



# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	31	July	2018		31	July	2019

## Section A Reference and administration details

Charity name

Basic Sports & Fitness (bsf Charity)

Other names charity is known by

Registered charity number (if any) 1162212

Charity's principal address

21 A

Sebert Road Forest Gate

London

Postcode

E7 0NG

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	MR JOHN BOSCO WAIGO	Chair		
2	MR TOM TIONDI	Treasurer		
3	MR TONNY KABALI	Secretary		
4	MR MUSTAFA LADU GORE	Member		
5				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document  
(eg. trust deed, constitution)

Trust deed

How the charity is constituted (eg. trust, association, company)	MEMORANDUM AND ARTICLES INCORPORATED
Trustee selection methods (eg. appointed by, elected by)	

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The charity's objects ("objects") are for public benefit specifically restricted to the following:  
 To promote the public benefit of the inhabitants of Newham and other London boroughs with the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants  
 Other charitable purposes for the public benefit assisting people with similar needs in the (England) and Uganda.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

We use sports activities as a vehicle to promote learning and training in order to improve confidence, improve social inclusion, increase knowledge & skills, enabling cooperation among young people, with participation in sports & engage in the wider community. We also deliver intergenerational activities that brought together both youth and adults, including parents to learn a skill together.

These enable both groups to interact and break the stereotypes barriers they hold of each other. Positive adults (possibly parents) interacting together with young people helps the tendency to low their stereotype perception of themselves, while it also helps the adult's intention to augment and moderate their stereotype of young people without interaction. Bring adult role models in the community to engage and facilitate positive learning that creates opportunities and feeling trust in the abilities qualities and judgement which is necessary for the mental health of young people

BSF engages, inspire and nurture young people's enthusiasm and ability in a way that enables them to become the sole drivers of their own success.

We have also developed workshop on youth Knife Crime Preventative Project, covering the following the topics

- Character development
- The danger of Gangs – History and Gang culture
- Testimonial from former gang members – the Good, the Bad and the Ugly
- Life in the Nick – Confession and stories behind the bars
- The purpose of life – Why am I here?
- Dealing with aggression and anger management
- Why do I carry a knife?
- Lethal weapon – Who is really the man? The man with and without the knife?

Whereas in Uganda we shared (donation) Boxing equipment Uganda Boxing Federation (UBF) and local clubs in Kampala to encourage young people especially girls in boxing.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Through our weekly sessions for young people and adult we managed to achieve getting those Physically inactivity and at risk (health i.e. obesity) and social exclusion to participant in our activity and interact, creating self-awareness for basic skills in fitness activities, healthy eating and increase opportunities for involvement in sports agility skills.

- Promote and practice social inclusion by supporting young people through sports.
- Promoting healthy lifestyle, leadership development, thereby increasing the binding and bridging social capital of young people in Newham.

Participates in our projects developed strong social bonds, building a stronger and safer community places generally healthier and happier.

Young People involved in our projects became healthy and physically active creating a habit that improved health and well-being which is a long term commitment develop at early age and develop self-control, persistence, accountability.

And also provided invaluable opportunities for young people to engage in intergenerational activities that brought together both youth and adults, including parents to learn a skill together.

As an initiative that enable both groups to interact and break the stereotypes barriers they hold of each other;

•Positive adults (possibly parents) interacting together with young people, helping the tendency to low their stereotype perception of themselves, while it also helps the adult's intention to augment and moderate their stereotype of young people without interaction.

•Brought adult role models in the community to engage and facilitate positive learning that creates opportunities and feeling the trust, abilities qualities and judgement which is necessary for the mental health of young people aged 8 - 24 years in the London boroughs of Newham and the surrounding boroughs.

- Young People Built self-esteem, self-respect and dignity.
- Provided social interaction with peers and adults.
- Helped develop talents.

Young people especially those who are disadvantaged built friendships and feel part of a wider community, bringing together individuals from different races, religions, genders and economic backgrounds, our activities promoter's mutual respect, tolerance and understand.

Participations learnt many life skills and lessons, to succeed in team sports, YP learnt the importance of teamwork, benefiting their social skills and built community awareness and appreciation.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

Not Available

**Details of any funds materially in deficit**

Not Available

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>	<i>John Bosco Waigo</i>	
<b>Full name(s)</b>	John Bosco Waigo	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	11 <sup>th</sup> .05. 20	

**BASIC SPORTS&FITNESS (BSF) LIMITED**

Company Number 07307759

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2019  
FOR  
BASIC SPORTS&FITNESS (BSF Charity)**

# **BASIC SPORTS&FITNESS (BSF) LIMITED**

## INDEX TO THE FINANCIAL STATEMENTS

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# **BASIC SPORTS&FITNESS (BSF) LIMITED**

## **CHARITY INFORMATION**

**FOR THE YEAR ENDED 31<sup>ST</sup> JULY 2019**

**REGISTERED OFFICE:** 21A Sebert Road Forest Gate  
LONDON E7 0NG

**REGISTERED NUMBER:**

**CHARITY NUMBER** 1162212 (Charity Commission)

**CHAIRMAN** John Bosco N. Waigo

**COMPANY SECRETARY:** Tonny Kabali

**BANKERS:** BARCLAYS BANK PLC  
1 Church Place  
London  
E14 5HP



# **BASIC SPORTS&FITNESS (BSF) LIMITED**

## MANAGEMENT STRUCTURE

The Basic Sports & Fitness (BSF Charity) is managed by a committee of 4 people elected at the annual general meeting by members of the organisation. The committee is composed of a chairperson, Treasurer, secretary and committee members. The management committee are the trustees of the charity

### **The trustees who served during the year are:**

Mr John Bosco N Waigo (Chairman)

Mr Tom Tiondi (Treasurer)

Mr Tonny Kabali (Secretary)

Mr Mustafa Ladu Gore (Member)

# **BASIC SPORTS&FITNESS (BSF) LIMITED**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 31<sup>ST</sup> JULY 2019**

The trustees present their report with the financial statements of the company for the financial year ended 31<sup>st</sup> July 2019.

### **PRINCIPAL ACTIVITY**

BSF engages, inspire and nurture young people's enthusiasm and ability in a way that enables them to become the sole drivers of their own success.

We use sports activities as a vehicle to promote learning and training in order to improve confidence, improve social inclusion, increase knowledge & skills, enable cooperation among young people, with participation in sports & engagement in the wider community.

We also deliver intergenerational activities that bring together both youth and adults, including parents to learn a skill together.

These enable both groups to interact and break the stereotypes barriers they hold of each other.

Positive adults (possibly parents) interacting together with young people helps the tendency to low their stereotype perception of themselves, while it also helps the adult's intention to augment and moderate their stereotype of young people without interaction.

Bring adult role models in the community to engage and facilitate positive learning that creates opportunities and feeling trust in the abilities qualities and judgement which is necessary for the mental health of young people

The key objectives are to encourage YP and wider community to participate in sporting and physical activities, promote a healthy lifestyle to fight obesity through fitness training and healthy (balance) diet, combat crime by promoting unity through sporting activities, engage the Youth to participate in a social activities that promote social inclusion, peer support and mentoring program tailored on individual needs and requirement, networking with local enforcement.

### **Small company provisions**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

## **BASIC SPORTS&FITNESS (BSF) LIMITED**

This report was approved by the board on 1<sup>st</sup> April 2020 and signed on its behalf.

CHAIRPERSON John Bosco N. Waigo

SECRETARY Tonny Kabali

# BASIC SPORTS&FITNESS (BSF) LIMITED

## THEN FINANCIAL INFORMATION

### BASIC SPORTS & FITNESS (BSF CHARITY) INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 JULY 2019

	Notes	2019	2018
<b>INCOME</b>			
Newham	1		1,000.0
London Community Foundation	1	24,720.00	19,090.00
Other In kind	1	7,500.00	6,000.00
BBC Children in need	1	10,000.00	10,000.00
Aspers Good Causes Fund	1		5,400.00
Peabody Community Fund		_____	
<b>TOTAL INCOMES</b>		<b>42,220.00</b>	<b>41,490.00</b>
<b>OPERATING EXPENDITURE</b>			
Training Expenses		18,600.00	17,200.00
Volunteer Expenses		4,800.00	6,000.00
Administration Expenses	2	7,000.00	7,000.00
Rental & Hall Hire			
Advertising & Promotion	3	1,800.00	2,400.00
Website host & Upgrade		600.00	480.00
Insurance Indemnity		240.00	240.00
Depreciation	4	930.00	705.00
Accounting Fee		350.00	350.00
<b>TOTAL EXPENDITURE</b>		<b>34,320.00</b>	<b>34,375.00</b>
<b>Surplus /Deficit for the year 31<sup>st</sup> July 2019</b>		<b>7,900.00</b>	<b>7,115.00</b>

## BASIC SPORTS&FITNESS (BSF) LIMITED

Balance (Brought /Forward as 1 <sup>st</sup> August 2018)	6,570.76	544.24
<b>Surplus/Deficit C/F 31<sup>st</sup> July 2019</b>	<b>14,470.76</b>	<b>6,570.76</b>

# BASIC SPORTS&FITNESS (BSF) LIMITED

## BASIC SPORTS & FITNESS (BSF Charity)

### BALANCE SHEET AS AT 31 JULY 2019

NOTES	2019	2018
	£	£
<b>NON-CURRENT ASSETS:</b>		
Tangible fixed Asset            5	1,585.00	1,615.00
<b>CURRENT ASSETS:</b>		
Cash on hand, at Bank AND DEBTORS	13,416.75	6,486.75
CREDITORS: Amounts falling due within one year	350.00	350.00
	-----	-----
Net Assets	14,651.75	7,751.75
	=====	=====
<b>REPRESENTED BY:</b>		
Restricted fund	0.00	00.00
Designated fund	0.00	00.00
General fund	180.99	1,180.99
Surplus C/F	14,470.76	6,570.76
	-----	-----
	14,651.75	7,751.75
	=====	=====

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006

## **BASIC SPORTS&FITNESS (BSF) LIMITED**

and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

**Mr John Bosco Waigo**

Director

Approved by the board on 1<sup>st</sup> April 2020

Tonny Kabali

Secretary





## BASIC SPORTS&FITNESS (BSF) LIMITED

- 5 **Equipment:** The equipment in the balance sheet are the only non-current asset the company owns and consist of a laptop and projector including other training materials valued at historical cost of £2,820.00 and additions of £900.00 (incurring a 25% depreciation as above.

	Cost £	Depreciation £	Net book value £
Equipment (gym related)	<u>3,720.00</u>	2,135.00	<u>1,585.00</u>
Total			1,585.00

- 6 Professional fees of £350.00 accruing relates to bookkeeping and accountancy fees. This remained outstanding at the balance sheet date.
- 7 The project has been able to sustain its programs and aiming to raise more funds to expand and to achieve its objectives. We are now applying for further funding to expand to have permanent Gym and studio for young people.
- All activities of the company are classified as continuing.

**BASIC SPORTS&FITNESS (BSF) LIMITED**

Company Number 07307759

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CHAIRPERSON John Bosco N. Waigo

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# BASIC SPORTS&FITNESS (BSF) LIMITED

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