

BOXING4LIFE

England & Wales · Charity number 1155607

Details

Other names	BOX4LIFE1, BOX4LIFE
Status	Registered
Legal form	CIO
Registered	2014-02-03
Register	View on the Charity Commission register

Contact

Address	83 Wellington Road London E11 2AS
Phone	02085308806
Email	petersandy@boxing4life.org
Website	www.boxing4life.org

Activities

Objects: 1) TO ADVANCE IN LIFE AND RELIEVE NEEDS OF YOUNG PEOPLE THROUGH:(A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.2) THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR AMATEUR BOXING3).TO FURTHER OR BENEFIT THE RESIDENTS OF WALTHAM FOREST & EAST LONDON WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS BY ASSOCIATING TOGETHER THE SAID RESIDENTS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS IN A COMMON EFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION LEISURE TIME OCCUPATION WITH THE OBJECTIVE OF IMPROVING THE CONDITIONS OF LIFE FOR THE RESIDENTS.

Activities: Box4Life (working name) teaches non-contact boxing to 8-18 year olds In Leytonstone, East London. It is part of the sport for development movement, encouraging the growth of social and emotional skills alongside physical skills. Box4Life also provides tuition based on a Philosophy4Children approach, as well as self-esteem workshops and computer coding classes.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Amateur Sport, Economic/community Development/employment, Recreation
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Newham
- Waltham Forest

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£524	£5,695	-	-
2024-03-31	£488	£5,162	-	-
2023-03-31	£1,670	£6,225	-	-
2022-03-31	£10,535	£2,432	-	-
2021-03-31	£10,989	£7,907	-	-

Trustees

Name	Role	Appointed
TERENCE WHEELER	Chair	2013-11-21
Aamir Akram		2016-11-16
Hazel Sills		2015-07-30
MARK RULE		2013-11-21
Peter Sandy		2021-09-20
Tim Carey		2018-03-08

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Accounts

Boxing4Life 2024-25 Annual Report

The charity continued weekly sessions at ProjectZero.wf and at London & Quadrant's 300-home Walthamstow Stadium development. We continued the use of short meditations during our non-contact boxing training.

In addition, 1-1 mentoring was provided over the period to 6 young people, and work experience support to some 20 work experience students.



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CC16a

Receipts and payments accounts

For the period from 01/04/2024 To 31/03/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants				-	
Donations	524			524	488
Subscriptions				-	-
Other			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
Sub total (Gross income for AR)	524	-	-	524	488
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total receipts	524	-	-	524	488
A3 Payments					
Staff payments	5,419		-	5,419	4,614
Venue Hire			-	-	
Equipment			-	-	
Marketing			-	-	
Other			-	-	
Events			-	-	
Support costs	276		-	276	548
Training			-	-	
Chapel project			-	-	
Sub total	5,695	-	-	5,695	5,162
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	5,695	-	-	5,695	5,162
Net of receipts/(payments)	- 5,171	-	-	- 5,171	- 4,674
A5 Transfers between funds					
A6 Cash funds last year end	15,147	2,568		17,715	
Cash funds this year end	9,976	2,568		12,544	

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		9,976	2,568	-
	Total cash funds	9,976	2,568	-

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

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Reserves	n/a	5,800	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
<i>Hazel Sills</i>	Hazel Sills	19/11/2026
<i>P. Sandy</i>	Peter Sandy	19-1-2026

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Boxing4Life 2023-24 Annual Report

The charity continued its weekly sessions at ProjectZero.wf in Walthamstow throughout the period. A third coach joined the team who, like the other two, is a former pupil. The team developed new approaches in the sessions, including the use of short meditations.



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Receipts and payments accounts

For the period from 01/04/2023 To 31/03/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants				-	
Donations	488			488	1,670
Subscriptions				-	-
Other				-	-
				-	-
				-	-
				-	-
				-	-
Sub total (Gross income for AR)	488	-	-	488	1,670
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total receipts	488	-	-	488	1,670
A3 Payments					
Staff payments	4,614		-	4,614	3,040
Venue Hire			-	-	-
Equipment			-	-	-
Marketing			-	-	-
Other			-	-	2,907
Events			-	-	-
Support costs	548		-	548	278
Training			-	-	-
Chapel project			-	-	-
Sub total	5,162	-	-	5,162	6,225
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	5,162	-	-	5,162	6,225
Net of receipts/(payments)	- 4,674	-	-	- 4,674	- 4,555
A5 Transfers between funds				-	-
A6 Cash funds last year end	19,821	2,568	-	22,389	-
Cash funds this year end	15,147	2,568	-	17,715	

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		15,147	2,568	-
			-	-
			-	-
	Total cash funds	15,147	2,568	-

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

B2 Other monetary assets

Details

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-		-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details

	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Reserves	n/a	5,624	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details

	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
<i>Hazel Sills</i>	Hazel Sills	16/11/25
<i>Peter Sandy</i>	Peter Sandy	16/11/25

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Boxing4Life Annual Report 2022-2023

The charity has continued to operate within our partner organisation ProjectZero, with whom we have worked for years. From September 2021 we began weekly sessions in ProjectZero's thriving Youth Hub in Walthamstow.

These continued into this year, with a gradually increasing number of young people participating in training. A former student is being trained as a coach.



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Receipts and payments accounts				
For the period from	01/04/2022	To	31/03/2023	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants				-	9,398
Donations	1,670			1,670	1,138
Subscriptions				-	-
Other				-	-
				-	-
				-	-
				-	-
Sub total (Gross income for AR)	1,670	-	-	1,670	10,535
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,670	-	-	1,670	10,535
A3 Payments					
Staff payments	3,040			3,040	2,201
Venue Hire				-	-
Equipment				-	-
Marketing				-	-
Other		2,907		2,907	-
Events				-	-
Support costs	278			278	231
Training				-	-
Chapel project				-	-
Sub total	3,318	2,907	-	6,225	2,432
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,318	2,907	-	6,225	2,432
Net of receipts/(payments)	- 1,648	- 2,907	-	- 4,555	8,103
A5 Transfers between funds				-	-
A6 Cash funds last year end	21,469	5,475		26,944	-
Cash funds this year end	19,821	2,568		22,389	-

repayment of Grant

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		19,821	2,568	-
	Total cash funds	19,821	2,568	-
	<small>(agree balances with receipts and payments account(s))</small>			
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Reserves	n/a	5,496	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
<i>Hazel Sills</i>	Hazel Sills	2/1/2024
<i>P. Sandy</i>	Peter Sandy	26/1/2024

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Boxing4Life Annual Report 2021-2022

Following our enforced closure during the pandemic, in August 2021 our application for a major grant from BBC Children in Need - which would have allowed us to progress beyond relying on volunteers for our management - was rejected.

Given that the personal circumstances of our volunteers had changed during the pandemic it was not possible to continue as before.

However, the charity continued to operate within our partner organisation ProjectZero, with whom we have worked for years. From September 2021 we began weekly sessions in ProjectZero's thriving Youth Hub in Walthamstow.



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Receipts and payments accounts

For the period from 01/04/2021 To 31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	7,398	2000		9,398	6,770
Donations	1137.8			1,138	4,219
Subscriptions				-	-
Other				-	-
				-	-
				-	-
				-	-
Sub total (Gross income for AR)	8,535	2,000	-	10,535	10,989
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total receipts	8,535	2,000	-	10,535	10,989
A3 Payments					
Staff payments		2,201	-	2,201	641
Venue Hire			-	-	432
Equipment			-	-	-
Marketing			-	-	1,700
Other			-	-	4,866
Events			-	-	-
Support costs		231	-	231	268
Training			-	-	-
Chapel project			-	-	-
Sub total	-	2,432	-	2,432	7,907
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	-	2,432	-	2,432	7,907
Net of receipts/(payments)	8,535	- 432	-	8,103	3,082
A5 Transfers between funds					
A6 Cash funds last year end	12,933	5,907		18,840	
Cash funds this year end	21,469	5,475	-	26,944	

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		21,469	5,475	-
	Total cash funds	21,469	5,475	-

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

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

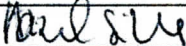
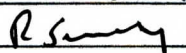
B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Reserves	n/a	5,496	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Hazel Sills	15-1-2023
	Peter Sandy	18-1-2023

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England & Wales - Charity number 1155607

Accounts

Boxing4Life Annual Report 2020-21

With the beginning of the Covid 19 Lockdown on 23rd March 2020, all Boxing4Life sessions had to be abandoned, given the guidelines relating to our sport and venues. This situation continued throughout the financial year.

A fitness challenge was created online for our members to access from home, but - primarily for safeguarding reasons - we decided not to run 'live' online sessions.

Boxing4Life Annual Report 2020-21

With the beginning of the Covid 19 Lockdown on 23rd March 2020, all Boxing4Life sessions had to be abandoned, given the guidelines relating to our sport and venues. This situation continued throughout the financial year.

A fitness challenge was created online for our members to access from home, but - primarily for safeguarding reasons - we decided not to run 'live' online sessions.