

# BOOST CHARITABLE TRUST

England & Wales - Charity number 1111961

## Details

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**Other names** BOOST, BOOST CT

**Status** Registered

**Legal form** Trust

**Registered** 2005-11-07

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 5 St Bride Street  
London  
EC4A 4AS

**Phone** 02070781966

**Email** [sarah.johnson@boostct.org](mailto:sarah.johnson@boostct.org)

**Website** [www.boostct.org](http://www.boostct.org)

## Activities

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**Objects:** 2.1 THE TRUSTEES SHALL HOLD THE TRUST FUND AND ITS INCOME UPON TRUST TO APPLY THEM FOR THE CHARITABLE PURPOSES (THE "CHARITABLE PURPOSES") AS SUCH TERM IS DEFINED BELOW IN SUCH PROPORTIONS IN SUCH MANNER AND SUBJECT TO SUCH TERMS AND CONDITIONS AS THE TRUSTEES MAY FROM TIME TO TIME IN THEIR ABSOLUTE DISCRETION DETERMINE.2.2 IN THIS DEED THE EXPRESSION "CHARITABLE PURPOSES" SHALL MEAN2.2.1 THE PROVISION OF OR ASSISTANCE IN THE PROVISION OF, FACILITIES FOR PHYSICAL RECREATION OR OTHER LEISURE TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE EITHER FOR THE BENEFIT OF THE GENERAL PUBLIC OR FOR THE BENEFIT OF THOSE WHO BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES HAVE A NEED OF SUCH FACILITIES PROVIDED ALWAYS THAT SUCH CHARITABLE PURPOSES ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES AND IN PARTICULAR (WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING):2.2.1.1 IN THE ADVANCEMENT FOR THE BENEFIT OF THE PUBLIC OF THE EDUCATION OF YOUNG PERSONS, WHO ARE PUPILS AT SCHOOLS AND UNIVERSITIES IN ANY PART OF THE WORLD, (THE "AREA OF BENEFIT") BY ENSURING THAT DUE ATTENTION IS GIVEN TO THE PHYSICAL EDUCATION OF SUCH PUPILS AS WELL AS TO THE DEVELOPMENT AND OCCUPATION OF MINDS AND, WITH A VIEW TO FURTHERING THAT OBJECT, TO PROVIDE FUNDS AND TO ASSIST IN THE ORGANISATION AND PROVISION OF FACILITIES WHICH WILL ENABLE AND ENCOURAGE SUCH PUPILS TO PARTICIPATE IN PHYSICAL RECREATION AND SPORT.2.2.1.2 THE PROMOTION FOR THE PUBLIC BENEFIT OF THE STUDY OF AND RESEARCH INTO THE CAUSES, TREATMENT AND AVOIDANCE OF ANY INJURY, AILMENT, COMPLAINT OR DISABILITY WHICH ARISES OR MAY ARISE FROM PARTICIPATION IN OR TRAINING FOR ANY SPORT, SPORTING ACTIVITY, OR OTHER FORM OF PHYSICAL EDUCATION OR RECREATION ANYWHERE IN THE WORLD, EITHER BY DIRECT GRANT TO, OR REMUNERATION OF, INDIVIDUALS ENGAGED IN SUCH STUDY OR RESEARCH OR BY PAYMENT TO A FUND, FOUNDATION, HOSPITAL, INSTITUTION, CORPORATE BODY OR TRUST ENGAGED IN SUCH RESEARCH.2.2.1.3 THE PROVISION OF RELIEF AND/OR TREATMENT FOR ANYONE SUFFERING FROM ANY INJURY, AILMENT, COMPLAINT OR DISABILITY BY PAYMENT TO A FUND, FOUNDATION, HOSPITAL, INSTITUTION, CORPORATE BODY OR TRUST ENGAGED IN SUCH RELIEF AND/OR TREATMENT, AND 2.3 SUCH OTHER CHARITABLE PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE.

**Activities:** The general aim of the charity is to assist the disabled, special needs, the disadvantaged and other sports men, women or children where their talents have been overlooked.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Sponsors Or Undertakes Research
- **What:** Amateur Sport
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- **Area of benefit:** NATIONAL AND OVERSEAS
- Eswatini
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£254,974	£244,088	-	-
2023-09-30	£230,871	£197,115	-	-
2022-09-30	£170,000	£212,000	-	-
2021-09-30	£233,172	£219,207	-	-
2020-09-30	£154,440	£128,510	-	-

## Trustees

Name	Role	Appointed
ALURIE MAYE DUTTON		
Oliver Bartrum		
ROBERT IAN HOUSTON		
Richard Anthony Allcroft		2025-07-18
Susan Gardner		2025-04-22

**BOOST CHARITABLE TRUST**

England & Wales - Charity number 1111961

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# Accounts

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**Registered Charity Number: 1111961**

**BOOST CHARITABLE TRUST**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

## **BOOST CHARITABLE TRUST**

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## **BOOST CHARITABLE TRUST**

### **Legal and Administrative Information**

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**Charity Name:**  
Boost Charitable Trust

**Registered Charity Number:**  
1111961

**Correspondence Address:**  
5 St Bride Street  
London  
EC4A 4AS

**Trustees:**  
Robert Houston MBE (chairman)  
Oliver Bartrum MBE  
Alurie Dutton  
Philippa Fine

**Treasurer:**  
Oakford Advisors Ltd

**Trust Manager:**  
Sarah Johnson

**Independent Examiner:**  
Oliver Vigars FCCA  
33 Margaret Street  
London  
W1G 0JD

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2024**

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The Trustees present their report and financial statements of Boost Charitable Trust ("the Trust") for the year ended 30 September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust Deed dated 30 September 2005 ("the Trust Deed"), the Charities Act 2011 and the 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) (Charities SORP FRS 102) published in October 2019.

#### **Structure, governance and management**

The Trustees who held office during the financial period and up to the date of this report were:

Robert Houston MBE  
Oliver Bartrum MBE  
Alurie Dutton  
Philippa Fine

All the Trustees give their time freely and no trustee remuneration was paid during the year.

The Trust Manager during the year and up to the date of this report was Sarah Johnson.

#### **Aim of the Trust**

The general aim of the charity is to award grants to inspiring sports programmes and initiatives which focus on improving the lives of the disadvantaged and disabled.

Boost Charitable Trust supports and complies with the Charity Governance Code for Small Charities.

#### **Sam Sananes Sporting Legacy**

The Sam Sananes Legacy was established in May 2017 and is funded through direct donations and fundraising events. It is incorporated into the overall governance and activities of Boost Charitable Trust. Grants awarded out of the Legacy funds are intended to have regard to Sam's own sporting interests and, where appropriate, his hometown of Leicester.

Funds are raised mainly through donations, the annual St Bride's v Boost Golf Day and sponsored endurance events. During the financial year, the Legacy funded five projects at a total value of £24,995.

## BOOST CHARITABLE TRUST

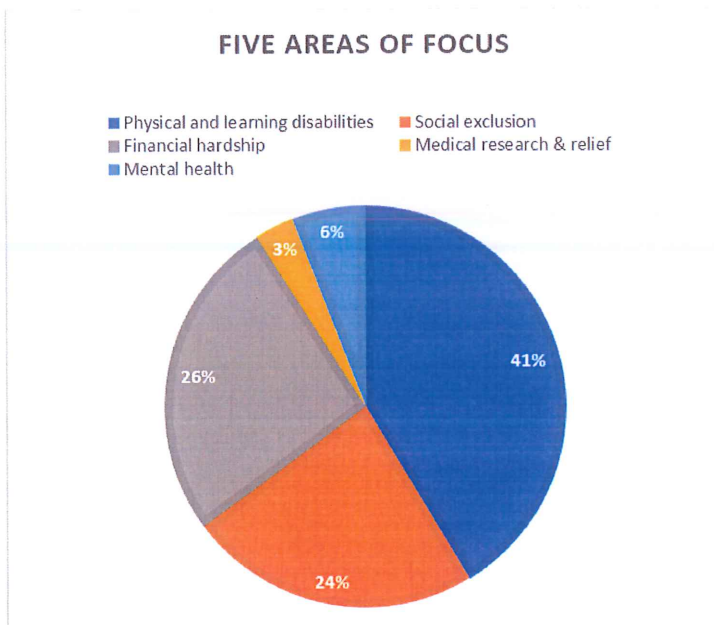
### Trustees' Annual Report for the Year Ended 30 September 2024

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#### Achievements and performance

The Trustees consider that 2023-24 was another successful year for Boost. In particular:

- The total number of awards granted was 52 (2023: 47).
- The total value of awards granted was £204,157 (2023: £165,418).
- The total income received was £254,974 (2023: £230,871).
- A list of the larger awards granted (over £750) is shown on page 13.
- The grants were distributed widely across a range of different sports, including two longstanding programmes in Eswatini.
- The grants awarded to the two programmes in Eswatini amounted to 9% of the total year's funding. The remaining 91% was awarded to programmes in the UK.
- Boost continues to focus its attention towards sports projects that focus on five spheres of disadvantage:
  - Physical and Learning Disabilities
  - Mental Health
  - Social Exclusion
  - Financial Hardship
  - Medical Research and Relief



## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2024**

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#### **Reserves Policy**

The policy of the Trustees is to maintain sufficient reserves in order to fulfil future expected funding requirements of projects that extend over several years as well as supporting a portfolio of new projects. In determining the appropriate level of reserves, the Trustees take into account the potential fluctuation of its income stream in future years.

The Trust's reserves have increased by £50,594 from £1,338,176 at the beginning of the year to £1,388,770 at 30 September 2024. The Trustees are considering numerous new grants for the coming year and anticipate that while reserves may fluctuate from year to year, over time they will remain at a sufficient level to fund all projects.

## **BOOST CHARITABLE TRUST**

### **Trustees' responsibilities statement**

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The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102).

The law applicable to charities in England and Wales 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 Trust at the year end and of its incoming resources and application of resources during that year. In preparing the financial statements, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable 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 the Trust will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Trust Deed. The Trustees are responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **BOOST CHARITABLE TRUST**

### **Independent Examiner's Report to The Trustees**

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I report on the accounts of Boost Charitable Trust for the year ended 30 September 2024.

#### **Respective responsibilities of trustees and examiner**

The Trust's trustees are responsible for the preparation of the accounts. The Trust's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is their responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to their attention.

#### **Basis of Independent Examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Trust and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### **Independent Examiner's statement**

In connection with my examination, no matter has come to my attention

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section,130 of the Charities Act;
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act, have not been met; or
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Oliver Vigars

Date: 24-Mar-2025

**BOOST CHARITABLE TRUST****Statement of Financial Activities for the Year Ended 30 September 2024**

	Note	Unrestricted funds £	Expendable Endowment £	2024 Total funds £	2023 Total funds £
<b>Income and endowments from</b>					
<i>Income</i>					
Donations	2	189,960	-	189,960	174,106
Other income	2	10,690	-	10,690	-
Investment income	3	54,324		54,324	56,765
Total income		254,974	-	254,974	230,871
<i>Expenditure on</i>					
<i>Charitable activities</i>					
Promotion of sporting activities amongst the disabled and disadvantaged	4,5	244,088	-	244,088	197,115
Total expenditure		244,088	-	244,088	197,115
<b>Net income/(loss) before gains and losses on investments</b>		10,885	-	10,885	33,756
Fair value gains/(losses) on investments	6	-	39,709	39,709	(49,668)
<b>Net movement in funds</b>		10,885	39,709	50,594	(15,912)
<b>Fund balances brought forward</b>		155,667	1,182,509	1,338,176	1,354,088
<b>Fund balances carried forward</b>		166,552	1,222,218	1,388,770	1,338,176

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

**BOOST CHARITABLE TRUST**

**REGISTRATION NUMBER: 1111961**

**Statement of Financial Position as at 30 September 2024**

	Note	2024 £	2023 £
<b>Fixed assets</b>			
Investments	6	1,222,218	1,182,509
<b>Current assets:</b>			
Debtors and accrued income	7	18,118	24,207
Cash at bank and in hand		159,421	146,210
Total current assets		177,539	170,417
<b>Liabilities:</b>			
Creditors due within one year	8	(10,987)	(14,750)
<b>Net current assets</b>		<b>166,552</b>	<b>155,667</b>
<b>Net assets</b>		<b>1,388,770</b>	<b>1,338,176</b>
<b>Representing:</b>			
<b>The funds of the charity:</b>			
Expendable endowment	9	1,222,218	1,182,509
Unrestricted income	9	166,552	155,667
<b>Total charity funds</b>	9	<b>1,388,770</b>	<b>1,338,176</b>

*24 March 2025*

These financial statements were approved by the Trustees on \_\_\_\_\_ and signed on their behalf by:



**R I Houston**  
Chair of Trustees

The notes on pages 10 to 15 form part of these financial statements.

**BOOST CHARITABLE TRUST****Statement of Cash Flows  
For the year ended 30 September 2024**

	2024 £	2023 £
<i>Cash flows from operating activities</i>		
Net movement in funds	50,594	(15,912)
<i>Adjustments for:</i>		
Interest receivable	(1,905)	(1,036)
Dividend income from investments	(52,419)	(55,729)
(Gain)/loss on investments at fair value	(39,709)	49,668
Decrease in debtors	6,089	970
Decrease in creditors	(3,763)	(13,285)
<i>Cash used in operating activities</i>	<u>(41,113)</u>	<u>(35,324)</u>
<i>Cash flows from investing activities</i>		
Interest	1,905	1,036
Dividend income from investments	52,419	55,729
<i>Cash generated from investing activities</i>	<u>54,324</u>	<u>56,765</u>
<i>Change in cash and cash equivalents in the year</i>	13,211	20,441
<i>Cash and cash equivalents at the beginning of the year</i>	146,210	125,769
<i>Cash and cash equivalents at the end of the year</i>	<u><u>159,421</u></u>	<u><u>146,210</u></u>
<i>Analysis of cash and cash equivalents</i>		
<i>Cash at bank</i>	<u>159,421</u>	<u>146,210</u>
<i>Total cash and cash equivalents</i>	<u><u>159,421</u></u>	<u><u>146,210</u></u>

The notes on pages 10 to 15 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 1. Accounting policies

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

##### a. Basis of preparation and assessment of going concern.

The financial statements have been prepared on a going concern basis under the historical cost convention, with the exception of investments which are included at market value.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: (Accounting and Reporting by Charities) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published in October 2019 (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Boost Charitable Trust (“the Trust”) meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Trust’s ability to continue as a going concern. With respect to the next reporting period, 2024-25, the most significant areas of uncertainty that affects the reserves of the Trust is the level of investment returns and the performance of investment markets.

##### b. Fund’s structure

The charity has a single expendable endowment created by a lump sum donation of £1million. This provides for the Trustees to invest the capital, the income from which is to be wholly unrestricted. The expendable endowment is to be used for the general purposes of the Trust, namely, to promote sporting activities for disabled and disadvantaged children and adults. The terms of the fund allow the capital to be spent if the Trustees so determine.

The charity has also received donations which are wholly unrestricted.

##### c. Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it can be certain that the resources will be received, and the monetary value of the incoming resources can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

##### d. Resources expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs to the category.

## **BOOST CHARITABLE TRUST**

### **Notes to the Financial Statements**

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#### **1. Accounting policies (continued)**

##### **d. Resources expended (continued)**

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

##### **e. Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### **f. Allocation of overhead, support and governance costs**

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Governance costs and support costs relating to charitable activities have been apportioned over the appropriate categories, as detailed in note 5, on the basis of the number of individual grant awards made in recognition that the administrative costs of assessing, awarding and monitoring each grant is broadly equivalent.

##### **g. Charitable activities**

Costs of charitable activities include grants made and an allocation of support costs which are shown in note 4.

##### **h. Policy on recognition of valuation of donated services**

The Trust relies on donated time from the Trustees and for some administrative and treasury services. These donated services do not incur any financial or legal obligations to the Trust.

##### **i. Financial instruments**

The Trust 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 with the exception of investments.

##### **j. Fixed asset investment**

Investments are stated at fair value. Any gains or losses on the movement in fair value are taken to the statement of financial activities as they arise.

##### **k. Gains and losses**

All gains and losses are taken to the Statement of Financial Activities as they arise.

**BOOST CHARITABLE TRUST****Notes to the Financial Statements****2. Donations**

Income from donations and other income totalled £200,649 (2023: £174,106) which was unrestricted.

**3. Investment income**

	2024 £	2023 £
Interest on cash deposits	1,905	1,036
Income from investments	52,419	55,729
	<u>54,324</u>	<u>56,765</u>

**4. Analysis of expenditure on charitable activities**

The charity undertakes its charitable activities through grant making and awarded grants to a number of charities, trusts and other appropriate organisations in furtherance of its charitable activities.

Charitable activity	Support grants to institutions £	Allocation of governance costs £	Total expenditure 2024 £	Total expenditure 2023 £
Promotion of sporting activities amongst the disabled and disadvantaged	<u>204,157</u>	<u>39,931</u>	<u>244,088</u>	<u>197,115</u>

The independent examiner chose to waive his fee for the independent review.

**BOOST CHARITABLE TRUST****Notes to the Financial Statements**
**4. Analysis of expenditure on charitable activities (continued)**  
*Support grants by institution*

	2024	2023
	£	£
All Out Africa/ Eswatini	12,000	12,000
Allsorts	5,000	11,000
Be Strong project	11,500	11,500
Better Things	3,360	4,000
Bonny Downs	-	4,438
Butler Golf Academy	7,500	7,000
Cleethorpes Community Sports & Education	-	5,928
CP Sport (Race Running)	-	(2,088)
CRE8 Football Academy	-	1,612
Disabled Sailors Association *	-	1,000
Get Set 4 Tennis	6,500	7,500
Goalball	-	10,000
Gym Possible	4,680	-
Hackney Bumps Community	5,000	-
Love Rowing (British Rowing Charitable Foundation)	5,000	-
The Harbour Project	4,200	-
Tim Henman Foundation	9,000	-
Parkinsons - Sam	2,500	2,500
Parkinsons - Boost	2,500	7,500
Power2Inspire	-	11,000
Priory Park Boxing Club	3,720	-
Advantage! Barrow Raiders Community Foundation	7,500	7,340
Rhondda Netball	4,788	-
Belvoir Cricket - Sam	5,000	-
Belvoir Cricket	2,535	-
100 & First Foundation	12,500	-
Running Charity	12,000	-
Small Awards (23)	16,403	15,720
Sport In Mind	10,560	7,920
Sports Aid	-	5,000
Eswatini Swimming	7,000	6,500
Swindon Fencing	4,080	-
Tankerton Football Club	1,260	-
The Wheelchair Football Association Leicester - Sam	7,195	-
The Wheelchair Football Association Rotherham - Sam	4,300	-
Whitstable Lawn Tennis Club *	-	1,200
Kendal Snowsports Club	-	2,000
South Shields Surf CIC	4,026	5,490
South Shields Cricket Club - Sam	6,000	-
Tim Henman Foundation	-	9,000
Tadcaster Swimming	4,550	-
EVA Women's Aid	8,000	8,000
Wakefield Whirlwinds	4,000	-
	<b>204,157</b>	<b>163,060</b>

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

#### 4. Analysis of expenditure on charitable activities (continued)

\* Awards made to Disabled Sailors Association (£750) and Whitstable Lawn Tennis Club (£750) in 2024 are included in the Small Awards amount.

#### 5. Governance costs

	2024	2023
	£	£
Administrative staff	19,414	14,165
Accountancy fee	10,390	11,726
Professional fees	437	-
Designing & printing	933	487
Insurance indemnity	940	874
Advertising and sponsorship	-	350
Bank fees	190	342
Event costs	6,961	5,676
Other	666	435
	<u>39,931</u>	<u>34,055</u>

Governance costs have been apportioned to charitable activities on a pro rata basis in accordance with the number of grants awarded during the year to each of the charitable activities.

St Bride's Strategic Advisers and St Bride's Managers donated time for administration and treasury services as well as making donations. The Trustees are most grateful to St Bride's for their support.

#### 6. Investments at fair value

	2024	2023
	£	£
At 1 October	1,182,509	1,232,177
Additional investments	-	-
Net fair value gains/(losses) on investments	39,709	(49,668)
At 30 September	<u>1,222,218</u>	<u>1,182,509</u>

Investments are financial assets held at fair value.

#### 7. Debtors

	2024	2023
	£	£
Investment income	12,953	19,330
Gift aid on donations	4,090	4,877
Accrued donations	1,075	-
	<u>18,118</u>	<u>24,207</u>

All debtors are financial assets held at amortised cost.

**BOOST CHARITABLE TRUST****Notes to the Financial Statements****8. Creditors due within one year**

	2024 £	2023 £
Grant commitments	5,750	13,500
Accruals	5,237	1,250
	<u>10,987</u>	<u>14,750</u>

All creditors are financial liabilities held at amortised cost.

All grants are subject to six monthly review and reporting. The Trustees have approved a number of grants during the year to September 2024. These grants relate to where donations have been received by the Trust during the year, and the Trust intends to use these monies for a group of projects which have been supported by the donors. The Trustees have retained the discretion to reallocate these monies if performance criteria are not met. Grant commitments are recognised where performance criteria have been met.

**9. Analysis of charitable funds**

	Investments £	Net current assets £	Total 2024 £	Total 2023 £
Expendable endowment fund	1,182,509	-	1,182,509	1,182,509
Unrestricted income fund	-	206,261	206,261	155,667
	<u>1,182,509</u>	<u>206,261</u>	<u>1,388,770</u>	<u>1,338,176</u>

**10. Related party transactions and Trustees' remuneration**

Trustees choose not to receive any emoluments or reimbursement of expenses during the year (2023: £nil).

The Trustees are the key management personnel of the Trust.



**BOOST CHARITABLE TRUST**

England & Wales - Charity number 1111961

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# Accounts

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Registered Charity Number: 1111961

**BOOST CHARITABLE TRUST**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

# BOOST CHARITABLE TRUST

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## **BOOST CHARITABLE TRUST**

### **Legal and Administrative Information**

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**Charity Name:**

Boost Charitable Trust

**Registered Charity Number:**

1111961

**Correspondence Address:**

5 St Bride Street  
London  
EC4A 4AS

**Trustees:**

Robert Houston MBE (chairman)  
Oliver Bartrum MBE  
Alurie Dutton  
Philippa Fine

**Treasurer:**

Apex Corporate and Business Services UK Ltd (Resigned 30 April 2023)  
Oakford Advisors Ltd (From 1 May 2023)

**Trust Manager:**

Sarah Johnson

**Independent Examiner:**

Oliver Vigars FCCA  
33 Margaret Street  
London  
W1G 0JD

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2023**

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The Trustees present their report and financial statements of Boost Charitable Trust (“the Trust”) for the year ended 30 September 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust Deed dated 30 September 2005 (“the Trust Deed”), the Charities Act 2011 and the 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) (Charities SORP FRS 102) published on 16 July 2014.

#### **Structure, governance and management**

The Trustees who held office during the financial period and up to the date of this report were:

Robert Houston MBE  
Oliver Bartrum MBE  
Alurie Dutton  
Philippa Fine

All the Trustees give their time freely and no trustee remuneration was paid during the year.

The Trust’s manager during the year and up to the date of this report is Sarah Johnson.

#### **Aim of the Trust**

The general aim of the charity is to award grants to inspiring sports programmes and initiatives which focus on improving the lives of the disadvantaged and disabled.

Boost Charitable Trust supports and complies with the Charity Governance Code for Small Charities.

#### **Sam Sananes Sporting Legacy**

The Sam Sananes Legacy was established in May 2017 and is funded through direct donations and fundraising events. It is incorporated into the overall governance and activities of Boost Charitable Trust. Grants awarded out of the Legacy funds are intended to have regard to Sam’s own sporting interests and, where appropriate, his hometown of Leicester.

Funds are raised mainly through donations, the annual St Bride’s v Boost Golf Day and sponsored endurance events. During the financial year, the Legacy funded two projects at a total value of £4,500.

## BOOST CHARITABLE TRUST

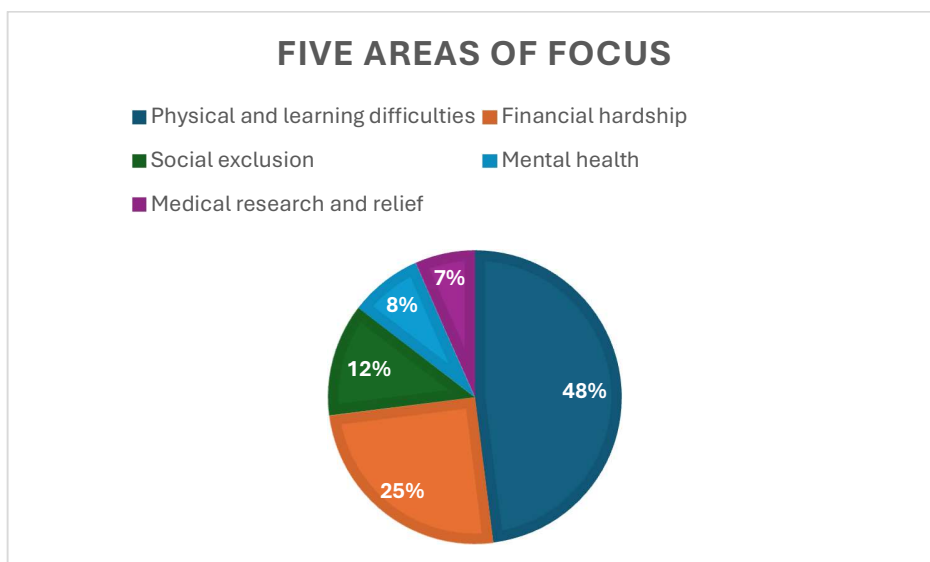
### Trustees' Annual Report for the Year Ended 30 September 2023

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#### Achievements and performance

The Trustees consider that 2022-23 was another successful year for Boost. In particular:

- The total number of awards granted was 47 (2022: 52).
- The total value of awards granted was £165,418 (2022: £186,075).
- The total income received was £230,871 (2022: £170,118).
- A list of the larger awards granted (over £750) is shown on page 13.
- The grants were distributed widely across a range of different sports, including two longstanding programmes in eSwatini.
- Boost continues to focus its attention towards sports projects that focus on five spheres of disadvantage:
  - Physical and Learning Disabilities
  - Mental Health
  - Social Exclusion
  - Financial Hardship
  - Medical Research and Relief



## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2023**

---

#### **Reserves Policy**

The policy of the Trustees is to maintain sufficient reserves in order to fulfil future expected funding requirements of projects that extend over several years as well as supporting a portfolio of new projects. In determining the appropriate level of reserves, the Trustees take into account the potential fluctuation of its income stream in future years.

The Trust's reserves have decreased by £15,913 from £1,354,088 at the beginning of the year to £1,338,176 at 30 September 2023. The Trustees are considering numerous new grants for the coming year and anticipate that while reserves may fluctuate from year to year, over time they will remain at a sufficient level to fund all projects.

## **BOOST CHARITABLE TRUST**

### **Trustees' responsibilities statement**

---

The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102).

The law applicable to charities in England and Wales 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 Trust at the year end and of its incoming resources and application of resources during that year. In preparing the financial statements, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable 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 the Trust will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Trust Deed. The Trustees are responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **BOOST CHARITABLE TRUST**

### **Independent Examiner's Report to The Trustees**

---

I report on the accounts of Boost Charitable Trust for the year ended 30 September 2023.

#### **Respective responsibilities of trustees and examiner**

The Trust's trustees are responsible for the preparation of the accounts. The Trust's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is their responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to their attention.

#### **Basis of Independent Examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Trust and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### **Independent Examiner's statement**

In connection with my examination, no matter has come to my attention

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act;
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Oliver Vigars

## BOOST CHARITABLE TRUST

### Statement of Financial Activities for the Year Ended 30 September 2023

	Note	Unrestricted funds £	Expendable Endowment £	2023 Total funds £	2022 Total funds £
<b>Income and endowments from</b>					
<i>Income</i>					
Donations	2	174,106	-	174,106	119,170
Investment income	3	56,765	-	56,765	50,948
Total income		<u>230,871</u>	<u>-</u>	<u>230,871</u>	<u>170,118</u>
<i>Expenditure on</i>					
<i>Charitable activities</i>					
Promotion of sporting activities amongst the disabled and disadvantaged	4,5	197,115	-	197,115	212,019
Total expenditure		<u>197,115</u>	<u>-</u>	<u>197,115</u>	<u>212,019</u>
<b>Net income/(loss before gains and losses on investments)</b>		33,756	-	33,756	(41,901)
Fair value (losses)/gains on investments	6	-	(49,668)	(49,668)	229
<b>Net movement in funds</b>		<u>33,756</u>	<u>(49,668)</u>	<u>(15,912)</u>	<u>(41,672)</u>
<b>Fund balances brought forward</b>		<u>121,911</u>	<u>1,232,177</u>	<u>1,354,088</u>	<u>1,395,760</u>
<b>Fund balances carried forward</b>		<u><u>155,667</u></u>	<u><u>1,182,509</u></u>	<u><u>1,338,176</u></u>	<u><u>1,354,088</u></u>

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 10 to 15 form part of these financial statements.

**BOOST CHARITABLE TRUST**  
**REGISTRATION NUMBER: 1111961**

**Statement of Financial Position**  
**As at 30 September 2023**

	<b>Note</b>	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
<b>Fixed assets</b>			
Investments	<b>6</b>	1,182,509	1,232,177
<b>Current assets:</b>			
Debtors	<b>7</b>	24,207	25,177
Cash at bank and in hand		146,210	125,769
Total current assets		170,417	150,946
<b>Liabilities:</b>			
Creditors due within one year	<b>8</b>	(14,750)	(29,035)
<b>Net current assets</b>		<b>155,667</b>	<b>121,911</b>
<b>Net assets</b>		<b>1,338,176</b>	<b>1,354,088</b>
<b>Representing:</b>			
<b>The funds of the charity:</b>			
Expendable endowment	<b>9</b>	1,182,509	1,232,177
Unrestricted income	<b>9</b>	155,667	121,911
<b>Total charity funds</b>	<b>9</b>	<b>1,338,176</b>	<b>1,354,088</b>

These financial statements were approved by the Trustees on

2024 and signed on their behalf by:

*Robert Houston*

**R I Houston**  
**Chair of Trustees**

The notes on pages 10 to 15 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Statement of Cash Flows For the year ended 30 September 2023

	2023 £	2022 £
<b><i>Cash flows from operating activities</i></b>		
Net movement in funds	(15,912)	(41,672)
<i>Adjustments for:</i>		
Interest receivable	(1,036)	(45)
Dividend income from investments	(55,729)	(50,903)
Loss/(gain) on investments at fair value	49,668	(229)
(Increase)/decrease in debtors	970	(6,973)
Increase/(decrease) in creditors	(13,285)	658
<b><i>Cash used in operating activities</i></b>	<u>(35,324)</u>	<u>(99,163)</u>
<b><i>Cash flows from investing activities</i></b>		
Interest	1,036	46
Dividend income from investments	55,729	50,903
Additional investment	-	(75,000)
<b><i>Cash generated from investing activities</i></b>	<u>56,765</u>	<u>(24,052)</u>
<b><i>Change in cash and cash equivalents in the year</i></b>	20,441	(123,215)
<b><i>Cash and cash equivalents at the beginning of the year</i></b>	125,769	248,984
<b><i>Cash and cash equivalents at the end of the year</i></b>	<u><u>146,210</u></u>	<u><u>125,769</u></u>
<b><i>Analysis of cash and cash equivalents</i></b>		
<i>Cash at bank</i>	<u>146,210</u>	<u>125,769</u>
<b><i>Total cash and cash equivalents</i></b>	<u><u>146,210</u></u>	<u><u>125,769</u></u>

The notes on pages 10 to 15 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

---

#### 1. Accounting policies

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

##### a. Basis of preparation and assessment of going concern.

The financial statements have been prepared on a going concern basis under the historical cost convention, with the exception of investments which are included at market value.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: (Accounting and Reporting by Charities) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Boost Charitable Trust (“the Trust”) meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Trust’s ability to continue as a going concern. With respect to the next reporting period, 2023-24, the most significant areas of uncertainty that affects the reserves of the Trust is the level of investment returns and the performance of investment markets.

##### b. Fund’s structure

The charity has a single expendable endowment created by a lump sum donation of £1million. This provides for the Trustees to invest the capital, the income from which is to be wholly unrestricted. The expendable endowment is to be used for the general purposes of the Trust, namely, to promote sporting activities for disabled and disadvantaged children and adults. The terms of the fund allow the capital to be spent if the Trustees so determine.

The charity has also received donations which are wholly unrestricted.

##### c. Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it can be certain that the resources will be received, and the monetary value of the incoming resources can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

##### d. Resources expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs to the category.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 1. Accounting policies (continued)

##### d. Resources expanded (continued)

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

##### e. Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### f. Allocation of overhead, support and governance costs

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Governance costs and support costs relating to charitable activities have been apportioned over the appropriate categories, as detailed in note 5, on the basis of the number of individual grant awards made in recognition that the administrative costs of assessing, awarding and monitoring each grant is broadly equivalent.

##### g. Charitable activities

Costs of charitable activities include grants made and an allocation of support costs which are shown in note 4.

##### h. Policy on recognition of valuation of donated services

The Trust relies on donated time from the Trustees' and for some administrative and treasury services. These donated services do not incur any financial or legal obligations to the Trust.

##### i. Financial instruments

The Trust 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 with the exception of investments.

##### j. Fixed asset investment

Investments are stated at fair value. Any gains or losses on the movement in fair value are taken to the statement of financial activities as they arise.

##### k. Gains and losses

All gains and losses are taken to the Statement of Financial Activities as they arise.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 2. Donations

Income from donations totalled £174,106 (2022: £119,170) which was unrestricted.

#### 3. Investment income

	2023 £	2022 £
Interest on cash deposits	1,036	45
Income from investments	55,729	50,903
	<u>56,765</u>	<u>50,948</u>

#### 4. Analysis of expenditure on charitable activities

The charity undertakes its charitable activities through grant making and awarded grants to a number of charities, trusts and other appropriate organisations in furtherance of its charitable activities.

Charitable activity	Support grants to institutions £	Allocation of governance costs £	Total expenditure 2023 £	Total expenditure 2022 £
Promotion of sporting activities amongst the disabled and disadvantaged	<u>163,060</u>	<u>34,055</u>	<u>197,115</u>	<u>212,019</u>

Fees payable to the independent examiner for his independent review were £nil (2022: £nil).

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 4. Analysis of expenditure on charitable activities (continued)

##### *Support grants by institution*

	2023	2022
	£	£
All out Africa/ Eswatini	12,000	11,500
Allsorts	11,000	11,000
Belvoir Cricket & Countryside Trust	-	6,455
Be Strong project	11,500	11,500
Better Things	4,000	3,000
Bonny Downs	4,438	3,996
Butler Golf Academy	7,000	7,000
Cleethorpes Community Sports & Education	5,928	6,600
CP Sport (Race Running)	(2,088)	-
CRE8 Football Academy	1,612	-
Disabled Sailors Association	1,000	5,050
Get Set 4 Tennis	7,500	3,000
Goalball	10,000	10,000
The Harbour Project	-	3,228
Level Water	-	5,000
Parkinsons	10,000	10,000
Power2Inspire	11,000	11,000
Advantage! Barrow Raiders Community Foundation	7,340	6,560
Rhondda Netball	-	5,000
RISE	-	1,970
Running Charity	-	12,000
Small Awards (25)	15,720	16,649
South West Powerchair Football	-	1,781
Sport In Mind	7,920	7,536
Sports Aid	5,000	5,000
Eswatini Swimming	6,500	6,000
Swindon Fencing	-	4,080
WFA Powerchair Football	-	10,000
Whitstable Lawn Tennis Club	1,200	1,200
Kendal Snowsports Club	2,000	-
South Shields Surf CIC	5,490	-
Tim Henman Foundation	9,000	-
EVA Women's Aid	8,000	-
	<u>163,060</u>	<u>186,075</u>

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 5. Governance costs

	2023 £	2022 £
Administrative staff	14,165	10,189
Accountancy fee	11,726	12,668
Designing & printing	487	1,027
Insurance indemnity	874	885
Advertising and sponsorship	350	480
Bank fees	342	236
Event costs	5,676	-
Other	435	459
	<u>34,055</u>	<u>25,944</u>

Governance costs have been apportioned to charitable activities on a pro rata basis in accordance with the number of grants awarded during the year to each of the charitable activities.

St Bride's Strategic Advisers and St Bride's Managers donated time for administration and treasury services as well as making donations. The Trustees are most grateful to St Bride's for their support.

#### 6. Investments at fair value

	2023 £	2022 £
At 1 October	1,232,177	1,156,948
Additional investments	-	75,000
Net fair value (losses)/gains on investments	(49,668)	229
At 30 September	<u>1,182,509</u>	<u>1,232,177</u>

Investments are financial assets held at fair value.

#### 7. Debtors

	2023 £	2022 £
Investment income	19,330	12,070
Gift aid on donations	4,877	13,107
Accrued donations	-	-
	<u>24,207</u>	<u>25,177</u>

All debtors are financial assets held at amortised cost.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

---

#### 8. Creditors due within one year

	2023 £	2022 £
Grant commitments	13,500	26,635
Accruals	1,250	2,400
	<u>14,750</u>	<u>29,035</u>

All creditors are financial liabilities held at amortised cost.

All grants are subject to quarterly review and reporting. The Trustees have approved a number of grants during the year to September 2023. These grants relate to where donations have been received by the Trust during the year, and the Trust intends to use these monies for a group of projects which have been supported by the donors. The Trustees have retained the discretion to reallocate these monies if performance criteria are not met. Grant commitments are recognised where performance criteria have been met.

#### 9. Analysis of charitable funds

	Investments £	Net current assets £	Total 2023 £	Total 2022 £
Expendable endowment fund	1,182,509	-	1,182,509	1,232,177
Unrestricted income fund	-	155,667	155,667	121,911
	<u>1,182,509</u>	<u>155,667</u>	<u>1,338,176</u>	<u>1,354,088</u>

#### 10. Related party transactions and Trustees' remuneration

Trustees choose not to receive any emoluments or reimbursement of expenses during the year (2022: £nil).

The Trustees are the key management personnel of the Trust.

**BOOST CHARITABLE TRUST**

England & Wales - Charity number 1111961

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# Accounts

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Registered Charity Number: 1111961

**BOOST CHARITABLE TRUST**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

## BOOST CHARITABLE TRUST

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## **BOOST CHARITABLE TRUST**

### **Legal and Administrative Information**

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**Charity Name:**

Boost Charitable Trust

**Registered Charity Number:**

1111961

**Correspondence Address:**

5 St Bride Street  
London  
EC4A 4AS

**Trustees:**

Robert Houston (chairman)  
Oliver Bartrum MBE  
Alurie Dutton  
Philippa Fine

**Treasurer:**

Apex Corporate and Business Services UK Ltd

**Administrator:**

Liz Turtle (resigned 20 May 2022)  
Sarah Johnson (appointed 20 May 2022)

**Independent Examiner:**

David Love FCA  
Saddlers House  
44 Gutter Lane  
London  
EC2V 6BR

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2022**

---

The Trustees present their report and financial statements of BOOST Charitable Trust ("the Trust") for the year ended 30 September 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust Deed dated 30 September 2005 ("the Trust Deed"), the Charities Act 2011 and the 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) (Charities SORP FRS 102) published on 16 July 2014.

#### **Structure, governance and management**

The Trustees who held office during the financial period and up to the date of this report were:

Robert Houston  
Oliver Bartrum MBE  
Alurie Dutton  
Philippa Fine

All the Trustees give their time freely and no trustee remuneration was paid during the year.

Liz Turtle, the Trust's administrator, left in May 2022 after more than five successful years. The Trust's new administrator is Sarah Johnson.

#### **Aim of the Trust**

The general aim of the charity is to award grants to inspiring sports programmes and initiatives which focus on improving the lives of the disadvantaged and disabled.

Boost Charitable Trust supports and complies with the Charity Governance Code for Small Charities.

#### **Sam Sananes Sporting Legacy**

The Sam Sananes Legacy was established in May 2017 and is funded through direct donations and fundraising events. It is incorporated into the overall governance and activities of Boost Charitable Trust. Grants awarded out of the Legacy funds are intended to have regard to Sam's own sporting interests and, where appropriate, his hometown of Leicester.

Funds are raised mainly through donations, the annual St Bride's v Boost Golf Day and sponsored endurance events. During the financial year, the Legacy funded six projects at a total value of £23,700.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2022

---

#### Achievements and performance

The Trustees consider that 2021-22 was another successful year for Boost. In particular:

- The total number of awards granted was 52 (2021: 57).
- The total value of awards granted was £186,075 (2021: £194,114).
- The total income received was £170,118 (2021: £233,172).
- A list of the larger awards granted (over £750) is shown on page 13.
- The grants were distributed widely across a range of different sports, including two longstanding programmes in eSwatini.
- Boost tilts its attention towards sports projects that focus on five spheres of disadvantage:
  - Physical and Learning Disabilities
  - Mental Health
  - Social Exclusion
  - Financial Hardship
  - Medical Research and Relief

#### 5 AREAS OF FOCUS OVER THE PAST 12 MONTHS



**Reserves Policy**

The policy of the Trustees is to maintain sufficient reserves in order to fulfil future expected funding requirements of projects that extend over several years as well as supporting a portfolio of new projects. In determining the appropriate level of reserves, the Trustees take into account the potential fluctuation of its income stream in future years.

As at 30 September 2022, the Trust has reserves of £1,354,088 (2021: £1,395,760), a decrease of £41,672 from the previous year. The Trustees are considering numerous new grants for the coming year and anticipate that while reserves may fluctuate from year to year, over time they will remain at a sufficient level to fund all projects.

## BOOST CHARITABLE TRUST

### Trustees' responsibilities statement

---

The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102).

The law applicable to charities in England and Wales 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 Trust at the year end and of its incoming resources and application of resources during that year. In preparing the financial statements, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable 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 the Trust will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Trust Deed. The Trustees are responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **BOOST CHARITABLE TRUST**

### **Independent Examiner's Report to The Trustees**

---

I report on the accounts of Boost Charitable Trust for the year ended 30 September 2022.

#### **Respective responsibilities of trustees and examiner**

The Trust's trustees are responsible for the preparation of the accounts. The Trust's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is their responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to their attention.

#### **Basis of Independent Examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Trust and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### **Independent Examiner's statement**

In connection with my examination, no matter has come to my attention

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act;
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Love FCA

## BOOST CHARITABLE TRUST

### Statement of Financial Activities for the Year Ended 30 September 2022

	Note	Unrestricted funds £	Expendable Endowment £	2022 Total funds £	2021 Total funds £
<i>Income and endowments from</i>					
<i>Income</i>					
Donations	2	119,170	-	119,170	190,099
Investment income	3	50,948	-	50,948	43,073
Total income		170,118	-	170,118	233,172
<i>Expenditure on</i>					
<i>Charitable activities</i>					
Promotion of sporting activities amongst the disabled and disadvantaged	4,5	212,019	-	212,019	219,207
Total expenditure		212,019	-	212,019	219,207
Net (Loss)/income before gains and losses on investments		(41,901)	-	(41,901)	13,965
Net gains/(losses) on investments	6	-	229	229	162,606
Net movement in funds		(41,901)	229	(41,672)	176,571
Fund balances brought forward		163,812	1,231,948	1,395,760	1,219,189
Fund balances carried forward		121,911	1,232,177	1,354,088	1,395,760

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 10 to 15 form part of these financial statements.

**BOOST CHARITABLE TRUST**  
**REGISTRATION NUMBER: 1111961**

**Statement of Financial Position**  
**As at 30 September 2022**

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Investments	6	1,232,177	1,156,948
<b>Current assets:</b>			
Debtors	7	25,177	18,204
Cash at bank and in hand		125,769	248,984
<b>Total current assets</b>		<b>150,946</b>	<b>267,188</b>
<b>Liabilities:</b>			
Creditors due within one year	8	(29,035)	(28,376)
<b>Net current assets</b>		<b>121,911</b>	<b>238,812</b>
<b>Net assets</b>		<b>1,354,088</b>	<b>1,395,760</b>
<b>Representing:</b>			
<b>The funds of the charity:</b>			
Expendable Endowment	9	1,232,177	1,231,948
Unrestricted Income	9	121,911	163,812
<b>Total charity funds</b>	9	<b>1,354,088</b>	<b>1,395,760</b>

These financial statements were approved by the Trustees on 17 April 2023 and signed on their behalf by:

**R I Houston**  
**Chair of Trustees**

The notes on pages 10 to 15 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Statement of Cash Flows For the year ended 30 September 2022

	2022	2021
	£	£
<i>Cash flows from operating activities</i>		
Net movement in funds	(41,672)	176,571
<i>Adjustments for:</i>		
Interest receivable	(45)	(25)
Dividend income from investments	(50,903)	(43,048)
Gains on investments	(229)	(162,606)
(Increase)/decrease in debtors	(6,973)	6,453
Increase/(decrease) in creditors	658	(1,655)
<i>Cash used in operating activities</i>	<u>(99,163)</u>	<u>(24,310)</u>
<i>Cash flows from investing activities</i>		
Interest	46	25
Dividend income from investments	50,903	43,048
Additional investment	<u>(75,000)</u>	<u>-</u>
<i>Cash generated from investing activities</i>	<u>(24,052)</u>	<u>43,073</u>
<i>Change in cash and cash equivalents in the year</i>	(123,215)	18,763
<i>Cash and cash equivalents at the beginning of the year</i>	248,984	230,221
<i>Cash and cash equivalents at the end of the year</i>	<u>125,769</u>	<u>248,984</u>
<i>Analysis of cash and cash equivalents</i>		
<i>Cash at bank</i>	<u>125,769</u>	<u>248,984</u>
<i>Total cash and cash equivalents</i>	<u>125,769</u>	<u>248,984</u>

The notes on pages 10 to 15 form part of these financial statements.

## **BOOST CHARITABLE TRUST**

### **Notes to the Financial Statements**

---

#### **1. Accounting policies**

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

##### **a. Basis of preparation and assessment of going concern.**

The financial statements have been prepared on a going concern basis under the historical cost convention, with the exception of investments which are included at market value.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: (Accounting and Reporting by Charities) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Boost Charitable Trust (“the Trust”) meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Trust’s ability to continue as a going concern. With respect to the next reporting period, 2021-22, the most significant areas of uncertainty that affects the reserves of the Trust is the level of investment returns and the performance of investment markets.

##### **b. Fund’s structure**

The charity has a single expendable endowment created by a lump sum donation of £1million. This provides for the Trustees to invest the capital, the income from which is to be wholly unrestricted. The expendable endowment is to be used for the general purposes of the Trust, namely, to promote sporting activities for disabled and disadvantaged children and adults. The terms of the fund allow the capital to be spent if the Trustees so determine.

The charity has also received donations which are wholly unrestricted.

##### **c. Incoming resources**

All incoming resources are recognised once the charity has entitlement to the resources, it can be certain that the resources will be received, and the monetary value of the incoming resources can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

##### **d. Resources expended**

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs to the category.

## **BOOST CHARITABLE TRUST**

### **Notes to the Financial Statements**

---

**d. Resources expended (continued)**

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

**e. Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**f. Allocation of overhead, support and governance costs**

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Governance costs and support costs relating to charitable activities have been apportioned over the appropriate categories, as detailed in note 5, on the basis of the number of individual grant awards made in recognition that the administrative costs of assessing, awarding and monitoring each grant is broadly equivalent.

**g. Charitable activities**

Costs of charitable activities include grants made and an allocation of support costs which are shown in note 4.

**h. Policy on recognition of valuation of donated services**

The Trust relies on donated time from the Trustees' and for some administrative and treasury services. These donated services do not incur any financial or legal obligations to the Trust.

**i. Financial instruments**

The Trust 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 with the exception of investments.

**j. Fixed asset investment**

Investments are stated at fair value. Any gains or losses on the movement in fair value are taken to the statement of financial activities as they arise.

**k. Gains and losses**

All gains and losses are taken to the Statement of Financial Activities as they arise.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 2. Donations

Income from donations totalled £119,170 (2021: £190,099) which was unrestricted.

#### 3. Investment income

	2022 £	2021 £
Interest on cash deposits	45	25
Income from investments	50,903	43,048
	<u>50,948</u>	<u>43,073</u>

#### 4. Analysis of expenditure on charitable activities

The charity undertakes its charitable activities through grant making and awarded grants to a number of charities, trusts and other appropriate organisations in furtherance of its charitable activities.

Charitable activity	Support grants to institutions £	Allocation of governance costs £	Total expenditure 2022 £	Total expenditure 2021 £
Promotion of sporting activities amongst the disabled and disadvantaged	186,075	25,944	212,019	219,207
	<u>186,075</u>	<u>25,944</u>	<u>212,019</u>	<u>219,207</u>

Fees payable to the independent examiner for his independent review were £nil (2021: £nil).

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

#### 4. Analysis of expenditure on charitable activities (continued)

##### *Support grants by institution*

	2022	2021
	£	£
All out Africa/Swaziland	11,500	11,500
All Strong Scotland	-	1,500
Allsorts	11,000	11,000
Belvoir Cricket & Countryside Trust	6,455	7,500
Be Strong project	11,500	7,810
Better things	3,000	1,888
Boccia England	-	8,280
Bonny Downs	3,966	3,995
Butler Golf Academy	7,000	6,000
Cleethorpes Community Sport Engagement	6,600	6,194
Clik	-	3,420
CP Sport (Frame Running)	-	8,411
CRE8 Football Academy	-	5,380
Disabled Sailors Association	5,050	3,300
GB Wheelchair Rugby	-	3,000
Get Set 4 Tennis	3,000	2,804
Goalball	10,000	-
Harbour Projects	3,228	-
Leukaemia Foundation	-	5,000
Level Water	5,000	-
Lymington Sailability	-	12,597
Orenda Circle (Power Project)	-	1,235
Parkinsons	10,000	5,000
Power2Inspire	11,000	11,000
Raider Braves	6,560	1,160
Rhondda Netball	5,000	4,940
RISE	1,970	-
Running Charity	12,000	12,000
Small Awards (26)	16,649	15,804
South West Powerchair Football	1,781	-
Sport In Mind	7,536	6,980
Sports Aid (5)	5,000	3,000
Swaziland Swimming	6,000	5,600
Swindon Fencing	4,080	4,080
WFA Powerchair Football	10,000	13,736
Whitstable Lawn Tennis Club	1,200	-
	<u>186,075</u>	<u>194,114</u>

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 5. Governance costs

	2022	2021
	£	£
Administrative staff	10,189	9,752
Accountancy fee	12,668	12,588
Designing & printing	1,027	-
Insurance indemnity	885	997
Advertising and sponsorship	480	834
Bank fees	236	280
Other	459	642
	<u>25,944</u>	<u>25,093</u>

Governance costs have been apportioned to charitable activities on a pro rata basis in accordance with the number of grants awarded during the year to each of the charitable activities.

St Bride's Strategic Advisers and St Bride's Managers donated time for administration and treasury services as well as making donations. The Trustees are most grateful to St Bride's for their support.

#### 6. Investments

	2022	2021
	£	£
Value brought forward	1,156,948	994,342
Additional investments	75,000	-
Net gains on investments	229	162,606
Value carried forward	<u>1,232,177</u>	<u>1,156,948</u>

Investments are financial assets held at fair value.

#### 7. Debtors

	2022	2021
	£	£
Investment income	12,070	9,398
Gift aid on donations	13,107	8,306
Accrued donations	-	500
	<u>25,177</u>	<u>18,204</u>

All debtors are financial assets held at amortised cost.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 8. Creditors due within one year

	2022 £	2021 £
Grant commitments	26,635	25,976
Accruals	2,400	2,400
	<u>29,035</u>	<u>28,376</u>

All creditors are financial liabilities held at amortised cost.

All grants are subject to quarterly review and reporting. The Trustees have approved a number of grants during the year to September 2022. These grants relate to where donations have been received by the Trust during the year, and the Trust intends to use these monies for a group of projects which have been supported by the donors. The Trustees have retained the discretion to reallocate these monies if performance criteria are not met. Grant commitments are recognised where performance criteria have been met.

#### 9. Analysis of charitable funds

	Investments £	Net current assets £	Total 2022 £	Total 2021 £
Expendable Endowment fund	1,232,177	-	1,232,177	1,231,948
Unrestricted Income fund	-	121,911	121,911	163,812
	<u>1,232,177</u>	<u>118,751</u>	<u>1,354,088</u>	<u>1,395,760</u>

#### 10. Related party transactions and Trustees' remuneration

Trustees choose not to receive any emoluments or reimbursement of expenses during the year (2021: £nil).

The Trustees are the key management personnel of the Trust.



**BOOST CHARITABLE TRUST**

England & Wales - Charity number 1111961

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# Accounts

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**Registered Charity Number: 1111961**

**BOOST CHARITABLE TRUST**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2021**

## **BOOST CHARITABLE TRUST**

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## **BOOST CHARITABLE TRUST**

### **Legal and Administrative Information**

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**Charity Name:**

Boost Charitable Trust

**Registered Charity Number:**

1111961

**Correspondence Address:**

5 St Bride Street  
London  
EC4A 4AS

**Trustees:**

Robert Houston (chairman)  
Oliver Bartrum  
Alurie Dutton  
Philippa Fine (appointed on 10 March 2021)

**Treasurer:**

Throgmorton UK Ltd

**Administrator:**

Liz Turtle

**Independent Examiner:**

David Love FCA  
Saddlers House  
44 Gutter Lane  
London  
EC2V 6BR

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2021**

---

The Trustees present their report and financial statements of BOOST Charitable Trust ("the Trust") for the year ended 30 September 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust Deed dated 30 September 2005 ("the Trust Deed"), the Charities Act 2011 and the 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) (Charities SORP FRS 102) published on 16 July 2014.

#### **Structure, governance and management**

The Trustees who held office during the financial period and up to the date of this report were:

Robert Houston  
Oliver Bartrum  
Alurie Dutton  
Philippa Fine (appointed on 10 March 2021)

All the Trustees give their time freely and no trustee remuneration was paid during the year.

#### **Aim of the Trust**

The general aim of the charity is to champion the disadvantaged and disabled and to inspire them to overcome their challenges through the power of sport.

Boost Charitable Trust supports and complies with the Charity Governance Code for Small Charities.

#### **Sam Sananes Sporting Legacy**

The Sam Sananes Legacy was established in May 2017 following Sam's untimely death at the age of 39 years. The Legacy is funded through direct donations and fundraising events and is incorporated into the overall governance and activities of Boost Charitable Trust. Grants awarded out of the Legacy funds are intended to have regard to Sam's own sporting interests and, where appropriate, his hometown of Leicester and his support for the disadvantaged and disabled. Sam was a keen supporter of and friend of those involved with Boost.

£220,807 has been raised to date mainly through donations, the annual St Bride's v Boost golf day and sponsored endurance events. The Legacy has supported twelve heart-warming and successful projects.

## BOOST CHARITABLE TRUST

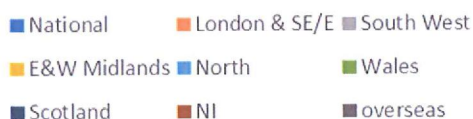
### Trustees' Annual Report for the Year Ended 30 September 2021

#### Achievements and performance

Notwithstanding the difficulties brought on by the pandemic, in many ways 2020-21 proved to be a highly successful year for Boost:

- The total number of awards granted to sports programmes was 57 (2020: 36).
- The total value of awards granted was £194,114 (2020: £105,064).
- The total value of donations received was £190,099 (2020: £105,284).
- The total number of sports covered by the grants was 27 - aerobics & dance, archery, athletics, blind golf, boccia, boxing, countryside pursuits, cricket, cycling, fencing, fitness, football, frame-running, hockey, horse-riding, multi-sports, netball, paddleboarding, playground games, powerchair football, rounders, rugby, running, skiing, swimming, tennis and wheelchair rugby.
- Boost supported 2 paralympic athletes who qualified to reach Tokyo in wheelchair rugby – gold medal and via SportsAid in 1,500m T46 classification - finalist.
- The grants were distributed widely as highlighted in the three pie charts below, in terms of the types of disadvantage addressed, the monetary sizes of the grants, and the geographic coverage:

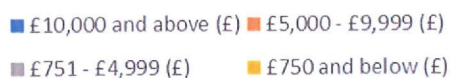
#### BY REGION



#### BY DISADVANTAGE



#### BY SIZE OF GRANT

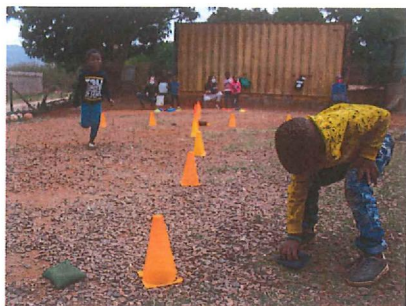


## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2021

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Below is a review of Boost's awards this year. All of these programmes are amazing and inspiring, and Boost is proud to support them.



➤ **All Out Africa, £11,500**

Based in eSwatini, All Out Africa provides much needed sporting opportunities in this hard-pressed region. This football, basketball swimming and playground games programme is directed at orphans and vulnerable children.

➤ **All Strong Scotland, £1,500**

A wellbeing gym with a specific focus on improved and better self-managed mental health, based in Perth city centre. During lockdown they launched an app - ALL STRONG Mind & Body - which is free to all residents in Perth & Kinross and available internationally for a subscription of £2.99/month.



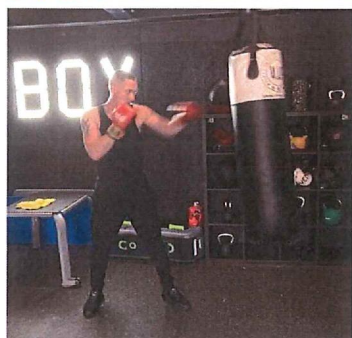
➤ **Allsorts, £11,000**

Allsorts works with families across Gloucestershire and surrounding counties, providing support for the whole family, as well as running youth clubs, sports sessions, a specialist toy library and family day trips. Boost supports them with their sports activities and games for primary school age children with physical disabilities and/or learning difficulties.



➤ **Belvoir Cricket & Countryside Trust, £7,500**

Belvoir Cricket & Countryside Trust provides cricket in a country setting for children with disabilities or who are from a disadvantaged background. Boost funds their programme for special needs schools in Nottinghamshire and Lincolnshire which includes table cricket and Kwik cricket as well as other countryside pursuits.



➤ **Be Strong, £7,810**

Be Strong Foundation supports and mentors ex-offenders to give them the opportunity to take control of their lifestyle and to improve their lives. The Boost grant is used for the ex-offenders' gym sessions that help rebuild individual self-esteem.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2021

---



➤ **Better Things, £1,888**

Better Things is an independent charity who have been working with people with learning difficulties and autism and their families in Manchester for over 40 years. This grant is to help fund their weekly multi-sport sessions including zumba.



➤ **Boccia England, £8,280**

Boost continues its support for Boccia England and made a grant to fund their virtual boccia league during the COVID-19 pandemic.



➤ **Bonny Downs, £3,995**

Boost funds their free sports programme for physically inactive or disadvantaged residents in Newham. They strive to make a difference to quality of life of local people by promoting community cohesion, encouraging healthier lifestyles and tackling isolation and reasons for poverty.



➤ **Butler Golf Academy, £6,000**

Boost is a supporter of Mark Butler's golf programme for disabled and disadvantaged people. The academy is based in the West Midlands.

## BOOST CHARITABLE TRUST

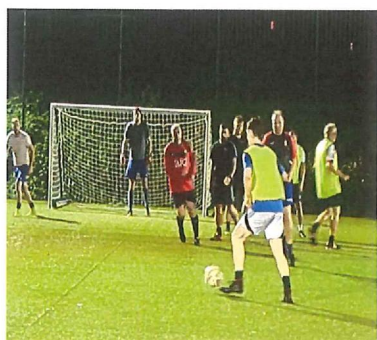
### Trustees' Annual Report for the Year Ended 30 September 2021

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➤ **Cleethorpes Community Sports Engagement, £6,194**

Boost provide funding for their weekend Sports Coordinator to deliver their sports programme which is open to all and encourages everyone in the local community to take part.



➤ **Clik, £3,420**

Boost support their 'Young Dads in Sport' healthy living programme for disadvantaged fathers, some of whom are suffering from mental issues, social exclusion, homelessness, and employment issues and are struggling to cope with family life.



➤ **CP Sport (Frame Running), £8,411**

Boost has made a final grant to CP Sport to support the delivery of their national Race Running programme. This enables children and young people with Cerebral Palsy to experience the freedom and exhilaration of running. This is the final year of the three-year grant.



➤ **Cre8 Football Academy, £5,380**

Boost have provided funding to increase sports participation and coaching/volunteering opportunities in the Croydon area by delivering a coaching and mentoring community project and a Grass to Grades programme.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2021

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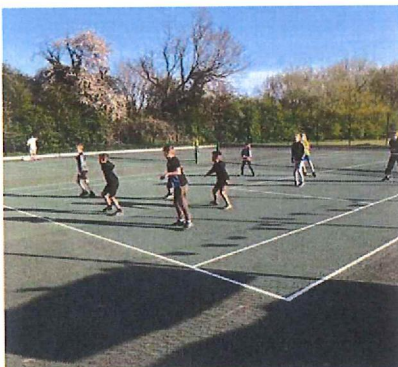
#### ➤ Disabled Sailors Association, £3,300

Boost are funding years 1 and 2 of their Apprentice Scheme. This is a total of £3,300 in year 1 and £5,050 in year 2.



#### ➤ eSwatini Swimming, £5,600

A donation was made to eSwatini Swimming to provide a swimming coach in 3 locations across eSwatini. Swimming is an essential life skill as well as a much-enjoyed sport.



#### ➤ Get Set 4 Tennis, £2,804

GS4T provides children's disability tennis coaching. Since starting their SEND (Special Educational Needs & Disabilities) programme in August 2018, they have introduced nearly 1300 local children with SEND to tennis & won Middlesex Tennis' Disability Programme of the Year Award. A grant was made to help them reach more children in more schools.



#### ➤ Great Britain Wheelchair Rugby, £3,000

An award was made to Great Britain Wheelchair Rugby, specifically to one of the players. This young man contracted Meningococcal Septicaemia when he was 19. He suffered amputations of parts of his fingers and toes, but the main consequence is a complex neurological condition. He was part of the GB Wheelchair Rugby squad who won a gold medal at Tokyo Olympics.

*(photo courtesy of Megumi Masuda/World Wheelchair Rugby)*

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2021

---

➤ **Lymington Sailability, £12,597**

Boost have funded the restoration of the adapted boat 'Me Too'. The works are currently underway.

➤ **Orenda Circle, £1,235**

Boost funded the Power Project which was delivered in collaboration with Nottingham Women's Centre who offer a range of services to women with mental health needs, women offenders, women who are: seeking asylum, facing extreme poverty, escaping abuse, as well as women who simply want to make a change in their lives.

➤ **Parkinsons UK, £5,000**

Boost have contributed to a grant which enables Parkinson's UK to issue smaller awards to sports projects around the UK for Parkinsons sufferers.



➤ **Power2Inspire, £11,000**

We have agreed a grant of £11,000 per year for 3 years beginning in April 21. This funding is to increase Deputy CEO commitment from 2 days to 3 per week to allow them to reach more people and make a greater impact with their work



➤ **Raider Braves, £1,160**

Advantage! is an organisation set up under the auspices of Barrow Raiders Community Foundation, supported by Barrow Raiders Rugby League FC, to promote rugby league, sport and health and well-being in Barrow-in-Furness, a town in the bottom 10% for deprivation in England and Scotland. Boost have provided £1,160 to start up the Raider Braves, which is being set up to encourage boys who suffer autism or lack confidence to engage in normal rugby community club activity.



➤ **Rhondda Netball, £4,940**

Boost continues to support Rhondda Netball to fund their coaching programme for girls in one of Wales's most economically and socially deprived areas. They now have 746 active members – both seniors and juniors. Unfortunately, they have not been able to deliver sessions since March 2020.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2021

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#### ➤ **The Running Charity, £12,000**

A further grant was made to The Running Charity, an organisation which works to improve the lives of young people aged 16-24 who are homeless or at risk of homelessness. This is done through a programme of structured health and fitness activities.

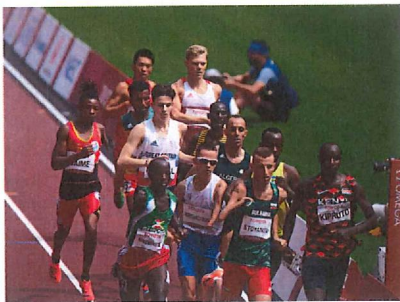
#### ➤ **Small Awards, £15,804**

The Trust granted 26 small awards (below £750) totalling £15,804 to a wide range of other sporting initiatives.



#### ➤ **Sport in Mind – Tai Chi & Badminton £6,980**

Boost has continued to support Sport in Mind to fund badminton and Tai Chi sessions for people experiencing mental health problems in West Berkshire. Their outstanding success has recently been rewarded by the receipt of a Queen's Award for Voluntary Service.



#### ➤ **Sports Aid, £3,000**

A grant was made to Sports Aid to help fund three young disabled sportspersons, a young disabled athlete, a young disabled cyclist and a frame-runner. The photo is of our athlete competing in the final of the 1500m at Tokyo Olympics.

#### ➤ **Swindon Fencing, £4,080**

Boost are funding a 4 week Healthier Lives Sword Fencing courses, 17 schools each receiving 8 hours of fencing coaching.



#### ➤ **WFA – Powerchair football, £13,736**

Boost is jointly funding a Sports Development Officer for Powerchair Football. This will help to raise awareness of the sport within the Muscular Dystrophy community and increase the number of clubs in the UK and therefore participation.

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2021**

---

#### **Reserves Policy**

The policy of the Trustees is to maintain sufficient reserves in order to fulfil future expected funding requirements of projects that extend over several years as well as supporting a portfolio of new projects. In determining the appropriate level of reserves, the Trustees take into account the potential fluctuation of its income stream in future years.

As at 30 September 2021, the Trust has reserves of £1,395,760 (2020: £1,219,189), an increase of £176,571 from the previous year. The Trustees are considering numerous new grants for the coming year and anticipate that while reserves may fluctuate from year to year, over time they will remain at a sufficient level to fund all projects.

## **BOOST CHARITABLE TRUST**

### **Trustees' responsibilities statement**

---

The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102).

The law applicable to charities in England and Wales 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 Trust at the year end and of its incoming resources and application of resources during that year. In preparing the financial statements, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable 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 the Trust will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Trust Deed. The Trustees are responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **BOOST CHARITABLE TRUST**

### **Independent Examiner's Report to The Trustees**

---

I report on the accounts of Boost Charitable Trust for the year ended 30 September 2021.

#### **Respective responsibilities of trustees and examiner**

The Trust's trustees are responsible for the preparation of the accounts. The Trust's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is their responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to their attention.

#### **Basis of Independent Examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Trust and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### **Independent Examiner's statement**

In connection with my examination, no matter has come to my attention

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act;
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Love FCA

## BOOST CHARITABLE TRUST

### Statement of Financial Activities for the Year Ended 30 September 2021

	Note	Unrestricted funds £	Expendable Endowment £	2021 Total funds £	2020 Total funds £
<b>Income and endowments from</b>					
<i>Income</i>					
Donations	2	190,099	-	190,099	105,284
Investment income	3	43,073	-	43,073	49,156
Total income		233,172	-	233,172	154,440
<i>Expenditure on</i>					
<i>Charitable activities</i>					
Promotion of sporting activities amongst the disabled and disadvantaged	4,5	219,207	-	219,207	128,510
Total expenditure		219,207	-	219,207	128,510
<b>Net income before gains and losses on investments</b>		13,965	-	13,965	25,930
Net gains/(losses) on investments	6	-	162,606	162,606	(160,334)
<b>Net movement in funds</b>		13,965	162,606	176,571	(134,404)
<b>Fund balances brought forward</b>		<b>149,846</b>	<b>1,069,343</b>	<b>1,219,189</b>	<b>1,353,593</b>
<b>Fund balances carried forward</b>		<b>163,811</b>	<b>1,231,949</b>	<b>1,395,760</b>	<b>1,219,189</b>

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

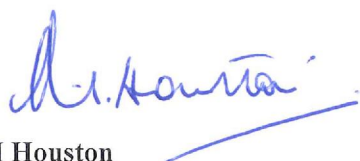
The notes on pages 16 to 21 form part of these financial statements.

**BOOST CHARITABLE TRUST**  
**REGISTRATION NUMBER: 1111961**

**Statement of Financial Position**  
**As at 30 September 2021**

	Note	2021 £	2020 £
<b>Fixed assets</b>			
Investments	6	1,156,948	994,342
<b>Current assets:</b>			
Debtors	7	18,204	24,657
Cash at bank and in hand		248,984	230,221
Total current assets		267,188	254,878
<b>Liabilities:</b>			
Creditors due within one year	8	(28,376)	(30,031)
<b>Net current assets</b>		<b>238,812</b>	<b>224,847</b>
<b>Net assets</b>		<b>1,395,760</b>	<b>1,219,189</b>
<b>Representing:</b>			
<b>The funds of the charity:</b>			
Expendable Endowment	9	1,231,948	1,069,343
Unrestricted Income	9	163,812	149,846
<b>Total charity funds</b>	9	<b>1,395,760</b>	<b>1,219,189</b>

These financial statements were approved by the Trustees on 24 February 2022 and signed on their behalf by:



**R I Houston**  
**Chair of Trustees**

The notes on pages 16 to 21 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Statement of Cash Flows For the year ended 30 September 2021

	2021 £	2020 £
<i>Cash flows from operating activities</i>		
Net movement in funds	176,571	(134,404)
<i>Adjustments for:</i>		
Interest receivable	(25)	(436)
Dividend income from investments	(43,048)	(48,720)
(Gains)/Losses on investments	(162,606)	160,334
Decrease/(increase) in debtors	6,453	(12,783)
Decrease in creditors	(1,655)	(11,738)
<i>Cash used in operating activities</i>	<u>(24,310)</u>	<u>(47,747)</u>
<i>Cash flows from investing activities</i>		
Interest	25	436
Dividend income from investments	43,048	48,465
<i>Cash generated from investing activities</i>	<u>43,073</u>	<u>48,901</u>
<i>Change in cash and cash equivalents in the year:</i>	18,763	1,154
<i>Cash and cash equivalents at the beginning of the year</i>	230,221	229,067
<i>Cash and cash equivalents at the end of the year</i>	<u>248,984</u>	<u>230,221</u>
<i>Analysis of cash and cash equivalents</i>		
Cash at bank	248,984	230,221
<i>Total cash and cash equivalents</i>	<u>248,984</u>	<u>230,221</u>

The notes on pages 16 to 21 form part of these financial statements.

## **BOOST CHARITABLE TRUST**

### **Notes to the Financial Statements**

---

#### **1. Accounting policies**

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

##### **a. Basis of preparation and assessment of going concern.**

The financial statements have been prepared on a going concern basis under the historical cost convention, with the exception of investments which are included at market value.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: (Accounting and Reporting by Charities) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Boost Charitable Trust (“the Trust”) meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Trust’s ability to continue as a going concern. With respect to the next reporting period, 2021-22, the most significant areas of uncertainty that affects the reserves of the Trust is the level of investment returns and the performance of investment markets.

##### **b. Funds structure**

The charity has a single expendable endowment created by a lump sum donation of £1million. This provides for the Trustees to invest the capital, the income from which is to be wholly unrestricted. The expendable endowment is to be used for the general purposes of the Trust, namely to promote sporting activities for disabled and disadvantaged children and adults. The terms of the fund allow the capital to be spent if the Trustees so determine.

The charity has also received donations which are wholly unrestricted.

##### **c. Incoming resources**

All incoming resources are recognised once the charity has entitlement to the resources, it can be certain that the resources will be received and the monetary value of the incoming resources can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

##### **d. Resources expended**

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs to the category.

## **BOOST CHARITABLE TRUST**

### **Notes to the Financial Statements**

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**d. Resources expanded (continued)**

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

**e. Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**f. Allocation of overhead, support and governance costs**

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Governance costs and support costs relating to charitable activities have been apportioned over the appropriate categories, as detailed in note 5, on the basis of the number of individual grant awards made in recognition that the administrative costs of assessing, awarding and monitoring each grant is broadly equivalent.

**g. Charitable activities**

Costs of charitable activities include grants made and an allocation of support costs which are shown in note 4.

**h. Policy on recognition of valuation of donated services**

The Trust relies on donated time from the Trustees' and for some administrative and treasury services. These donated services do not incur any financial or legal obligations to the Trust.

**i. Financial instruments**

The Trust 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 with the exception of investments.

**j. Fixed asset investment**

Investments are stated at Net Asset Value. Any gains or losses on the movement in Net Asset Value are taken to the statement of financial activities as they arise.

**k. Gains and losses**

All gains and losses are taken to the Statement of Financial Activities as they arise.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 2. Donations

Income from donations totalled £190,099 (2020: £105,284) which was unrestricted.

#### 3. Investment income

	2021 £	2020 £
Interest on cash deposits	25	436
Income from investments	43,048	48,720
	<u>43,073</u>	<u>49,156</u>

#### 4. Analysis of expenditure on charitable activities

The charity undertakes its charitable activities through grant making and awarded grants to a number of charities, trusts and other appropriate organisations in furtherance of its charitable activities.

Charitable activity	Support grants to institutions £	Allocation of governance costs £	Total expenditure 2021 £	Total expenditure 2020 £
Promotion of sporting activities amongst the disabled and disadvantaged	194,114	25,093	219,207	128,510
	<u>194,114</u>	<u>25,093</u>	<u>219,207</u>	<u>128,510</u>

Fees payable to the independent examiner for his independent review were £nil (2020: £nil).

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

#### 4. Analysis of expenditure on charitable activities (continued)

##### *Support grants by institution*

	2021	2020
	£	£
All out Africa/Swaziland	11,500	14,000
All Strong Scotland	1,500	-
Allsorts	11,000	4,360
Belvoir Cricket & Countryside Trust	7,500	7,666
Be Strong project	7,810	10,140
Better things	1,888	-
Boccia England	8,280	(1,875)
Bonny Downs	3,995	-
Butler Golf Academy	6,000	3,390
Cleethorpes Community Sport Engagement	6,194	-
Clik	3,420	-
CP Sport (Frame Running)	8,411	15,000
CRE8 Football Academy	5,380	-
Doncaster Foster Carers' Association	-	1,000
Disabled Sailors Association	3,300	-
GB Wheelchair Rugby	3,000	-
Get Set 4 Tennis	2,804	1,900
Leukaemia Foundation	5,000	-
Level Water	-	4,000
Loughborough – Volunteer Zambia	-	(3,500)
Lymington Sailability	12,597	-
MD UK Powerchair Football	-	9,536
Orenda Circle (Power Project)	1,235	-
Parkinsons	5,000	-
Pink Lizard	-	3,000
Power2Inspire	11,000	-
Raider Braves	1,160	-
Rhondda Netball	4,940	-
Running Charity	12,000	9,000
Running Charity Northern Project	-	13,000
Small Awards (26)	15,804	12,447
Sport In Mind	6,980	-
Sports Aid (3)	3,000	2,000
Swaziland Swimming	5,600	-
Swindon Fencing	4,080	-
WFA Powerchair Football	13,736	-
	<b>194,114</b>	<b>105,064</b>

A description of the projects funded by the grants is given in the Trustees' Annual Report.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 5. Governance costs

	2021	2020
	£	£
Administrative staff	9,752	9,620
Accountancy fee	12,588	11,568
Insurance indemnity	997	786
Advertising and sponsorship	834	340
Bank fees	280	225
Other	642	907
	<u>25,093</u>	<u>23,446</u>

Governance costs have been apportioned to charitable activities on a pro rata basis in accordance with the number of grants awarded during the year to each of the charitable activities.

St Bride's Strategic Advisers and St Bride's Managers donated time for administration and treasury services as well as making donations. The Trustees are most grateful to St Bride's for their support.

#### 6. Investments

	2021	2020
	£	£
Value brought forward	994,342	1,154,676
Net Gains/(losses) on investments	162,606	(160,334)
Value carried forward	<u>1,156,948</u>	<u>994,342</u>

Investments are financial assets held at fair value.

#### 7. Debtors

	2021	2020
	£	£
Investment income	9,398	8,852
Gift aid on donations	8,306	15,805
Accrued donations	500	-
	<u>18,204</u>	<u>24,657</u>

All debtors are financial assets held at amortised cost.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 8. Creditors due within one year

	2021 £	2020 £
Grant commitments	25,976	27,631
Accruals	2,400	2,400
	<u>28,376</u>	<u>30,031</u>

All creditors are financial liabilities held at amortised cost.

All grants are subject to quarterly review and reporting. The Trustees have approved a number of grants during the year to September 2021. These grants relate to where donations have been received by the Trust during the year, and the Trust intends to use these monies for a group of projects which have been supported by the donors. The Trustees have retained the discretion to reallocate these monies if performance criteria are not met. Grant commitments are recognised where performance criteria have been met.

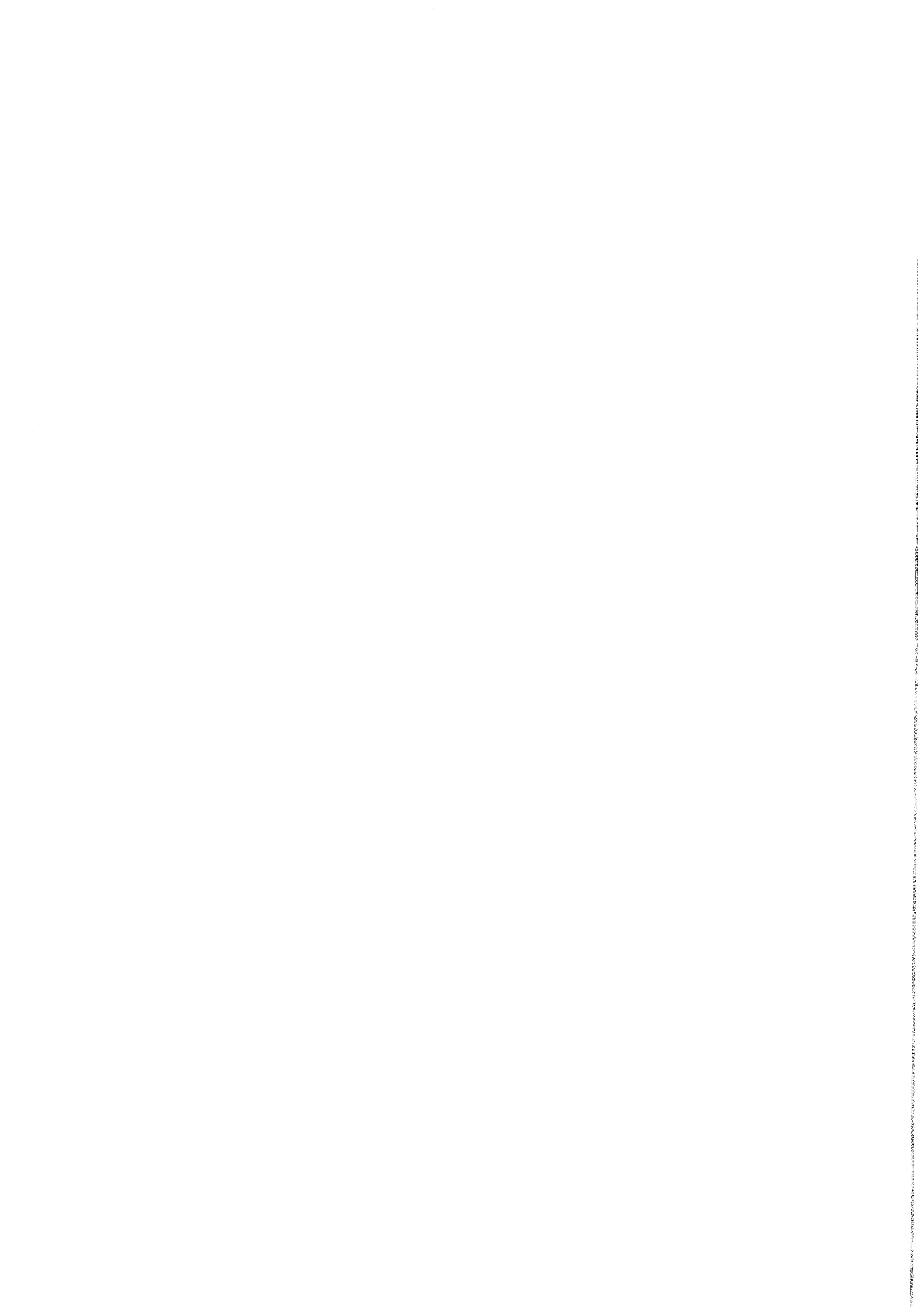
#### 9. Analysis of charitable funds

	Investments £	Net current assets £	Total 2021 £	Total 2020 £
Expendable Endowment fund	1,156,948	75,000	1,231,948	1,069,343
Unrestricted Income fund	-	163,812	163,812	149,846
	<u>1,156,948</u>	<u>238,812</u>	<u>1,395,760</u>	<u>1,219,189</u>

#### 10. Related party transactions and trustees remuneration

Trustees choose not to receive any emoluments or reimbursement of expenses during the year (2020: £nil).

The Trustees are the key management personnel of the Trust.



**BOOST CHARITABLE TRUST**

England & Wales - Charity number 1111961

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# Accounts

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Registered Charity Number: 1111961

**BOOST CHARITABLE TRUST**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2020**

# BOOST CHARITABLE TRUST

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## **BOOST CHARITABLE TRUST**

### **Legal and Administrative Information**

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**Charity Name:**

Boost Charitable Trust

**Registered Charity Number:**

1111961

**Correspondence Address:**

5 St Bride Street  
London  
EC4A 4AS

**Trustees:**

Robert Houston (chairman)  
Oliver Bartrum  
Alurie Dutton

**Treasurer:**

Throgmorton UK Ltd

**Administrator:**

Liz Turtle

**Independent Examiner:**

David Love  
Saddlers House  
44 Gutter Lane  
London  
EC2V 6BR

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2020**

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The Trustees present their report and financial statements of BOOST Charitable Trust (“the Trust”) for the year ended 30 September 2020.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust Deed dated 30 September 2005 (“the Trust Deed”), the Charities Act 2011 and the 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) (Charities SORP FRS 102) published on 16 July 2014.

#### **Structure, governance and management**

The Trustees who held office during the financial period and up to the date of this report were:

Robert Houston  
Oliver Bartrum  
Alurie Dutton

All the Trustees give their time freely and no trustee remuneration was paid during the year.

#### **Aim of the trust**

The general aim of the charity is to champion the disadvantaged and disabled and to inspire them to overcome their challenges through the power of sport.

Boost Charitable Trust supports and complies with the Charity Governance Code for Small Charities.

#### **Achievements and performance**

Incoming resources of the Trust comprised private donations and investment income. During the year, Boost Charitable Trust received £105,284 (2019: £125,514) of donations. The reduction is mainly due to a decrease in the donations to the legacy programme of sporting projects within Boost in memory of Sam Sananes. Sam was a keen sportsman and close friend of Boost.

The Sam Sananes Legacy was established in May 2017 following Sam’s untimely death at the age of 39 years. The Legacy is funded through direct donations and fundraising events and is incorporated into the overall governance and activities of Boost Charitable Trust. Grants awarded out of the Legacy funds are intended to have regard to Sam’s own sporting interests and, where appropriate, his home town of Leicester and his support for the disadvantaged and disabled, especially sufferers of Muscular Dystrophy.

£181,095 has been raised to date mainly through donations, the annual St Bride’s v Boost golf day and sponsored endurance events. The Legacy has supported twelve heart-warming and successful projects.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2020

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All of the projects Boost supports have been affected this year by COVID-19 with many unable to get back to sport since March 2020. All have thought of innovative ways to reach out to their members, whether online or in other safe ways. Fundraising has also been extremely difficult this year with the majority of the larger endurance events being cancelled.

Below is a review of Boost's awards this year. All of these programmes are amazing and inspiring, and Boost is proud to support them.



#### ➤ **All Out Africa**

Based in eSwatini, All Out Africa provides much needed sporting opportunities in this hard-pressed region. This football, basketball swimming and playground games programme is directed at orphans and vulnerable children.



#### ➤ **Allsorts**

Allsorts works with families across Gloucester and surrounding counties, providing support for the whole family, as well as running youth clubs, sports sessions, a specialist toy library and family day trips. Boost supports them with their sports activities and games for primary school age children with physical disabilities and/or learning difficulties.



#### ➤ **Belvoir Cricket & Countryside Trust**

Belvoir Cricket & Countryside Trust provides cricket in a country setting for children with disabilities or who are from a disadvantaged background. Boost funds their programme for special needs schools in Nottinghamshire and Lincolnshire which includes table cricket and Kwik cricket as well as other countryside pursuits.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2020

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#### ➤ **Be Strong**

Be Strong Foundation supports and mentors ex-offenders to give them the opportunity to take control of their lifestyle and to improve their lives. The Boost grant is used for the ex-offenders' gym sessions that help rebuild individual self-esteem.



#### ➤ **Better Things**

Better Things is an independent charity who have been working with people with learning difficulties and autism and their families in Manchester for over 40 years. This grant is to help fund their weekly multi-sport sessions of indoor cricket, football and netball.



#### ➤ **Boccia England**

Boost continues its support for Boccia England and made a grant to fund the Super League and the Teams and Pairs competition until March 2020 after which they had to suspend activity due to COVID-19.



#### ➤ **Bonny Downs**

Boost funds their free sports programme for physically inactive or disadvantaged residents in Newham. They strive to make a difference to quality of life of local people by promoting community cohesion, encouraging healthier lifestyles and tackling isolation and reasons for poverty.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2020

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#### ➤ **Butler Golf Academy**

Boost is a supporter of Mark Butler's golf programme for disabled and disadvantaged people. The academy is based in the West Midlands.



#### ➤ **CP Sport (Race Running)**

Boost has made a further grant to CP Sport to support the delivery of their national Race Running programme. This enables children and young people with Cerebral Palsy to experience the freedom and exhilaration of running. This is the final year of the three-year grant.



#### ➤ **Doncaster Foster Carers Association**

This year, Boost has once again funded DFCA. They work closely with Trust Fostering, delivered by Doncaster Children's Services Trust, and arrange a large number of activities and events for foster carers, and those children they look after. Boost funded the sports coach to deliver weekly sessions to the children.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2020

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#### ➤ **eSwatini Swimming**

A donation was made to eSwatini Swimming to provide a swimming coach in the deprived Big Bend area. Swimming is an essential life skill as well as a much-enjoyed sport.



#### ➤ **Get Set 4 Tennis**

GS4T provides children's disability tennis coaching. Since starting their SEND (Special Educational Needs & Disabilities) programme in August 2018, they have introduced nearly 1300 local children with SEND to tennis & won Middlesex Tennis' Disability Programme of the Year Award. A grant was made to help them reach more children in more schools.



#### ➤ **Great Britain Wheelchair Rugby**

An award was made to Great Britain Wheelchair Rugby, specifically to one of the players. This young man contracted Meningococcal Septicaemia when he was 19. He suffered amputations of parts of his fingers and toes, but the main consequence is a complex neurological condition. He is now a member of the GB Wheelchair Rugby squad.



#### ➤ **Level Water**

Level water provides swimming lessons for disabled children. Boost supports them to set up hubs in the UK to offer specialist lessons. COVID-19 has made things especially tough for them this year.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2020

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#### ➤ **Pink Lizard**

Boost and Sam's Legacy have supported Pink Lizard for the last 3 years to help fund their sports projects. This provides sporting opportunities to youngsters in a deprived area in Leicester.



#### ➤ **Rhondda Netball**

Boost continues to support Rhondda Netball to fund their coaching programme for girls in one of Wales's most economically and socially deprived areas. They now have 746 active members – both seniors and juniors. Unfortunately, they have not been able to deliver sessions since March 2020.



#### ➤ **The Running Charity**

A further grant was made to The Running Charity, an organisation which works to improve the lives of young people aged 16-24 who are homeless or at risk of homelessness. This is done through a programme of structured health and fitness activities. Sam's Legacy programme has also supported the expansion of this project into Leeds.



#### ➤ **Small Awards**

The Trust granted 24 small awards (below £750) totalling £12,447 to a wide range of other sporting initiatives.

## BOOST CHARITABLE TRUST

### Trustees' Annual Report for the Year Ended 30 September 2020

---



#### ➤ **Sport in Mind – Badminton**

Boost has continued to support Sport in Mind to fund badminton sessions for people experiencing mental health problems in West Berkshire. Their outstanding success has recently been rewarded by the receipt of a Queen's Award for Voluntary Service.



#### ➤ **Sports Aid**

A grant was made to Sports Aid to help fund two young disabled sportspeople, a young disabled athlete and a deaf footballer, who currently receive no other funding.



#### ➤ **WFA – Powerchair football**

Boost's main account and Sam's Legacy are jointly funding a Sports Development Officer for Powerchair Football. This will help to raise awareness of the sport within the Muscular Dystrophy community and increase the number of clubs in the UK and therefore participation. This is the final year of a three-year award.

## **BOOST CHARITABLE TRUST**

### **Trustees' Annual Report for the Year Ended 30 September 2020**

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#### **Reserves Policy**

The policy of the Trustees is to maintain sufficient reserves in order to fulfil future expected funding requirements of projects that extend over several years as well as supporting a portfolio of new projects. In determining the appropriate level of reserves, the Trustees take into account the potential fluctuation of its income stream in future years.

As at 30 September 2020, the Trust has reserves of £1,219,189 (2019: £1,353,593), a decrease of £134,404 from the previous year. The Trustees are considering numerous new grants for the coming year and anticipate that while reserves may fluctuate from year to year, over time they will remain at a sufficient level to fund all projects.

## **BOOST CHARITABLE TRUST**

### **Trustees' responsibilities statement**

---

The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102).

The law applicable to charities in England and Wales 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 Trust at the year end and of its incoming resources and application of resources during that year. In preparing the financial statements, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable 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 the Trust will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Trust Deed. The Trustees are responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **BOOST CHARITABLE TRUST**

### **Independent Examiner's Report to The Trustees**

---

I report on the accounts of Boost Charitable Trust for the year ended 30 September 2020.

#### **Respective responsibilities of trustees and examiner**

The Trust's trustees are responsible for the preparation of the accounts. The Trust's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is their responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to our attention.

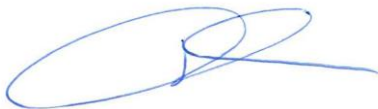
#### **Basis of Independent Examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Trust and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### **Independent Examiner's statement**

In connection with my examination, no matter has come to my attention

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act;
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



David Love FCA

## BOOST CHARITABLE TRUST

### Statement of Financial Activities for the Year Ended 30 September 2020

	Note	Unrestricted funds £	Expendable Endowment £	2020 Total funds £	2019 Total funds £
<b>Income and endowments from</b>					
<i>Income</i>					
Donations	2	105,284	-	105,284	125,514
Investment income	3	49,156	-	49,156	51,911
Other income		-	-	-	150
Total income		154,440	-	154,440	177,575
<i>Expenditure on</i>					
<i>Charitable activities</i>					
Promotion of sporting activities amongst the disabled and disadvantaged	4,5	128,510	-	128,510	166,469
Total expenditure		128,510	-	128,510	166,469
<b>Net income before gains and losses on investments</b>		25,930	-	25,930	11,106
Net losses on investments	6	-	(160,334)	(160,334)	(13,788)
<b>Net movement in funds</b>		25,930	(160,334)	(134,404)	(2,682)
<b>Fund balances brought forward</b>		<b>123,916</b>	<b>1,229,677</b>	<b>1,353,593</b>	<b>1,356,275</b>
<b>Fund balances carried forward</b>		<b>149,846</b>	<b>1,069,343</b>	<b>1,219,189</b>	<b>1,353,593</b>

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 15 to 20 form part of these financial statements.

**BOOST CHARITABLE TRUST**  
**REGISTRATION NUMBER: 1111961**

**Statement of Financial Position**  
**As at 30 September 2020**

	Note	2020 £	2019 £
<b>Fixed assets</b>			
Investments	6	994,342	1,154,676
<b>Current assets:</b>			
Debtors	7	24,657	11,619
Cash at bank and in hand		230,221	229,067
		<hr/>	<hr/>
Total current assets		254,878	240,686
<b>Liabilities:</b>			
Creditors due within one year	8	(30,031)	(41,769)
		<hr/>	<hr/>
<b>Net current assets</b>		<b>224,847</b>	<b>198,917</b>
		<hr/>	<hr/>
<b>Net assets</b>		<b>1,219,189</b>	<b>1,353,593</b>
		<hr/> <hr/>	<hr/> <hr/>
<b>Representing:</b>			
<b>The funds of the charity:</b>			
Expendable Endowment	9	1,069,343	1,229,667
Unrestricted Income	9	149,846	123,916
		<hr/>	<hr/>
<b>Total charity funds</b>	9	<b>1,219,189</b>	<b>1,353,593</b>
		<hr/> <hr/>	<hr/> <hr/>

These financial statements were approved by the Trustees on 12<sup>th</sup> February 2021 and signed on their behalf by:



**R I Houston**  
**Chair of Trustees**

The notes on pages 15 to 20 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Statement of Cash Flows For the year ended 30 September 2020

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b><i>Cash flows from operating activities</i></b>		
Net movement in funds	(134,404)	(2,682)
<i>Adjustments for:</i>		
Interest receivable	(436)	(701)
Dividend income from investments	(48,720)	(51,210)
Losses on investments	160,334	13,788
(Increase)/decrease in debtors	(12,783)	2,507
Decrease in creditors	(11,738)	(20,347)
<b><i>Cash used in operating activities</i></b>	<b>(47,747)</b>	<b>(58,645)</b>
<b><i>Cash flows from investing activities</i></b>		
Interest	436	701
Investment	-	-
Dividend income from investments	48,465	53,380
<b><i>Cash generated from investing activities</i></b>	<b>48,901</b>	<b>54,081</b>
<b><i>Change in cash and cash equivalents in the year:</i></b>	<b>1,154</b>	<b>(4,564)</b>
<b><i>Cash and cash equivalents at the beginning of the year</i></b>	<b>229,067</b>	<b>233,631</b>
<b><i>Cash and cash equivalents at the end of the year</i></b>	<b>230,221</b>	<b>229,067</b>
<b><i>Analysis of cash and cash equivalents</i></b>		
Cash at bank	<b>230,221</b>	<b>229,067</b>
<b><i>Total cash and cash equivalents</i></b>	<b>230,221</b>	<b>229,067</b>

The notes on pages 15 to 20 form part of these financial statements.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 1. Accounting policies

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

##### a. Basis of preparation and assessment of going concern.

The financial statements have been prepared on a going concern basis under the historical cost convention, with the exception of investments which are included at market value.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: (Accounting and Reporting by Charities) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Boost Charitable Trust (“the Trust”) meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Trust’s ability to continue as a going concern. With respect to the next reporting period, 2019-20, the most significant areas of uncertainty that affects the reserves of the Trust is the level of investment returns and the performance of investment markets.

##### b. Funds structure

The charity has a single expendable endowment created by a lump sum donation of £1million. This provides for the Trustees to invest the capital, the income from which is to be wholly unrestricted. The expendable endowment is to be used for the general purposes of the Trust, namely to promote sporting activities for disabled and disadvantaged children and adults. The terms of the fund allow the capital to be spent if the Trustees so determine.

The charity has also received donations which are wholly unrestricted.

##### c. Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it can be certain that the resources will be received and the monetary value of the incoming resources can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

##### d. Resources expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs to the category.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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**d. Resources expanded (continued)**

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

**e. Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**f. Allocation of overhead, support and governance costs**

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Governance costs and support costs relating to charitable activities have been apportioned over the appropriate categories, as detailed in note 5, on the basis of the number of individual grant awards made in recognition that the administrative costs of assessing, awarding and monitoring each grant is broadly equivalent.

**g. Charitable activities**

Costs of charitable activities include grants made and an allocation of support costs which are shown in note 4.

**h. Policy on recognition of valuation of donated services**

The Trust relies on donated time from the Trustees' and for administrative and treasury services. These donated services do not incur any financial or legal obligations to the Trust.

**i. Financial instruments**

The Trust 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 with the exception of investments.

**j. Fixed asset investment**

Investments are stated at market value. Any gains or losses on the movement in market value are taken to the statement of financial activities as they arise.

**k. Gains and losses**

All gains and losses are taken to the Statement of Financial Activities as they arise.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 2. Donations

Income from donations totalled £105,284 (2019: £125,514) which was unrestricted.

#### 3. Investment income

	2020 £	2019 £
Interest on cash deposits	436	701
Income from investments	48,720	51,210
	<u>49,156</u>	<u>51,911</u>

#### 4. Analysis of expenditure on charitable activities

The charity undertakes its charitable activities through grant making and awarded grants to a number of charities, trusts and other appropriate organisations in furtherance of its charitable activities.

Charitable activity	Support grants to institutions £	Allocation of governance costs £	Total expenditure 2020 £	Total expenditure 2019 £
Promotion of sporting activities amongst the disabled and disadvantaged	105,064	23,446	128,510	166,469
	<u>105,064</u>	<u>23,446</u>	<u>128,510</u>	<u>166,469</u>

Fees payable to the independent examiner for his independent review were £nil (2019: £nil).

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 4. Analysis of expenditure on charitable activities (continued)

##### *Support grants by institution*

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Allsorts	4,360	-
Beacon Centre	-	5,000
Belvoir Cricket & Countryside Trust	7,666	7,313
Be Strong project	10,140	9,650
Better things	-	1,700
Boccia England	(1,875)	13,125
Bonny Downs	-	4,996
Butler Golf Academy	3,390	-
CP Sport (Race Running)	15,000	15,000
Doncaster Foster Carer's Association	1,000	1,000
Exeter City Community Trust	-	3,323
GB Wheelchair Rugby	-	3,000
Get Set 4 Tennis	1,900	-
Level Water	4,000	-
Loughborough – Volunteer Zambia	(3,500)	-
MD UK Powerchair Football	9,536	4,200
Pink Lizard	3,000	6,320
Rhondda Netball	-	4,975
Running Charity Northern Project	13,000	-
Small Awards	12,447	16,893
Southwark City Tennis Club	-	2,070
Sport In Mind	-	6,921
Sports Aid	2,000	2,082
Swaziland / All out Africa	14,000	14,000
Swaziland Swimming	-	5,661
The Running Charity	9,000	14,000
	<b>105,064</b>	<b>141,229</b>

A description of the projects funded by the grants is given in the Trustee's Annual Report.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 5. Governance costs

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Administrative staff	9,620	9,341
Accountancy fee	11,568	11,568
Insurance indemnity	786	1,524
Advertising and sponsorship	340	2,122
Bank fees	225	289
Other	907	396
	<u>23,446</u>	<u>25,240</u>

Governance costs have been apportioned to charitable activities on a pro rata basis in accordance with the number of grants awarded during the year to each of the charitable activities.

St Bride's Strategic Advisers and St Bride's Managers donated time for administration and treasury services as well as making donations. The Trustees are most grateful to St Bride's for their support.

#### 6. Investments

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Value brought forward	1,154,676	1,168,464
Additions	-	-
Net losses on investments	(160,334)	(13,788)
Value carried forward	<u>994,342</u>	<u>1,154,676</u>

Investments are financial assets held at fair value.

#### 7. Debtors

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Investment income	8,852	8,597
Gift aid on donations	15,805	3,022
	<u>24,657</u>	<u>11,619</u>

All debtors are financial assets held at amortised cost.

## BOOST CHARITABLE TRUST

### Notes to the Financial Statements

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#### 8. Creditors due within one year

	2020 £	2019 £
Grant commitments	27,631	39,369
Accruals	2,400	2,400
	<u>30,031</u>	<u>41,769</u>

All creditors are financial liabilities held at amortised cost.

All grants are subject to quarterly review and reporting. The Trustees have approved a number of grants during the year to September 2020. These grants relate to where donations have been received by the Trust during the year, and the Trust intends to use these monies for a group of projects which have been supported by the donors. The Trustees have retained the discretion to reallocate these monies if performance criteria are not met. Grant commitments are recognised where performance criteria have been met.

#### 9. Analysis of charitable funds

	Investments £	Net current assets £	Total 2020 £	Total 2019 £
Expendable Endowment fund	994,342	75,000	1,069,342	1,229,677
Unrestricted Income fund	-	149,847	149,847	123,916
	<u>994,342</u>	<u>224,847</u>	<u>1,219,189</u>	<u>1,353,593</u>

#### 10. Related party transactions and trustees remuneration

Trustees received no emoluments or reimbursement of expenses during the year (2019: £nil).

The Trustees are the key management personnel of the Trust.