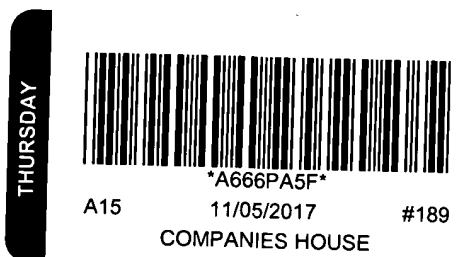


**Annual reports & financial statements for the
year ended 31 August 2016**



Company Registration No. 05528751
Charity No: 1113480

Health Through Sport Ltd

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Health Through Sport Ltd

Legal and administrative information

Directors: Ronnie Goodlass
Edward Bowman
Henry Corbett
Michael Clifford Dalton

Secretary: Ronnie Goodlass

Company Number: 05528751 (England and Wales)

Charity Number: 1113480

Registered Office: 11 BAYCLIFF ROAD
WEST DERBY
LIVERPOOL
MERSEYSIDE
L12 6QS

Accountants: MEND Accounting Ltd
18 Dalcross way
Croxteth
Liverpool
Merseyside
L11 9DE

Independent examiner: Nicola Donnelly (MAAT, CIMA Dip MA)
MEND Accounting Ltd
18 Dalcross way
Croxteth
Liverpool
Merseyside
L11 9DE

Bankers: Barclays bank PLC
Leicester
LE87 2BB

Health Through Sport Ltd

Trustees Annual report for the year ended 31st August 2016

The Trustees, (who are also the directors for the purposes of company law), present their report with the financial statements of the charitable company for the year ended 31st August 2016. The legal and administrative information set out on page 1 forms part of this report.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee, incorporated on 5th August 2005 and registered as a charity on 29th March 2006. The Charity's Board of Trustees are also its Directors. Members are elected by Annual General Meetings of the members of the Charity, with casual vacancies being filled, as required, by the Board of Trustees in accordance with the Charity's Articles of Association.

The Board meets regularly throughout the year and attends to all strategic and operational matters.

RISK ASSESSMENT

The main risks, to which the charity is exposed, as identified by the Trustees have been considered and systems have been established to mitigate those risks.

OBJECTIVES AND ACTIVITIES

The organisation exists for the benefit of the public and, in particular, for children and young people in the United Kingdom. It aims to preserve and protect good health and to provide, or assist to provide, facilities for recreation or other leisure time occupation in the interests of social welfare. The key objective is improving their conditions of life particularly, but not exclusively, by the provision of sports coaching and nutritional and other lifestyle advice. In planning their activities, the organisation has considered guidance from the Charity Commission to ensure they meet their public benefit requirements.

INVESTMENT POLICY

The Trustees have the power to invest any monies not immediately required for the charitable purposes of the company.

ACHIEVEMENTS AND PERFORMANCE FOR THE YEAR

We are delighted to say that our projects across Merseyside are going from strength to strength and that more participants are gaining Open awards Football Coaching Level 1 and 2 qualifications. Recently we have had another 8 participants gain their Level 1 qualification and we would like to congratulate them all on this achievement. Courses have taken place in areas such as Croxteth, Norris Green and Stockbridge Village.

We have visited Everton and Liverpool grounds as part of the Football coaching courses.

We have been able to positively affect the lives of many vulnerable and disadvantaged young people, *former drug misusers and ex-Offenders*.

Health Through Sport have helped bolster their confidence, self-esteem, fitness and wellbeing, through our football coaching courses, which have been authorised by Open awards and of which Health Through Sport is an accredited centre.

We again had 2 Sportspersons Dinners last year, where we presented our Alan Ball 'Ball of Fire' award and also the Brian Labone 'Corinthian' award to individuals who have led by example in the

Health Through Sport Ltd

community. We continue to apply for grants to a number of trusts and agencies, such as the Morgan Foundation, Liverpool CVS and Big Lottery.

Our appreciation must go to the supporters of our work – Mr Joe Anderson, Mayor of Liverpool, Liverpool CVS, Awards for All, Barclays and Big Lottery.

We would like to announce the appointment of Lily Kendall as our new patron of our charity, to join Lord John Grantchester, Joe Royle and Dr David France. We are delighted to have them on board and look forward to working with them all on future projects.

At the next Sportspersons Dinner we will be presenting a new award titled the 'Howard Kendall Achievement' award. Howard was a great supporter of our charity and we are proud to have this award to honour his name.

Lily Kendall has fully endorsed the award and she will present the award at the next Sportspersons Dinner.

FINANCIAL REVIEW

Incoming resources for the year totalled £39,066. (2015: £40,822)(2014: £37,169) of which £11,500 (2015: £14,795)(2014: £12,000), related to funding for projects upon which restrictions are placed.

Expenditure totalled £38,744 (2015: £28,558) (2014: £51,423), of which £26,695 (2015: £16,795) (2014: £17,500), related to funding for projects upon which restrictions are placed.

At 31st August 2016 the charitable company's reserves were £322. (2015: £7,497) (2014: £4,767 deficit).

RESERVES POLICY

It is not anticipated that the charity will hold reserves for long term projects. The committee seeks to obtain funding for activities and directly expend these in furtherance of the objects. At any time, reserves should be sufficient to ensure the ongoing operation of the charity. Current year reserves have been brought back into credit by hosting 2 Sportspersons Dinners (in May and November) and a Race night each year and we have just had a successful Sportspersons Dinner on 6th May 2016 and our next one is arranged for Friday 25th November 2017. We also had an Alan Ball remembered night at the Winslow Hotel and this was also a success. We are in the process of arranging other events including a Golf Day, Quiz Nights, Race Nights, a Charity Walk and other fundraising events. We also have the pleasure of announcing the appointment of Lord Grantchester and Dr David France OBE as patrons to Health Through Sport and their input will be invaluable to raise further funds.

PLANS FOR FUTURE PERIODS

We will continue with the Open awards Football Coaching courses, to give participants the chance to gain Level 1 and 2 qualifications.

We are in the process of starting on a new project with the Homeless. We have had numerous meetings with agencies including Liverpool City Council,

Liverpool CVS and the Whitechapel Centre and see how we can take this forward. It has all been positive and we want to get it started as soon as we possibly can. To support this and our other projects, we will be applying to trusts and other agencies for financial support.

Health Through Sport Ltd

We want to help with purchasing equipment and training kit for the participants and to support them in other ways also.

I will be arranging more meetings with David Carter, CEO of the Whitechapel Centre, who is delighted we are getting involved with some of their clients.

We have arranged 2 more Sportspersons Dinners, a Golf Day and a Race Day to raise funds and we hope these will be successful

We would like to take this opportunity to thank certain individuals and agencies for their continued support.

Liverpool City Council.

Barclays.

Awards for All.

Liverpool CVS.


Ex Everton Players – Joe Royle, Derek Temple, John Hurst, Tony Kay, John Bailey, Mark Higgins, Derek Mountfield, Everton Football Club.

BBC Radio Merseyside.

The Liverpool Echo.

A Big Thanks to you all.

Signed on behalf of the Board of Trustees

Mr M C Dalton 

Chair

Date: 19/04/2017

Health Through Sport Ltd

Statement of Trustee's responsibilities

Company law requires the Trustees (who are also the directors for the purposes of company law), to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Trustees should follow best practice and:

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

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies 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.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005) and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

By the Order of the board,



Ronny Goodlass

Company secretary

11 Baycliff Road

West Derby

L12 6QS

Date: 19/4/2017

Health Through Sport Ltd

Independent examiners report to the board of Trustees of Health through sport

I report on the accounts of the charitable company for the year ended 31st August 2016, which are set out on pages 8 to 14.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Miss Nicola Donnelly (MAAT , CIMA Dip MA) Dated 17.04.17

Address: clo MEND Accounting Ltd, 18 Dalcross way, L11 9DE

Health Through Sport Ltd

| Income and expenditure | Notes | Unrestricted Funds | Restricted funds | Total funds 2016 | Total funds 2015 |
|--------------------------------------------|--------------|---------------------------|-------------------------|-------------------------|-------------------------|
| Incoming resources | | | | | |
| Voluntary Income | | 8,000 | | 8,000 | 7,896 |
| Activities from generating funds | | 19,566 | | 19,566 | 18,131 |
| Charitable activities | | | 11,500 | 11,500 | 14,795 |
| Total income from resources/ income | | 27,566 | 11,500 | 39,066 | 40,822 |
| Resources expended | | | | | |
| Costs of generating funds | | 13,059 | 13,592 | 26,651 | 17,819 |
| Charitable activities | | 3,198 | 8,645 | 11,843 | 10,489 |
| Governance costs | | 250 | | 250 | 250 |
| Total resources | | 16,507 | 22,237 | 38,744 | 28,558 |
| Net incoming resources | | 11,059 | - 10,737 | 322 | 12,264 |
| Fund balances brought forward | | 7,497 | - | 7,497 | 7,497 |
| Fund balances carried forward | | 322 | - | 322 | 322 |

The notes above on pages 10 to 14 form part of these accounts.

All of the above amounts relate to continuing activities of the charitable company.

Incoming resources from charitable activities

| | Unrestricted Funds | Restricted funds | Total funds 2016 | Total funds 2015 |
|--------------------------------|---------------------------|-------------------------|-------------------------|-------------------------|
| Big lottery fund | | | - | 9,795.00 |
| City of Liverpool-Mayoral fund | | 5,500.00 | 5,500.00 | 5,000.00 |
| Charities Aid Foundation | | 6,000.00 | 6,000.00 | |
| LCVS-Carillion Fund | | | - | |
| | - | 11,500.00 | 11,500.00 | 14,795.00 |

Health Through Sport Ltd

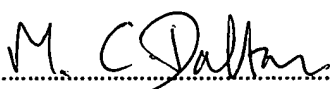
| | Notes | 2016 £ | 2015 £ |
|-------------------------------------------------------|-------|--------------|--------------|
| Fixed assets | | | |
| Tangible assets | 3 | 1,308 | 1,741 |
| Current assets | | | |
| Debtors | 4 | 440 | 440 |
| Cash at bank and in hand | | 8,928 | 8,791 |
| | | <u>7,088</u> | <u>7,231</u> |
| Creditors: amounts falling due within one year | 5 | (555) | (1,475) |
| Net current assets | | <u>6,513</u> | <u>5,756</u> |
| Net assets | | <u>7,819</u> | <u>7,497</u> |
| Capital and reserves | | | |
| Profit and loss account | 6 | 7,819 | 7,497 |
| Total shareholders' funds | | <u>7,819</u> | <u>7,497</u> |

For the year ending 31st August 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- these accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on...19/04/2017.....and signed on their behalf by:

.....

Mr Michael Clifford Dalton-Chairman

Health Through Sport Ltd

1 Accounting policies

Limited Liability

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

Accounting Policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Going Concern

The Trustees have reasonable expectation that the charitable company will be able to continue in operational existence for the foreseeable future.

Fixed Assets

Capital expenditure of £250 and above is treated as a fixed asset and depreciated in order to write off each asset over its estimated useful life on the following basis:

Incoming Resources

Incoming resources from generated funds comprise voluntary (donations and gifts) from third parties, activities for generating funds, (fundraising income) and investment income (bank interest) and are recognised when received. Incoming resources from charitable activities relate wholly to the operation of the charity and are recognised when received.

Grants receivable

Grants receivable are recognised on the date on which their unconditional payments is confirmed by the donor.

Resources expended

Costs of generating funds are those costs which relate to fundraising. Costs of charitable activity comprise services supplied and activities undertaken which are identifiable wholly or mainly in support of the charity's objectives. The costs shown as governance costs relate to organisational administration and compliance with constitutional and statutory requirements. Where appropriate, expenditure is apportioned on a reasonable and consistent basis. Liabilities are recognised as resources expended soon as there is a legal constructive obligation committing the organisation to the expenditure.

Tangible fixed assets policy

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

| | |
|--------------------|-----|
| Motor vehicles | 25% |
| Computer equipment | 33% |

| | | |
|---------------------------------------------|-------------|-------------|
| 2 Operating profit | 2016 | 2015 |
| | £ | £ |
| Profit before tax is stated after charging: | | |
| Depreciation of tangible fixed assets | 435 | 550 |

Health Through Sport Ltd

| | | | |
|---------------------------------------------------------|-----------------------|--------------------------------|--------------|
| 3 Tangible fixed assets | Motor vehicles | Fixtures & fittings | Total |
| | £ | £ | £ |
| Cost | | | |
| At 1 September 2015 | 5,500 | 150 | 5,650 |
| At 31 August 2016 | 5,500 | 150 | 5,650 |
| Depreciation | | | |
| At 1 September 2015 | 3,759 | 150 | 3,909 |
| Charge for the year | 435 | - | 435 |
| At 31 August 2016 | 4,194 | 150 | 4,344 |
| Net book value | | | |
| At 31 August 2016 | 1,306 | - | 1,306 |
| At 31 August 2015 | 1,741 | - | 1,741 |
| 4 Debtors | | 2016 | 2015 |
| | | £ | £ |
| Prepayments and accrued income | | 440 | 440 |
| 5 Creditors: amounts falling due within one year | | 2016 | 2015 |
| | | £ | £ |
| Other creditors | | 555 | 1,475 |
| 6 Profit and loss account | | | £ |
| At 1 September 2015 | | | 7,497 |
| Profit for the year | | | 322 |
| At 31 August 2016 | | | 7,819 |

Health Through Sport Ltd

Detailed statement of financial activities for the year ended 31st August 2016

| | | |
|------------------------------------------------------------------|---------------|---------------|
| Incoming resources | 2,016 | 2,015 |
| Grant Income | 11,500 | 14,795 |
| Gifts and Donations | 8,000 | 7,896 |
| Fundraising activities | 19,566 | 18,131 |
| | 39,066 | 40,822 |
| Resources expended | | |
| Fundraising activities | 26,651 | 17,819 |
| Charitable activities | | |
| Depreciation | 435 | 580 |
| Facilitator fees | 7,714 | 7,656 |
| Insurance | 250 | 535 |
| Marketing -Website | 180 | |
| Memberships | 506 | 552 |
| Postage and stationary | 145 | 145 |
| Stationery and printing | 12 | - |
| Telephone and fax | 962 | - |
| Training | 940 | 893 |
| Travel and subsistence | 644 | 128 |
| Total cost of Charitable activities | 11,788 | 10,489 |
| Governance costs | | |
| Accountancy fees | 305 | 250 |
| Total resources expended | 12,093 | 10,739 |
| Net Incoming resources / Resources expended) for the year | 322 | 12,264 |