

Trustees' Annual Report for the period

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

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				
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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

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)

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

5th June 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

QUICK START HOCKEY

1176770

Receipts and payments accounts

CC16a

For the period
from

10/1/2022

To

9/30/2023

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	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 £

B2 Other monetary assets

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

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	6/5/2024