

Plymouth Sports Charity Limited

Annual report and financial statements

2025/26

For the year ended 31 January 2026

Company number 07755411
Registered charity number 1146141

Reference and administrative details

Detail	Information
Charity and company name	Plymouth Sports Charity Limited
Company number	07755411
Charity number	1146141
Reporting period	1 February 2025 to 31 January 2026
Registered office	1 Haysend Walk Plymouth PL6 6FX
Contact details and website	Info@pscharity.org.uk
Trustees and directors during the year	M Ringstrom A Sandford G Thompson
Key management	Alex Mathers & Dan Pengelly – Co-founders

Trustees annual report

Introduction

The trustees present their annual report and financial statements for Plymouth Sports Charity Limited for the year ended 31 January 2026.

Structure governance and management

Plymouth Sports Charity Limited is a charitable company limited by guarantee. It was incorporated on 30 August 2011 and registered as a charity on 29 February 2012. It was established under a Memorandum of Association and is governed by its Articles of Association. If the company is wound up, members are required to contribute no more than £10 each.

The company directors are also the charity trustees. They give their time voluntarily, and day-to-day operational matters are delegated to the management team.

Trustee recruitment and appointment

Under the Articles of Association, there is no automatic requirement for trustees to retire or rotate. When recruiting trustees, the existing trustees seek people whose skills complement those of the board, so that together they bring a range of skills that support the charity's objectives.

Objectives and public benefit

Plymouth Sports Charity works to improve physical and mental wellbeing in the Plymouth community. Its mission is to make fitness and sport accessible, particularly for vulnerable people, through free, high-quality programmes supporting physical health, mental wellbeing and social inclusion. Its work supports people from a range of backgrounds, including veterans, young people and people living with chronic health conditions.

Activities and achievements

During the year, the charity delivered projects supported by Devon Community Foundation, Sovereign Housing, the Veterans' Foundation, BBC Children in Need, Heart Research UK, the National Lottery Community Fund, Groundwork and the Armed Forces Covenant Fund. The project summaries below describe the activities delivered and their benefits.

Projects and impact

Devon Community Foundation Supporting the Supporters

Funding from Devon Community Foundation through its Supporting the Supporters grant helped PSC invest in the people who make its community programmes possible. The grant supported safeguarding within the charity and enabled team days out to recognise the hard work and commitment of those involved in delivery. These activities gave the team time to step away from day-to-day responsibilities, spend time together and strengthen working relationships. Supporting team wellbeing alongside safeguarding helped recognise the demands of community work and the importance of a supportive environment for both the team and the people taking part in our activities.

Devon Community Foundation Winter Wellbeing

Devon Community Foundation supported a winter wellbeing programme offering free fitness, darts and pool sessions for 42 men. By bringing exercise and social activities together, the programme gave participants different ways to get involved and spend time with others during the winter months. The accessible sessions provided a regular opportunity to leave the house, meet people and build social connections without the barrier of a participation fee. Alongside opportunities to be physically active, the project helped reduce isolation and support mental health. Its informal, shared activities created a welcoming setting in which men could enjoy company and develop a sense of belonging.

Veterans Foundation Operation Strong

With support from the Veterans' Foundation, PSC delivered Operation Strong, a free, structured fitness programme for veterans in Plymouth. The project combined regular exercise with opportunities to connect with others, supporting both physical and mental wellbeing. Its structured approach aimed to help participants build a routine around being active and develop confidence in taking part in exercise. Sharing the experience with fellow veterans also provided opportunities for encouragement and social connection. By removing the cost of participation, Operation Strong made fitness support more accessible and offered a positive setting in which veterans could work towards their wellbeing goals.

BBC Children in Need Youth activity

With support from BBC Children in Need, Plymouth Sports Charity provided young people with opportunities to take part in physical activity in a welcoming gym environment. Through fun, structured sessions, participants developed their fitness, strength and confidence while learning the importance of regular exercise and healthy habits. The project also gave young people a positive space to make friends, work together and support one another. By encouraging them to enjoy being active, the sessions helped build foundations for better physical and mental wellbeing that they can carry into everyday life.

Heart Research UK Plymouth HeartStrong

A £14,180 grant from Heart Research UK supported Plymouth HeartStrong, delivered between October 2024 and September 2025. The programme brought together structured exercise, nutrition workshops, health checks and stress management support for adults aged 40–65 from low-income backgrounds. This combination addressed practical aspects of heart health alongside the confidence and knowledge needed to make healthier choices in everyday life. Fifty-two participants completed the project, with reported improvements in physical activity, confidence in preparing healthy meals and wellbeing. The programme offered participants an opportunity to develop manageable habits and understand how exercise, food and stress can influence their health. The grant amount relates to the full programme, which began in the previous reporting year.

Financial review

For the year ended 31 January 2026.

Financial performance

The closing bank balance at 31 January 2026 was £9,098.97. Separately, grant income of £75,881.50 less accruals expenditure of £67,695.02 gives an accounting surplus of £8,186.48 for the year. Equipment purchases of £735.94 are recorded as assets rather than immediate expenses. Depreciation of £1,296.79 reduces the accounting surplus and equipment value, but involves no bank payment and is not deducted from the closing bank balance.

Restricted funds

Management confirms that all £9,098.97 in the bank at 31 January 2026 was restricted National Lottery funding carried forward. No cash was carried forward for other grants, whose remaining income has been allocated against project costs. The £8,186.48 accounting surplus is not the cash carried forward. The closing cash allocation remains subject to the supporting fund reconciliation.

Reserves policy

The stated reserves policy aims to hold unrestricted reserves equivalent to three to six months of core operating costs, with a target range of £3,000 to £8,000. At 31 January 2026 all £9,098.97 held in the bank was restricted to the National Lottery project, so no unrestricted cash was available against that target. The separate classification of funds represented by equipment remains subject to the asset and fund reconciliation.

Going concern and subsequent events

The closing bank balance was £9,098.97, all confirmed by management as National Lottery funding carried forward. Equipment had a net book value of £4,378.65 after depreciation. Together these give net assets of £13,477.62 before review adjustments; only the £9,098.97 bank balance is cash. The restricted cash was not available to meet general operating costs or costs of other projects unless the Lottery grant terms permitted that use.

Management has indicated that the charity plans to close because it lacks funds to continue operating.

Statement of financial activities

For the year ended 31 January 2026. Pounds sterling. Income and accruals expenditure are shown separately from bank movements.

Description	2025/26 £	2024/25 £
Grant income before recognition review	75,881.50	133,903.25
Total income	75,881.50	133,903.25
Accruals expenditure before depreciation	66,398.23	Not reconciled
Depreciation expense with no bank payment	1,296.79	Not separately stated
Total expenditure	67,695.02	134,852.76
Accounting surplus or deficit and movement in funds	8,186.48	(949.51)
Opening total funds including equipment	5,291.14	Not reconciled
Closing total funds including equipment	13,477.62	5,291.14

Prior year income and expenditure are transcribed from the supplied report. Its reported fund movement does not reconcile to its comparative balance sheets. Opening assets and cash are used provisionally; prior year comparatives require reconciliation before these statements are finalised.

Bank balance reconciliation

Cash movements only	Amount £
Opening bank balance	351.64
Bank receipts including refunds	76,564.35
Bank payments including equipment purchases	(67,817.02)
Closing bank balance at 31 January 2026	9,098.97

The bank balance increased by £8,747.33 (£9,098.97 less opening cash of £351.64). Adding equipment purchases of £735.94 and deducting non-cash depreciation of £1,296.79 reconciles this increase to the £8,186.48 accounting surplus. Depreciation does not reduce bank cash.

Expenditure analysis

The analysis below shows accruals expenditure, following the grant and overhead allocations in the spreadsheet. Refunds reduce the relevant costs. Equipment purchases of £735.94 are included in bank payments but recorded as fixed assets, so they are excluded from the project expenditure lines below. Depreciation is shown separately as a non-cash expense. Costs not allocated to grants are not assumed to be eligible grant expenditure.

Category	2025/26 £
Children in Need	15,283.16
Devon Community Foundation	2,400.00
Sovereign Housing	419.59
Groundwork	900.00
Veterans' Foundation	28,588.04
Heart Research UK	2,809.99
National Lottery	8,250.00
Armed Forces Covenant Fund	6,000.00
Accountancy not allocated to grants	775.00
Website not allocated to grants	322.64
Bank charges not allocated to grants	34.76
Late filing penalty not allocated to grants	150.00
Marketing not allocated to grants	82.59
Insurance not allocated to grants	746.52
Subscriptions not allocated to grants	371.88
Depreciation	1,296.79
Total expenditure	**67,695.02**

Equipment purchases of £735.94 were paid from the bank and allocated to Children in Need. They are included in the £67,817.02 bank payments and recorded as fixed assets, not as immediate expenditure. Depreciation of £1,296.79 reduces equipment value and the accounting surplus without any further bank payment. Total accountancy costs are £4,343.50, comprising £3,568.50 allocated to the Veterans' Foundation and £775.00 not allocated to grants.

Balance sheet

As at 31 January 2026. Pounds sterling. Before any grant repayment or other review adjustment.

Description	2025/26 £	2024/25 £
Equipment net book value after depreciation	4,378.65	4,939.50
Debtors and prepayments	0.00	0.00
Closing bank balance	9,098.97	351.64
Total current assets	9,098.97	351.64
Creditors falling due within one year	0.00*	0.00
Net current assets	9,098.97	351.64
Net assets before review adjustments	13,477.62	5,291.14

No ordinary unpaid invoices or other year-end balances were reported by management. Management confirms that all £9,098.97 of cash at bank was restricted Lottery funding carried forward and that no cash was held for other grants or as unrestricted cash. The balance sheet excludes any adjustment for the subsequent Lottery repayment or the preparation basis. The fund classification of tangible fixed assets and the reconciliation to the cash allocation require completion.

Net asset composition

Component	2025/26 £
Equipment net book value after depreciation	4,378.65
Restricted cash carried forward for the National Lottery project	9,098.97
Total net assets before review adjustments	**13,477.62**

Board approval

Updated accounts to be approved on: __3/11/2026_____
Trustee director name: Angeline Sandford
Signature: _____ Angeline Sandford _____

Notes to the financial statements

Accounting basis

The accounts are prepared as an accruals working schedule for a charitable company using the transaction ledger and grant and overhead breakdowns, the prior report and management confirmations. The intended framework is FRS 102 and the Charities SORP 2019 applicable to a period beginning on 1 February 2025. The bank reconciliation records actual receipts and payments. The statement of financial activities also includes non-cash accounting entries, including depreciation. The accounting surplus, closing bank balance and total net assets are separate measures. Reconciliation to the ledger does not constitute an independent examination or verification against original bank statements.

Equipment and depreciation

Equipment opened at a net book value of £4,939.50. Purchases of £735.94, allocated to Children in Need, increase the recorded asset value. Provisional depreciation of £1,296.79 reduces that value to £4,378.65 at 31 January 2026. Depreciation is an expense in the statement of financial activities and a reduction in equipment value; it is not a bank payment.

The provisional policy charges 25% on the opening net book value and 25% on new equipment from its purchase month, assuming it was available for use then. No disposals are recorded. Asset existence, useful lives, original cost, accumulated depreciation and any effect of closure require confirmation.

Asset group	Opening £	Additions £	Depreciation £	Closing £
Existing equipment	4,939.50	0.00	1,234.88	3,704.62
Children in Need equipment 30 June 2025	0.00	300.00	43.75	256.25
Children in Need equipment 19 December 2025	0.00	435.94	18.16	417.78
Total	4,939.50	735.94	1,296.79	4,378.65

Year end balances

Management confirms one bank account with a closing balance of £9,098.97, no other cash transactions and no outstanding invoices, amounts receivable or advance payments at year end. Payments to Alex Mathers and Dan Pengelly are confirmed as relating to delivery during this financial year. The £8,186.48 accounting surplus is not a separate bank balance or an additional amount of cash.

Trustees related parties and employees

Project delivery payments to Alex Mathers and Dan Pengelly total £55,978.00 and are treated as contractor costs on the basis of management's confirmation of self-employed status. This excludes separately identified equipment and website reimbursements. Trustee connections and any required related-party disclosures remain subject to confirmation.

Fund movements and supporting notes

Net cash payments include equipment purchases and are after refunds or payment corrections. Depreciation is excluded because it involves no bank payment. Cash movements exclude opening funds and final allocation adjustments. The final column shows management's confirmed closing bank cash carried forward, not the accounting surplus or total funds including equipment.

Funder	Grant income £	Net cash payments £	Cash movement £	Bank cash carried forward £
Children in Need	15,000.00	15,283.16	(283.16)	0.00
Devon Community Foundation	2,768.00	2,400.00	368.00	0.00
Sovereign Housing	1,540.00	419.59	1,120.41	0.00
Groundwork	1,125.00	900.00	225.00	0.00
Veterans' Foundation	29,400.00	28,588.04	811.96	0.00
Heart Research UK	2,836.00	2,809.99	26.01	0.00
National Lottery	14,412.50	8,250.00	6,162.50	9,098.97
Armed Forces Covenant Fund	8,800.00	6,000.00	2,800.00	0.00
Total	**75,881.50**	**64,650.78**	**11,230.72**	**9,098.97**

Lottery cash carried forward

Management confirms that £9,098.97 was carried forward in the bank for the National Lottery project. No closing cash was allocated to Children in Need, Devon Community Foundation, Sovereign Housing, Groundwork, the Veterans' Foundation, Heart Research UK or the Armed Forces Covenant Fund. Management confirms that the remaining income on those grants has been allocated against project costs.

Trustee responsibilities and approval

Statement of trustee responsibilities

THESE ACCOUNTS HAVE BEEN PREPARED AND DELIVERED IN ACCORDANCE WITH

THE SPECIAL PROVISIONS RELATING TO SMALL COMPANIES WITHIN PART 15 OF THE COMPANIES ACT 2006 AND THE FINANCIAL REPORTING STANDARD APPLICABLE IN THE UK AND REPUBLIC OF IRELAND (FRS 102).

FOR THE YEAR IN QUESTION, THE CHARITABLE COMPANY WAS ENTITLED TO EXEMPTION FROM AN AUDIT UNDER SECTION 477 OF THE COMPANIES ACT 2006.

THE MEMBERS HAVE NOT REQUIRED THE CHARITABLE COMPANY TO OBTAIN AN AUDIT OF ITS ACCOUNTS FOR THE YEAR IN QUESTION IN ACCORDANCE WITH SECTION 476 OF THE ACT.

THE TRUSTEES/DIRECTORS ACKNOWLEDGE THEIR RESPONSIBILITIES FOR COMPLYING WITH THE REQUIREMENTS OF THE COMPANIES ACT 2006 WITH RESPECT TO ACCOUNTING RECORDS AND THE PREPARATION OF ACCOUNTS.

Approval of the trustees annual report

Signed on behalf of the board:

Trustee director name: Angeline Sandford

Signature: _____ Angeline Sandford _____

Date: _____3/11/2026_____

David A Summers

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DAS/1557

5 November 2026

Plymouth Sports Charity Limited
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EXAMINATION CERTIFICATE

I hereby certify that I have examined the books and records of the charity and I can confirm that the accounts for the year ended 31 January 2026 as presented are a true reflection of the aforementioned books and records.

I have checked the bank reconciliation and I have scrutinised the accounting records book for arithmetical accuracy. I have checked each individual entry in the accounts back to the prime records and I am satisfied that they are accurate.



David A Summers