



OFF THE ROPES
(A Charitable Incorporated Organisation)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 October 2022

Charity Number: 1180290

Table of Contents**Page Number**

Legal Objects	1
Strategic Aims	1
Activities and Achievements in the year	2
Financial review	2
Structure and Governance	3
Trustees Responsibilities	3
Administrative details	4
Independent Examiner's Report	5
Receipt and Payment Activities	6
Statement of Assets and Liabilities	7
Notes to the Financial Statements	8

The Trustees present their annual report for the year ended 31 October 2022.

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 a high rate of people under 18 suffering with depression and a high 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 to Lambeth and BETHAM NHS Trust) or community re-engagement (at Swanley Boxing gym). We additionally provide trainers for the local Parkinson's group that runs out of West Kingsdown ABC.

The programme that the charity adopts 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. OTR 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 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 minibus we purchased in 2021 has given us a great opportunity to broaden our offer outside of the gym getting clients out and about more.

We have been looking for our own premises and this year through our engagement with NHS Oxleas Trust we are exploring an opportunity of some space on a site that they hope to have vacant in Abbey Wood. It is hoped that we can secure this building on a peppercorn rent. This will facilitate the Charities growth ambition to establish a 'hub' to extend our support of discharged NHS clients (securing our partnership with the NHS further), local school children and young adolescents and other care units i.e. Dementia, Parkinson's.

Activities and Achievements in the year

We have welcomed getting out and about and have continued with the activities that our clients enjoy.

- Short break to the South Coast
Paddle Boarding
- 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 £150,526 (2021: £86,191) are largely in relation to sponsorship and donations received from the Media Fight Night events held by the Charity patron, John Malony.

As we are reporting on a cash basis and the events are held in November; the timing of the receipts cross over two reporting years. The receipts shown for this reporting period are made up of the following:

- £9,000, 6% (2021: £3,769 4.4%) 2019 sponsorship receipts in arrears from live 2019 Media Fight Night.
- £0 (2021: £20,351, 23.6%) relate to the 2020 Media Fight Night virtual quiz event. £64,061, 42.6% (2021: £62,071 72%) relate to Media Fight Night 21 held on 4th November 2021
- £26,750, 17.8% (2021: £0) are advance sponsorship receipts for the live 2022 Media Fight Night event, held on 3rd November 2022, which on an accruals basis would be accounted for in the financial year 2022/2023.
- £48,215 32% (2021: included within MFN revenues) is receipt donations and gift aid payments from JustGiving, collected from individuals on Media Fight Nights
- £2,500 2% (2021: £0) receipts from InMind for boxing sessions

Total payments of £66,806 (2021: £26,646) cover direct event costs and supporting costs for the running activities of the charity.

Within total payments:

£15,127 (2021: £2,663) are direct costs paid to x2 individuals for boxing led sessions, as well as the costs for activities provided to the patients during the year.

£32,350 (2021: £15,203) is direct costs in relation to the Media Fight Night events. This includes charity donations to selected charities of the event organisers, hire facilities and auction item costs.

£19,329 (2021: £8,780) is the remaining general running costs for the charity.

The cash balance b/f as at 1 November 2021 of £173,212, plus net receipts surplus of £83,720 (2021: £38,027), results in closing cash balance of £256,932 at the end of the financial year 31 October 2022. £366 of the closing balance is held in prepaid credit card, Soldo.

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 in the relevant section below.

OTR has 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.

Sarah Bradbury provides accountancy support 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

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



Paul Jackson

Chairman

Dated: 30 August 2023

OFF THE ROPES (OTR)

Independent Examiners report for the year ended 31st October 2022

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").

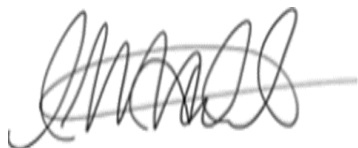
Having satisfied myself that the financial statement of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In 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
For and on Behalf of Baxter & Co
Chartered Certified Accountants

Lynwood House
Crofton Road
Orpington
Kent
BR6 8QE

FCA (Senior Statutory Auditor)

Dated: 30August 2023

OFF THE ROPES (OTR)**Receipt and Payment Activities for the year ended 31 October 2022****Cash Basis**

	Unrestricted funds	Restricted funds	Endowment funds	Total funds - 2022	Last year - 2021
	£	£	£	£	£
A1 - Receipts					
Donations & fundraising events	148,026			148,026	86,191
Charitable activities	2,500			2,500	
Other					
Gross income for AR	150,526			150,526	86,191
A2 - Asset and investment sales					
Total receipts	150,526			150,526	86,191
A3 - Payments					
Cost of charitable activities					100
Event costs	49,376			49,376	17,866
Marketing	5,037			5,037	3,315
Admin & support costs	12,393			12,393	4,615
Legal costs					750
Other					
	66,806			66,806	26,646
A4 - Asset and investment purchases					21,518
Total payments	66,806			66,806	48,164
Net of receipts I (payments)	83,720			83,720	38,027
A5 - Transfers between funds					
A6 - Cash funds last year end	173,212				135,185
Cash fund this year end	256,932			83,720	173,212

OFF THE ROPES (OTR)**Statement of Assets and Liabilities at 31 October 2022****Cash Basis**

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 - Cash funds	Lloyds	256,566		
Total cash funds		256,566		

		Unrestricted funds ££	Restricted funds £	Endowment funds
B2 - Other monetary assets		366		

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

	Fund to which asset belongs	Cost £	Current value £

	Fund to which asset belongs	Cost £	Current value £

B4 - Assets retained for the charity's own use	Unrestricted	21518	21518
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	Fund to which asset belongs	Cost £	Current value £
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: 30 August 2023

ACCOUNTING POLICIES

Legal status of the charity

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

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.