



Trustees' Annual Report for the period							
From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	31st	July	2019		31st	July	2020

**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 **21A 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		
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**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

<b>Name</b>	<b>Dates acted if not for whole year</b>
N/A	

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

<b>Type of adviser</b>	<b>Name</b>	<b>Address</b>

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

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## **Section B      Structure, governance and management**

**Description of the charity's trusts**

Type of governing document <small>(eg. trust deed, constitution)</small>	<b>Trust deed</b>
How the charity is constituted <small>(eg. trust, association, company)</small>	<b>MEMORANDUM AND ARTICLES INCORPORATED</b>
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appoint by elected

### 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, 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 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.

Workshop on youth Knife Crime Preventative Project, covering the topics in; Character development

- The danger of Gangs – History and Gang culture.

Despite the huge challenges of the situation social and physical distancing measures, lockdowns of businesses, schools, and overall social life, which have become commonplace to curtail the spread of the disease.

As an organisation working with vulnerable young people we achieved reaching out in different online, digital ways.

Interactive sessions using technology to supported young people with their mental health since the onset, of the COVID-19 pandemic spreading to almost everywhere in world.

Supporting increasingly worried and anxious, young people with uncertainty that feel unsettled and unsafe.

Whilst effort ware already being made to continue vital support services by moving online, for some YP there are huge barriers to digital engagement.

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

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

- policy on grant making.
- 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 children and young 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.
- Engaging with 5-15 young people per week x 40 weeks, total in calendar year 200-600 young people and adults.
- 80 at-risk young people in Newham as a diversionary activity away from gangs and violent crime.
- Talent Development in Uganda

Develop new project Good for Girls physical actives, mental Health awareness and social action.

## Section E Financial review

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

Protect (BSF Charity) income and allow to take advantage of new opportunities reserves be spent on any of our aims.

**Details of any funds materially in deficit**

N/A

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

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

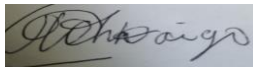
- the charity's principal sources of funds (including any fundraising).
- how expenditure has supported the key objectives of the charity.
- investment policy and objectives including any ethical investment policy adopted.

**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 trustee



Full names: John Bosco N Waigo

Position: (Chair)

Date 31/05/21

31/05/21

Company Number 07307759

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2020  
FOR  
BASIC SPORTS&FITNESS (BSF Charity)**

INDEX TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31<sup>ST</sup> JULY 2020





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

#### 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)

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31<sup>ST</sup> JULY 2020

The trustees present their report with the financial statements of the company for the financial year ended 31<sup>st</sup> July 2020.

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.

This report was approved by the board on 1<sup>st</sup> April 2021 and signed on its behalf.

CHAIRPERSON John Bosco N. Waigo

SECRETARY Tonny Kabali

THEN FINANCIAL INFORMATION

**BASIC SPORTS & FITNESS (BSF CHARITY) INCOME AND EXPENDITURE**  
**ACCOUNT FOR THE YEAR ENDED 31 JULY 2020**

	Notes	<b>2020</b>	<b>2019</b>
		£	£
<b>INCOME</b>			
Contract Income (Zest Mind)		1,200.00	
London Youth	1	4,500.00	
Near Neighbours			
London Community Foundation	1	5,900.00	24,720.00
Other In kind	1	6,500.00	7,500.00
BBC Children in need	1		10,000.00
London Community Foundation C/Bridge	1	7,200.00	
Events by Basic Sports	1	<u>2,400.00</u>	
<b>TOTAL INCOMES</b>		<b>27,700.00</b>	<b>42,220.00</b>
<b>OPERATING EXPENDITURE</b>			
Training Expenses		14,800.00	18,600.00
Volunteer Expenses		3,600.00	4,800.00
Administration Expenses	2	10,400.00	7,000.00
Rental & Hall Hire			
Advertising & Promotion	3	1,500.00	1,800.00
Website host & Upgrade		480.00	600.00
Insurance Indemnity		240.00	240.00
Depreciation	4	1,275.00	930.00
Accounting Fee		350.00	350.00
<b>TOTAL EXPENDITURE</b>		<b>32,645.00</b>	<b>34,320.00</b>
<b>Surplus /Deficit for the year 31<sup>st</sup> July 2020</b>		<b>-4,945.00</b>	<b>7,900.00</b>
Balance (Brought /Forward as 1 <sup>st</sup> August 2019)		14,471.00	6,571.00
<b>Surplus/Deficit C/F 31<sup>st</sup> July 2020</b>		<b>9,526.00</b>	<b>14,471.00</b>

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

**BALANCE SHEET AS AT 31 JULY 2020**

NOTES	2020	2019
	£	£
<b>NON-CURRENT ASSETS:</b>		
Tangible fixed Asset            5	1,690.00	1,585.00
<b>CURRENT ASSETS:</b>		
Cash on hand, at Bank AND DEBTORS	8,186.00	13,417.00
CREDITORS: Amounts falling due within one year	350.00	350.00
	-----	-----
Net Assets	9,526.00	14,652.00
	=====	=====
<b>REPRESENTED BY:</b>		
Restricted fund	0.00	00.00
Designated fund	0.00	00.00
General fund	0.00	181.00
Surplus C/F	9,526	14,471.00
	-----	-----
	9,526.00	14,652.00
	=====	=====

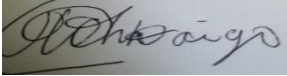
The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

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 (chair)**

Director

A rectangular box containing a handwritten signature in black ink, which appears to be 'John Bosco Waigo'.

Approved by the board on 1<sup>st</sup> April 2021

Tonny Kabali

Secretary

## BASIC SPORTS & FITNESS (BSF Charity)

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 JULY 2020

#### Accounting Policies

**Accounting Convention:** The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

#### Notes

1 Grants made up as follows: -

- London Community Foundation £13,100.00
- Contract Income (Zest) £1,200
- London Youth £4,500
- Other in kind 6,500.00

2 Administrative Expenses of £10,400.00:

	£
• Telephone charges	3,000.00
• Office stationeries, printing & postage	3,000.00
• General & miscellaneous expenses	3,800.00
• Website host and upgrade	600.00
• Total	10,400.00

3 Advertising & promotion of £1,800.00 comprise of:

	£
▪ Publicity leaflets, banners & flyers	550.00
▪ Project Re-launch & promotions	550.00
▪ PR marketing & video production	400.00
Total	<u>1,500.00</u>

4 **Depreciation:** Depreciation is calculated on straight line basis and is charged at 25% per annum.

- 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 £3,720.00 and additions of £1,380.00 (incurring a 25% depreciation as above.

	Cost £	Depreciation £	Net book value £
Equipment (gym related)	<u>5,100.00</u>	3410.00	<u>1,690.00</u>
Total			<u>1,690.00</u>

- 6 Professional fees of £350.00 accruing relate 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.