



OFF THE ROPES
(A Charitable Incorporated Organisation)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

Charity Number: 1180290

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The Trustees present their annual report for the 12 month period ended 31 December 2025.

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

Off The Ropes (OTR) operates across areas served by NHS mental health services in Southeast London, including Oxleas NHS Foundation Trust and other accessible NHS partners. These services support individuals experiencing a range of mental health difficulties, often alongside social disadvantage, isolation and barriers to community engagement.

Off The Ropes exists to improve mental, emotional and physical wellbeing for adults experiencing mental health challenges. The charity uses non-contact boxing, structured activity and community connection to support recovery, build confidence and help people remain well and connected in the community, reducing the cycle of repeated admissions, readmissions and crisis involvement.

A major milestone for the charity during the year has been the establishment of a dedicated boxing gym on the Oxleas NHS site at Goldie Leigh Hospital in Abbey Wood. This facility represents the first non-contact boxing gym located on an NHS site in the United Kingdom. Being based within an NHS setting allows the charity to work closely with clinicians, particularly Occupational Therapists and ward teams, and to provide a safe and supportive environment where both inpatients and community participants can engage in structured activity.

While the gym is located within the Oxleas estate, Off The Ropes works across accessible NHS services and continues to support multiple clinical settings through outreach and in-reach delivery.

Through this work the charity has developed a structured mental health pathway known as BOX-STEP. At the centre of BOX-STEP is the ROUTE framework: Referral, Outreach, Uplift, Transition and Empowerment. This model supports individuals across different stages of recovery.

Participants may join through early intervention referrals from GPs, social prescribers, community mental health teams and voluntary sector organisations, or through self-referral. Weekly sessions provide structure,

routine and social connection, helping individuals to build confidence and stability that can reduce the likelihood of crisis or hospital admission.

Off The Ropes also delivers inpatient in-reach sessions directly on hospital wards. These sessions provide structured physical activity that supports emotional regulation, confidence building and wellbeing. Occupational Therapists are able to bring small inpatient groups to the Goldie Leigh gym through ring-fenced sessions ahead of discharge, allowing participants to become familiar with the environment before transitioning into community sessions.

Following discharge, individuals are able to continue attending mainstream BOX-STEP community sessions, ensuring continuity of support rather than isolated “step-down” groups. Participants are also encouraged to progress into volunteering roles, leadership opportunities and training where appropriate.

Activities and Achievements in the year

During the reporting period Off The Ropes continued to deliver a range of programmes and activities supporting both NHS patients and community participants.

Weekly sessions have continued with NHS partners including work linked with the Bracton Centre and associated transition services. The charity also continues its in-reach work with South London and Maudsley NHS Foundation Trust, delivering sessions on mental health wards.

In addition, regular sessions are delivered at Green Parks House and the Memorial Hospital site, enabling individuals receiving support from local mental health services to access structured physical activity and wellbeing support.

Community sessions are delivered from the Goldie Leigh gym, which now provides a central base for the charity’s activities and a safe, welcoming space where participants can build connections and improve their wellbeing. On a Tuesday Swanley Boxing gym is still utilised due to location flexibility for the client group.

Alongside structured activity programmes, the charity continues to organise a range of social and community activities that support wellbeing and connection. During the year participants took part in group trips to Rochester Castle, visits to the South Bank, and a residential trip to the South Coast including a stay at St Margaret’s Bay caravan park. The charity also hosted a Christmas dinner and continues to run a weekly volunteer group at Foal Farm Animal Sanctuary.

Participants are also involved in a music group, with members forming their own band. These activities play an important role in building friendships, reducing isolation and supporting the wider wellbeing of those who attend the programme.

The charity also delivers wellbeing sessions for NHS staff. These sessions provide an opportunity for staff to engage in physical activity and stress reduction while also contributing to the sustainability of the charity through participant fees and referral contributions.

The opening of the Goldie Leigh gym has attracted significant national media interest during the year. Coverage has included BBC Radio 5 Live Breakfast, BBC Radio 5 Live Drive Time, BBC Radio 4’s World at One, BBC Radio 2’s Trevor Nelson Show, BBC One Show and BBC Sunday Live. Television coverage has also featured on ITV London, alongside extensive online coverage from BBC News, ITV News and Sky Sports.

Further articles appeared in the Sunday Mirror, Health Estate Journal, Nursing Times and Mental Health Design and Build, with additional coverage in Boxing News and The Big Issue. Off The Ropes was also recognised by The Big Issue as one of its Top 100 Changemakers.

The charity has also welcomed visits and support from public figures. During the year Abena Oppong-Asare MP visited the gym and has continued to show strong interest in the work of the charity. The organisation has also received a letter of congratulations and support from the Mayor of London, Sadiq Khan.

To support long-term sustainability Off The Ropes has developed a five-pillar income model which includes corporate partnerships, public sector and commissioned delivery, trusts and foundations, community and individual fundraising, and strategic events and knowledge partnerships.

Initial progress has already been made across several pillars. Interest has been received within the public sector commissioning pillar and community fundraising. The charity has also joined BNI to strengthen corporate engagement and develop relationships with businesses interested in supporting the work through corporate social responsibility programmes.

Plans for the Future

In the coming year the charity intends to build on the progress made during this period.

Key priorities include expanding partnerships within the public sector, particularly with NHS organisations, local authorities and the prison service. The charity will also continue to pursue grants from trusts and foundations while developing corporate partnerships aligned with CSR priorities and increasing community fundraising activity.

Off The Ropes is currently in discussion with Parkinson's UK and hopes to extend services to disability groups across NHS and voluntary sector settings.

The charity also intends to undertake a study examining the benefits of non-contact boxing as a structured intervention supporting mental health and wellbeing.

As demand for the programme continues to grow, the charity plans to strengthen its delivery team through additional Occupational Therapist support, boxing coaching capacity and further administrative support, enabling Off The Ropes to extend its reach and support a wider community of people experiencing mental health challenges.

Public Benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

The Trustees consider that the activities described in this report demonstrate how the charity delivers public benefit through programmes designed to improve the physical and mental wellbeing of individuals experiencing mental health challenges.

Financial Review

The total receipts of £123,477 (2024: £145,678) are largely in relation to sponsorship and donations received from the Media Fight Night events held by the Charity patron, John Malony.

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

- £0 (2024: £15,703, 10.8%) sponsorship receipts for Media Fight Night 23 event, held on 2nd November 2023
- £500 0.4% (2024: £123,465 84.8%) sponsorship receipts for Media Fight Night 24 event, held on 7th November 2024
- £114,057 92% (2024: £0) sponsorship receipts for Media Fight Night 25 event, held on 6th November 2025
- £1,148 1% (2024: £30, 0.0%) of receipt donations and gift aid payments from JustGiving, collected from individuals on Media Fight Nights and sponsored campaigns
- £2,424 2% (2024: £6,480 0.04%) receipts from NHS SLAM for boxing sessions
- £5,348 4% (2024: £0) Interest income from CCLA deposit account

Total payments of £193,613 (2024: £159,219) 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:

- £15,249 (2024: £18,202) are direct costs paid to individuals for boxing led sessions, as well as the costs for activities provided to the patients during the year.
- £10,310 (2024: £52,431) 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.
- £34,103 (2024: £3,868) is paid employed staff salary costs.
- £36,393 (2024: £24,781) is the remaining general running costs for the charity.
- £97,558 (2024: £63,805) relates to investment in the charity's premises, leasehold improvements and equipment to support the development of the new programme space located at the NHS Oxleas Trust site.

Off The Ropes began the financial year with cash reserves of £409,918. During the year the charity invested significantly in developing its new premises and equipment to support the expansion of programmes delivered in partnership with Oxleas NHS Trust. As a result, total payments exceeded receipts for the year, resulting in net cash outflow of £70,136 (2024: £13,542).

This planned investment supports the long-term development of the charity's programmes and infrastructure, enabling Off The Ropes to expand its reach and deliver services from its new NHS-based facility.

At 31 December 2025 the charity held cash balances of £339,782, including £179 held on prepaid credit card accounts.

The Trustees have reviewed the charity's forward commitments and have designated £101,706 of these reserves to cover known fixed costs for the coming year, including staff salaries and premises-related commitments. These reserves ensure the charity can maintain continuity of services whilst continuing to invest in programme development.

The charity's income remains significantly influenced by annual fundraising events such as Media Fight Night. The Trustees therefore consider it prudent to maintain sufficient reserves to manage fluctuations in fundraising income and ensure the sustainability of the charity's activities.

Reserves policy

The Trustees aim to maintain sufficient unrestricted reserves to ensure the stability and continuity of the charity's activities. In determining the appropriate level of reserves, the Trustees consider the charity's contractual commitments, staffing costs, and operational risks.

At 31 December 2025 the charity held total cash reserves of £339,782.

The Trustees have reviewed the charity's future financial commitments and have designated £101,706 of unrestricted funds to cover known fixed costs for the forthcoming year. These commitments primarily relate to:

- Contracted staff salary costs
- Premises and building commitments associated with the charity's programme delivery

This designation represents funds set aside to ensure that the charity can meet its contractual obligations and maintain continuity of services to beneficiaries. These funds remain unrestricted but have been earmarked by the Trustees for operational sustainability.

After taking into account these designated commitments, the remaining unrestricted reserves are held to support the ongoing delivery and development of the charity's programmes and to manage potential fluctuations in fundraising income, which is currently significantly influenced by annual fundraising events.

The Trustees review the reserves position annually to ensure it remains appropriate for the scale and nature of the charity's activities.

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

Structure, Governance and Management

Off The Ropes is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission. The charity is governed by its Board of Trustees, who are responsible for the strategic direction and oversight of the organisation.

The Trustees meet regularly during the year to review the charity's activities, financial performance and strategic development. Day-to-day delivery of programmes is supported by a small team of staff and volunteers with experience in healthcare, coaching and administration.

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:

- Patrick Davey (Co-founder) 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.

Employee paid roles include:

- Warren Dunkley (Co-founder) is an Occupational Therapist with NHS, Oxley's and a Level two qualified boxing coach. Warren manages the delivery of programmes to clients.
- Maria Fowler supports Off The Ropes as Operations and Programmes Coordinator covering administration, finance and fund raising task responsibilities.
- Mark Nelson previously a service user has completed his Coach qualification and has been introduced to the charity during the year on a zero hours payroll contract.

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

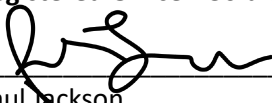
None of the below listed Trustees' had any beneficial interest in the charity. The following are the Trustees who served during the year and as at the date of this report:

Paul Jackson - Chair

Derek Tracey

Damon Beesley

Registered Office: Goldie Leigh Hospital, Heath View Building, Lodge Hill, Abbey Wood, SE2 0AS



Paul Jackson

Chairman

Dated: 18/03/2026

OFF THE ROPES (OTR)

Independent Examiners report for year ended 31st December 2025

I report to the Trustees on my examination of the accounts of the above charity (the "Trust") for the year ended 31 December 2025.

Responsibilities and basis of report

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

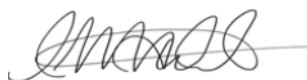
Having satisfied myself that the financial statement of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In 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 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 this report in order to enable a proper understanding of the accounts 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
BR6 8QE

Dated: 10 April 2026

OFF THE ROPES (OTR)**Receipt and Payment Activities for the year ended 31 December 2025****Cash Basis**

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds - 2025 £	Last year - 2024 £
A1 - Receipts					
Donations & fundraising events	121,053			121,053	139,198
Charitable activities	2,424			2,424	6,480
Other				-	-
Gross income for AR	123,477	-	-	123,477	145,678
A2 - Asset and investment sales				-	-
Total receipts	123,477	-	-	123,477	145,678
A3 - Payments					
Cost of charitable activities	15,249			15,249	18,202
Fundraising event costs	10,310			10,310	52,431
Marketing	4,946			4,946	3,969
Admin & support costs	22,112			22,112	16,915
Salaries	34,103			34,103	3,867
Legal costs	247			247	30
Building costs	9,088			9,088	-
	96,055	-	-	96,055	95,414
A4 - Asset and investment purchases	97,558			97,558	63,805
Total payments	193,613	-	-	193,613	159,219
Net of receipts / (payments)	- 70,136	-	-	- 70,136	- 13,541
A5 - Transfers between funds					
A6 - Cash funds last year end	409,919			409,919	423,460
Cash fund this year end	339,783	-	-	339,783	409,919

OFF THE ROPES (OTR)
Statement of Assets and Liabilities at 31 December 2025
Cash Basis

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 - Cash funds	Lloyds	114,603		
	CCLA	225,000		
B2 - Other monetary assets	Prepaid card	179		
Total cash funds		339,782	-	-

		Unrestricted funds £	Restricted funds £	Endowment funds £
B3 - Investment assets				
B4 - Assets retained for the charity's own use	Minibus	21,518		
	Buildings	3,973		
	Lease Improvement:	100,000		
	Equipment	55,281		
	Website	3,109		
	Other Debtors			
Total assets		523,663	-	-

		Unrestricted funds £	Restricted funds £	Endowment funds £
B5 - Liabilities	PAYE/NI	3,434		
	Other creditors			
Total liabilities		3,434	-	-

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

Signed by one trustee on behalf of all the trustees:



Paul Jackson
Chairman

Date: 18/03/2026

ACCOUNTING POLICIES

Legal status of the charity

Off The Ropes is a Charitable Incorporated Organisation and is not subject to company regulation.

Basis of preparing the financial statements

The financial statements have been prepared consistently under the receipts and payments basis in accordance with the Charities Act 2011 and Charity Commission guidance for smaller charities. This basis provides information about the sources of cash received during the year and how that cash has been applied, together with the cash balances at the reporting date.

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

Receipts

Receipts are recognised when funds are received and banked by the charity. Receipts include donations, fundraising events income, sponsorship income and other receipts arising from the charity's activities.

Payments

Payments are recognised when cash is paid out of the charity's bank account. Payments are included under headings that reflect the nature of the expenditure incurred in furtherance of the charity's activities.

Assets retained for the charities own use

The charity holds tangible and intangible assets for use in the delivery of its charitable activities. In accordance with receipts and payments accounting, the full costs of these assets are recorded as a payment in the Receipts and Payments Account in the year in which the expenditure is incurred.

The assets are included in the Statement of Assets and Liabilities at their historical cost where this is known. No depreciation is charged as the charity prepares its accounts on the receipts and payments basis.

Assets held at the year end include a minibus, building improvements, leasehold improvements, equipment and the charity's website infrastructure. These assets have been acquired over the current and prior financial periods and continue to be used in furtherance of the charity's objectives.

The values shown represent the original purchase cost of the assets. As the charity prepares its accounts on a receipts and payments basis, expenditure on such assets is recognised when paid and a fixed asset register for depreciation purposes is not maintained.

Motor vehicle – the value shown in the Statement of Assets and Liabilities represents the purchase cost of the vehicle.

Buildings / property leasehold – The charity occupies an area of the Heathview Building, Goldie Leigh Hospital, Lodge Hill, Abbey Wood, SE2 0AS under a 10-year lease agreement with Oxleas NHS Foundation Trust. The lease is granted at a peppercorn rent of £nil per annum.

Leasehold improvements – the value shown represents costs associated with the property maintenance and improvement agreement between Off The Ropes and Oxleas NHS Foundation Trust. Under this agreement, a contribution of £100,000 was payable prior to occupation in order to upgrade the property for its intended charitable use. Additional costs may also be incurred for fixtures and fittings within the premises.

Equipment – the value shown includes computer equipment and significant gym equipment purchases used in the charity's activities.

OFF THE ROPES (OTR)

Notes to the Financial Statements for the year ended 31 December 2025

Website – represents costs incurred to upgrade and develop the charity’s website and related digital infrastructure.

Employee costs

	2025	2024
Staff costs for the year:	£	£
Salaries	33,861	3,868
Pension	242	
Total staff costs	34,103	3,868

PAYE, National Insurance and pension payable after the year end

At 31st December 2025, the charity owed £3,254 to HM Revenue and Customs in respect of PAYE and National Insurance contributions and £181 to NEST for pension contributions, arising from the December 2025 payroll.

Funds

All receipts are unrestricted and relate to the general purposes of the charity.

Designated reserves

The Trustees have designated £101,706 of unrestricted funds at the year end to cover committed staff and premises costs for the forthcoming year. These funds remain unrestricted but have been set aside to ensure continuity of operations.