



Trustees' Annual Report and Accounts for the year ended 31 March 2025

Scottish Charity Number SC039325

Current Trustees



Address for Correspondence



Appointment of Trustees

Trustees are appointed or reappointed at our annual general meeting which is held in April each year. No changes since the last annual report.

Governing Document

PHysical is a charitable unincorporated association, and the purposes and administration arrangements are set out in our constitution.

Charitable Purpose

Our purpose, as recorded in our constitution, is to foster and promote participation in sport for young people primarily in the 'PH' postcode area. There have been no changes over the last year.

Activities and Achievements

Thanks once again to all our trustees who continue to give up their time to help the charity achieve its aims. The past year has seen PHysical continue to support a number on existing sports activities with strong partnership working helping to further the aims of the charity.

Support for specific projects has continued with assistance from a number of organisations including: The Gannochy Trust. Our PH project was successfully completed.

Our Trustees are delighted to report close working with several sports partners to develop initiatives helping local young people participate in sport.

Thanks again to Flonix Ltd, our commercial sponsor for their support, in particular for managing our web presence.

Rising costs and volunteer recruitment continue to be our biggest challenge.

The past year has seen many projects move into business as usual activity. Supporting Perth Strathtay Harriers para programme move towards financial independence has been largely successful. We have maintained our positive link with Perth and Kinross Disability Sport through a number of delivery events.

It was noted by the Trustees that while our projects have once again proceeded in line with targets there has been a reduction in grant activity. A review of our core activity v charity aims will be undertaken next year.

Trustee Remuneration and Expenses

The Trustees did not receive any remuneration or expenses during the year.

Income / Expenditure 2024-25

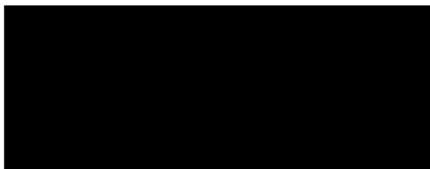
In - restricted			Out - grants	
Trusts/Grants	37200		Clubs/organisations	1100
			Admin Sundries	706
In - unrestricted			Out – sport delivery	
Online funding	41		Events/support	32112
Collections/donations	90			
Totals	37331			33918

Reserves

Credit balance of circa £5,000. The reserved funds for specific projects have been used in accordance with project objectives. The Trustees consider this fund is sufficient to meet our objectives for the forthcoming year.

Income/Expenditure breakdown sheet for 2024 to 2025 is attached for Trustees perusal.

Approved by the Trustees and signed on their behalf



2024-25 Income / Expenditure - Bank Account

NOTES for Trustees

Income:

Unrestricted funding came from our can collections and online donations.

Restricted funding in line with agreed outreach projects.

PH para sport project spend - targets met and completed.

Expenditure:

Grants to local sport organisations in line with charity objectives.

Administration costs include Trustee / EL Insurance.

Admin and governance costs continue to rise and reported.

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2024		31	03	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	90				90	530
Legacies					-	
Grants		37,200			37,200	42,300
Receipts from fundraising activities	41				41	54
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	131	37,200	-	-	37,331	42,884
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	131	37,200	-	-	37,331	42,884
A3 Payments						
Expenses for fundraising activities	706				706	913
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities		32,112			32,112	40,798
Grants and donations	1,100				1,100	1,693
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	1,806	32,112	-	-	33,918	43,404
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	1,806	-	-	-	-	-
Total payments	1,806	32,112	-	-	33,918	43,404
Net receipts / (payments)			-	-	3,413	12,996
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	-	-	-	-	3,413	12,996

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	3,788	20,323			24,111	21,308
	Surplus / (deficit) shown on receipts and payments account	(1,675)	1,502			(123)	2,803
						-	
						-	
	Cash and bank balances at end of year	2,113	21,825	-	-	23,988	24,111
	(Agree balances with receipts and payments account(s))	- 1,675	1,502	-	-	- 3,536	

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name

Date of approval

14 October 2025

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

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C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Perth Harriers para athlete	institution	1	600
Perth Harriers event	institution	1	500
Total			1,100

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	x
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C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	x
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C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

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Physical

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Personal/public donations	90				90	530
Easyfunds	41				41	54
	-					
Total	131	-	-	-	131	584
	reference	-	-	-	reference	reference

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
Gannochy Trust		37,200			37,200	37,300
The Forteviot Trust		-			-	5,000
Total	-	37,200			37,200	42,300
	-	-			-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
collecting can project	90				90	530
online fundraising	41				41	54
					-	
					-	
					-	
Total	131	-	-	-	131	584
	reference error	-	-	-	reference error	reference error

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
sports activities / delivery & support		32,112			32,112	40,798
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	32,112	-	-	32,112	40,798
	-	-	-	-	-	-

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Additional analysis (2)**5 Breakdown of unrestricted funds**

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	-	-	-	-	-
					cross ref error	
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
					cross ref error	
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	-	-	-	-	-	-
					cross ref error	
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
					cross ref error	
Total payments	-	-	-	-	-	-
					cross ref error	
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

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Physical

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Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	-	-	-	-	-
cross ref error						
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
cross ref error						
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	-	-	-	-	-	-
cross ref error						
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
cross ref error						
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

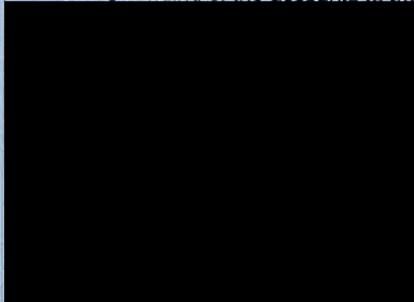
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APPENDIX 3

OSCR

Scottish Charity Regulator

		Independent examiner's report on the accounts								v2
Report to the trustees/members of	Charity name	PHYSICAL								
Registered charity number	SC039325									
On the accounts of the charity for the period	Period start date					Period end date				
	Day	Month	Year			Day	Month	Year		
	01	04	2024	to		31	03	2025		
Set out on pages	6									(remember to include the page numbers of additional sheets)
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.									
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.									
Independent examiner's statement	In the course of my examination, no matter has come to my attention									
	<ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations 									
	have not been met, or									
	<ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 									
Signed:						Date:	27/10/25			
Name:										
Relevant professional qualification(s) or body (if any):										
Address:										

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.