



## **Performance Plus Sport UK**

Trustees Annual Report & Accounts  
Period ended 31 August 2021

Charity registration number: 1182524

## Section A Reference and administration details

<b>Charity name</b>	Performance Plus Sport UK
<b>Other names charity is known by</b>	PPS, Performance Plus
<b>Registered charity number</b>	1182524
<b>Charities principal address</b>	2 Audley Close London SW11 5RG
<b>Website</b>	www.performanceplussport.co.uk

### Names of Charity trustees that manage the charity

<b>Trustee name</b>	<b>Office (if any)</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
John Feaver	Chair	Trustees themselves
Karl Altenburg		Trustees themselves
Lars Clausen		Trustees themselves

### Accountants

<b>Type of advisor</b>	<b>Name</b>	<b>Address</b>
Independent examiner	Old Mill Accountancy Limited (Tim Lerwill)	Bishopbrook House Cathedral Avenue Wells, BA5 1FD

### Names of senior staff

<b>Role</b>	<b>Name</b>
Director	James Feaver

## Section B Structure, Governance and Management

### Description of the charity's trusts

<b>Type of governing document</b>	Constituted as adopted 28/11/2018, and registered 18/03/2019
<b>How the charity is constituted</b>	Charitable incorporated organisation (CIO)
<b>Trustee selection methods</b>	New trustees may be recruited and appointed by existing trustees

### Additional governance details

The three PPS trustees remain unchanged since we started in 2018. They all have a genuine understanding of the need, a strong belief in the work we do and a passion for the sportspeople we support.

The Trustees have overall responsibility, set the long-term direction of the charity and meet twice a year in August and January.

The non-Trustee Director is hired for the 'provision of services' and has responsibility for the day-to-day running of the charity, leading on all functions. The appointee sets the medium-term goals and strategy and collaborates with the Board of Trustees and Advisory Group to drive the direction of the charity.

In 2020-21 the Director spent 1001 hours on PPS (2020: 1006) at an average of 19 hours per week (2020: 20).

The Advisory Group meets three times a year to influence the 4-month goals and strategy and provide proactive and reactive advice to the Chair of Trustees and Director.

To implement the structure of programmes and support we have a network of delivery partners, partnering organisations, coaches and mentors.

The governance of the charity and implementation of the structure of programmes and support has a profound impact on the lives of young people and helps them to get the best out of themselves through sport.

## **Section C Objectives and activities**

### **Summary of the objects of the charity set out in its governing document**

1. The advancement of amateur sport for the public benefit by:
  - Creating opportunities for young people to take up and participate in sports which promote health in areas where such access may not be available to them or affordable;
  - Enabling young sportspeople who are socially or economically disadvantaged to achieve their goals in sports which promote health.
2. To act as a resource for young people up to the age of 25 by providing advice, assistance and mentoring and organising programmes of physical, educational and other activities as a means of:
  - a) Advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
  - b) Advancing education;
  - c) Relieving unemployment.

PPS aims to get the best out of young people through sport. We are committed to supporting young sportspeople with the right attitude, creating opportunities for those who wouldn't have had the chance otherwise.

Sports can create so many opportunities and can add so much value to the lives of young people. Unfortunately, not everybody who deserves it has the chance. PPS breaks down barriers to participation and progression to help more young people get the best out of themselves through sport.

### **Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

In the year 2020-21 we worked with a network of 18 delivery partners (2020: 15) and 10 partnering organisations (2020: 8), who do amazing work in engaging the young public through sport. PPS works with these partners to create sustainable and regular sporting opportunities and to offer further support to the most deserving and in need individuals. With our delivery programmes to groups we reached 257 young people (2020: 233), and alongside referrals from our partnering organisations, we found and supported 32 individuals (2020: 30). Mentorship plays a valuable part in guiding the young sportspeople within the programmes we deliver and to the individuals we support. We facilitated 95 mentor meetings (2020: 28) and delivered 3 mentor workshops (2020: 3).

## Section D Achievements and Performance

### Summary of the main achievements of the charity during the year

The third year of our three year growth strategy ran from September 2020 until August 2021. From year two to year three, we saw growth of 90% across our 5 key performance indicators and our average Impact & Engagement score across all programmes went up 18%.

Programmes summary:

- We delivered 13 programmes to groups (2020: 11).
- Reaching 257 young people (2020: 233).
- An average of 20 participants per programme (2020: 21), with an average age of 16 (2020: 16) and a male:female split of 8:2 (2020: 7:3).
- The programmes were delivered to the bottom 16% (2020: 28) most deprived areas in England, ensuring we find the most in need young people.
  
- We supported 32 (2020: 30) individuals with 'Individual Support Programmes'.
- The average age was 22 (2020: 18) and the male:female split was 8:2 (2020: 7:3).
- The individuals we supported lived in local areas in the bottom 30% most deprived areas in England.
- 87% (2020: 70%) of the individuals we supported were from BAME background.
- 30% (2020: 29%) of the individuals came through our delivery programmes and 70% (2020: 71%) were referred from partnering organisations.
  
- We provided 95 (2020: 28) mentor meetings for the individuals we supported.
- And delivered 3 (2020: 3) mentorship workshops for our delivery programmes.

Across all programmes we used 31 (2020: 20) coaches and 11 (2020: 8) mentors.

We worked in a variety of sports this year; football (34%), basketball (28%), tennis (16%), boxing (16%), gym / general-fitness (3%) and athletics (3%). The majority of Delivery Programmes to Groups were Community Progression programmes which makes sense as the purpose is to try and engage more young people whereas the focus of ISP is weighted towards Sport Advancement and Career Path.

Mentorship Provision saw huge growth in 2020-21. Last year we only provided 28 mentor meetings which is low, but this year 95 meetings took place across our 32 supported individuals. We used 11 different mentors (6 were paid and 5 were voluntary).

Alongside our core activities, and in response to the Covid-19 pandemic, we ran a 'Covid-19 Emergency Hardship Fund'.

We started the Hardship Fund within days of the first lockdown in March 2020. We wanted to and indeed felt we *needed* to support coaches/mentors/athletes within our network through the hardest times.

For lockdown 1.0 from March and 2.0 in November we made weekly payments to help with essentials and provided digital workshops to keep morale high. For lockdown 3.0 we updated the Hardship Fund to ask those eligible to 'give a little back' by handing out food/drink to homeless people and those in need before we made any payments. We also handed out 372 items, distributed 2,400 Gregory Tree fruit bars and gave away 30 Alcatel tablets with 6 months of free data from EE to help disadvantaged children with

homeschooling and those studying for qualifications.  
In total we supported 52 people across 19 weeks and 3 lockdowns.

Social Impact:

- Increased activity and employment for coaches.
- Reduced financial pressures for delivery partners and families.
- Increased opportunities for young aspiring athletes.
- A fairer playing field for aspiring athletes.
- Increased access to further education & training.
- Helping young people become more employable.
- Improved mental health & well being.
- Access to an additional source of support.

Outcomes:

- Professional contracts: 4
- National/International titles: 3
- Full time employed jobs: 2
- Progressed into further education: 10

Please see our full Impact Report 2020-21 below - with case studies:

<https://www.performanceplussport.co.uk/wp-content/uploads/2021/10/2020-21-Impact-Report-1.pdf>

And a display of our Impact 2020-21 below - with case studies:

<https://www.performanceplussport.co.uk/wp-content/uploads/2021/10/PPS-final-pdf.pdf>

## Section E Financial Review

### Brief statement of the charity's policy on reserves

All surplus funds raised throughout the period will be retained with the Charity and used in full to grow and expand our programme delivery over future periods.

For the year-end 2021 we had a balance of: £71,954 (2020: £26,006).  
Based on the 2020-21 expenditure this equates to 62% (2020: 34%) and 7.5 months (2020: 4.1) of running costs.

### Further financial review details

PPS has had two original and substantial donors since the charity was formed. Our goal this year was to raise additional funds to; 1) protect the charity by not relying on only two sources of income, and 2) be able to grow PPS further and impact more young people through sport. Of our total income (which has increased by 9%), these original donors contributed 39% of the total figure (2020: 69%). So this shows an improvement.

Improving the proportion of our spend on front-line programmes over back-office costs was also a goal. At year-end 2021 our split was 69:31 (2020: 52:48), so this also shows an improvement.

This year we raised £161,336 (2020: £133,919), and made a surplus of £45,948 (2020: £26,007).

Exactly 50% of this was from individual donations (91% of this was large donations over £5,000 of which we had 3 donors, 6% from medium sized donations between £500-£4,999 of which we had 3 donors and 3% from small donations between £0 and £499 of which we had 10 donors). This is 16 donors in total - two of which donated by direct debit monthly.

This year we raised £50,000 in corporate donations (2020: £11,000) and £24,934 from trusts/foundations/charities (2020: £1,100). Both of these are improvements.

We were also able to run two fundraising initiatives; a Deliveroo fundraising project and a Harry Kane signed shirt auction.

94% of our fundraising was unrestricted (2020: 93%) and the remaining 6% was restricted to specific programmes/activities.

Further information on programme costs:

21% of our charitable activity was spent on Delivery Programmes to Groups. The average cost of these programmes is £2,352 and across all of these programmes 108% of funding was used. The average cost per participant is £188.

29% of our charitable activity was spent on Individual Support Programmes. The average cost of these programmes was £925 (£4,858 P++). This rises to £1,090 for programmes that scored 4/5 out of 5 on the Impact & Engagement score. Across all of these programmes 83% of funding was used.

We know that Impact & Engagement increases by 28% when 3 or more mentor meetings are provided, and that is why it is worth spending funds on mentorship. It is calculated that mentorship provision adds 21% to the cost of an Individual Support Programme.

This year we tracked how much we spent on specific items and what this spend amounted to:

- Coach costs:£12,511 22%  
664.25 hours of coaching
- Facility fees: £1,716 3%  
32 hours of basketball court hire
- Subsidised/funded memberships: £6,813 12%  
33 annual subscriptions
- Equipment: £4,837 8%  
176 items (£27.5/item)
- Courses/qualifications: £6,433 11%  
27 courses/qualifications
- Paid work experience: £2,031 4%  
220 hours of paid work exp
- Training fees: £5,955 11%  
517 training sessions (£11.51/session)
- Individual coaching costs: £1,581 3%  
52 ind coa sessions (£30.67/session)
- Travel/competition/living expenses: £10,858 19%  
529 local trips/food items (£9.12/trip-item)  
7 domestic trips for comp, 5 int trips training+comp
- Specialist performance services: £3,955 7%  
140 specialist sessions/items (£28.22/session-item)



## Section F Other information

In 2018, PPS embarked on a 3-year growth strategy. This strategy had a wide-ranging structure of programmes and support across three target areas and different sports.

The view was to review this ahead of September 2021 (into year 4).

The outcomes of this review were:

- Retain the three main activities/programmes:  
Delivery Programmes to Groups (DPtG), Individual Support Programmes (ISP), Mentorship Provision (MP).
- Stick to our core: reaching young people and helping them through sport.
- As we move from community activity programmes along the pathway the value-add increases and we can make more of a positive impact.
- Priority to focus more on 'life changing situations' rather than 'activity programmes'.
  - And we can find these life changing situations more in the following target areas:  
Sport Advancement and Career Path.
  - And focus less on the target area: Community Progression.
- Focus on the outcomes and ways to measure impact of the DPtG's rather than just using them to find and support individuals (value to coach, support for the partner, how many participants, participant retention, progress onto ISP).

In June 2021 the PPS Director started a role as CEO of The Tim Henman Foundation, alongside his work for PPS. There is the possibility for PPS to partner/merge/link with THF and it is a goal to achieve a clear route by the end of the next period.

## Section G Declaration

*The trustees declare that they have approved the trustees' report above.*

*The Trustees have referred to the guidance contained in the Charity Commission's general guidance to public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set. The Trustees are satisfied that PPS ensures the work is in the public benefit.*

Signed on behalf of the charity's trustees

Signature	<i>john feaver</i> <small>john feaver (Jan 20, 2022 16:55 GMT)</small>
Full name	John Feaver
Position	Chair of Trustees
Date	20/01/2022

# PPSUK TAR 2021

Final Audit Report

2022-01-20

Created:	2022-01-20
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## Receipts and payments accounts

For the period from	1-Sep-20	To	30-Aug-21
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations received	151,455	9,881	-	161,336	86,520
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	151,455	9,881	-	161,336	86,520
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	151,455	9,881	-	161,336	86,520
<b>A3 Payments</b>					
ISP	23,715	-	-	23,715	18,290
Mentorship	14,729	-	-	14,729	913
Delivery Programme	24,308	-	-	24,308	14,063
Emergency Covid-19 Hardship Fund	17,216	-	-	17,216	-
Staff Costs	31,868	-	-	31,868	33,753
Contractor Fees	1,313	-	-	1,313	2,043
Professional Fees	1,198	-	-	1,198	6,998
Bank Charge	64	-	-	64	-
Sundry	578	-	-	578	-
Insurance	399	-	-	399	-
<b>Sub total</b>	115,388	-	-	115,388	76,059
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	115,388	-	-	115,388	76,059
<b>Net of receipts/(payments)</b>	36,067	9,881	-	45,948	10,461
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	26,006	-	-	26,006	15,545
<b>Cash funds this year end</b>	62,073	9,881	-	71,954	26,006

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
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	to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>			
Cash at Bank and in Hand	62,073	9,881	-
	-	-	-
	-	-	-
<b>Total cash funds</b>	<b>62,073</b>	<b>9,881</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK	OK	OK
<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>

	to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>			
<b>Details</b>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			
<b>Details</b>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			
<b>Details</b>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			
<b>Details</b>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>John Feaver</i> <small>John Feaver (Jan 17, 2022 11:33 GMT)</small>	JOHN FEAVER	17/01/2022

Karl Georg Altenburg  
Karl Georg Altenburg (Jan 19, 2022 14:32 GMT)

Karl Georg Altenburg

19/01/2022









# 2021 PPS Accounts - Final copy.xlsx - 31.08.2021

Final Audit Report

2022-01-19

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By:	James Feaver (james@performanceplussport.co.uk)
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**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Performance Plus Sport UK

**On accounts for the year  
ended**

31 August 2021

**Charity no  
(if any)**

1182524

**Set out on pages**

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 August 2021.

**Responsibilities and  
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

**Signed:**

**Date:**

25/01/2022

**Name:**

Tim Lerwill

**Relevant professional  
qualification(s) or body  
(if any):**

FCA

**Address:**

Old Mill Accountancy Limited

Unit 2, Greenways Business Park, Bellinger Close

Chippenham, Wiltshire, SN15 1BN



**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

