

Report of the Trustees and
Unaudited Financial Statements
For The Period 12 February 2020 to 30 September 2020
for
Peak Empower

Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Peak Empower

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For The Period 12 February 2020 to 30 September 2020

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Peak Empower

Report of the Trustees **For The Period 12 February 2020 to 30 September 2020**

The trustees present their report with the financial statements of the charity for the period 12 February 2020 to 30 September 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people)

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Public benefit

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

Volunteers

We rely heavily on volunteers and are lucky enough to have a range of volunteers who have a vast range of knowledge and skills.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

- Delivered over 4000 wellbeing packs to people in isolation during the pandemic and received the rose of Northamptonshire award for our good work
- Created a new inclusive tennis club that runs as a cost neutral
- Ran 10 empowering sports courses for young people who are being home schooled and 4 online courses
- Started a new STEP programme allowing us to help those who find it hard to gain employment or have lost their jobs due to Covid, we provide practical support, mental well-being sessions, sports sessions, online cooking sessions and help them to keep to realistic budgets
- Adapted our existing projects to enable these to be fulfilled in spite of the restrictions in force due to Covid.

Peak Empower

Report of the Trustees **For The Period 12 February 2020 to 30 September 2020**

FINANCIAL REVIEW

Financial position

The Charity will hold sufficient unrestricted reserves to cover the administration costs of the Charity for six months. If Treasurer deems it necessary to draw down on these reserves, the Trustees will be notified that this has happened and the reasons requiring the reserves to be used. As at 30.09.20 the unrestricted reserves were £1,562, which will more than cover this requirement.

Principal funding sources

The main sources of funds this year were grants made to Peak Empower from Sport England, The Lottery and Northampton Community Foundation.

Peak Empower received a number of grants to run sporting activities for those that cannot easily access them. However these activities had to be postponed due to lockdown restrictions leading to £13702 grant income received for activities that will take place in the next financial year as soon as restrictions are lifted.

Peak Empower also received grants to help those particularly affected by Covid restrictions, which were still in progress at the period end.

FUTURE PLANS

Increase the number of inclusive recreational clubs

Continue with the STEP programme to help those with particular issues in accessing work

Expansion of the HERO program which provides recreational activities for Home Educated young people.

Continue our work in helping those who are socially isolated.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution and constitutes a charitable incorporated organisation.

Recruitment and appointment of new trustees

Elected by another board member and then voted on by the board

Induction and training of new trustees

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1187913

Principal address

2 Walpole Way

Boughton

Northampton

Northamptonshire

NN2 8FN

Trustees

Ms C Byrne

Mrs S Trewin

Mr W Tuckfield

Mrs V Edwin-Camp

Mrs L Somers (resigned 6/7/2020)

Independent Examiner

Cottons Accountants LLP

1 Billing Road

Northampton

Northamptonshire

NN1 5AL

Peak Empower

Report of the Trustees

For The Period 12 February 2020 to 30 September 2020

Approved by order of the board of trustees on 6th April 2021 and signed on its behalf by:


.....
Ms C Byrne - Trustee

Independent Examiner's Report to the Trustees of
Peak Empower

Independent examiner's report to the trustees of Peak Empower

I report to the charity trustees on my examination of the accounts of Peak Empower (the Trust) for the period 12 February 2020 to 30 September 2020.

Responsibilities and basis of report

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

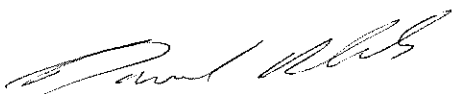
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Mr D Roberts
FCA
Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Date: 7/9/21

Peak Empower

Statement of Financial Activities
For The Period 12 February 2020 to 30 September 2020

	Notes	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		5,154	64,509	69,663
Other income		<u>41</u>	<u>-</u>	<u>41</u>
Total		5,195	64,509	69,704
EXPENDITURE ON				
Charitable activities				
Charitable activities		3,633	40,290	43,923
		<u> </u>	<u> </u>	<u> </u>
NET INCOME		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>
		<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		<u><u>1,562</u></u>	<u><u>24,219</u></u>	<u><u>25,781</u></u>

The notes form part of these financial statements

Peak Empower

Balance Sheet
30 September 2020

	Notes	Unrestricted fund £	Restricted funds £	Total funds £
FIXED ASSETS				
Tangible assets	3	318	-	318
CURRENT ASSETS				
Debtors	4	426	-	426
Cash at bank and in hand		<u>1,485</u>	<u>24,219</u>	<u>25,704</u>
		1,911	24,219	26,130
CREDITORS				
Amounts falling due within one year	5	(667)	-	(667)
NET CURRENT ASSETS		<u>1,244</u>	<u>24,219</u>	<u>25,463</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>
NET ASSETS		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>
FUNDS	6			
Unrestricted funds				1,562
Restricted funds				<u>24,219</u>
TOTAL FUNDS				<u>25,781</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 6th April 2021, and were signed on its behalf by:


Ms C Byrne - Trustee


Mrs S Trewin - Trustee


Mr W Tackfield - Trustee


Mrs V Edwin-Camp - Trustee

Peak Empower

Notes to the Financial Statements **For The Period 12 February 2020 to 30 September 2020**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. TRUSTEES' REMUNERATION AND BENEFITS

Remuneration of £432.35 was paid to Verity Edwin Camp during the period for the running of activities.

Peak Empower

Notes to the Financial Statements - continued
For The Period 12 February 2020 to 30 September 2020

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Expenses of £19.80 and £2,980.89 were paid to two trustees during the period in relation to reimbursed mileage.

3. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	<u>364</u>
DEPRECIATION	
Charge for year	<u>46</u>
NET BOOK VALUE	
At 30 September 2020	<u><u>318</u></u>

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other debtors	114
Prepayments and accrued income	<u>312</u>
	<u><u>426</u></u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade creditors	(1,525)
Other creditors	<u>2,192</u>
	<u><u>667</u></u>

6. MOVEMENT IN FUNDS

	Net movement in funds £	At 30/9/20 £
Unrestricted funds		
General fund	1,562	1,562
Restricted funds		
Sports	13,702	13,702
Wellness and Education	968	968
Covid	9,270	9,270
Training	<u>279</u>	<u>279</u>
	<u>24,219</u>	<u>24,219</u>
TOTAL FUNDS	<u><u>25,781</u></u>	<u><u>25,781</u></u>

Peak Empower

Notes to the Financial Statements - continued
For The Period 12 February 2020 to 30 September 2020

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	5,195	(3,633)	1,562
Restricted funds			
Sports	22,540	(8,838)	13,702
Wellness and Education	5,940	(4,972)	968
Events	347	(347)	-
Covid	35,267	(25,997)	9,270
Training	<u>415</u>	<u>(136)</u>	<u>279</u>
	<u>64,509</u>	<u>(40,290)</u>	<u>24,219</u>
TOTAL FUNDS	<u>69,704</u>	<u>(43,923)</u>	<u>25,781</u>

SPORTS

Autism Swim - Specialised Swimming Instruction for those with Autism, one course open to all those with autism and one course specifically for girls.

Cycling - Provision of adapted cycles and teaching over 14 year old disabled persons to ride a cycle

HERO - Group sporting activities for Home Educated Children to reduce social isolation and increase participation in sports. (Northampton & Milton Keynes)

Hula Hooping - Hula Hooping course for young carers and over 70's

Summer Activities - Adventure activities for socially isolated or vulnerable children during the school summer holiday.

Climbing - An inclusive climbing course based at Nene Centre Thrapston

Wilson Grant - Session supervisors for two inclusive club sessions a week

WELLNESS & EDUCATION

Respite Week - Outdoor activities for children who may have difficulties accessing this normally / also to give their Carers a respite period in school holiday

STEP mentoring - Support and advice for unemployed young people with particular needs and care leavers then expanded to include anyone who had lost their job over the pandemic.

This includes also helping them financially with food parcels, mentally with wellbeing classes and physically through access to online or outdoor sports sessions

Summer Program - Teaching life skills to young people

EVENTS

Science - Grant to run an activity during British Science Week

Magic Grants - Activity days for socially isolated children

Peak Empower

Notes to the Financial Statements - continued
For The Period 12 February 2020 to 30 September 2020

6. MOVEMENT IN FUNDS - continued

COVID

COVID WELLNESS - Provision of wellness packs to reduce feeling of isolation and reduce need in those particularly adversely affected by Covid restrictions. Provision on online courses that improve mental health.

Caring for Carers - Wellness packs for carers particularly adversely affected by Covid restrictions and Kindle Fires to care homes so that they can connect with family

COVID PPE - Provision of PPE to community groups to enable them to carry out their activities

TRAINING - Grant to enable staff to undertake relevant training

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 30 September 2020.

Peak Empower

Detailed Statement of Financial Activities
For The Period 12 February 2020 to 30 September 2020

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations	2,722
Grants	65,800
Membership subscriptions	485
Events Income	557
Local lotteries	<u>99</u>
	69,663

Other income

Other income	25
Bank interest received	<u>16</u>
	<u>41</u>

Total incoming resources

69,704

EXPENDITURE

Charitable activities

Wages	5,309
Cost of charitable activity	26,575
Event costs	5,033
Subscriptions	127
Insurance	716
Computer and software	319
Printing, postage & stationery	361
Travel	3,921
Sundries	65
Clothing costs	481
Rent	276
Depreciation of tangible fixed assets	46
Bank charges and interest	<u>70</u>
	43,299

Support costs

Governance costs

Accountancy and legal fees	<u>624</u>
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Total resources expended

43,923

Net income

25,781

This page does not form part of the statutory financial statements