

## **Sport Changes Life Foundation**

Company Registration Number: NI611158

### **Trustees' Annual Report for the year ended 31 March 2023**

The Trustees present their Report and Accounts for the year ended 31 March 2023, which also comprises the Directors' Report required by the Companies Act 2006.

#### **Reference and administrative details**

##### ***The charity name***

The legal name of the charity is:- Sport Changes Life Foundation.

The charity is also known by its operating name, Sport Changes Life.

##### ***The charity's areas operation and UK charitable registration***

The charity is registered in Northern Ireland with the Charity Commission in Northern Ireland (CCNI) with charity number 103044.

The charity does not operate in any overseas jurisdictions.

##### ***Legal structure of the charity***

The charity is constituted as a company limited by guarantee, registered under the Companies Acts . The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

The trustees are all individuals.

#### **The principal operating address, telephone number, email and web addresses of the charity**

Unit 22, Argyle Business Centre  
39 North Howard Street, Belfast  
Northern Ireland, BT13 2AP  
Telephone 02896 218637

Email Address [info@sportchangeslife.com](mailto:info@sportchangeslife.com) Web address [www.sportchangeslife.com](http://www.sportchangeslife.com)

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

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### **Trustees' Annual Report for the year ended 31 March 2023**

**The Trustees in office on the date the report was approved were:-**

Dr D Brennan  
Mr M J Marais  
Mr N McCullough  
Mrs J McNeill  
Dr S Tharmaratnam  
Ms C Waterworth  
Mr A Larkin  
Ms G Cook (appointed 3 January 2024)  
Mr E McCrory (appointed 3 January 2024)  
Mr K Willet (appointed 3 January 2024)  
Ms N McCarthy (appointed 3 January 2024)  
Mr G Maguire (appointed 3 January 2024)

**The trustees who served as a trustee in the reporting period, and, if applicable, their dates of appointment or resignation during the year were:-.**

<b><i>Name</i></b>	<b><i>Appointed</i></b>	<b><i>Resigned/Retired</i></b>
Dr D Brennan		
Mr A J Gibson		31 May 2024
Mr M J Marais		
Mr N McCullough		
Mrs J McNeill		
Mr A T Robinson		22 August 2023
Dr S Tharmaratnam		
Ms C Waterworth		
Mr A Larkin		

All the trustees are also members of the charity.

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#### **Objects and activities of the charity**

##### ***The purposes of the charity as set out in its governing document***

The charity's objects ("Objects") are specifically restricted to the advancement of education and to promote capacity building among young people from socially and economically disadvantaged communities (hereinafter called the "beneficiaries") in Northern Ireland and its environs in the Republic of Ireland (hereinafter called the area of "benefit") without distinction of age, gender, sexual orientation, disability, race, ethnic origin, political, religious or other opinion by associating the statutory authorities, voluntary organisations, academic institutions and the beneficiaries in the area of benefit in a common effort through sport, education and other recreational activities to develop their physical fitness, mental and emotional capacities so that they may grow to full maturity as individuals and citizens and that their conditions of life may be improved and ancillary to this:

- a) to provide or make arrangements for the provision and co-ordination of volunteers from the United States to work within the area of benefit to support the work of the charity with the added benefit that such volunteers shall be empowered and motivated to work in and develop community programmes in the United States on their return;
- b) to enable, assist and encourage the education of volunteers in leadership, coaching and organisation of sport and physical recreation for the benefit of the beneficiaries;
- c) educate the beneficiaries to encourage them to follow a more active and healthier lifestyle, to grow their confidence and raise their aspirations;
- d) develop young leaders within the beneficiaries through integration and togetherness and build community involvement to ensure long-term sustainability; and
- e) to advance any other exclusively charitable purpose as the directors may, from time to time, decide in accordance with the law of charity.

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#### ***The main activities undertaken in relation to those purposes during the year***

Programme aims are:

- To engage with disadvantaged young people and offer them an alternative to anti-social behaviour and offending and stop the cycle of a lifetime in the criminal justice system.
- To raise the aspiration of young people to reach their full potential and become the best that they are capable of becoming and support them on their journey to ultimately gaining and sustaining employment.
- Improve lifestyles and health and well-being in both young and old. Sport Changes Life have been developing active ageing programmes developing active lifestyles and taking them away from loneliness.
- Programme results for the past year have been attached, supporting participation and numbers.

#### ***The main activities undertaken during the year to further the charity's purpose for the public benefit***

Sport Changes Life Foundation is more than a programme, it is a means by which we can help mentor young people, engage and signpost them to existing agencies and organisations and create a bridge to enable them to take hold of their lives. It does not seek to duplicate any existing provision, but to complement and work in partnership.

The charity proposes to actively promote and engage in a range of community projects incorporating sport, good relations and personal development designed to raise their life aspirations and improve their: -

- Motivation, attitude, self-confidence and belief
- Personal development
- Team working skills
- Leadership skills and active citizenship skills

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The charity provides advice, support and guidance for young people in community groups, schools and colleges through such means as:

- Outreach sports coaching sessions using Sports mentors and Victory Scholars
- Face to face support for young people with Sports mentors and Victory Scholars
- Provision of resources to access training and support programmes

Those who benefit from our activities include:

- Individual young people
- The community and community groups
- Schools, colleges, universities, youth clubs and church groups
- Employers
- US university students - Victory Scholars
- Local businesses and corporates

Below are some of the organisations Sport Changes Life has worked with to deliver services to young people.

- The Executive Office
- Antrim & Newtownabbey Borough Council
- Department of Justice
- Ulster University
- Youth Justice Agency
- The Princes Trust
- NE College of FHE
- Jobs and benefits office
- Schools
- Housing Associations
- Local Community Groups and Youth Groups
- PSNI

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Sport Changes Life engages youth who are not in education, employment or training through positive activities designed to increase confidence, raise aspirations and offer pastoral care and support. Selected jointly by community groups and the PSNI (where applicable), many young people will benefit from our eHoops programme. Improving their team working skills, leadership skills, active citizenship skills and self-esteem. This is achieved through bespoke curriculums that enable the team to deliver accredited qualifications for the professional development of young people. Additionally engages with older adults who are seeking access to structured physical activity and who will benefit physically and mentally.

Through our Victory Scholar Programme, Sport Changes Life gives US collegiate scholar-athletes from diverse socio-economic backgrounds the opportunity to pursue advanced study in graduate programmes at universities across the island of Ireland while continuing to play their sport, coaching and mentoring young people in neighbouring local communities and gaining valuable work-life experience through internships, partnerships and friendships, cultural exchange and enrichment.

In order to achieve this, programmes are developed to meet the needs of young people, tailored to each group. The key to the success of the programme is the time committed to the engagement of groups facilitates the opportunity for Sport Changes Life to 'tailor' programmes to meet the specific needs of the group they are working with.

We firmly believe that through our programmes, we are fulfilling our aim to raise the aspirations of young people through sporting excellence, vocational and academic achievement and personal development.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

#### ***The short term and longer term aims and objectives***

To establish the Sport Changes Life Foundation as a leading provider of sport-led personal development support for young people and older adults in Northern Ireland.

To develop sustainable funding streams to support the long-term delivery of our programmes.

To continue to build partnerships with key stakeholders in the community, including local councils, schools, and businesses.

To expand our programmes to reach more disadvantaged communities and individuals.

To measure and evaluate the impact of our programmes to ensure that we are making a positive difference in the lives of the individuals we serve.

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### **Trustees' Annual Report for the year ended 31 March 2023**

#### ***How the activities undertaken during the year contributed to the achievement of the aims and objectives***

The current programmes portfolio is designed to establish the Sport Changes Life Foundation as a leading provider of sport-led personal development support for young people and older adults in Northern Ireland. Continuously seeking for sustainable funding streams will support the long-term delivery of our programmes, and our current partnerships with key stakeholders in the wider community has enabled us to expand our reach to more underserved communities and individuals. Measuring and evaluating the impact of our programmes which will ensure that we are making a positive difference in the lives of the individuals we serve. The delivery statistics for the year are contained in the section of the report entitled "The difference the charity's performance during the year has made to the beneficiaries of the charity".

#### **The main achievements and performance of the charity during the year**

Our mission is grounded in the belief that sport serves as a universal platform for empowerment, fostering essential life skills and promoting inclusivity. By combining sports activities with educational workshops and bespoke interventions, we aim to engage participants of all ages and backgrounds, ultimately enriching their lives and contributing to the greater good. Sport is more than just a physical activity; it cultivates teamwork, discipline, resilience, and leadership - qualities essential for personal development and social cohesion. Through our programmes, we strive to address various social issues, empower individuals, and create lasting social impact.

#### **Honour Roll Programme**

- In the financial year 22/23, we collaborated with 48 primary and secondary schools, engaging a total of 1981 pupils.
- The Honour Roll programme seamlessly integrates sports with educational workshops aligned to the Personal Development and Mutual Understanding (PDMU) curriculum, fostering holistic development among students.

#### **eHoops Programme**

- We conducted two eHoops programmes, working closely with 40 at-risk youth from the Greater Belfast Area.
- Through bespoke workshops and sports activities, participants were equipped with tools to address social issues and make positive life choices.

#### **Active Ageing Programme**

- Operating across 6 different sites, our Active Ageing Programme kept 107 older adults physically and mentally active, addressing loneliness and social isolation through sporting sessions.

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#### **Future 4 Mentoring Programme**

•We provided bespoke one-to-one mentoring support for 84 young people, developing individual development plans and offering weekly meetings to support their transitional journey.

#### **Seasonal Camps**

•Across 7 different camps in Northern Ireland, we engaged 250 young people in multi-sport programs with workshops focused on good relations, personal development, and community building.

#### **Victory Scholar Programme**

In addition to our core programmes, we proudly continued with our Victory Scholar scholarship programme despite the challenges posed by the Covid-19 pandemic. In the financial year 22/23, we welcomed 11 new Victory Scholar athletes from the USA. These scholars arrived to study, play, and mentor/coach young people on SCL programmes. Each scholar was strategically placed across one of six different Irish universities: ATU Letterkenny, Galway University, SETU Carlow, SETU Waterford, Griffith College, and MTU Cork. This brings our total scholar alumni count to 189 in the Victory Scholar network, further solidifying our commitment to fostering international collaboration and talent exchange.

#### **Partnerships with External Agencies**

We are proud to collaborate with a range of partners and external agencies, including Apex HA, Clanmil HA, Radius Housing, Connswater Homes, Habinteg HA, Antrim and Newtownabbey Borough Council, and Jigsaw NI. These partnerships allow us to extend our reach and maximize our impact within communities, working together towards common goals of social inclusion and empowerment. The foundation continues to build relationships with the private sector and fill the gaps in finding the right partnerships that reflect mutual benefits for the foundation and business.

#### **Notable New Venture - Corporate Partnerships**

In response to the challenges posed by Covid-19 and in a bid to diversify income streams, we embarked on a new venture by partnering with local corporates and businesses. One notable partnership was with Global Payments Inc in Belfast, where we organised two staff well-being days. These events highlighted the importance of personal and professional well-being through icebreakers and team-building activities. This initiative not only benefited staff morale and well-being but also opened avenues for corporate social responsibility (CSR) opportunities, showcasing the mutual benefits of collaboration between the corporate sector and the non-profit sector. In conclusion, Sport Changes Life remains committed to driving positive social change through sport, leveraging partnerships and innovative initiatives to maximise our impact and create a brighter future for all. We extend our heartfelt gratitude to our trustees, partners, volunteers, and supporters for their unwavering dedication and support in advancing our mission.

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#### ***The difference the charity's performance during the year has made to the beneficiaries of the charity and to wider society***

Sport Changes Life Programme delivery statistics 2022-2023:

##### Participating Youth

1. eHoops used as a vehicle to enhance understanding of the positive values of sport.
2. Inspired older people to participate in sport and live a healthy lifestyle with positive choices
3. Increased opportunities for youth from disadvantaged backgrounds to access world class sporting facilities via programme participation.
4. Inspired youth from disadvantaged backgrounds to come together, play together and socialise together regardless of beliefs but also to receive personal individual support.
5. Honour roll programme used to re-engage young people with the reality of education and their transitional development

##### Progress/Outcomes

1. Delivered 2 eHoops programmes at Ulster University, giving 40 young people access to the world class sporting facilities. This was a hybrid approach of both physical and online sessions.
2. Delivered over 264 sessions and 480 hours of contact time with older adults across Belfast and ANBC.
3. Delivered our Future 4 one to one mentoring project to 84 young people
4. Delivered the Honour Roll Programmes to 48 primary schools across Greater Belfast with 1981 young people impacted.

##### Participating Scholars

1. To up skill scholars via a dedicated training programme.
2. To engage scholars in a project which rewards and recognizes active citizenship
3. SCL will attempt to utilise Scholars as sporting role models and University ambassadors
4. To provide scholars with access to post graduate opportunities

##### Progress/Outcomes

1. Eleven Victory scholars successfully completed a 10 day training and induction programme.
2. They passed all assessments required for coaching and outreach in the community.
3. The scholars were incredibly well received by participants in sports outreach programmes as well as programme partners.
4. All eleven Victory Scholars successfully completed their Masters programmes respectfully in each of their nominated colleges.

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#### Participating Communities

- 1.Partnership approach with local community workers, statutory bodies and NGB's.
- 2.Introduce new programme to communities
- 3.Provide opportunities for community workers to be involved in training
- 4.Provide a new approach for communities to develop the use of sport and physical activity as a diversionary educational tool.

#### Progress/Outcomes

- 1.Working with 5 Housing Associations across Northern Ireland to enhance the delivery of programmes
- 2.Communications are ongoing with new communities we have not operated in previously, increasing our presence
- 3.SCL provided training for the communities we engage with, upskilling staff and young people to become confident young leaders that can then contribute back into their community
- 4.Sport is still seen a very useful tool to engage young people and to establish opportunities to build sound relationships.

#### **Structure, governance and management of the charity**

Board meetings take place bimonthly, unless a special general meeting is required. The company will hold an annual general meeting once in each calendar year. Trustees are appointed for a two-year term and are eligible for reappointment after this term.

In appointment of a CEO, the board must reach consensus on the CEO's job description and undertake a careful search process to find the most qualified individual for the position.

The board will ensure that the CEO has the moral and professional support he or she needs to further the goals of the foundation. The CEO, in partnership with the board, will decide upon a periodic evaluation of the CEO's performance. The day-to-day responsibility for running the organisation is designated to the CEO. As stewards of the foundation, the board must actively participate with the staff in an overall planning process and assist in implementing the plan's goals.

#### Objects of the Foundation's NI Board:

- Determine the Foundation's Mission and purpose
- Select the CEO
- Support the CEO and review his or her performance
- Ensure effective organisational planning
- Ensure adequate resources
- Manage resources effectively
- Determine and monitor the foundation's programmes and services
- Enhance the Foundation's Public image
- Assess its Own performance

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#### ***The methods used to recruit and appoint new charity trustees***

1) In line with the Articles of Association, the company shall actively promote a Board of Trustees, which includes a range of skill, experience and knowledge in keeping with the pursuance of its Objects, and to this end it is entitled to advertise and interview eligible candidates to be potential directors of the board.

a) Successful candidates arising from the interviews shall be eligible for nomination or appointment to the board under the provisions of the articles detailed below.

2) A retiring trustee shall be eligible for re-nomination and election, under the provision of the Articles.

3) The Trustee shall be elected at the annual general meeting by the members present (in person, or through an authorised representative or by proxy). In order to be eligible for election to the board of trustees:

a) Nominations from members eligible to vote will be taken at the annual general meeting.

i) If the number of nominations exceeds the number of vacancies, election shall be by secret ballot.

ii) If the number of nominations is less than the number of vacancies, further oral nominations may with the approval of the annual general meeting be invited from members at the said annual general meeting.

b) The board of trustees is entitled to nominate those candidates selected in accordance with the Articles of Association.

4) The trustees shall have the power at any time to appoint any person, who need not be a member of the company, by co-option:

a) To be a trustee to fill a casual vacancy. Any trustee so appointed shall hold office only until the next following annual general meeting and shall then be eligible for election.

b) as additional trustees with particular skills and/or knowledge up to but not exceeding a number equivalent to one third of the elected trustees for the time being. Trustees so appointed shall hold office only until the next following annual general meeting and shall then be eligible for re-appointment as co-opted trustees.

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#### ***The policies and procedures for the induction and training of trustees***

The Chair will assist the CEO in conducting new director orientation.

A training programme will be developed to ensure that any newly appointed trustees will receive training on all matters necessary to enable them to perform their duties effectively. Where the appointee is not sufficiently experienced training should cover a minimum of governance and management, equal opportunities, introduction to the history and activities of the organisation, sufficient explanation of the charities financial accounts and reporting procedures to enable them to exercise effective fiscal oversight, explanation of all charity policies. If the new trustee is to take on any specific duties, training in relation to these should be assessed.

#### ***The charity's organisational structure***

The charity comprises a number of committees and working groups, namely:

- Finance Working Group
- Fundraising Working Group
- Governance Working Group

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#### ***How the charity makes decisions and how decisions are delegated***

##### Finance Working Group

It is agreed that the Finance Working Group shall:

- Oversee the financial planning of the Foundation and establish structures, which will be presented to the Board for approval. Guidelines will then be drawn up in accordance with regulations set out by the Inland Revenue.
- Manage the financial health of the Foundation.
- To agree plans for presenting and administering effective financial procedures.
- To provide financial forecasts for the strategic development work of the Foundation.
- To discuss and resolve any issues in relation to the management of charitable funds and to enable the Foundation to ensure such funds are made available for the foundation's programmes, as they are needed.
- To prepare and present financial reports to the Board in advance of board meetings as required.
- To receive and discuss financial reports from our accountancy support with the view to making recommendations to the Board on financial management.
- To ensure transparency in all financial matters relating to the Foundation.
- To identify and recommend suitable individuals to manage financial matter.
- To demonstrate strategic financial leadership on matters related to the strategic direction and operation of the Foundation.
- In reaching decisions the Finance Working Group of the Board of the Foundation will have due regard to the impact and implications of all decisions on operations in Northern Ireland and the United States and the Foundation's commitment to ensuring equitable practices.
- The Finance Working Group of the Board will meet annually unless otherwise agreed by the Board.

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#### **Fundraising Working Group**

It is agreed that the Fundraising Working Group shall:

- Lead the fundraising activities of the Foundation.
- Prepare a short- and long-term fundraising strategy with specific goals and actions for approval by the board.
- Prepare and present reports on fundraising to the Board.
- Receive and discuss operational reports on fundraising activities with the view to making recommendations to the Board.
- Discuss and resolve any issues in relation to the management of charitable funds and to enable the board to ensure such funds are made available for the foundations programmes as they are needed.
- Identify and recommend suitable individuals to promote fundraising and donor prospects
- Oversee the coordination and promotion of the fundraising through a communications strategy thereby influencing key external stakeholders to assist in fundraising.
- In reaching decisions the Fundraising Working Group of each of the area boards of the Foundation will have due regard to the impact and implications of all decisions on operations in Northern Ireland and the United States and the Foundation's commitment to ensuring equitable practices.

#### **Governance Working Group**

- It is agreed that the Governance Working Group shall ensure that the Board fulfils its legal, ethical and functional responsibilities through adequate governance by:
- Designing appropriate governance policies and procedures;
- Defining the roles and responsibilities of the directors and its Working Groups;
- Notifying the Board if it is at risk of falling below the number of directors required in the relevant constitution.
- Monitoring the Foundation's conflict of interest policy in relation to its Trustees and confirming that the Board duly observes the policy as set out in the Foundation's articles of association from time to time.
- Confirming Trustees appointed to the Board have been notified of and agree with the mission of the foundation and the expectations of directors.
- Confirming Trustees appointed to the Board have been notified of and agree to the time and participation requirements of directors.
- Confirming elections and appointments to the Board comply with the constitution and other legal requirements.
- Confirming that Trustees have all financial and governance knowledge necessary to discuss, debate and plan to achieve the Foundation's mission and goals.
- Monitoring the attendance and contribution of members.
- Drafting governance policies and budgets for board development for approval by the Board.
- Ensuring transparency in all matters relating to the Foundation.
- In reaching decisions the Governance Working Group of the Foundation will have due regard to the impact and implications of all decisions on operations in Northern Ireland and the United States and the Foundation's commitment to ensuring equitable practices.
- The Governance Working Group will meet annually unless otherwise agreed by the Board.

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### Trustees' Annual Report for the year ended 31 March 2023

#### *The Chief Executive Officer and other senior management personnel to whom day to day management is delegated*

During the year ended 31 March 2023 The Chief Executive (CEO) of the charity was Gareth Maguire.

In March 2023 Alan Teggart was appointed Interim CEO/General Manager and replaced Gareth Maguire as Chief Executive (CEO) on 1 November 2023.

#### *The trustees' bankers and advisors*

Bankers                                      Ulster Bank Limited, University of Ulster, Shore Road, Jordanstown, Newtownabbey, County Antrim, BT37 0QB

#### Financial review

#### *The charity's financial position at the end of the year ended 31 March 2023*

The financial position of the charity at 31 March 2023 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2023	2022
	£	£
<b>Net income</b>	(80,467)	(21,896)
Unrestricted Revenue Funds available for the general purposes of the charity	(79,576)	891
<b>Total Funds</b>	(79,576)	891

#### *Financial review of the position at the reporting date, 31 March 2023*

Incoming resources for the year ended 31 March 2023 were £187,155 compared to resources expended for the year of £267,622. Net reserves at the end of the year amounted to £(79,576), this balance remains in unrestricted funds at year-end.

In the past year, Sport Changes Life has faced a net deficit, reflecting the broader challenges confronting many charities as we emerge from the COVID-19 pandemic and navigate the ongoing rising costs and cuts in public funding. These external factors have significantly impacted our traditional revenues.

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To mitigate these challenges, we have attempted to implement several cost-saving measures. We continue to streamline our operational processes, reduce non-essential expenditure where possible, and negotiate more favourable terms with our external partners. Despite these efforts, the economic pressures have still resulted in a net deficit.

Looking forward, we are proactively addressing the need for increased income generation by exploring new Business Development opportunities. This strategic position is designed to enhance our fundraising efforts, develop new partnerships, and explore innovative revenue-generating opportunities. We are confident that this role will play a critical part in improving our financial stability and ensuring the continued success of our programmes.

#### ***Policies on reserves***

Sport Changes Life financial aim is:

- To secure and sustain the Foundation's viability and future.
- To give reassurance to the general public that Sport Changes Life, which is a charity, intends to use all of the money coming into its care for the purposes of the charity.
- General (unrestricted) funds remain available to be used for any or all of the purposes of the Foundation.
- Other funds are also included for the sake of clarity and openness and to show that Sport Changes Life has a policy for the management of all of its money not simply those of which are defined as reserves.
- We will seek to reach a level of funds, which ensures that the organisations core activity could continue during a period of unforeseen difficulty.

As the organisation evolves, it is our aim to hold a minimum reserve to meet the above criteria. It would be our aim to hold reserves policy in the region of £90,000 which, based on current activity levels, should be sufficient to maintain overheads for a sensible period.

#### ***Availability and adequacy of assets of each of the funds***

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

#### **Details of The Independent Examiner**

William Wilson  
Member of Chartered Accountants Ireland  
William Wilson Chartered Accountants  
25 Shore Road  
Holywood  
BT18 9HX

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#### **Statement of the Directors Trustees' Responsibilities**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities (Northern Ireland) Act 2008, as amended and The Charities (Accounts and Reports) Regulations (Northern Ireland) 2015

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and 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 presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

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#### **Method of preparation of accounts - Small company provisions**

The financial statements are set out on pages 21 to 40.

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

These financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 14 June 2024.



**Dr S Tharmaratnam**  
Director and Trustee