



UNITED THROUGH SPORT TRUSTEES' ANNUAL REPORT APR - DEC 2018



Progress and Accounts for the Charity

United Through Sport is a UK Registered Charity (number 1102107)

Table of Contents

1.	Charity Details	2
1.1.	Charity Name and Contact Details	2
1.2.	Charity Trustees for year ending 31 st December 2018	2
1.3.	Professional Advisors and Bankers	2
2.	Charity Objectives and Governance	3
2.1.	Charity Vision and Objectives	3
2.2.	Management and Governance	3
2.3.	Funding Policy	3
3.	Charity Achievements and Performance	4
3.1.	Achievements for 2018 (APR - DEC: Shortened Year)	4
3.2.	United Through Sport Beneficiaries	4
4.	Financial Review	5
4.1.	Financial Policy	5
4.2.	Statement of Trustees' Responsibilities	5
5.	Independent Examiner's Report	6
5.1.	Respective responsibilities of trustees and examiner	6
5.2.	Basis of the independent examiner's report	6
5.3.	Independent examiner's statement	6
6.	Financial Activities for Year Ending 31st December 2018	7
6.1.	Receipts and Payments	7
6.2.	Statement of Assets and Liabilities	7

1. Charity Details

1.1. Charity Name and Contact Details

Charity Name:

United Through Sport

Registered Charity Number:

1102107

Correspondence Address:

Hamilton House, 80 Stokes Croft, Bristol, BS1 3QY, United Kingdom.

1.2. Charity Trustees for year ending 31st December 2018

Mr David Burton (Chair)

Mr Nicholas Mould

Mr Ben Spier

1.3. Professional Advisors and Bankers

Bankers:

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ.

Independent Examiner:

Egle Vainauskyte

2. Charity Objectives and Governance

2.1. Charity Vision and Objectives

United Through Sport is a sports development charity operating on an international basis to support individual and community development in deprived regions throughout the world. The charity works with a reliable and accountable network of vetted grassroots charities and not-for-profit organisations located in specific target countries, through which sponsored programmes are run and managed. United Through Sport works in partnership with these organisations to raise awareness and funds as well as advising on project direction and policy.

The Vision of United Through Sport, as ratified by the charity trustees is as follows:

1. To bring people together to play sport, have fun, build friendships and advance community development.
2. To develop people to their full potential in:
 - Sport
 - Education
 - Health
3. Use sport as a tool for development – through it's direct benefits, by developing life-skills and addressing critical issues

All projects funded by United Through Sport must fulfil this Vision. The target countries for United Through Sport during 2017/2018 were South Africa, Argentina, St Lucia and Thailand.

2.2. Management and Governance

Trustees are elected by the majority vote of the existing trustee body. Additional trustees are introduced to the charity provided it is considered that they bring significant benefit to the organisation through their specific skills and their dedication to the United Through Sport Vision. There is no official limit on trustee numbers, but the body is not expected to rise above three members at present.

The chair of trustees is responsible for the induction of any new trustee which involves awareness of a trustee's responsibilities, the governing document, administrative procedures, and the Vision of the charity.

The trustees annually review the risks that the charity faces. The friends and members of the charity are currently protected through employers liability and public liability insurance. In addition, the charity works with a trusted network of registered charitable organisations overseas to avoid the risk of irresponsible, fraudulent or criminal use of funds.

2.3. Funding Policy

During the course of 2018 (APR-DEC), funds were distributed at the point of need. All beneficiary payments were reviewed and approved by unanimous trustee vote.

Funds are allocated in response to requests from trusted organisations responsible for projects in the target countries. Each request must be accompanied by an outline proposal which identifies the cost, benefit and sustainability of the projects requiring funding.

3. Charity Achievements and Performance

3.1. Achievements for 2018 (APR-DEC)

2017/2018 has seen another year of steady control for United Through.

2017/2018 income: £222,700

2018 (APR-DEC) income: £229,250

Below is a summary of progress in each programme country.

South Africa

In 2018 United Through Sport reached more than 14,000 children with coaching and mentorship at junior school level, supported 73 children to go to top level senior schools and supported 35 youth at University in Nelson Mandela Bay.

Since founded in 2005, United Through Sport uses sport as a tool to develop children from disadvantaged and vulnerable communities. Our goal is not to develop sport itself, but to use the power of sport to create opportunities for children to create pathways to success.

To achieve this goal, we follow a pyramid model – with four programmes feeding into each other and each level increasing in its depth of impact per beneficiary. From being identified on the sports field in senior primary school to graduating from university and finding meaningful employment, we encourage and support the children to break the poverty cycle by transforming their lives.

Winning recipe continued with Mass Participation Programme

In United Through Sport's longest-running programme, The Mass Participation Programme, we reached 12 592 children at 60 different schools in Nelson Mandela Bay. The Mass Participation Programme (MPP) takes direct sports coaching combined with life skills and critical issues education to primary schoolchildren (aged 10 to 13 years old).

One of the best testimonies to the success of the programme is the number of requests we receive from teachers and children to return to their schools to continue the programme in 2019. Based on our rigorous monitoring and evaluation data, the children self-reported school

attendance improvement at 88%; 75% reported making new friends and 85% reported feeling healthier following the programme's interventions at their schools.

School teachers whose learners benefitted from the programme have noted the following results:

- '(The United Through Sport Programme) helps the children to behave in a good manner, some of the learners whose conduct was untoward has changed.' – Teacher, WB Tshume Primary
- 'They are eager to talk about what they have learned during the programme.' – Teacher, Swartkops Primary
- 'Participation (in the programme) increased learners' level of confidence and developed their ability to be more confidently outspoken.' – Teacher, Van Der Kemp Primary
- '(Academically) some of them achieved more, especially in oral work.' – Teacher, WB Tshume Primary
- 'The shy ones became more outspoken and leadership qualities became evident.' – Teacher, Astra Primary
- 'The programme has motivated the learners to participate....and also has unearthed each learners' talents. (It has) promoted discipline and behaviour.' – Teacher, Emfundweni Primary
- 'The learners now have people that take an interest in them and give them the extra emotional support they need.' – Teacher, Machui Primary School
- '(One of our learners) aspires to be a professional soccer player but because of the programme he is very aware that education coupled with his soccer ability must be balanced.' – Teacher, Bethelsdorp Road Primary

A highlight of the programme was the opening of the United Through Sport Multi-Sport Court at Isaac Booie Primary School in 2018. The court allows children from Isaac Booie and surrounding areas to play netball, basketball and tennis on a modern sports court. A first for the area, the children are now exposed to tennis for the very first time in this legacy project.

Junior School of Excellence builds resilience and confidence

The seventh year of running the Junior School of Excellence (JSE) was highly successful. Children who stand out within the MPP for their attitude, dedication and determination are selected to attend after-school sessions four days per week over a full academic year. The JSE programme combines sports activities with life skills sessions, personal mentoring and extra academic support in English and Maths. The programme prepares senior primary children for the transition to high school by providing them with a stronger academic base, improved leadership, confidence and self-esteem.

A total number of 196 children registered to participate in the JSE programme at the beginning of 2018, with 172 children completing the programme by staying engaged and participating in the

programme for the entire year. The children who attended the programme in 2018, represented 28 different local schools across the disadvantaged communities of Nelson Mandela Bay.

Results:

- The average Maths improvement when comparing the 2018 JSE participants' 2018 pre- and post-tests were 20%, with a total average of 82% of the children improving their Maths results.
- The results at both schools in English were an average improvement of 21% when comparing the pre- and post-tests, with a total of 84% of the children improving their English results.
- Four of our children from the JSE were selected to represent the Eastern Cape Province in Hockey in 2018.

Highlight: We launched a complimentary pilot programme, GirlsUnite, at Astra Primary School. The focus of GirlsUnite is to empower girls and help them cope with the challenges they face through structured Self-defence, Literacy and Counselling sessions. GirlsUnite was dovetailed with the JSE, and presented on the mentoring days at Astra Primary School. The results have been encouraging as the JSE girls benefitted from extra mentoring that is focussed on girl-specific concerns, including self-defence and sexual education. The JSE girls showed great improvement in confidence in the classroom.

Senior School of Excellence delivers top sport and academic stars

The Senior School of Excellence (SSE) selects children who have maintained a strong attitude and work ethic through the JSE to obtain a 5-year scholarship to some of the best schools (former Model C and private schools) in Nelson Mandela Bay. Here they receive a top-level education and sports coaching giving them the best possible opportunity to progress to tertiary education. We had 73 pupils in the programme in 2018, from five different participating schools.

The new academic year also included the transition from the JSE to the Senior School of Excellence (SSE) for selected children. In 2019 we secured 20 scholarships for children from the JSE. Eleven of these were at Alexander Road High School, three at Pearson High School, one at St. George's School, one at Andrew Rabie High School and four at Cillie High School. We established new partnerships with two new schools (Andrew Rabie and Cillie High Schools).

Results:

- Kiara Meyer, a Senior School of Excellence beneficiary in Grade 11 at Alexander Road High School, was selected for the South African Under 17 High Performance Training Squad following the National Under 18 Hockey Tournament, where she represented the Eastern Province Under 18-A team. Kyra Jurgens, a Grade 11 Pearson High School learner, who also represented the Eastern Province Under 18-A team at the National Under 18 Hockey Tournament, was selected for the South African Under 18-B side.

United Through Sport Trustees' Report

Progress and Accounts for Year Ending 31st December 2018

- All ten of our matric learners in the SSE passed their final Grade 12 examinations, with Allison Fillis achieving two distinctions and Chadleigh Ownhouse getting seven distinctions.

Highlight: Chadleigh Ownhouse was announced 2018's Top Matric Learner in Nelson Mandela Bay. Chadleigh, who has been a beneficiary of United Through Sport's programmes for five years, achieved distinctions in seven subjects, including English (86%), Afrikaans (95%), Maths (88%), Life Orientation (95%), History (94%), Life Sciences (95%), and Physical Sciences (93%). As a result, he received seven bursary offers from various universities. He will be studying Medicine at UCT in 2019, having secured a full bursary.

A first for the YOUth 1st Network

The youth programme of United Through Sport has also continued to grow its services to young adults who have completed high school, many from the SSE programme. In 2018, a total of 35 youth was supported with training, guidance and support in order to access Higher Education or meaningful employment.

Many of the members of the YOUth1st Network were also involved in part-time mentoring and homework support to the SSE beneficiaries. They also attended various training and arranged a beach clean-up and recycling event, as part of Global Action Month in November 2018.

With big expansion plans in 2019 for the programme, the new group of young adults graduating from the SSE programme now form part of the YOUth1st Network. History was also made in 2018 with the first six youth members completing their tertiary studies with the excitement of graduating in 2019.

Results: Six members of the organisation's Youth1st Network are entering the world of work after completing their tertiary qualifications in 2018. Four of the graduates attended top high schools (Pearson High School in Port Elizabeth and Jeppe High School for Boys in Johannesburg) through scholarships made possible by United Through Sport's Senior School of Excellence. The various qualifications include a B.Com Degree in Marketing and Business Management; Tourism Diploma; HR Management Diploma; as well as a Media Studies Degree.

Highlights:

- Lindiwe Cezula will graduate with her BA degree, majoring in Political Science and Public Administration, from Nelson Mandela University in 2019. Lindiwe, whose netball talent was recognised during MPP sessions at her school and subsequently received a sports bursary to attend Pearson High School from 2011 - 2014, is the first person to graduate in her family. She will be working as the Youth1st Network Co-ordinator on a full-time basis at United Through Sport and plans to also pursue further studies by doing an Honours degree in Public Administration.
- Another United Through Sport beneficiary, Sibulele Mangaliso, will be graduating with his BA degree in Human Settlements Development from Nelson Mandela University in 2019. He was part of United Through Sport for 10 years. As a Senior School of Excellence beneficiary he was recognised for his rugby talent and placed at Pearson High School for

his high school career. He will continue his studies this year by tackling his MA Degree, specialising in Town Planning.

Argentina

Argentina has seen significant growth due to opening up new community projects to serve the disadvantaged areas around Buenos Aires which has allowed international volunteer organisations, such as IVHQ to recruit more volunteers to support these initiatives. This continues to firmly establish the long term viability of United Through Sport in Argentina.

Similar to what we achieved and wrote about for 2017/2018 the following supplies further detail on these achievements.

In the first quarter of the year we offered a hockey workshop in a government-run summer camp. We put the sticks and the balls and two wonderful volunteers from the Netherlands gave the workshop; they started every session teaching a short Dutch song and then continued with a fun warming up exercise before teaching the basics of hockey. Later in the summer, another volunteer joined the Summer Camp to teach a football workshop. In another government-run facility we ran an English workshop for kids based on movement games and songs.

By the time the school year started we were ready to restart our Sports Education project, where volunteers join Physical Education lessons in state and semi-private schools. Volunteers have the chance to interact with local kids while providing them with camaraderie and cultural exchange; furthermore, volunteers who stay for several weeks forge close bonds with local teachers and usually have the chance to execute lessons and teach new games themselves. Additionally, volunteers may join after-school sport sessions for kids of underprivileged areas; these include Hockey, Volleyball, Football and Rugby. We've recently started collaborating with other organizations in helping to bring Rugby lessons in correctional facilities and prisons, which has been known to help lower recidivism rates; also, in Rugby, we've begun to help an organization that has organized a special needs Rugby team.

In addition, we added a new Teaching and Education project, where volunteers have the chance to join English language lessons in local state and semi-private schools. This project aims to provide extra support in developing a second language to kids who may not have the chance to pay for extracurricular lessons. It also provides children with a different view of the world. Volunteers have the chance to also interact with children during breaks and lunch, which makes a more informal setting where conversations can digress to any topic of interest for the local children, providing extra vocabulary to which they would otherwise not be exposed to.

Another new addition to our roster of projects is Healthcare. Healthcare aims to provide volunteers and local doctors the chance of cultural exchange in a local state school hospital by having our volunteers shadowing local professionals in different specialties and, depending on their Spanish level and how advanced they may be in their degrees, work under their supervision. Our healthcare volunteers combine their activities at the hospital with vaccination campaigns and CPR courses for underprivileged communities.

Returning from past years is our Construction and Renovation project, where volunteers provide hands-in help to local NGOs, soup kitchens, schools and others in the maintenance, repair and expansion of their buildings. So far this year volunteers have helped several schools and

soup-kitchens in the restoration of their facilities.

Finally, our latest addition is the Childcare project, which has also quickly become a volunteer favourite. In this project, our volunteers join a local soup-kitchen in providing a safe space where children from underprivileged areas can unwind, receive a warm meal, play football, draw and more! The facility where the Childcare takes place has been restored through our Construction and Renovation project. Earlier in the year our Healthcare volunteers had the chance to create, prepare and offer a talk about basic dental hygiene to kids from our Childcare project.

In other news, this year we've received some amazing visitors. First, from Oundle School, where we had the chance to chat with students about the importance of volunteering and how a trip can become the possibility of changing someone's life.

We've also received a visit from The Edinburgh Academy, which provided the funds to construct the foundation of an Astro field where we plan to develop Sports Education in the future for children who are currently in our childcare project.

St Lucia

In this period we have continued to further develop and expanded our swim programme, we've taken on more swim teachers and this year taught over 70 children to swim. We have continued to run our Marchand programme during and after school and run swimming sessions from our free summer camp in La Clery, but have also started running lessons in the Canaries community.

Sports psychology is an undervalued and often misunderstood science in the region. A lack of professionalism and funding in sports and universities means a shortage of sports psychologists at all levels of competitive sport. The relationship between mental state and performance is obvious to us as an organisation hence we have created a project where student sports psychologists will lend their methods and expertise to competing teams on the island, supporting athletes mental training and offering advance methods to local coaches.

We continue to support our partner reception class at Marchand combined school as they prepare 4-5 year old children for formal schooling. Most recently we have provided games, play equipment and a new costume cupboard full with a wide range of costumes selected specifically to promote imaginary play, aspirational job roles and combat gender stereotypes!

Thailand

United Through Sport in Thailand has successfully provided sport programs at a number of schools within the Sing Buri Province. We have organized and developed many activities and sport sessions which allows the children to experience new sports. Due to our volunteers coming from a variety of countries we can offer a vast amount of new knowledge and skills. We pride ourselves on continuously developing our sports coaching program as well as the school sport curriculum and the fact we are always willing to try new things. This program has been running for two years and it is only getting bigger and better.

Throughout the period we have developed a coaching curriculum and manual and drawn up a list of school profiles so that the sessions can be delivered appropriately to the right audience of

participants.

Example School Profile for Holiday Camp

Name: Samakee Wittaya (Temple School)
Location: In Buri, Sing Buri
Number of Pupils: 280 pupils (Kindergarten – Grade 9)
Level of English: Very little
Contact Person: Direk Tel: 081-558-7545

Space for Activity: Large grass field, concrete play area

Equipment:

- Volleyballs
- Basketballs
- Bamboo balls
- Table tennis racquets (no balls)
- Badminton racquets (no shuttlecocks)
- Small net

Hours of Sport per Week: 1 hour per grade (in school holidays they can have sport all morning and afternoon)

Outline of School Routine:

5:00am: Wake up
8:30am: School starts
8:30am-11:30am: Class (SPORT)

11:30am- 1:00pm: Lunch
1:00pm – 3:00pm: Class (SPORT)
5:00pm- 6:00pm: Dinner
7:00pm: Bed time

Suggested Activities/Sport:

- Volleyball
- Football
- Badminton
- Monkey in the middle
- Leggy ball

Example of Workshops and Activities at the Holiday Camp

Dodgeball

Object of Game: To eliminate the opposing team by hitting them with the ball or full catch a ball they have thrown

Rules of Game: Split the children into two teams. Each team has a side and should never cross the middle line and enter their opponents side (if they do they are out). The balls are placed in a row in the middle of the area. Each team should stand at the back of the agreed area. When the coach shouts go the children can run for the balls. If someone is hit with a ball they are out of the game temporarily. They can be brought back into the game if someone in their team gets a full

catch which means they catch a ball someone has thrown before it hits anyone or touches the ground. The person who throws a ball which gets full caught are then out until again a teammate brings them back in with a full catch. The children must try to hit everyone in the opposing team to win the game. If everyone in a team is out then the other team win. The children should only be hitting people with the ball from the shoulders and below
Equipment: Six balls

Chair Ball (Basketball)

Object of Game: To score more points than the opposing team

Rules of Game: This game is very similar to basketball however instead of having 2 basketball hoops there are 2 chairs and 2 baskets and a child is standing on the chair holding the basket up. The child on the chair must be on the opposite half from their team as they are helping their team score as many baskets as possible. The person on the chair is allowed to move the basket to help their teammates score. The children must pass the ball to each other and make their way up the court to try and score a basket. Rotate the person on the chair every 5 minutes so they are not getting bored. The children should be chest passing, shoulder passing and bounce passing.

Equipment: Ball, chair x2, basket x2

Touch Rugby

Object of Game: To score as many tries as possible and take the ball from your opponents by touching them on the waist or intercepting their passes.

Rules of Game: There are two teams. The teams need to try and pass the ball up the field from their side to their opponents and score a 'try'. The players must hold the ball in two hands and only pass to players at the side of the or behind them. Try to discourage any forward passing. The players in the opposite team can gain possession of the ball by either intercepting a pass or by touching their opponents on the waste. There should be no heavy contact or tackling in this game

Equipment: Ball

Monkey in the Middle

Object of Game: To stand in a circle and pass the ball to your teammates without the 'monkey' intercepting your pass

Rules of Game: Everyone stands in a circle. One person is in the middle – they are the monkey. The people in the circle must throw the ball to one another in any random pattern and try to keep the ball away from the monkey. If the monkey manages to intercept a pass or get the ball then the person they won the ball from becomes the monkey

Equipment: Ball

Financial Policy

For 2018 (APR-DEC), United Through Sport has taken a low-risk policy to investment and had no liabilities to address at the close of the year.

The charity has a reserves policy to ensure that unreserved cash balances do not fall below £10,000 at any time. This policy will remain in 2018 and 2019.

At present the charity only supplies payments to beneficiaries for initiatives which are sustainable without a guarantee of future support from United Through Sport. The charity therefore has no fixed future financial commitments to beneficiaries and will offer support on a case-by-case basis until further notice. This implies that the charity's reserves policy is dictated only by operational expenditure and not by future commitments to beneficiaries.

The charity has a target of distributing 75% of total income to beneficiary projects in country, with 25% retained for UK administration.

3.2. Statement of Trustees' Responsibilities

Charity law requires the trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and its financial activities for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operational existence.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on Behalf of the Trustees by David Burton.

Signed:



Date: 10/08/2019

4. Independent Examiner's Report

I report on the accounts of the charity for the year ended 31st December 2018, which are set out in Section 6.

4.1. *Respective responsibilities of trustees and examiner*

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43 of the Act);
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
- to state whether particular matters have come to my attention.

4.2. *Basis of the independent examiner's report*

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. 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 seeking explanations from you as 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.

4.3. *Independent examiner's statement*

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the 1993 Act); and
- accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 10/08/2019

5. Financial Activities for Year Ending 31st Dec 2018

5.1. Receipts and Payments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 (Apr-Dec) £	Total Funds 2017/18 £
RECEIPTS				
General Income	12,990	201,458	214,448	164,871
JustGiving, VMG & Total Giving Income	36	14,684	14,720	31,726
Sales	59	-	59	26,103
Bank Interest	-	22	22	-
Total Receipts	13,086	216,164	229,250	222,700
PAYMENTS				
Beneficiary Payments	-	198,006	198,006	190,250
Sales	398	-	398	14,925
Fees deducted from Income	38	513	551	142
Marketing and Event Costs	1,498	-	1,498	2,314
Personnel Costs	-	11,880	11,880	13,710
IT Costs (inc JustGiving)	-	306	306	174
Administration Costs	-	8,402	8,402	6,990
Gift Aid Repayment	-	-	-	-
Total Payments	1,934	219,107	221,041	228,504
NET SURPLUS				
Net of Receipts / Payments	11,152	(2,943)	8,209	(5,804)
Transfer	(5,231)	5,231	0	0
Cash Funds Last Year End	41,098	5,060	46,158	51,962
Cash Funds This Year End	47,018	7,348	54,367	46,158

5.2. Statement of Assets and Liabilities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
ASSETS			
Cash at Bank	47,018	7,348	54,367
Total Cash Funds	47,018	7,348	54,367

