

**Annual reports & financial statements for the
year ended 31 August 2017**



Company Registration No. 05528751
Charity No: 1113480

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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 Office 7, 66 Long lane Aintree Liverpool Merseyside L9 9DQ
Independent examiner:	Nicola Donnelly (MAAT, CIMA Dip MA) 18 Dalcross way Croxteth Liverpool Merseyside L11 9DE
Bankers:	Barclays bank PLC Leicester LE87 2BB

Trustees Annual report for the year ended 31st August 2017

We are delighted to say our project 'Coming in from the Cold' was a major success in a very difficult and very cold winter for many people in Liverpool. Through direct contact with homeless, disadvantaged, those addicted to drugs and alcohol, we were able to not only offer more respite from the cold and isolation and the feeling of abandonment, but we managed to get several of the participants totally back on track.

Some of the men have now turned their lives around. Achieving amazing changes in such a short time, in some cases getting secured accommodation, help with benefits claims, returning to their family and starting the long process of removing themselves from addictions.

Moreover, several have now changed diet and hygiene routines and others have led football and sports training through Health Through Sport.

We are still an accredited centre for Open awards Football Coaching Level 1 and 2 qualifications and we will know shortly who has gained their Level 1 qualification from our recent Football Coaching course.

We are still positively affecting lives of many vulnerable and disadvantaged young people, former drug misusers and ex-offenders. We help bolster their confidence, self-esteem, fitness and wellbeing, through our Football Coaching courses.

We arranged 2 Sportspersons Dinners last year and I would like to thank everyone who supported the Dinners and attended. 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 community.

The first 'Howard Kendall Achievement' award was awarded in May and will be presented annually.

Health Through Sport were delighted to have sponsored the Walking Football Tournament in Netherton, which was organised by the Liverpool County FA but especially with the help and hard work put in by Stu Carrington.

I want to congratulate all the players, managers and coaches who took part in the tournament for their enthusiasm and attitude.

Myself, Lily Kendall, our patron, and John Bailey presented the Trophies and medals to the players. We hope to be working closely with the Liverpool County FA on other projects we are undertaking in the future.

Thanks, must again go to the Mayor of Liverpool, Mr Joe Anderson, Liverpool CVS, Awards for All, Barclays and Big Lottery.

Our Golf Day at Hawarden Golf Club was a great success. I would like to thank Barclays, Sandra Rothwell and staff for their help and support.

Thanks also to Alex Rowland, the Golf Professional, and Hawarden Golf Club for their work and kind hospitality. Everyone had a great day.

Health Through Sport Ltd

New Patrons.

I am delighted to announce that we have two new patrons for our charity in Simon Britton and Tony Byrne.

I am really looking forward to working with both on future projects and fund-raising events.

Plans for future periods

We are continuing 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 a new project concerning Mental Health.

We will be having meetings with the Brink and other agencies to see if their clients would be interested in taking part in one of our Football courses and we have already had a positive response from the people we have discussed the project with and this includes Liverpool City Council.

To support this and our other projects we will be applying for grants off various agencies for financial support.

We have already arranged our next 2 Sportspersons Dinner which will be a tribute night to Kevin Sheedy ex Everton and Republic of Ireland and Neville Southall ex Everton and Wales. We hope these will be both successful and raise much needed funds.

We will be working closely with the Liverpool County FA on Walking Football and any other projects we can help with and support.

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

Liverpool City Council and Joe Anderson.

Barclays.

Awards for All.

Big Lottery.

Liverpool CVS.

Everton Football Club.

BBC Radio Merseyside.


The Liverpool Echo.

Everton in the Community.

Ex Everton players – Neville Southall, Kevin Sheedy, Kevin Ratcliffe, Leon Osman, Tony Hibbert Royle, Derek Temple, John Hurst, John Bailey, Graeme Sharp, Derek Mountfield and Mark Higgins

Signed on behalf of the Board of Trustees

Mr M C Dalton

Chair 

Date:29/05/2018

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

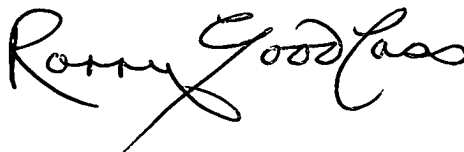
Company secretary

11 Baycliff Road

West Derby

L12 6QS

Date: 28th May 2018



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 2017, 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 27.05.2018 Address: c/o MEND Accounting Ltd, 18 Dalcross way, L11 9DE

Statement of financial activities for the year ended 31st August 2017

Income and expenditure	Notes	Unrestricted Funds	Restricted funds	Total funds 2017	Total funds 2016
Incoming resources					
Voluntary Income		121		121	8,000
Activities from generating funds		31,370		31,370	19,566
Charitable activities			14,770	14,770	11,500
Total income from resources/ income		31,491	14,770	46,261	39,066
Resources expended					
Costs of generating funds		25,203	5,772	30,975	26,651
Charitable activities			8,685	8,685	11,843
Governance costs		450		450	250
Total resources		25,653	14,457	40,110	38,744
Net incoming resources		5,838	313	6,151	322
Fund balances brought forward		7,497	321	7,818	7,497
Fund balances carried forward		13,335	634	13,969	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 2017	Total funds 2016
Big lottery fund				
City of Liverpool-Mayoral fund		3,000.00	3,000.00	5,500.00
Charities Aid Foundation		3,000.00	3,000.00	6,000.00
Main Grants		8,770.00	8,770.00	
	-	14,770.00	14,770.00	11,500.00

Health Through Sport Ltd

Balance sheet for the year ended 31st August 2017

	Notes	2017 £	2016 £
Fixed assets			
Tangible assets	4	3,207	1,306
Current assets			
Debtors	5	-	440
Cash at bank and in hand		11,214	6,626
		<u>11,214</u>	<u>7,066</u>
Creditors: amounts falling due within one year	6	(451)	(555)
Net current assets		<u>10,763</u>	<u>6,513</u>
Net assets		<u>13,970</u>	<u>7,819</u>
Capital and reserves			
Profit and loss account		13,970	7,819
Shareholders' funds		<u>13,970</u>	<u>7,819</u>

For the year ending 31st August 2017 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 company's subject to the small companies' regime.

Approved by the Board on 27.05.18 and signed on their behalf by:



 Mr Michael Clifford Dalton-Chairman

Statement of changes in equity for the year ended 31st August 2017

	Share capital £	Profit & loss account £	Total £
At 1 September 2015	-	7,497	7,497
Profit for the year		322	322
At 31 August 2016	-	7,819	7,819
At 1 September 2016	-	7,819	7,819
Profit for the year		6,151	6,151
At 31 August 2017	-	13,970	13,970

Health Through Sport Ltd

Notes to the financial statements for the year ended 31st August 2017

1 Statutory information

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

2 Compliance with accounting standards

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

3 Accounting policies

These financial statements for the year ended 31 August 2017 are the first financial statements that comply with FRS 102 Section 1A Small Entities. The date of transition is 1 September 2015.

The transition to FRS 102 Section 1A Small Entities has resulted in a small number of changes in accounting policies to those used previously.

The nature of these changes and their impact on opening equity and profit for the comparative period are explained in the notes below.

Basis of preparation

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

Presentation currency

The accounts are presented in £ sterling.

Limited Liability

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

Tangible fixed assets policy

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

Motor vehicles	25%
Computer equipment	33%

4 Tangible fixed assets

	Motor vehicles	Fixtures & fittings	Total
	£	£	£
Cost or valuation			
At 1 September 2016	At cost	At cost	
	5,500	150	5,650
Additions	-	2,969	2,969
At 31 August 2017	5,500	3,119	8,619
Depreciation			
At 1 September 2016	4,194	150	4,344
Charge for the year	326	742	1,068
At 31 August 2017	4,520	892	5,412
Net book value			
At 31 August 2017	980	2,227	3,207
At 31 August 2016	1,306	-	1,306

Health Through Sport Ltd

5 Debtors	2017	2016
	£	£
Accrued income and prepayments	-	440
	<u> </u>	<u> </u>
6 Creditors: amounts falling due within one year	2017	2016
	£	£
Accruals	451	555
	<u> </u>	<u> </u>
7 Average number of employees		
During the year the average number of employees was 5 (2016: 7).		

Health Through Sport Ltd

Detailed statement of financial activities for the year ended 31st August 2017

Incoming resources	2,017	2,016
Grant Income	14770	11,500
Gifts and Donations	121	8,000
Fundraising activities	31370	19,566
	46,261	39,066
Resources expended		
Fundraising activities	25,203	26,651
Charitable activities		
Depreciation	1069	435
Facilitator fees	8685	7,714
Insurance	353	250
Marketing -Website		180
Memberships	545	506
Postage and stationary	24	145
Stationery and printing	1140	12
Telephone and fax	1287	962
Training		940
Travel and subsistence	1354	644
Total cost of Charitable activities	14,457	11,788
Governance costs		
Accountancy fees	450	305
Total resources expended	14,907	12,093
Net Incoming resources / Resources expended) for the year	6,151	322