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SPORT4HEALTH COMMUNITY INTEREST COMPANY

ANNUAL REVIEW FOR THE YEAR ENDED 30TH SEPTEMBER 2022

The Directors are pleased to present their annual review for the year ended 30th September 2022. A Community Interest Company limited by guarantee, such as ours, is a special type of limited company which exists to benefit the community rather than private shareholders and operates an 'asset lock'- a legal promise stating that the company's assets will only be used for its charitable objectives. CICs are registered with Companies House (Sport4Health CIC No. is 05933331). Whilst the bulk of our work is charitable and supported by grants, contracts, and donations, being a CIC allows us to offer fee-paying activities such as private coaching where we can then use the surplus generated to underpin our charitable work and support our core costs.

Who we are

Sport4Health was established in September 2006 and has a long track record of delivering impactful, targeted, sports and social programmes with and for a wide range of people. We are a BAME and LGBT+ led organisation with 80% of our Board coming from one or both of these communities. Our Board comprises a range of skills and expertise and includes three senior NHS professionals (including a retired GP), 3 Corporate Professionals and a Chartered Accountant. This year we welcomed 2 new Board members – Sue, a recently retired GP with over 40 years' experience in the NHS; and Lissa, a Finance Director for a large international leisure company. Day to day running of the organisation is provided by the Executive Director, Ed Kung, who holds an MBA and is also an accredited Mental Health First Aider. He also sits on the Grants Advisory Panel of the 'Tackling Inequalities Fund' administered by Versus Arthritis and Sport England; as well as the panel for the 'Let's Move Together' Fund - also managed by Versus Arthritis. He has been a consultee in research undertaken by IVAR (Institute of Voluntary Action Research) and subsequently sits on the steering group for IVAR's *Open and Trusting Grantmaking* initiative; and has been invited to speak from a grantee's perspective at a number of conferences (including the 2027 conference) and workshops aimed at improving policy and practice in grant-making, particularly on issues related to BAME-led and/or smaller grassroots organisations.

Our Objects

The Company's object as defined in its Memorandum of Association is *“to carry out activities which benefit the community and in particular (without limitation) to provide physical activity coaching and opportunities for sport-related activity. In addition such activity will be undertaken for the health, social and mental wellbeing benefit of people of all ages and, in particular, young people, older people, and those from marginalised communities living in London”*.

Activities

Our principal activities in the year were to provide a range of sports and social programmes to support better physical and mental health and wellbeing amongst disadvantaged and marginalised people and communities in London - particularly Westminster, Kensington & Chelsea, and Wandsworth. Our core sports included badminton, table-tennis, softball, and basketball. In addition, and in response to need, we provided an increasing number of sessions to help support better mental wellbeing - such as stretching and yoga exercises; peer support/mentoring; and social events/activities (including organised group walking projects) to reduce isolation. All sessions are delivered by professionally qualified and DBS-checked coaches (often assisted by volunteers) within structured programmes to ensure that everyone can achieve positive outcomes. In the early part of our year of reporting “normal” physical, face to face, sessions continued to be disrupted by Covid-related restrictions which led us to moving most of our programmes online where possible, though we were able to return to in-person activities in the latter part of the year. In all aspects of our work we have followed Government guidance and good practice to ensure our members’ safety and wellbeing, as well as using only fully ventilated and safe venues adhering to COVID and other safety guidelines.

Achievements

With the utmost thanks to our funders and donors in the year (see below) we have been able to provide a wide range of physical, social and mental health and wellbeing programmes for several target audiences, including:

- The Filipino community in London, especially those working in NHS front-line services and those working in domestic service or as carers and who have been relied upon to help others, often to the point of their physical and mental exhaustion. Our work has been both with individuals and with family groups and we have managed to provide a level of service throughout the year
- Support through socially-focused activities to benefit both the physical and mental health of students aged 18-25, originally from overseas but now living and studying in Kensington & Chelsea and in Westminster boroughs. These are young people from outside London or the UK (many from Asia) and who otherwise have little or no family or social support networks to fall back on
- Programmes of indoor and outdoor physical and social activities for older LGBTQ+ people to increase their social networks, reduce isolation and improve their physical and mental health

- Safe and supportive active programmes to enable young people aged 11-18 from minoritised communities, in particular from the local Bangladeshi community, to engage more fully with society again, reduce their loneliness and isolation, and to improve their mental resilience to face adversities and embrace opportunities and to rekindle their ambition
- Regular weekly activities for older people (60+) to improve their health and wellbeing

Given our focus on supporting people's health we were commissioned by HealthWatch Central West London to consult on their behalf on the health and social services needs of the local Filipino community (whom we have worked with for several years), which provided invaluable insight for all concerned. It was very gratifying, also, to be asked by local health agencies to provide health-related workshops to some of our target communities as they saw us as a valuable and trusted route into communities they might struggle to reach.

Whilst the above gives an overview of our areas of success we never forget that we are dealing with individual people each of whom has their own circumstances and story to tell. Helping a young female student to escape an exploitative landlord; an older LGBT+ person to feel fully able to be who they are within a communal group; or a family of very little means to enjoy time together playing sport is what we're here for and what drives us on.

In the year our charitable community work has represented at least 85% of our total activity as an organisation. We have delivered approximately 2000 hours of activity (running 7 days per week) and reached close to 300 people, at least 40% of whom have been female. We estimate that 80% of our beneficiaries in the year have been from BAME or other minority communities (eg LGBTQ+) and many of those will have faced (or continue to face) multiple disadvantages. Our aim is to help people from marginalised communities take their full and rightful place in the wider community and to be able to access the support and services they need and/or from which they would otherwise be excluded. So, while our principal aim is to tackle immediate needs, we also want to help tackle wider structural inequality and to support people to have the skills, confidence, and opportunities to lead fuller, healthier and more rewarding lives. Our work in supporting the wider charitable sector – especially through our Director's representation on funding panels and the IVAR initiative - has also been something we are proud of and which, we hope, will enable more smaller and grassroots organisations to secure the resources they need to provide for their communities. A special thank you to all the funders and agencies who have worked positively with us on this.

Covid-19

Understandably this continued to have a significant effect on the organisation, partly through the varying restrictions on our normal programmes and ways of working and through loss of earned income from private tuition, but chiefly through the impact the virus and the response to it (e.g. lockdown) has had on our participants. Most of the communities we have worked with in the year have been severely affected – through

being older; from BAME communities; living in crowded or multi-generational households; being isolated from friends and family; working in low-paid social care or domestic service; or, usually, a combination of several of these. The need to provide opportunities for people to minimise the personal impact of the pandemic was even greater so, with the help and flexibility of our funders, we set about adjusting our programmes as far as possible so they could comply with the relevant guidance at any point in time and yet still provide opportunities to undertake online exercise and socialisation. Whilst the direct impact of the virus and restrictions has now eased we still see a significant legacy – whether through the debilitating effects of long Covid, or the ongoing impact on mental health and resilience (especially amongst young people). Full recovery may take some time and will require patience, flexibility, and resources.

Volunteers

Many of our activities and programmes – and our fundraising – are enhanced by the magnificent hands-on support from our volunteers, most of whom are or have been beneficiaries of our services and want to give something back, and/or to support others. As well as providing practical help they also bring a rich vein of lived experience. We thank you!

Finances

Our accounts for the period 1st October 2021 - 30th September 2022 are now available and form the basis of this section. Company accounts are quite slender in terms of the detail they are required to present so endeavour to provide some of this detail below.

As mentioned above, although our ability to earn income through private tuition etc continued to be impacted by the pandemic, some of this was offset by increases in the availability of funding from trusts and foundations and Lottery distributors in their response to the pandemic. We must record our sincerest gratitude on behalf of all our beneficiaries for the incredible and supportive response by funders, showing their willingness to be flexible and understanding. Because most of our beneficiaries demonstrated acute needs in the early parts of the year, we were able to secure a significant amount of emergency/Covid-related funding – albeit mostly as small or short-term grants. This funding explains some of the overall increase in our income in 2021/22 in comparison to the previous year. Whilst that was much needed and gratefully received we, like other small organisations, were worried that the increased spending of funders in 2020/21 would lead to a “slowing down” of their grant-making in 2022. In some case this has indeed been the case so we have had to spend a considerable amount of time – most of it unpaid and unfunded – making grant applications and providing subsequent monitoring information. Although progress has undoubtedly been made it remains a sad characteristic of the funding arena that small organisations are mostly limited to small and short-term grants – which rarely cover full, true, costs and which perpetuate start-stop programmes and sustainable interventions. In the year we have made 39 applications and been successful with 20 of these – albeit a better success rate than most thanks to the expert help of some of our volunteers in our fundraising. 20 grants bringing in c.£120k makes an average grant size of £6,000 and demonstrates the time (mostly unpaid) and other pressures uniquely faced by

smaller organisations, more so than by larger ones. And, of course, each and every one of these grants will require their own report form and process.

Our income for the year was £136,640 (up from £102,278 the previous year) and our expenditure was £123,567 (£93,080 previously). The accounts show free unrestricted reserves held at the year-end of £8,895 which equates to approximately 4 months of unrestricted expenditure. Our aim is to hold three - six months' worth and we have plans in place to maintain that level (through increasing voluntary donations etc). The current level is sufficient due to our careful approach to financial management, which is to never undertake work unless and until the funding has been secured so we are never at risk of significant overspending.

Our accounts show deferred income carried forward into our 2022/23 financial year. This income, mostly restricted, gives us the capacity to continue to deliver our core programmes for the immediate period ahead until such time as we can raise additional funds – which is an ongoing exercise.

Future Plans

With the further strengthening of our Board in the year we are well equipped for the year ahead. We will continue to work with and respond to our members and to address the ongoing needs still arising from the Covid-19 pandemic. The current Cost of Living Crisis is beginning to hit hard and most of our regular participants are starting to be directly affected so it remains important that we continue to focus on the people and communities we worked with in the past year. With the help of our funders, volunteers, and supporters we will do all we can to help them. We want to increase the level of provision in the year ahead and to be able to provide support to more people.

In this regard we are really pleased to share that we started our new financial year in October 2022 with a 5-year grant from the National Lottery Community Fund of which a large proportion is to underpin our core costs and to help us develop our reach and impact. This funding will also give us more capacity to develop our earned income, the surplus of which is unrestricted and is ploughed back into our charitable work.

One of our key aims in our 2022/23 financial year is to convert our legal status from a CIC to a CIO as doing so will open up a great deal more funding opportunities, especially for multi-year funding which is so critical to providing ongoing and uninterrupted support to people in need. CIO status will allow us to continue the trading side of our activities and, therefore, to have more than one income source.

Our funders & donors

We could not do what we do without the magnificent and greatly appreciated support – and flexibility - of our many funders and donors over the year. With apologies for anyone we may have mistakenly left out, our thanks go in particular to:

City Bridge Trust
City of Westminster

Greene King
London Community Foundation
Mayor of London
Peabody Community Fund
The National Lottery Community Fund
Transport for London
Thrive London
Voice4Change England
Wandsworth Borough
Westminster Foundation
Wimbledon Foundation
Young Westminster Foundation

April 2023