



OFF THE ROPES
(A Charitable Incorporated Organisation)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE EXTENDED PERIOD

1 NOVEMBER 2022 - 31 DECEMBER 2023

Charity Number: 1180290

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The Trustees present their annual report for the 14 month extended period ended 31 December 2023. This is not comparable to the prior 12 month period ended 31st October 2022.

The reporting end date has been changed from 31st October to 31st December to align to the main activities of the Charity to a calendar year going forwards.

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.

It looks highly probable that we will be given access to a property owned by the NHS at a reasonable monthly rent. We are currently in negotiations and hope to finalise in the next month. The space is within the NHS Oxleas Trust in Abbey wood. This will facilitate the charities growth ambition and secure our partnership with the NHS where we extend support to discharged patients suffering with their mental health. We will also be able to extend our services further to local school and young adolescents plus other care units such as Dementia and Parkinson's of which we currently have a good working relationship.

Activities and Achievements in the year

We have been able to execute the following activities this year:

1. Tuesday boxing sessions for Oxleas NHS
2. Wednesday session with Parkinsons UK
3. Saturday morning boxing sessions
4. Friday in reach sessions with South London and Maudsley Hospital
5. In reach session at Green Parks House (NHS Oxleas)
6. Yearly holiday to the South Coast
7. Running groups
8. Animal rescue groups
9. Cinema and gigs
10. Days out to the coast

We have been regularly gaining feedback from attendees so we are now able to present statistics and apply for wider funding. We are awaiting funding results which will be with us between March and May 2024. All funds will be used to kit out our new premises.

95% feel that their well-being has very much been improved
95% said the session helped to reduce stress
95% feel that the session helped improve confidence
79% said the sessions helped to improve their social connection
81% said that the sessions improved their physical fitness

During this reporting financial period, we were the nominated charity for the 2023 Media Fight Night boxing event. We have supported this event for the 6th year running and are very fortunate for this opportunity. In the last 2 recent years the event organisers have also introduced other charities which proceeds are also donated. We prepare a marketing campaign to promote the cause of the Charity as well as attend these events voluntarily to support with the running.

Financial Review

The total receipts of £284,739 (2021: £150,526) are largely in relation to sponsorship and donations received from the Media Fight Night events held by the Charity patron, John Malony.

In the prior years our reporting year end period has been 31st October and with the Media Fight Night events held in November, the income and expenses have not been reported in the relevant year as received / paid. To also add the Charity reports on a cash basis so the timing of the transactions have crossed over two reporting years. This reporting period will include two years of Media Fight Night receipts, possibly three, for cash received during the start of this reporting period. Therefore the comparable period is not a true reflection against this year and will be the same for next year.

The receipts shown for this reporting period are made up of the following:

- £0 (2022: £9,000 6%) 2019 sponsorship receipts in arrears from live 2019 Media Fight Night.
- £0 (2022: £64,061 42.6%) relate to Media Fight Night 21 held on 4th November 2021
- £144,638 50.8% (2022: £26,750, 17.8%) sponsorship receipts for Media Fight Night 22 event, held on 3rd November 2022
- £120,390 42.2% (2022: £0) sponsorship receipts for Media Fight Night 23 event, held on 2nd November 2023
- £19,711 6.9% (2022: £48,215, 32%) of receipt donations and gift aid payments from JustGiving, collected from individuals on Media Fight Nights
- £0 (2022: £2,500 2%) receipts from InMind for boxing sessions

Total payments of £118,211 (2022: £66,806) cover direct event costs and supporting costs for the running activities of the charity.

Within total payments:

- £33,070 (2022: £15,127) 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.
- £63,501 (2022: £32,350) 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.
- £21,640 (2022: £19,329) is the remaining general running costs for the charity.

The cash balance b/f as at 1 November 2022 of £256,932, plus net receipts surplus of £166,528 (2022: £83,720), results in closing cash balance of £423,460 at the end of the financial period 31 December 2023. £20 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 paid consultancy basis.

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: 26 June 2024

OFF THE ROPES (OTR)

Independent Examiners report for the extended period 1st November 2022 - 31st December 2023

I report to the Trustees on my examination of the financial statements of Off The Ropes (OTR) (the "Trust") for the period ended 31 December 2023.

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 statements 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: 26 June 2024

OFF THE ROPES (OTR)**Receipt and Payment Activities for the period ended 31 December 2023****Cash Basis**

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds - 2023 £	Last year - 2022 £
A1 - Receipts					
Donations & fundraising events	284,739			284,739	148,026
Charitable activities	-			-	2,500
Other				-	-
Gross income for AR	284,739	-	-	284,739	150,526
A2 - Asset and investment sales				-	
Total receipts	284,739	-	-	284,739	150,526
A3 - Payments					
Cost of charitable activities				-	-
Event costs	80,572			80,572	49,376
Marketing	5,350			5,350	5,037
Admin & support costs	30,689			30,689	12,393
Legal costs	600			600	-
Other				-	-
	117,211	-	-	117,211	66,806
A4 - Asset and investment purchases	1,000			1,000	-
Total payments	118,211	-	-	118,211	66,806
Net of receipts / (payments)	166,528	-	-	166,528	83,720
A5 - Transfers between funds					
A6 - Cash funds last year end	256,932				173,212
Cash fund this year end	423,460	-	-	166,528	256,932

OFF THE ROPES (OTR)

Statement of Assets and Liabilities at 31 December 2023

Cash Basis

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 - Cash funds	Lloyds	423,440		
Total cash funds		423,440	-	-
		Unrestricted funds £	Restricted funds £	Endowment funds £
B2 - Other monetary assets		20		
		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	22518	22518
		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: 26 June 2024

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

Assets retained for the charities own use

Motor vehicle – the value shown on the statement of assets and liabilities includes the cost of the vehicle or its realised value after impairment.

Property leasehold – the value shown on the statement of assets and liabilities includes all costs associated with completion on the property leasehold. This will be amortised over the terms of the lease period which is yet to be determined.

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.