



OFF THE ROPES
(A Charitable Incorporated Organisation)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 October 2021

Charity Number: 1180290

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The Trustees present their annual report for the year ended 31 October 2021.

Mission and aim

Off the Ropes is a charity aimed to improve the physical health and wellbeing of children and adults under mental health services or at risk of being referred to primary or secondary health services in the London and Kent areas. Qualified boxing and health professionals engage with individuals and focus on improving and managing participants mental health symptoms using a fully integrated approach which tackles personal and social issues.

It operates under charitable purpose 12: 'the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage'.

Legal Objects

The principal objects of the charity are:

- The provision of structured, non-contact boxing programmes designed to assist with the development of self-confidence, and independent living skills
- The improvement of the health (including mental health) and fitness of participants and encouraging people to make health life choices
- To provide participants with confidence, identity, purpose and structure

The charity was established on 12th October 2018.

Strategic Aims

The charity area is covered by the Oxleas NHS Foundation Trust which provides a wide range of health and social care services in South East London, specialising in caring for people with mental health problems or learning disabilities. It works across Bexley, Bromley and Greenwich and forensic settings across South East London and HMP Belmarsh (70 sites). This area has the highest rates of people under 18 with depression and the highest number of people over 65 with a number set to grow including the number of carers who state that this has a negative effect on their mental health.

OTR currently delivers their boxing inclusion programme to adults under mental health services either in reach (on premises) or community re-engagement (at Swanley Boxing gym).

The programme runs over 8 weeks using the following methodology which is adjusted slightly to suit client groups.

Engage - week 1-2: build trust through support and give clients the confidence to take the leap to join in. IYC has access to Swanley Boxing gym and alternatively can be mobile as they have their own kit and can set up easily in most rooms with space to move. Each client is assessed so that the programme can accommodate their personal level of fitness and psychological wellbeing. Individuals have full visibility of the programme, are clear around what they can personally achieve by the end of each session and at the end of the 8 weeks.

Inspire - week 3-4: the foundations of the craft of boxing are laid. We work from the ground up looking at footwork, movement, boxing stance and then into learning the basic techniques of throwing punches and defending punches. Throughout these sessions and ongoing we start to build cardiovascular and core fitness through circuits and exercises.

Grow - week 5-6: continue to build on the boxing training foundations by working more on technical aspects of this art. While skills improve, personal fitness levels are pushed, and partner work is introduced to foster an enjoyable team environment.

Impact – week 7-8: moving towards the end of the programme clients are measured on psychological changes and fitness changes, these are compared against week one so clients can see their progress. The evidence of progression is important for groups so they can recognise and start to understand the positive effects that boxing can have on their health – for example, weight loss and improved cardiovascular ability.

We currently run sessions out of Swanley amateur boxing gym or go onsite to clients premise.

We also offer extra curriculum activities to help clients with their interpersonal skill and to create friend groups such as; paddle boarding, running, pottery, gardening and decorating. We also take groups away for short breaks. The mini bus has given us a great opportunity to broaden our offer outside the gym.

However, we are still very limited with gym access and we are now urgently looking for our own premises. We are working with Bromley Borough Council and Oxleas NHS Trust to help find us a home that we can access every day. This will enable us to extend our offer to more in need.

We currently partner with NHS, Oxleas Trust and InMind, plus Mind.

Activities and Achievements in the year

We have welcomed getting out and about post covid and have managed to gear up again quickly. We have executed the following activities:

- Short break to the South Coast
- Paddle Boarding
- Pottery groups
- Cinema and gigs
- Days out to the coast in the minibus

We were very fortunate to be the nominated charity for the 2021 Media Fight Night boxing event held on 4th November 2021. We prepared for and attended this event, promoting the cause of the charity.

Financial Review

The total receipts of £86,191 (2020: £188,248) are all in relation to sponsorship and donations received from the Media Fight Night events held by the Charity patron, John Malony.

- £20,351 (23.6%) relate to the 2020 Media Fight Night virtual quiz event.
- £62,071 (72%) are advance sponsorship receipts for the live 2021 Media Fight Night event, held on 4th November 2021; which on an accruals basis would be accounted for in the financial year 2021-2022.
- £3,769 (4.4%) arrears from live 2019 Media Fight Night.

Total payments of £26,646 (2020: £63,869) cover direct event costs and supporting costs for the running activities of the charity. Within total payments £17,866 (2020: £53,371) are direct costs paid in relation to the event receipts. The direct costs payments equate to 21% (2020: 28%) of the media fight night total receipts.

During this financial year an asset purchase payment of £21,518 was made for a minibus vehicle.

The cash balance b/f as at 1 November 2020 of £135,185, plus net receipts surplus of £38,027, result in closing cash balance of £173,212 at the end of the financial year 31 October 2021.

Reserves policy

All restricted funds shall sit outside any calculation of unrestricted reserves.

The unrestricted reserves minimum should be calculated at the value of annual known fixed costs (currently administration expenses such as insurance but may in the future include other commitments such as premises rental). No maximum reserve has been set – but any excess funds should be considered for use in projects in the next financial year.

Structure, Governance and Management

Off The Ropes is a Charitable Incorporated Organisation. The trustees, who served during the year are set out below.

OTR has several long-standing volunteers who dedicate their time to supporting the charity.

Warren Dunkley is an Occupational Therapist with NHS, Oxley's and manages most of the delivery of programmes to clients along with Ashley Newman.

Patrick Davey is an NHS psychiatrist and supports the delivery team to ensure that the programmes are structured to maintain the wellbeing of clients.

Jo Dunkley is admin and marketing support for the charity.

During 2021 OTR have introduced the accountancy support of Sarah Bradbury on a consultancy basis.

Covid Statement

For the start of this financial year, COVID-19 still had an impact on the charity, with which we continued to provide outdoor activity sessions and zoom / pre-recorded routines. As the restrictions lifted we were able to resume the activities.

Trustees' Responsibilities

The Trustees have complied with their duty to have due regard to the Charity Commission public benefit guidance when exercising powers or duties to which the guidance is relevant.

Administrative Details

None of the below listed Trustees' had any beneficial interest in the charity. The following are the Trustees who served during the year and as at the date of this report:

Paul Jackson - Chair
Derek Tracey
Damon Beesley (appointed 14 July 2021)
Toni Dickenson (resigned 31 October 2021)

Registered Office: PO Box 519, Gravesend, Kent, DA12 9PU



Paul Jackson
Chairman
Dated: 16/8/22

OFF THE ROPES (OTR)

Independent Examiners report for the year ended 31st October 2021

I report to the Trustees on my examination of the financial statements of Off The Ropes (OTR) (the "Trust") for the year ended 31 October 2021.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the "Act").

Having satisfied myself that the financial statement of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in accordance with section 130 of the Charities Act; or
- 2 the financial statements do not accord with those records;
- 3 the financial statements did not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Louise Hallsworth FCA (Senior Statutory Auditor)

For and on Behalf of Baxter & Co

Chartered Certified Accountants

Lynwood House

Crofton Road

Orpington

Kent

BR6 8QE

Dated: 17 August 2022

OFF THE ROPES (OTR)**Receipt and Payment Activities for the year ended 31 October 2021****Cash Basis**

	Unrestricted funds	Restricted funds	Endowment funds	Total funds - 2021	Last year - 2020
	£	£	£	£	£
A1 - Receipts					
Donations & fundraising events	86,191			86,191	185,748
Charitable activities				-	2,500
Other				-	
Gross income for AR	86,191	-	-	86,191	188,248
A2 - Asset and investment sales				-	
Total receipts	86,191	-	-	86,191	188,248
A3 - Payments					
Cost of charitable activities	100			100	2,600
Event costs	17,866			17,866	53,371
Marketing	3,315			3,315	1,785
Admin & support costs	4,615			4,615	4,097
Legal costs	750			750	2,016
Other				-	
	26,646	-	-	26,646	63,869
A4 - Asset and investment purchases	21,518			21,518	
Total payments	48,164	-	-	48,164	63,869
Net of receipts / (payments)	38,027	-	-	38,027	124,379
A5 - Transfers between funds					
A6 - Cash funds last year end	135,185				10,806
Cash fund this year end	173,212	-	-	38,027	135,185

OFF THE ROPES (OTR)

Statement of Assets and Liabilities at 31 October 2021

Cash Basis

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 - Cash funds	Lloyds	173,212		
Total cash funds		173,212	-	-

		Unrestricted funds £	Restricted funds £	Endowment funds £
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B2 - Other monetary assets

	Fund to which asset belongs	Cost £	Current value £
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B3 - Investment assets

	Fund to which asset belongs	Cost £	Current value £
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	Fund to which asset belongs	Cost £	Current value £
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B4 - Assets retained for the charity's own use

	Fund to which asset belongs	Cost £	Current value £
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B5 - Liabilities

These accounts have been prepared in accordance with the provisions applicable to small charitable organisations under Charity SORP.

Signed by one trustees on behalf of all the trustees:



Paul Jackson
Chairman

Date:

16/8/22

ACCOUNTING POLICIES

Legal status of the charity

Off The Ropes is a charitable incorporated organisation not subject to company regulation.

With effect from 31 October 2021, the name of the Charity was changed from In Your Corner (IYC) to Off The Ropes (OTR).

Basis of preparing the financial statements

The financial statements have been prepared consistently under the receipts and payments basis. This basis provides readers with information about the sources of cash raised during the period, the purposes for which cash was used and the cash balances at the reporting date. The measurement focus in the financial statements is balances of cash and changes therein.

The financial statements have been prepared in accordance with the Statement of Recommended Practice for Charities SORP (FRS 102) (Second edition, effective 1 January 2019).

The financial statements are prepared in sterling which is the functional currency of the charity.

Receipts

All receipts (income) is recognised when the charity has banked funds.

Receipts include donations and fundraising events income. Receipts are based on invoice remittances or from the JustGiving account transfers.

Payments

Payments are recognised at the point the cash exchange has occurred and funds have been paid out of the charity bank account per the cash accounting basis. The payments have been classified under headings that relate to the categories of receipts.

Charitable expenditure amounts to the costs incurred to support the running operations of the boxing charity needs.

Support costs are overhead costs necessary to support the running of the charity

Unrestricted funds

As no restrictions have been placed upon the receipts received from the Media Fight Night events or other donations, all activities relate to a single general fund.