

QUICK START HOCKEY

England & Wales · Charity number 1176770

Details

Status Registered

Legal form CIO

Registered 2018-01-22

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

Contact

Address 11 Darlaston Road
London
SW19 4LF

Phone 07976286829

Website www.quickstarhockey.com

Activities

Objects: THE OBJECT OF QUICK START HOCKEY IS;TO ADVANCE IN LIFE AND HELP 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.

Activities: To advance in life and help 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.

Classification

- **How:** Provides Services
- **What:** Amateur Sport
- **Who:** Children/young People

Geography

- Surrey
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£3,535	£2,321	-	-
2023-09-30	£12,450	£3,626	-	-
2022-09-30	£7,500	£9,254	-	-
2021-09-30	£5,906	£5,784	-	-
2020-09-30	£23,286	£18,309	-	-

Trustees

Name	Role	Appointed
PAUL WILLIAM KNOWLES	Chair	2018-01-01
MARIE LISA KIDWELL		2018-01-01

QUICK START HOCKEY

England & Wales - Charity number 1176770

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2023		Day 30	Month 09	Year 2024

Section A Reference and administration details

Charity name	Quick Start Hockey
Other names charity is known by	QSH
Registered charity number (if any)	1176770
Charity's principal address	11 Darlaston Road
	London
Postcode	SW19 4LF

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	Paul Knowles	Chair		Paul Knowles
2	Marie Kidwell			
3	Chris Walker			
4				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Charity founded by Paul Knowles. Marie Kidwell and Ben Marsden appointed by Paul Knowles. Ben Marsden resigned in May 2019 and Chris Walker appointed by Paul Knowles in replacement

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance in life and help 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.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Quick Start Hockey has undertaken the following activities for the benefit of state school students primarily in the London Borough of Merton:

- Delivery of school assemblies from elite hockey players
- Hockey coaching taster sessions and PE lessons
- After school clubs
- Provision of free sticks and balls to schools and children participating
- Participation in festivals enabling local schools to compete at all standards across their student cohort.

Additional details of objectives and activities (Optional information)

Provision of affordable and accessible holiday camps.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During the seventh year of operation, Quick Start Hockey worked with five state schools in Merton.

Over one hundred state primary school pupils attended weekly after school hockey sessions.

Twenty-five state school pupils attend the weekly Academy sessions run at local hockey clubs. We also supported Merton Schools Sport Partnership to deliver the borough schools hockey tournament for year 6.

One Holiday Camp was run as part of the Council's Holiday Activity and Food programme to co-incide with the Paris Olympics.

Quick Start Hockey coaches work alongside school teachers to help them learn coaching skills which would enable the schools to become more self-sufficient with the provision of hockey coaching.

Section E Financial review

Brief statement of the charity's policy on reserves

To keep sufficient unrestricted (free) reserves to meet one year's anticipated expenditure in order to give certainty regarding the forward delivery of programmes. Surplus reserves will be used to repay outstanding unsecured loans to the founder for the start-up of the charity.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Paul William Knowles	
Position (eg Secretary, Chair, etc)	Chair	
Date	26 th February 2025	



Receipts and payments accounts

CC16a

For the period from	01/10/2023	To	30/09/2024
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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	-	1 925	-	1 925	12 240
Subscriptions	1 610	-	-	1 610	210
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1 610	1 925	-	3 535	12 450
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1 610	1 925	-	3 535	12 450
A3 Payments					
Coaching	-	1 072	-	1 072	680
Equipment	-	300	-	300	-
IT	461	-	-	461	380
Insurance	-	-	-	-	326
Pitch hire	-	488	-	488	2 240
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	461	1 860	-	2 321	3 626
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	461	1 860	-	2 321	3 626
Net of receipts/(payments)	1 149	65	-	1 214	8 824
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16 932	-	-	16 932	8 108
Cash funds this year end	18 081	65	-	18 146	16 932

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	Bank Balance	18 146	-	-
CCXX R1 accounts (SS)	1	-	-	-

	-	-	-
Total cash funds	18 146	-	-
(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

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)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

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
	PAUL KNOWLES	26/02/2025

QUICK START HOCKEY

England & Wales - Charity number 1176770

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
	Day 01	Month 10	Year 2022		Day 30	Month 09	Year 2023

From

To

Section A Reference and administration details

Charity name	Quick Start Hockey
Other names charity is known by	
Registered charity number (if any)	1176770
Charity's principal address	11 Darlaston Road
	London
	Postcode SW19 4LF

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	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Charity founded by Paul Knowles. Marie Kidwell and Ben Marsden appointed by Paul Knowles. Ben Marsden resigned in May 2019 and Chris Walker appointed by Paul Knowles in replacement

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance in life and help 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.

Quick Start Hockey has undertaken the following activities for the benefit of state school students primarily in the London Borough of Merton:

- Delivery of school assemblies from elite hockey players
- Hockey coaching taster sessions and PE lessons
- After school clubs
- Provision of free sticks and balls to schools and children participating
- Participation in festivals enabling local schools to compete at all standards across their student cohort.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During the sixth year of operation, Quick Start Hockey worked with five state schools in Merton.

Over one hundred state primary school pupils attended weekly after school hockey sessions.

Twenty-five state school pupils attend the weekly Academy sessions run at local hockey clubs.

Quick Start Hockey coaches work alongside school teachers to help them learn coaching skills which would enable the schools to become more self-sufficient with the provision of hockey coaching.

Section E Financial review

Brief statement of the charity's policy on reserves

To keep sufficient unrestricted (free) reserves to meet one year's anticipated expenditure in order to give certainty regarding the forward delivery of programmes. Surplus reserves will be used to repay outstanding unsecured loans to the founder for the start-up of the charity.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Paul William Knowles	
Position (eg Secretary, Chair, etc)	Chair	
Date	5 th June 2024	



Receipts and payments accounts

CC16a

For the period from	10/1/2022	To	9/30/2023
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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	10,000	2,240	-	12,240	5,000
Subscriptions	210	-	-	210	2,500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,210	2,240	-	12,450	7,500
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,210	2,240	-	12,450	7,500
A3 Payments					
Coaching	680	-	-	680	5,750
Equipment	-	-	-	-	1,603
IT	379	-	-	379	922
Insurance	326	-	-	326	531
Pitch hire	-	2,240	-	2,240	450
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,386	2,240	-	3,626	9,255
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,386	2,240	-	3,626	9,255
Net of receipts/(payments)	8,824	-	-	8,824	- 1,755
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,108	-	-	8,108	9,863
Cash funds this year end	16,932	-	-	16,932	8,108

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	Bank Balance	16,932	-	-

	-	-	-
	-	-	-
Total cash funds	16,932	-	-

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

OK OK OK

Unrestricted funds **Restricted funds** **Endowment funds**
to nearest £ to nearest £ to nearest £

Details

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details

B3 Investment assets

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

Details

B4 Assets retained for the charity's own use


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

Details

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
	PAUL KNOWLES	6/5/2024

QUICK START HOCKEY

England & Wales - Charity number 1176770

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
	Day 01	Month 10	Year 2021		Day 30	Month 09	Year 2022

From

To

Section A Reference and administration details

Charity name	Quick Start Hockey
Other names charity is known by	
Registered charity number (if any)	1176770
Charity's principal address	11 Darlaston Road
	London
	Postcode SW19 4LF

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	Paul Knowles	Chair		Paul Knowles
2	Marie Kidwell			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Charity founded by Paul Knowles. Marie Kidwell and Ben Marsden appointed by Paul Knowles. Ben Marsden resigned in May 2019 and Chris Walker appointed by Paul Knowles in replacement

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance in life and help 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.

Quick Start Hockey has undertaken the following activities for the benefit of primary and secondary state school students primarily in the London Borough of Merton:

- Delivery of school assemblies from elite hockey players
- Hockey coaching taster sessions and PE lessons
- After school clubs
- Provision of free sticks and balls to schools and children participating
- Participation festivals enabling local schools to compete at all standards across their student cohort

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During the fifth year of operation, Quick Start Hockey worked with six state primary and secondary schools in Merton as well as one in Sutton.

Over a hundred state school pupils attended weekly after school hockey sessions.

Around 50 state school primary school attend the weekly Academy sessions run at local hockey clubs.

Quick Start Hockey coaches work alongside state school teachers to help them learn coaching skills which would enable the schools to become more self-sufficient with the provision of hockey coaching.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity was funded originally by unsecured founder loans only repayable if external funded was provided and therefore the charity had no risk of failing to provide funding to meet its liabilities from equipment purchase and coach provision. Subsequently, grants have been received from England Hockey, Surrey Hockey and the Wimbledon Foundation as well as contributions made by participating schools, with the unsecured founder loan being repaid over time and reserves of one years operating costs established.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

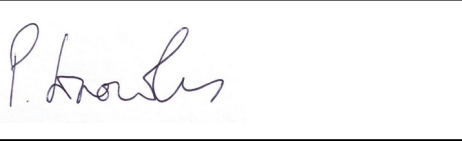
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Paul William Knowles	
Position (eg Secretary, Chair, etc)	Chair	
Date	4 th June 2024	



Receipts and payments accounts

CC16a

For the period from	10/1/2021	To	9/30/2022
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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	-	5,000	-	5,000	4,550
Subscriptions	2,500	-	-	2,500	1,356
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,500	5,000	-	7,500	5,906
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,500	5,000	-	7,500	5,906
A3 Payments					
Coaching	749	5,000	-	5,749	3,835
Equipment	1,603	-	-	1,603	503
IT	922	-	-	922	915
Insurance	531	-	-	531	531
Pitch hire	450	-	-	450	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	4,254	5,000	-	9,254	5,784
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,254	5,000	-	9,254	5,784
Net of receipts/(payments)	- 1,754	-	-	- 1,754	122
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	9,862	-	-	9,862	9,740
Cash funds this year end	8,108	-	-	8,108	9,862

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	Bank Balance	8,107	-	-

	-	-	-
	-	-	-
Total cash funds	8,107	-	-

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

Agreement Error

OK

OK

Unrestricted funds
to nearest £

Restricted funds
to nearest £

Endowment funds
to nearest £

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)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

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
	PAUL KNOWLES	6/4/2024

QUICK START HOCKEY

England & Wales - Charity number 1176770

Accounts

Trustees' Annual Report for the period

From		Period start date			To			Period end date		
	Day	Month	Year		Day	Month	Year			
	01	10	2020		30	09	2021			

Section A Reference and administration details

Charity name Quick Start Hockey

Other names charity is known by

Registered charity number (if any) 1176770

Charity's principal address

11 Darlaston Road
London
Postcode SW19 4LF

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)
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

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- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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To advance in life and help 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.
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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Quick Start Hockey has undertaken the following activities for the benefit of primary state school students in the London borough of Merton:

- Delivery of school assemblies from elite hockey players
- Hockey coaching taster sessions and PE lessons
- After school clubs
- Provision of free sticks and balls to schools and children participating
- Provision of an annual festival enabling local schools to compete at all standards across their student co-hort.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During the fourth year of operation, Quick Start Hockey worked with 6 out of the c44 state primary schools in Merton Borough.

Several hundred state primary school pupils attended weekly after school hockey sessions.

Dozens of state school primary school attend the weekly Academy sessions run at local hockey clubs.

Quick Start Hockey coaches work alongside dozens of primary school teachers to help them learn coaching skills which would enable the schools to become more self-sufficient with the provision of hockey coaching.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity was funded originally by unsecured founder loans only repayable if external funded was provided and therefore the charity had no risk of failing to provide funding to meet its liabilities from equipment purchase and coach provision. Subsequently, donations have been made by England Hockey and Surrey Hockey with the unsecured founder loan being repaid over time.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Paul William Knowles

Position (eg Secretary, Chair, etc)

Chair

Date

30th June 2022



Receipts and payments accounts

CC16a

For the period
from

01/10/2020

To

30/09/2021

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	4,550	-	-	4,550	-
Subscriptions	1,356	-	-	1,356	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,906	-	-	5,906	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,906	-	-	5,906	-
A3 Payments					
Coaching	3,835	-	-	3,835	-
Equipment	503	-	-	503	-
IT	915	-	-	915	-
Insurance	531	-	-	531	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,784	-	-	5,784	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,784	-	-	5,784	-
Net of receipts/(payments)	122	-	-	122	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	9,740	-	-	9,740	-
Cash funds this year end	9,862	-	-	9,862	-

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	Bank Balance	9,862	-	-
		-	-	-
		-	-	-
	Total cash funds	9,862	-	-

	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			
Details			
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
<i>P. Knowles</i>	PAUL KNOWLES	30/06/2022

QUICK START HOCKEY

England & Wales - Charity number 1176770

Accounts

Trustees' Annual Report for the period

	Period start date			To	Period end date		
	Day 01	Month 10	Year 2019		Day 30	Month 09	Year 2020

Section A Reference and administration details

Charity name	Quick Start Hockey
Other names charity is known by	
Registered charity number (if any)	1176770
Charity's principal address	11 Darlaston Road
	London
	Postcode SW19 4LF

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	Paul Knowles	Chair		Paul Knowles
2	Marie Kidwell			
3	Chris Walker			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Charity founded by Paul Knowles. Marie Kidwell and Ben Marsden appointed by Paul Knowles. Ben Marsden resigned in May 2019 and Chris Walker appointed by Paul Knowles in replacement

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

You may choose to include additional information, where relevant, about:

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance in life and help 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.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Quick Start Hockey has undertaken the following activities for the benefit of primary state school students in the London borough of Merton:

- Delivery of school assemblies from elite hockey players including Crista Cullen – MBE and Olympic gold medallist
- Hockey coaching taster sessions and PE lessons
- After school clubs
- Provision of free sticks and balls to schools and children participating
- Provision of an annual festival enabling local schools to compete at all standards across their student co-hort.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

During the third year of operation, Quick Start Hockey worked with 12 out of the c44 state primary schools in Merton Borough.

Several thousand students attended assemblies and several hundred attended weekly after school hockey sessions.

One hundred and twenty students attended the annual Quick Start Hockey festival.

An additional 300 sticks and 250 balls were provided to participating schools enabling these schools to offer hockey to a wider number of its children beyond the Quick Start Hockey sessions.

Quick Start Hockey coaches work alongside dozens of primary school teachers to help them learn coaching skills which would enable the schools to become more self-sufficient with the provision of hockey coaching.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity was funded originally by unsecured founder loans only repayable if external funded was provided and therefore the charity had no risk of failing to provide funding to meet its liabilities from equipment purchase and coach provision. Subsequently, donations have been made by England Hockey and Surrey Hockey with the unsecured founder loan being repaid over time.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

[Empty box for optional information]

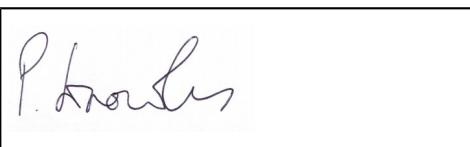
Section F Other optional information

[Empty box for Section F optional information]

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Paul William Knowles	
Position (eg Secretary, Chair, etc)	Chair	
Date	19 th August 2021	



Receipts and payments accounts

For the period from	Period start date 01/10/2019	To	Period end date 30/09/2020
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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	17,518	-	-	17,518	14,100
Subscriptions	5,768	-	-	5,768	833
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	23,286	-	-	23,286	14,933
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,286	-	-	23,286	14,933
A3 Payments					
Coaching	6,840	-	-	6,840	8,126
Equipment	1,562	-	-	1,562	3,745
IT	683	-	-	683	458
Tournament costs	-	-	-	-	167
Promotional expense	-	-	-	-	582
Loans repaid	9,225	-	-	9,225	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,310	-	-	18,310	13,078
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,310	-	-	18,310	13,078
Net of receipts/(payments)	4,976	-	-	4,976	1,855
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,764	-	-	4,764	2,909
Cash funds this year end	9,740	-	-	9,740	4,764

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	Bank balance	9,740	-	-
		-	-	-
		-	-	-
	Total cash funds	9,740	-	-
		OK	OK	OK

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

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>P. Knowles</i>	PAUL KNOWLES	12/08/2021