Energise Me

HAPPIER HEALTHIER STRONGER

ENERGISE ME ANNUAL REPORT 2018/2019

Energise Me exists to beat inactivity. We change lives through physical activity and sport and work our socks off to build happier, healthier and stronger communities.

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BUILDING MOMENTUM

A note from Jon Monkcom, Chair of Trustees

We are now two years into the Hampshire and Isle of Wight Physical Activity Strategy. Our work so far has armed us with new knowledge and insight into how we can help people to be active. This has enabled us to refine our plans and ensure we're using our resources wisely, while supporting our partners to do the same.

We've set ourselves a huge challenge in our vision to beat inactivity. Over the past year, we've recruited three new trustees to ensure we're well equipped for this challenge. They bring expertise in health and Primary Care, finance and business - all of which will strengthen our resilience and ability to achieve our strategic objectives.

In December, we also took the decision to introduce new staff roles to focus on women and people with long-term health conditions. Alongside existing posts committed to children and young people, these roles will ensure we have dedicated team members for each of our priority audiences. We're excited to see their impact in 2019/2020.

In the meantime, we've built momentum behind the strategy. In our 2018 Partner Satisfaction Survey 96% of partners were aware of the strategy and 64% had already used it to shape their work.

We are grateful for the hard work and dedication of all our partners and stakeholders who have stood with us in championing physical activity. Together, we have encouraged more individuals and organisations to recognise their role in making it easier for people to be active.

I would like to thank my fellow Trustees and Energise Me staff. Alongside our strategy work, we have undergone rigorous external assessments as part of Sport England's Performance Management Framework. We have also achieved compliance with the new gold standard Sports Governance Code. True to Energise Me style, the team embraced these processes with openness and commitment. I was delighted to see so many of the strengths that I see in our team reflected back to us by external assessors.

We've received consistent praise from partners, stakeholders and assessors alike for our collaborative approach. This has been - and continues to be - vital to our work. And so, it's with excitement that we look forward to 2019/2020 and the new partnerships the year may bring as we strive to make our communities happier, healthier and stronger.

"Energise Me is a well-led Active Partnership which has undergone a transformational change over the past two years. The team has demonstrated resilience and the new Board has shown a willingness to work collaboratively and, when necessary, to get their hands dirty."

ASSESSOR, QUEST ASSESSMENT

PUSHING FOR ACTION

A note from Julie Amies, Chief Executive

We've seen a shift in conversations over the past year. People have invited us into their organisations and networks to talk about physical activity rather than us always introducing the topic. It's exciting to see more people recognising the value of an active lifestyle. But this doesn't mean we can relax. We still need to push for action.

One of the most common hurdles we encounter is time. Schools know that physical activity is important but, with all the pressures of the curriculum, find it hard to make it a priority. Busy mums feel guilty taking time for themselves. In workplaces, people struggle to justify exercise breaks during the day.

We need to shift thinking away from physical activity being something extra. We've transformed our own thinking about what exercise should or could be. Physical activity doesn't have to be about sport or sweating it out in a spin class. It can simply be doing things differently - actively - to achieve the same or greater outcomes.

"Our focus for the coming year will be on supercharging everyday lives."

Our focus for the coming year will be on supercharging everyday lives. We'll be working with business networks to develop wellbeing schemes across our area. We'll be championing Active Learning to help schools deliver, not detract from, the core curriculum. And we'll be testing new ways to make it easier for people to be active.

But we'll also be challenging thinking amongst professionals and individuals about the time that we do have. Is every minute of every working day productive? Are our pupils concentrating 100% of the time? Are the things we do to relax actually relaxing?

There's a wealth of research that demonstrates the benefits of being active. Our job is to ensure people experience those benefits and tell their stories loud and clear to inspire others to follow their lead.

PHYSICAL ACTIVITY FOR ALL

Energise Me exists to beat inactivity

Energise Me believes in the power of physical activity to enrich lives.

We want everyone in Hampshire and the Isle of Wight to have the opportunity, confidence and support to be active on their own terms.

For too long the people with the most to gain from being active have been the least likely to take part. In partnership with Public Health partners, we launched a strategy in 2017 to address these inequalities.

A year later, we are already seeing significant reductions in the number of inactive people in our area. But there's still a way to go.

Our mission is to change lives through physical activity and sport and inspire people to adopt active lifestyles that make our communities happier, healthier and stronger.

We achieve our mission by:

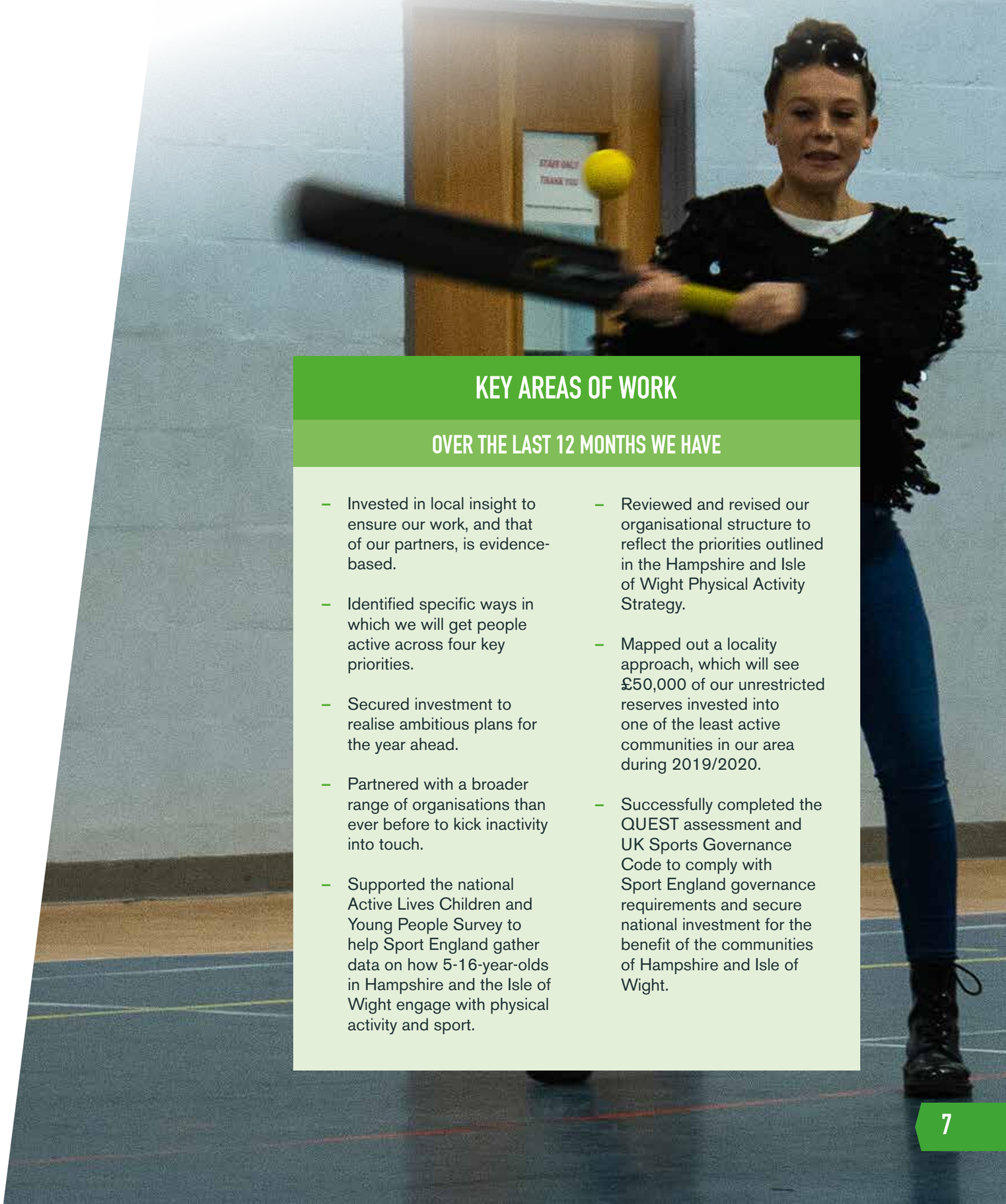
INFLUENCING
individuals & organisations to think about the role physical activity can play in helping them achieve their goals *and* the role they can play in making it easier for people to be active.

INNOVATING
to test new ways to support inactive people to build active habits for life.

DEVELOPING
the skills of the workforce to ensure participants have positive experiences that make them want to be active for life.

SUPPORTING
groups by providing advice and grants to develop new opportunities for people to be active.

CONNECTING
people through networking opportunities and signposting to spark joined-up thinking and collaborative working.



KEY AREAS OF WORK

OVER THE LAST 12 MONTHS WE HAVE

- Invested in local insight to ensure our work, and that of our partners, is evidence-based.
- Identified specific ways in which we will get people active across four key priorities.
- Secured investment to realise ambitious plans for the year ahead.
- Partnered with a broader range of organisations than ever before to kick inactivity into touch.
- Supported the national Active Lives Children and Young People Survey to help Sport England gather data on how 5-16-year-olds in Hampshire and the Isle of Wight engage with physical activity and sport.
- Reviewed and revised our organisational structure to reflect the priorities outlined in the Hampshire and Isle of Wight Physical Activity Strategy.
- Mapped out a locality approach, which will see £50,000 of our unrestricted reserves invested into one of the least active communities in our area during 2019/2020.
- Successfully completed the QUEST assessment and UK Sports Governance Code to comply with Sport England governance requirements and secure national investment for the benefit of the communities of Hampshire and Isle of Wight.

OUR AIMS

- Accelerate the reduction of inactivity amongst adults
- Reverse the rising trend of inactivity amongst females
- Narrow the gap in levels of inactivity between those adults with (or at risk of) a long-term health condition and those without
- Improve levels of physical activity amongst children and young people

44,000

Supporting 44,000 people to move away from an inactive lifestyle by 2021

THE MID-WAY POINT

Halfway through the Hampshire and Isle of Wight Physical Activity Strategy, we're steaming towards our 44,000 goal...

2017
1 in 5
inactive people in our area

STRATEGIC OBJECTIVE 1

Drive investment and innovation to increase physical activity based on insight, evidence and identification of need.

STRATEGIC OBJECTIVE 2

Support an environment that makes physical activity the easy choice.

STRATEGIC OBJECTIVE 3

Encourage positive lifestyle choices and support behaviour changes that enable people to increase their physical activity levels.

STRATEGIC OBJECTIVE 4

Reduce inequalities in physical activity by focusing on people and populations most at risk.

2017/2018

Developed Knowledge

We worked with Press Red to analyse data and build a clearer picture of inactivity in Hampshire and the Isle of Wight.

Shaped Strategy

We consulted over 200 partners to develop the Hampshire and Isle of Wight Physical Activity Strategy in partnership with Public Health.

Rallied the troops

We invested in building a powerful team of partners and advocates for physical activity.

Led by example

Through our Satellite Clubs programme we showcased the power of partnerships and an insight-led approach.

2018/2019 - AT HALF-TIME WE ARE

57%
OF THE WAY THERE

25,000 PEOPLE HAVE MOVED AWAY FROM AN INACTIVE LIFESTYLE

THE INACTIVE POPULATION HAS REDUCED FROM 21.1% TO 19.1%

2021
1 in 6
inactive people in our area

STRATEGIC OBJECTIVE 1:

Drive investment and innovation to increase physical activity based on insight, evidence and identification of need.

Energise Me is beating inactivity in Hampshire and the Isle of Wight by:

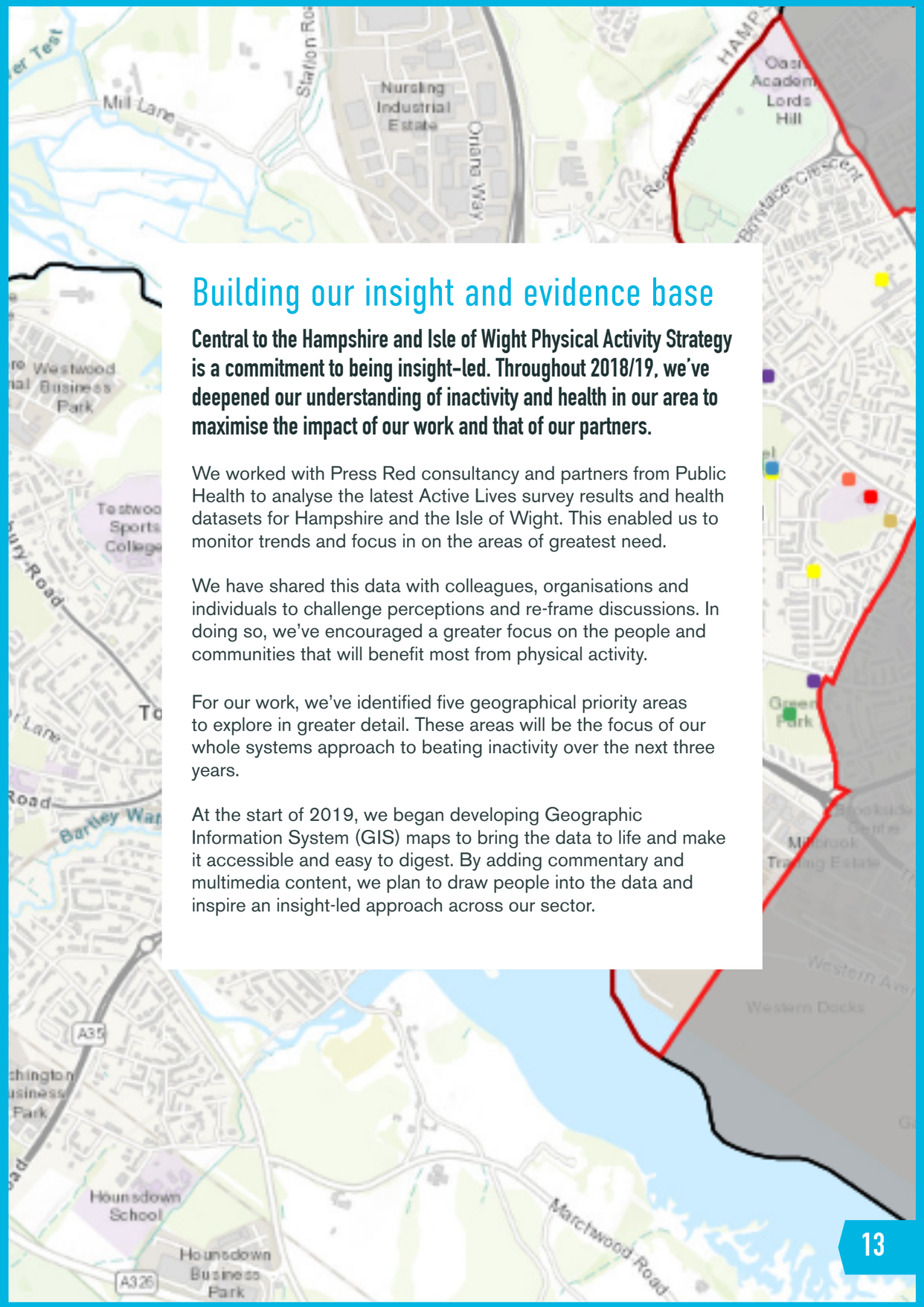
- Securing **national investment** for the benefit of the people and communities of Hampshire and the Isle of Wight
- Taking an insight-led approach to **focus resources** on the areas and communities of greatest need
- **Investing unrestricted reserves** over the next three years to fund targeted interventions with specific priority audiences in districts with high levels of inactivity
- Taking a **targeted** and **community-led approach** to develop new activity opportunities with charities and community groups who already work with inactive groups

£812,691
Sport England Funding secured for the benefit of Hampshire and the Isle of Wight

£342,153
Energise Me unrestricted reserves committed to develop targeted interventions with priority audiences

£11,945
Invested in insight, training and development opportunities to support our local workforce and partners

£50,000
Invested in delivering 52 Satellite Clubs in partnership with charities and youth groups



Building our insight and evidence base

Central to the Hampshire and Isle of Wight Physical Activity Strategy is a commitment to being insight-led. Throughout 2018/19, we've deepened our understanding of inactivity and health in our area to maximise the impact of our work and that of our partners.

We worked with Press Red consultancy and partners from Public Health to analyse the latest Active Lives survey results and health datasets for Hampshire and the Isle of Wight. This enabled us to monitor trends and focus in on the areas of greatest need.

We have shared this data with colleagues, organisations and individuals to challenge perceptions and re-frame discussions. In doing so, we've encouraged a greater focus on the people and communities that will benefit most from physical activity.

For our work, we've identified five geographical priority areas to explore in greater detail. These areas will be the focus of our whole systems approach to beating inactivity over the next three years.

At the start of 2019, we began developing Geographic Information System (GIS) maps to bring the data to life and make it accessible and easy to digest. By adding commentary and multimedia content, we plan to draw people into the data and inspire an insight-led approach across our sector.

An insight-led approach to engaging schools

Until this year we had provided a generic offer to schools, promoting a single Daily Activity product. But with a wealth of data at our disposal, we took an insight-led approach for 2018/19.

We layered up data from the National Child Measurement Programme and Active Lives to identify priority areas. **Andover**, **Aldershot** and **Gosport** stood out with high levels of childhood obesity and inactive adults.

Within these areas, we targeted schools that hadn't engaged with our previous offers. This took us into more challenging territory but partnerships with School Nurses and School Games Organisers have helped us navigate through.

Adapting our approach has enabled us to work more closely with individual schools and provide bespoke support. We've helped schools in the areas of greatest need to identify ways to increase pupils' activity levels. In doing so we've learnt more about the support schools need, which has helped us enhance our generic offer for schools across our area.

£141,577 invested in learning about and increasing the physical activity levels of children in Hampshire and the Isle of Wight.

Increasing opportunities for young people

A young person's view of physical activity is often shaped by school. They may have had little, if any, say in their experiences. With funding from Sport England, we built innovative partnerships to reintroduce young people to physical activity – on their terms.

Funded by Sport England, we co-created 21 new Satellite Clubs *with* 14-19-year-olds. Our goal was simple: to put young people in charge of creating experiences that would inspire them to be active for life.

We partnered with Active Communities Network to support weekly Boxing, Cricket and Football sessions with a strong social aspect. In New Milton, we equipped girls with glow sticks and UV paint to combat anxiety and low confidence with clubbercise. And with Breakout Youth, we helped young people from the LGBT+ community reach new heights with a climbing club.

Alongside new clubs, we sustained a further 31 Satellite Clubs and provided workshops to develop leaders' skills. 61 people attended sessions on youth work skills and youth mental health first aid to strengthen their engagement with young people.

648 new participants took part in a session for the first time across 52 different Satellite Clubs (10.8% young people with a disability, 7.25% young people from BAME communities).

STRATEGIC OBJECTIVE 2:

Support an environment that makes physical activity the easy choice.

Energise Me is making it easier to be active by:

- Working with partners to **influence plans** for built environments and open spaces
- Building understanding of **what healthy communities look and feel like** to help communities make the best use of the assets they have on their doorstep
- Advocating for **transport policies and systems** that encourage people to choose active travel
- Championing **whole school, college and workplace physical activity programmes** which energise the places in which we work and play

80% of respondents in our annual partner satisfaction survey agreed that our collective work focuses on the assets of the place and its people (e.g. community assets/individual strengths)

5 geographical priority areas pinpointed to pilot a whole systems approach in 2019/20 with investment from our unrestricted reserves

Sparking conversations about Active Design

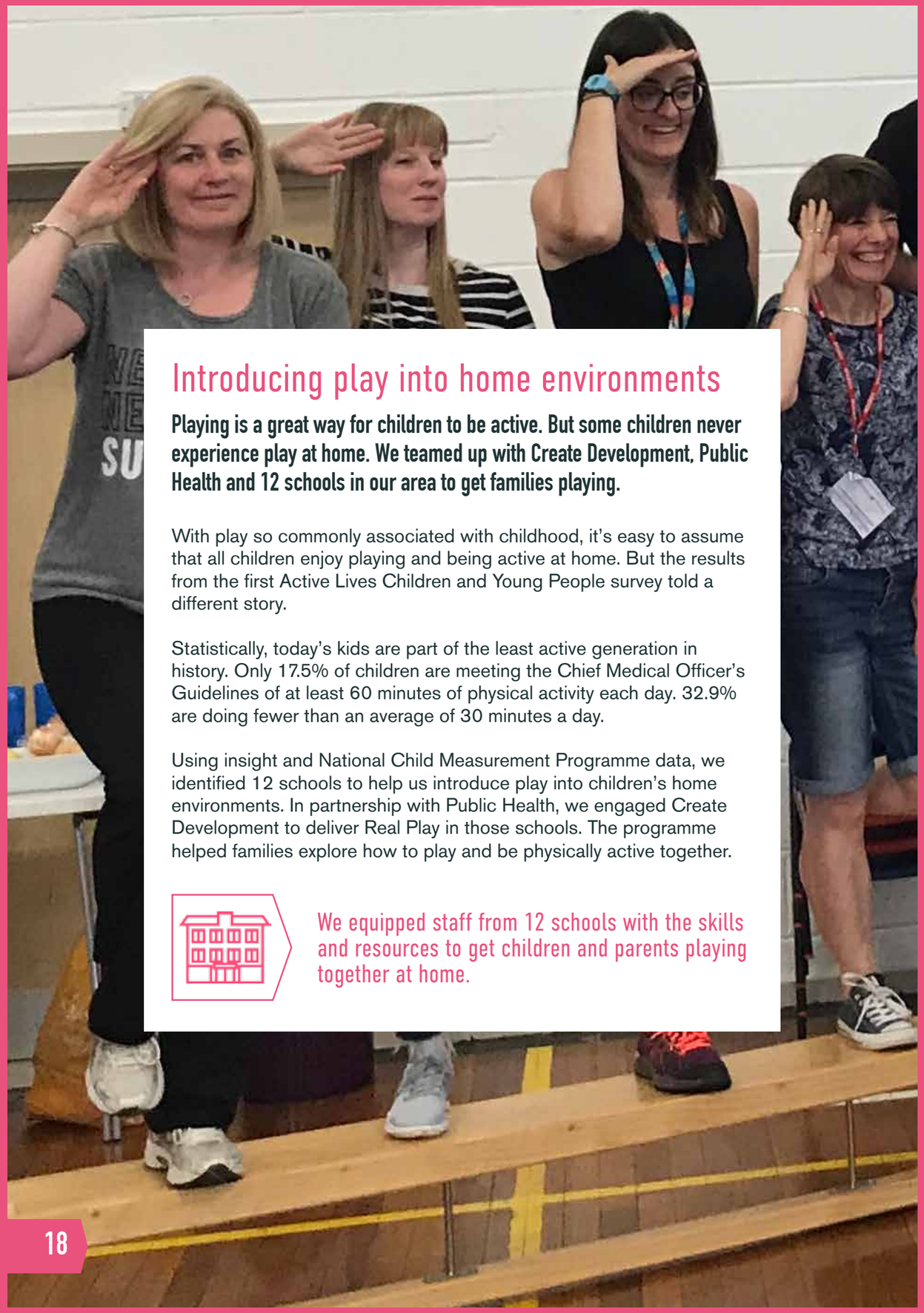
The design of the places where we live, work and play can have a major impact on our health and wellbeing. It's vital that our environments make it easy for people to be active. We hosted a breakfast meeting to spark conversations about Active Design.

In April 2018, we hosted a breakfast meeting on Active Design to influence local planners and others working in the system. Our aim was to get people thinking about how we can develop environments that encourage all of us to move more for the benefit of our health.

Speakers from Public Health, Sport England and Basingstoke and Deane Borough Council shared case studies and design principles to inspire action.

100% of survey respondents rated the content as good. The event prompted attendees to influence colleagues and introduce focus groups into their planning and project development processes.

We influenced 39 planners and colleagues working in the system to think about how we can develop and build a sustainable environment to make physical activity the easy choice.



Introducing play into home environments

Playing is a great way for children to be active. But some children never experience play at home. We teamed up with Create Development, Public Health and 12 schools in our area to get families playing.

With play so commonly associated with childhood, it's easy to assume that all children enjoy playing and being active at home. But the results from the first Active Lives Children and Young People survey told a different story.

Statistically, today's kids are part of the least active generation in history. Only 17.5% of children are meeting the Chief Medical Officer's Guidelines of at least 60 minutes of physical activity each day. 32.9% are doing fewer than an average of 30 minutes a day.

Using insight and National Child Measurement Programme data, we identified 12 schools to help us introduce play into children's home environments. In partnership with Public Health, we engaged Create Development to deliver Real Play in those schools. The programme helped families explore how to play and be physically active together.

We equipped staff from 12 schools with the skills and resources to get children and parents playing together at home.

Planning for a place-based approach

Everyone has a role to play in tackling inactivity. To make being active the easy choice we need to get policy makers, planners, community workers and residents all working together. We've spent a busy year forging partnerships and planning for a major place-based project.

Taking an insight-led approach has enabled us to sharpen our focus and delve into the detail of specific communities. From the local authorities in our area, we've identified five areas with high levels of inactivity and poor health.

Learning from Sport England's Local Delivery Pilots, we've laid foundations for a place-based approach. We've worked closely with partners to build relationships and test readiness of different communities for tackling inactivity.

With plans and relationships established, trustees have approved investment of £50,000 of unrestricted reserves to launch a game-changing project in 2019/20.

£50,000 of Energise Me's unrestricted reserves set aside to kick-start a whole systems approach in one of our priority areas in 2019/20.

STRATEGIC OBJECTIVE 3:

Encourage positive lifestyle choices and support behaviour change that enables people to increase their physical activity levels.

Energise Me is supporting behaviour change by:

- Learning **which interventions work, which don't and why** so we can optimise investment and support partners to do the same
- **Challenging perceptions** of **where** physical activity can take place
- **Challenging all leisure contractors** as to how they are going to engage inactive people
- **Helping organisations and the workforce** across our system to **understand** and **adopt the principles of behaviour change**
- Advocating for use of **evaluation tools** such as the logic model to **assess how interventions have changed behaviour** and supported government outcomes
- **Championing national campaigns** and providing **positive reinforcement for active behaviours** by celebrating individuals' progress through **storytelling** and **digital communications**

£40,000
Grant from Sport England invested in supporting our local workforce

£85,000
Workforce investment successfully secured for 2019-2021

25,000
People in Hampshire and the Isle of Wight have moved away from an inactive lifestyle

335
People engaged in training to support our communities to be active

Changing lives and perceptions

We've learnt a lot about young people's perceptions of physical activity over the last two years. From general disinterest to negative experiences, there are lots of barriers to overcome. We partnered with Creating Futures to challenge perceptions of what physical activity looks and feels like.

We partnered with Creating Futures to support Summer of Hope 2018 through our Satellite Clubs programme. BMX and basketball met candle-making and urban art in a mixed programme that catered for a wide range of interests.

By providing a diverse offer, the programme engaged inactive teenagers and introduced physical activity by stealth.

At the start of the programme, 52% of participants expressed a negative or neutral response to physical activity. By the end, negative and neutral responses had dropped to 0%.

Participants and volunteers kept diaries to record how they felt before and after sessions. Many tried activities they had never tried before and reported an increase in confidence and a desire to continue.

> "Today we focused on our punches in boxing and it made me feel like I wanna come again. I really enjoyed myself. One of the leaders said I was a natural and was proud. That boosted my confidence." SUMMER OF HOPE PARTICIPANT

Influencing the sector to enable behaviour change

An appropriately supported workforce that understands inactive people can make all the difference in supporting people to become and remain active. Through training and digital resources, we've made sure our local workforce is up for the challenge.

In January, we held the first in a series of events to bring leisure operators from across our area together to address inactivity collaboratively. We increased their awareness of the priority groups outlined in the Hampshire and Isle of Wight Physical Activity Strategy and encouraged them to share experiences of engaging inactive people. The session explored activity design principles as well as the importance of workforce employment and development.

Throughout the year, we also developed opportunities for coaches and support staff. We nominated four local tutors to be trained to deliver the UK Coaching 'Coaching the Person in Front of You' workshop. Focusing on soft skill development, the course enables coaches to better understand and connect with people to help them thrive.

Alongside workshops and networking opportunities, we've created a collection of videos and guides on our website to develop understanding of priority audiences.

664 people accessed digital resources on safeguarding, insight, and designing activities for vulnerable young people via our website.

Just finished second run of #Couchto5k week 5. I've got a solid 20 minute run to do on Friday. Absolutely not worried at all. Nope, I'm fine.

It sounds like you're smashing it. You're over halfway there. You got this :)

After an awful day at work, you've got no idea how much I needed this. Thanks.

Encouraging individuals through digital channels

We began the year with a new approach, which placed inactive people slap bang at the heart of our marketing strategy. We've tested marketing as a driver for change with a focus on encouraging people to be active.

We reviewed our channels and mapped out a path to guide people from not even thinking about physical activity to being regularly active. From press stories that reached beyond the sports pages to social media interactions that reinforced active behaviour, we made our communications count.

In November, we used our Get Active e-news to test whether we could nudge people from reading about physical activity into taking action. Alongside inspiring stories and tips, we launched Tech Explorers: a call for our e-news subscribers to test fitness apps. Within an hour, our first subscribers had volunteered for action. They used the apps every day and told their stories to inspire others to follow their lead.

Our small-scale test proved that our marketing channels have the power to move people to action. From small beginnings, we've scaled up our approach to develop a Mystery Shoppers initiative for the year ahead.

"Using the app, I've found that I can do 10 minute exercises when time is tight and it keeps track of my progress, which pushes me to get up in the morning and do more." TECH EXPLORER

STRATEGIC OBJECTIVE 4:

Reduce inequalities in physical activity behaviour by focusing on people and populations at most risk.

Energise Me is reducing inequalities in physical activity behaviour by:

- Prioritising **inactive females and people with (or at risk of long-term health conditions**
- Working with partners to **develop a more in-depth** understanding of these groups through commissioned insight and data analysis
- Prioritising **prevention initiatives** and integrating these into the primary health care system
- Using **community engagement approaches** to create new opportunities to reach those experiencing inequalities
- **Collaborating with other sectors** and using non-traditional physical activity settings to put people at ease

The inequality gap in participation between those with a limiting illness and those without reduced from 20.7pp to 18.7pp between the Active Lives November 15/16 and Nov 16/17 releases.

Trustees approved investment of unrestricted reserves to introduce new staff roles that will focus specifically on women and people with, or at risk of, long-term health conditions.

Influencing health and wellbeing strategy

The Hampshire Health and Wellbeing Strategy was refreshed at the start of 2019. The previous version contained no references to the role physical activity can play in the wellbeing of Hampshire residents. We joined forces with Public Health to make the case for the inclusion of physical activity in the revised strategy.

Throughout 2018/19, we worked closely with Public Health to raise the profile of physical activity in relation to health. We used the evidence base behind the Hampshire and Isle of Wight Physical Activity Strategy to influence the content and development of the Health and Wellbeing Strategy.

The 2019-2024 Health and Wellbeing Strategy includes physical activity in 3 of the 4 key priority areas. It is referenced as part of the prevent strategy in every part of the life course: starting well, living well and ageing well.

This shift in strategy has increased our influence within the health sector. It has paved the way for us to work with Public Health and the Programme Manager to incorporate physical activity actions into the overall action plan for the Health and Wellbeing Board.

This signals a new chapter in working together to create happier, healthier and stronger communities.

Forging partnerships to reduce inequalities

Data for our area revealed concerning trends in inactivity among women and people with a long-term health condition who are aged 45-54-years or over. Committed to reducing inequalities, we forged a new partnership to energise residents aged 50+.

Through funding from Southampton Healthy Living, we worked with Social Care in Action to set up four Sporting Memories Network groups in day centres across Southampton. The groups provide a friendly and welcoming environment for anyone over the age of 50 to come and enjoy reminiscing about their experiences of watching or playing sport.

Many of the members attend to enjoy the company of older sports fans. Some live with dementia, have memory problems, or have experienced depression. Others have had a stroke or live with Parkinson's. All have one thing in common: a love of sport!

Beyond reminiscing, the groups involve people in fun physical activities - from New Age Kurling and Boccia to Darts or even Walking Football.

Staff in each day centre were trained and mentored to deliver the weekly sessions. This has ensured the clubs are embedded into the ongoing activities run by the centres.

Increasing inclusivity in competition

Each year, we bring children and young people from across the county together to participate in the Hampshire School Games. It's a unique opportunity to encourage more young people into sport. We introduced new events in 2018 to involve those who are least likely to engage in sport.

The Hampshire School Games is designed to make sure that every school and every child has a chance to get involved – whatever their ability. For some pupils it's the first time they play at a county level and can often be the motivation for them to carry on with the sport through school and beyond.

In 2018, we introduced Aquathlon for secondary schools and a MultiSkills competition for years 3 and 4. Multiskills teams were required to reflect the average year 3 and 4 class rather than focusing on the best performers. Each team combined a mix of abilities. They score points both for performance and for displaying the School Games values – teamwork, self-belief, determination, honesty, passion and respect.

We look forward to introducing more inclusive events in 2019.

2,800 young people competed at the Hampshire School Games 2018.

Children and young people had the opportunity to participate in 17 different sports.

Increasing capacity to address inequalities

Looking to the year ahead, we've developed plans to tackle inequalities head on. We're on a mission to make physical activity more inclusive and to ensure that there are appropriate opportunities for those who are least active in our communities. We're making it our business to ensure people can find, or create, activities that are right for them.

In December, our Trustees approved plans to introduce two new roles to our team to drive forward work with women and people with long-term health conditions. They also approved proposals to invest in research and pilot projects to engage these priority groups. Our Public Health colleagues remain close at our side as we expand our work to create happier, healthier and stronger communities.

With innovation funding from Sport England, we'll be embarking on an innovative 'Pride in Our Workforce' research project in 2019/2020. The project will examine the role the workforce plays in engaging the LGBT+ community in physical activity and sport. We'll explore the skills, competencies and behaviours needed to ensure LGBT+ participants have positive experiences. We'll also test whether the local physical activity workforce is representative of our local population.

Collaboration will be key in addressing inequalities. We'd love to chat to anyone who shares our passion for ensuring everyone has the opportunity and support to participate in physical activity. Get to know our team at **www.energiseme.org/about-us/our-team** and get in touch. Together we can kick inactivity into touch!

ENERGISE ME

ANNUAL REPORT & FINANCIAL STATEMENTS

for the year ended 31 March 2019

Energise Me

Reference and Administrative Details

Trustees

Jon Monkcom
Claire Beasley
Jan Halliday
Selina Russell
Dawn Tilley
Lucy Mediratta (resigned 16 Aug 2019)
Steven Pease (appointed 18 July 2018)
Dr Paul O'Halloran (appointed 18 July 2018)
Adam White (appointed 18 July 2018)
Andrew Gibson (resigned18 July 2018)
Sean Woodward (appointed 18 July 2018 resigned 22 Dec 2018)

Chief Executive Officer: Julie Amies

Principal Office

Westgate Chambers
Staple Gardens
Winchester
SO23 8SR

The charity is incorporated in England & Wales.

CIO Registration Number

CE005425

Charity Registration Number

1165592

Auditors

Wilkins Kennedy Audit Services
Athenia House
10-14 Andover Road
Winchester
Hampshire
SO23 7BS

Energise Me

Strategic Report

Energise Me is a Charitable Incorporated Organisation that is committed to beating inactivity. It is registered with the Charity Commission under charity number 1165592 and with Companies House under the Company Registration Number CE005425

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2019.

The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2015).

The trustees are also directors for the purposes of company law and present their strategic report for the year ended 31 March 2018 in compliance with s414C of the Companies Act 2006.

Financial Review

In 2018-19 Energise Me has built on its sound financial base. Although income has reduced by £81.5k to £961.8k, this was expected, and planned management of costs has ensured that the Charity remains in a strong financial position.

Financial results for the year ended 31 March 2019 are shown in the statement of financial activities on page 9 with the associated assets and liabilities set out in the balance sheet on page 10. Supporting notes to the accounts are on pages 12 to 25 and provide additional information to support the figures in the main statements.

The financial statements have been prepared to comply with the Statement of recommended Practice and Reporting of Charities SORP (FRS 102).

Energise Me's principle sources of funding have not changed in the last year. Sport England continue to be the principle funder. Local authorities also make significant contributions. In 2018-19, Sport England made a grant of £420,320 for core funding activities and additional sums for activity such as Satellite Clubs and School Games Funding. Hampshire County Council contributed £133,000 towards the delivery of the Hampshire Talented Athlete Scheme, Hampshire Institute of Sport and workforce development.

The following local authorities contributed partnership funding of £5,125: Basingstoke and Deane Borough Council, Eastleigh Borough Council, New Forest District Council, Rushmoor Borough Council, Test Valley Borough Council and Winchester City Council. We have worked closely with these local authorities to support them with planning, advocacy and delivery of projects throughout the year.

Sport England contributions have remained at the same level as the previous financial year. Local authority income has reduced due to two authorities no longer contributing. Allowing for inflation, this represents a reduction in income.

As reported last year, the grant from Hampshire County Council reduced in 2018-19. It is expected to remain the same next year.

Trustees recognise the increasing pressure on public expenditure and the need to make cost savings and diversify income streams. Energise Me made further cost savings and undertook sufficient income generation activities and commissioned work to end the year generating a surplus of nearly £130k.

Reserves

The Trust's financial reserves are made up of restricted and unrestricted funds. Total funds as at 31 March 2019 were £1,968,460 (2018: £1,838,643). Restricted funds amount to £692,325 and unrestricted funds £1,276,135.

The Trust's reserves policy ensures that sufficient free reserves are held to cover a minimum of nine months employment and running costs and 100% end of contract costs (in the event of any significant delays or cessation of external core funding). The fund required to cover these costs is approximately £500k.

At 31 March 2019 the unrestricted fund stood at c. £1.3m. In this financial year, Trustees adopted a cautious approach due to uncertainties in the funding landscape and the relative newness of the charity's independent status. They also wanted to spend time planning how the charity could invest in its revised strategic plan. At their October Board Development Day and their follow up Board meeting in December 2018, Trustees agreed the strategic priority areas for investment and over £0.5m of unrestricted reserves will be drawn down to address inactivity amongst children and young people, women and girls, people with long term health conditions and 5 localities with the highest levels of inactivity.

Investment Powers and Policy

Trustees reviewed Energise Me's investment policy in September 2018. This policy provides a framework for the management of the charity's reserve funds and uncommitted funds held.

Pay Policy for Senior Staff

Pay levels are reviewed annually each April in line with our business reviews. The exact level of any pay review will be determined taking into account a range of factors, including the performance of the organisation, the current pay market, the funding for the service within which they work, the performance of the employee and the economy as a whole. It is not guaranteed that any pay review will necessarily result in an increase in pay.

Grant making policies

The charity makes many grants to different organisations and individuals. Every programme and grant scheme it runs has its own respective policy led by officers of the Charity and overseen by partners, funders and informed experts.

Fundraising

Energise Me's income comes primarily from grants, commissioned work and income generation. No funds are raised from the public and no professional fund raisers are used by the Charity.

Energise Me

Trustees' Report

Energise Me is a Charitable Incorporated Organisation with a Foundation Model Constitution established on 16 February 2016 by the Charity Commission. Its only voting members are its Trustees.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Energise Me is committed to ensuring its governance is dynamic and visionary. The charity actively recruits trustees with the right skills, knowledge and experience to support its work. It looks for diversity of thought, experience and background to ensure that strategic decisions are informed and challenged from different perspectives.

Trustees are invited to apply through an open recruitment process. Each Trustee can serve for an initial term of three years. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least four continuous years.

There is also one nominated trustee from Hampshire County Council who can serve for three years. The nominated representative has resigned as a trustee and will adopt instead an observer role with no voting rights. An observer role with no voting rights is provided to Sport England, the principle funding partner.

New Trustees undergo an orientation to brief them on their legal obligations under Charity law, guidance on public benefit, content of the constitution, the committee and decision-making processes, the business and strategic plans and recent financial performance of the Charity. During the induction, they meet key members of staff including those who they might provide specific support and mentoring to as well as other Trustees.

Any training and development needs will be assessed as part of the Trustee's induction process. External training and development opportunities are provided by the Active Partnership Network and trustees are encouraged to take part where it will help to carry out their role.

Organisation

The board of trustees, which can have up to 11 members, administers the charity. The board meets every 3 months. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate the effective running of the charity, the Chief Executive has delegated authority in some areas through a schedule of delegation that is approved by the trustees. This schedule includes finance, employment, communications, programmes, contracts and remuneration.

Risk Management

The board of trustees reviews the risk register at every meeting. The main areas of risk are:

- Political
- Operational
- Financial
- Reputational

The trustees have policies, systems and processes in place to mitigate those risks identified. They also implement procedures designed to minimise or manage any potential impact on the charity should those risks arise.

Energise Me

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Energise Me for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2015 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 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.

As far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- They have taken all steps that they ought to have taken to make themselves aware of any audit information and to establish that the auditors are aware of that information

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Strategic Report, Statutory Report and Financial Statement were approved by the Board of Trustees on 11th September 2019 and signed on its behalf by

Jon Monkcom, Chair of Trustees

Independent Auditor's Report to the Members of Energise Me

Opinion

We have audited the financial statements of Energise Me (the 'charity') for the year ended 31 March 2019, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is 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).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2019 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Independent Auditor's Report to the Members of Energise Me

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the financial statements is inconsistent in any material respect with the trustees report; or
- The financial statements are not in agreement with the accounting records and returns; or
- Sufficient accounting records have not been kept; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of the auditors report.

Independent Auditor's Report to the Trustees of Energise Me

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Wilkins Kennedy Audit Servi

Ian Talbot (Senior Statutory Auditor)
For and on behalf of Wilkins Kennedy Audit Services

Athenia House
10-14 Andover Road
Winchester
Hampshire
SO23 7BS

Date: 16th September 2019

Wilkins Kennedy Audit Services is eligible for appointment as auditor by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006

Statement of Financial Activities for the Year Ended 31 March 2019

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2019 £
Income and Endowments from:				
Donations and legacies	3	-	-	-
Charitable activities	4	88,713	873,117	961,830
Total Income		88,713	873,117	961,830
Expenditure on:				
Charitable activities	5	(41,555)	(790,458)	(832,013)
Total Expenditure		(41,555)	(790,458)	(832,013)
Net income		47,158	82,659	129,817
Transfers between funds		26,757	(26,757)	-
Net movement in funds		73,915	55,902	129,817
Reconciliation of funds				
Total funds brought forward		1,202,220	636,423	1,838,643
Total funds carried forward	19	1,276,135	692,325	1,968,460

	Note	Unrestricted funds £	Restricted funds £	Total 2018 £
Income and Endowments from:				
Donations and legacies	3	100	1,000	1,100
Charitable activities	4	148,080	894,206	1,042,286
Total Income		148,180	895,206	1,043,386
Expenditure on:				
Charitable activities	5	(32,432)	(306,616)	(339,048)
Other expenditure	6	(4,022)	(679,587)	(683,609)
Total Expenditure		(36,454)	(986,203)	(1,022,657)
Net income/(expenditure)		111,726	(90,997)	20,729
Transfers between funds		36,483	(36,483)	-
Net movement in funds		148,209	(127,480)	20,729
Reconciliation of funds				
Total funds brought forward		1,054,011	763,903	1,817,914
Total funds carried forward	19	1,202,220	636,423	1,838,643

All of the charity's activities derive from continuing operations during the above two periods.

Energise Me

(Registration number: CE005425)
Balance Sheet as at 31 March 2019

	Note	2019 £	2018 £
Fixed assets			
Tangible assets	14	5,143	13,829
Current assets			
Debtors	15	2,623	17,995
Cash at bank and in hand		2,101,670	2,010,962
		2,104,293	2,028,957
Creditors: Amounts falling due within one year	16	(140,976)	(204,143)
Net current assets		1,963,317	1,824,814
Net assets		1,968,460	1,838,643
Funds of the charity:			
Restricted funds		692,325	636,423
Unrestricted income funds			
Unrestricted funds		1,276,135	1,202,220
Total funds	19	1,968,460	1,838,643

The financial statements were approved by the trustees, and authorised for issue on 11th September 2019 and signed on their behalf by:

Jon Monkcom
Chair of Trustees

Energise Me

Statement of Cash Flows for the Year Ended 31 March 2019

	Note	2019 £	2018 £
Cash flows from operating activities			
Net movement in funds		129,817	20,729
Adjustments to cash flows from non-cash items			
Depreciation	9	9,097	11,757
		138,914	32,486
Working capital adjustments			
Decrease/(increase) in debtors	15	15,372	22,407
(Decrease)/increase in creditors	16	(64,369)	(67,141)
Increase in deferred income		1,202	30,000
Net cash flows from operating activities		91,119	17,752
Cash flows from investing activities			
Purchase of tangible fixed assets	14	(411)	(924)
Sale of tangible fixed assets		-	1,370
Net cash flows from investing activities		(411)	446
Net increase in cash and cash equivalents		90,708	18,198
Cash and cash equivalents at 1 April		2,010,962	1,992,764
Cash and cash equivalents at 31 March		2,101,670	2,010,962

All of the cash flows are derived from continuing operations during the above two periods.

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Energise Me 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 notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grants payable

Grants payable are payments made to third parties in the furtherance of the charitable objects of EnergiseMe. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant. The notification gives the recipient a reasonable expectation that they will receive the grant. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to the grant is outside of the control of the Trust.

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £100.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and Fittings	33% Straight Line
Computer Equipment	33% Straight Line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents 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.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Certain members of staff are members of the Hampshire County Council Local Government Pension Scheme. It is not possible in the normal course of events to identify the share of underlying assets and liabilities belonging to individual participating employers. Accordingly due to the nature of the scheme, the accounting charge for the period represents the employer contribution payable based on amounts advised by Hampshire County Council. Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Income from donations and legacies

	Unrestricted funds			
	General £	Restricted funds £	Total 2019 £	Total 2018 £
Donations and legacies;				
Donations from individuals	0	0	0	1,100
	0	0	0	1,100

4 Income from charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2019 £	Total 2018 £
Local Authority Grants	43,990	133,001	176,991	224,013
Government Grants	0	740,116	740,116	752,616
Other Revenue	44,723	0	44,723	65,657
	88,713	873,117	961,830	1,042,286

5 Expenditure on charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2019 £	Total 2018 £
Charitable Activities	32,844	90,831	123,675	237,467
Grant Funding of Activities	8,252	98,813	107,065	101,581
	41,096	189,644	230,740	339,048

	Activity undertaken directly £	Activity support costs £	Total 2019 £	Total 2018 £
Charitable Activities	230,740	601,273	832,013	1,022,657

Included in the expenditure analysed above are governance costs of £8,708 (2018 - £13,515) which relate directly to charitable activities. See note 7 for further details.

6 Other expenditure

	Note	Unrestricted funds General £	Restricted funds £	Total 2019 £	Total 2018 £
Staff costs					
Wages and salaries		-	413,166	413,166	431,074
Employers National Insurance		-	32,566	32,566	35,661
Pension costs		-	47,363	47,363	50,752
Depreciation, amortisation and other similar costs		-	9,097	9,097	11,757
Support Costs	7	458	89,915	90,373	140,850
Governance Costs	7	-	8,708	8,708	13,515
		458	600,815	601,273	683,609

7 Analysis of governance and support costs

Other resources expended

	Unrestricted funds General £	Restricted funds £	Total 2019 £	Total 2018 £
Advertising	-	9,110	9,110	16,959
Bank Fees	-	740	740	716
Entertainment - 100% business	-	-	-	272
IT Software & consumables	41	17,802	17,843	21,828
Travel & Mileage	-	13,184	13,184	9,762
Rent & Rates	-	25,990	25,990	35,510
Printing, Postage and Stationary	417	5,809	6,226	9,762
Profit on Asset Disposal	-	-	-	1,370
Office Management	-	5,425	5,425	10,765
Insurance	-	3,776	3,776	4,442
Staff Training & Recruitment	-	1,492	1,492	5,808
Repairs and Maintenance	-	-	-	173
Subscriptions	-	6,587	6,587	5,483
Provision for bad debts	-	-	-	18,000
	458	89,915	90,373	140,850

Governance costs

	Restricted funds £	Total 2019 £	Total 2018 £
Audit fees			
Audit of the financial statements	6,300	6,300	5,400
Trustees remuneration and expenses	188	188	161
Accountancy Fees	2,220	2,220	7,954
	8,708	8,708	13,515

8 Grant-making

Analysis of grants

Analysis	2019 £	2018 £
Grants to Institutions	65,102	55,375
Grants to Individuals	41,963	46,206
Total Grants Awarded	107,065	101,581

Grants by institution and activity are shown below:

Name of institution	2019 £	2018 £
Active Communities Network - Cricket Satellite Club (Portsmouth)	5,980	-
YMCA Newtown - Football Satellite Club (Southampton)	5,000	-
Square Pegs - Square Active Satellite Club (Gosport)	4,923	-
No Limits & Pound for Pound - Boxing Satellite Club (Southampton)	4,617	-
University of Winchester	4,321	-
Creating Futures - Summer of Hope Satellite Club (Rushmoor)	4,000	-
Vision 4 Youth - Boxercise Satellite Club (Hart)	3,150	-
The Base Youth Centre - Boxing Satellite Club (Hart)	3,004	-
Junior Park Run - Hogmoor Inclosure	3,000	-
Square Pegs - Dance Satellite Club (Gosport)	2,820	-
Royal Southampton Yacht Club Trust & No Limits - Sailing Satellite Club (Southampton)	2,500	-
Quay Arts - Dance Satellite Club (IOW)	2,364	-
Quay Arts - Yoga Satellite Club (IOW)	2,028	-
Inclusion Hampshire - Table Tennis Satellite Club (Basingstoke & Hart)	1,940	-
Portsmouth City Council & BH Live - Splash with the Youth Satellite Club (Portsmouth)	1,825	-
Everyone Active – Multi-Activity Sportivate Project	1,780	1,780
New Milton Town Council - YBall Satellite Club (New Forest)	1,558	-
Active Communities Network - Leigh Park Female Boxing Satellite Club (Havant)	1,410	5,980
Active Communities Network - Leigh Park Football Satellite Club (Havant)	1,350	5,980
Active Communities Network - Boxing Satellite Club (Portsmouth)	1,330	5,980
Caulkhead Strollers - Disability Football Satellite Club (IOW)	973	-
New Milton Town Council - Clubbercise Satellite Club (New Forest)	911	-
Simon Says - Box Clever Satellite Club (Southampton)	900	-
Brighton Hill Community School	800	-
New Milton Town Council - Skateboarding Satellite Club (New Forest)	793	-
Everyone Active & MIND - Multi-Activity Satellite Club (Fareham)	720	1,350
Places for People - Active Kids Project (Winchester)	654	-
Oarsome Chance Foundation	-	5,470
Everyone Active – SwimAction Sportivate Project	-	5,337
Ravens Netball	-	4,941
Wheatsheaf Trust – Move it IOW	-	4,584
New Milton Town Council	-	2,955
Winchester City Council	-	2,933
Rideabout Go-Ride	-	2,889
Hampshire Badminton – Westgate School	-	2,410
VC Meudon - Cycling	-	2,406
Victory Hants Sports4U	-	2,392
Shin Gi Tai Martial Arts Academy	-	940
All About Netball – Coach Development Project Reclaim	-	(12,800)
Prior-Year over accrual release (Parkwood Community Leisure)	-	(5,000)
Other New Non-Material Grants	451	14,848
	65,102	55,375

9 Net incoming/outgoing resources

Net incoming resources for the year include:

	2019 £	2018 £
Depreciation of fixed assets	9,097	11,757

10 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Claire Beasley
£188 (2018: £161) of expenses were reimbursed to Claire Beasley during the year.
No trustees, nor any persons connected with them, have received any remuneration from the charity during the year. No trustees have received any other benefits from the charity during the year.

11 Staff costs

The aggregate payroll costs were as follows:

	2019 £	2018 £
Staff costs during the year were:		
Wages and salaries	413,166	433,630
National Insurance costs	32,566	35,661
Pension costs	47,363	50,752
	493,095	520,043

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full-time equivalents was as follows:

	2019 No	2018 No
Number of Employees	15	15

Energise Me operates two Pension Schemes. 7 (2018 - 7) of the above employees, who were transferred under TUPE conditions, participated in the Hampshire Local Government Pension Scheme. 7 (2018 – 8) of the above employees participated in the Defined Contribution Pension Scheme managed by the Creative Pension Trust. Contributions to the employee pension schemes for the year totalled £47,363 (2018 - £50,752).

Pension Commitments
Under the terms of the commercial transfer agreement signed in October 2016 Hampshire County Council acts as guarantor to Energise Me's liability to the Local Government Pension Scheme for staff who were transferred under TUPE conditions. This is set out in the commercial transfer agreement.

The number of employees whose emoluments fell within the following bands was:

	2019 No	2018 No
£60,001 - £70,000	1	1

Total employee benefits, including employer Pension Contributions and N.I. of the key management personnel of the charity were £317,869 (2018 - £292,395).

12 Auditors' remuneration

	2019 £	2018 £
Audit of the financial statements	5,400	5,400

13 Taxation

The charity is a registered charity and exempt from taxation.

14 Tangible fixed assets

	Computers and Furniture £	Total £
Cost		
At 1 April 2018	27,004	27,004
Additions	411	411
Disposals	-	-
At 31 March 2019	27,415	27,415
Depreciation		
At 1 April 2018	13,175	13,175
Charge for the year	9,097	9,097
Eliminated on disposals	-	-
At 31 March 2019	22,272	22,272
Net book value		
At 31 March 2019	5,143	5,143
At 31 March 2018	13,829	13,829

15 Debtors

	2019 £	2018 £
Trade debtors	2,623	10,791
Prepayments	-	7,204
Accrued income	-	-
	2,623	17,995

16 Creditors: amounts falling due within one year

	2019 £	2018 £
Trade creditors	10,901	78,444
Other taxation and social security	-	8,675
Other creditors	5,039	5,550
Accruals	30,478	16,782
Grants Accrued	12,616	13,952
Deferred Income	81,942	80,740
	140,976	204,143

	2019 £
Deferred income at 1 April 2018	(80,740)
Resources deferred in the period	(81,942)
Amounts released from previous periods	80,740
Deferred income at 31 March 2019	(81,942)

Deferred Income consists of grants (£58,990) and payments in advance for services (£22,952) relating to the next financial year.

17 Obligations under Operating Leases

	2019 £	2018 £
Within one year	27,000	27,000
In two to five years	27,000	54,000
	54,000	81,000

18 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme in addition certain members of staff are members of the Hampshire County Council Local Government Pension Scheme. The total pension cost charge for the year represents contributions payable by the charity to the schemes and amounted to £47,363 (2018 - £50,752).

19 Funds

2018/19 Analysis:	Balance at 1 April 2018 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2019 £
Unrestricted funds					
General					
General	1,202,220	88,713	(41,555)	26,757	1,276,135
Restricted funds					
Sport England	609,666	873,117	(790,458)	-	692,325
England Athletics	26,757	-	-	(26,757)	-
Total restricted funds	636,423	873,117	(790,458)	(26,757)	692,325
Total funds	1,838,643	961,830	(832,013)	-	1,968,460

2017/18 Analysis:	Balance at 1 April 2017 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2018 £
Unrestricted funds					
General					
General	1,054,011	148,180	(36,454)	36,483	1,202,220
Restricted funds					
Sport England	687,834	883,206	(961,374)	-	609,666
Cycling UK	29,394	-	(8,113)	(21,281)	-
Public Health	19,918	12,000	(16,716)	(15,202)	-
England Athletics	26,757	-	-	-	26,757
Total restricted funds	763,903	895,206	(986,203)	(36,483)	636,423
Total funds	1,817,914	1,043,386	(1,022,657)	-	1,838,643

England Athletics transfer relates to the charity's costs associated with the Local Beginner Runner Project which operated during the period January 2012 to March 2013 and relates to the charity's management, administration and office costs which have been taken to unrestricted reserves.

20 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds £
Tangible fixed assets	5,143	-	5,143
Current assets	1,411,968	692,325	2,104,293
Current liabilities	(140,976)	-	(140,976)
Total net assets	1,276,135	692,325	1,968,460

21 Analysis of net funds

	At 1 April 2018 £	Cash flow £	At 31 March 2019 £
Cash at bank and in hand	2,010,962	90,708	2,101,670
Net Asset	2,010,962	90,708	2,101,670

22 Related party transactions

During the year the charity made the following related party transactions:

A Gibson
(Trustee of Energise Me and Councillor for Hampshire County Council). A.Gibson resigned as Trustee of Energise Me on 18 July 2018. Energise Me received grant income of £133,000 from Hampshire County Council (2018: £212,013) during the financial period. At the balance sheet date the amount due from Hampshire County Council was £0 (2018 - £7,600).

S Woodward
(Trustee of Energise Me and Councillor for Hampshire County Council and Director of Ferneham Health Limited). S.Woodward resigned as Trustee of Energise Me on 22 December 2018. Ferneham Health Limited are the parent company of LBhealthcare providers of Physiotherapy services to athletes who receive funding from the Hampshire Talented Athlete Scheme (HTAS). Energise Me made payments to LB Healthcare of £1,990 (2018 - £1,255).

M Fisher
(Spouse of Senior Manager Helen Fisher), received payment of £1,046 (2018 £1,837) for the provision of consultancy services relating to staff training needs analysis for Energise Me staff.

Thank you to everyone who has helped us beat inactivity in 2018–19.

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