

**HEALTH THROUGH SPORT LIMITED
ANNUAL REPORTS & FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2019**

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ANNUAL REPORTS & FINANCIAL STATEMENTS
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**HEALTH THROUGH SPORT LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2019**

Directors	Ronnie Goodlass Edward Bowman Henry Corbett Michael Clifford Dalton
Secretary	Ronnie Goodlass
Company Number	05528751 (England and Wales)
Registered Office	11 BAYCLIFF ROAD WEST DERBY LIVERPOOL MERSEYSIDE L12 6QS UK
Accountants	Accountants in the cloud Ltd Croxteth Liverpool Merseyside L11 4RW

HEALTH THROUGH SPORT LIMITED
(COMPANY NO: 05528751 ENGLAND AND WALES)
DIRECTORS' REPORT

The directors present their report and accounts for the year ended 31 August 2019.

Principal activity

Trustees report:

It has been a busy period for us but our work across Merseyside goes from strength to strength with all the Football Coaching courses we have arranged have been well attended. We are still an accredited centre for Openawards Football Coaching Level 1 and 2 qualifications. I would like to thank all who participated and congratulate the ones who gained their Level 1 qualification. A special mention goes to George Brash and Michael Jackson who have both turned their lives around and Health Through Sport is delighted by this. They now want to begin studying their Level 2. We are still working with vulnerable and disadvantaged young people ,former drug misusers and ex offenders and also adults with mental health issues.

We have also got involved with the Fans for Foodbanks project, helping them where we can and giving our support. They do a great job and one of the co founders is Dave Kelly, who we awarded with our Brian Labone Corinthian award for his work in the community.

We have had 2 more fundraising Sportspersons Dinners, with tribute nights for Neville Southall and Graeme Sharp, they were both well attended and I would like to thank everyone who supported the events.

The second Howard Kendall Achievement award was awarded to Joe Anderson, Mayor of Liverpool, for his charity work throughout Merseyside.

I would like to take this opportunity to thank our many friends and ex Everton players who supported us throughout the year, which included ? Neville Southall, Graeme Sharp, Joe Royle, Peter Reid, Derek Temple, John Hurst, Derek Mountfield, John Bailey and Michael Ball.

I am delighted to announce that we have Paul Mason as another patron of our charity. He will be a tremendous asset to our charity and we are looking forward to working with him on future projects and fundraising.

Thanks must again go to Barclays for their continued support.

Directors

The following directors held office during the whole of the period:

Ronnie Goodlass
Edward Bowman
Henry Corbett
Michael Clifford Dalton

Statement of directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors

.....

Ronnie Goodlass
Director

Approved by the board on: 28 June 2020

HEALTH THROUGH SPORT LIMITED

ACCOUNTANTS' REPORT

Accountants' report to the board of directors of Health Through Sport Limited on the preparation of the unaudited statutory accounts for the year ended 31 August 2019

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Health Through Sport Limited for the year ended 31 August 2019 as set out on pages 7 - 11 from the company's accounting records and from information and explanations you have given us.

This report is made solely to the Board of Directors of Health Through Sport Limited, as a body, in accordance with the terms of our engagement letter dated 16 March 2017. Our work has been undertaken solely to prepare for your approval the accounts of Health Through Sport Limited and state those matters that we have agreed to state to them, as a body, in this report. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Health Through Sport Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Health Through Sport Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Health Through Sport Limited. You consider that Health Through Sport Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Health Through Sport Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

Accountants in the cloud Ltd

Croxteth
Liverpool
Merseyside
L11 4RW

28 June 2020

HEALTH THROUGH SPORT LIMITED
INCOME STATEMENT
FOR THE YEAR ENDED 31 AUGUST 2019

	2019	2018
	£	£
Turnover	60,392	28,480
Cost of sales	(22,783)	(24,573)
Gross surplus	37,609	3,907
Administrative expenses	(28,705)	(12,074)
Operating surplus/(loss)	8,904	(8,167)
Surplus/(loss) on ordinary activities before taxation	8,904	(8,167)
Tax on surplus/(loss) on ordinary activities	-	-
Surplus/(loss) for the financial year	8,904	(8,167)

HEALTH THROUGH SPORT LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 AUGUST 2019

	Notes	2019 £	2018 £
Fixed assets			
Tangible assets	4	2,405	2,405
Current assets			
Cash at bank and in hand		12,902	3,849
Creditors: amounts falling due within one year	5	(600)	(451)
Net current assets		<u>12,302</u>	<u>3,398</u>
Net assets		<u>14,707</u>	<u>5,803</u>
Reserves	6		
Profit and loss account		<u>14,707</u>	<u>5,803</u>
Members' funds		<u>14,707</u>	<u>5,803</u>

For the year ending 31 August 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board of Directors and authorised for issue on 28 June 2020 and were signed on its behalf by

Ronnie Goodlass
Director

Company Registration No. 05528751

HEALTH THROUGH SPORT LIMITED
STATEMENT OF CHANGES IN EQUITY
AS AT 31 AUGUST 2019

	Share capital £	Profit & loss account £	Total £
At 1 September 2017	-	13,970	13,970
Loss for the year		(8,167)	(8,167)
At 31 August 2018	-	5,803	5,803
At 1 September 2018	-	5,803	5,803
Profit for the year		8,904	8,904
At 31 August 2019	-	14,707	14,707

HEALTH THROUGH SPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 AUGUST 2019

1 Statutory information

Health Through Sport Limited is a private company, limited by guarantee, registered in England and Wales, registration number 05528751. The registered office is 11 BAYCLIFF ROAD , WEST DERBY, LIVERPOOL, MERSEYSIDE, L12 6QS, UK.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Limited Liability

The charity is a company limited by guarantee. Each member's liability is limited to £1.

Tangible fixed assets policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Motor vehicles	25%
Computer equipment	33%

4 Tangible fixed assets

	Motor vehicles £	Fixtures & fittings £	Total £
Cost or valuation			
At 1 September 2018	At cost 5,500	At cost 3,119	8,619
At 31 August 2019	5,500	3,119	8,619
Depreciation			
At 1 September 2018	4,765	1,449	6,214
At 31 August 2019	4,765	1,449	6,214
Net book value			
At 31 August 2019	735	1,670	2,405
At 31 August 2018	735	1,670	2,405

5 Creditors: amounts falling due within one year

	2019 £	2018 £
Accruals	600	451

**HEALTH THROUGH SPORT LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2019**

6 Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

7 Transactions with related parties

Plans for future periods:

We are in the process of arranging another Football Coaching course with Adults who suffer from mental Health / Depression issues. We have discussed this in meetings with a couple of agencies who are keen to put clients on the course. We have arranged a Golf Day in partnership with Wirral Ark, a homeless charity based on the Wirral. It will be held at West Derby Golf Club. Teams will play for the first Dixie Dean Golf Cup and proceeds from the day will go to Health Through Sport and Wirral Ark. We are really looking forward to the day and hope to make this an annual event.

Ex Everton and Tranmere Rovers players will be taking part in the tournament and an article will be going in the Liverpool Echo to advertise the event.

We have arranged to climb Snowdon in Wales in August to raise funds and we are in the process of setting up a Just Giving page and asking people do they want to take part in the climb or to sponsor the ones that are. Two lads that have achieved their Level 1 qualification on our courses, Michael Jackson and George Brash, will be joining us on the climb, which is fantastic.

We are having medals and certificates printed for those who are taking part in the climb.

We have also arranged another 2 Sportspersons Dinners and hopefully these will be as successful as the last two.

8 Average number of employees

During the year the average number of employees was 0 (2018: 5).

HEALTH THROUGH SPORT LIMITED
DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 AUGUST 2019

This schedule does not form part of the statutory accounts.

	2019	2018
	£	£
Turnover		
Sales	60,392	28,480
Cost of sales		
Purchases	22,649	24,573
Other direct costs	134	-
	22,783	24,573
Gross profit	37,609	3,907
Administrative expenses		
Staff training and welfare	526	-
Travel and subsistence	2,936	1,461
Motor expenses	2,817	20
Rent	-	1,500
Light and heat	2,000	-
Telephone and fax	1,263	609
Postage	191	-
Insurance	820	554
Depreciation	-	802
Donations	216	166
Sundry expenses	842	-
Accountancy fees	149	450
Consultancy fees	2,400	5,388
Advertising and PR	14,545	1,124
	28,705	12,074
Operating profit/(loss)	8,904	(8,167)
Profit/(loss) on ordinary activities before taxation	8,904	(8,167)