

Trustees' Annual Report for the period

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

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.

Provision of affordable and accessible holiday camps.

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

26th February 2025



Receipts and payments accounts

CC16a

For the period
from

01/10/2023

To

30/09/2024

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	-	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