



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01 04 2023 Period start date To 31 03 2024 Period end date

Charity name: THE BLOCKWORKOUT FOUNDATION

Charity registration number: 1161093

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The objects of the CIO are: To advance in life and help young people through:</p> <p>(a) the provision of recreational and leisure time activities in the interests of social welfare, designed to improve their conditions of life;</p> <p>(b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>How we achieve our Charitable Purposes</p> <ul style="list-style-type: none">• We engage young people in our community Block Workout fitness sessions, which are delivered in some of the most deprived communities in London. Although the sessions are open to all aged 14-25, we particularly target those who are engaged in or at risk of becoming involved in the criminal justice system and gang activity.• Through our qualified leaders we provide young people with positive role models, who they are able to relate to.• We provide group and individual mentoring to participants, including promoting education, healthy living, conflict resolution and everyday

		<p>issues that might arise.</p> <ul style="list-style-type: none"> • We are keen to work in partnership with other community organisations in order to promote training and education opportunities. • We provide volunteer opportunities for young people and the wider community through our mentoring and community Block Workout sessions. • Our work is currently focused on Brixton and Lambeth but we have ambitions to extend our services to other London boroughs. Our long-term aim is for Block Workout sessions, support and mentoring to be available across the country.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>The Block Workout Foundation has been set up to work in the most deprived and disaffected communities, giving young people (mainly aged 14-25) the opportunity to engage in our innovative Block Workout fitness sessions.</p> <p>Our Mission is to support and enable young people to lead healthy happy lives and to reach their full potential through our Block Workout sessions and mentoring services.</p> <p>Our Vision is that every young person, no matter where they live or what their personal situation, has the opportunity to take part in Block Workout sessions, enabling them to live a physically and mentally healthier life, with the support to reach their personal goals, the belief that they can achieve and unity in the local community.</p>

		<p>The Charity aims are:</p> <ul style="list-style-type: none"> • to promote the advancement of health and wellbeing of individuals living in the most deprived areas of London, through the increased participation in physical activity, by engaging them in Block Workout sessions in their local community. • to promote the relief of those in need by reason of youth, financial hardship or other social disadvantage by providing a safe place where the young people can engage and 'belong', with the aim to reduce the likelihood of young people becoming involved in negative behaviour be this gang activity, crime or disruptive and anti-social behaviour. • to increase community engagement and enhance community cohesion across London through the provision volunteering and mentoring initiatives aimed at breaking down barriers with disengaged communities. • to further assist in the advancement of education and social welfare of the young people we work with, providing support in training, education and employment with the aim of increasing opportunities available to them and improving their long-term aspirations, confidence and well-being.
Policy on social investment including program related investment	Para 1.38	The charity helps to fast track PT's and help them access funding to cover the training.
Contribution made by volunteers	Para 1.38	We are hugely reliant on the goodwill and support of our trainers and volunteers, without whom we would not be able to deliver our high-impact services.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Since the launch of our charity in March 2015 we have been able to build our reputation, which has enabled us to bring in funding and volunteer support that has allowed us to deliver extra BWO sessions, both at the Street Gym in Brixton and in other areas.</p> <p>Sessions that were delivered in this period are reduced to 3 weekly sessions delivered at Brixton StreetGym. However we were able to deliver 24 classes on Angel Town Estate.</p> <p>We are proud that we have been able to continue to offer 3 free classes per week at Brixton Streetgym and free access for all under 18's. Our Sessions remain inclusive and open to everyone in the local community no matter what their fitness level, ability, goals, background or economic situation, staying true to our ethos and providing safe and high- quality sessions that are open to all.</p> <p>Partners and supporters</p> <p>The following organisations have supported us in the setting up and development of The Block Workout Foundation during the short time since our inception:</p> <p>Lambeth Council Sports Development – for continued support of our work, supporting funding opportunities and use of facilities</p> <p>Lambeth Council – for continued support in allowing us to deliver work and manage activites at 10 Somerleyton Road, Angel Town Estate and Adjacent to Brockwell Lido</p> <p>Trustees</p> <p>The board of trustees remained unchanged during the year and continued to develop the charity. However John Ryan handed in his resignation after over five years of service to the Charity at the end of the year. We were successful in recruiting a replacement who joined us in 2024. That said John will be missed by everyone who felt secure under his wealth of knowledge</p>

		<p>and experience.</p> <p>Following a large dip in funding and activity in 2023 we have appointed advisors who are helping us to restructure. The Brixton Street Gym has become a limited company and a separate entity however we still manage the lease and have an agreement with Brixton streetgym to access the gym for our free sessions and under 18 access delivered to the local community. All funding we receive going forward will be used to hire PT's exclusively from Brixton Streetgym. Although we are undergoing significant structural change people who use Brixton Streetgym to access our free sessions still have the same PT's who are deeply rooted in The Blockworkout Foundation's ethos of providing gym access for all marginalised people and especially youth at Risk.</p> <p>Our New Trustee who replaces John has corporate and charity sector experience and has trained at the gym for many years. Prior to becoming a trustee she had already helped us with successful Bids.</p> <p>Website and marketing</p> <p>We have successfully retained a PR company who are currently developing a strategy for us. We have become more active on social media and expanded on to tiktok. Our New website is live.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Thanks to our Volunteers, the lack of Money we have received this year hasn't impacted our services. We have been deeply analytical about our fund raising performance and are very excited by the new direction we are currently moving in and especially thankful to our new advisory group established by incoming trustee Murray Chamberlain
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We currently have no formalised reserves policy in place. The Foundation has minimal, yet increasing overhead costs. In addition, the board reviews the finances and bank account on a quarterly basis to ensure sufficient funds are in place for ongoing delivery. In the next financial year, the trustees aim to build up a small reserve from fund raising activities and draft a reserves policy. We are currently being mentored so that we can be more effective and build security in the form of Reserves.
Amount of reserves held	Para 1.22	Zero
Reasons for holding zero reserves	Para 1.22	Restructuring and seeking bid writers
Details of fund materially in deficit	Para 1.24	zero
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	During this period we developed our relationship with our local authority and received £2500 to carry out activities on Angel Town Estate Brixton. We worked in the community for 12 weeks and delivered 24 sessions
Investment policy and objectives including any social investment policy adopted	Para 1.46	We will identify potential PT's and pay for their training. This investment in young people ensures that the PT's we assign to community projects deliver directly in line with our ethos and to our standard to ensure the desired outcomes.
A description of the principal risks facing the charity	Para 1.46	Lambeth council will be incrementally lowering their support of our overheads and placing a larger percentage of bills for us to cover.

Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Interviewed and Elected by existing trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>The Block WorkOut Foundation has been set up to work with hard to reach and vulnerable groups of young people. In order to ensure that we protect our young participants, staff, volunteers and the wider community we have the following policies and procedures in place:</p> <ul style="list-style-type: none"> • Safeguarding policy • Health and safety policy • Accident / Incident form • Equality policy • Anti-Discrimination Policy • Public and Products liability insurance • Employers insurance • Personal Accident coverage
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charity has installed gym equipment in several locations in Brixton (Angel Town Estate and Somerleyton Road) and successfully bid to have an outdoor free workout space adjacent to Brockwell Lido.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Block Workout Foundation
Other name the charity uses	Block Workout
Registered charity number	1161093
Charity's principal address	10 Somerleyton Road. London SW9 8ND

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Benjamin Wachenje			
2	John Edward Ryan			
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Corporate trustees – names of the directors at the date the report was approved

Director name		
Benjamin Wachenje		
Murray Chamberlain		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
Benjamin Wachenje	2018-PRESENT	
Murray Chamberlain	2024-PRESENT	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information


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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Benjamin Wachenje	
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Position (eg Secretary,
Chair, etc)

Chair	
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Date

31th January 2025
