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SPORT4HEALTH COMMUNITY INTEREST COMPANY

ANNUAL REVIEW FOR THE YEAR ENDED 30TH SEPTEMBER 2023

The Directors are pleased to present their annual review for the year ended 30th September 2023. A Community Interest Company limited by guarantee, such as ours, is a special type of 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 can only be used for charitable objectives.

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 both a BAME and LGBTQ+ 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. Day to day running of the organisation is provided by the Executive Director, Edmund 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 webinars and workshops aimed at improving policy and practice in grant-making, particularly on issues related to BAME-led and/or smaller grassroots organisations. The organisation also benefits from the boundless efforts of a number of volunteers who help with organising events, fundraising, web/social media, and in providing peer support and mentoring.

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, marginalised, and/or underserved people and communities in London - particularly Westminster, Wandsworth, and Royal Borough of Kensington & Chelsea. Our core sports included badminton, table-tennis, basketball, and football. In addition, and in response to need, we provided an increasing number of sessions to help support better mental health through our wellbeing classes - such as flexibility and strengthening exercises; peer support/mentoring; and social events/activities (eg group walking projects) to reduce isolation and create social networks and friendships. All sessions are delivered by qualified and DBS-checked coaches (often assisted by volunteers) within professionally structured programmes to ensure that everyone can achieve positive outcomes. This year marked a return to provide “normal” activities unhindered by the previous years’ lockdowns and pandemic controls – though we have found that the effects of the pandemic on people’s physical and mental health are still very much apparent.

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, many of whom work in NHS front-line services or in domestic service or as carers. Our work has been both with individuals and with family groups and we have managed to provide services throughout the year
- Support through socially focused activities to benefit both the physical and mental health of young students aged 18-25, originally from overseas but now living and studying in Westminster and Kensington & Chelsea. These are young people from outside London or the UK (many from Asia) and who have little or no family or social support networks to fall back on yet are experiencing immense stresses and challenges
- Safe and supportive activity programmes to enable young people aged 11-18 from minoritised communities, especially the local Bangladeshi community, to engage more fully with society again, reduce their loneliness and isolation, and to improve their mental resilience and physical health
- Regular weekly activities for older people (60+) to improve their health and wellbeing
- Physical and social activities for older LGBTQ+ people to increase their social networks, reduce isolation and improve their physical and mental health

Given our focus on supporting people's health – and by harnessing the expertise of our staff - we were able to introduce advice and support to people on nutrition and healthy eating. This was particularly valuable to the families and young people we worked with and hopefully will have set them on good habits. We were also invited by some of our funders to provide activities during the school holidays to disadvantaged young people; and to provide healthy food to some of our groups who were having difficulties through the cost-of-living crisis as well as advise and promote healthier eating into their lifestyle – essential services which help those most in need.

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 student to manage a period of upheaval leading to financial and academic stress; or an older LGBTQ+ person to feel fully able to be who they are within a communal group; or a disadvantaged family with 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 90% 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 85% 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 championing and supporting smaller grassroots charities – especially through our Executive 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.

Finances

Our accounts for the period 1st October 2022 - 30th September 2023 are now available. Company accounts are quite slender in terms of the detail they are required to present so we endeavour to provide some of this detail below.

Income in the year increased significantly on the previous year due to an increase in grant-giving from charitable funders and with more grants than previously being for more than one year (although still not enough!). Expenditure closely matches income as our policy is to not commit to projects until the funding is confirmed. However – and this is an important message to funders – we continue to have to use our unrestricted income to top-up underfunded projects as very few small grants will not honour a full-

cost-recovery model. For smaller organisations such as ours this is a double-whammy as we tend not to have large free reserves to start with and so what we have has to be called on to support core elements of our direct services. Full cost recovery is even more important to smaller organisations than it is to larger ones so we would make a plea to funders to consider their policies and practices on this.

As our turnover increases, we would like to think that we will be better placed to secure multi-year grants as short-term grants are usually the only ones that smaller organisations can secure. The growth in our income this year is planned and strictly managed - but it has certainly not been easy. We have no full-time staff so most of the grant applications are done by staff in unpaid time and/or by our in-house volunteer fundraiser. Equally, at least 70% of the monitoring and reporting required by funders is unfunded and, again, must be done in unpaid time so we are really and adversely affected by those systems which require mid-year and sometimes quarterly reporting and/or extensive statistical data collection and form-filling.

In the year we made 42 applications and were successful with 29 of those, equating to almost 70% success rate. We really choose carefully which funder to apply to as it's all done in unpaid time. We don't expect to be funded in every case of course, but when we are unsuccessful the most valuable aspect is to be able to get feedback so that our fundraising/funding applications can be better, and it is good to see that more funders will now provide this, but not all. What would be really helpful is for funders to show their typical success rates (i.e. how many applications received with how many funded) as this can help us focus on those avenues where we might have a better chance of success and to not waste time on applications with little or no chance of getting through, which is probably helpful for funders as well so that they are not inundated with so many applications. And even ringfencing amounts according to income levels would help so that smaller grassroot organisations have a chance to 'compete' with the larger charities who have paid staff to do applications on a full-time basis.

Our free reserves at the year end, whilst a low figure (for the reasons mentioned above) nonetheless equates to approximately 1/3 of total unrestricted expenditure. Our future plans (see below) will include work to increase our free reserves though they are not presently a cause for concern.

Our funders & donors

Our most significant funder at present is The National Lottery Community Fund who at the start of the financial year awarded us 5-year funding which provides the foundation of our ongoing work as an organisation, not least through supporting the part-time salary of our Executive Director.

However, we could not do what we do without the magnificent and greatly appreciated support of all our funders and donors, large and small, over the year and for whom we are hugely grateful. With apologies for anyone we may have mistakenly left out, our thanks go in particular to:

City Bridge Foundation
City of Westminster
London Catalyst
London Community Foundation
London HQ Community Fund
Mayor of London
NPC Labs
Peabody Community Fund
Pimlico Million
Postcode Local Trust
Sport England
The National Lottery (Awards for All)
The National Lottery Community Fund
Transport for London
Wandsworth Borough
Westminster Almshouses Foundation
Westminster Charitable Trust
Westminster Foundation
Wimbledon Foundation
Young Westminster Foundation

Future Plans

This will be the last full-year Annual Review of Sport4Health CIC as, in April 2024, we will be converting to a CIO. We have recently been informed of our successful registration with the Charity Commission (No. 1207371) and, at the time of writing, are seeking approval from our donors and funders for the assets of the CIC to be transferred across to the new charity and, once done, the CIC will be dissolved.

As a CIO we will be in a much stronger position to secure funding to support and develop our work as many more charitable funders will consider us as eligible. Current activities and priorities will remain (the CIO has similar objects to the CIC) and we will hope to secure more multi-year and comprehensive grants, thereby reducing the need to draw on our free reserves and, most importantly, providing uninterrupted and more impactful projects and activities for those in need.

March 2024