Recognition of expenditure

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds

These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities

These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable

All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs

These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure

These are support costs not allocated to a particular activity.

2.5. Tangible Fixed Assets and Depreciation

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

Plant & Machinery	20%% on net book value
Motor Vehicles	20%% on net book value
Fixtures & Fittings	20%% on net book value

2.6. Cash and Cash Equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

2.7. Taxation

The charity is exempt from tax on its charitable activities.

2.8. Pensions

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

3. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	82,374	5,000	87,374

Sportability
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2025

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	51,041	7,000	58,041

4. Investment Income

	2025 Unrestricted funds		2024 Unrestricted funds
	£		£
Bank interest receivable	796		715

5. Net Income/(Expenditure)

The net income/(expenditure) is stated after charging/(crediting):

	2025		2024
	£		£
Depreciation of tangible fixed assets - owned	111		139

6. Analysis of Expenditure

	Activities undertaken directly	Support costs (see note Z)	2025 Total
	£	£	£
Raising funds	4,122	111	4,233
Events and activity programs	59,621	7,002	66,623
	63,743	7,113	70,856

	Activities undertaken directly	Support costs (see note Z)	2024 Total
	£	£	£
Raising funds	3,498	139	3,637
Events and activity programs	53,318	9,050	62,368
	56,816	9,189	66,005

Sportability
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2025

7. Support Costs

	2025		
	Raising funds	Events and activity programs	Total
	£	£	£
Employee costs	-	116	116
General administration	-	6,886	6,886
Depreciation	111	-	111
	111	7,002	7,113
	111	7,002	7,113
			2024
	Raising funds	Events and activity programs	Total
	£	£	£
General administration	-	9,050	9,050
Depreciation	139	-	139
	139	9,050	9,189
	139	9,050	9,189

8. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	42,307	29,479
Other pension costs	998	856
	43,305	30,335
	43,305	30,335

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

9. Average Number of Employees

Average number of employees during the year was: 3 (2024: 3)

10. Tangible Assets

	Plant & Machinery	Motor Vehicles	Fixtures & Fittings	Total
	£	£	£	£
Cost				
As at 1 January 2025	5,005	9,005	1,022	15,032
As at 31 December 2025	5,005	9,005	1,022	15,032
Depreciation				
As at 1 January 2025	4,594	8,899	984	14,477
Provided during the period	82	21	8	111
As at 31 December 2025	4,676	8,920	992	14,588

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Sportability
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2025

Net Book Value

As at 31 December 2025	329	85	30	444
As at 1 January 2025	411	106	38	555

11. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Other creditors	269	212
Taxation and social security	528	1,034
Accruals and deferred income	960	960
	1,757	2,206

12. Pension Commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £998 (2024: £856).

At the statement of financial position date contributions of £269 (2024: £0) were due to the fund and are included in creditors.

13. Movement in Funds

	As at 1 January 2025	Income	Expenditure	As at 31 December 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	19,254	83,170	(70,856)	31,568
Restricted funds				
Restricted funds	1,500	5,000	-	6,500
Total funds	20,754	88,170	(70,856)	38,068
	As at 1 January 2024	Income	Expenditure	As at 31 December 2024
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	27,433	51,756	(59,935)	19,254
Restricted funds				
Restricted funds	570	7,000	(6,070)	1,500
Total funds	28,003	58,756	(66,005)	20,754

Report of the Trustees for the year ended 31st December 2025

Constitution & Objects: Sportability is constituted under a trust deed dated 21st August 1989 and is a registered charity no. 328325.

The objects of the Charity are the relief and rehabilitation of those suffering spinal cord injury and other forms of paralysis, through the provision of sporting and recreational activities.

Objectives and Activities: The Charity's objects and principal activities are:

To provide sport and challenging pursuits to people with paralysis.

The original remit was limited to people with spinal cord injury, but with the advice and agreement of the Charity Commission (10th February 2003) this was extended to other populations. The wording of the Trust document was amended by the addition of the words "or any form of paralysis" to follow "spinal cord injury". Thus, the target population to benefit from the Charity's activities was extended to include among others, stroke survivors and people with MS or cerebral palsy.

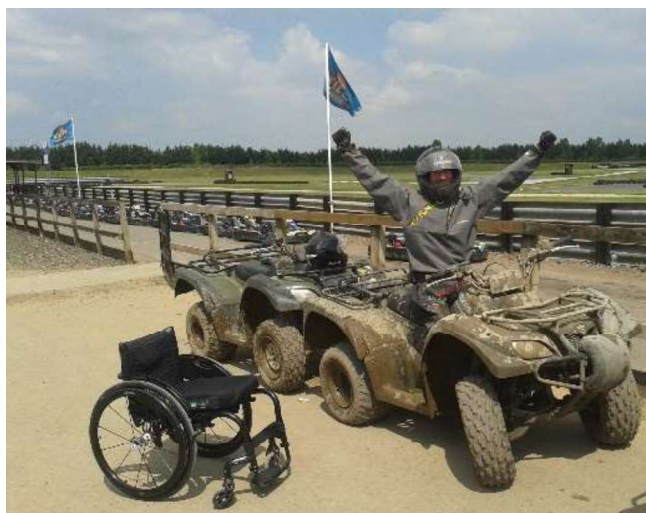
The main objectives and activities for the year continued to be: The provision of sport and challenging pursuits in various locations around the UK. However, there is a very positive by-product of the Sportability activities in that service providers, who may have never considered working with people with disabilities hitherto, learn from the experience, recognise the possibilities, and extend participation to a wider, more inclusive, public.

Our vision: A world where people with paralysis can flourish, can recognise and realise their full potential.

Our mission: To provide and facilitate opportunities for people affected by paralysis to transform their lives; to challenge societal and individual perceptions of disability; to deliver services that build confidence and self-esteem, that allow people with paralysis to re-assess their capabilities and re-assert their independence.

Our goal: To put the "buzz" back into the lives of people with paralysis, let them experience the elusive adrenaline rush, to empower through achievement and ultimately to inspire the thought *"If I can do this, what else can I achieve?"*

Our values: Driven by the needs of people with paralysis, we are passionate about transforming those lives. Through the medium of sport and challenging pursuits, we provide opportunities to develop, achieve and live life to the optimum. We respect individuality, champion inclusivity and embrace diversity. We aim for quality and excellence in all we do.



Organisation

Trustees. Trustees are appointed by the Board of Trustees and normally serve for three years, after which period they may put themselves forward for re-appointment.

At the Trustees Meeting held on Wednesday, 15th January 2025, Mr. Kevin Lewis and Miss Tania Nadarajah, having served a continuous three-year period, confirmed their willingness to serve for another three-year term with immediate effect. This was proposed and passed by a unanimous vote.

At the Trustees Meeting held on Thursday, 17th August 2025, Mr. Christopher Selway and Miss Jane Mackenzie, confirmed their willingness to serve as trustees for a three-year term with immediate effect. This was proposed and passed by a unanimous vote.

At the Trustees Meeting held on Thursday, 20th November 2025, Mr. Daniel Wilson confirmed his willingness to serve as a trustee for a three-year term with immediate effect. This was proposed and passed by a unanimous vote.

Miss Pippa Isbell announced her intended retirement from the Board by email on 3rd November 2025 and this was confirmed at the Trustees Meeting held on Thursday, 20th November 2025. The Board would like to record their thanks and appreciation of her unstinting service over many years. She has advised that she will remain an active supporter and ambassador for the Charity.

The Trustees meet on average quarterly but there are subgroups, which may include specialist co-optees. These subgroups may meet more frequently as demand dictates, but ultimately report to the Board. *Note: Trustees' meetings were conducted via Teams online conferencing.*

Trustee Induction and Training: Most Trustees were already familiar with the practical work of the Charity at the time of their original appointment. Indeed, five of the eight Trustees have personal experience of spinal cord injury, one has M.S. and the mother of one Trustee was a beneficiary participant in the Charity's events programmes.

All Trustees have been referred to the Charity Commission website information on trusteeship and have received the latest financial statements and minutes of Trustees meetings. Moreover, any additional recommendations on trusteeship issued by the Charity Commission are passed on to the Trustees.

Staff: The Charity employed two permanent salaried members of staff for the duration of the year being: Miss Valerie Small as General Manager (GM); and Miss Ann Ryan, as part-time Administrator. One further member of staff, Miss Charlotte Ambery was appointed on 1st September 2025 as part-time fundraiser. Mr David Heard remained in position of unpaid Chief Executive (CE) throughout.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the CE along with GM, Fundraiser and the Administrator. The CE is responsible for ensuring that the Charity delivers the services specified and that key performance indicators are met. The CE also attends the Trustees' meetings by invitation but has no voting rights. The GM, Fundraiser and Administrator have responsibility for the day-to-day practise of the Charity, supervision of the Area Organizers, ensuring that the Charity operates in line with good working practice.

The Charity functions on a work from home policy with office equipment and other resources provided for the staff as required. The staff therefore work remotely, but meet formally, as and when required.

Other services, such as Legal Services, secretarial support, accountancy and payroll, marketing, further fundraising and website management, are bought in on a need basis.

Volunteers: Many of the regional activity programmes are overseen by volunteer staff. This includes: Miss Jane McKenzie (Yorkshire) Mr Chris Selway (Bristol & Glos.) Mr Dan Marshall (West Midlands) Mr Phil Whiles (North West) Mr Robert Edwards (Dorset & Hants.) and Mr Aaron Heard (East Midlands, Central, Surrey, Kent, London & Essex). The Trustees would like to record their thanks for all the valuable help and support that these volunteers provide.

Marketing: The main marketing tool of the Charity has been the Internet and social media. This has established a national and indeed international presence.

The Charity's website has been most instrumental in maintaining contact and interest among our participants. This interest has been reinforced by regular e-mail newsletters and personal contacts. As a result, we now have active supporters/participants in the 15 regions in which we currently operate.

Additionally, the Charity's website provides a facility for online donations. It is also a platform to enhance reciprocal support for our sponsors - providing them with a long-term presence.

Accountants: BC Centrum Ltd. were appointed on 26th July 2019 as accountants for the Charity. The current accounts have duly been prepared by them.

Compliance: In response to the implementation of the General Data Protection Regulation (GDPR), effective from Spring 2018, the Charity undertook a complete review of the entire data treatment, protection and process. All individuals whose personal data was held by the Charity were contacted with a description of how their data is held and how it would be used in line with the new GDPR regulations. Informed consent was requested to continue to hold that data.

At a meeting of the Board of Trustees, held on 6th September 2018, a policy document, in compliance with the GDPR, was agreed and is permanently published on the Charity's website. Moreover, policies in respect of Safeguarding, Employment, Volunteers, Privacy, Employment, Complaints, Equality and Conflict of Interest were also posted on the Charity's website. These are subject to ongoing review and updated as required.

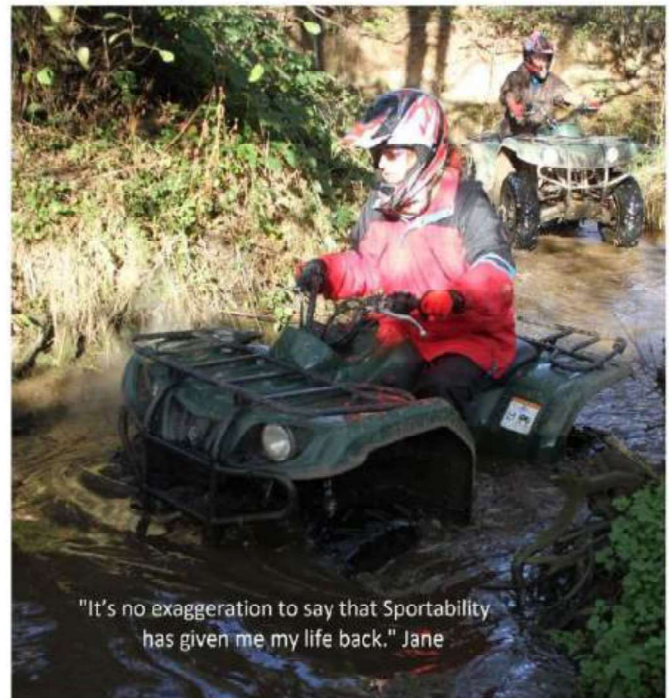
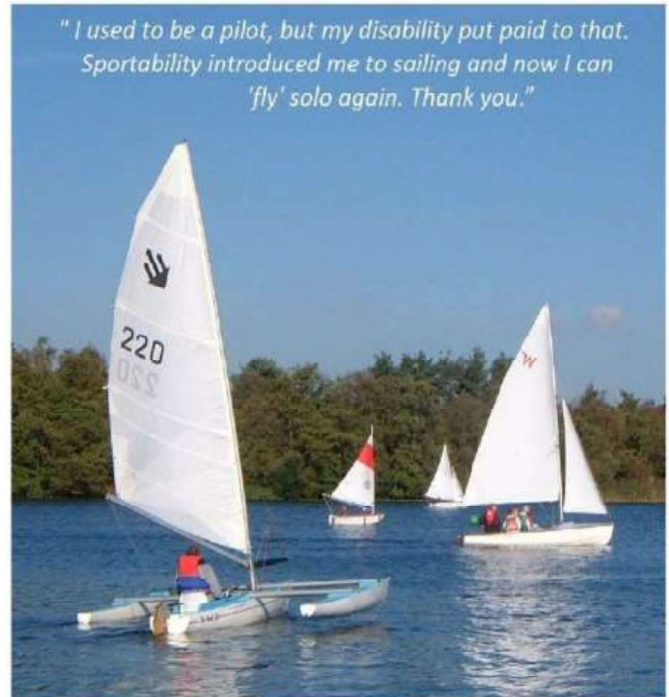
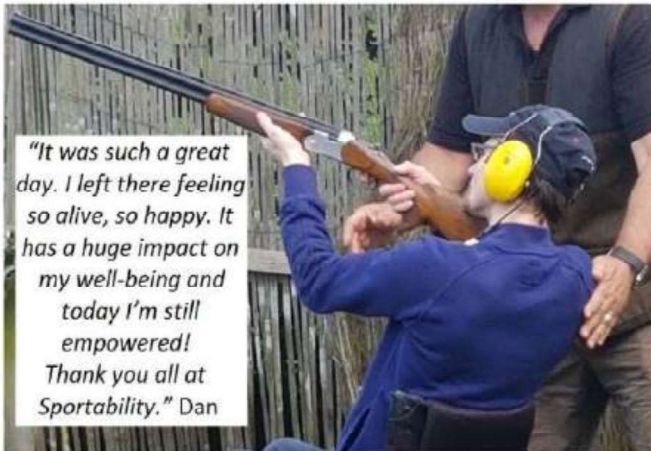
Risk Management: The Board of Trustees is cognisant of the major risks to which the charity is exposed.

Significant risks attach to the operation of activities and it was decided (12th January 2003) that the Charity would not run its own events, but would work with established service providers. Participants would then be 'clients' of the service providers and any liability in terms of Health and Safety would accrue to those organisations with the requisite expertise to best manage the risks associated with running events and protecting the health and safety of participants.

Related Parties: The Charity is in dialogue with various organisations that have similar or complementary objects. These include the Spinal Injuries Association, The MS Society and various branches, and the Stroke Association and various branches.

It has been noted that Sportability programmes have often provided benefits beyond the participants and their families. The Sportability events raise awareness among the service providers and lead to a direct understanding of some of the difficulties experienced by those with disabilities. Many service providers have made adaptations to their equipment and/or access to allow wheelchair users and people with walking aids to participate in their activities and events. These facilities are then available to the public at large, increasing the possibility of more inclusive participation in future for individual (or groups) quite apart from the Sportability programmes.

What It Really Means



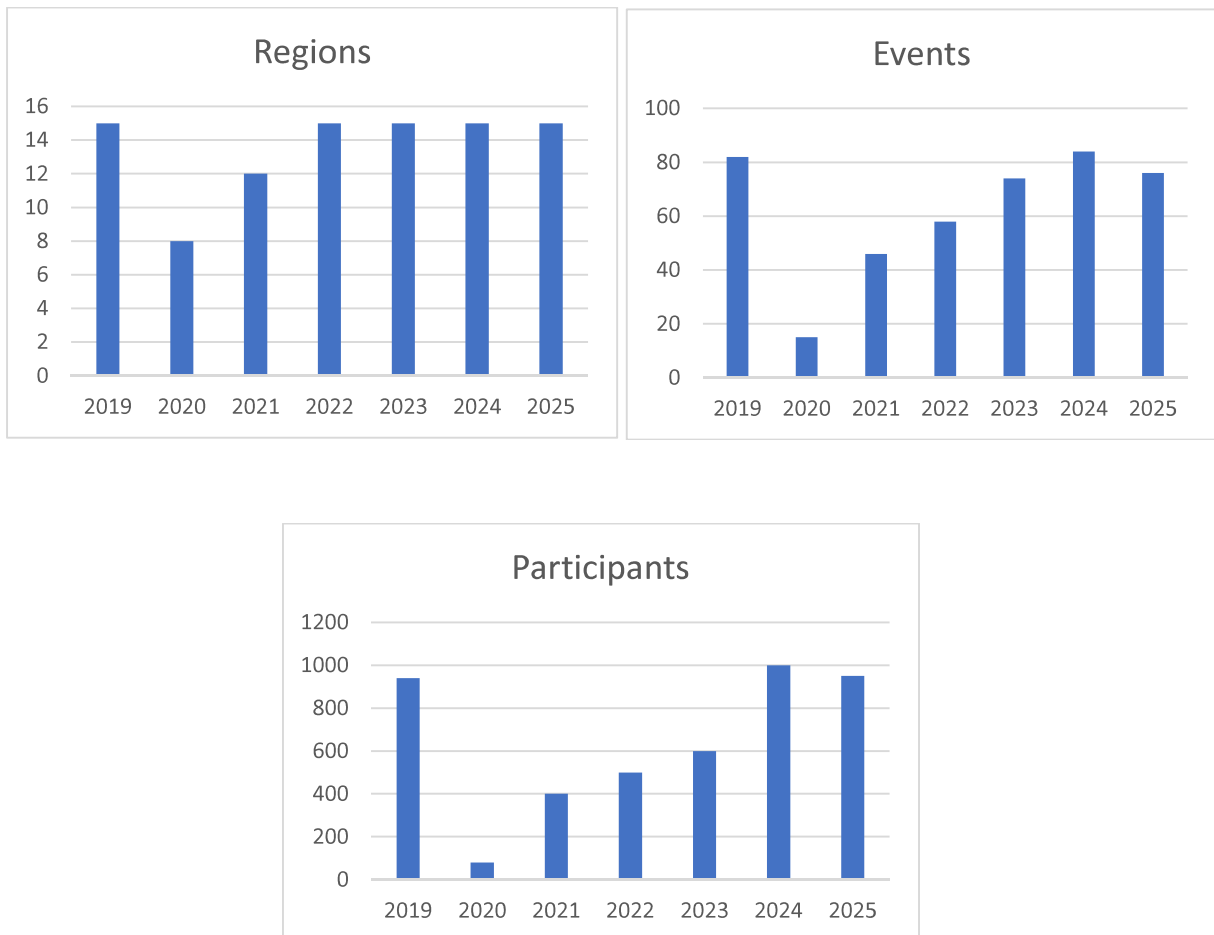
The Year in Review

The objective for 2025 was to continue the re-building programme, matching the pre-Covid performance levels. We expanded our regular winter indoor programme, featuring events in seven regions of the UK. Then completed a summer programme that featured all our regular activities, such as quad biking, 4x4 driving, archery, falconry, sailing, clay shooting, microlight flying, gliding, canoeing. Plus, the re-introduction of adapted light aircraft flying, indoor sit-skiing, off-shore motor boating and carriage driving. In we added some exciting new events such as pickle ball and paddleboarding.

However, 2025 saw some exceptional weather conditions and as a result many of the water sports activities (sailing, canoeing, etc) were unavailable due to low and dangerous water levels. Moreover, some airborne activities (gliding, microlight flying) were inoperable with extreme thermal conditions.

As a result, the annual programme was slightly reduced. However, the Charity was still able to offer 76 events across 15 regions of the UK. That is over some 900 opportunities for people with paralysis to participate in something they never thought they could do. **And all completely free of charge.**

Activity Programmes



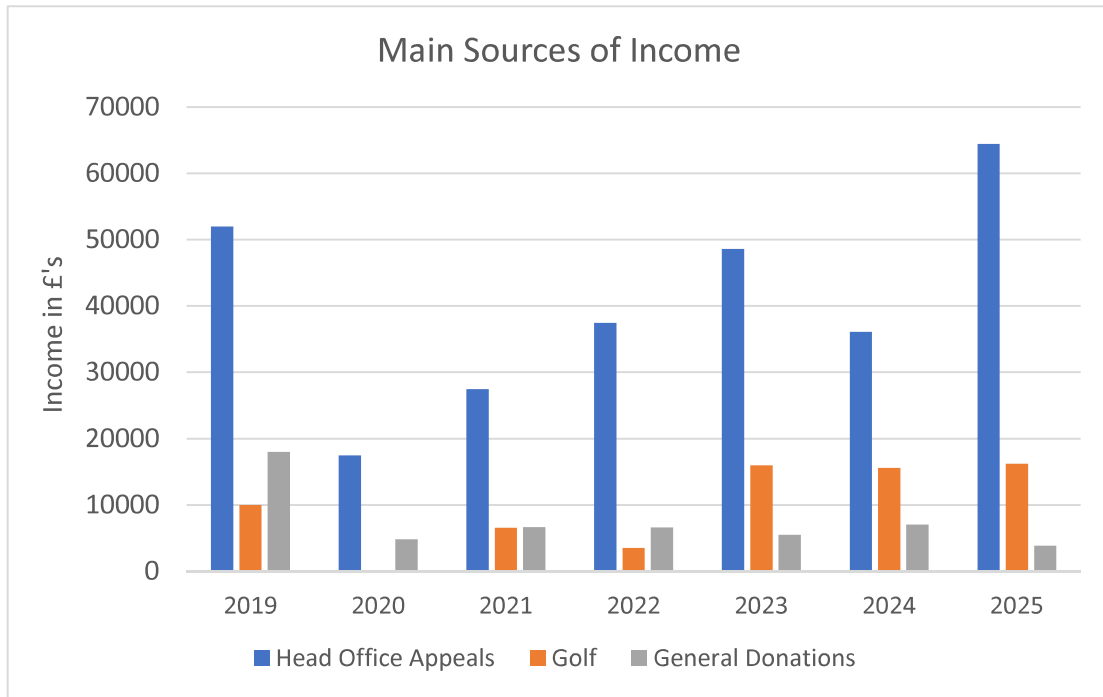
Fund Raising

The Charity, along with all others in the third sector, had previously suffered a dramatic downturn in every aspect of fund-raising. Many regular donors were unable to offer support either through diversion of funds to other health causes, or pressure on their own funds. Indeed, some ceased operating entirely.

Nevertheless, there was a rise in the effectiveness of Head Office fund-raising activity, which led to an overall increase in funding to well above the pre-Covid levels. Moreover, the regular golf tournaments continued to show a healthy increase in the contribution from the three tournaments, surpassing each of the previous years.

Sources of Funding

HO fund raising activity included 278 appeals in 2025. This compares to 352 appeals in 2024, 494 appeals in 2023, 472 in 2022 and 115 in 2021. Contributions from this source rose to £64,450 in 2025, compared to £36,100 in 2024, £48,600 in 2023, £37,464 in 2022 and £27,450 in 2021, and well above the 2019 pre-Covid contribution of £52,694.



While many donors consistently support the Charity, several wish to remain anonymous. However, the Trustees would like to accord particular thanks and recognition to the following organisations:

The Souter Trust

For their generous contribution with donations over 13 years to support Sportability Events & Activities programmes across the country.

The Calleva Foundation & The Broughton Family Charitable Trust

For their generous contribution with donations over nine years to support Sportability Events & Activities programmes across the country.

The Bruce Wake Charity

For their generous contribution with donations over eight years [including a double donation in 2025 prior to their closure] to support Sportability Events & Activities programmes across the Midlands regions.

The Jeremy Willson Charitable Trust

For their support over seven years, with particular emphasis on participation for people with paraplegia.

Alice Ellen Cooper-Dean Charitable Foundation

Alice Ellen Dean Charitable Foundation in Dorchester for their support over eleven years for programmes in the Dorset, Hants. and Wilts. region.

THE SIR JAMES ROLL CHARITABLE TRUST

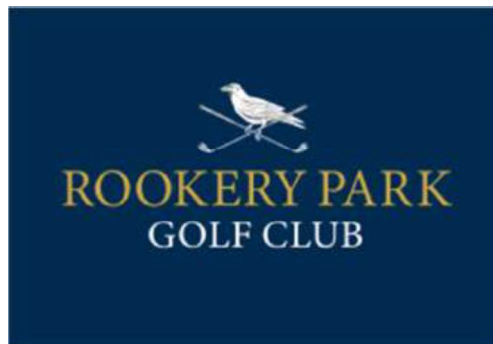
For their generous contribution with donations over 14 years to support Sportability Events & Activities programmes across the country.

The Freddie Wakenham Charitable Trust

For their generous contributions with donations over five years to support Sportability Events & Activities programmes across the country.

The Trustees would also like to express their sincere thanks to all the participating golf clubs for the use of their facilities and the support in promoting and hosting the extremely valuable fund raising events.

SURBITON GOLF CLUB ESTABLISHED 1895



The Year Ahead

The Board of Trustees is mindful of the continuing national mood of austerity and uncertainty and has considered the possible effect on the Charity's fundraising capability. Moreover, several Trusts and Foundations that have supported the Charity in the past are no longer operational.

However, the two golf tournaments in East Anglia will continue, with efforts to hold costs, increase attendance and revenue. Messrs Taylorson and Campbell are again organising a fund-raising golf tournament at Surbiton Golf Club, building on the success of the prior tournaments.

Moreover, with a greater carry forward sum in 2025, due to the reduction in events and the increased performance in HO Fundraising, it was considered reasonable to increase the budgeted costs for 2026 by 31% rather than the prior annual rise of 25%.

For the immediate future, the Charity has two main objectives: To provide a greater range of sports (indoor and out) in the existing regions; and to offer programmes in more regions. These are the twin goals of Sportability. We want people with paralysis to have access to sport throughout the UK. The ultimate aim is to bring the Sportability Experience within an hour's drive of the main population areas of the UK.

The future growth of the sports programmes (the core activity of the Charity) is deemed dependent on the replacement of defunct service providers, the sourcing of new providers and an increase in available capacity.

The appointment of more Area Organisers is considered key to any expansion. Discussions are ongoing with several possible candidates and more appointments are expected in 2026.

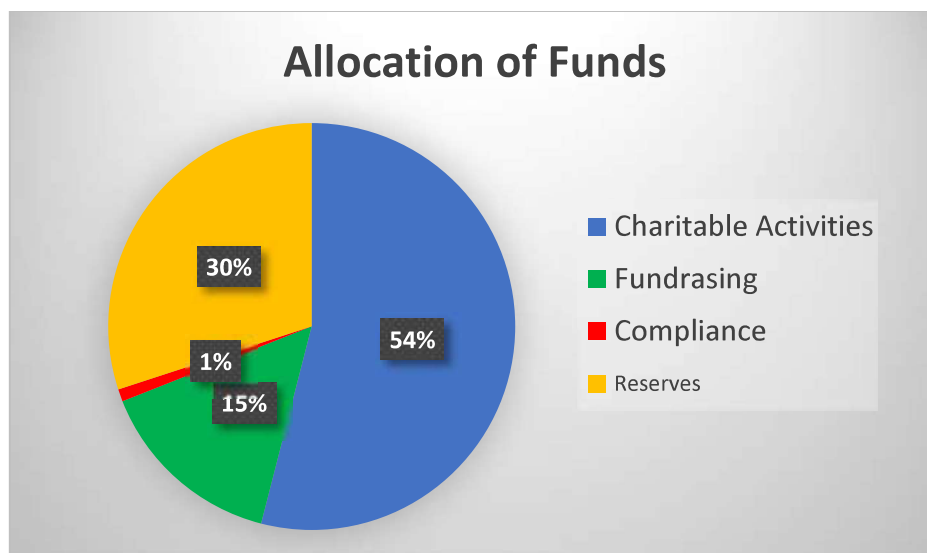
The Board is aware that any expansion is subject to available funds and review.

Financial Review

Accounts have been prepared for the period 1st January 2025 up to and including 31st December 2025 and show net current assets of **£37,624** and total assets, less current liabilities, of **£38,068**.

Restricted Funds: During the year, certain donations were made to support either specific activities, or use in specific regions. In the year under review there were no Restricted Funds outstanding.

Sports activities that are financed by the Charity are reflected in the accounts under the heading 'Events & Activity Costs'. Those costs are therefore incurred in pursuance of the Charity's objects.



Reserves Policy. The Board of Trustees has examined the Charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the funds not committed or invested in tangible fixed assets held by the Charity should be set at 3 to 6 months of the Fixed Costs. Budgeted expenditure for 2026 is **£91,170**, of which the Fixed Cost element is **£54,700**. Therefore, the minimum surplus in general funds will, at any given time, be held at around **£13,675** and no less than **£27,350**.

The reserves are needed to meet the working capital requirements of the Charity and the Trustees are confident that at this level they would be able to continue the activities of the Charity (albeit in reduced form and volume) in the event of a significant drop in funding.

Declaration: The Trustees are satisfied that the objects of the Charity have been carried out in accordance with their Declaration of Trust dated 28th August 1989 as amended in 2003 and that the attached accounts show a true record of the financial activities of the Trust.

Signed on behalf of the Trustees of Sportability:

Martyn Baker
Chairman

Date: 06.05.26

Kevin Lewis
Hon. Treasurer

Date: 6th May 2026

SPORTABILITY

England & Wales - Charity number 328325

Accounts



SPORTABILITY
Charity Registration No. 328325

**REPORT of the TRUSTEES
and
UNAUDITED FINANCIAL STATEMENTS
for the
YEAR ENDED 31 DECEMBER 2024**

B C Business Centrum
Certified Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

SPORTABILITY

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REPORT OF THE TRUSTEES
For The Year Ended 31st December 2024

The trustees present their report with the financial statements of the charity for the year ended 31st December 2024. 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

328325

Principal address

Laynes House
526-528 Watford Way
London
NW7 4RS

Trustees

M Baker
T Nadarajah
P Isbell
K Lewis
I Taylorson
C Campbell

Independent Examiner

B C Business Centrum Ltd
Certified Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Solicitors

Keystone Law
48 Chancery Lane
London
WC2A 1JF

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



M. Baker – Chairman

Date: 12th April 2025

Sportability
Independent Examiners Report

Independent Examiner's Report to the trustees of Sportability

I report to the trustees on my examination of the financial statements of Sportability for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.


Mr Y Chanmuganathan
Chartered Certified Accountant
Elscot House
Arcadia Avenue
London N3 2JU

BC Business Centrum Ltd
Chartered Certified Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Date: 14/04/2025

Sportability
Statement of Financial Activities
for the year ended 31 December 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	3	51,041	7,000	58,041	69,896
Investments	4	715	-	715	197
Total		51,756	7,000	58,756	70,093
Expenditure on:					
Raising funds	5	3,498	-	3,498	2,434
Charitable activities	6	56,298	6,070	62,368	57,814
Other	7	139	-	139	174
Total		59,935	6,070	66,005	60,422
Net gains on investments		-	-	-	-
Net (expenditure)/income		(8,179)	930	(7,249)	9,671
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(8,179)	930	(7,249)	9,671
Other gains and losses					
Net movement in funds		(8,179)	930	(7,249)	9,671
Reconciliation of funds:					
Total funds brought forward		27,433	570	28,003	18,332
Total funds carried forward		19,254	1,500	20,754	28,003

**Sportability
Balance Sheet
at 31 December 2024**

Charity No. 328325	2024	2023
	£	£
Fixed assets		
Tangible assets	9 555	694
	<u>555</u>	<u>694</u>
Current assets		
Cash at bank and in hand	22,405	31,123
	<u>22,405</u>	<u>31,123</u>
Creditors: Amount falling due within one year	10 (2,206)	(3,814)
Net current assets	<u>20,199</u>	<u>27,309</u>
Total assets less current liabilities	<u>20,754</u>	<u>28,003</u>
Net assets excluding pension asset or liability	<u>20,754</u>	<u>28,003</u>
Total net assets	<u><u>20,754</u></u>	<u><u>28,003</u></u>
The funds of the charity		
Restricted funds	11	
Restricted income funds	1,500	570
	<u>1,500</u>	<u>570</u>
Unrestricted funds	11	
General funds	19,254	27,433
	<u>19,254</u>	<u>27,433</u>
Reserves	11	
Total funds	<u><u>20,754</u></u>	<u><u>28,003</u></u>

Approved by the trustees on xx March 2025

And signed on their behalf by:

Martin Baker
Chairman
12th April 2025



Kevin Lewis
Hon. Treasurer
12th April 2025



for the year ended 31 December 2024

1 Accounting policies: Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Sportability

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Tangible fixed assets and depreciation

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

Plant and machinery	20%% on net book value
Sports equipment	20%% on net book value
Fixtures and fittings	20%% on net book value

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

Sportability
Notes to the Accounts

2 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	65,386	4,510	69,896
Investments	197	-	197
Total	<u>65,583</u>	<u>4,510</u>	<u>70,093</u>
Expenditure on:			
Raising funds	2,608	-	2,608
Charitable activities	53,874	3,940	57,814
Total	<u>56,482</u>	<u>3,940</u>	<u>60,422</u>
Net income	<u>9,101</u>	<u>570</u>	<u>9,671</u>
Net income before other gains/(losses)	<u>9,101</u>	<u>570</u>	<u>9,671</u>
Other gains and losses:			
Net movement in funds	<u>9,101</u>	<u>570</u>	<u>9,671</u>
Reconciliation of funds:			
Total funds brought forward	18,332	-	18,332
Total funds carried forward	<u><u>27,433</u></u>	<u><u>570</u></u>	<u><u>28,003</u></u>

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Donations	51,041	7,000	58,041	69,896
	<u>51,041</u>	<u>7,000</u>	<u>58,041</u>	<u>69,896</u>

4 Income from investments

	Unrestricted £	Total 2024 £	Total 2023 £
Bank interest	715	715	197
	<u>715</u>	<u>715</u>	<u>197</u>

5 Expenditure on raising funds

	Unrestricted £	Total 2024 £	Total 2023 £
<i>Fundraising trading costs</i>			
Fundraising costs	3,498	3,498	2,434
	<u>3,498</u>	<u>3,498</u>	<u>2,434</u>

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Events and activity programs	47,248	6,070	53,318	54,359
<i>Governance costs</i>				
Other office costs	9,050	-	9,050	3,455
	<u>56,298</u>	<u>6,070</u>	<u>62,368</u>	<u>57,814</u>

7 Other expenditure

	Unrestricted	Total 2024	Total 2023
	£	£	£
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	139	139	174
	<u>139</u>	<u>139</u>	<u>174</u>

8 Staff costs

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

9 Tangible fixed assets

	Plant and machinery	Sports equipment	Fixtures and fittings	Total
	£	£	£	£
Cost or revaluation				
At 1 January 2024	5,005	9,005	1,022	15,032
At 31 December 2024	<u>5,005</u>	<u>9,005</u>	<u>1,022</u>	<u>15,032</u>
Depreciation and impairment				
At 1 January 2024	4,491	8,872	975	14,338
Depreciation charge for the year	103	27	9	139
At 31 December 2024	<u>4,594</u>	<u>8,899</u>	<u>984</u>	<u>14,477</u>
Net book values				
At 31 December 2024	<u>411</u>	<u>106</u>	<u>38</u>	<u>555</u>
At 31 December 2023	<u>514</u>	<u>133</u>	<u>47</u>	<u>694</u>

Sportability
Notes to the Accounts

10 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Other taxes and social security	1,034	2,597
Other creditors	212	257
Accruals	960	960
	<u>2,206</u>	<u>3,814</u>

11 Movement in funds

	At 1 January 2024	Incoming resources (including other gains/losses)	Resources expended	At 31 December 2024
	£	£	£	£
Restricted funds:				
Restricted income funds:	570	7,000	(6,070)	1,500
<i>Total</i>	<u>570</u>	<u>7,000</u>	<u>(6,070)</u>	<u>1,500</u>
Unrestricted funds:				
General funds	27,433	51,756	(59,935)	19,254
Total funds	<u>28,003</u>	<u>58,756</u>	<u>(66,005)</u>	<u>20,754</u>

Report of the Trustees for the year ended 31st December 2024

Constitution & Objects: Sportability is constituted under a trust deed dated 21st August 1989 and is a registered charity no. 328325.

The objects of the Charity are the relief and rehabilitation of those suffering spinal cord injury and other forms of paralysis, through the provision of sporting and recreational activities.

Objectives and Activities: The Charity's objects and principal activities are:

To provide sport and challenging pursuits to people with paralysis.

The original remit was limited to people with spinal cord injury, but with the advice and agreement of the Charity Commission (10th February 2003) this was extended to other populations. The wording of the Trust document was amended by the addition of the words "or any form of paralysis" to follow "spinal cord injury". Thus, the target population to benefit from the Charity's activities was extended to include among others, stroke survivors and people with MS or cerebral palsy.

The main objectives and activities for the year continued to be: The provision of sport and challenging pursuits in various locations around the UK. However, there is a very positive by-product of the Sportability activities in that service providers, who may have never considered working with people with disabilities hitherto, learn from the experience, recognise the possibilities, and extend participation to a wider, more inclusive, public.

Our vision: A world where people with paralysis can flourish, can recognise and realise their full potential.

Our mission: To provide and facilitate opportunities for people affected by paralysis to transform their lives; to challenge societal and individual perceptions of disability; to deliver services that build confidence and self-esteem, that allow people with paralysis to re-assess their capabilities and re-assert their independence.

Our goal: To put the "buzz" back into the lives of people with paralysis, let them experience the elusive adrenaline rush, to empower through achievement and ultimately to inspire the thought *"If I can do this, what else can I achieve?"*

Our values: Driven by the needs of people with paralysis, we are passionate about transforming those lives. Through the medium of sport and challenging pursuits, we provide opportunities to develop, achieve and live life to the optimum. We respect individuality, champion inclusivity and embrace diversity. We aim for quality and excellence in all we do.



Organisation

Trustees. Trustees are appointed by the Board of Trustees and normally serve for three years, after which period they may put themselves forward for re-appointment.

At the Trustees Meeting held on Tuesday, 28th September 2023, Mr. Colin Campbell, having served a continuous three-year period, confirmed his willingness to serve for another three-year term with immediate effect. This was proposed and passed by a unanimous vote.

The Trustees meet on average quarterly but there are subgroups, which may include specialist co-optees. These subgroups may meet more frequently as demand dictates, but ultimately report to the Board.

Trustees' meetings were conducted by telephone conference calls and/or Zoom online conferencing.

Trustee Induction and Training: Most Trustees were already familiar with the practical work of the Charity at the time of their original appointment. Indeed, three of the five Trustees have personal experience of spinal cord injury, and the mother of one Trustee was a beneficiary participant in the Charity's events programmes. Additionally, new trustees are invited and encouraged to attend events.

All Trustees have been provided with the Charity Commission booklet on trusteeship. This is distributed to all new trustees along with the Memorandum and Articles of the Charity, and the latest financial statements. Moreover, any additional recommendations on trusteeship issued by the Charity Commission are passed on to the Trustees as a matter of course.

Staff: The Charity employed two permanent salaried members of staff for the duration of the year being: Miss Valerie Small as General Manager (GM); and Miss Ann Ryan, as part-time Administrator. Mr David Heard remained in position of unpaid Chief Executive (CE) throughout.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the CE along with GM and the Administrator. The CE is responsible for ensuring that the Charity delivers the services specified and that key performance indicators are met. The CE also attends the Trustees' meetings by invitation but has no voting rights. The GM and Administrator(s) have responsibility for the day-to-day operational management of the Charity, supervision of the Area Organizers, and ensuring that the Charity operates in line with good working practice.

The Charity operates a work from home policy with office equipment and other resources provided for the staff as required. The staff therefore work remotely, but meet formally, as and when required.

Other services, such as Legal Services, secretarial support, accountancy and payroll, marketing, fundraising and website management, are bought in on a need basis.

Volunteers: Many of the regional activity programmes are overseen by volunteer staff. This includes: Miss Jane McKenzie (Yorkshire) Mr Chris Selway (Bristol & Glos.) Mr Dan Marshall (West Midlands) Mr Robert Edwards and Mr Tim Worner (Dorset & Hants.) Mr Phil Whiles (East Midlands) and Mr Aaron Heard (Central, Surrey, Kent, London & Essex). The Trustees would like to record their thanks for all the valuable help and support that these volunteers provide.

Marketing: The main marketing tool of the Charity has been the Internet, and this has established a national and indeed international presence. The website also provides a facility for online donations.

The website and social media platforms have been most instrumental in maintaining contact and interest among our participants. This interest has been reinforced by regular e-mail newsletters and personal contacts. Thus, we now have a band of active supporters/participants in the 15 regions in which we currently operate.

We were also able to enhance the reciprocal support for our sponsors, by providing them with a long-term and professional looking presence on our website.

Accountants: BC Centrum Ltd. were appointed on 26th July 2019 as accountants for the Charity. The current accounts have duly been prepared by them.

Compliance: In response to the implementation of the General Data Protection Regulation (GDPR), effective from Spring 2018, the Charity undertook a complete review of the entire data treatment, protection and process. All individuals whose personal data was held by the Charity were contacted with a description of how their data is held and how it would be used in line with the new GDPR regulations. Informed consent was requested to continue to hold that data.

At a meeting of the Board of Trustees, held on 6th September 2018, a policy document, in compliance with the GDPR, was agreed and is permanently published on the Charity's website. Moreover, policies in respect of Safeguarding, Employment, Volunteers, Privacy, Employment, Complaints, Equality and Conflict of Interest were also posted on the Charity's website. These are subject to ongoing review and updated as required.

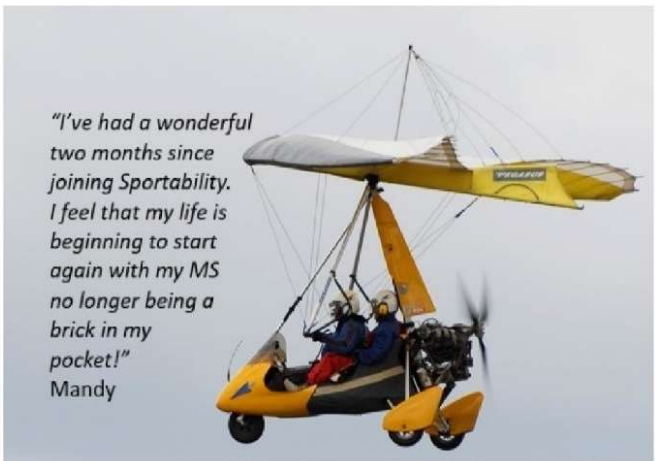
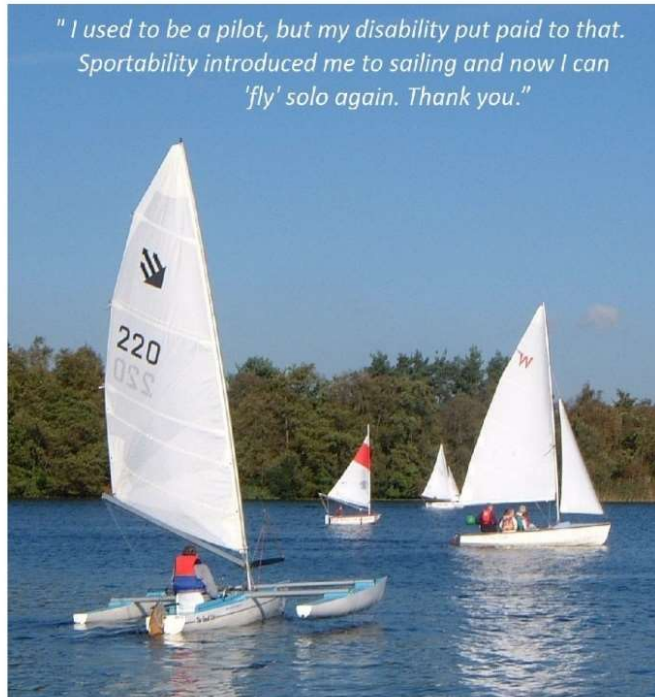
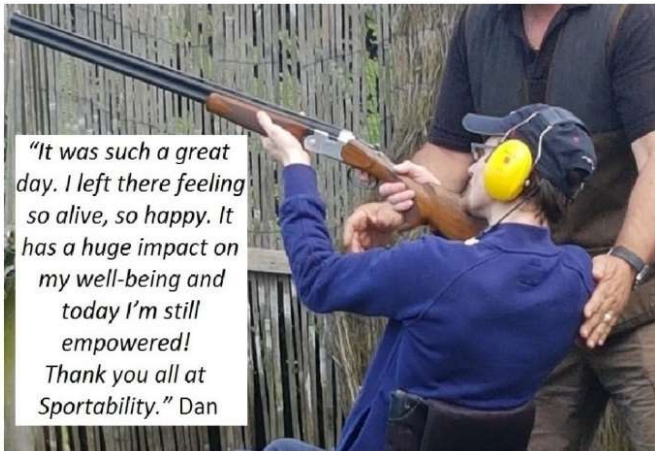
Risk Management: The Board of Trustees is cognisant of the major risks to which the charity is exposed.

Significant risks attach to the operation of activities and it was decided (12th January 2003) that the Charity would not run its own events, but would work with established service providers. Participants would then be 'clients' of the service providers and any liability in terms of Health and Safety would accrue to those organisations with the requisite expertise to best manage the risks associated with running events and protecting the health and safety of participants.

Related Parties: The Charity is in dialogue with various organisations that have similar or complementary objects. These include the Spinal Injuries Association, The MS Society and various branches, and the Stroke Association and various branches.

It has been noted that Sportability programmes have often provided benefits beyond the participants and their families. The Sportability events raise awareness among the service providers and lead to a direct understanding of some of the difficulties experienced by those with disabilities. Many service providers have made adaptations to their equipment and/or access to allow wheelchair users and people with walking aids to participate in their activities and events. These facilities are then available to the public at large, increasing the possibility of more inclusive participation in future for individual (or groups) quite apart from the Sportability programmes.

What It Really Means

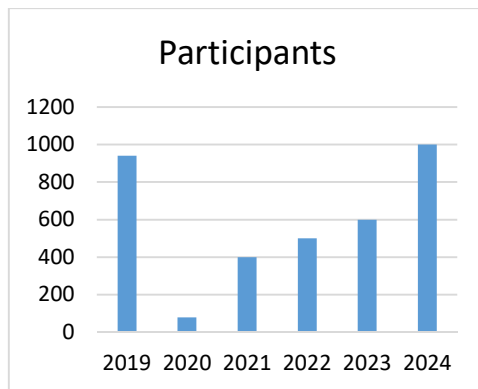
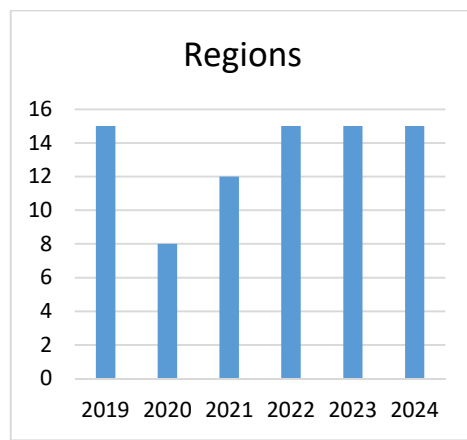
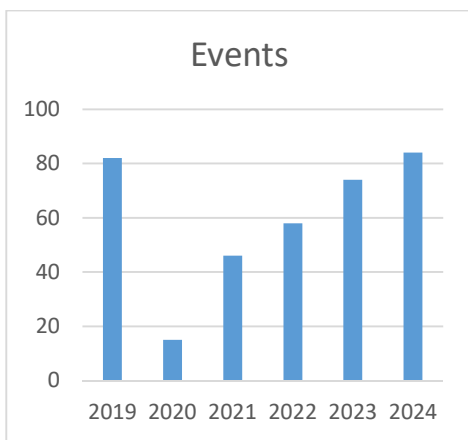


The Year in Review

The objective for 2024 was to continue the re-building programme, post-Covid. We expanded our regular winter indoor programme, featuring events in seven regions of the UK. Then completed a summer programme that featured all our regular activities, such as quad biking, 4x4 driving, archery, falconry, sailing, clay shooting, microlight flying, gliding, canoeing. Plus, some exciting new events such as adapted surfing and the return of carriage driving.

The whole programme meant the Charity was able to offer 84 events across 15 regions of the UK. That is over 1,000 opportunities for people with paralysis to participate in something they never thought they could do. **And all completely free of charge.**

Activity Programmes



Fund Raising

The Charity, along with all others in the third sector, had previously suffered a dramatic downturn in every aspect of fund-raising. Many regular donors were unable to offer support either through diversion of funds to more specific post-Covid and mental health causes, or pressure on their own funds, indeed some ceased operating entirely.

This contributed to a decline in Head Office fund-raising activity, which will be addressed in 2025. Moreover, one of the regular golf tournaments was postponed and carried forward to 2025. However, there was a healthy increase in the two completed tournaments, which helped to offset those losses. 2023.

Sources of Funding

HO fund raising activity remains the primary source of income, followed by golf tournament fundraising and general donations. Contributions from HO activity fell to £36,100 compared to £48,600 in 2023: Golf to £12,851 compared to £15,298 and Gift Aid to £1,161 compared to £1,829. While General Donations rose to £5,177 from £3,479; and Interest Earned rose to £712 from £197. With the exception of Interest Earned these are still well below the 2019 pre-Covid results. *See 'The Year Ahead' for further information.*

Building Relationships

In recognition of the economic difficulties and the challenges of constantly securing funds the Charity has actively pursued a policy of building relationships with donors and supporters. As a result, we are increasing the number of regular and repeat donations from established sources.

While many of these donors consistently support the Charity, several wish to remain anonymous. However, the Trustees would like to accord particular thanks and recognition to the following organisations:

The Souter Trust

For their generous contribution with donations over 13 years to support Sportability Events & Activities programmes across the country.

The Calleva Foundation & The Broughton Family Charitable Trust

For their generous contribution with donations over nine years to support Sportability Events & Activities programmes across the country.

The Bruce Wake Charity

For their generous contribution with donations over eight years to support Sportability Events & Activities programmes across the Midlands regions.

The Jeremy Willson Charitable Trust

For their support over seven years, with particular emphasis on participation for people with paraplegia.

Alice Ellen Cooper-Dean Charitable Foundation

Alice Ellen Dean Charitable Foundation in Dorchester for their support over eleven years for programmes in the Dorset, Hants. and Wilts. region.

THE SIR JAMES ROLL CHARITABLE TRUST

For their generous contribution with donations over 14 years to support Sportability Events & Activities programmes across the country.

The Freddie Wakenham Charitable Trust

For their generous contributions with donations over six years to support Sportability Events & Activities programmes across the country.

The Trustees would also like to express their sincere thanks to all the participating golf clubs for the use of their facilities and the support in promoting and hosting the extremely valuable fund raising events.

SURBITON GOLF CLUB ESTABLISHED 1895



The Year Ahead

The Board of Trustees is mindful of the continuing national mood of austerity and uncertainty and has considered the possible effect on the Charity's fundraising capability. Moreover, several Trusts and Foundations that have supported the Charity in the past are no longer operational.

The Charity is therefore actively developing other income streams to include more corporate contributors and more regional targeted support.

The two golf tournaments in East Anglia will continue, with efforts to hold costs, increase attendance and revenue. In addition, the team behind these tournaments is actively seeking other venues around the country to replicate this format. Also, messrs Taylorson and Campbell are again organising another event at Surbiton Golf Club, building on the success of the prior tournaments.

Nevertheless, it was deemed prudent to project budgeted income for the year 2025 at the 2024 level plus no more than 20%.

For the immediate future, the Charity has two main objectives: To provide a greater range of sports (indoor and out) in the existing regions; and to offer programmes in more regions. These are the twin goals of Sportability. We want people with paralysis to have access to sport throughout the UK. The ultimate aim is to bring the Sportability Experience within an hour's drive of the main population areas of the UK.

The future growth of the sports programmes (the core activity of the Charity) is dependent on the replacement of defunct service providers, the sourcing of new providers and an increase in available capacity.

Moreover, the appointment of more Area Organisers is considered key to any expansion. Discussions are ongoing with several possible candidates and more appointments are expected in 2025.

The Board is aware that any expansion is subject to available funds and review.

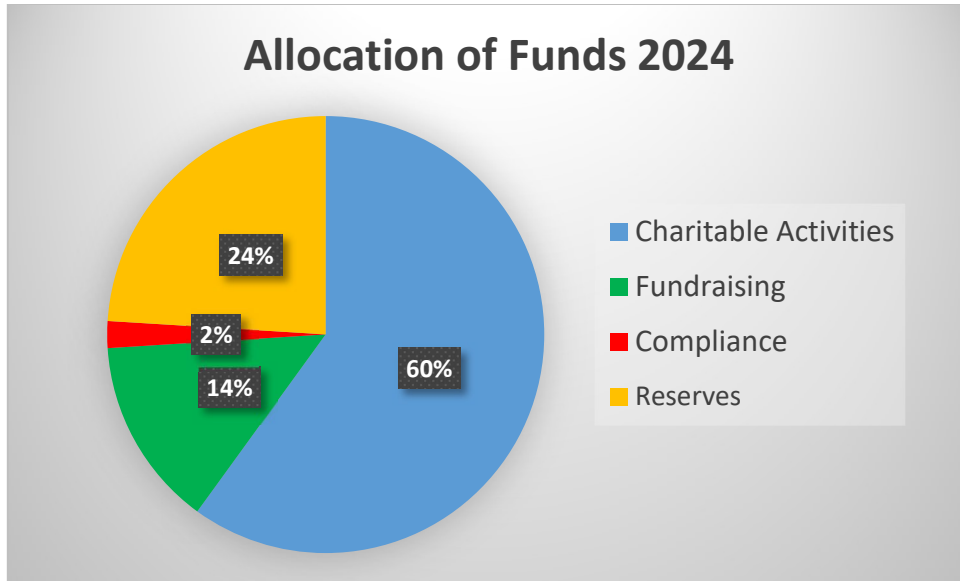
Financial Review

Accounts have been prepared for the period 1st January 2024 up to and including 31st December 2024 and show net current assets of **£20,119**; and total assets, less current liabilities, of **£20,754**.

Restricted Funds: During the year, certain donations were made to support either specific activities, or use in specific regions. In the year under review there were no Restricted Funds outstanding.

Staff: There were two permanent paid employees throughout the year, and the Chief Executive as an unpaid officer of the Charity. The Chief Executive and two Administrators effected the administration and operation of the Charity. However, the CE also fulfilled the role of Events and Activities Organiser, where necessary.

Events & Activity Costs: Sports activities that are subsidised by the Charity are reflected in the accounts under the heading 'Events & Activity Costs'. Those costs are therefore incurred in pursuance of the Charity's objects.



Reserves Policy. The Board of Trustees has examined the Charity’s requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the funds not committed or invested in tangible fixed assets held by the Charity should be set at 3 to 6 months of the Fixed Costs. Budgeted expenditure for 2025 is **£79,520** of which the Fixed Cost element is **£50,710**. Therefore, the minimum surplus in general funds will, at any given time, be held at around **£12,677** and no less than **£25,355**.

The reserves are needed to meet the working capital requirements of the Charity and the Trustees are confident that at this level they would be able to continue the activities of the Charity (albeit in reduced form and volume) in the event of a significant drop in funding.

Declaration: The Trustees are satisfied that the objects of the Charity have been carried out in accordance with their Declaration of Trust dated 28th August 1989 as amended in 2003 and that the attached accounts show a true record of the financial activities of the Trust.

Signed on behalf of the Trustees of Sportability:

Martyn Baker
Chairman

Date: 12th April 2025

Kevin Lewis
Hon. Treasurer

Date: 12th April 2025

SPORTABILITY

England & Wales - Charity number 328325

Accounts



SPORTABILITY
Charity Registration No. 328325

**REPORT of the TRUSTEES
and
UNAUDITED FINANCIAL STATEMENTS
for the
YEAR ENDED 31 DECEMBER 2023**

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

SPORTABILITY

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Balance Sheet	4
Notes to the Financial Statements	5 to 9
Trustees Report	10 to 18

REPORT OF THE TRUSTEES
For The Year Ended 31st December 2023

The trustees present their report with the financial statements of the charity for the year ended 31st December 2023. 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

328325

Principal address

Laynes House
526-528 Watford Way
London
NW7 4RS

Trustees

M Baker
T Nadarajah
P Isbell
K Lewis
I Taylorson
C Campbell

Independent Examiner

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Solicitors

Keystone Law
48 Chancery Lane
London
WC2A 1JF

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



.....
M. Baker - Chairman

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SPORTABILITY

I report to the trustees on my examination of the financial statements of Sportability for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.


Mr Y Chanmuganathan
Chartered Certified Accountant
Elscot House
Arcadia Avenue
London N3 2JU

BC Business Centrum Ltd Elscot House
Arcadia Avenue London N3 2JU

Sportability
Statement of Financial Activities
for the year ended 31 December 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:					
Donations and legacies	3	65,386	4,510	69,896	47,506
Investments	4	197	-	197	88
Total		65,583	4,510	70,093	47,594
Expenditure on:					
Raising funds	5	2,608	-	2,608	2,986
Charitable activities	6	53,874	3,940	57,814	56,627
Total		56,482	3,940	60,422	59,613
Net gains on investments		-	-	-	-
Net income/(expenditure)		9,101	570	9,671	(12,019)
Transfers between funds		-	-	-	-
Net income/(expenditure) before other gains/(losses)		9,101	570	9,671	(12,019)
Other gains and losses					
Net movement in funds		9,101	570	9,671	(12,019)
Reconciliation of funds:					
Total funds brought forward		18,332	-	18,332	30,351
Total funds carried forward		27,433	570	28,003	18,332

**Sportability
Balance Sheet
at 31 December 2023**

Charity No. 328325	2023	2022
	£	£
Fixed assets		
Tangible assets	8 694	867
	<u>694</u>	<u>867</u>
Current assets		
Cash at bank and in hand	31,123	20,986
	<u>31,123</u>	<u>20,986</u>
Creditors: Amount falling due within one year	9 (3,814)	(3,521)
Net current assets	<u>27,309</u>	<u>17,465</u>
Total assets less current liabilities	<u>28,003</u>	<u>18,332</u>
Net assets excluding pension asset or liability	<u>28,003</u>	<u>18,332</u>
Total net assets	<u><u>28,003</u></u>	<u><u>18,332</u></u>
 The funds of the charity		
Restricted funds	10	
Restricted income funds	570	-
	<u>570</u>	<u>-</u>
Unrestricted funds	10	
General funds	27,433	18,332
	<u>27,433</u>	<u>18,332</u>
Reserves	10	
Total funds	<u><u>28,003</u></u>	<u><u>18,332</u></u>

Approved by the trustees and signed on their behalf
by:



M. Baker Chairman

Date 10/04/2024



K. Lewis Treasurer 8th April 2024

for the year ended 31 December 2023

1 Accounting Policies: Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Tangible fixed assets and depreciation

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

Plant and machinery	20%% on net book value
Sports equipment	20%% on net book value
Fixtures and fittings	20%% on net book value

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

2 Statement of Financial Activities - prior year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Income and endowments from:			
Donations and legacies	42,956	4,550	47,506
Investments	88	-	88
Total	<u>43,044</u>	<u>4,550</u>	<u>47,594</u>
Expenditure on:			
Raising funds	2,986	-	2,986
Charitable activities	52,077	4,550	56,627
Total	<u>55,063</u>	<u>4,550</u>	<u>59,613</u>
Net income	<u>(12,019)</u>	<u>-</u>	<u>(12,019)</u>
Net income before other gains/(losses)	<u>(12,019)</u>	<u>-</u>	<u>(12,019)</u>
Other gains and losses:			
Net movement in funds	<u>(12,019)</u>	<u>-</u>	<u>(12,019)</u>
Reconciliation of funds:			
Total funds brought forward	30,351	-	30,351
Total funds carried forward	<u>18,332</u>	<u>-</u>	<u>18,332</u>

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Donations	65,386	4,510	69,896	47,506
	<u>65,386</u>	<u>4,510</u>	<u>69,896</u>	<u>47,506</u>

4 Income from investments

	Unrestricted £	Total 2023 £	Total 2022 £
Bank interest	197	197	88
	<u>197</u>	<u>197</u>	<u>88</u>

5 Expenditure on raising funds

	Unrestricted £	Total 2023 £	Total 2022 £
<i>Fundraising trading costs</i>			
Fundraising costs	2,608	2,608	2,986
	<u>2,608</u>	<u>2,608</u>	<u>2,986</u>

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Events and activity programs	50,419	3,940	54,359	52,748
<i>Governance costs</i>				
Other office costs	3,455	-	3,455	3,879
	<u>53,874</u>	<u>3,940</u>	<u>57,814</u>	<u>56,627</u>

7 Staff costs

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

8 Tangible fixed assets

	Plant and machinery	Sports equipment	Fixtures and fittings	Total
	£	£	£	£
Cost or revaluation				
At 1 January 2023	5,005	9,005	1,022	15,032
At 31 December 2023	<u>5,005</u>	<u>9,005</u>	<u>1,022</u>	<u>15,032</u>
Depreciation and impairment				
At 1 January 2023	4,362	8,839	963	14,164
Depreciation charge for the Year	129	33	12	174
At 31 December 2023	<u>4,491</u>	<u>8,872</u>	<u>975</u>	<u>14,338</u>
Net book values				
At 31 December 2023	<u>514</u>	<u>133</u>	<u>47</u>	<u>694</u>
At 31 December 2022	<u>643</u>	<u>166</u>	<u>59</u>	<u>868</u>

9 Creditors:

amounts falling due within one year	2023 £	2022 £
Other taxes and social security	2,597	2,305
Other creditors	257	256
Accruals	960	960
	<u>3,814</u>	<u>3,521</u>

10 Movement in funds

	At 1 January 2023	Incoming resources (including other gains/losses	Resources expended	At 31 December 2023
		£	£	£
Restricted funds:				
Restricted income funds:	-	4,510	(3,940)	570
<i>Total</i>	-	4,510	(3,940)	570
Unrestricted funds:				
General funds	18,332	65,583	(56,482)	27,433
Total funds	<u>18,332</u>	<u>70,093</u>	<u>(60,422)</u>	<u>28,003</u>

Report of the Trustees for the year ended 31st December 2023

Constitution & Objects: Sportability is constituted under a trust deed dated 21st August 1989 and is a registered charity no. 328325.

The objects of the Charity are the relief and rehabilitation of those suffering spinal cord injury and other forms of paralysis, through the provision of sporting and recreational activities.

Objectives and Activities: The Charity's objects and principal activities are:

To provide sport and challenging pursuits to people with paralysis.

The original remit was limited to people with spinal cord injury, but with the advice and agreement of the Charity Commission (10th February 2003) this was extended to other populations. The wording of the Trust document was amended by the addition of the words "or any form of paralysis" to follow "spinal cord injury". Thus, the target population to benefit from the Charity's activities was extended to include among others, stroke survivors and people with MS or cerebral palsy.

The main objectives and activities for the year continued to be: The provision of sport and challenging pursuits in various locations around the UK. However, there is a very positive by-product of the Sportability activities in that service providers, who may have never considered working with people with disabilities hitherto, learn from the experience, recognise the possibilities, and extend participation to a wider, more inclusive, public.

Our vision: A world where people with paralysis can flourish, can recognise and realise their full potential.

Our mission: To provide and facilitate opportunities for people affected by paralysis to transform their lives; to challenge societal and individual perceptions of disability; to deliver services that build confidence and self-esteem, that allow people with paralysis to re-assess their capabilities and re-assert their independence.

Our goal: To put the "buzz" back into the lives of people with paralysis, let them experience the elusive adrenaline rush, to empower through achievement and ultimately to inspire the thought *"If I can do this, what else can I achieve?"*

Our values: Driven by the needs of people with paralysis, we are passionate about transforming those lives. Through the medium of sport and challenging pursuits, we provide opportunities to develop, achieve and live life to the optimum. We respect individuality, champion inclusivity and embrace diversity. We aim for quality and excellence in all we do.



Organisation

Trustees. Trustees are appointed by the Board of Trustees and normally serve for three years, after which period they may put themselves forward for re-appointment.

At the Trustees Meeting held on Tuesday, 28th September 2023, Mr. Colin Campbell, having served a continuous three-year period, confirmed his willingness to serve for another three-year term with immediate effect. This was proposed and passed by a unanimous vote.

The Trustees meet on average quarterly but there are subgroups, which may include specialist co-optees. These subgroups may meet more frequently as demand dictates, but ultimately report to the Board.

Trustees' meetings were conducted by telephone conference calls and/or Zoom online conferencing.

Trustee Induction and Training: Most Trustees were already familiar with the practical work of the Charity at the time of their original appointment. Indeed, three of the five Trustees have personal experience of spinal cord injury, and the mother of one Trustee was a beneficiary participant in the Charity's events programmes. Additionally, new trustees are invited and encouraged to attend events.

All Trustees have been provided with the Charity Commission booklet on trusteeship. This is distributed to all new trustees along with the Memorandum and Articles of the Charity, and the latest financial statements. Moreover, any additional recommendations on trusteeship issued by the Charity Commission are passed on to the Trustees as a matter of course.

Staff: The Charity employed two permanent salaried members of staff for the duration of the year being: Miss Valerie Small as General Manager (GM); and Miss Ann Ryan, as part-time Administrator. Mr David Heard remained in position of unpaid Chief Executive (CE) throughout.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the CE along with GM and the Administrator. The CE is responsible for ensuring that the Charity delivers the services specified and that key performance indicators are met. The CE also attends the Trustees' meetings by invitation but has no voting rights. The GM and Administrator(s) have responsibility for the day-to-day operational management of the Charity, supervision of the Area Organizers, and ensuring that the Charity operates in line with good working practice.

The Charity operates a work from home policy with office equipment and other resources provided for the staff as required. The staff therefore work remotely, but meet formally, as and when required.

Other services, such as Legal Services, secretarial support, accountancy and payroll, marketing, fundraising and website management, are bought in on a need basis.

Volunteers: Many of the regional activity programmes are overseen by volunteer staff. This includes: Miss Jane McKenzie (Yorkshire) Mr Chris Selway (Bristol & Glos.) Mr Dan Marshall (West Midlands) Mr Ian Hinton (North West) Mr Robert Edwards (Dorset & Hants.) and Mr Aaron Heard (Central, Surrey, Kent, London & Essex). The Trustees would like to record their thanks for all the valuable help and support that these volunteers provide.

Marketing: The main marketing tool of the Charity has been the Internet, and this has established a national and indeed international presence. The website also provides a facility for online donations.

The website has been most instrumental in maintaining contact and interest among our participants. This interest has been reinforced by regular e-mail newsletters and personal contacts. Thus, we now have a band of active supporters/participants in the 15 regions in which we currently operate.

We were also able to enhance the reciprocal support for our sponsors, by providing them with a long-term and professional looking presence on our website.

Accountants: BC Centrum Ltd. were appointed on 26th July 2019 as accountants for the Charity. The current accounts have duly been prepared by them.

Compliance: In response to the implementation of the General Data Protection Regulation (GDPR), effective from Spring 2018, the Charity undertook a complete review of the entire data treatment, protection and process. All individuals whose personal data was held by the Charity were contacted with a description of how their data is held and how it would be used in line with the new GDPR regulations. Informed consent was requested to continue to hold that data.

At a meeting of the Board of Trustees, held on 6th September 2018, a policy document, in compliance with the GDPR, was agreed and is permanently published on the Charity's website. Moreover, policies in respect of Safeguarding, Employment, Volunteers, Privacy, Employment, Complaints, Equality and Conflict of Interest were also posted on the Charity's website. These are subject to ongoing review and updated as required.

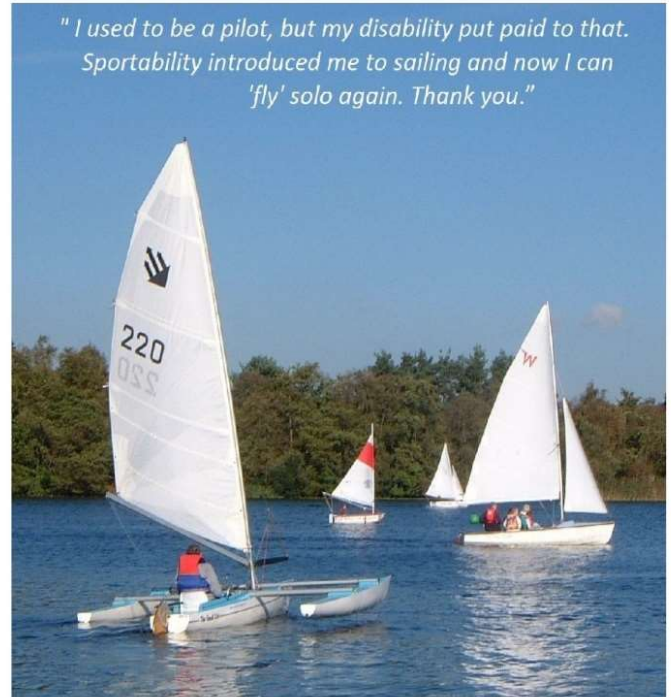
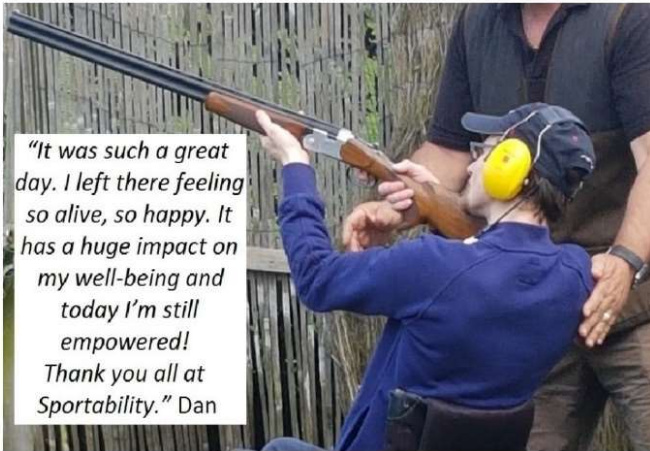
Risk Management: The Board of Trustees is cognisant of the major risks to which the charity is exposed.

Significant risks attach to the operation of activities and it was decided (12th January 2003) that the Charity would not run its own events, but would work with established service providers. Participants would then be 'clients' of the service providers and any liability in terms of Health and Safety would accrue to those organisations with the requisite expertise to best manage the risks associated with running events and protecting the health and safety of participants.

Related Parties: The Charity is in dialogue with various organisations that have similar or complementary objects. These include the Spinal Injuries Association, The MS Society and various branches, and the Stroke Association and various branches.

It has been noted that Sportability programmes have often provided benefits beyond the participants and their families. The Sportability events raise awareness among the service providers and lead to a direct understanding of some of the difficulties experienced by those with disabilities. Many service providers have made adaptations to their equipment and/or access to allow wheelchair users and people with walking aids to participate in their activities and events. These facilities are then available to the public at large, increasing the possibility of more inclusive participation in future for individual (or groups) quite apart from the Sportability programmes.

What It Really Means

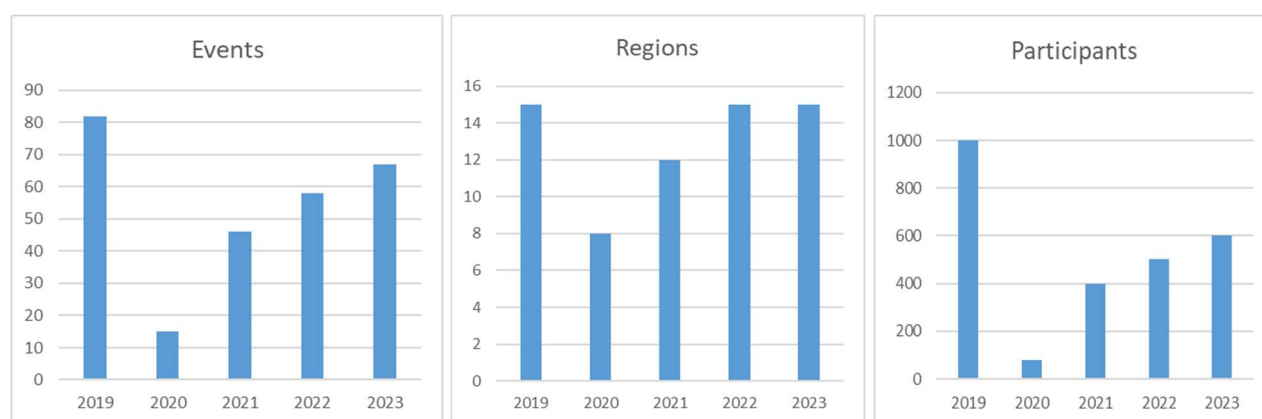


The Year in Review

The objective for 2023 was to continue the re-building programme, post-Covid. We expanded our regular winter indoor programme, featuring events in seven regions of the UK. Then completed a summer programme that featured all our regular activities, such as quad biking, 4x4 driving, archery, falconry, sailing, clay shooting, microlight flying, gliding, canoeing. Plus, some exciting new events such as adapted surfing and the return of carriage driving.

The whole programme meant the Charity was able to offer 67 events across 15 regions of the UK. That is over 600 opportunities for people with paralysis to participate in something they never thought they could do. **And all completely free of charge.**

Activity Programmes

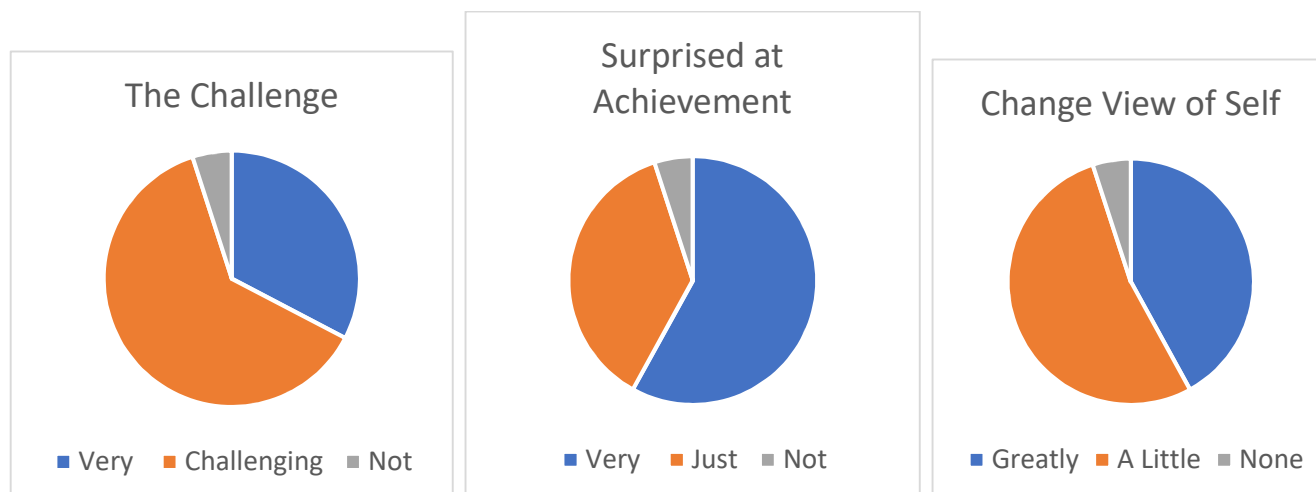


Participant Survey

The Charity carried out a small post-event survey during the month of September. Apart from the practical delivery aspects of the events [which were highly rated throughout] there were three questions designed to determine any effects regarding the confidence and self-belief of participants.

The effect on the person revealed that:-

- 33% found the activity very challenging, 63% challenging and 5% not particularly challenging.
- 58% were very surprised by what they could achieve, 37% were surprised and 5% not surprised.
- 43% thought the activities changed the way that they thought about themselves and their abilities greatly, 53% a little and 4% not at all.



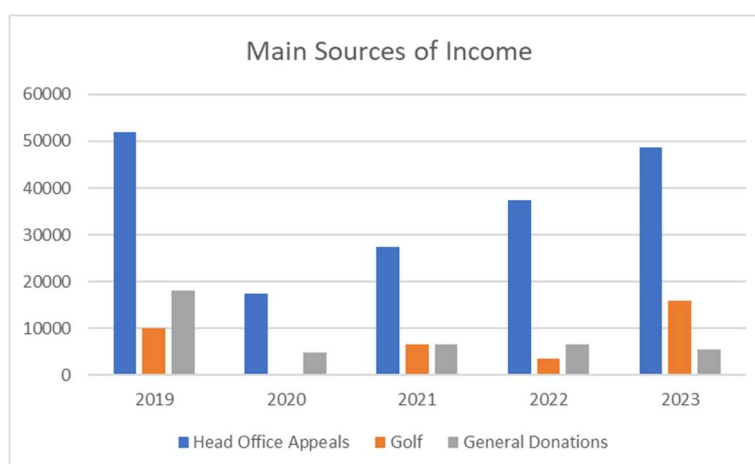
Fund Raising

The Charity, along with all others in the third sector, had previously suffered a dramatic downturn in every aspect of fund-raising. Many regular donors were unable to offer support either through diversion of funds to more specific Covid causes, or pressure on their own funds, indeed some ceased operating entirely.

However, the continuing effort of Head Office fund-raising activity and a return of three of the four regular golf tournaments saw a healthy increase in total income.

Sources of Funding

HO fund raising activity included 494 appeals in 2023. This compares to 472 appeals in 2022 and 115 appeals in 2021. Contributions from this source rose to £48,600 compared to £37,464 in 2022 and £27,450 in 2021, but still well below the 2019 pre-Covid contribution of £52,694.



While many donors consistently support the Charity, several wish to remain anonymous. However, the Trustees would like to accord particular thanks and recognition to the following organisations:

The Souter Trust

For their generous contribution with donations over 12 years to support Sportability Events & Activities programmes across the country.

The Calleva Foundation & The Broughton Family Charitable Trust

For their generous contribution with donations over eight years to support Sportability Events & Activities programmes across the country.

The Bruce Wake Charity

For their generous contribution with donations over seven years to support Sportability Events & Activities programmes across the Midlands regions.

The Jeremy Willson Charitable Trust

For their support over seven years, with particular emphasis on participation for people with paraplegia.

Alice Ellen Cooper-Dean Charitable Foundation

Alice Ellen Dean Charitable Foundation in Dorchester for their support over ten years for programmes in the Dorset, Hants. and Wilts. region.

THE SIR JAMES ROLL CHARITABLE TRUST

For their generous contribution with donations over 13 years to support Sportability Events & Activities programmes across the country.

The Freddie Wakenham Charitable Trust

For their generous contributions with donations over five years to support Sportability Events & Activities programmes across the country.

The Trustees would also like to express their sincere thanks to all the participating golf clubs for the use of their facilities and the support in promoting and hosting the extremely valuable fund raising events.

SURBITON GOLF CLUB ESTABLISHED 1895

DEREHAM 
GOLF CLUB


ROOKERY PARK
GOLF CLUB

The Year Ahead

The Board of Trustees is mindful of the continuing national mood of austerity and uncertainty and has considered the possible effect on the Charity's fundraising capability. Moreover, several Trusts and Foundations that have supported the Charity in the past are no longer operational.

It is also prudent to assume that many Trusts and Foundations, who are still operational and have hitherto supported the Charity, may well redirect their grant making and general fund giving to Covid related charities and beneficiaries. This could impact negatively on Sportability's fundraising capability.

It is hoped that two of the series of golf tournaments in East Anglia will continue, with efforts to hold costs, increase attendance and revenue. Moreover, Messrs Taylorson and Campbell are again organising a fundraising golf tournament at Surbiton Golf Club, building on the success of the prior tournaments.

In the light of this it was deemed prudent to project budgeted income for the year 2024 at the 2023 level plus no more than 25%.

For the immediate future, the Charity has two main objectives: To provide a greater range of sports (indoor and out) in the existing regions; and to offer programmes in more regions. These are the twin goals of Sportability. We want people with paralysis to have access to sport throughout the UK. The ultimate aim is to bring the Sportability Experience within an hour's drive of the main population areas of the UK.

The future growth of the sports programmes (the core activity of the Charity) is deemed dependent on the replacement of defunct service providers, the sourcing of new providers and an increase in available capacity.

Moreover, the appointment of more Area Organisers is considered key to any expansion. Discussions are ongoing with several possible candidates and more appointments are expected in 2024.

The Board is aware that any expansion is subject to available funds and review.

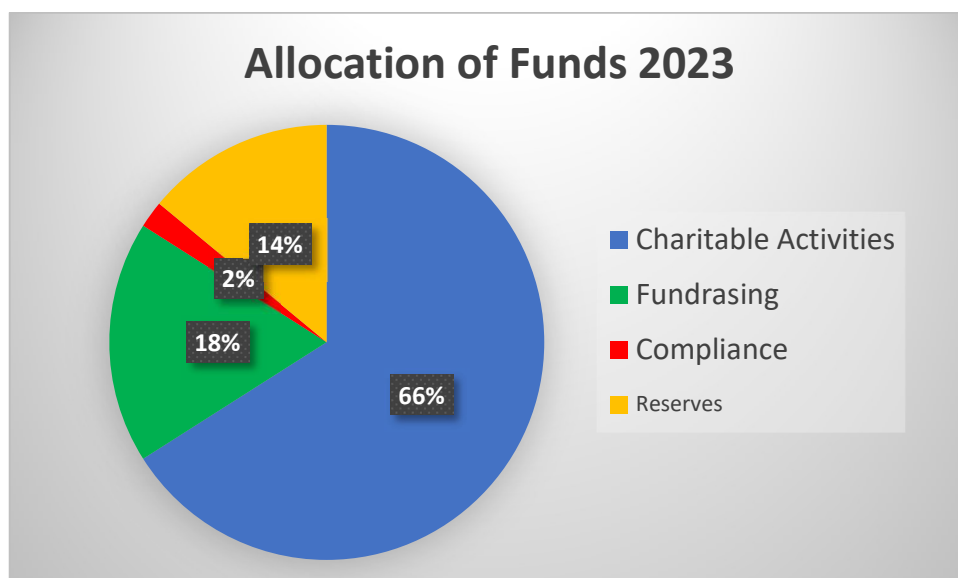
Financial Review

Accounts have been prepared for the period 1st January 2023 up to and including 31st December 2023 and show net current assets of **£27,309**; and total assets, less current liabilities, of **£20,0030**.

Restricted Funds: During the year, certain donations were made to support either specific activities, or use in specific regions. In the year under review there were no Restricted Funds outstanding.

Staff: There were two permanent paid employees throughout the year, and the Chief Executive as an unpaid officer of the Charity. The Chief Executive and two Administrators effected the administration and operation of the Charity. However, the CE also fulfilled the role of Events and Activities Organiser, where necessary.

Events & Activity Costs: Sports activities that are subsidised by the Charity are reflected in the accounts under the heading 'Events & Activity Costs'. Those costs are therefore incurred in pursuance of the Charity's objects.



Reserves Policy. The Board of Trustees has examined the Charity’s requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the funds not committed or invested in tangible fixed assets held by the Charity should be set at 3 to 6 months of the Fixed Costs. Budgeted expenditure for 2024 is **£66,880**, of which the Fixed Cost element is **£39,910**. Therefore, the minimum surplus in general funds will, at any given time, be held at around **£9,972** and no less than **£19,995**.

The reserves are needed to meet the working capital requirements of the Charity and the Trustees are confident that at this level they would be able to continue the activities of the Charity (albeit in reduced form and volume) in the event of a significant drop in funding.

Declaration: The Trustees are satisfied that the objects of the Charity have been carried out in accordance with their Declaration of Trust dated 28th August 1989 as amended in 2003 and that the attached accounts show a true record of the financial activities of the Trust.

Signed on behalf of the Trustees of Sportability:


 Martyn Baker
 Chairman

Date: 10/04/2024


 Kevin Lewis
 Hon. Treasurer

Date: 8th April 2024

SPORTABILITY

England & Wales - Charity number 328325

Accounts



SPORTABILITY

Charity Registration No. 328325

**REPORT of the TRUSTEES
and
UNAUDITED FINANCIAL STATEMENTS
for the
YEAR ENDED 31 DECEMBER 2022**

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

SPORTABILITY

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REPORT OF THE TRUSTEES
For The Year Ended 31st December 2022

The trustees present their report with the unaudited financial statements of the charity for the year ended 31st December 2022. 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Principal address: Laynes House, 526-528 Watford Way, London, NW7 4RS.

Registered Charity number: 328325

Trustees

M Baker

P Isbell

K Lewis

I Taylorson

C Campbell

T Nadarajah

Independent Examiner

BC Business Centrum Ltd Elscot House Arcadia Avenue London N3 2JU

Solicitors

Keystone Law 48 Chancery Lane London WC2A 1JF

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees:

Kevin Lewis

K Lewis

Honorary Treasurer

25 April 2023

Sportability

Independent Examiners Report

Independent Examiner's Report to the trustees of Sportability

I report to the trustees on my examination of the financial statements of Sportability for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011('the Act'). The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

I report in respect of my examination of the charity's financial statements 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of the financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Mr Y Chanmuganathan
Chartered Certified Accountant
Elscot House
Arcadia Avenue
London N3 2JU
02/08/2023

Centrum Chartered Certified Accountants
BC Business Centrum Ltd
Elscot House
Arcadia Avenue
London

N3 2JU

**Sportability Statement of Activities
for the year ended 31 December 2022**

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:					
Donations and legacies	3	42,956	4,550	47,506	57,161
Investments	4	88	-	88	3
Total		43,044	4,550	47,594	57,164
Expenditure on:					
Raising funds	5	2,986	-	2,986	416
Charitable activities	6	52,077	4,550	56,627	54,218
Total		55,063	4,550	59,613	54,634
Net gains on investments		-	-	-	-
Net (expenditure)/income		(12,019)	-	(12,019)	2,530
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(12,019)	-	(12,019)	2,530
Other gains and losses					
Net movement in funds		(12,019)	-	(12,019)	2,530
Reconciliation of funds:					
Total funds brought forward		30,351	-	30,351	27,821
Total funds carried forward		18,332	-	18,332	30,351

**Sportability Balance Sheet
at 31 December 2022**

Charity No. 328325

	2022	2021
	£	£
Fixed assets		
Tangible assets	8 867	1,083
	<u>867</u>	<u>1,083</u>
Current assets		
Cash at bank and in hand	20,986	31,890
	<u>20,986</u>	<u>31,890</u>
Creditors: Amount falling due within one year	9 (3,521)	(2,622)
Net current assets	17,465	29,268
Total assets less current liabilities	<u>18,332</u>	<u>30,351</u>
Net assets excluding pension asset or liability	<u>18,332</u>	<u>30,351</u>
Total net assets	<u><u>18,332</u></u>	<u><u>30,351</u></u>
The funds of the charity		
Restricted funds	10	
Unrestricted funds	10	
General funds	18,332	30,351
	<u>18,332</u>	<u>30,351</u>
Reserves	10	
Total funds	<u><u>18,332</u></u>	<u><u>30,351</u></u>

Approved by the trustees on 25 April 2023

And signed on their behalf by:


M. Baker
Chairman

Kevin Lewis

K Lewis
Honorary Treasurer

Sportability Notes to the Accounts

for the year ended 31 December 2022

1 Accounting policies

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Tangible fixed assets and depreciation

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

Plant and machinery	20%% on net book value
Sports equipment	20%% on net book value
Fixtures and fittings	20%% on net book value

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

2 Statement of Financial Activities - prior year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	13,228	-	13,228
Charitable activities	39,833	4,100	43,933
Investments	3	-	3
Total	<u>53,064</u>	<u>4,100</u>	<u>57,164</u>
Expenditure on:			
Raising funds	416	-	416
Charitable activities	49,418	4,800	54,218
Total	<u>49,834</u>	<u>4,800</u>	<u>54,634</u>
Net income	<u>3,230</u>	<u>(700)</u>	<u>2,530</u>
Net income before other gains/(losses)	3,230	(700)	2,530
Other gains and losses:			
Net movement in funds	<u>3,230</u>	<u>(700)</u>	<u>2,530</u>
Reconciliation of funds:			
Total funds brought forward	27,121	700	27,821
Total funds carried forward	<u><u>30,351</u></u>	<u><u>-</u></u>	<u><u>30,351</u></u>

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Donations	42,956	4,550	47,506	40,678
Coronavirus Job Retention Scheme		-	-	16,483
	<u>42,956</u>	<u>4,550</u>	<u>47,506</u>	<u>57,161</u>

4 Income from investments

	Unrestricted £	Total 2022 £	Total 2021 £
Bank interest	88	88	3
	<u>88</u>	<u>88</u>	<u>3</u>

5 Expenditure on raising funds

	Unrestricted	Total 2022	Total 2021
	£	£	£
<i>Fundraising trading costs</i>			
Fundraising costs	2,986	2,986	416
	<u>2,986</u>	<u>2,986</u>	<u>416</u>

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Events and activity programs	48,198	4,550	52,748	54,218
<i>Governance costs</i>				
Other office costs	3,879	-	3,879	-
	<u>52,077</u>	<u>4,550</u>	<u>56,627</u>	<u>54,218</u>

7 Staff costs

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

8 Tangible fixed assets

	Plant and machinery	Sports equipment	Fixtures and fittings	Total
	£	£	£	£
Cost or revaluation				
At 1 January 2022	5,005	9,005	1,022	15,032
At 31 December 2022	<u>5,005</u>	<u>9,005</u>	<u>1,022</u>	<u>15,032</u>
Depreciation and impairment				
At 1 January 2022	4,202	8,797	948	13,947
Depreciation charge for the year	161	42	15	218
At 31 December 2022	<u>4,363</u>	<u>8,839</u>	<u>963</u>	<u>14,165</u>
Net book values				
At 31 December 2022	<u>642</u>	<u>166</u>	<u>59</u>	<u>867</u>
At 31 December 2021	<u>803</u>	<u>208</u>	<u>74</u>	<u>1,085</u>

9. Creditors

amounts falling due within one year

	2022	2021
	£	£
Other taxes and social security	2,305	1,407
Other creditors	256	257
Accruals	960	958
	<u>3,521</u>	<u>2,622</u>

10 Movement in funds

	At 1 January 2022	Incoming resources (including other gains/losses)	Resources expended	At 31 December 2022
	£	£	£	£
Restricted funds:				
Restricted income funds:	-	4,550	(4,550)	-
<i>Total</i>	<u>-</u>	<u>4,550</u>	<u>(4,550)</u>	<u>-</u>
Unrestricted funds:				
General funds	30,351	43,044	(55,063)	18,332
Total funds	<u>30,351</u>	<u>47,594</u>	<u>(59,613)</u>	<u>18,332</u>

11 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	867	867
Net current assets	17,465	17,465
	<u>18,332</u>	<u>18,332</u>

Report of the Trustees for the year-end 31st December 2022

Constitution & Objects: Sportability is constituted under a trust deed dated 21st August 1989 and is a registered charity no. 328325.

The objects of the Charity are the relief and rehabilitation of those suffering spinal cord injury and other forms of paralysis, through the provision of sporting and recreational activities.

Objectives and Activities: The Charity's objects and principal activities are:

To provide sport and challenging pursuits to people with paralysis.

The original remit was limited to people with spinal cord injury, but with the advice and agreement of the Charity Commission (10th February 2003) this was extended to other populations. The wording of the Trust document was amended by the addition of the words "or any form of paralysis" to follow "spinal cord injury". Thus, the target population to benefit from the Charity's activities was extended to include among others, stroke survivors and people with MS or cerebral palsy.

The main objectives and activities for the year continued to be: The provision of sport and challenging pursuits in various locations around the UK. However, there is a very positive by-product of the Sportability activities in that service providers, who may have never considered working with people with disabilities hitherto, learn from the experience, recognise the possibilities, and extend participation to a wider, more inclusive, public.

Our vision: A world where people with paralysis can flourish, can recognise and realise their full potential.

Our mission: To provide and facilitate opportunities for people affected by paralysis to transform their lives; to challenge societal and individual perceptions of disability; to deliver services that build confidence and self-esteem, that allow people with paralysis to re-assess their capabilities and re-assert their independence.

Our goal: To put the "buzz" back into the lives of people with paralysis, let them experience the elusive adrenaline rush, to empower through achievement and ultimately to inspire the thought *"If I can do this, what else can I achieve?"*

Our values: Driven by the needs of people with paralysis, we are passionate about transforming those lives. Through the medium of sport and challenging pursuits, we provide opportunities to develop, achieve and live life to the optimum. We respect individuality, champion inclusivity and embrace diversity. We aim for quality and excellence in all we do.



Organisation

Trustees. Trustees are appointed by the Board of Trustees and normally serve for three years, after which period they may put themselves forward for re-appointment.

The Trustees meet on average quarterly but there are subgroups, which may include specialist co-optees. These subgroups may meet more frequently as demand dictates, but ultimately report to the Board.

At the Trustees Meeting held on Tuesday, 18th January 2022 and following prior discussion, it was proposed by Miss Pippa Isbell that Miss Tania Nadarajah (hitherto a Patron of the Charity) be appointed as a Trustee. This was seconded by Mr. Colin Campbell and approved unanimously.

Trustees' meetings were conducted by telephone conference calls and/or Zoom online conferencing.

Trustee Induction and Training: Most Trustees were already familiar with the practical work of the Charity at the time of their original appointment. Indeed, three of the six Trustees have personal experience of spinal cord injury, and the mother of one Trustee was a beneficiary participant in the Charity's events programmes. Additionally, new trustees are invited and encouraged to attend events.

All Trustees have been provided with the Charity Commission booklet on trusteeship. This is distributed to all new trustees along with the Memorandum and Articles of the Charity, and the latest financial statements. Moreover, any additional recommendations on trusteeship issued by the Charity Commission are passed on to the Trustees as a matter of course.

Staff: The Charity employed two permanent salaried members of staff for the duration of the year being: Miss Valerie Small as General Manager (GM); and Miss Ann Ryan, as part-time Administrator. Mr David Heard remained in the position of unpaid Chief Executive (CE) throughout.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the CE along with GM and the Administrator. The CE is responsible for ensuring that the Charity delivers the services specified and that key performance indicators are met. The CE also attends the Trustees' meetings by invitation but has no voting rights. The GM and Administrator(s) have responsibility for the day-to-day operational management of the Charity, supervision of the Area Organizers, and ensuring that the Charity operates in line with good working practice.

In response to the Coronavirus pandemic the staff had been working from home and had expressed a preference for continuing this practise. At the Trustees meeting of 18th January 2022, it was agreed that while retaining the postal address of the Mill Hill office, this would be the most efficient and preferred *modus operandi*. The staff therefore work remotely from their respective homes, using technology to access the Charity's systems and meeting formally as required.

Other services, such as Legal Services, secretarial support, accountancy and payroll, marketing, fundraising and website management, are bought in on a need basis.

Volunteers: Many of the regional activity programmes are overseen by volunteer staff. This includes: Miss Jane McKenzie (Yorkshire) Mr Chris Selway (Bristol & Glos.) Mr Dan Marshall (West Midlands) Mr Ian Hinton (North West) Mr Robert Edwards (Dorset & Hants.) and Mr Aaron Heard (Central, London & Essex, E, Sussex & Kent). Trustees would like to record their thanks for all the valuable help and support that these volunteers provide.

Public Relations: The Charity is represented by Maltin PR. In September 2018 Mr Tim Maltin (the Senior Partner and Founder of the company) very generously offered to provide public relations services to the Charity on a *pro bono* basis and has continued to do so. The Trustees would like to record their continued thanks to Mr Maltin and his staff for the excellent work and support that they are providing.

Marketing: The main marketing tool of the Charity has been the Internet, and this has established a national and indeed international presence. The website also provides a facility for online donations.

The website has been most instrumental in maintaining contact and interest among our participants. This interest has been reinforced by regular e-mail newsletters and personal contacts. Thus, we now have a band of active supporters/participants in the 15 regions.

We were also able to enhance the reciprocal support for our sponsors, by providing them with a long-term and professional looking presence on our website.

Accountants: BC Business Centrum Ltd. were appointed on 26th July 2019 as accountants for the Charity. The current accounts have duly been prepared by them.

Compliance: In response to the implementation of the General Data Protection Regulation (GDPR), effective from Spring 2018, the Charity undertook a complete review of the entire data treatment, protection and process. All individuals whose personal data was held by the Charity were contacted with a description of how their data is held and how it would be used in line with the new GDPR regulations. Informed consent was requested to continue to hold that data.

At a meeting of the Board of Trustees, held on 6th September 2018, a policy document, in compliance with the GDPR, was agreed and is permanently published on the Charity's website. Moreover, policies in respect of Safeguarding, Employment, Volunteers, Privacy, Employment, Complaints, Equality and Conflict of Interest were also posted on the Charity's website. These are subject to ongoing review and updated as required.

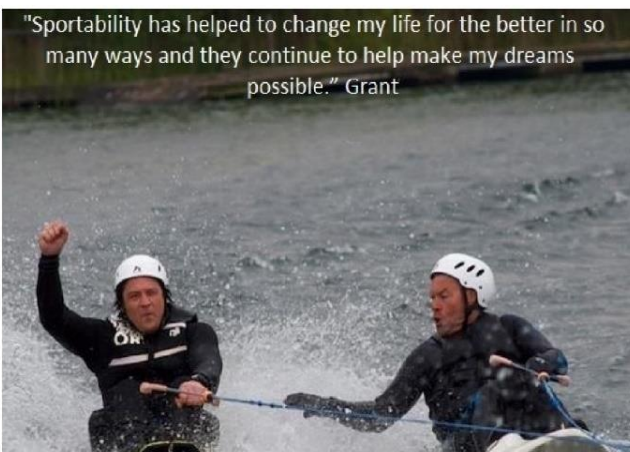
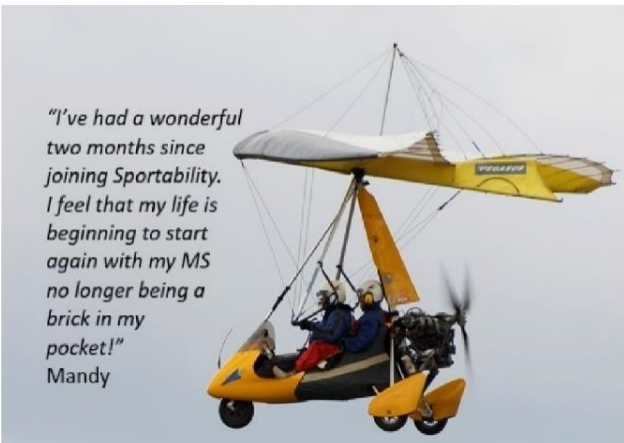
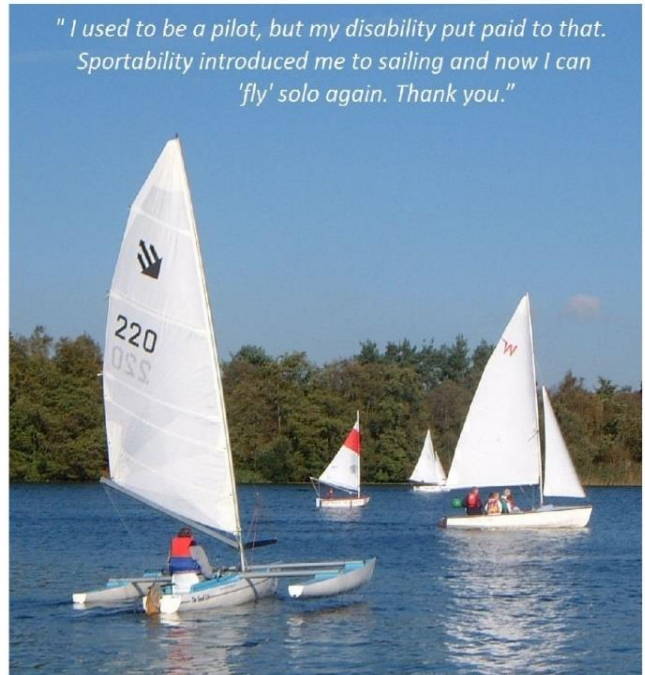
Risk Management: The Board of Trustees is cognisant of the major risks to which the charity is exposed.

Significant risks attach to the operation of activities and it was decided (12th January 2003) that the Charity would not run its own events, but would work with established service providers. Participants would then be 'clients' of the service providers and any liability in terms of Health and Safety would accrue to those organisations with the requisite expertise to best manage the risks associated with running events and protecting the health and safety of participants.

Related Parties: The Charity is in dialogue with various organisations that have similar or complementary objects. These include the Spinal Injuries Association, The MS Society and various branches, and the Stroke Association and various branches.

It has been noted that Sportability programmes have often provided benefits beyond the participants and their families. The Sportability events raise awareness among the service providers and lead to a direct understanding of some of the difficulties experienced by those with disabilities. Many service providers have made adaptations to their equipment and/or access to allow wheelchair users and people with walking aids to participate in their activities and events. These facilities are then available to the public at large, increasing the possibility of more inclusive participation in future for individual (or groups) quite apart from the Sportability programmes.

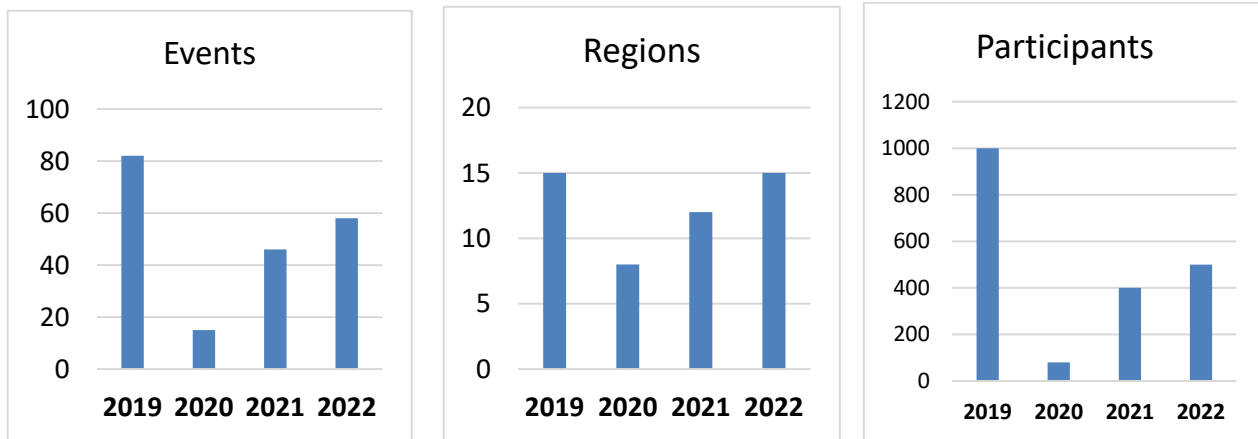
What It Really Means



The Year in Review

The Covid-19 crisis caused the total suspension of our sports events programme and all our fundraising activity for 2020. However, after a limited programme in 2021, we began re-building in earnest in 2022. This resulted in a Spring/Summer programme that included quad-biking, archery, falconry, sailing, clay shooting, microlight flying, gliding, canoeing, carriage driving and quadbiking. Followed by an indoor winter programme of skydiving, shooting and wheelchair tennis. This totalled 58 events in 15 regions around the country, providing sporting opportunities for over 500 paralysed people, completely free of charge.

Activity Programmes



Fund Raising

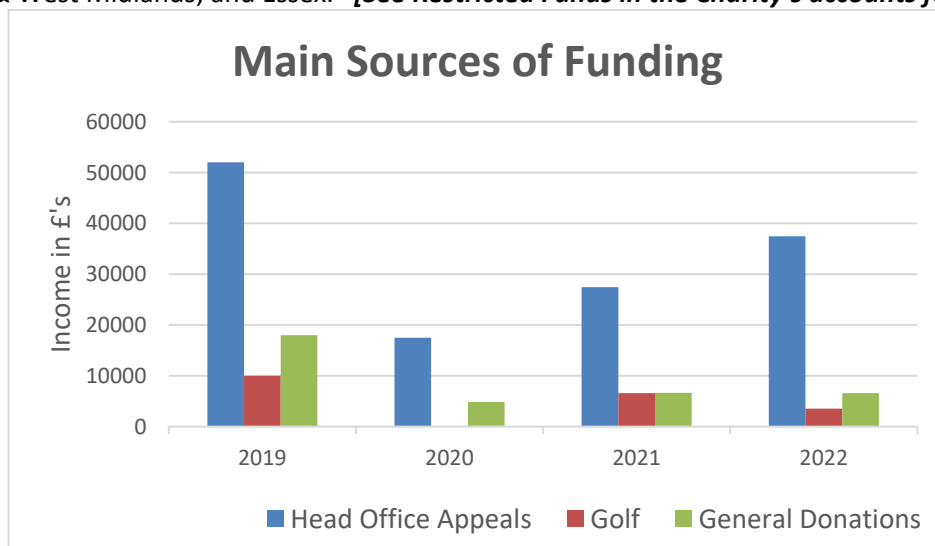
The Charity, along with all others in the third sector, has suffered a dramatic downturn in every aspect of fund-raising. Many regular donors were unable to offer support either through divergence of funds to more specific Covid causes, or pressure on their own funds, indeed some have ceased operating entirely.

Moreover, of the four regular golf tournaments only the event at Surbiton Golf Club in Surrey took place.

Sources of Funding

HO fund raising activity included 472 appeals in 2022. This compares to 115 appeals in 2021. Consequently, this saw the contributions from this source rise to £37,464 compared to the 2021 contribution of £27,450, but still well below the 2019 pre-Covid contribution of £52,694.

Funds were received during the year specifically for the development and/or support of Sportability activities in: East Anglia; East & West Midlands; and Essex. **[See Restricted Funds in the Charity's accounts for the period]**



While some donors continued to support the Charity in these most difficult years, several wish to remain anonymous. However, the Trustees would like to accord particular thanks and recognition to the following organisations:

The Souter Trust

For their generous contributions with substantial donations over 12 years to support Sportability Events & Activities programmes across the country.

The Broyst Foundation

For their generous contribution with substantial donations over seven years, to support Sportability Events & Activities programmes across the country.

The Bruce Wake Charity

For their generous contribution with substantial donations over seven years to support Sportability Events & Activities programmes across the Midlands regions.

The Jeremy Willson Charitable Trust



The Jeremy Willson Charitable Trust in Kent for their support over seven years for Sportability's Events and Activity programmes, with particular emphasis on participation for people with paraplegia.

The Freddie Wakenham Charitable Trust

The The Freddie Wakenham Charitable Trust for their support over four years for Sportability Events and Activity programmes around the country.

And special "thank you" for the past and planned support of our fund-raising golf tournaments to:



SURBITON GOLF CLUB ESTABLISHED 1895



The Year Ahead

The Board of Trustees is mindful of the continuing national mood of austerity and uncertainty and has considered the possible effect on the Charity's fundraising capability. Moreover, several Trusts and Foundations that have supported the Charity in the past are no longer operational.

It is hoped that two of the series of golf tournaments in East Anglia will continue, with efforts to hold costs, increase attendance and revenue. Moreover, Messrs Taylorson and Campbell are again organising a fund-raising golf tournament at Surbiton Golf Club, building on the success of the prior tournaments.

In the light of this it was deemed prudent to project budgeted income for the year 2023 at the 2022 level plus no more than 25%.

For the immediate future, the Charity has two main objectives: To provide a greater range of sports (indoor and out) in the existing regions; and to offer programmes in more regions. These are the twin goals of Sportability. We want people with paralysis to have access to sport throughout the UK. The ultimate aim is to bring the Sportability Experience within an hour's drive of the main population areas of the UK.

The future growth of the sports programmes (the core activity of the Charity) is deemed dependent on the replacement of defunct service providers, the sourcing of new providers and an increase in available capacity.

Moreover, the appointment of more Area Organisers is considered key to any expansion. Discussions are ongoing with several possible candidates and more appointments are expected in 2023.

The Board is aware that any expansion is subject to available funds and constant review.

Financial Review

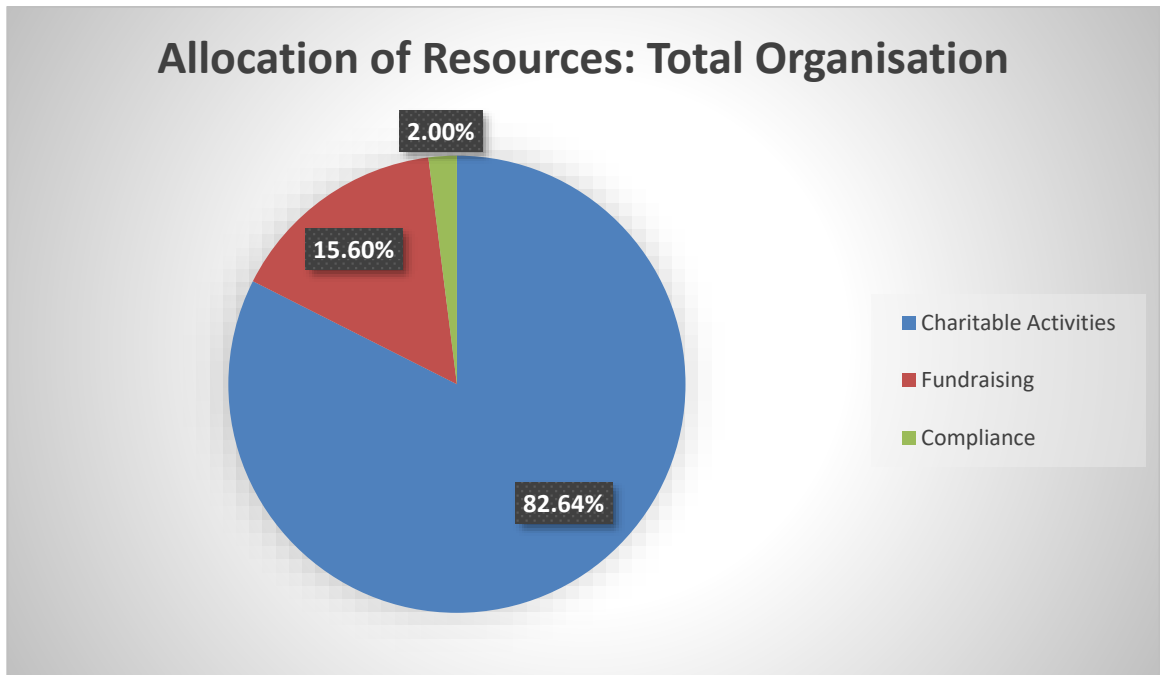
Accounts have been prepared for the period 1st January 2022 up to and including 31st December 2022 and show net current assets of **£17,465**; and total assets, less current liabilities, of **£18,332**.

Restricted Funds: During the year, certain donations were made to support either specific activities, or use in specific regions. In the year under review there were no Restricted Funds outstanding.

Staff: There were two permanent paid employees throughout the year, and the Chief Executive as an unpaid officer of the Charity. The Chief Executive and two Administrators effected the administration and operation of the Charity. However, the CE also fulfilled the role of Events and Activities Organiser, where necessary.

Premises: The staff expressed a preference for from working from home post-Covid, and the Charity therefore vacated its prior office space, while retaining the mailbox and postal address. The Charity owned equipment is now distributed for use of the staff in the home setting.

Events & Activity Costs: Sports activities that are subsidised by the Charity are reflected in the accounts under the heading 'Events & Activity Costs'. Those costs are therefore incurred in pursuance of the Charity's objects.



Reserves Policy. The Board of Trustees has examined the Charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the funds not committed or invested in tangible fixed assets held by the Charity should be set at 3 to 6 months of the Fixed Costs. Budgeted expenditure for 2023 is **£55,010**, of which the Fixed Cost element is **£30,952**. Therefore, the minimum surplus in general funds will, at any given time, be held at around **£15,476** and no less than **£7,738**.

The reserves are needed to meet the working capital requirements of the Charity and the Trustees are confident that at this level they would be able to continue the activities of the Charity (albeit in reduced form and volume) in the event of a significant drop in funding.

Declaration: The Trustees are satisfied that the objects of the Charity have been carried out in accordance with their Declaration of Trust dated 28th August 1989 as amended in 2003 and that the attached accounts show a true record of the financial activities of the Trust.

Signed on behalf of the Trustees of Sportability:

Martyn Baker
Martyn Baker
Chairman

Date: 01/06/23

Kevin Lewis
Kevin Lewis
Hon. Treasurer

Date: 30/05/23

SPORTABILITY

England & Wales - Charity number 328325

Accounts



SPORTABILITY

Charity Registration No. 328325

**REPORT of the TRUSTEES
and
UNAUDITED FINANCIAL STATEMENTS
for the
YEAR ENDED 31 DECEMBER 2021**

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

SPORTABILITY

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REPORT OF THE TRUSTEES
For The Year Ended 31st December 2021

The trustees present their report with the financial statements of the charity for the year ended 31st December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

328325

Principal address

Laynes House
526-528 Watford Way
London
NW7 4RS

Trustees

M Baker
P Isbell
K Lewis
I Taylorson
C Campbell

Independent Examiner

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Solicitors

Keystone Law
48 Chancery Lane
London
WC2A 1JF

Approved by order of the board of trustees on 13th May 2022 and signed on its behalf by:

Kevin Lewis

.....
K Lewis – Honorary Secretary

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SPORTABILITY**

Independent examiner's report to the trustees of SPORTABILITY

I report to the charity trustees on my examination of the accounts of SPORTABILITY (the Trust) for the year ended 31st December 2021.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Centrum Chartered Accountants

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Date: *24th May 2022*

SPORTABILITY

STATEMENT OF FINANCIAL ACTIVITIES
For The Year Ended 31st December 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		53,061	4,100	57,161	50,792
Investment income	2	<u>3</u>	<u>-</u>	<u>3</u>	<u>22</u>
Total		53,064	4,100	57,164	50,814
EXPENDITURE ON					
Raising funds		416	-	416	216
Charitable activities					
Events and activity programs		49,418	4,800	54,218	45,482
Total		49,834	4,800	54,634	45,698
NET INCOME/(EXPENDITURE)		3,230	(700)	2,530	5,116
RECONCILIATION OF FUNDS					
Total funds brought forward		27,121	700	27,821	22,705
TOTAL FUNDS CARRIED FORWARD		<u>30,351</u>	<u>-</u>	<u>30,351</u>	<u>27,821</u>

The notes form part of these financial statements

SPORTABILITY

BALANCE SHEET
31st December 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	6	1,085	-	1,085	1,356
CURRENT ASSETS					
Debtors	7	-	-	-	390
Cash at bank and in hand		31,890	-	31,890	<u>28,574</u>
		31,890	-	31,890	28,964
CREDITORS					
Amounts falling due within one year	8	(2,624)	-	(2,624)	(2,499)
NET CURRENT ASSETS		29,266	-	29,266	<u>26,465</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		30,351	-	30,351	27,821
NET ASSETS		30,351	-	30,351	<u>27,821</u>
FUNDS	10				
Unrestricted funds				30,351	27,121
Restricted funds				-	<u>700</u>
TOTAL FUNDS				30,351	<u>27,821</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 13th May 2022 and were signed on its behalf by:


.....
K Lewis – Honorary Secretary


.....
M Baker - Chairman

The notes form part of these financial statements

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS For The Year Ended 31st December 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Expenditure

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

Tangible fixed assets

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

Plant and machinery	- 20% on reducing balance
Sports equipment	- 25% on reducing balance

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.

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	<u>3</u>	<u>22</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2021 nor for the year ended 31st December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2021 nor for the year ended 31st December 2020.

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS - continued
For The Year Ended 31st December 2021

4. STAFF COSTS

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

Administration	<u>2021</u>	2020
	<u>2</u>	<u>2</u>

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	50,092	700	50,792
Investment income	<u>22</u>	-	<u>22</u>
Total	50,114	700	50,814
EXPENDITURE ON			
Raising funds	216	-	216
Charitable activities			
Events and activity programs	45,482	-	45,482
Total	45,698	-	45,698
NET INCOME	4,416	700	5,116
RECONCILIATION OF FUNDS			
Total funds brought forward	22,705	-	22,705
TOTAL FUNDS CARRIED FORWARD	<u>27,121</u>	<u>700</u>	<u>27,821</u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Sports equipment £	Computer equipment £	Totals £
COST					
At 1st January 2021 and 31st December 2021	<u>4,605</u>	<u>1,022</u>	<u>9,005</u>	<u>400</u>	<u>15,032</u>
DEPRECIATION					
At 1st January 2021	<u>3,857</u>	<u>930</u>	<u>8,745</u>	<u>144</u>	<u>13,676</u>
Charge for year	<u>150</u>	<u>18</u>	<u>52</u>	<u>51</u>	<u>271</u>
At 31st December 2021	<u>4,007</u>	<u>948</u>	<u>8,797</u>	<u>195</u>	<u>13,947</u>
NET BOOK VALUE					
At 31st December 2021	<u>598</u>	<u>74</u>	<u>208</u>	<u>205</u>	<u>1,085</u>
At 31st December 2020	<u>748</u>	<u>92</u>	<u>260</u>	<u>256</u>	<u>1,356</u>

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS - continued
For The Year Ended 31st December 2021

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Prepayments	<u>-</u>	<u>390</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Bank loans and overdrafts (see note 9)	-	668
Taxation and social security	1,407	733
Other creditors	<u>1,217</u>	<u>1,098</u>
	<u>2,624</u>	<u>2,499</u>

9. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>668</u>

10. MOVEMENT IN FUNDS

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	27,121	3,230	30,351
Restricted funds			
Restricted fund	700	(700)	-
	<u>27,821</u>	<u>2,530</u>	<u>30,351</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	53,064	(49,834)	3,230
Restricted funds			
Restricted fund	4,100	(4,800)	(700)
	<u>57,164</u>	<u>(54,634)</u>	<u>2,530</u>

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS - continued
For The Year Ended 31st December 2021

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	22,705	4,416	27,121
Restricted funds			
Restricted fund	-	700	700
	<u>22,705</u>	<u>5,116</u>	<u>27,821</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,114	(45,698)	4,416
Restricted funds			
Restricted fund	700	-	700
	<u>50,814</u>	<u>(45,698)</u>	<u>5,116</u>

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

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	22,705	7,646	30,351
	<u>22,705</u>	<u>7,646</u>	<u>30,351</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	103,178	(95,532)	7,646
Restricted funds			
Restricted fund	<u>4,800</u>	<u>(4,800)</u>	-
	<u>107,978</u>	<u>(100,332)</u>	<u>7,646</u>

Report of the Trustees for the year ended 31st December 2021

Constitution & Objects: Sportability is constituted under a trust deed dated 21st August 1989 and is a registered charity no. 328325.

The objects of the Charity are the relief and rehabilitation of those suffering spinal cord injury and other forms of paralysis, through the provision of sporting and recreational activities.

Objectives and Activities: The Charity's objects and principal activities are:

To provide sport and challenging pursuits to people with paralysis.

The original remit was limited to people with spinal cord injury, but with the advice and agreement of the Charity Commission (10th February 2003) this was extended to other populations. The wording of the Trust document was amended by the addition of the words "or any form of paralysis" to follow "spinal cord injury". Thus, the target population to benefit from the Charity's activities was extended to include among others, stroke survivors and people with MS or cerebral palsy.

The main objectives and activities for the year continued to be: The provision of sport and challenging pursuits in various locations around the UK. However, there is a very positive by-product of the Sportability activities in that service providers, who may have never considered working with people with disabilities hitherto, learn from the experience, recognise the possibilities, and extend participation to a wider, more inclusive, public.

Our vision: A world where people with paralysis can flourish, can recognise and realise their full potential.

Our mission: To provide and facilitate opportunities for people affected by paralysis to transform their lives; to challenge societal and individual perceptions of disability; to deliver services that build confidence and self-esteem, that allow people with paralysis to re-assess their capabilities and re-assert their independence.

Our goal: To put the "buzz" back into the lives of people with paralysis, let them experience the elusive adrenaline rush, to empower through achievement and ultimately to inspire the thought *"If I can do this, what else can I achieve?"*

Our values: Driven by the needs of people with paralysis, we are passionate about transforming those lives. Through the medium of sport and challenging pursuits, we provide opportunities to develop, achieve and live life to the optimum. We respect individuality, champion inclusivity and embrace diversity. We aim for quality and excellence in all we do.



Organisation

Trustees. Trustees are appointed by the Board of Trustees and normally serve for three years, after which period they may put themselves forward for re-appointment.

At the Trustees Meeting held on Tuesday, 16th November 2021 Miss Pippa Isbell, Mr Martyn Baker, Mr Ian Taylorson and Mr Kevin Lewis having served a continuous three-year period, put themselves up for re-election. All four were re-elected unanimously.

Since Mr. Colin Campbell, having been re-elected to serve for three-year term at the Trustees Meeting of Tuesday, 28th May 2019, the Board continues unaltered.

The Trustees meet on average quarterly but there are subgroups, which may include specialist co-optees. These subgroups may meet more frequently as demand dictates, but ultimately report to the Board.

To comply with social distancing and health precautions, Trustees' meetings were conducted by telephone conference calls and/or Zoom online conferencing.

Trustee Induction and Training: Most Trustees were already familiar with the practical work of the Charity at the time of their original appointment. Indeed, two of the five Trustees have personal experience of spinal cord injury, and the mother of one Trustee was a beneficiary participant in the Charity's events programmes. Additionally, new trustees are invited and encouraged to attend events.

All Trustees have been provided with the Charity Commission booklet on trusteeship. This is distributed to all new trustees along with the Memorandum and Articles of the Charity, and the latest financial statements. Moreover, any additional recommendations on trusteeship issued by the Charity Commission are passed on to the Trustees as a matter of course.

Staff: The Charity employed two permanent salaried members of staff for the duration of the year being: Miss Valerie Small as General Manager (GM); and Miss Ann Ryan, as part-time Administrator. Mr David Heard remained in position of unpaid Chief Executive (CE) throughout.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the CE along with GM and the Administrator. The CE is responsible for ensuring that the Charity delivers the services specified and that key performance indicators are met. The CE also attends the Trustees' meetings by invitation but has no voting rights. The GM and Administrator(s) have responsibility for the day-to-day operational management of the Charity, supervision of the Area Organizers, and ensuring that the Charity operates in line with good working practice.

An office and equipment are provided for the staff by the Charity. However, Miss Ryan works remotely from her home, using technology to access the Charity's systems.

Other services, such as Legal Services, secretarial support, accountancy and payroll, marketing, fundraising and website management, are bought in on a need basis.

Volunteers: Many of the regional activity programmes are overseen by volunteer staff. This includes: Miss Jane McKenzie (Yorkshire) Mr Chris Selway (Bristol & Glos.) Mr Dan Marshall (West Midlands) Mr Ian Hinton (North West) Mr David Levick (North Midlands) Mr Robert Edwards (Dorset & Hants.) and Mr Aaron Heard (Central, London & Essex, E, Sussex & Kent). Trustees would like to record their thanks for all the valuable help and support that these volunteers provide.

Public Relations: The Charity is represented by Maltin PR. In September 2018 Mr Tim Maltin (the Senior Partner and Founder of the company) very generously offered to provide public relations services to the Charity on a *pro bono* basis and has continued to do so. The Trustees would like to record their continued thanks to Mr Maltin and his staff for the excellent work and support that they are providing.

Marketing: The main marketing tool of the Charity has been the Internet, and this has established a national and indeed international presence. The website also provides a facility for online donations.

The website has been most instrumental in maintaining contact and interest among our participants. This interest has been reinforced by regular e-mail newsletters and personal contacts. Thus, we now have a band of active supporters/participants in the 15 regions.

We were also able to enhance the reciprocal support for our sponsors, by providing them with a long-term and professional looking presence on our website.



Patron: At a meeting of the Board of Trustees held on 21st March 2017, it was confirmed that Miss Tania Nadarajah, a Paralympic Archer, and Sportability beneficiary, has accepted a role in the Charity as principal patron.

Tania expressed a great willingness to assist the Charity and indeed mentions Sportability in as many broadcasts and other publicity events as often as she can. She is also willing to make herself available for the Charity's fundraising and activity events.

Accountants: BC Centrum Ltd. were appointed on 26th July 2019 as accountants for the Charity. The current accounts have duly been prepared by them.

Compliance: In response to the implementation of the General Data Protection Regulation (GDPR), effective from Spring 2018, the Charity undertook a complete review of the entire data treatment, protection and process. All individuals whose personal data was held by the Charity were contacted with a description of how their data is held and how it would be used in line with the new GDPR regulations. Informed consent was requested to continue to hold that data.

At a meeting of the Board of Trustees, held on 6th September 2018, a policy document, in compliance with the GDPR, was agreed and is permanently published on the Charity's website. Moreover, policies in respect of Safeguarding, Employment, Volunteers, Privacy, Employment, Complaints, Equality and Conflict of Interest were also posted on the Charity's website. These are subject to ongoing review and updated as required.

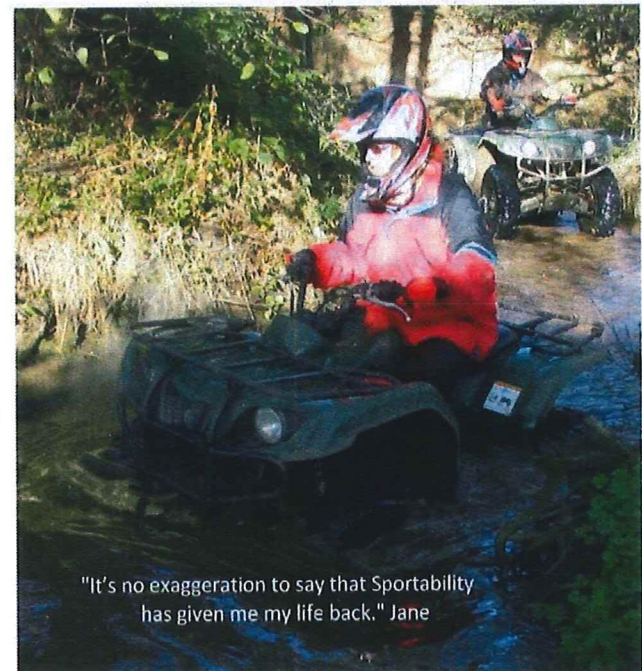
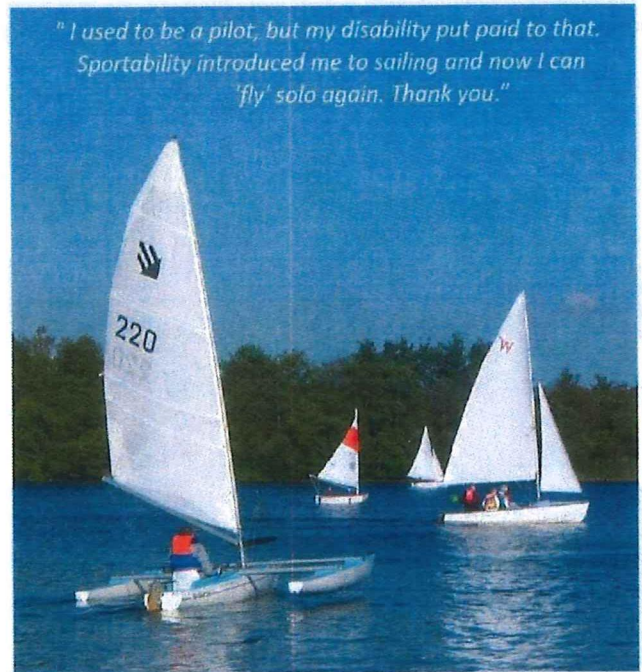
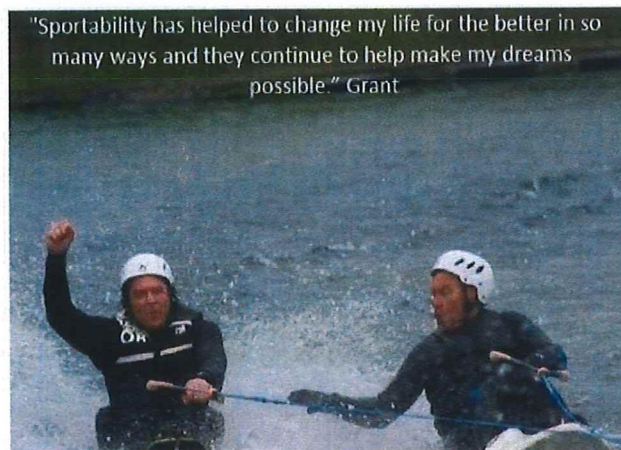
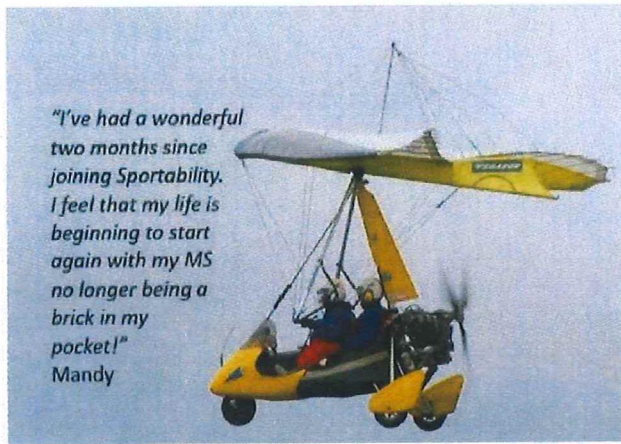
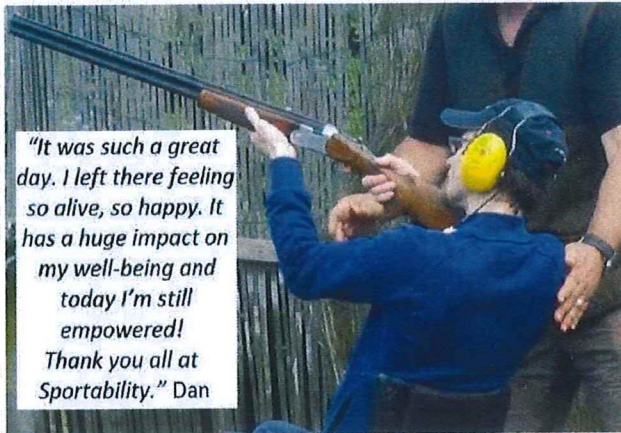
Risk Management: The Board of Trustees is cognisant of the major risks to which the charity is exposed.

Significant risks attach to the operation of activities and it was decided (12th January 2003) that the Charity would not run its own events, but would work with established service providers. Participants would then be 'clients' of the service providers and any liability in terms of Health and Safety would accrue to those organisations with the requisite expertise to best manage the risks associated with running events and protecting the health and safety of participants.

Related Parties: The Charity is in dialogue with various organisations that have similar or complementary objects. These include the Spinal Injuries Association, The MS Society and various branches, and the Stroke Association and various branches.

It has been noted that Sportability programmes have often provided benefits beyond the participants and their families. The Sportability events raise awareness among the service providers and lead to a direct understanding of some of the difficulties experienced by those with disabilities. Many service providers have made adaptations to their equipment and/or access to allow wheelchair users and people with walking aids to participate in their activities and events. These facilities are then available to the public at large, increasing the possibility of more inclusive participation in future for individual (or groups) quite apart from the Sportability programmes.

What It Really Means



The Year in Review

As previously reported the activities of the Charity were severely limited by the Covid-19 Pandemic. This resulted in a very limited operation in 2020, and lockdowns and Tier 4 restrictions continued into the first quarter of the year under review. However, the Charity re-opened in April 2021, in line with Government guidelines, subsequently organising 46 events in 13 different regions of the UK. These provided an opportunity for approximately 400 people with paralysis to experience: Quad biking, multi-motor sports, indoor skydiving, canoeing, sailing, archery, clay pigeon shooting, gliding, microlight flying and wheelchair tennis.

The situation was exacerbated by the non-availability of capacity due to the permanent closure of several service providers, while many others, such as gliding, sailing, and canoeing clubs, were committed to satisfy the pent-up demand by their own members. Also, some providers were coping with an excess of demand from people who would normally be on holiday overseas.

Activity Programmes



Fund Raising

A government report on the economic effects of pandemic concluded that, **“The COVID-19 pandemic is having a catastrophic effect on UK charities leading to an estimated loss of £4 billion for the sector.”**

The Charity, along with all others in the third sector, has suffered a dramatic downturn in every aspect of fund-raising. Many regular donors were unable to offer support either through divergence of funds to more specific Covid causes, or pressure on their own funds [indeed some have ceased operating entirely] or because Sportability’s enforced inactivity resulted in fewer events to sponsor or support.

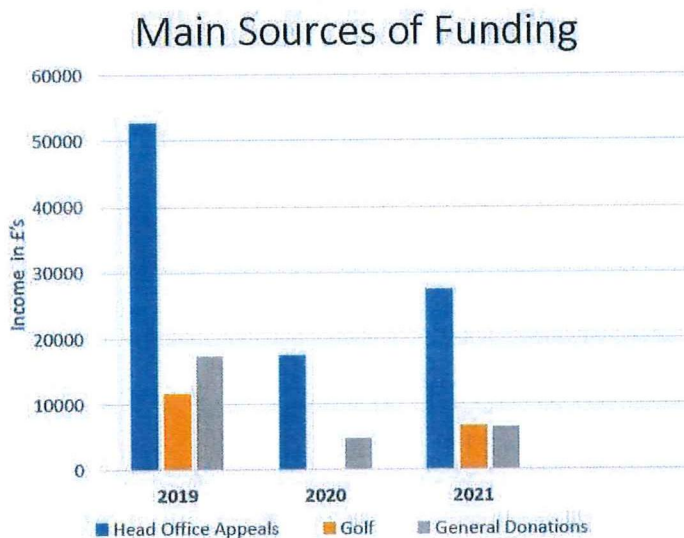
Moreover, of the series of four regular golf tournaments only two were able to be completed - one in East Anglia, and one in Surrey.

Sources of Funding

HO fund raising activity included 115 appeals in 2021. This was foreshortened by the pandemic and compares to 487 appeals in 2019. Consequently, this saw the contributions from this source fall to £27,450 compared to the 2019 contribution of £52,694.

However, the Charity benefited from the fundraising effort of Mark Ford, Managing Director of Signwaves, one of Charity's sponsoring companies resulting in a donation of £3,500.

Funds were received during the year specifically for the development and/or support of Sportability activities in: Oxfordshire; West Midlands; Dorset and Hampshire; and Essex. *[See Restricted Funds in the Charity's accounts for the period]*



While some donors continued to support the Charity in these most difficult years, several wish to remain anonymous. However, the Trustees would like to accord particular thanks and recognition to the following organisations:

The Souter Trust

For their generous contributions with substantial donations over 11 years to support Sportability Events & Activities programmes across the country.

The Calleva Foundation

For their generous contribution with substantial donations over seven years, to support Sportability Events & Activities programmes across the country.

The Bruce Wake Charity

For their generous contribution with substantial donations over six years to support Sportability Events & Activities programmes across the Midlands regions.

The Jeremy Willson Charitable Trust

The Jeremy Willson Charitable Trust in Kent for their support over six years for Sportability's Events and Activity programmes, with particular emphasis on participation for people with paraplegia.

Alice Ellen Cooper-Dean Charitable Foundation

Alice Ellen Cooper Dean Charitable Foundation in Dorchester for their support over eight years for Sportability Events and Activity programmes in the Dorset Hants & Wilts. region.

SURBITON GOLF CLUB ESTABLISHED 1895

DEREHAM GOLF CLUB

The Year Ahead

The Board of Trustees is mindful of the continuing national mood of austerity and uncertainty and has considered the possible effect on the Charity's fundraising capability. Moreover, several Trusts and Foundations that have supported the Charity in the past are no longer operational.

It is also prudent to assume that many Trusts and Foundations, who are still operational and have hitherto supported the Charity, may well redirect their grant making and general fund giving to Covid related charities and beneficiaries. This could impact negatively on Sportability's fundraising capability.

It is hoped that two of the series of golf tournaments in East Anglia will continue, with efforts to hold costs, increase attendance and revenue. Moreover, Messrs Taylorson and Campbell are again organising a fund-raising golf tournament at Surbiton Golf Club, building on the success of the prior tournaments.

In the light of this it was deemed prudent to project budgeted income for the year 2022 at the 2021 level plus no more than 25%.

For the immediate future, the Charity has two main objectives: To provide a greater range of sports (indoor and out) in the existing regions; and to offer programmes in more regions. These are the twin goals of Sportability. We want people with paralysis to have access to sport throughout the UK. The ultimate aim is to bring the Sportability Experience within an hour's drive of the main population areas of the UK.

The future growth of the sports programmes (the core activity of the Charity) is deemed dependent on the replacement of defunct service providers, the sourcing of new providers and an increase in available capacity.

Moreover, the appointment of more Area Organisers is considered key to any expansion. Discussions are ongoing with several possible candidates and more appointments are expected in 2022.

The Board is aware that any expansion is subject to available funds and review.

The **Office for National Statistics** has confirmed in a published report that the levels of depression among British adults have almost doubled during the pandemic. Alarming, the report goes on: "*Adults classified as disabled were six times more likely to report symptoms than those not classified as disabled.*" We hope that most, if not all, of our members have managed to avoid becoming overly depressed during lockdown and really look forward to welcoming them back to our activities just as soon as safely possible.

What It Really Means

Dear David and the Sportability team,

Thank you for making contact, 2020 has been a strange & challenging year to say the least.

I look forward to the restarting of your normal programme, whenever this might be. I am sure like most of your regular 'Sportabilitees' we look forward to the news of the various events that are sent to us.

I am proud to say that I have attempted more sports & activities since I developed my spinal injury than I had as an 'able bodied' person. My friends at work are so envious that I have been gliding, shooting, quad biking, wind sailing etc.

These activities have raised my feelings of self-worth, independence and generally made me feel more positive.

We all face challenges every day, but those who have disabilities can be ground down by constant negativity around us. Sportability has added a level of excitement and positive challenges that I have not found elsewhere.

I am sure that I am not the only person who really looks forward to news of forthcoming events. Thank you for bringing excitement, humour and positivity into my life.

May Sportability continue for many years to come.

Yours sincerely,

Phil Whiles

Financial Review

Accounts have been prepared for the period 1st January 2021 up to and including 31st December 2021 and show net current assets of **£29,266**; and total assets, less current liabilities, of **£30,351**.

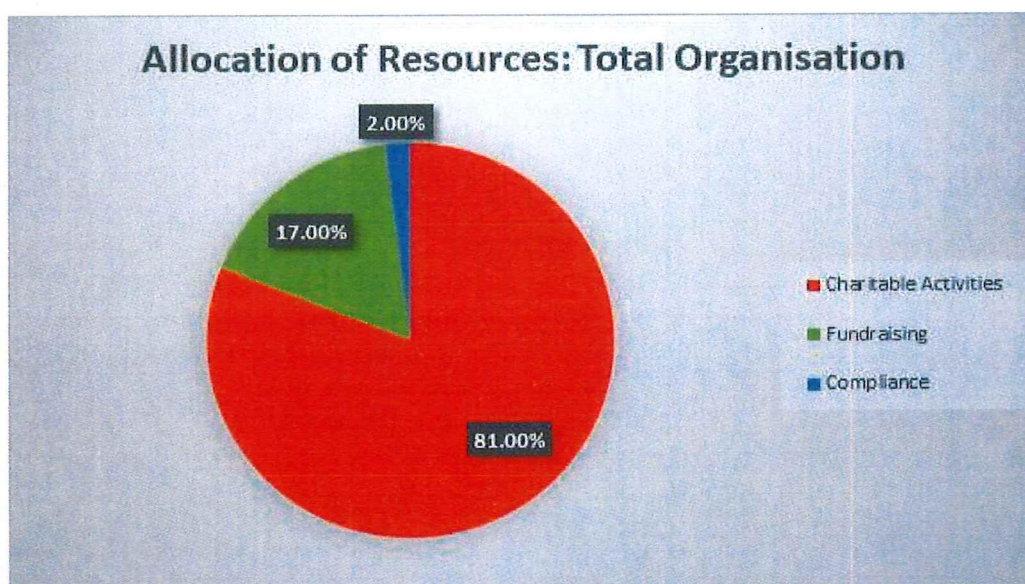
Restricted Funds: During the year, certain donations were made to support either specific activities, or use in specific regions. In the year under review there were no Restricted Funds outstanding.

Staff: There were two permanent paid employees throughout the year, and the Chief Executive as an unpaid officer of the Charity. The Chief Executive and two Administrators effected the administration and operation of the Charity. However, the CE also fulfilled the role of Events and Activities Organiser, where necessary.

During the lockdowns salaried staff were entered into furlough under the Government's Job Retention Scheme, in order to limit overhead costs.

Premises: The Charity rents its own discrete office space and owns equipment to service that office

Events & Activity Costs: Sports activities that are subsidised by the Charity are reflected in the accounts under the heading 'Events & Activity Costs'. Those costs are therefore incurred in pursuance of the Charity's objects.



Reserves Policy. The Board of Trustees has examined the Charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the funds not committed or invested in tangible fixed assets held by the Charity should be set at 3 to 6 months of the Fixed Costs. Budgeted expenditure for 2022 is **£42,640**, of which the Fixed Cost element is **£34,810**. Therefore, the minimum surplus in general funds will, at any given time, be held at around **£8,702** and no less than **£17,404**.

The reserves are needed to meet the working capital requirements of the Charity and the Trustees are confident that at this level they would be able to continue the activities of the Charity (albeit in reduced form and volume) in the event of a significant drop in funding.

Declaration: The Trustees are satisfied that the objects of the Charity have been carried out in accordance with their Declaration of Trust dated 28th August 1989 as amended in 2003 and that the attached accounts show a true record of the financial activities of the Trust.

Signed on behalf of the Trustees of Sportability:

Martyn Baker
Chairman



Date:

Kevin Lewis
Hon. Treasurer



Date: 13th May 2022

SPORTABILITY

England & Wales - Charity number 328325

Accounts



SPORTABILITY
Charity Registration No. 328325

**REPORT of the TRUSTEES
and
UNAUDITED FINANCIAL STATEMENTS
for the
YEAR ENDED 31 DECEMBER 2020**

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

SPORTABILITY

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

**REPORT OF THE TRUSTEES
For the Year Ended 31st December 2020**

The trustees present their report with the financial statements of the charity for the year ended 31st December 2020. 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 2015).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

328325

Principal address

Laynes House
526-528 Watford
Way London
NW7 4RS

Trustees

M Baker
P Isbell
K Lewis
I Taylorson
C Campbell

Independent examiner

Centrum Chartered
Accountants Elscot House
Arcadia Avenue
London
N3 2JU

Solicitors

Keystone Law
48 Chancery
Lane London
WC2A 1JF

Approved by order of the board of trustees on ...13th March 2021... and signed on its behalf by:

Kevin Lewis

.....
K Lewis - Honorary Treasurer

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

SPORTABILITY

Independent examiner's report to the trustees of SPORTABILITY

I report to the charity trustees on my examination of the accounts of the SPORTABILITY (the Trust) for the year ended 31st December 2020.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Centrum Chartered Accountants

Centrum Chartered Accountants
Elscot House
Arcadia Avenue
London
N3 2JU

Date: *18th March 2021*

SPORTABILITY

STATEMENT OF FINANCIAL ACTIVITIES
For The Year Ended 31st December 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		29,698	700	30,398	85,617
Investment income	2	<u>22</u>	<u>-</u>	<u>22</u>	<u>53</u>
Total		29,720	700	30,420	85,670
EXPENDITURE ON					
Raising funds		216	-	216	505
Charitable activities					
Events and activity programs		<u>25,088</u>	<u>-</u>	<u>25,088</u>	<u>68,245</u>
Total		25,304	-	25,304	68,750
NET INCOME		4,416	700	5,116	16,920
RECONCILIATION OF FUNDS					
Total funds brought forward		22,705	-	22,705	5,785
TOTAL FUNDS CARRIED FORWARD		<u>27,121</u>	<u>700</u>	<u>27,821</u>	<u>22,705</u>

SPORTABILITY
BALANCE SHEET
At 31st December 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	6	1,356	-	1,356	1,579
CURRENT ASSETS					
Debtors	7	390	-	390	390
Cash at bank and in hand		<u>27,874</u>	<u>700</u>	<u>28,574</u>	<u>30,680</u>
		28,264	700	28,964	31,070
CREDITORS					
Amounts falling due within one year	8	<u>(2,499)</u>	-	<u>(2,499)</u>	(2,444)
NET CURRENT ASSETS					
		<u>25,765</u>	<u>700</u>	<u>26,465</u>	<u>28,626</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		27,121	700	27,821	30,205
CREDITORS					
Amounts falling due after more than one year	9	-	-	-	(7,500)
NET ASSETS					
		<u>27,121</u>	<u>700</u>	<u>27,821</u>	<u>22,705</u>
FUNDS					
Unrestricted funds	11			27,121	22,705
Restricted funds				<u>700</u>	-
TOTAL FUNDS					
				<u>27,821</u>	<u>22,705</u>

The financial statements were approved by the Board of Trustees on.....13th March 2021..... and were signed on its behalf by:

Kevin Lewis
.....
K Lewis – Honorary Treasurer

MCR
.....
M Baker - Chairman

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS For The Year Ended 31st December 2020

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

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

Plant and machinery	- 20% on reducing balance
Sports equipment	- 25% on reducing balance

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.

2. INVESTMENT INCOME

	2020	2019
	£	£
Deposit account interest	<u><u>22</u></u>	<u><u>53</u></u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2020 nor for the year ended 31st December 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2020 nor for the year ended 31st December 2019.

4. STAFF COSTS

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

	2020	2019
Administration	<u><u>2</u></u>	<u><u>2</u></u>

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

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
For The Year Ended 31st December 2020

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	73,117	12,500	85,617
Investment income	<u>53</u>	<u>-</u>	<u>53</u>
Total	73,170	12,500	85,670
EXPENDITURE ON			
Raising funds	505	-	505
Charitable activities			
Events and activity programs	<u>55,745</u>	<u>12,500</u>	<u>68,245</u>
Total	56,250	12,500	68,750
NET INCOME	16,920	-	16,920
RECONCILIATION OF FUNDS			
Total funds brought forward	5,785	-	5,785
TOTAL FUNDS CARRIED FORWARD	<u>22,705</u>	<u>-</u>	<u>22,705</u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Sports equipment £	Computer equipment £	Totals £
COST					
At 1st January 2020	4,605	906	9,005	400	14,916
Additions	<u>-</u>	<u>116</u>	<u>-</u>	<u>-</u>	<u>116</u>
At 31st December 2020	<u>4,605</u>	<u>1,022</u>	<u>9,005</u>	<u>400</u>	<u>15,032</u>
DEPRECIATION					
At 1st January 2020	3,670	906	8,681	80	13,337
Charge for year	<u>187</u>	<u>24</u>	<u>64</u>	<u>64</u>	<u>339</u>
At 31st December 2020	<u>3,857</u>	<u>930</u>	<u>8,745</u>	<u>144</u>	<u>13,676</u>
NET BOOK VALUE					
At 31st December 2020	<u>748</u>	<u>92</u>	<u>260</u>	<u>256</u>	<u>1,356</u>
At 31st December 2019	<u>935</u>	<u>-</u>	<u>324</u>	<u>320</u>	<u>1,579</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Other debtors	<u>390</u>	<u>390</u>

SPORTABILITY

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
For The Year Ended 31st December 2020

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Bank loans and overdrafts (see note 10)	668	-
Trade creditors	-	738
Taxation and social security	733	748
Other creditors	<u>1,098</u>	<u>958</u>
	<u>2,499</u>	<u>2,444</u>

9. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2020	2019
	£	£
Other creditors	<u>-</u>	<u>7,500</u>

10. LOANS

An analysis of the maturity of loans is given below:

	2020	2019
	£	£
Amounts falling due within one year on demand:		
Bank overdraft	<u>668</u>	<u>-</u>
Amounts falling between one and two years:		
Other loans - 1-2 years	<u>-</u>	<u>7,500</u>

11. MOVEMENT IN FUNDS

	At 1.1.20	Net movement in funds	At 31.12.20
	£	£	£
Unrestricted funds			
General fund	22,705	4,416	27,121
Restricted funds			
Restricted fund	-	700	700
	<u>22,705</u>	<u>5,116</u>	<u>27,821</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	29,720	(25,304)	4,416
Restricted funds			
Restricted fund	700	-	700
	<u>30,420</u>	<u>(25,304)</u>	<u>5,116</u>

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted Funds			
General fund	5,785	16,920	22,705
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>5,785</u>	<u>16,920</u>	<u>22,705</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	73,170	(56,250)	16,920
Restricted funds			
Restricted fund	12,500	(12,500)	-
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>85,670</u>	<u>(68,750)</u>	<u>16,920</u>

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

	At 1.1.19 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	5,785	21,336	27,121
Restricted funds			
Restricted fund	-	700	700
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>5,785</u>	<u>22,036</u>	<u>27,821</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	102,890	(81,554)	21,336
Restricted funds			
Restricted fund	<u>13,200</u>	<u>(12,500)</u>	<u>700</u>
TOTAL FUNDS	<u>116,090</u>	<u>(94,054)</u>	<u>22,036</u>

12. RELATED PARTY DISCLOSURES

The interest free loan in the amount of £7,500 from the Chief Executive, Mr D Heard was repaid during the year.

The notes form part of these financial statements



Report of the Trustees for the year ended 31st December 2020

Constitution & Objects: Sportability is constituted under a trust deed dated 21st August 1989 and is a registered charity no. 328325.

The objects of the Charity are the relief and rehabilitation of those suffering spinal cord injury and other forms of paralysis, through the provision of sporting and recreational activities.

Objectives and Activities: The Charity's objects and principal activities are:

To provide sport and challenging pursuits to people with paralysis.

The original remit was limited to people with spinal cord injury, but with the advice and agreement of the Charity Commission (10th February 2003) this was extended to other populations. The wording of the Trust document was amended by the addition of the words "or any form of paralysis" to follow "spinal cord injury". Thus, the target population to benefit from the Charity's activities was extended to include among others, stroke survivors and people with MS or cerebral palsy.

The main objectives and activities for the year continued to be: The provision of sport and challenging pursuits in various locations around the UK. However, there is a very positive by-product of the Sportability activities in that service providers, who may have never considered working with people with disabilities hitherto, learn from the experience, recognise the possibilities, and extend participation to a wider, more inclusive, public.

Our vision: A world where people with paralysis can flourish, can recognise and realise their full potential.

Our mission: To provide and facilitate opportunities for people affected by paralysis to transform their lives; to challenge societal and individual perceptions of disability; to deliver services that build confidence and self-esteem, that allow people with paralysis to re-assess their capabilities and re-assert their independence.

Our goal: To put the "buzz" back into the lives of people with paralysis, let them experience the elusive adrenaline rush, to empower through achievement and ultimately to inspire the thought *"If I can do this, what else can I achieve?"*

Our values: Driven by the needs of people with paralysis, we are passionate about transforming those lives. Through the medium of sport and challenging pursuits, we provide opportunities to develop, achieve and live life to the optimum. We respect individuality, champion inclusivity and embrace diversity. We aim for quality and excellence in all we do.

Organisation

Trustees. The Trustees, who have served during the year, are set out below. Trustees are appointed by the Board of Trustees and normally serve for five years, after which period they may put themselves forward for re-appointment.

At the Trustees Meeting held on Tuesday, 28th May 2019, Mr. Colin Campbell, having served a continuous five-year period, confirmed his willingness to serve for another three-year term with immediate effect. This was proposed and it was passed by a unanimous vote.

At the AGM held on Tuesday 20th November 2018: Miss Pippa Isbell, Mr Martyn Baker, Mr Ian Taylorson and Mr Kevin Lewis having served a continuous three-year period, put themselves up for re-election. It was unanimously agreed that all four should continue to serve as Trustees for a further three-year period.

The Trustees meet on average quarterly [see Year in Review for more details] but there are subgroups, which may include specialist co-optees, and which meet more frequently as demand dictates. These subgroups ultimately report to the Board of Trustees.

Trustee Induction and Training: Most Trustees were already familiar with the practical work of the Charity at the time of their original appointment. Indeed, two of the five Trustees have personal experience of spinal cord injury, and the mother of one Trustee was a beneficiary participant in the Charity's events programmes. Additionally, new trustees are invited and encouraged to attend events.

All Trustees have been provided with the Charity Commission booklet on trusteeship. This is distributed to all new trustees along with the Memorandum and Articles of the Charity, and the latest financial statements. Moreover, any additional recommendations on trusteeship issued by the Charity Commission are passed on to the Trustees as a matter of course.

Staff: The Charity employed two permanent salaried members of staff for the duration of the year being: Miss Valerie Small as General Manager (GM); and Miss Ann Ryan, as part-time Administrator. Mr David Heard remained in position of unpaid Chief Executive (CE) throughout.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the CE along with GM and the Administrator.

The CE is responsible for ensuring that the Charity delivers the services specified and that key performance indicators are met. The CE also attends the Trustees' meetings by invitation but has no voting rights.

The GM and Administrator(s) have responsibility for the day to day operational management of the Charity, supervision of the Area Organizers, and ensuring that the Charity operates in line with good working practice.

An office and equipment are provided for the staff by the Charity. However, Miss Ryan works remotely from her home, using technology to access the Charity's systems.

Other services, such as Legal Services, PR, secretarial support, accountancy and payroll, marketing, fundraising and website management, are bought in on a need basis.

Public Relations: The Charity is represented by Maltin PR. In September 2018 Mr Tim Maltin (the Senior Partner and Founder of the company) very generously offered to provide public relations services to the Charity on a *pro bono* basis and has continued to do so. The Trustees would like to record their thanks to Mr Maltin and his staff for the excellent work and support that they are providing.

Marketing: The main marketing tool of the Charity has been the Internet, and this has established a national and indeed international presence. The website also provides a facility for online donations.

The website has been most instrumental in maintaining contact and interest among our participants. This interest has been reinforced by regular e-mail newsletters and personal contacts. Thus, we now have a band of active supporters/participants in the 15 regions.

We were also able to enhance the reciprocal support for our sponsors, by providing them with a long-term and professional looking presence on our website.



Patron: At a meeting of the Board of Trustees held on 21st March 2017, it was confirmed that Miss Tania Nadarajah, a Paralympic Archer, and Sportability beneficiary, has accepted a role in the Charity as principal patron. Tania expressed a great willingness to assist the Charity and indeed mentions Sportability in as many broadcasts and other publicity events as often as she can. She is also willing to make herself available for the Charity's fundraising and activity events.

Accountants: BC Centrum Ltd. were appointed on 26th July 2019 as accountants for the Charity. The current accounts have duly been prepared by them.

Compliance: In response to the implementation of the General Data Protection Regulation (GDPR), effective from Spring 2018, the Charity undertook a complete review of the entire data treatment, protection and process. All individuals whose personal data was held by the Charity were contacted with a description of how their data is held and how it would be used in line with the new GDPR regulations. Informed consent was requested to continue to hold that data.

At a meeting of the Board of Trustees, held on 6th September 2018, a policy document, in compliance with the GDPR, was agreed and is permanently published on the Charity's website. Moreover, policies in respect of Safeguarding, Employment, Volunteers, Privacy, Employment, Complaints, Equality and Conflict of Interest were also posted on the Charity's website. These are subject to ongoing review and updated as required.

Risk Management: The Board of Trustees has conducted a review of the major risks to which the charity is exposed.

Significant risks attach to the operation of activities and it was decided (12th January 2003) that the Charity would not run its own events but would work with established service providers. Participants would then be 'clients' of the service providers and any liability in terms of Health and Safety would accrue to those organisations with the requisite expertise to best manage the risks associated with running events and protecting the health and safety of participants.

Related Parties: The Charity is in dialogue with various organisations that have similar or complementary objects. These include the Spinal Injuries Association, The MS Society and various branches, and the Stroke Association and various branches.

The Year in Review

The activities of the Charity were circumscribed by the Covid-19 Pandemic.

After enjoying its most successful year in 2019, Sportability was subject to severe restriction in all its activities, including [and primarily] the organisation of beneficiary events and fund-raising.

However, in spite of this most testing and unprecedented year, the Charity organised as many events as safely possible. Through January and March, we had a programme that enabled 64 people with paralysis to take part in activities such as indoor pistol and rifle shooting, indoor skydiving, sit-skiing, archery and piloting a flight simulator, before the first national shutdown.

Then, in September and October [before the second national lock-down] we managed to carry out a small programme of events, under Covid 19 contingency conditions, which included quad-biking in three of our regions around the U.K. and two indoor sky-diving events in two regions of the UK.

During the lockdowns and under the Tier 4 restrictions, salaried staff were entered into furlough under the Government's Job Retention Scheme, in order to limit overhead costs.

Contact with members, service providers, supporters and fund givers, was maintained through unpaid homeworking, throughout these periods.

To comply with social distancing and health precautions, Trustees' meetings were conducted by telephone conference calls in the first instance, and then by Zoom online conferencing.

Fund Raising

A government report on the economic effects of pandemic concluded that, **"The COVID-19 pandemic is having a catastrophic effect on UK charities leading to an estimated loss of £4 billion for the sector."**

The Charity, along with all others in the third sector, has suffered a dramatic downturn in every aspect of fund-raising.

Specifically, the series of three regular golf tournaments in East Anglia, and one in Surrey, were all cancelled.

Many regular donors were unable to support the Charity either through divergence of funds to more specific Covid causes, or pressure on their own funds [indeed some have ceased operating entirely] or because Sportability's enforced inactivity resulted in fewer events to sponsor or support.

Sources of Funding

HO fund raising activity included 103 appeals in 2020. This was foreshortened by the pandemic and compares to 487 appeals in 2019. Consequently, this saw the contributions from this source fall to £17,475 or approximately one third of the prior year's contribution of £52694.

However, the Charity benefited from an extremely generous donation of almost £3,000 raised by family and friends in memory of Ann Smith, one of our 'members', who sadly passed away in October 2020. Ann took part in many of the Charity's events from over many years and was a keen participant and avid supporter.

Funds were received during the year specifically for the development and/or support of Sportability activities in: East Anglia; West Midlands; and East Midlands. ***[See Restricted Funds in the Charity's accounts for the period]***

However, some donors continued to support the Charity in this most difficult year, and while there are those that wish to remain anonymous, the Trustees would like to accord particular thanks and recognition to the following organisations:

The Jeremy Willson Charitable Trust

The Jeremy Willson Charitable Trust in Kent for their support over five years for Sportability's Events and Activity programmes, with particular emphasis on participation for people with paraplegia.

The Bruce Wake Charity

For their generous contribution with substantial donations over five years to support Sportability Events & Activities programmes across the Midlands regions.

The Calleva Foundation

For their generous contribution with substantial donations over seven years, to support Sportability Events & Activities programmes across the country.

The Souter & The Grey Court Trusts

For their generous contributions with substantial donations over 10 years to support Sportability Events & Activities programmes across the country.

The Year Ahead

The Board of Trustees is mindful of the unprecedented situation with Covid 19, and at the time of writing, the country is in lockdown and the Charity has suspended all activity programmes. In response, the two salaried staff are "furloughed" under the Government's Covid Job Retention Scheme, and this is scheduled to continue until the end of April.

However, preparations have been made for a resumption of the Charity's activities as soon as it is safe to do so. We, and our service providers, will comply with any and all requirements imposed by the Government that apply to the provision of our activities going forward.

The extent of the new programme will be determined by the Government's regional Tier structures and sanctioned activities, new health and safety requirement and always subject to available funds and review.

The situation also has a direct effect on fundraising. Clearly there will be a period of recession and austerity ahead. Several Trusts and Foundations that have supported the Charity in the past are no longer operational. It is also prudent to assume that many Trusts and Foundations, who are still operational and have hitherto supported the Charity, may well redirect their grant making and general fund giving to Covid related charities and beneficiaries. This could impact negatively on Sportability's fundraising capability.

There are tentative arrangements for golf tournaments on 1st October at Surbiton Golf Club in Surrey and on 29th October at Dereham Golf Club in Suffolk. However, these will naturally depend on Covid conditions and restrictions at the time.

Meanwhile, some long-term supporters continue to donate regularly to the Charity.

In the light of the foregoing, it was deemed prudent to project budgeted income for the year 2021, at the same reduced level of income as 2020.

The **Office for National Statistics** has confirmed in a published report that the levels of depression among British adults have almost doubled during the pandemic. Alarmingly, the report goes on: "*Adults classified as disabled were six times more likely to report symptoms than those not classified as disabled.*" We hope that most, if not all, of our members have managed to avoid becoming overly depressed during lockdown and really look forward to welcoming them back to our activities just as soon as permitted and safely possible.

What It Really Means

Dear David and the Sportability team,

Thank you for making contact, 2020 has been a strange & challenging year to say the least.

I look forward to the restarting of your normal programme, whenever this might be. I am sure like most of your regular 'Sportabilitees' we look forward to the news of the various events that are sent to us.

I am proud to say that I have attempted more sports & activities since I developed my spinal injury than I had as an 'able bodied' person. My friends at work are so envious that I have been gliding, shooting, quad biking, wind sailing etc.

These activities have raised my feelings of self-worth, independence and generally made me feel more positive.

We all face challenges every day, but those who have disabilities can be ground down by constant negativity around us. Sportability has added a level of excitement and positive challenges that I have not found elsewhere.

I am sure that I am not the only person who really looks forward to news of forthcoming events. Thank you for bringing excitement, humour and positivity into my life.

May Sportability continue for many years to come.

Yours sincerely,

Phil Whiles

Financial Review

Accounts have been prepared for the period 1st January 2020 up to and including 31st December 2020 and show net current assets of **£26,465**; and total assets, less current liabilities, of **£27,821**.

Restricted Funds: During the year, certain donations were made to support either specific activities, or use in specific regions. In the light of our suspension of many activities these funds have been carried over to the coming year to be dispersed according to the applicable use restrictions.

In the year under review there were £700 of Restricted Funds outstanding. These were carried over for dispersal under their Restricted Covenants to 2021.

Staff: There were two permanent, paid employees throughout the year, and the Chief Executive as an unpaid officer of the Charity. The Chief Executive and two Administrators effected the administration and operation of the Charity. However, the CE also fulfilled the role of Events and Activities Organiser, where necessary.

Premises: The Charity rents its own discrete office space and owns equipment to service that office

Events & Activity Costs: Sports activities that are subsidised by the Charity are reflected in the accounts under the heading 'Events & Activity Costs'. Those costs are therefore incurred in pursuance of the Charity's objects.

Reserves Policy. The Board of Trustees has examined the Charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the funds not committed or invested in tangible fixed assets held by the Charity should be set at 3 to 6 months of the Fixed Costs. Budgeted expenditure for 2021 is **£61,380**, of which the Fixed Cost element is **£40,680**. Therefore, the minimum surplus in general funds will, at any given time, be held at around **£20,340** and no less than **£10,170**.

The reserves are needed to meet the working capital requirements of the Charity and the Trustees are confident that at this level they would be able to continue the activities of the Charity (albeit in reduced form and volume) in the event of a significant drop in funding.

Declaration:

The Trustees are satisfied that the objects of the Charity have been carried out in accordance with their Declaration of Trust dated 28th August 1989 as amended in 2003 and that the attached accounts show a true record of the financial activities of the Trust.

Signed on behalf of the Trustees of Sportability:

Martyn Baker
Chairman



Date: 18/03/2021

Kevin Lewis
Honorary Treasurer



Date: 16th March 2021