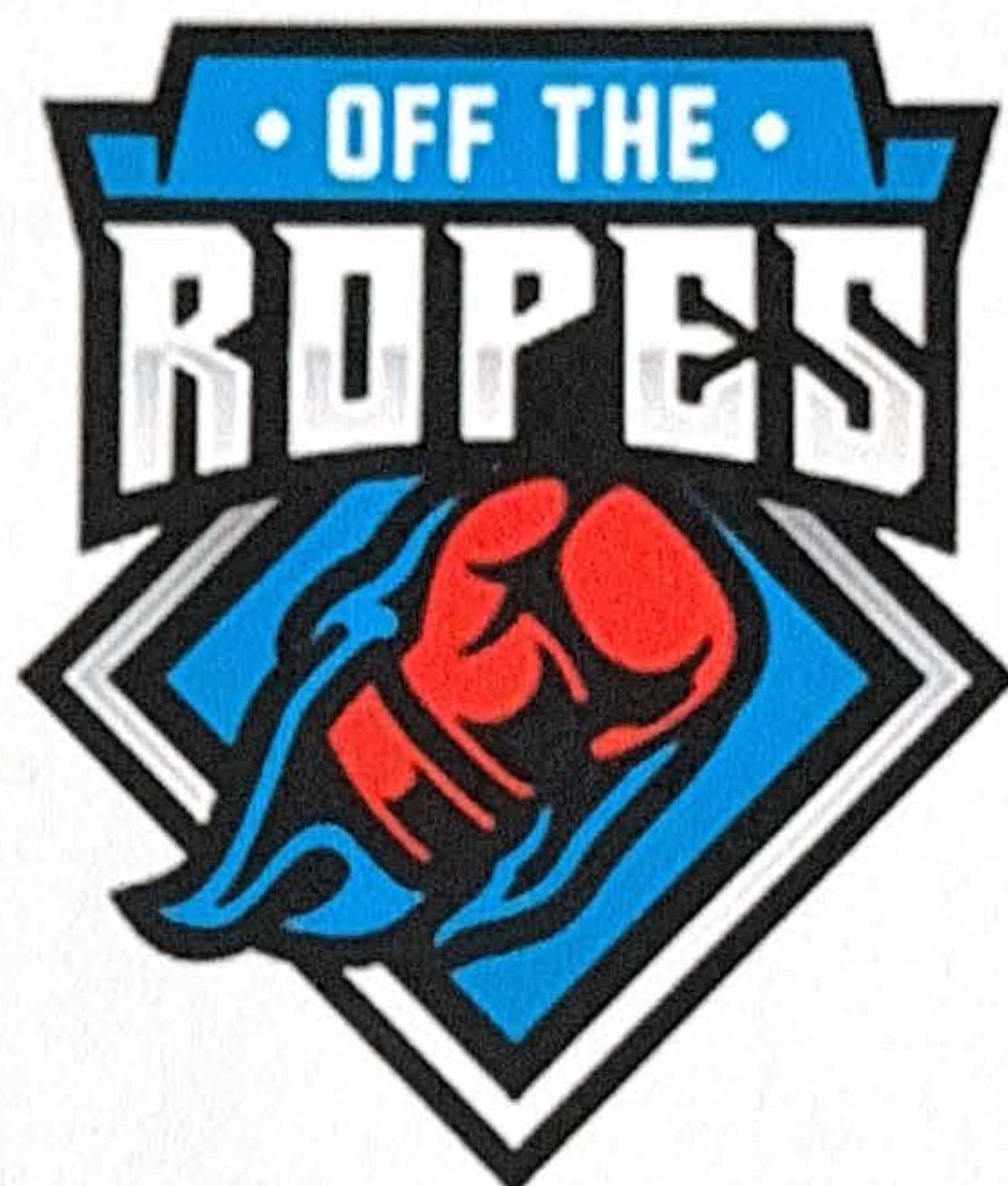




OFF THE ROPES
(A Charitable Incorporated Organisation)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Charity Number: 1180290

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The Trustees present their annual report for the 12 month period ended 31 December 2024. This is not comparable to the prior extended 14-month period ended 31st December 2023.

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 healthy 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).

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.

A New Chapter: Expanding Our Impact in Partnership with the NHS

On 16th June, *Off the Ropes* will gain access to a dedicated space within the OXLEAS NHS Trust site at Goldie Leigh Hospital, located in Abbey Wood, Southeast London. This exciting development marks a significant milestone, as *Off the Ropes* becomes the first boxing gym to be based on an NHS site in the UK.

We will be co-located with OXLEAS' Learning Disability Services and situated alongside a range of other essential services, including Children's Services, an inpatient Mental Health Rehabilitation Unit, and TILT—a high-support forensic hostel providing 24/7 care for men with complex mental health needs, supporting their transition to independent living.

This partnership is a powerful endorsement of our work and reflects OXLEAS NHS Trust's commitment to innovative, community-based mental health support. Having a permanent presence on-site will allow *Off the Ropes* to expand its reach, collaborate more closely with support services, and provide a safe, welcoming environment where individuals can build connections, improve their wellbeing, and form lasting friendships.

Looking ahead, we are committed to deepening our community impact. Our future plans include:

- Extending our programmes into schools to engage younger participants.
- Launching our own amateur boxing club to enable progression into local boxing tournaments.
- Supporting the development of future coaches, including one of our current clients who is training to join our coaching team at the new premises.
- Offering work experience opportunities for clients receiving PIP or other benefits, helping them explore career paths and build confidence for the future.

Our outreach work continues with the Lambeth NHS Mental Health Unit, part of South London and Maudsley NHS Foundation Trust (SLAM). We are proud to maintain our contract with Lambeth, and recent feedback from 106 clients has shown powerful outcomes:

- 91% reported an improved sense of wellbeing after sessions
- 88% experienced reduced stress and tension
- 88% noted increased self-confidence
- 75% felt more connected and saw improvements in their physical health

We remain dedicated to growing these positive outcomes and delivering meaningful, person-centred support through every stage of recovery and personal development.

Activities and Achievements in the year

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

1. Tuesday boxing sessions for OXLEAS NHS Trust including the Bracton Centre (TILT above is a transition unit for the Bracton so the charity is supporting)
2. Saturday morning boxing sessions
3. Friday in reach sessions with South London and Maudsley Hospital

4. In reach session at Green Parks House (NHS OXLEAS)
5. Yearly holiday to the South Coast
6. Running groups
7. Animal rescue groups
8. Cinema and gigs
9. Days out to the coast

During this reporting financial period, we have continued to be a chosen charity for the 2024 Media Fight Night charity boxing event. We have been a beneficiary charity for this event for the 7th year running and are very fortunate for this opportunity. In the last 2-3 years the event organisers have also introduced other charities which proceeds are also donated.

We now have admin support who has received training on fund raising and we plan to apply for funds for kit for our new premises. We are also starting to market the charity and activities, support the promotion of Media Fight Night 2025 and Off the Ropes new club opening.

Financial Review

The total receipts of £145,678 (2023: £284,739) are largely in relation to sponsorship and donations received from the Media Fight Night events held by the Charity patron, John Malony.

Our last year financials cover a reporting period of 14 months with an extended period year end. As we report on a cash receipts basis the timing of transactions used to cross into two reporting periods, so the results for 2024 year end will be more relevant to the Media Fight Night event held in November, capturing the income and expenses within the relevant financial year. Therefore the comparable period is not a true reflection against this year.

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

- £0 (2023: £144,638, 50.8%) sponsorship receipts for Media Fight Night 22 event, held on 3rd November 2022
- £15,703 10.8% (2023: £120,390 42.2%) sponsorship receipts for Media Fight Night 23 event, held on 2nd November 2023
- £123,465 84.8% (2023: £0) sponsorship receipts for Media Fight Night 24 event, held on 7th November 2024
- £30 0.0% (2023: £19,711, 6.9%) of receipt donations and gift aid payments from JustGiving, collected from individuals on Media Fight Nights
- £6,480 0.04% (2023: £0) receipts from NHS SLAM for boxing sessions

Total payments of £159,219 (2023: £118,211) cover direct event costs and supporting costs for the running activities of the charity, as well as some asset purchases during the year.

Within total payments:

- £18,202 (2023: £33,070) are direct costs paid to x1 individual for boxing led sessions, as well as the costs for activities provided to the patients during the year.
- £52,431 (2023: £63,501) 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.
- £24,781 (2023: £21,640) is the remaining general running costs for the charity.
- £63,805 (2023: £0) is total costs made to assets retained for the charities own use. These costs include the new premises maintenance and improvements and equipment.

The cash balance b/f as at 1 January 2024 of £423,460, plus net receipts deficit of -£13,541 (2023: £166,528), results in closing cash balance of £409,919 at the end of the financial period 31 December 2024. £429 (2023: £20) of the closing balance is held in prepaid credit card, Pleo.

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.
- 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.

Maria Fowler has been introduced to the charity during the year on a zero hours payroll contract, supporting with administration, finance and fund raising task responsibilities.

Sarah Bradbury FCCA, 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:

25/9/25

OFF THE ROPES (OTR)

Independent Examiners report for year ended 31st December 2024

I report to the Trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the "Act").

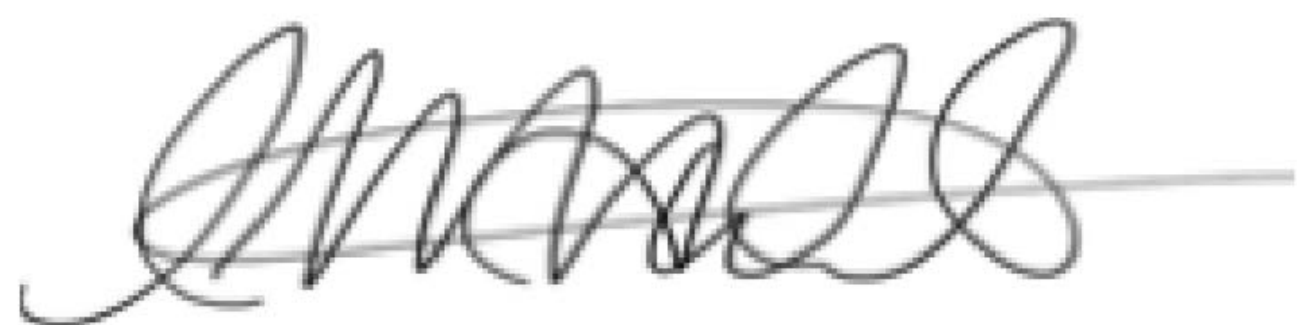
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In 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 material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts do not accord with the accounting records;
- 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 order to enable a proper understanding of the financial statements to be reached.



Louise Hallsworth, FCA (Senior Statutory Auditor)
For and on Behalf of Affinia (Orpington), Statutory Auditor
Chartered Accountants
Lynwood House
Crofton Road
Orpington
Kent
BR6 8QE

Dated: 30 September 2025

OFF THE ROPES (OTR)

Receipt and Payment Activities for the year ended 31 December 2024

Cash Basis

	Unrestricted funds	Restricted funds	Endowment funds	Total funds - 2024	Last year - 2023
	£	£	£	£	£
A1 - Receipts					
Donations & fundraising events	139,198			139,198	284,739
Charitable activities	6,480			6,480	-
Other				-	-
Gross income for AR	145,678	-	-	145,678	284,739
A2 - Asset and investment sales				-	
Total receipts	145,678	-	-	145,678	284,739
A3 - Payments					
Cost of charitable activities	18,202			18,202	-
Fundraising event costs	52,431			52,431	80,572
Marketing	3,969			3,969	5,350
Admin & support costs	20,783			20,783	30,689
Legal costs	30			30	600
Other				-	-
	95,414	-	-	95,414	117,211
A4 - Asset and investment purchases	63,805			63,805	1,000
Total payments	159,219	-	-	159,219	118,211
Net of receipts / (payments)	- 13,541	-	-	- 13,541	166,528
A5 - Transfers between funds					
A6 - Cash funds last year end	423,460			423,460	256,932
Cash fund this year end	409,919	-	-	409,919	423,460

OFF THE ROPES (OTR)

Statement of Assets and Liabilities at 31 December 2024

Cash Basis

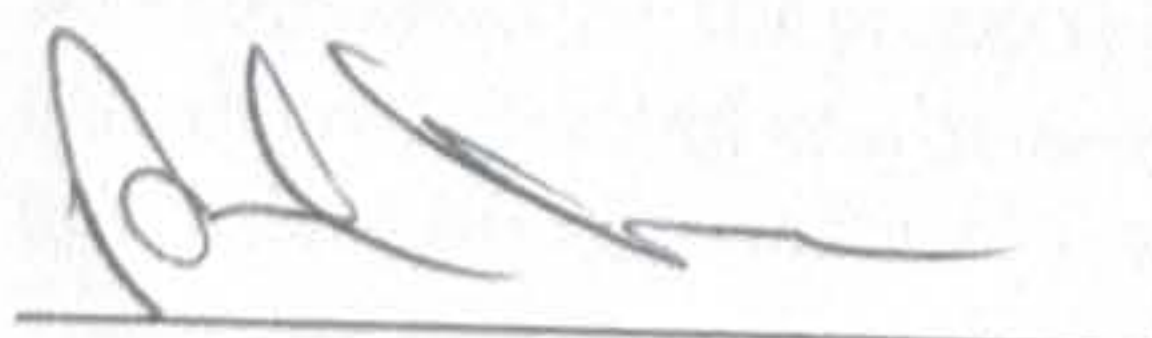
		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 - Cash funds	Lloyds	409,553		
Total cash funds		409,553	-	-

		Unrestricted funds £	Restricted funds £	Endowment funds £
B2 - Other monetary assets	Prepaid card	429		
B3 - Investment assets				
B4 - Assets retained for the charity's own use	Minibus	21,518		
	Buildings	3,973		
	Lease Improvement:	60,000		
	Equipment	832		
Total assets		86,752	-	-

		Unrestricted funds £	Restricted funds £	Endowment funds £
B5 - Liabilities	PAYE/NI	63		
Total liabilities		63	-	-

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:

25/9/25

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 GBP sterling which is the functional currency of the charity.

Receipts

All receipts (income) are 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 10 year term of the lease. The lease agreement is granted as a peppercorn rent of £nil per annum. The lease agreement is between Off The Ropes and Oxleas NHS Foundation Trust for property Heathview Building, Goldie Leigh Hospital, Lodge Hill, Abbey Wood, SE2 0AS.

Leasehold improvements – the value shown on the statement of assets and liabilities includes all costs associated with the property maintenance agreement between Off The Ropes and Oxleas NHS Foundation Trust. The agreement states a contribution of £100,000 is payable before occupying the property in order to upgrade for its final use and purpose. In addition to this will be any further costs for fixture and fittings for the internal site. These costs will be amortised over the 10 year term of the lease.

Equipment – the value shown on the statement of assets and liabilities includes computer equipment costs and large equipment item purchases for the gym.

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.