

Youth Sport Trust

ANNUAL REPORT AND FINANCIAL STATEMENTS

for the year ended

31 March 2020

Charity Registration No. 1086915
Company Registration No. 4180163

Youth Sport Trust

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Youth Sport Trust

LEGAL AND ADMINISTRATIVE INFORMATION

PRESIDENT

Sir John Beckwith CBE

TRUSTEES (DIRECTORS)

Mr Richard Davidson (Chair)

Miss Sally Munday

(retired 5th Nov 2019)

Mr Ben Stimson

Mrs Melanie Honnor

Mrs Denise Gladwell

Dr Paula Franklin

Mr William Downie

Mr David Gilbey

Dr Katherine Grainger

Mrs Belinda Richards

Ms Valerie Copenhagen

Miss Lauren Asquith

(appointed 25th Jun 2019)

Mrs Joanna Coates

(appointed 5th Nov 2019)

SECRETARY

Mr Peter Ellis

CHIEF EXECUTIVE

Alison Oliver

CHARITY NUMBER

1086915

COMPANY NUMBER

4180163

REGISTERED OFFICE

SportPark

3 Oakwood Drive

Loughborough

Leicestershire

LE11 3QF

AUDITORS

RSM UK Audit LLP

Chartered Accountants

Grove Park, Rivermead House

7 Lewis Court

Leicester

LE19 1SD

Youth Sport Trust

LEGAL AND ADMINISTRATIVE INFORMATION (continued)

BANKERS

National Westminster Bank plc
Market Place
Loughborough
Leicestershire
LE11 3NZ

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2 Triton Square
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SOLICITORS

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Youth Sport Trust

REPORT OF THE TRUSTEES

The trustees present their report together with the financial statements of the group for the year ended 31 March 2020.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Youth Sport Trust (YST) is a charitable company limited by guarantee, incorporated on 15 March 2001 and registered as a charity on 5 June 2001. It succeeded an unincorporated charitable trust established in 1994. The company was established under a Memorandum of Association which established the objects and powers of the charitable company. The company is now governed under its Articles of Association (revised 25th June 2019), which now incorporate the objects and powers. In the event of the company being wound up members are required to contribute an amount not exceeding £1.00.

Appointment of Trustees

The trustees are the directors of the charitable company.

As set out in the Articles of Association and the YST Board Terms of Reference, all trustees are appointed for a term of three years and shall be eligible for reappointment for a further two terms, at which point they must retire from office. However, any trustee who is appointed as Chair may serve an additional term. In exceptional circumstances, and where the trustees consider that it would be in the best interests of the charity, a Chair who has served the maximum four consecutive terms or a trustee who has served a maximum of three consecutive terms may continue to serve for an additional one year period.

The focus of the charity's work is on young people and sport. YST undertakes a skills-based recruitment process, with a focus on competency, experience and suitability, to ensure that the Board is comprised of trustees from multi-disciplined backgrounds such as the world of sport, education, health and business. In addition to this, the YST is strongly committed to ensuring that there is a focus on equality and diversity when selecting suitable candidates. The recruitment process is carried out by the Nominations, Remuneration and Governance (NGR) sub-committee of the Board, through an open and publicly advertised recruitment process. All Board vacancies are advertised on the YST website, our partners websites (including UK Sport, Sport & Recreation Alliance and Sporting Equals), the national press and social media to attract people from various backgrounds.

The charity has trustee indemnity insurance in place at a cost of £3,208 (2019: £2,443).

The trustees and the executive team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the Trust on a day to day basis. All trustees give their time freely and payments totalling £800 (2019: £500) were made to three trustees to reimburse expenses.

The pay of the senior management team alongside all other staff is reviewed annually by the Nominations, Governance and Remuneration (NGR) Committee and in recent years increases have been kept under the retail price index. In view of the nature of the charity, the senior leadership team are benchmarked against pay levels with other similar sized organisations within the sport and education sector. The remuneration benchmark is the mid-point of the range paid for similar roles adjusted for a weighting of up to 30% for any additional responsibilities. If recruitment has proven difficult in the recent past a market addition is also paid with the pay maximum no greater than the highest benchmarked salary for a comparable role. Benchmarking is also carried out for other members of staff to ensure market rates are paid.

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Trustee Induction and Training

New trustees undergo an orientation day to brief them on their legal obligations under charity and company law, the content of the Articles of Association, the Board and decision-making processes, the strategic plan and the recent financial performance of the charity. During the induction day they meet key employees and other trustees whenever possible. The day is jointly led by the Chair of the Board and the Chief Executive of the charity. Trustees are also encouraged to attend external events where these will facilitate the undertaking of their role and enhance their understanding of the charity's remit.

In addition, a trustees' induction pack, which has been updated this year, provides information on both the charity and the context within which it operates. The pack draws information from the Charity Commission's publication - 'The Essential Trustee' and the Code for Sports Governance (Sport England and UK Sport), as well as documents produced by the charity itself. These include the strategic plan, the organisation's structure, the latest annual impact report, key policies and annual financial statements.

Annual Governance Statement

Commitment

As an organisation which receives public funding through Sport England, we are required to comply with A Code for Sports Governance (the "Code"). This includes a set of mandatory requirements across five principles of good governance: structure, people, communication, standards and conduct, and policies and processes.

In July 2018, YST received confirmation from Sport England that we are compliant with the highest level of the Code – Tier 3.

We have also completed a self-assessment of our compliance with the 'Charity Governance Code' using the Charity Commission's diagnostic tool. Whilst this is an optional code promoting best practice in charity governance, it is a key benchmark for our organisation. The results of the assessment have indicated that we have a sound governance framework in place, however, through the process, we have identified several areas for further improvement, which now form part of our Governance Action Plan. Progress against this plan is reported to, and monitored by, the Board.

Achieving good governance is an ongoing commitment, reflected in the fact that, within our 2018-22 Strategy, one of the tactics under the 'Strengthening Foundations' objective, is focussed on 'Maintaining Good Governance'.

This annual governance statement is prepared to provide a regular update for our stakeholders.

YST's Governance Framework

The YST Board, which can have up to 12 trustees, administers the charity. It has two sub-committees:

Audit Committee:

- Responsible for overseeing all financial and audit aspects of the YST, including risk management and internal control systems, and for reporting back to the main Board.
- Chaired by one of the trustees, with at least two other trustees as members.

Nominations, Governance and Remuneration Committee:

- Responsible for: leading the recruitment process of the Chair, CEO and trustees; overseeing and monitoring YST's governance framework and Board membership; determining the remuneration of Senior Leadership Team (SLT) members and providing guidance on annual increments for YST staff.
- Chaired by the Chair of the YST Board, with at least three other trustees as members.

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The Terms of Reference for these committees, along with those of the main Board, can be found on our website.

The Board undertakes an annual self review of its performance and discusses the results. A survey was issued to all trustees in the autumn of 2019 and the results were presented by our Senior Independent Director (SID) at the November 2019 Board meeting. An action plan has subsequently been developed, the main action points being:

- To alternate the CEO update each meeting between a full 2018-2022 Strategy Update and an Operational Performance report, and ensure each Board agenda has a key strategic discussion item alongside other usual business
- To increase the amount of informal time together as a Board to build relationships and engage in more collective dialogue about the charity's work and future

In the autumn of 2020, an independent evaluation of the Board will be undertaken by an external evaluator, in line with the Code's requirement to conduct an external evaluation every 4 years (minimum).

The Board met five times in 2019: 15 February, 11 April, 25 June (plus AGM) and 17 September, with an overnight Board Retreat and meeting held on 4/5 November.

In 2020, they have met on 12 February, 28 April, and will also meet on 25 June (plus AGM) and 29 September, with an overnight Board Retreat and meeting to be held on 1/2 December.

Risk Management

YST manages risks at three levels: strategic, organisational and project, in accordance with our Risk Management procedure (part of our ISO 9001:2015 accredited Quality Management System).

Project level risks are reviewed monthly at a case conference meeting led by our Chief Operating Officer.

Organisational level risks are reviewed by our Chief Operating Officer and any significant areas of risk (including those at Project level) are raised at regular SLT Operational Meetings. SLT then determine what, if any action needs to be taken and by whom.

Strategic level risks are regularly updated by the SLT and the Strategic Risk Register, along with a Summary Sheet, is sent to the YST Board prior to every meeting. This is a standard agenda item at every Board Meeting and the Board is responsible for reviewing the register, discussing the risks and proposed mitigation and making any recommendations back to the SLT to take forward accordingly.

The key risks during 2019/20 have been:

- In January 2020, a significant new unforeseen and unprecedented risk has emerged due to a Coronavirus pandemic that is causing an impact on the health of people. In order to stop the spread of the disease, the government has placed a lockdown to protect the health of the nation and to protect the NHS. This risk is significant and impacts all areas of the Charity. A task force has been put together to look at business continuity planning focusing on operational, financial and staffing aspects of the plan. This task force has the objective to scenario plan and determine the consequences and mitigation plans. Regular feedback is provided to the Board on this risk.
- Other Key Risks – There are seven other ongoing areas of risk on the organisational risk register.
 1. REPUTATIONAL – the brand of the organisation is hugely important to the credibility of, and trust in the charity. With the charity's involvement in so many significant publicly funded contracts there is a need for us to manage the association of the charity's brand with some of the larger programmes.

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Monitoring of social media has been a key feature during the year to inform the Charity of both favourable and adverse comments. Currently the charity is engaging with funders to reschedule events and programmes as a result of the Coronavirus pandemic.

2. **SAFEGUARDING** - The safety, welfare and wellbeing of young people is of paramount importance to YST and safeguarding responsibilities are taken very seriously. There is an ongoing focus on succession planning for our Safeguarding team and those with direct experience of safeguarding at various events held by the YST.
3. **REGULATORY** - this area of risk covers corporate governance and compliance. With GDPR and new employment laws covering the gig economy it is essential that the charity remains abreast of what is both a legal requirement and best practice. In 2018/19 we introduced a new protocol to ensure trustees are continually updated in changes to our regulatory environment. This now forms part of a standing item for board meetings.
4. **FINANCIAL** - over the last few years the Charity has been adapting to the decline in funding (due to austerity and the changing political landscape) from Sport England Lottery, government and corporate partners. The uncertainty surrounding BREXIT has led to further upheaval in sustained funding. In 2018/19 the Board engaged in a review of our Reserves Policy and effective use of reserves to impact on the mission and long-term sustainability of the organisation. This led to the creation of a 6-year budget and accompanying investment plan. Whilst progress has been made against this plan, the Coronavirus pandemic means that the plan will now need to be reassessed.
5. **POLITICAL** - Since the general election in 2019, progress had been made in engaging with key political personnel to influence physical education in schools. However, with the Coronavirus pandemic government focus has shifted to immediate needs of protecting the health of the nation and protecting the NHS. Schools were shut in March to protect transmission of the disease. In addition to the uncertainty around Brexit there is now further uncertainty as to how the government will respond to physical education in schools and more importantly what the school focus is going to be when they re-open.
6. **OPERATIONAL** - the charity's ability to get our programmes and products to market efficiently and effectively is at the centre of our work. This is dependent on the quality, reliability and capability of our technical systems; the strength and coverage of our strategic networks (School and Personal Members, School Sport Partnerships, Primary Clusters, Lead Schools, Learning Academy Tutors and Development Coaches); and the quality and training of our people. Weaknesses or failings in any of these areas would represent a risk to the organisation's core business. In 2019/20, we have recruited a Head of Technology Transformation manager to review our technical systems which will inform the digital transformation programme planned for the coming year. This post is also helping in the remote working that YST has had to facilitate due to the Coronavirus pandemic.
7. **PERSONNEL** - The retention and agility of staff is key to the charity's continued growth and success whether it's ensuring customer satisfaction, maintaining balance and productivity in the workplace. In 2019/20, we continued with the Staff Engagement Survey aligned to the "Times 100 best companies framework put in place in 2018/19. Despite a year on year improvement (moving from 29th to 8th position in the "Not for Profit Organisations" category), the YST has continued to focus strategically on the areas deemed most important to our staff. Finding new and different ways to reward and recognise the great work of our staff beyond salary increases has been important. Most recently, the Coronavirus pandemic has resulted in several staff being furloughed as part of the Government's scheme to protect jobs. There is a potential for risks to staff wellbeing due to isolation. The steps taken by YST is to have regular communication meetings with all staff including weekly staff briefings.

Our Risk Management procedure is annually reviewed through the Audit Committee.

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Governance Actions

We have undertaken a comprehensive review of our governing documents over the past 18 months, to ensure compliance with the Code. Consequently, our Articles of Association (available on our website) have been amended accordingly and were filed with Companies House and the Charity Commission in June 2019. Significant changes have been made to:

- Our Charitable Objects and Powers
- Terms of office and appointment of our trustees

Similarly, we have reviewed our stakeholder engagement and management processes, as a result of which our SLT provide an 'Stakeholder Update' for consideration and review by the Board twice a year.

We also undertake an annual staff survey, usually in November and, as a result of the findings from the 2019 survey, an action plan has been developed, which is owned by the members of SLT.

Finally, both this report and our Annual Impact Report are available on our website, along with key policies, including: Equality and Diversity, Safeguarding, Whistleblowing, Anti-Bribery and Responsible Interaction.

STRATEGIC REPORT

Organisation

A Chief Executive is appointed by the trustees to manage the day to day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment and performance related activity.

Objectives and Activities

The Charity's objects ("Objects") for the public benefit and in particular for the benefit of young people under the age of 25 both in the United Kingdom and internationally ("Young People") are:

1. To support, enable and encourage Young People, irrespective of ability, to participate in sport and physical activity, whether in schools, other educational establishments or the wider community, by providing advice and assistance and organising programmes of physical, educational and other activities to help Young People to develop their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, advancing their mental and physical health and education.
2. To provide advice and assistance to parents, carers and families to enable and encourage them to support Young People, irrespective of age or ability, to participate in sport and physical activity.
3. To improve and increase the provision of sport and physical activity opportunities available for Young People by building networks, delivering training and seeking co-ordination, collaboration and co-operation amongst providers of sport, physical activity, and physical education, and between sport, education and health providers.
4. To promote the benefits of sport and physical activity (in general and in particular) and the physical and mental health of Young People by undertaking and disseminating research into sport, physical activity, the impact of sport on academic achievement and into the physical and mental health of Young People.

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5. To seek to influence policy makers at local, national and international levels about the importance of sport and physical activity and its benefits to Young People (without engaging in any party-political activity).
6. To advance such other charitable purposes as the directors may from time to time think fit.

In accordance with our stated aims in the Annual Report (2017-18), this year represented year 2 of our 2018-2022 Strategy - 'Believing in every child's future' Its vision is for a future where every child enjoys the life-changing benefits that come from play and sport. This strategy has six strategic objectives, which we use to align our projects and programmes and wider charity activities:

- **Transforming Physical Education (PE):** Transforming PE's place in the curriculum, putting PE at the centre of wellbeing and achievement in education.
- **Removing Barriers to Sport:** Harnessing global best practice to ensure youth sport in the UK is inclusive, accessible and fun.
- **Unlocking Potential:** Unlocking sport's potential at every stage of a child's life, especially where they face inequality or disadvantage.
- **Empowering Activism:** Empowering young people through sport to become local activists, tackling the issues of their generation.
- **Championing Insight:** Championing the impact of physical activity, PE and sport through research and insight across our organisation, networks, stakeholders and wider sector.
- **Strengthening our foundations:** Ensuring we can sustain our mission. We will deliver our charitable objectives through good governance, a skilled workforce and sustainable income.

We continue to draw on our three 'unique selling points' to develop, deliver and disrupt interventions, projects and wider policy of funding focus areas:

- **Develop:** innovative resources, training, professional development modules and programmes to support young people in PE and sport.
- **Deliver:** high quality events, programmes, activities, camps and experiences for young people and their wider support base such as parents and carers, teachers and coaches.
- **Disrupt:** and challenge convention where there are opportunities to improve the provision, quality or approach of using sport, PE and physical activity to improve young people's lives.

We are not a grant giving organisation, however there are occasions where we will seed fund a project or initiative as part of a pilot programme that is later integrated into our mainstream programme delivery.

We work closely with several organisations at a national level including the Teaching Unions, Academy Chains, The Home Country Sports Councils, Women in Sport, Sporting Equals, the English Federation of Disability Sport, Special Olympics GB, and National Governing Bodies of Sport (NGBs), Commonwealth Games England. We also work with regional and local partners such as Local Authorities, Active Partnerships and a range of small community-based charities which allow us to deliver holistic programmes which embrace provision with and beyond the school gates. A number of our projects and programmes are also supported through business and corporate partnerships.

Fundraising

Youth Sport Trust is registered with the Fundraising Regulator and follows the Code of Fundraising Practice and the Fundraising Promise (<https://www.youthsporttrust.org/our-fundraising-promise>). During 2019/20, the YST partnered with Village Gyms to help raise funds for the Charity. This was in addition to the annual London Marathon runners and other smaller events that the Charity holds. The Charity does not employ or use the services of any professional fundraisers. The Charity also submits bids to various Grant-making bodies (including trusts and foundations).

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In May 2020, the Charity has been awarded “The #ChangeCollective Award” by the Chartered Institute of Fundraising in recognition of YST’s achievements in equality, diversity and inclusion.

We are pleased to report that no complaints were received during the year ended 31 March 2020 (2019: no complaints).

YST is committed to ensuring that anyone working, or volunteering on behalf of, the Charity understands their mandatory responsibilities and demonstrates best practice in safeguarding children and adults at risk in their care. YST holds the NSPCC Child Protection in Sport safeguarding standard and have an internal group leading on the development of our safeguarding policy and practice. The Safeguarding policy can be found on the YST website link below:

<https://www.youthsporttrust.org/search?search=safeguarding>

Achievements and Performance

The vision of the YST is a future where every child enjoys the life-changing benefits that come from play and sport. The financial year 2019/20 embedded our new strategy, with our work spanning six strategic objectives.

To date we have achieved high levels of reach across our target groups through a wide range of projects and initiatives over 2019/20:

- 478,758 children participated in a YST programme
- 152,122 young people were trained by the YST
- 26,771 adults were trained by YST.

Where recorded, this reach breaks down into the following groups:

	Female	SEND	BAME
Adults	15,646	1,013	2,664
Young people participating	276,035	86,039	76,762
Young people trained	97,093	32,166	27,696

TRANSFORMING PHYSICAL EDUCATION

We are working to transform PE’s place in the curriculum, putting it at the centre of wellbeing and achievement in education. We do this by working with teachers, young people, parents and policymakers to maximise PE’s potential to improve children’s wellbeing and achievement.

Driving for transformation: We continue to campaign for PE’s place in the curriculum. In 2019, we commissioned research which found that 64% of UK adults agreed that PE should be a core subject on the curriculum alongside English, maths and science. We fed into Ofsted’s consultation on its new inspection framework, championing the importance of inspectors recognising the essential role that PE, sport and physical activity play in a good and well-rounded education.

Our 2019 **National School Sport Week** brought together 4,397 schools to champion the role of PE and school sport in improving young people’s wellbeing.

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The **Specialist Teacher Training programme**, funded by Sport England, has been developed to increase the number of secondary school pupils who have a positive attitude towards sport and physical activity. Through it we identify new ways of working which are trialled in schools to improve young people's experiences of, and attitudes towards, sport and physical activity and decrease the number of young people who are physically inactive. Our role has been to support senior leaders in schools to develop plans to prioritise and develop their PE, physical activity and sport programmes to meet the needs of all students. We helped them to raise the profile of PE across the school as a tool for whole school improvement. In 2019 we rolled the training out to 769 secondary schools, working with 76 Teaching School Alliances.

We delivered '**My Personal Best**' to 47 schools to inspire PE teachers to teach life skills through PE. This develops attributes such as empathy, teamwork and resilience, helping young people to transfer these to other lessons and their lives in and out of school. An independent evaluation found that as a result of the programme: 94% of young people made a positive progression against at least one indicator of resilience and 81% of young people are enjoying PE more because of engagement in My Personal Best.

We continue to build our network of member schools and have 2,885 unique schools working closely with us. We work in 103 partnerships of schools across the country providing development opportunities in partnership with local organisations for 2,238 schools.

REMOVING BARRIERS TO SPORT

We are continually looking to harness global best practice to ensure youth sport in the UK is inclusive, accessible and fun. We are doing this by supporting schools, clubs and families to remove the causes of negative experiences for young people.

Influencing the School Sport and Activity Action Plan. In October 2018 the government announced its intention to develop an action plan to give more young people the opportunity to enjoy 60 minutes of sport and activity every day. Working closely with three government departments we have fed into the development of the outline plan which referenced our work including the School Games and Girls Active. We led the sport sector's response to the plan in 2019, bringing together 40 national governing bodies of sport to call for improved support for school sport from government.

School Games: We continued our engagement as Sport England's delivery partner for the School Games, co-ordinating a national network of 450 School Games Organisers (SGOs) and Local Organising Committees (LOCs) which work alongside National Governing Bodies (NGBs) of sport to create an annual calendar of intra and interschool competition. We delivered high-quality, accessible and inclusive competitive sport to young people in 17,880 schools, creating 4.7 million participation opportunities. There were more than 10,160 applications this year for the **School Games Mark** – the most since the award began. Our School Games work in 2019 included work on 'Reframing competition', tackling negative experiences that can exist within competition. We also extended the reach of School Games with new guidance to help engage those in Alternative Provision settings.

The FA funded **Game of Our Own** programme aims to develop character education in girls through a life-skill approach to the delivery of football in curriculum PE lessons to change perceptions. Over 2,000 girls attended an extra-curricular football club and over 24,000 girls played football during curriculum PE. Around 100 girls attended a three-day residential **Girls' Football Leadership camp** in Summer 2019. Additionally, we trained 1,124 primary staff to deliver **FA Active Play Through Storytelling** sessions which aimed to help girls aged five to eight develop physical competency, speaking and listening skills.

Young Coaches and Activators: Through our Leadership, Coaching and Volunteering programme we trained 1,533 female secondary students with limited prior experience of leadership to convene and deliver events for their peers in 371 schools across England. 8,454 young people were engaged in clubs run by Young Coaches and Activators.

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Inclusion 2020: In 2019 we were commissioned by the Department for Education to lead the Inclusion 2020 project, which is working through our **Lead Inclusion Schools** to increase opportunities for young people with SEND to enjoy Physical Education, school sport and physical activity. YST is leading a consortium of organisations including Activity Alliance, the British Paralympic Association, Nasen (National Association of Special Educational Needs) and Swim England. The project involves primary, secondary and special schools across England organising inclusive countrywide ‘Learning and Discovery’ sport festivals ahead of summer 2020. At the events, 3,000 pupils of all abilities experience a variety of Para sports and get the opportunity to compete. The programme also includes character education through My Personal Best, the delivery of 30 active minutes every day through young champions and a focus on increasing opportunities for young people with SEND to progress in swimming and water safety.

Girls Active is an award-winning programme for schools developed by the YST and supported by Women in Sport, with funding from Sport England, Sport NI and a range of local partners. It aims to tackle declining participation in physical activity by adolescent girls and its associated implications for health, wellbeing and academic achievement. The programme is a partnership between schools, teachers and girls working together to understand what makes girls fully engage in PE, sport and physical activity. Young leaders and role models are empowered to provide inspiring and relevant opportunities for all girls in their schools. Through this approach we’ve been able to increase girls’ participation, raise self-esteem and increase the value they place upon being physically active.

Girls Active: Stepping up for Change – focuses on primary and secondary schools working to improve the experience for girls in their own school, but also collaboratively to support girls through a positive transition experience, where we see the greatest decline in their participation. The programme has seen 9,993 girls get more active, 1,728 trained as leaders, role models, influencers and advocates and the involvement of 207 schools.

UNLOCKING POTENTIAL

The YST’s aim is to unlock sport’s potential at every stage of a child’s life, especially where they face inequality or disadvantage. We’re doing this by closing the gaps created by inequality and disadvantage, particularly at key transitional moments in a young person’s life, like starting or changing school and preparing for employment. To achieve this, we’ve undertaken a number of programmes including:

Empowering Girls: Delivered in partnership with Twenty Twenty and funded by the Department for Digital, Culture, Media and Sport (DCMS) through government’s Tampon Tax fund, we’re tackling disadvantage among vulnerable girls and young women between the ages of 11 and 15. The programme is delivered by our inspiring Athlete Mentors and is helping to improve life chances, build aspiration and break the, often generational, cycles of low expectation. It is helping vulnerable girls and young women improve their body confidence and self-esteem, develop emotional resilience and feel a greater sense of empowerment about their relationships and sexual health. The academic year 2018/19 was the second year of the three-year project and saw us work in four schools with 72 girls and young women.

West Somerset Healthy Movers: This aims to support practitioners and families to develop the competence and confidence to ensure every child is physically literate. West Somerset is the country’s lowest ranking district for social mobility. As a result, the West Somerset Opportunity Area received funding through the Department for Education, with Somerset County Council commissioning us to deliver our Healthy Movers programme alongside Futures for Somerset. In 2019, YST worked with 15 early years settings across the district in 2018/19, engaging 431 children, 46 practitioners and 135 parents.

Changing Lives is a three-year project funded by John Lyon’s Charity, which aims to increase young people’s resilience through four of our Athlete Mentor workshops delivered in a school. Evaluation found that the key benefits the young people reported from the sessions were:

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- Increased resilience
- Improved social mixing
- Opportunity to try new sports
- Improved sleep.

Our **Active in Mind** programme offers peer mentoring support to young people experiencing mental wellbeing issues and creates innovative sport and physical activity opportunities for a targeted group of young people - increasing levels of activity in a safe and supported environment. The Active in Mind national pilot was funded by the National Lottery through Sport England and is targeted at young people who are experiencing low-level mental health issues and who are part of a wellbeing support programme within the school. Student teams of Young Mental Health Champions receive advanced training in developing strategies to improve mental wellbeing and reduce stress and anxiety in their peers, while each school also has a member of staff designated as a Wellbeing Champion. In the academic year 2018/19 the programme ran in 69 schools, reaching 2,534 young people.

EMPOWERING ACTIVISM

Our programmes are designed to empower young people through sport to become local activists, tackling the issues of their generation. Some examples include:

Breaking Boundaries is a three-year project, funded by Spirit of 2012 and delivered by YST, in partnership with Sporting Equals, designed to boost community cohesion through cricket. 143 young people aged 14 to 25 were recruited and trained as Community Champions, volunteering 869 hours to support the programme. 2,961 individuals took part in 40 community events.

The Young Ambassador programme aims to empower and inspire young people to become leaders through sport, to help encourage their inactive peers. We continue to support its delivery in Scotland and Wales with funding from Sport Scotland and Sport Wales. In Wales we celebrated 10 years of Young Ambassadors in 2019. In that time over 20,000 Young Ambassadors have been empowered to become role models encouraging others to share their love of sport in school and the community.

Active Across Ages is a YST innovation pilot funded by YST International and the Sir John Beckwith Charitable Trust delivered in five locations in England. We're tackling isolation by bringing together the two loneliest generations – young and older people - to play sport and get active. Ten primary, secondary, and special schools are working in partnership with 10 older people's settings including care homes, community groups and day centres. 127 young people have been trained as Activity Buddies and they have volunteered 776 hours of their time to run programmes activities with their partner settings.

Birmingham Connect is encouraging social integration by partnering pupils aged 11 to 13 with students in other schools across the city to help them connect through sport. 100 young people have been supported to lead the project across 20 schools identified as highly segregated, either through ethnicity, deprivation or disability. It was launched in partnership with Team England with the support of National Lottery funding through Sport England, the Ministry of Housing Communities and Local Government and delivered with support from Inspire Activity Ltd, Culture Central and Birmingham Education Partnership.

Through the **Mentally Healthy Schools** programme we are helping to transform Manchester schools' approach to mental health. The project was commissioned by the Greater Manchester Health & Social Care Partnership and we are delivering in collaboration with Alliance for Learning, 42nd Street and Place2Be. Our role has been to work directly with young people in primary and secondary schools on the cusp of a referral to Child and Adolescent Mental Health Services (CAMHS) to improve their physical and emotional literacy, equipping them with coping strategies to deal with stress and anxiety. The project provides training, support and resources for teachers and young people to become Mental Health Champions who lead on supporting others in their schools. 320 students have been trained as Young Mental Health Champions and over 1,400 pupils have been engaged in the programme.

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Wider reach activities:

We continue to grow our reach across our core communication channels. In the academic year 2018/19:

- 246,069 people visited our website
- 2.6 Million UK adults heard about YST National School Sport Week in 2019
- YST and our programmes and campaigns were mentioned in the media 2,733 times, including 295 items of national and broadcast coverage
- Social media posts were seen 6.1 million times
- 82,674 people followed us on social media across Facebook, Twitter, Instagram and LinkedIn

We have continued to nurture our wider networks across the education landscape. Across 2019/20 these extended to:

- 126 Head Teacher Ambassadors (57 secondary, 58 primary and 5 through schools. There are 6 SEND schools within these)
- 153 PE Catalysts (Including primary, secondary schools, through-schools, and 5 SEND schools).
- 10 Lead Associate PE Catalysts who make up the HEI advisory group plus 26 Associate PE catalysts at HEI's
- 25 Primary Lead Schools
- 29 Ambassador Schools (23 secondary, 5 primary and 1 through school. There are 3 SEND schools within these)
- 67 Health and Wellbeing Lead Schools (46 secondary, 5 primary and 6 through schools. There are 3 SEND schools within these)
- 67 H&WB schools (5 primary, 6 through schools, 3 SEND and 53 secondary)
- 46 Leadership Coaching and Volunteering Schools (44 secondary schools, 1 special School and 1 primary school)
- 51 Lead Inclusion schools (4 primary, 24 secondary, 21 through, 2 Alternative Provision. Of these 23 are also deemed special)
- 41 Early Years settings (24 Cornwall and 17 West Somerset).
- 103 Primary PE & Sport Cluster Coordinators
- In addition, across 2019-20 we trained 3,227 delegates through the Learning Academy.

ENABLERS

For the first time in 2019 we created an opportunity for the HTAs, PE Catalysts, Ambassador Schools & Cluster Coordinators to network together at the Connected events.

YST National School Sport Week took place again in 2019, providing a national platform to profile and celebrate the work of schools improving young people's lives through PE and sport. Including YST's network of member schools, 4,397 schools were enrolled to take part. 5% of the UK adult population (2.6 million people) and 11% of parents with a child under 18, said they heard about NSSW 2019.

New strategic partnerships in 2019/20 included: Ministry of Housing, Communities and Local Government who, working with Sport England fund the "Birmingham Connect" project which uses the power of sport to overcome barriers between communities in Birmingham by building relationships between 10 pairs of diverse schools.

Also, this year the charity continued to benefit directly from the wholly owned trading subsidiary Youth Sport Trust Enterprises (YSTE). In 2019/20 YSTE reorganised its commercial functions around 4 distinct areas; (1) products (2) events (3) business/corporate partnerships and (4) procurement services. In 2019/20 YSTE continued to rationalise its product portfolio to eliminate low margin products and focused on high margin products and services to maintain profitability.

Youth Sport Trust

REPORT OF THE TRUSTEES

Public benefit

In setting objectives and planning activities, the trustees have given careful consideration to the Charity Commission's general guidance on public benefit and confirm that they have complied with their duty in Section 17 of the Charities Act 2011.

The work of YST cuts across a number of key policy areas including health, education, sport and community development. The YST's work to broaden and develop PE and sport opportunities for young people not only makes young people fitter and healthier, but also improves their confidence and self-esteem, enhances their achievement across the curriculum, supports their wider engagement in the community and allows them to build the foundation for an active, healthy lifestyle.

In the context of growing concern about obesity levels, declining emotional wellbeing, the acceptance of diversity within an ever-changing world, rising youth unemployment, and increasing concerns about the involvement of young people in knife crime and gang related crime, the work of the YST provides significant public benefit.

The work undertaken to develop young people as leaders has benefits beyond sport and the skills that are developed in this area can stay with young people for life. A large number of young people trained in leadership skills by the Youth Sport Trust go on to volunteer in the local community bringing significant social benefit.

Supporting and aiding each young person to achieve their personal best in sport demonstrates the ability of every young person to succeed and to achieve. Allowing talent in sport to emerge – as an athlete, leader or coach – helps to create positive role models and to enhance community cohesion.

Financial review

Financial planning, monitoring and control are fundamental to the operation of the charity. The structured approach we take ensures synergy between our plans – our core strategic plan informs our annual operational plan, detailing our key aims and objectives for the year, which is underpinned by our annual budget.

The financial year 2019/20 was the second year of the new 4-year strategy that the YST developed to tackle the decline in young people's wellbeing. The new strategy has six key objectives as outlined on page 7.

After a number of years decline in income due to austerity and change in governments the group saw a small growth in income from 2018/19. For the parent charity, there has been growth in commissioned development income and corporate partnerships which has been partly offset by the Level 4 School Sport Games not going ahead in the year as these games will now be held every other year.

The trading subsidiary has seen a further decline in income from 2018/19 due to ongoing product range rationalisation. Despite this, profitability has been maintained due to an increase in higher margin sales of products and activities.

Overall, funding for the Group has grown by just under 1% from 2018/19. The parent charity has seen an increase of 3% whilst the trading subsidiary has seen a fall of 23.5%. The group has returned an unrestricted deficit of £103,280 (2019 surplus £6,244). The group deficit has mainly come from the charity making a deficit of £165,466, partly offset by the trading subsidiary making a net profit of £62,842.

In 2018 the Board of YST agreed to invest in various areas of the charity in order to help to deliver on its mission and strategic objectives. A designated fund of £1,311,000 had been set aside for this purpose. During the year, £110,757 has been spent on these activities leaving a balance of £1,200,243. Designated funds also include a fund of £58,210 (2019 74,514) to deliver short term programmes that will be delivered in the next financial year. These are shown as designated funds in note 15.

Youth Sport Trust

REPORT OF THE TRUSTEES

The Group's unrestricted reserves now stand at £4,405,018 after moving £36,849 (for short term programmes) to designated reserves.

Plans for future periods

The Covid-19 pandemic is currently having an impact on the charity to deliver face to face programmes in the traditional manner. However, with the agreement of funders, the Charity is adapting to deliver programmes online and digitally.

We have remained agile over this period pivoting much of our work in response to the impact of COVID-19 on children, parent/carers and schools. We have developed new pioneering content to support the nations recovery and are embedding new principles and practices into 2018-2022 strategy through its mid-point review to harness the opportunities arising from this period.

Furthermore, as a result of the lockdown, it has been widely reported that children have been less active, and more children are having mental health problems. Equally, physical activity and wellbeing are considered national priorities at this time with significant evidence to demonstrate that those individuals who have fared best throughout the pandemic both in terms of physical and emotional wellbeing, are those who are active and have taken responsibility for their health and wellbeing.

We are working closely with schools, partners and our funders to ensure we continue to be responsive to the changing landscape in which we are working, and the early launch of the Well School movement is an example of how we are harnessing the changing mood of the nation to position the mission of the charity and the relevance of its work.

2019/20 marked both the 25th anniversary of the Youth Sport Trust and the mid-point in our 2018-2022 strategy. Both these milestones have been significant drivers for reviewing our work and progress and determining our priorities for the coming year.

In the coming year we will continue to focus on the 6 objectives of our Strategy but with a specific focus on:

- Transforming Physical Education's (PE) place in the curriculum, putting PE at the centre of wellbeing and achievement in education.
 - o Launch a Well School Movement to extend our reach and position Physical Education against the wellbeing agenda
 - o Continue to develop our work on benchmarking and assessment in a re-imagined PE curriculum
 - o Continue to extend our Higher Education network and input to Initial Teacher Training
 - o Secure a further cohort of data for our Healthy Active Lives study exploring the relationship between physical activity and academic progress and attainment.
- Removing Barriers to Sport by harnessing global best practice to ensure youth sport in the UK is inclusive, accessible and fun.
 - o Continuing the development of interventions which support the inclusion of young people with SEND, those from BAME communities, low socio-economic barriers and girls.
 - o Phase 2 pilot of our Sport Cadets model and licenced delivery
 - o Review our Youth Sport Award
 - o Focus on partnerships which enable us to reach parents and help them support children's daily physical activity and sport participation
- Unlocking sport's potential at every stage of a child's life, especially where they face inequality or disadvantage.
 - o Exploring the further application of our work specifically within alternative education provision

Youth Sport Trust

REPORT OF THE TRUSTEES

- Piloting a teenage boys mental health programme
 - Delivering a youth engagement and development programme in partnership with the Wimbledon Foundation
 - Evaluating the impact of our Blueprint for Integrated Interventions
- Empowering young people through sport to become local activists, tackling the issues of their generation.
 - Extend the roll out of the Active Across Ages Project
 - Continue to develop our partnership with Sport England on the Girls Active programme and This Girl Can
 - Work closely with our Youth Board on their 25th Anniversary campaign
 - Grow our network of local community partners
- Championing the impact of physical activity, Physical Education and sport through research and insight.
 - Work in partnership with other organisations on the value of prevention
 - Explore more international opportunities for comparative research
 - Implement a research project in partnership with the Headmasters and Headmistresses Conference to explore the relationship between sport, mental toughness and wellbeing
 - Use research and insight to inform awareness raising campaigns such as level of children's physical activity and
 - cuts to Physical Education curriculum
- Strengthening our foundations to ensure we can sustain our mission. We will deliver our charitable objectives through good governance, a skilled workforce and sustainable income.
 - Brand refresh
 - Website redevelopment
 - Further progress in staff engagement through the time 100 Best Companies
 - Improved and enhanced protection of Youth Sport Trust Intellectual Property
 - Invest further in commercial capacity around harnessing the opportunities of the home market

Performance indicators

We apply a Monitoring and Evaluation (M&E) Framework, which aims to bring about greater consistency in the way we collect evidence of our impact. The framework is used to guide all aspects of our work, including design, delivery and evaluation. Our suite of outcome indicators are set out below.

Young people outcomes

- Increased health and wellbeing: more active, more confident and more connected.
- Increased participation in PE, physical activity and sport
- Increased volunteering through PE, physical activity and sport
- Increased skills: communication, teamwork, leadership, resilience, empathy, self-belief
- Increased achievement: progress at school

Adult Impact

- Increased confidence, competence and motivation in their role
- Improvements to delivery

Whole School Impact

- Improved attainment, attendance and behaviour

Youth Sport Trust

REPORT OF THE TRUSTEES

Investment powers and policy

Under the Memorandum and Articles of Association, the charity has the power to invest in any way the trustees wish.

The trustees, having regard to the liquidity of the organisation and its reserves policy, have operated a policy of keeping funds available in interest bearing deposit accounts, incorporating long term and short-term deposit facilities across two banking institutions.

The invested funds held by the parent charity on deposit achieved a 12-month average return of 0.79% against the average base rate for the year to March 2019 of 0.70%.

Reserves policy

The trustees have examined the charity's requirements considering the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in fixed assets held by the charity should be equal to approximately 6 months fixed support costs. The target is therefore £3.0m in unrestricted reserves to cover working capital requirements. The Board are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding. The unrestricted Group reserves (excluding designated funds) at 31 March 2020 were £4.4m (2019 £4.5m) which is in excess of the range set by the trustees.

Due to the Covid-19 pandemic, YST has carried out scenario planning ranging from the best case to the worst case with the view of estimating unrestricted reserves looking forward. The YST Board is fully engaged in reviewing these scenarios on a regular basis and monitoring the impact on unrestricted reserves. Two additional meetings have already been held since the start of the lockdown with the specific purpose of monitoring our financial scenarios and the potential impact on reserves.

AUDITOR

RSM UK Audit LLP has indicated its willingness to continue in office subject to retender.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITOR

The trustees who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant audit information of which the auditor is unaware. Each of the trustees have confirmed that they have taken all the steps they ought to have taken as trustees in order to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditor.

The Trustees Report and Strategic Report were approved on behalf of the board.



Mr Richard Davidson
Chair

14/8/2020

Youth Sport Trust

TRUSTEES RESPONSIBILITIES IN THE PREPARATION OF FINANCIAL STATEMENTS

The trustees (who are also directors of YST for the purposes of company law) are responsible for preparing the Trustees' Report and the incorporated Strategic Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF YOUTH SPORT TRUST

Opinion

We have audited the financial statements of Youth Sport Trust (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 31 March 2020, which comprise the Consolidated Statement of Financial Activities, the Group and Charity Balance Sheets, the Consolidated and Charity Statements of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and the parent charitable company's affairs as at 31 March 2020 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the group's or parent charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report, which includes the Directors' Report and the Strategic Report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report and the Strategic Report included within the Trustees' Report have been prepared in accordance with applicable legal requirements.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF YOUTH SPORT TRUST (CONTINUED)

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report or the Strategic Report included within the Trustees' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' responsibilities set out on page 18, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is provided on the Financial Reporting Council's website at <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

RSM UK Audit LLP

GARETH JONES (Senior Statutory Auditor)
For and on behalf of RSM UK AUDIT LLP, Statutory Auditor
Chartered Accountants
Grove Park
Rivermead House
7 Lewis Court
Leicester
LE19 1SD

Date 3/12/2020

Youth Sport Trust

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

for the year ended 31 March 2020

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2020 £	Total 2019 £
INCOME FROM:						
Donations and legacies	2	169,633	-	-	169,633	108,998
Charitable activities	3	-	-	10,164,582	10,164,582	9,840,638
Other charity trading activities	4	884,385	-	-	884,385	911,654
Investments	5	51,829	-	-	51,829	49,685
Other trading activities	6	307,633	-	-	307,633	567,631
TOTAL		1,413,480	-	10,164,582	11,578,062	11,478,606
EXPENDITURE ON:						
Raising funds		10,255	24,360	304,758	339,373	213,968
Charitable activities	7	1,261,058	139,550	9,228,336	10,628,944	10,838,118
Other trading activities	6	245,447	-	-	245,447	498,150
TOTAL	8	1,516,760	163,910	9,533,094	11,213,764	11,550,236
NET INCOME/(EXPENDITURE)		(103,280)	(163,910)	631,488	364,298	(71,630)
Transfers between funds	15	(36,849)	36,849	-	-	-
Net movement in funds		(140,129)	(127,061)	631,488	364,298	(71,630)
Fund balances at 1 April 2019		4,545,147	1,385,514	2,076,581	8,007,242	8,078,872
Fund balances at 31 March 2020		4,405,018	1,258,453	2,708,069	8,371,540	8,007,242

The Statement of Financial Activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Youth Sport Trust

BALANCE SHEETS

31 March 2020

Company Registration No. 4180163

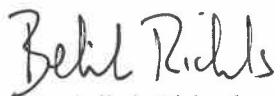
	Notes	Group		Charity	
		2020 £	2019 £	2020 £	2019 £
FIXED ASSETS					
Tangible assets	11a	74,830	67,843	74,830	67,843
Intangible assets	11b	-	-	-	-
		<u>74,830</u>	<u>67,843</u>	<u>74,830</u>	<u>67,843</u>
CURRENT ASSETS					
Stock		12,392	29,061	-	-
Debtors	12	1,202,429	1,290,096	1,193,659	1,370,522
Short term deposits		7,420,089	7,121,949	7,420,089	7,121,949
Cash at bank and in hand		849,764	850,496	544,845	546,175
		<u>9,484,674</u>	<u>9,291,602</u>	<u>9,158,593</u>	<u>9,038,646</u>
CREDITORS: Amounts falling due within one year	13	<u>(1,187,964)</u>	<u>(1,352,203)</u>	<u>(1,090,175)</u>	<u>(1,277,007)</u>
NET CURRENT ASSETS		<u>8,296,710</u>	<u>7,939,399</u>	<u>8,068,418</u>	<u>7,761,639</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>8,371,540</u>	<u>8,007,242</u>	<u>8,143,248</u>	<u>7,829,482</u>
INCOME FUNDS					
Restricted funds	14	2,708,069	2,076,581	2,708,069	2,076,581
Unrestricted funds		4,405,018	4,545,147	4,176,726	4,367,387
Designated funds	15	1,258,453	1,385,514	1,258,453	1,385,514
		<u>8,371,540</u>	<u>8,007,242</u>	<u>8,143,248</u>	<u>7,829,482</u>
TOTAL FUNDS		<u>8,371,540</u>	<u>8,007,242</u>	<u>8,143,248</u>	<u>7,829,482</u>

The parent charity's net movement in funds for the year was incoming funds of £313,766 (2019: outgoing funds of £27,059).

The financial statements on pages 21 to 42 were approved by the board and authorised for issue on 30 June 2020 and signed on its behalf by:



Mr Richard Davidson
Chair



Mrs Belinda Richards
Trustee

Youth Sport Trust

CONSOLIDATED STATEMENT OF CASH FLOWS

For the year ended 31 March 2020

	2020 £	2019 £
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	285,750	(167,711)
Cash flows from investing activities:		
Interest from investments	51,829	49,685
Purchase of property, plant and equipment	(40,171)	(14,960)
Net cash provided by investing activities	11,658	34,725
Change in cash and cash equivalents in the reporting period	297,408	(132,986)
Cash and cash equivalents at the beginning of the reporting period	7,972,445	8,105,431
Cash and cash equivalents at the end of the reporting period	8,269,853	7,972,445
Reconciliation of net expenditure to net cash flow from operating activities		
Net Income/(expenditure) for the reporting period	364,298	(71,630)
Adjustments for:		
Depreciation charges and amortisation	33,184	50,512
Interest from investments	(51,829)	(49,685)
Decrease/(increase) in debtors	87,667	(195,493)
(Decrease)/increase in creditors	(164,239)	91,094
Decrease/(Increase) in stocks	16,669	7,491
Intangibles transferred on acquisition of subsidiary	-	-
Net cash provided by/(used in) operating activities	285,750	(167,711)
Analysis of changes in cash and cash equivalents		
	2020 £	2019 £
Cash at bank	849,764	850,496
Short term deposits	7,420,089	7,121,949
Total cash and cash equivalents	8,269,853	7,972,445

Youth Sport Trust
CHARITY STATEMENT OF CASH FLOWS
For the year ended 31 March 2020

	2020	2019
	£	£
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	<u>285,808</u>	<u>(266,750)</u>
Cash flows from investing activities:		
Interest from investments	51,173	49,296
Purchase of property, plant and equipment	<u>(40,171)</u>	<u>(14,960)</u>
Net cash provided by investing activities	<u>11,002</u>	<u>34,336</u>
Change in cash and cash equivalents in the reporting period	296,810	(232,414)
Cash and cash equivalents at the beginning of the reporting period	<u>7,668,124</u>	<u>7,900,538</u>
Cash and cash equivalents at the end of the reporting period	<u><u>7,964,934</u></u>	<u><u>7,668,124</u></u>
Reconciliation of net expenditure to net cash flow from operating activities		
Net income/(expenditure) for the reporting period	313,766	(27,059)
Adjustments for:		
Depreciation charges	33,184	37,750
Interest from investments	(51,173)	(49,296)
Decrease/(increase) in debtors	176,863	(298,355)
(Decrease)/increase in creditors	<u>(186,832)</u>	<u>70,210</u>
Net cash provided by/(used in) operating activities	<u>285,808</u>	<u>(266,750)</u>
Analysis of changes in cash and cash equivalents		
	2020	2019
	£	£
Cash at bank	544,845	546,175
Short term deposits	<u>7,420,089</u>	<u>7,121,949</u>
Total cash and cash equivalents	<u><u>7,964,934</u></u>	<u><u>7,668,124</u></u>

Youth Sport Trust

ACCOUNTING POLICIES

for the year ended 31 March 2020

GENERAL INFORMATION

YST is a charitable company incorporated in England and does not have share capital.

The address of the charity's registered office is SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.

BASIS OF ACCOUNTING

The financial statements have been prepared in accordance with 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) (issued on 16 July 2014) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

YST meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are set out below:

BASIS OF CONSOLIDATION

The group accounts consolidate the financial statements of the charity and its trading subsidiary, Youth Sport Trust Enterprises (company number 03289889), on a line by line basis. Intra-group transactions are eliminated on consolidation. Surpluses and deficits of organisations entering or leaving the group are included from the date of acquisition or up to the date of disposal. The Charity has taken exemption from presenting its unconsolidated SOFA under section 408 of Companies Act 2006.

INCOME

Income is recognised when the group has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations and sponsorship income - the income received from donations and sponsorship is accounted for once the conditions for receipt have been met and there is probability of receipt. Donated assets are accounted for as soon as they are received and are included in the financial statements at a reasonable estimate of their value. Any income arising from donated assets is accounted for on a receipts basis.

Government grants and contracts - the income arising from these sources is accounted for when and to the extent that the group has the entitlement to the consideration and receipt of funds is probable.

The recognition of income from government grants and contracts is dependent upon whether:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the group has unconditional entitlement.

Fund raising event income is accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

DONATED SERVICES AND FACILITIES

Where services are provided to the group as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the group.

Youth Sport Trust

ACCOUNTING POLICIES (continued)

for the year ended 31 March 2020

EXPENDITURE

Expenditure is recognised as soon as there is a legal or constructive obligation committing the group to the expenditure.

Expenditure is recognised when a liability is incurred. Contractual arrangements and performance related grants are recognised as goods or services are supplied. Other grant payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- Raising funds are those costs incurred in attracting income, and those incurred in any trading activities that raise funds.
- Charitable activities include expenditure associated with the provision and organisation of sports facilities in accordance with the objects of the charity and include both the direct costs and support costs relating to these activities.

Included within support costs are amounts for staff costs and governance costs (which include those incurred in the governance of the group and its assets and are primarily associated with the constitutional and statutory requirements). This represents the allocation of salary costs for persons employed by the charity who are actively involved in both direct charitable activities in addition to administrative duties. All support costs have been allocated to group cost categories on a basis consistent with the use of resources.

TAXATION

YST is a Registered charity and undertakes activities which, under present legislation, are not subject to Corporation Tax.

IRRECOVERABLE VAT

All resources expended are classified under activity headings that aggregate all costs related to the category. Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

DEBTORS

Trade and other debtors which are receivable within one year are initially recognised at the transaction price and subsequently measured at amortised cost, being the transaction price less any amounts settled and any impairment losses.

CASH AND BANK BALANCES

Cash and bank balances includes cash and short term highly liquid investments with a short maturity of six months or less from the date of acquisition.

TRADE CREDITORS AND LIABILITIES

Trade creditors payable within one year are initially measured at the transaction price and subsequently measured at amortised cost, being the transaction price less any amounts settled.

FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

TANGIBLE FIXED ASSETS AND DEPRECIATION

Tangible assets with a useful life of more than one year and which cost in excess of £1,000 are capitalised and included at cost. Depreciation is provided on all tangible assets so as to write off the cost of each tangible asset on a straight line basis over its expected useful life as follows:

Fixtures, fittings and equipment	10 years
Computer equipment	3 years

Youth Sport Trust

ACCOUNTING POLICIES (continued) for the year ended 31 March 2020

LEASING AND HIRE PURCHASE COMMITMENTS

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

ACCUMULATED FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds are those that have been set aside by the trustees for specific purposes in order to support the parent charity's mission.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. Overhead costs are spread across the projects in proportion to total payroll and consultancy costs. The aim and use of each restricted fund are set out in the notes to the financial statements.

Transfers between unrestricted and restricted funds represent the charity's contribution towards the costs incurred in carrying out projects substantially funded by external restricted funding.

GOING CONCERN

As a result of the Covid-19 pandemic the charity has embarked on a phased business continuity plan to help prepare and respond to the changing environment. A corporate work programme has been adopted structured into four sections: Response to, Reaction to, Despite, and Life-After Covid-19. A task force has been put together to focus on the short, medium and long term implications of the changing environment.

Whilst assurances have been received from many of our key funders there is still uncertainty around the funding that will be available. For this reason, the charity has carried out scenario planning by looking at the best case and worst case with other scenarios in between the two. These scenarios are based on known information at the time of compiling and will be monitored and modified on an ongoing basis.

A management action group has been put together to look at cost reduction initiatives to protect cash in view of reduced funding. As a result, the charity has taken advantage of the Government Job Retention Scheme and have also taken steps to reduce other costs.

Based on this and the available cash reserves, the trustees consider that the group has adequate funds to meet anticipated future objectives and have therefore prepared the financial statements on an ongoing basis.

CRITICAL ACCOUNTING ESTIMATES AND AREAS OF JUDGEMENT

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. There are no such critical accounting estimates and assumptions to report.

Youth Sport Trust
NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2020

1 COMPARATIVE INFORMATION – STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted 2019 £	Designated 2019 £	Restricted 2019 £	Total Funds 2019 £
INCOME FROM:				
Donations and legacies	108,998	-	-	108,998
Charitable activities	4,740	-	9,835,898	9,840,638
Other charity trading activities	911,654	-	-	911,654
Investments	49,685	-	-	49,685
Other trading activities	567,631	-	-	567,631
Other income	-	-	-	-
TOTAL	1,642,708	-	9,835,898	11,478,606
EXPENDITURE ON:				
Raising funds	14,511	-	199,457	213,968
Charitable activities	1,123,803	-	9,714,315	10,838,118
Other trading activities	498,150	-	-	498,150
TOTAL	1,636,464	-	9,913,772	11,550,236
NET EXPENDITURE/INCOME	6,244	-	(77,874)	(71,630)
Transfers between funds	(1,385,514)	1,385,514	-	-
Net movement in funds	(1,379,270)	1,385,514	(77,874)	(71,630)
Funds brought forward	5,924,417	-	2,154,455	8,078,872
Funds carried forward	4,545,147	1,385,514	2,076,581	8,007,242

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

2	DONATIONS AND LEGACIES	Unrestricted 2020 £	Restricted 2020 £	Total 2020 £	Total 2019 £
	Donations received from Village Gyms	67,708	-	67,708	-
	Other grants and donations	101,925	-	101,925	108,998
		<u>169,633</u>	<u>-</u>	<u>169,633</u>	<u>108,998</u>
3	CHARITABLE ACTIVITIES	Unrestricted 2020 £	Restricted 2020 £	Total 2020 £	Total 2019 £
	Department of Transport	-	-	-	22,335
	Department for Education	-	294,534	294,534	296,958
	Peoples Health Trust	-	299,820	299,820	226,905
	DCMS	-	162,002	162,002	76,993
	Sport England	-	5,319,065	5,319,065	6,075,628
	Home Country Sports Councils & Partnerships	-	242,477	242,477	403,440
	Football Association	-	1,781,851	1,781,851	1,100,681
	Spirit of 2012	-	488,683	488,683	417,114
	The British Cycling Federation	-	62,535	62,535	120,721
	Special Olympics	-	-	-	28,717
	Activity Alliance	-	64,333	64,333	66,630
	Greater Manchester Health & Social Care Partnership	-	347,262	347,262	213,434
	Wales FA	-	35,152	35,152	-
	NHS West Lancashire	-	90,000	90,000	-
	Lidl	-	216,415	216,415	15,069
	Nike	-	189,794	189,794	30,445
	Futures For Somerset Limited	-	62,897	62,897	46,305
	YSTI & Sir John Beckwith	-	99,700	99,700	22,996
	Wimbledon Foundation	-	29,198	29,198	-
	Sponsorship:				
	- Sky	-	-	-	1,050
	- Loughborough University	-	-	-	96,000
	- Entertainment One	-	-	-	14,671
	Other charitable activities	-	378,864	378,864	564,546
		<u>-</u>	<u>10,164,582</u>	<u>10,164,582</u>	<u>9,840,638</u>

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

4	OTHER CHARITY TRADING ACTIVITIES	2020 £	2019 £		
	Conferences/Membership & other	<u>884,385</u>	<u>911,654</u>		
5	INVESTMENT INCOME	2020 £	2019 £		
	Bank interest – YST	51,173	49,296		
	Bank interest – Subsidiary	656	389		
		<u>51,829</u>	<u>49,685</u>		
6	OTHER TRADING ACTIVITIES	2020 £	2019 £		
	Youth Sport Trust Enterprises				
	Income:				
	Net sales from trading activities	<u>307,633</u>	<u>567,631</u>		
	Expenditure:				
	Net expenditure on trading activities	<u>245,447</u>	<u>498,150</u>		
7	EXPENDITURE				
	Charitable activities:				
		Direct costs	Support costs	Total 2020	Total 2019
	Activity	£	£	£	£
	Transforming PE	242,556	227,494	470,050	858,708
	Removing Barriers	3,035,169	2,846,684	5,881,853	6,766,193
	Unlocking Potential	765,522	717,984	1,483,506	1,082,581
	Empowering Activism	1,189,742	1,115,860	2,305,602	1,784,845
	Strengthening Foundations	242,291	227,245	469,536	340,913
	Championing Research & Insight	9,493	8,904	18,397	4,878
	Total expenditure	<u>5,484,773</u>	<u>5,144,171</u>	<u>10,628,944</u>	<u>10,838,118</u>

Support costs are allocated to charitable activities in proportion to the direct costs of activities.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2020

7 EXPENDITURE (continued)

	2020	2019
	£	£
Support costs consist of:		
- Salaries and associated on costs	4,519,199	4,337,256
- Staff recruitment, training and Welfare	100,434	124,252
- Travel and subsistence	254,285	226,426
- Office and IT costs	215,552	238,867
- Rent, rates & service charge	125,560	98,575
- Insurance	18,372	18,695
- Depreciation	33,184	37,750
- Loss on disposal of assets	-	-
- Governance costs	106,904	82,002
- Costs attributable to the trading subsidiary	(229,319)	(229,319)
	<u>5,144,171</u>	<u>4,934,504</u>
	2020	2019
	£	£

8 TOTAL EXPENDITURE

Total expenditure includes:

Auditor's remuneration:		
- Audit	22,597	29,964
- Other	1,043	708
Operating lease rentals – land and buildings	39,835	40,558
Operating lease rentals – other	3,783	3,726
Depreciation – owned assets	33,184	37,750
Amortisation	-	12,762
Inventories recognised as an expense	34,651	73,172

9 TRUSTEES AND KEY MANAGEMENT PERSONNEL

None of the trustees (or any persons connected with them) received any remuneration during either year. Payments totalling £800 (2019: £500) were made to three (2019: three) trustees to reimburse travel expenses.

The charity has trustee indemnity insurance in place at a cost of £3,208 (2019: £2,443).

The total compensation including national insurance and pension contributions payable to key management personnel of the group was £575,999 (2019: £568,467).

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

10	EMPLOYEES	2020 No	2019 No
	The average monthly number of employees during the year was:		
	Programme delivery:		
	Direct delivery	69	63
	Programme support	16	15
	Management and administration	34	31
		<u>119</u>	<u>109</u>
		2020 No	2019 No
	The average number of full-time equivalent employees during the year was:		
	Programme delivery:		
	Direct delivery	66	59
	Programme support	16	15
	Management and administration	30	28
		<u>112</u>	<u>102</u>
		2020 £	2019 £
	EMPLOYMENT COSTS		
	Wages and salaries	3,978,112	3,827,506
	Social security costs	386,456	360,969
	Other pension costs	185,113	165,711
	Apprenticeship levy	19,561	17,993
		<u>4,569,242</u>	<u>4,372,179</u>
	Redundancy costs	-	-
		<u>4,569,242</u>	<u>4,372,179</u>

Pensions costs are allocated to activities in proportion to employee time spent.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

10	EMPLOYEES (continued)	2020 No	2019 No
	The number of employees whose annual emoluments were £60,001 or more were:		
	£60,001 - £70,000	3	2
	£70,001 - £80,000	1	3
	£80,001 - £90,000	1	-
	£120,001 - £130,000	1	1

The employer pension contributions in respect of the above employees were £22,555 (2019: £22,992).

Volunteers

Alongside out Trustees and Patrons the YST, in 2019/20 benefited from volunteers in the following ways:

Girls' Football Youth Leadership Camp

At this three-day residential experience for girls aged 13 to 16, there were 49 people supporting the camp for 100 female football leaders. Of these 49 people, 12 were Team Leaders, who provided pastoral and logistical support to the girls, supported the girls to maximise learning from the sessions they attended as well as being role models to the girls. In addition, two YST Youth Ambassadors supported the media and Research & Insight team working on the event and three alumni and one female football club coach gave their time to share their journeys at the closing ceremony.

Girls Active Coaches Camp

This is a programme that is funded by Sport England in relation to bridging the gender gap. 150 girls from across the country are provided with the unique experience to take part in an inspiring three-day residential taking place at Loughborough University.

To assist the girls in their experience and learning, they are supported by Team Leaders who also ensure that the girls are in sessions on time, provide the first layer of safeguarding support, manage movement and maximise the experience. To ensure Team Leaders are appropriately prepared, they arrive on site the day before the camp to take part in a training day through which they are provided with information they need to support young people on the camp.

There were 17 Team Leaders and 5 Endicott Leaders (Endicott leaders come from Endicott college in America to support the camp in a team leader capacity).

Young Event Hosts

This programme is an opportunity for young people (aged 13+) with an interest or passion for public speaking. This can be either on stage or in front of camera, but all participants are passionate about the role that PE, sport and physical activity can play in developing young people. Ten young people per year are part of the programme and Young Event Hosts have volunteered at YST Conference, SGO Summit, Regional SGO Conference and YST Lead School events.

YST Youth Board members

Our Youth Board aims to give a voice to young people from every corner of society. It has three main areas of responsibility:

- Advisory - advise on the direction of our work and how best to engage with young people
- Development – establish a youth-led fundraising strategy, generating income for the Youth Board to direct
- Communications – showcase the work of the Youth Sport Trust through social media and represent us in the media.

There are 10 YST Youth Board members.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

11a TANGIBLE FIXED ASSETS – Group and Charity

	<i>Computer equipment £</i>	<i>Fixtures, fittings and equipment £</i>	<i>Total £</i>
Cost			
At 1 April 2019	357,146	243,199	600,345
Additions	40,171	-	40,171
Disposals	-	-	-
At 31 March 2020	397,317	243,199	640,516
Depreciation			
At 1 April 2019	339,804	192,698	532,502
Charged in the year	13,114	20,070	33,184
Disposals	-	-	-
At 31 March 2020	352,918	212,768	565,686
Net book value			
At 31 March 2020	44,399	30,431	74,830
At 31 March 2019	17,342	50,501	67,843

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

11b INTANGIBLE FIXED ASSETS – Group

	<i>Website</i> £
Cost	
At 1 April 2019	38,286
Additions	-
	<hr/>
At 31 March 2020	38,286
	<hr/>
Amortisation	
At 1 April 2019	38,286
Charged in the year	-
	<hr/>
At 31 March 2020	38,286
	<hr/>
Net book value	
At 31 March 2020	-
	<hr/>
At 31 March 2019	-
	<hr/>

All intangible fixed assets relate to the trading subsidiary, Youth Sport Trust Enterprises.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

12	DEBTORS	Group		Charity	
		2020 £	2019 £	2020 £	2019 £
	Trade debtors	1,071,181	1,112,184	1,055,746	1,087,148
	Prepayments and accrued income	131,011	177,912	131,011	173,723
	VAT repayment	237	-	-	-
	Amounts owed by group undertakings	-	-	6,902	109,651
		<u>1,202,429</u>	<u>1,290,096</u>	<u>1,193,659</u>	<u>1,370,522</u>
13	CREDITORS: amounts falling due within one year	Group		Charity	
		2020 £	2019 £	2020 £	2019 £
	Trade creditors	563,822	855,528	524,063	742,799
	Accruals	508,841	303,292	420,579	163,488
	Other tax and social security	115,301	193,383	115,301	186,206
	Amounts owed to group undertakings	-	-	30,232	184,514
		<u>1,187,964</u>	<u>1,352,203</u>	<u>1,090,175</u>	<u>1,277,007</u>

All financial instruments are measured at amortised cost

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

14 RESTRICTED FUNDS

The income funds of the charity include restricted funds comprising the following unexpected balances of donations and grants held on trust for specific purposes:

	Balance 1 April 2019	Movement in Funds		Balance 31 March 2020
	£	Income £	Expenditure £	£
Charitable Activities				
School Games	207,222	2,804,837	(2,743,383)	268,676
FA Active Play/ Girls Football Partnership	636,863	1,781,851	(1,367,744)	1,050,970
School Sport/ Education & Delivery	407,451	1,639,649	(1,845,272)	201,828
Connecting Communities Through Cricket – Breaking Boundaries	46,607	488,683	(533,292)	1,998
Talented Young Athletes & This Girl Can	-	469,000	(462,638)	6,362
Mentally Healthy Schools	78,948	347,262	(282,422)	143,788
Connecting Communities to Local People	42,075	299,820	(292,673)	49,222
Inclusion 2020	15,790	294,534	(308,136)	2,188
Teacher Training	69,248	289,510	(242,207)	116,551
Integrated Communities		172,349	(123,368)	48,981
Empowering Girls	3,486	162,002	(139,150)	26,338
Fundamental Movement Skills	30,445	142,079	(73,789)	98,735
Serious Support	15,069	106,415	(62,867)	58,617
Active Healthy Minds	58,134	90,000	(97,939)	50,195
Go Ride Go	10,908	62,535	(58,863)	14,580
Girls Football Wave	42,964	-	(42,964)	-
Other individual programmes < £100k Income	411,371	1,014,056	(856,387)	569,040
Grand Total	2,076,581	10,164,582	(9,533,094)	2,708,069

Charitable Activities

SCHOOL GAMES (SPORT ENGLAND)

There are more than 21,000 primary, secondary and special schools registered and active in the School Games programme. Support has continued for the School Games Organiser network through the delivery of the National School Games Organiser Summit, as well as CPD and localised coaching support. Alongside School Games Organisers, the Youth Sport Trust has been working with Local Organising Committees, providing support and networking opportunities.

Developmentally, work has continued around #reframing-competition, where we are providing support to the School Games Organiser network to ensure that competition is meaningful for young people and more and different young people are engaged.

ACTIVE PLAY/ GIRLS FOOTBALL PARTNERSHIP (FA)

The Youth Sport Trust are working with The Football Association to grow and develop girls' football in schools in England giving every girl equal access to football in school by 2024. This is through creating

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2020

and supporting a network of 100 FA Girls' Football School Partnerships, working as families of schools to provide more opportunities for girls to participate, lead and compete in football and learn through football in curriculum time as part of a broad and balanced curriculum offer. In addition to supporting the network, programme delivery of primary and secondary programmes designed to help to create the change in schools are available to schools who are part of the FA Girls' Football School Partnerships as well as a digital offer which is accessible by all schools in England is available at www.girlsfootballinschools.org.

SCHOOL SPORTS/ EDUCATION AND DELIVERY (SPORT ENGLAND)

The delivery is focused around addressing several issues, through several programmes that specifically target's gender gap issues, young people with disabilities, young people in lower socio-economic groups, BAME young people, and young people facing mental health challenges.

CONNECTING COMMUNITIES THROUGH CRICKET – BREAKING BOUNDARIES (SPIRIT 2012)

It uses the power of Cricket and the inspiration and legacy of England's Men's and Women's World Cup victories to bring together different ethnic and faith communities closer as one integrated community.

TALENTED YOUNG ATHLETES AND THIS GIRL CAN (SPORT ENGLAND)

The programme delivers education to young talented athletes around how to manage their wellbeing and how to improve performance. The Girl campaign recognises that friends are the greatest influencers on adolescent girls and that positive encouragement and support from their peers is the most effective way to get girls active at school and at home.

MENTALLY HEALTHY SCHOOLS (NHS GREATER MANCHESTER)

This programme aims to support schools in creating a mentally healthy ethos and connecting the physical with the social and emotional. The programme covers workforce development, strategic planning, mobilising young people, targeted sport interventions and one-to-one mentoring support.

CONNECTING COMMUNITIES TO LOCAL PEOPLE (PUBLIC HEALTH TRUST)

This People's Health Trust programme places schools at the heart of their communities and young people at the heart of addressing the issues in a local community. Young leaders plan and execute social action projects which are locally determined.

INCLUSION 2020 (DfE)

The main outcomes for Inclusion 2020 are to both increase and improve opportunities for young people with SEND in engaging with PE, School Sport and Physical Activity. This requires examining and improving provision and training in high quality resources and increasing the quantity and quality of training for practitioners.

Through the YSTs network of Lead Inclusion Schools in England, each selected for their established expertise in engaging young disabled people, schools can improve the quality, and accessibility of inclusive sport for disabled pupils.

TEACHER TRAINING (SPORT ENGLAND)

This project involves a consortium of five partners, working with schools to plan and implement projects which aim to develop and redefine Physical Education. Each project involves working with a group of secondary schools, which is led by a project lead, and supported by a senior leader from one of the schools.

INTEGRATED COMMUNITIES (SPORT ENGLAND)

The pilot project aims encourage social integration using the power of sport and the Commonwealth Games 2022 as a catalyst to encourage social integration among young people across Birmingham.

EMPOWERING GIRLS (DCMS)

Empowering Girls programme aims to improve the life chances of vulnerable girls by developing greater body confidence and self-esteem, improving emotional resilience leading to better mental health and well-

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

being, raising their aspirations for achievement, Improving confidence and empowerment around relationships and sexual health.

FUNDAMENTAL MOVEMENT SKILLS (NIKE)

The objective is to create a tool that can be used to measure fundamental movement skills (FMS) and measure aspects of physical literacy in Nike Made To Play programs in a fun and engaging way. The tool will enable Coaches to identify how children are performing FMS and help them improve.

SERIOUS SUPPORT (LIDL)

A pilot programme for Teenage Girls designed to ignite their passion for Fitness and football. This will help them to lead healthy and active lives.

ACTIVE AND HEALTHY MINDS (NHS WEST LANCASHIRE)

This project aims to improve wellbeing through physical education and sport through programmes such as Active in Mind, Young Mental Health Champions, My Personal Best and Raising Aspirations.

GO RIDE GO (BRITISH CYCLING)

A fun and flexible learn to ride programme to help children stay active in the classroom, playground and at home. Ready Set Ride is a simple learn to ride programme for kids aged 18 months to eight years, created by British Cycling together with the Youth Sport Trust.

FA GIRLS FOOTBALL WAVE (FA)

Game of Our Own and Girls' Football Youth Sport Award are targeted at key stage 3 and key stage 4 female students. Game of Our Own introduces using Football activities to develop character skills in girls, through curriculum delivery and leadership opportunities for selected students trained as Football Activators. The Girls' Football Youth Sport Award is a reward and recognition framework for wellbeing, achievement and leadership; using the framework female students set goals for each strand and complete the award through a self-reflection on the character skills they have demonstrated. Both programmes involve teacher training, and the Football activators are trained at regional camps.

15 DESIGNATED FUNDS

The income funds of the group and charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2019	Utilised/ realised	Transfer	Balance at 31 March 2020
	£	£	£	£
Operational Priorities	74,514	(53,153)	36,849	58,210
Investment Plan	1,311,000	(110,757)	-	1,200,243
	<u>1,385,514</u>	<u>(163,910)</u>	<u>36,849</u>	<u>1,258,453</u>

OPERATIONAL PRIORITIES

These funds have been spent on innovation, programme research and development, completion of work on the website, intranet and induction of new headteachers. Further funds have been set aside to continue this work until completion.

INVESTMENT PLAN

In recent years the charity's funding has been reducing due to cuts in government funding and reducing income from other income streams. In order to overcome this, YST has embarked on an

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2020

investment plan to help the charity sustain and develop new funding streams so that it continues to deliver on its mission going forward.

The designated funds were used to strengthen resources in various areas of the charity (including fundraising, insight translation, innovation and commercial). In addition to this, funds have been used to invest in brand awareness, which allowed us to inform our funders (existing and new) of the nature and impact of the work the charity does.

16	ANALYSIS OF NET ASSETS BETWEEN FUNDS (GROUP)	Unrestricted Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2020 are represented by:			
	Tangible fixed assets	74,830	-	74,830
	Current assets	6,776,605	2,708,069	9,484,674
	Creditors: amounts falling due within one year	(1,187,964)	-	(1,187,964)
		<u>5,663,471</u>	<u>2,708,069</u>	<u>8,371,540</u>
	ANALYSIS OF NET ASSETS BETWEEN FUNDS (GROUP)	Unrestricted Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2019 are represented by:			
	Tangible fixed assets	67,843	-	67,843
	Current assets	7,215,021	2,076,581	9,291,602
	Creditors: amounts falling due within one year	(1,352,203)	-	(1,352,203)
		<u>5,930,661</u>	<u>2,076,581</u>	<u>8,007,242</u>

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

16	ANALYSIS OF NET ASSETS BETWEEN FUNDS (CHARITY) (continued)	Unrestricted Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2020 are represented by:			
	Tangible fixed assets	74,830	-	74,830
	Current assets	6,450,524	2,708,069	9,158,593
	Creditors: amounts falling due within one year	(1,090,175)	-	(1,090,175)
		<u>5,435,179</u>	<u>2,708,069</u>	<u>8,143,248</u>

	ANALYSIS OF NET ASSETS BETWEEN FUNDS (CHARITY)	Unrestricted Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2019 are represented by:			
	Tangible fixed assets	67,843	-	67,843
	Current assets	6,962,065	2,076,581	9,038,646
	Creditors: amounts falling due within one year	(1,277,007)	-	(1,277,007)
		<u>5,752,901</u>	<u>2,076,581</u>	<u>7,829,482</u>

17 COMMITMENTS UNDER OPERATING LEASES

The total future minimum lease payments under non-cancellable operating leases are as follows:

Group and charity	Land and buildings		Other	
	2020	2019	2020	2019
	£	£	£	£
Amounts due:				
Within one year	33,759	33,759	2,404	3,206
Between two and five years	135,034	135,034	-	2,404
In over five years	599,213	632,972	-	-
	<u>768,006</u>	<u>801,765</u>	<u>2,404</u>	<u>5,610</u>

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2020

18 RELATED PARTY TRANSACTIONS

Two of the three members of the company (Sir J L Beckwith and Viscount Mackintosh of Halifax) are the trustees of Youth Sport Trust International (YSTi), an unincorporated charity.

	YSTi		YSTE	
	2020	2019	2020	2019
	£	£	£	£
Sale of goods in year	21,159	29,750	253,753	321,049
Grants and donations received from related parties	49,850	25,000	-	-
Purchase of goods in year	7,351	4,556	380,147	342,120
Amounts due from related parties	28,960	5,856	6,902	109,651
Amounts due to related parties	-	805	30,232	184,514

During the year, fees totalling £13,178 (2019: £4,422) have been charged by Winckworth Sherwood LLP in conjunction with work on the Memorandum and Articles of Association. One of the partners of Winckworth Sherwood LLP is the spouse of B Richards, a trustee.

19 SUBSIDIARY UNDERTAKINGS

The charitable company owns the entire issued share capital of Youth Sport Trust Enterprises Limited (YSTE), a company incorporated in England and Wales (registered number 03289889). YSTE's registered address is the same as the parent charity, as shown on page 1.

The principal activities of YSTE include design and development of innovative resources and digital based applications. They market and sell specialist sports equipment, resources and other products (via an online store) that are sourced from suppliers in the UK and overseas. YSTE also develop and administer the 'Business' partnership scheme. YSTE activities underpin the work of YST.

The result for the year ended 31 March 2020 was a profit of £62,842 (2019: £69,870). At 31 March 2020 YSTE had assets of £363,215 (2019: £547,121), liabilities of £134,923 (2019: £369,361) and shareholders funds of £228,292 (2019: £177,760).