

# Trustees' Annual Report

## Block Workout Foundation

For the Financial Year Ending 31 March 2024

## Overview

During the financial year, Block Workout Foundation experienced a significant period of operational disruption and was unable to deliver its usual charitable activities. This was primarily due to the loss of the premises from which the organisation operated, alongside governance challenges and wider funding pressures that have affected many grassroots organisations in recent years.

Block Workout Foundation has historically provided community-based physical activity programmes, youth engagement initiatives, and inclusive fitness opportunities designed to support young people and adults from disadvantaged backgrounds. These activities have played an important role in promoting physical health, wellbeing, community cohesion, and positive pathways for young people at risk of social exclusion.

However, the charity faced substantial barriers that prevented it from continuing operations during this reporting period.

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## Loss of Premises

The charity had been operating from a council-owned building that served as the base for the majority of its activities. During the reporting period, the organisation was required to vacate this property following the sale of the land by the local authority.

The loss of the premises had a direct and immediate impact on the charity's ability to deliver its services. The facility had been central to the organisation's programme delivery, providing a safe and accessible space for training, mentoring, and community activities.

Following the eviction from the premises, the local authority indicated that they would work to identify a suitable alternative location for the charity. However, despite ongoing communication, this process has taken significantly longer than anticipated. At the time of writing this report, over a year has passed without confirmation of a permanent new location for the charity to operate from.

The absence of a stable base has made it extremely challenging to deliver programmes, maintain community engagement, and apply for certain forms of funding which require organisations to demonstrate operational stability and access to appropriate facilities.

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## Governance Changes

During this period of uncertainty, several trustees resigned from their roles within the organisation. The resignations were largely connected to the operational challenges facing the charity and the lack of clarity regarding future premises and programme delivery.

The departure of trustees placed additional strain on the organisation's governance capacity at a time when strategic leadership was particularly important. The remaining trustees have worked to ensure that the charity continues to meet its regulatory obligations and remains compliant with Charity Commission requirements.

Efforts have been made to recruit new trustees to strengthen the board and support the charity's future development. However, recruitment has proven difficult while the charity remains non-operational, as potential trustees are often hesitant to commit to organisations that are currently unable to deliver active programmes.

Despite these challenges, the trustees remain committed to rebuilding the governance structure and ensuring that the charity is well-positioned to resume activities once a suitable premises and operational base have been secured.

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## **Funding Challenges**

In addition to the challenges relating to premises and governance, the charity has also faced increasing difficulty in securing funding in recent years.

Many grant programmes prioritise organisations that are actively delivering services and demonstrating ongoing impact. The temporary suspension of Block Workout Foundation's activities has therefore made it significantly harder to access funding opportunities.

The wider funding environment for small and community-based charities has also become increasingly competitive, with many organisations experiencing similar pressures due to economic conditions and changes in funding priorities.

Without a stable premises or active programming, the charity has found it difficult to maintain the level of fundraising required to support operational costs and programme delivery.

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## **Trustee Response and Future Plans**

Despite the challenges outlined above, the trustees remain committed to the long-term vision and charitable objectives of Block Workout Foundation.

The trustees have focused their efforts during this period on maintaining the charity's legal and financial compliance while exploring opportunities to rebuild the organisation's operational capacity. This includes:

- Continuing dialogue with the local authority regarding potential premises

- Seeking alternative partnership opportunities that may allow activities to resume in temporary or shared spaces
- Recruiting new trustees to strengthen the board and support future development
- Exploring future funding opportunities once the organisation is able to resume programme delivery

The trustees believe that the work historically delivered by Block Workout Foundation remains highly relevant and needed within the community. The charity has previously supported many young people through fitness, mentorship, and positive engagement, and the board remains hopeful that activities can resume once a suitable operational base is secured.

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## **Statement from the Trustees**

The trustees recognise that the past year has been an extremely challenging period for the organisation. However, they remain committed to preserving the charity and working towards a future where its programmes can once again support the health, wellbeing, and development of the communities it was established to serve.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Block Workout Founday

No (if any)

## Receipts and payments accounts

CC16a

For the period  
from

Period start date

To

Period end date  
Mar-24

### 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 £
<b>A1 Receipts</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	-	-	-	-	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	-	-	-	-	-

## 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		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

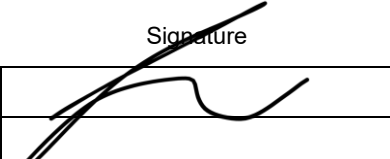
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	M Chamberlain	10.03.2026