

Plymouth Sports Charity Limited
(A Charitable Company Limited by Guarantee)

Annual Report and Financial Statements

For the Year Ended 31 January 2022

Company Number: 07755411
Charity Registered in England and Wales Number: 1146141

Plymouth Sports Charity Limited
Contents
For the Year Ended 31 January 2022

	<u>Page</u>
Reference and Administrative Details	2
Trustee Directors' Report	3 – 6
Independent Examiners' Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 – 20

Plymouth Sports Charity Limited
Reference and Administrative Details
For the Year Ended 31 January 2022

Charity Name	Plymouth Sports Charity Limited
Trustee Directors	M Ringstrom A Sandford G Thompson
Registered Office	1 Haysend Walk Plymouth PL6 6FX
Independent Examiner	Michelle Ferris BSc (Hons) FCA DChA Albert Goodman LLP Goodwood House Blackbrook Park Avenue Taunton Somerset TA1 2PX

The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 January 2022. The provisions of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP FRS 102- implemented 1 January 2019) have been adopted in preparing the annual report and financial statements of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 30 August 2011 and registered as a charity on 29 February 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment, Appointment of Trustees

The Directors of the company are also charity Trustees for the purposes of charity law. They give their time voluntarily and receive no benefits from the charity. All day to day operational matters are delegated to the management team. Under the Articles of Association there is no automatic requirement for rotation/retirement of Director/Trustees.

When recruiting Trustees, the existing Trustees seek individuals with a skill set complimentary to theirs. The aim is that the Trustee/Directors as a group, have a diverse set of skills that individually benefit the objectives of the charity.

OBJECTIVES AND ACTIVITIES

The charitable company's objective is to promote for the benefit of the inhabitants of Plymouth and the surrounding area 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 in the interest of social welfare and with the object of improving the conditions of life of the said inhabitants.

Predominantly the aim of the charity is to holistically help and improve the lives of its beneficiaries through physical activities. We do this by delivering education on fitness and exercises and coaching to improve the physical, mental and social health of its users. We use innovative techniques to offer a bespoke and unique learning environment that develops the beneficiary, creating lifelong skills. The charity's vision is to be the leading provider of accessible health and fitness sessions within the south west of England. We believe in only focusing on what we excel at and that is fitness and health.

By achieving the charities aims we will further the legal purpose of the charity which is to relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage. We will also arguably be purposely advancing health by using our exercise referral scheme to "promote activities that have a proven beneficial effect on health".

The Trustees have complied with the requirements of the Charities Act 2011 and have had due regard to the Charity Commission's public benefit guidance. Before any funding applications are written and any projects planned the trustees evaluate what services are in the best interest of the general population of Plymouth, a good example being improving men's health in Plymouth due to the 54% of death in males being from poor diet and 67% of death of males in Plymouth being due to a lack of physical activity. The trustees also ensure that each project is as inclusive as possible and optimising the charities impact of public benefit.

We have been relieving those in need by delivering prescribed exercise suitable for each service users condition, situation and previous experiences. We have also met this need by delivering free and accessible accredited courses and qualifications. Moving forward the charities strategy will be to continue meet the need of the public by using physical activity sessions to improve physical and mental health. This is due to the success of our present and previous projects that have directly made this positive impact to the service users such as PSC Active Communities, MAN Power and the Second Chance project.

The criteria the charity uses to assess success is individualised to each project and each funding organisation request however all project successes are based on achieving the targeted number of members of the public over a twelve month period. Moving forward the charity will utilise the success criteria of physical and mental health improvements which are collected via the relevant measurements. These measurements include: the use physical measurements, blood pressure checks, BMI calculator and scales to measure the beneficiaries' improvements towards their physical health and the use of mood star charts at the start, during and at the end of the project to measure the improvements of the beneficiaries' mental health.

ACHIEVEMENTS AND PERFORMANCE

The charity continues to use healthy exercise, education, qualifications, mentoring and strong partnerships to improve the physical, mental and social health of disadvantaged people in and around Plymouth. The overarching aim is to provide accessible sport and fitness sessions, community networks and exit routes to create a client centred program which supports a client through their own specific journey creating a sustainable and positive lifestyle.

At the start of the 2021/22 tax year the charity focus was to secure unrestricted income to replace that lost in the previous covid-pandemic. The charity aims to link with partners to secure unrestricted contracts in schools, community settings and holiday programmes.

Aside from the unrestricted funds the charity will continue to focus on securing restricted funded project work focusing on improving health and wellbeing, with the large three-year projects coming to an end next year the charity needs to look at how to continue to be sustainable.

Throughout the year the charity has secured and delivered many successful projects, with a wide range of delivery. Projects such as:

Cycle UK – to create a social cycling group, supporting beginner cyclist and preparing them for longer social rides.

Whirlwind trust – a project to promote and support people to learn how to paddleboard

Fishing UK – an introduction to fishing for children.

Veterans fund – to support veterans to be active and improve their mental health and wellbeing

Awards for all – ladies only fitness sessions to improve health and wellbeing

Arthritis trust – to work closely with gp referrals to improve the lives of those suffering with arthritis.

These enabled the income to remain constant whilst adding a wider spectrum of delivery methods and enhanced contacts. One area of development is the network of contacts and partnerships around the city. These strong partnerships enable the charity to work with the most isolated and at-risk people, ensuring the funding is going to where it is really needed.

The Manpower and Children in Need projects have been very successful and overachieved in terms of outcomes. Children in need have refunded us for a further 12 months to continue our work.

Over the last financial year, we have helped:

- 89 people who suffer from chronic conditions by lowering their blood pressure, BMI and body fat percentage into the recommended rate and scores.
- 621 people improve their physical health measured by their weight.
- 621 people improve their mental health measured by mood chart scores.
- 122 children between the ages of 5 and 18 to improve their physical health measured by fitness assessments.

The trustees are very happy with the performance of the charity over the last 12 months and satisfied there is a strong plan in place to continue the work on going. All three trustees are happy to continue in post and see no reason for any structural changes to happen.

FINANCIAL REVIEW

The charity generated income in the year to 31 January 2022 of £51,259 (2021 - £120,115). Of this income, £34,989 was in relation to restricted funds (2021 - £61,712).

Total expenditure for the year was £181,520 (2021 - £189,980), of which £138,187 (2021 – £126,830) was spent on restricted funds. This has therefore generated a deficit of £130,549 (2021– deficit of £69,865), of which £103,198 (2021 – deficit of £69,865) was in relation to restricted funds, before transfers.

The significant difference in both income levels and surplus/deficit between 2021/2022 and 2020 arises from a quirk of charity accounting.

In the year to 31 January 2020, the charity accounting standard (the SORP), required that we recognise £162,325 of income which we had not yet received and which had not been spent. This therefore boosted both income and surplus in 2020 by this amount, and could be seen in accrued income in the balance sheet (shown as part of debtors).

In the year to 31 January 2021, we received £70,781 of this income which was previously recognised. We therefore spent these funds and recognised the associated costs but not been able to recognise the income (as it was recognised in 2020).

The result of this is that we show a deficit in the 2021 accounts of £69,865, which would be a small surplus should the income have been recognised in line with the expenditure.

In the year to 31 January 2022 there are no more payments due as the full amount has been received, and accrued income is recognised as nil in the year. We were therefore making expenditure which was covered by income recognised in 2020 and these statutory accounts show a loss as a result.

2022 saw the end of all of the multi year grants which created this effect, and it is therefore hoped that future years will be more representative of the cash position. The charity is continuing to generate new sources of income.

On this basis and taking into account the above noted circumstances, the trustees confirm that they have prepared the accounts on the going concern basis.

Reserves policy

The charity is still in the position of developing its reserves and therefore does not have a formal reserves policy. The eventual aim is to carry sufficient reserves to cover unrestricted costs for a period of 3-6 months. As at the year end the charity were not holding any free reserves, however these are being developed towards the required level of approximately £15,750- £31,500.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Plymouth Sports Charity Limited for the purposes of company law) are responsible for preparing the Trustees Directors' Report (incorporating the directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- (a) select appropriate accounting policies and then apply them consistently;
- (b) observe the methods and principles in the Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent,
- (d) state whether UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- (e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The directors are also responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Acts 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and reporting by Charities and in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on their behalf by:

A Sandford
Trustee

Date: 28 June 2022

Plymouth Sports Charity Limited

Independent Examiners' Report to the Members and Trustees
For the Year Ended 31 January 2022

Independent examiners report to the Trustees of Plymouth Sports Charity Limited

I report to the charity trustees on my examination of the accounts of Plymouth Sports Charity Limited ("the Company") for the year ended 31 January 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Albert Goodman LLP provides the charity with book-keeping services. I confirm that the necessary safeguards as required by the Directions of the Charity Commission have been implemented, and that I have applied the provisions of the Revised Ethical Standard 2016 issued by the Financial Reporting Council.

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 Company as required by section 386 of the 2006 Act; or
2. the accounts do not comply with these records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Michelle Ferris BSc (Hons) FCA DChA
Albert Goodman LLP

Date: 4 July 2022

Goodwood House
Blackbrook Park Avenue
Taunton
Somerset, TA1 2PX

Plymouth Sports Charity Limited

Statement of Financial Activities (including an Income and Expenditure account)

For the Year Ended 31 January 2022

	Notes	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2022 £	Unrest- ricted Funds £	Rest- ricted Funds £	Total 2021 £
Income from:							
Charitable activities	2	16,270	34,989	51,259	58,403	61,712	120,115
Total income		16,270	34,989	51,259	58,403	61,712	120,115
Expenditure on:							
Raising funds		288	-	288	217	-	217
Charitable expenditure	3	43,333	138,187	181,520	62,933	126,830	189,763
Total expenditure		43,621	138,187	181,808	63,150	126,830	189,980
Net (expenditure)/income before transfers		(27,351)	(103,198)	(130,549)	(4,747)	(65,118)	(69,865)
Transfer between funds	8	36,922	(36,922)	-	-	-	-
Net movement in funds		9,571	(140,120)	(130,549)	(4,747)	(65,118)	(69,865)
Reconciliation of funds							
Fund balances at 01 February 2021		6,703	145,334	152,037	11,450	210,452	221,902
Fund balances at 31 January 2022	8	16,274	5,214	21,488	6,703	145,334	152,037

The results for the year derive from continuing activities and there are no gains or losses other than those shown above.

The statement of financial activities incorporates the income and expenditure account.

Plymouth Sports Charity Limited- Company Registration Number: 07755411**Balance Sheet**

As at 31 January 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible fixed assets	5	11,900	16,017
Current assets			
Debtors	6	-	91,544
Cash at bank and in hand		11,568	46,585
		<u>11,568</u>	<u>138,129</u>
Creditors			
Amounts falling due within one year	7	(1,980)	(2,109)
		<u></u>	<u></u>
Net current assets		9,588	136,020
Net assets		<u><u>21,488</u></u>	<u><u>152,037</u></u>
Funds			
Unrestricted funds			
General funds	8	16,274	6,703
		<u>16,274</u>	<u>6,703</u>
Restricted funds	8	5,214	145,334
		<u>5,214</u>	<u>145,334</u>
Net assets		<u><u>21,488</u></u>	<u><u>152,037</u></u>

These accounts have been prepared and delivered in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

For the year in question, the charitable company was entitled to exemption from an audit under section 477 of the Companies Act 2006.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

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

Approved by the Board of Trustees for issue on 28 June 2022 and signed on their behalf by:

A Sanford

Trustee

1 Accounting Policies

1.1 General information and basis of accounting

Plymouth Sports Charity Limited is a company limited by guarantee incorporated in the United Kingdom under the Companies Act. The maximum liability of each member is limited to £10. The address of the registered office is given on page 2. The nature of the charity's operations and its principal activities are set out in the Trustees report on pages 3-6.

The financial statements have been prepared in £ sterling on the historical cost basis and in accordance with 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)- (Charities SORP (FRS 102)) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income. The valuation of donated services is not quantified within the Statement of Financial Activities.

Donation income is received by way of general grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

Income from grants, relating to specifically the provision of goods or services as part of charitable activities or services to clients are included in full in the Statement of Financial Activities when receivable and in the period in which they relate to. Grants are deferred when the monies have been received in advance of the period in which they relate to.

Other trading activities income includes income related to training sessions and is included in the Statement of Financial Activities when receivable.

Investment income is included when receivable.

1.3 Government grants

Government grants are accounted for when unconditionally due and reasonable assurance can be gained that it will be received. Where funds are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate. Where funds have not been received in a specified period, these funds will be accrued in debtors and recognised in the period to which they relate. Not all grants received have conditions and performance indicators attached, where this is the case, the income is included within donations. Performance related grants are included within Charitable Activities income.

1.4 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. All expenditure is gross of VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services to its clients. Direct costs are allocated to such activities and those costs of an indirect nature necessary to support them are shown as contributions to core expenditure.

Other support costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

1.5 Fixed assets

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rate:-

Sports equipment - 25% reducing balance
Office equipment - 33% reducing balance
Motor vehicles - 25% reducing balance

Fixed assets are valued at cost less depreciation. Fixed assets are reviewed annually for impairment.

1.6 Debtors

Accrued income comprises amounts due from funders and is recognised when the charity is entitled to the grant, receipt is probable and the amount can be measured reliably. Prepayments are valued at the amount prepaid.

1.7 Cash at bank and in hand

Cash at bank and in hand comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

1.8 Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their settlement amount.

1.9 Taxation

The company is a registered charity and is therefore not liable to corporation tax to the extent that income and gains are applied to the charitable objectives of the charity.

1.10 Fund accounting

General funds are unrestricted funds receivable or generated for the objects of the Bureau without further specified purpose and are available as general funds.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criterion is charged to the fund, together with a fair allocation of management and support costs.

1.11 VAT

The charity is not VAT registered and therefore all costs are inclusive of VAT.

1.12 Covid-19

The Trustees have considered the implication of the Covid-19 pandemic on the operations of the charity. Whilst the charity had to cease operations during lockdown, costs were cut to a minimum and funders have remained supportive, allowing deferral of projects where necessary. Taking into account all reasonable circumstances, the Trustees believe that the charity remains a going concern and no adjustments to the accounts are necessary.

1.13 Financial instruments

The charity only holds basic financial instruments as defined in FRS 102. The financial assets and liabilities of the charity and their measurements are as follows:

Financial assets – trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Financial liabilities – trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost. Taxation and social security are not included in the financial instruments disclosure definition. Deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

2 Incoming resources from charitable activities

	Unre- stricted funds £	Rest- ricted funds £	Total 2022 £	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £
All Women	-	10,000	10,000	-	-	-
Anglian Trust	-	-	-	-	4,200	4,200
Big Lottery	-	10,000	10,000	-	-	-
Brunel Academy	-	-	-	3,780	-	3,780
Cornwall Council*	-	-	-	283	-	283
Covid Response	-	-	-	42,500	-	42,500
Contracts	7,342	-	7,342	-	-	-
CR Cyclist Club	2,300	1,660	3,960	-	-	-
Devon Com Fund	-	-	-	-	2,440	2,440
Devon Council*	-	-	-	1,310	-	1,310
Edward Gosling	-	-	-	-	5,200	5,200
Elm Grant	-	-	-	-	1,000	1,000
Fit and Fed*	6,230	-	6,230	-	-	-
Garfield Weston	-	-	-	-	20,000	20,000
The PLUSS Organisation	-	-	-	1,000	-	1,000
Paddle Away	-	5,000	5,000	-	-	-
Sparc Sport CIC	-	-	-	4,000	-	4,000
True Colours	-	-	-	4,800	-	4,800
Veterans Fund	-	-	-	-	28,000	28,000
Versus Arthritis	-	5,000	5,000	-	-	-
UK Cycling - PSC Ride Away	-	1,306	1,306	-	-	-
Other funders < £1k	398	2,023	2,421	730	872	1,602
	<u>16,270</u>	<u>34,989</u>	<u>51,259</u>	<u>58,403</u>	<u>61,712</u>	<u>120,115</u>
The income on the previous page is made up of:						
Received in year	16,270	126,533	142,803	58,403	132,493	190,896
Accrued income brought forward	-	(91,544)	(91,544)	-	(162,325)	(162,325)
Accrued income carried forward	-	-	-	-	91,544	91,544
	<u>16,270</u>	<u>34,989</u>	<u>51,259</u>	<u>58,403</u>	<u>61,712</u>	<u>120,115</u>

* denotes amounts received from government. See note 14 for more information.

3 Charitable expenditure

	Unres- tricted £	Res- tricted £	Total 2022 £	Unres- tricted £	Res- tricted £	Total 2021 £
Charitable activities						
Staff salaries	15,990	-	15,990	17,516	-	17,516
Subcontractor costs	11,358	123,132	134,490	31,565	99,341	130,906
Direct costs	6,044	3,351	9,395	14,111	6,379	20,490
Equipment expense and repairs	336	2,456	2,792	295	3,949	4,244
Purchases	796	708	1,504	-	-	-
Rent, insurance and utilities	1,392	-	1,392	3,385	35	3,420
Training	-	828	828	25	2,985	3,010
Marketing	1,548	167	1,715	665	883	1,548
Bank charges	137	-	137	120	-	120
Office costs	387	-	387	784	-	784
Accountancy fees	325	600	925	354	1,318	1,672
Independent Examination fees	-	500	500	-	500	500
Rent	422	2,950	3,372	-	-	-
Sundry costs	3,872	104	3,976	-	-	-
Depreciation	4,117	-	4,117	5,553	-	5,553
	46,724	134,796	181,520	74,373	115,390	189,763
Contributions to core expenditure	(3,391)	3,391	-	(11,440)	11,440	-
	43,333	138,187	181,520	62,933	126,830	189,763

4 Employees and employment costs

	2022	2021
	£	£
Wages and salaries	15,990	17,516
	<u>15,990</u>	<u>17,516</u>
	<u><u>15,990</u></u>	<u><u>17,516</u></u>

No individual employee was paid over £60,000 (2021: none).

No remuneration was paid to any Trustees during the year (2021: none). No expenses were reimbursed to the Trustees by the charity during the year (2021: none).

The key management personnel of the charity are considered to be the managers. They are paid by a combination of wages and submitted invoices. The total costs to the charity of employee benefits (including submitted invoices) for the key management personnel were £140,424 (2021: £144,382).

The average monthly head count was 2 staff (2021: 2 staff). In addition, the charity used a number of freelance instructors who invoiced the charity separately.

5 Tangible fixed assets

	Sports Equipment £	Office Equipment £	Motor Vehicles £	Total £
Cost				
As at 01 February 2021	16,184	5,415	18,594	40,193
As at 31 January 2022	16,184	5,415	18,594	40,193
Depreciation				
As at 01 February 2021	11,992	4,049	8,135	24,176
Charge for year	1,051	451	2,615	4,117
As at 31 January 2022	13,043	4,500	10,750	28,293
Net book value				
As at 31 January 2022	3,141	915	7,844	11,900
As at 31 January 2021	4,192	1,366	10,459	16,017

6 Debtors

	2022 £	2021 £
Accrued income	-	91,544

7 Creditors: Amounts falling due within one year

	2022 £	2021 £
Other creditors	-	130
Accruals	1,980	1,979
	1,980	2,109

Where grants are received in advance, for a specified period, these funds are deferred and recognised in the period to which they relate.

8 Statement of funds

	Balance 01.02.21 £	Income £	Expenditure £	Transfers £	Balance 31.01.22 £
Unrestricted funds					
General unrestricted funds	6,703	16,270	(43,621)	36,922	16,274
Total unrestricted funds	6,703	16,270	(43,621)	36,922	16,274
Restricted funds					
Active Together - Children in Need	40,552	-	(40,552)	-	-
Anglian Trust	4,200	-	(4,200)	-	-
Paddle Away	-	5,000	(6,348)	1,348	-
Versus Arthritis	-	5,000	(5,000)	-	-
Awards for all	-	10,000	(10,000)	-	-
PSC Education	-	1,306	(2,266)	960	-
Man Power - Big Lottery	81,463	10,000	(43,233)	(43,016)	5,214
Veterans Fund	19,119	-	(21,294)	2,175	-
Other <£1,000	-	3,683	(5,294)	1,611	-
Total restricted funds	145,334	34,989	(138,187)	(36,922)	5,214
Total funds	152,037	51,259	(181,808)	-	21,488

Statement of funds- prior year

	Balance 01.02.20 £	Income £	Expenditure £	Transfers £	Balance 31.01.21 £
Unrestricted funds					
General unrestricted funds	11,450	58,403	(63,150)	-	6,703
Total unrestricted funds	11,450	58,403	(63,150)	-	6,703
Restricted funds					
Active Together - Children in Need	64,552	-	(24,000)	-	40,552
Anglian Trust	-	4,200	-	-	4,200
Devon Com Fund	-	2,440	(2,440)	-	-
Edward Gosling	-	5,200	(5,200)	-	-
Elm Grant	-	1,000	(1,000)	-	-
Garfield Western	-	20,000	(20,000)	-	-
Man Power - Big Lottery	145,900	-	(64,437)	-	81,463
Veterans Fund	-	28,000	(8,881)	-	19,119
Other <£1,000	-	872	(872)	-	-
Total restricted funds	210,452	61,712	(126,830)	-	145,334
Total funds	221,902	120,115	(189,980)	-	152,037

8 Statement of funds (cont.)

- The general unrestricted fund represents the unrestricted funds of the charity at the year end.
- Active Together funding came from Children in Need for a project that uses exercise and games to improve fitness as well as mental and social health. Our sessions aim to educate, motivate and inspire children whilst improving self-confidence, communication, leadership and problem solving.
- The Anglian Trust funding was provided for to run introductory fishing sessions for children in and around Plymouth, aimed at 6 - 16yr olds from disadvantaged areas who hadn't previously had a go at fishing. They were taught to utilise the time to improve communication and interact with new friends.
- The Devon Com Fund came from Devon Community Foundation was to run Covid relief sessions. These were online fitness and workshops focused around nutrition and exercise aimed at 30-75 year olds suffering from isolation and poor health.
- The Edward Gosling Funding Provides individualized exercise programs in a supervised environment for those patients effected by clinical conditions including: anxiety, hypertension, diabetes, obesity, back pain, angina, depression, osteoporosis, cancer, arthritis and other conditions.
- The Elm Grant funding aims to educate 20 men about anatomy and physiology, health and activity, safety and nutrition in order improve their long term physical and mental health. The project will provide them with an accredited and recognized 1st4sport Level 2 Gym Instructing course that can also help them get back in to work or further education.
- The Garfield Weston funding was provided for health and fitness sessions focusing on the most disadvantaged people from Exeter, Torquay, and Paignton.
- The Veterans Fund funding was provided to fund a project to engage veterans with a cycling project.
- Man Power funding came from Big Lottery to provide an accessible and inclusive health and well-being centre for disadvantaged males aged 16+ who have poor physical health and limited opportunities to reach their potential. This will have a knock on improvement in their mental and social well-being. A transfer was made out of the funds this year to reflect expenditure incorrectly allocated to unrestricted funds in previous years.
- Access Reach Funding was received from the Reach Fund to improve the financial controls and management within the charity, produce a 3 year forecast and produce a strategic plan.
- Paddle Away funding is a paddleboarding project for children funded by the whirlwind trust. The focus of the project is to provide a life-enhancing experience to disadvantaged and disabled young people between the ages of 5 and 14 years.
- Versus Arthritis fund is arthritis sessions provided by Versus Arthritis. The aim of the project is to provide free exercise referral scheme that will provide individualized exercise programs in a supervised environment for those patient effected by arthritis.

9 Analysis of net assets between funds

	Unre- stricted funds £	Rest- ricted funds £	Total 2022 £	Unre- stricted funds £	Rest- ricted funds £	Total 2021 £
Tangible assets	11,900	-	11,900	16,017	-	16,017
Current assets	6,354	5,214	11,568	(7,205)	145,334	138,129
Current liabilities	(1,980)	-	(1,980)	(2,109)	-	(2,109)
	<u>16,274</u>	<u>5,214</u>	<u>21,488</u>	<u>6,703</u>	<u>145,334</u>	<u>152,037</u>

10 Related parties

There were no related party transactions during the year (2021: none).

11 Government grants

Income from government grants comprise grants made by local authorities to fund the principal activities and objectives of the charity via core funding and funding for specific restricted projects. No performance related grants recognised in income have had any unfulfilled conditions or any other contingencies attaching to them. See note 3 for more information. Government grants received during the year amounted to £6,230 (2021: £1,593).

12 Company limited by guarantee

The company was incorporated as a company limited by guarantee and has no share capital. The guarantee to the company is £10 per member on the winding up of the company. At 31 January 2022 the company had three members and the total amount guaranteed is therefore £30.