

# Power Up To Play

England & Wales · Charity number 1182851

## Details

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**Other names** SKIPP (SPORTING KNEE INJURY PREVENTION PROGRAMME)

**Status** Registered

**Legal form** CIO

**Registered** 2019-04-08

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Mr W Jackson  
Oxford Knee Group  
Nuffield Health Manor Hospital  
Beech Road  
Headington  
OXFORD

**Phone** 07980555808

**Email** [info@skipppcharity.org](mailto:info@skipppcharity.org)

**Website** [www.skipppcharity.org](http://www.skipppcharity.org)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO PROMOTE AND PROTECT THE HEALTH OF PERSONS IN THE 11-18 YEAR OLD AGE-GROUP IN RELATION TO THE KNEE JOINT, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING EDUCATION TO COACHES IN NON-PROFESSIONAL SPORTS CLUBS TO PREVENT KNEE INJURIES

**Activities:** Knee injury prevention in young sports people participating in amateur sport through implementation of an injury prevention warm-up programme.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport
- **Who:** Children/young People

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-01	£3,100	£2,497	-	-
2024-05-01	£5,431	£4,937	-	-
2023-05-01	£4,504	£1,303	-	-
2022-05-01	£0	£1,095	-	-
2021-05-01	£2,200	£1,011	-	-

## Trustees

Name	Role	Appointed
<b>William Jackson</b>	Chair	2019-04-08
Dr Jonathan Room		2022-02-03
Dr Julia Louise Newton		2019-04-08
Dr Katherine Anne Jackson		2019-04-04
Dr Wojciech Stefan Kluzek		2019-04-08
Morgan Bailey		2025-08-07
Nev Davies		2022-02-03
Nicholas James Bottomley		2019-04-08
Paul Miller		2022-09-13
Professor Andrew James Price		2019-04-08
Thomas Henry Jacobs		2019-04-08

**Power Up To Play**

England & Wales - Charity number 1182851

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# Accounts

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# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	Day 2nd	Month May	Year 2024	<b>To</b>	Day 1st	Month May	Year 2025

## Section A Reference and administration details

<b>Charity name</b>	Power Up To Play
<b>Other names charity is known by</b>	(previously called SKIPP)
<b>Registered charity number (if any)</b>	1182851
<b>Charity's principal address</b>	Oxford Knee Group, Manor Hospital, Beech Road, Headington Oxford <b>Postcode</b> <span style="float: right;"><b>OX3 7RP</b></span>

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicholas Bottomley			
2	William Jackson			
3	Kate Jackson			
4	Tom Jacobs			
5	Stefan Kluzek			
6	Julia Newton			
7	Andrew Price			
8	Nev Davies			
9	Jon Room			
10	Paul Miller			
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19				
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution adopted April 2019
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity trustees.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

To reduce major knee injuries in young people playing non-professional sport. This will be achieved by training and educating coaches of sports clubs in high-risk sports (sports involving jumping/landing and cutting/change of direction) to use preventative warm-up strategies.
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**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

With the Charity Commission guidance on public benefit in mind, we have maintained and updated the free educational website for coaches, parents and players. This website provides guidance on how to reduce serious knee injuries through using an easy, structured warm-up which reduces ACL ruptures by 50% in young sportspeople. A video of the PEP injury prevention warm-up shows the exercises individually with guidance on good knee positioning. Where sports have sport-specific warm-ups we signpost coaches, parents and players to their specific sports injury prevention advice. If coaches would like to attend a face-to-face training session there is an online booking facility.

We have continued to expand the initiative nationally during the past year by working to steadily increase the network of national ambassadors/trainers. We now have over 200 ambassadors. The Power Up To Play ambassadors are medical or allied professionals who support the initiative through their professional work discussing the importance of injury prevention strategies with young people and parents. Through ambassadors we have been able to offer free, face-to-face training for grassroots sports coaches in different locations across the UK.

This year we have been working with key stakeholders in the area of ACL injury prevention in the UK to form a well-represented strategic group. The aim of this group is to discuss and agree on an effective approach to widely and permanently embed injury prevention in grassroots sport in the UK. UK ACL Injury Prevention Strategy Collaborative and the Women's ACL Injury Research Group to raise the profile of injury prevention nationally and advance the research knowledge in this area.

Power Up to Play continue their collaboration with King's College London and our joint PhD student has started to research the challenges of implementing a national injury prevention programme in the UK.

We also take opportunities to raise the profile of the initiative by attending international conferences and using social media to help generate interest and awareness of the work of Power up to Play.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



## Section D

## Achievements and performance

Summary of the main achievements of the charity during the year

### Website

Maintaining and updating our website <http://www.poweruptoplay.org/>

This year we made the following improvements to the charity website:

- adding a 'Further Reading' section to the website referencing relevant published, peer-reviewed research which forms the basis of Power Up To Play's work.

### Oxfordshire coach training events

We have continued to provide local face-to-face coach training sessions including a session provided for local hockey and football coaches.

### National roll-out of initiative

We have rolled out the initiative nationwide with ambassadors in England, Northern Ireland, Scotland and Wales. Ambassadors is the term we use for medical professionals and allied health professionals who support us in their clinics discussing the initiative with their patients and/or organise their own face-to-face coach training in their areas.

#### Wales

PUTP has collaborated with FA Wales and launched an online injury prevention module for coaches taking their coaching badges.

#### Scotland

PUTP was invited as a keynote speaker at the Scots Orthopaedic meeting in January 2025 giving us the opportunity to promote injury prevention in grassroot sport amongst more health professionals who regularly see the demographic we are trying to help. In addition, PUTP was invited to the Edinburgh Orthopaedic and Sports Medicine conference to help run a strategic day with key stakeholders in the area of injury prevention in sport.

#### Northern Ireland

The ambassador team have put on several large coach training sessions as well as a PUTP educational evening for sports and medical professionals from Sport NI.

#### England

We have new ambassadors in Kent, Merseyside, South Yorkshire, Cheshire, the Isle of Wight, Lancashire, Northumberland and Herefordshire.

### Raising Awareness

#### Conferences

- PUTP lower Limb Symposium 26/11/24
- Winter SCOT Orthopaedic Meeting 29/1/25
- Edinburgh Orthopaedic and Sports Medicine Conference 31/3/25-1/4/25
- ?Imperial presentation/conference ?ND ? Morgan

#### Media, marketing and communications

- BBC World Service recorded a programme about ACL injuries including the work of PUTP, which aired in January 2025.

<https://www.bbc.co.uk/programmes/w3ct7lc3>

- Women' Football Hub podcast ACL injury prevention recorded (not yet aired)

### Research Collaboration with King's College London

PhD student Thanusha Vee began her 3 year PhD in September 2024 researching current perceptions of injury prevention warm-up programmes amongst coaches in the UK as well as facilitators and barriers for coaches and players

**Collaborations - local, national and international****Local Collaborations**

We have continued our collaboration with Oxford United in the Community as well as the Oxfordshire FA who support us through highlighting the initiative

**National Collaborations**

- Nov 24 Collaboration with Southampton Solent University Dept of Sports Therapists. Dr Lynsey Northeast, Lead for Sports Therapy at Southampton Solent University, plan to embed in the sports therapy courses at Southampton Solent University. They have about 300 students. She wants to use her students to help deliver PUTP wherever it's needed.
- December 24 launch of collaboration with the Society of Sports Therapists - national body for sports therapists. Sports therapists are allied health professionals heavily involved with sports injuries and rehabilitation. In April we delivered a PUTP webinar to 260 national sports therapy postgraduates and students.

<https://thesst.org/news/the-sst-endorses-power-up-to-play/>

- PUTP/ FA Wales injury prevention module for football coaching launched online.

<https://faw.cymru/preventing-acl-injuries/>

- continued collaboration with the ACL Injury Prevention National Strategy Collaborative
- PUTP contribution to the Female ACL Delphi study to help identify and prioritise research areas in female ACL injuries due to the considerable increased risk for females.
- We have national support from British Association for Surgery of the Knee (BASK); British Association of Orthopaedics (BOA), Faculty of Sport and Exercise Medicine (FSEM), British Society for Children's Orthopaedic Surgery (BSCOS), British Orthopaedic Sports Trauma and Arthroscopy Association (BOSTAA), The Society of Sports Therapists (SST)

**International Collaborations**

- ACL injury prevention strategy day at the Edinburgh Orthopaedic and Sports Medicine conference March 2025 included experts from the USA and from Norway to bring an international perspective to our UK strategic discussions.
- Collaboration with the Channel Island physiotherapists who are keen to introduce injury prevention warm-ups.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

We do not have a formal policy on reserves.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We have continued to receive financial support from the Mushroom Fund which has allowed us to fund our website and running costs of the charity.

Our expenditure is supporting the charity objectives through provision of a free educational website, raising awareness and delivering face-to-face training events.

We have kept within our budget and are providing a national service at low cost.

Although we have no formal policy on reserves, should our main source of funding cease we currently have sufficient funds to continue the charity's work for 18-24 months at current expenditure.

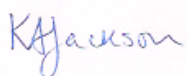

## Section F Other optional information

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## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Katherine Jackson	William Jackson
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	Trustee
<b>Date</b>	13/5/25	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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## Receipts and payments accounts

CC16a

For the period from	Period start date 02/05/2024	To	Period end date 01/05/2025
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
MUSHROOM FUND	3 000	-	-	3 000	-
JUST GIVING	100	-	-	100	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3 100</b>	<b>-</b>	<b>-</b>	<b>3 100</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3 100</b>	<b>-</b>	<b>-</b>	<b>3 100</b>	<b>-</b>
<b>A3 Payments</b>					
WEBSITE	706	-	-	706	-
GOOGLE EMAIL	120	-	-	120	-
SSL CERTIFICATE RENEWAL	38	-	-	38	-
BUSINESS CARDS/SUMMARY CARDS/POSTER	387	-	-	387	-
POSTAGE COSTS	166	-	-	166	-
VENUE HIRE COSTS	20	-	-	20	-
LANYARDS	760	-	-	760	-
VIDEO FOR WEBSITE	300	-	-	300	-
	-	-	-	-	-
<b>Sub total</b>	<b>2 497</b>	<b>-</b>	<b>-</b>	<b>2 497</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2 497</b>	<b>-</b>	<b>-</b>	<b>2 497</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>603</b>	<b>-</b>	<b>-</b>	<b>603</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>5 618</b>	<b>-</b>	<b>-</b>	<b>5 618</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>6 221</b>	<b>-</b>	<b>-</b>	<b>6 221</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>6 221</b>		<b>-</b>
	(agree balances with receipts and payments account(s))	#REF!	Agreement Error	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B5 Liabilities</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;"><i>K Jackson</i></div> <div style="border: 1px solid black; padding: 2px;"><i>W F M Jackson</i></div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">K A JACKSON</div> <div style="border: 1px solid black; padding: 2px;">W F M JACKSON</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">13/05/2025</div> <div style="border: 1px solid black; padding: 2px;">13/05/2025</div>	

**Power Up To Play**

England & Wales - Charity number 1182851

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date			
<b>From</b>		Day 2nd	Month May	Year 2023	<b>To</b>	Day 1st	Month May	Year 2024

## Section A Reference and administration details

<b>Charity name</b>	Power Up To Play
<b>Other names charity is known by</b>	SKIPP
<b>Registered charity number (if any)</b>	1182851
<b>Charity's principal address</b>	Oxford Knee Group, Manor Hospital, Beech Road, Headington Oxford <b>Postcode</b> <span style="float: right;"><b>OX3 7RP</b></span>

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicholas Bottomley			
2	William Jackson			
3	Kate Jackson			
4	Tom Jacobs			
5	Stefan Kluzek			
6	Julia Newton			
7	Andrew Price			
8	Nev Davies			
9	Jon Room			
10	Paul Miller			
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted April 2019
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity trustees.

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

To reduce major knee injuries in young people playing non-professional sport. This will be achieved by training and educating coaches of sports clubs in high-risk sports to use preventative warm-up strategies. High-risk sports for major knee injuries include football, rugby and netball.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

With the Charity Commission guidance on public benefit in mind during our fifth year as a charity we have maintained and updated the free educational website for coaches, parents and players. This website provides guidance on how to reduce serious knee injuries through using an easy, structured warm-up which reduces ACL ruptures by 50% in young sportspeople. A video of the PEP injury prevention warm-up shows the exercises individually with guidance on good knee positioning. Where sports have sport-specific warm-ups we signpost coaches, parents and players to their specific sports injury prevention advice. If coaches would like to attend a face-to-face training session there is an online booking facility.

The trustees have continued to deliver free, face-to-face training to grassroots coaches in rugby, football and netball clubs in the Oxfordshire and Berkshire.

We have continued to expand this injury prevention initiative nationally during the past year by working to steadily increase the network of national ambassadors/trainers who support Power Up To Play's work and/or run face-to-face training sessions for grassroot coaches in different parts of the UK. We now have over 130 ambassadors.

This expansion has involved valued support from key stakeholders including the British Association for Surgery of the Knee and the British Orthopaedic Association. In addition we are working with other key stakeholders including the UK ACL Injury Prevention Strategy Collaborative and the Women's ACL Injury Research Group to raise the profile of injury prevention nationally and advance the research knowledge in this area. Power Up to Play are also collaborating with King's College London and have had a successful co-application for a PhD student to research the challenges of implementing a national injury prevention programme.

We also take opportunities to raise the profile of this public health issue by attending international conferences talking about the work of Power Up To Play and the importance of injury prevention and by using social media to help generate interest and awareness of the work of Power up to Play.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Charity name change**

Following consultation with coaches and players (via an anonymous survey) we changed the charity's name from an acronym (SKIPP) to Power Up To Play. The aim of this name change is to be more accessible and relevant to coaches, youth players and the wider general public.

**Section D**

**Achievements and performance**

**Summary of the main achievements of the charity during the year**

**Website**

Maintaining and updating our website

<http://www.poweruptoplay.org/> This year we have made the following changes and improvements to the charity website:

- changing the charity name on the website and updating the email contacts to reflect the new name Power Up To Play (PUTP in rest of document)
- adding a booking page to the website so that training events can be advertised centrally and coaches can book on here directly. This work was funded by the Mushroom Fund.

**Training in Oxfordshire/Berkshire**

This year we have collaborated with the community arms of Oxford United FC and Reading FC to put on larger coach training events for 30-50 coaches at a time. We have held 3 of these events which have proved very successful.

We had a stall again at the Mixed Netball Tournament held in Buckinghamshire with 100 attendees.

**National initiative**

We now have over 130 ambassadors in over 40 counties in England, Northern Ireland, Scotland and Wales. Some ambassadors support us in their clinics discussing the initiative with their patients. Others organise their own face-to-face coach training in their areas including Hampshire, Devon, Cornwall, Somerset, Gloucestershire, Hertfordshire, Greater Manchester, Yorkshire, South Wales and Tayside. Further events are planned soon in in Birmingham, Sheffield, South London, Bristol and Cambridgeshire.

**Raising Awareness: Media, marketing and communications**

Sky Sports news had a day devoted to ACL injuries and their prevention in May 2023. PUTP was live on their programme discussing the importance of injury prevention warm-ups.

BBC South have interviewed PUTP ambassadors.

We now have Twitter, Instagram and LinkedIn accounts which are used to raise public awareness of the Power up to Play initiative.

**Collaborations - local, national and international**

**Local**

- We have collaborated locally with the community/charity arms of Oxfordshire and Reading Football Clubs with the common aim of improving welfare for young sportspeople.

**National**

- PUTP is collaborating with FA Wales to write an injury prevention module for the initial level football coaching badge.
- PUTP has also been invited to join the ACL Injury Prevention National Strategy Collaborative with other interested members including Kings College public health department and professors of orthopaedic surgery from Cambridge, Sheffield and Warwick
- PUTP has been invited to take part in a national Female ACL Delphi study to help identify and prioritise research

areas in female ACL injuries due to the considerable increased risk for females.

- We have national support from British Association for Surgery of the Knee (BASK); British Association of Orthopaedics (BOA), British Association of Sport and Exercise Medicine (BASEM), British Society for Children's Orthopaedic Surgery (BSCOS), British Orthopaedic Sports Trauma and Arthroscopy Association (BOSTAA)

#### **International**

- Three trustees visited the Skadefri injury prevention programme at the Oslo Trauma Research Centre in Norway. They are world-leaders in the area of delivery and implementation of injury prevention programmes nationally. The Skadefri group warmly shared their expertise and experiences in setting up a national injury prevention programme. This trip was self-funded/funded through travel bursary awards from medical societies.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

We do not have a formal policy on reserves.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We have continued to receive financial support from the Mushroom Fund which has allowed us to fund our website and running costs of the charity. In addition they funded us a further £1000 this year to build the website booking system.

A fifth of our funding this year was via Just Giving donations or private donations which reflects the value that the public sees in the work we are doing..

Our expenditure is supporting the charity objectives through provision of a free educational website, raising awareness and delivering face-to-face training events.

We have kept within our budget and are providing a national service at low cost.

Although we have no formal policy on reserves, should our main source of funding cease we currently have sufficient funds to continue the charity's work for 12-18 months at current expenditure.

## Section F

## Other optional information

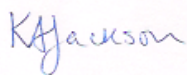

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## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Katherine Jackson	William Jackson
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	Trustee
<b>Date</b>	20/8/24	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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<b>CC16a</b>
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## Receipts and payments accounts

For the period from	Period start date 2/5/23	To	Period end date 1/5/24
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
MUSHROOM FUND	4,000	-	-	4,000	-
JUST GIVING	921	-	-	921	-
PAYPAL GIVING FUND	10	-	-	10	-
SYMONDS DONATION	500	-	-	500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>5,431</b>	<b>-</b>	<b>-</b>	<b>5,431</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,431</b>	<b>-</b>	<b>-</b>	<b>5,431</b>	<b>-</b>
<b>A3 Payments</b>					
WEBSITE MAINTENANCE	888	-	-	888	-
BUILD OF BOOKING SYSTEM ONLINE	957	-	-	957	-
GOOGLE EMAIL	80	-	-	80	-
SSL CERTIFICATE RENEWAL	101	-	-	101	-

LANYARDS, WARM-UP SUMMARIES, BANNERS, OFFICE SUPPLIES	1,598	.	.	1,598	.
PORTABLE PROJECTOR AND SCREEN	668	.	.	668	.
POSTAGE COSTS	79	.	.	79	.
LOGO REDESIGN POWER UP TO PLAY	250	.	.	250	.
POWER UP TO PLAY POLO SHIRTS	316	.	.	316	.
<b>Sub total</b>	<b>4,937</b>	.	.	<b>4,937</b>	.
<b>A4 Asset and investment purchases, (see table)</b>					
	.	.	.	.	.
	.	.	.	.	.
<b>Sub total</b>	.	.	.	.	.
<b>Total payments</b>	<b>4,937</b>	.	.	<b>4,937</b>	.
<b>Net of receipts/(payments)</b>	<b>494</b>	.	.	<b>494</b>	.
A5 Transfers between funds	.	.	.	.	.
A6 Cash funds last year end	5,167	.	.	5,167	.
<b>Cash funds this year end</b>	<b>5,661</b>	.	.	<b>5,661</b>	.

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		.	.	.
		.	.	.
		.	.	.
	<b>Total cash funds</b>	<b>5,661</b>	.	.
	(agree balances with receipts and payments account (s))	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>

**B2 Other monetary assets**

Details	to nearest £	to nearest £	to nearest £
	•	•	•
	•	•	•
	•	•	•
	•	•	•
	•	•	•
	•	•	•

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		•	•
		•	•
		•	•
		•	•
		•	•

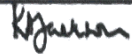
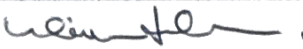
**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		•	•
		•	•
		•	•
		•	•
		•	•
		•	•
		•	•
		•	•
		•	•

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	
		0	
		0	
		0	
		0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Katherine Jackson	27/6/24
	William Jackson	27/6/24

**Power Up To Play**

England & Wales - Charity number 1182851

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	Day 2nd	Month May	Year 2022	<b>To</b>	Day 1st	Month May	Year 2023

## Section A Reference and administration details

<b>Charity name</b>	SKIPP
<b>Other names charity is known by</b>	SPORTING KNEE INJURY PREVENTION PROGRAMME
<b>Registered charity number (if any)</b>	1182851
<b>Charity's principal address</b>	Oxford Knee Group, Manor Hospital, Beech Road, Headington Oxford <b>Postcode</b> <span style="float: right;"><b>OX3 7RP</b></span>

### Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicholas Bottomley		
2	William Jackson		
3	Kate Jackson		
4	Tom Jacobs		
5	Stefan Kluzek		
6	Julia Newton		
7	Andrew Price		
8	Nev Davies	3/2/22 onwards	
9	Jon Room	3/2/22 onwards	
10	Paul Miller	13/9/22 onwards	
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

--

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted April 2019
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity trustees.

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

To reduce major knee injuries in young people playing non-professional sport. This will be achieved by training and educating coaches of sports clubs in high-risk sports to use preventative warm-up strategies. High-risk sports for major knee injuries include football, rugby and netball.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

With the Charity Commission guidance on public benefit in mind during our fourth year as a charity we have maintained and updated the SKIPP website [www.skipppcharity.org.uk](http://www.skipppcharity.org.uk). This website provides free education including professional video guidance of the PEP programme for coaches, parents and young players.

We have continued to deliver face-to-face training to grassroots coaches in rugby, football and netball clubs in the Oxfordshire and Berkshire areas.

In the last year we have moved from a local Oxfordshire/Berkshire initiative to a national initiative. We have reached out to orthopaedic surgeons, sports physicians and physiotherapists across the UK to build up a network of national ambassadors/trainers who support SKIPP's work and/or run SKIPP face-to-face training sessions to grassroot coaches in their region.

Sky Sports is supporting and collaborating with SKIPP highlighting the impact of ACL injuries and the work that SKIPP is doing to introduce a simple but effective warm-up programme. The news piece is due for release in mid-May 2023. It will increase national awareness of the importance of injury prevention warm-ups in young people's sport.

A non-medical trustee, Mr Paul Miller, was voted in by the current trustees at a meeting on 13/9/22. Paul is a key addition to our trustee group as he is able to provide a wealth of experience in innovation and marketing. With his help we aim to more effectively raise national awareness of injury prevention in grassroots sport and increase our reach to coaches across the UK.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

Summary of the main achievements of the charity during the year

- Website**  
Maintaining and updating our website [www.skippcharity.org.uk](http://www.skippcharity.org.uk). This year has seen an overhaul of the charity website with the following aims: simplifying the message and increasing the impact of the homepage; highlighting the support and collaboration with Sky Sports; adding trustee profiles and information to emphasise the wealth of experience backing this initiative; adding a JustGiving link to enable donations to the charity.
- Training**  
Face-to-face training events at Marlow Kites Netball club, Abbey RFC Reading, Boundary Park FC Didcot, Gosford All Blacks RFC and a Mixed Netball Tournament held in Buckinghamshire with 100 attendees from around the UK.
- Sky Sports**  
Sky Sports now formally support SKIPP's work. They are doing the final edits on a news piece on the impact of ACL injuries and the importance of an injury prevention warm-up. Release day est. mid-May 2023.
- National initiative**  
We have launched a national initiative by: holding two SKIPP ambassador meetings attracting support from across the UK; responding to interest via email from medical professionals around the UK gaining further support and ambassadors; producing an Ambassador/Trainer Toolbox with all necessary instructions to run a face-to-face training session.

We currently have ambassadors and trainers from 18 regions in the UK.

National ambassadors are beginning to organise their own face-to-face training in their areas. SKIPP ambassadors from Bisham Abbey organised a successful face-to-face training session for grassroots coaches in their area with excellent feedback.

- Marketing and communications**

We have set-up a Twitter and Instagram account. Relationships are being built with different interested bodies including: British Association for Surgery of the Knee (BASK); British Association of Sport and Exercise Medicine (BASEM); Oxfordshire FA Welfare Officer; Sara Moore (Head of Elite Wales Netball and Celtic Dragons); Layla Guscoth, (England Netball player); Select Car Leasing (sponsors of Madejski Stadium, Reading)

**Funding**

We have continued to receive financial support from the Mushroom Fund which has allowed us to fund our website and running costs of the charity. We have kept within our budget and are providing a national service at low cost.

We have also received a number of donations via Just Giving which reflects the value that the public sees in the work we are doing.

**Thinking about the future**

Three trustees have arranged to visit the Skadefri injury prevention programme at the Oslo Trauma Centre in Norway. They are world-leaders in the area of delivery and implementation of injury prevention programmes nationally. The aim is to learn how we can improve SKIPP's efforts. This is being either self-funded or funded through travel bursaries.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

We do not have a formal policy on reserves.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

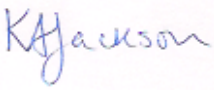

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Katherine Jackson	William Jackson
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	Trustee
<b>Date</b>	31/5/23	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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## Receipts and payments accounts

CC16a

For the period from	Period start date 02/05/2022	To	Period end date 01/05/2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
MUSHROOM FUND	4,000	-	-	4,000	-
JUST GIVING	504	-	-	504	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>4,504</b>	<b>-</b>	<b>-</b>	<b>4,504</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,504</b>	<b>-</b>	<b>-</b>	<b>4,504</b>	<b>-</b>
<b>A3 Payments</b>					
WEBSITE	706	-	-	706	-
GOOGLE EMAIL	92	-	-	92	-
SSL CERTIFICATE RENEWAL	38	-	-	38	-
LANYARDS	375	-	-	375	-
SKIPP BANNER	92	-	-	92	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,303</b>	<b>-</b>	<b>-</b>	<b>1,303</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,303</b>	<b>-</b>	<b>-</b>	<b>1,303</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>3,201</b>	<b>-</b>	<b>-</b>	<b>3,201</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,966	-	-	1,966	-
<b>Cash funds this year end</b>	<b>5,167</b>	<b>-</b>	<b>-</b>	<b>5,167</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>5,167</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>	K A JACKSON W F M JACKSON		31/05/2023
				<b>31/05/2023</b>

**Power Up To Play**

England & Wales - Charity number 1182851

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	Day	Month	Year	<b>To</b>	Day	Month	Year
	19th	April	2021		18 <sup>th</sup>	April	2022

## Section A Reference and administration details

**Charity name** SKIPP

**Other names charity is known by** SPORTING KNEE INJURY PREVENTION PROGRAMME

**Registered charity number (if any)** 1182851

**Charity's principal address**  
 Oxford Knee Group, Manor Hospital,  
 Beech Road, Headington  
 Oxford  
**Postcode** OX3 7RP

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicholas Bottomley			
2	William Jackson			
3	Kate Jackson			
4	Tom Jacobs			
5	Stefan Kluzek			
6	Julia Newton			
7	Andrew Price			
8	Nev Davies		3/2/22 onwards	
9	Jon Room		3/2/22 onwards	
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution adopted April 2019
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity trustees.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

To reduce major knee injuries in young people playing non-professional sport. This will be achieved by training and educating coaches of sports clubs in high-risk sports to use preventative warm-up strategies. High-risk sports for major knee injuries include football, rugby and netball.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

With the Charity Commission guidance on public benefit in mind during our third year as a charity we have maintained and updated the SKIPP website [www.skippcharity.org.uk](http://www.skippcharity.org.uk). This website provides free education and practical guidance for coaches, parents and young players.

SKIPP had been using a YouTube recording of the PEP injury prevention programme which became unavailable in 2021. Therefore we produced our own professional instructional video of the PEP injury prevention programme for coaches to use with their players and this has been made freely available on our website.

As grassroots sports started returning to training and competition post-pandemic, we made contact again with sporting associations and clubs in Oxfordshire and offered injury prevention training to netball, football, rugby and basketball clubs. An online training session was provided to Oxfordshire Football Association coaches.

SKIPP presented to the ATOCP (Association of Trauma and Orthopaedic Chartered Physiotherapist) seminar on 4/1/22. This was an opportunity to highlight injury prevention programmes to a large number of physiotherapists and in the process we gathered a list of volunteers who are interested in helping with SKIPP training sessions in the future.

On 23/3/22 SKIPP trustees met with the Therapy Live team (<https://therapy-live.co.uk>) to discuss appearing on a Therapy Blog and to present at a Therapy Live Conference later in the year. This outreach work is a great way to raise awareness of injury prevention programmes and SKIPP's work with lots of physiotherapists

SKIPP trustees are contributing to a working group put together by BASK (British Association for Surgery of the Knee) with the aim of producing a national knee injury prevention strategy for young people playing sport.

A collaboration has been initiated with Sky Sports who want to produce a feature highlighting the increase in children's knee injuries and the work that SKIPP is doing. This will increase awareness in the general public of the

importance of injury prevention warm-ups in young people's sport.

Two new trustees were voted in by the current trustees at a meeting on 3/2/22.

Mr Nev Davies is a Trauma and Orthopaedic Consultant with a special interest in paediatric orthopaedics based in Berkshire.

Mr Jon Room is a senior physiotherapist in Oxfordshire, a Senior Lecturer in Physiotherapy at Brookes University and vice-chair of the ATOCP committee.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



## Section D

## Achievements and performance

Summary of the main achievements of the charity during the year

- Maintaining and updating our website [www.skippcharity.org.uk](http://www.skippcharity.org.uk)
- Producing a professional instructional video of the PEP injury prevention programme
- Maintaining relationships with Oxfordshire Netball and Oxfordshire FA and initiating relationships with Oxfordshire basketball clubs and Berkshire rugby clubs
- Continuing to raise the profile of injury prevention programmes and SKIPP's work with relevant health professionals e.g. physiotherapists
- Collaborating on a national knee injury prevention strategy with BASK (British Association for Surgery of the Knee).
- Collaborating with Sky Sports to increase public awareness

## Section E Financial review

Brief statement of the charity's policy on reserves

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Details of any funds materially in deficit

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### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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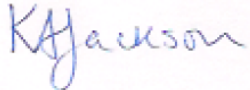
## Section F Other optional information

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## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	William Jackson	Katherine Jackson
Position (eg Secretary, Chair, etc)	Trustee	
Date	23/5/22	



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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## Receipts and payments accounts

**CC16a**

For the period from	Period start date 2/05/20221	To	Period end date 01/05/2022
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
Website package	706	-	-	706	-
Google email	55	-	-	55	-
Marketing video	200	-	-	200	-
Logo t-shirts	37	-	-	37	-
SSL certificate renewal	97	-	-	97	-
	-	-	-	-	-
CCXX R1 accounts (SS)	-	1	-	-	25/05/2022

	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,095</b>	<b>-</b>	<b>-</b>	<b>1,095</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,095</b>	<b>-</b>	<b>-</b>	<b>1,095</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 1,095</b>	<b>-</b>	<b>-</b>	<b>- 1,095</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>3,061</b>	<b>-</b>	<b>-</b>	<b>3,061</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>1,966</b>	<b>-</b>	<b>-</b>	<b>1,966</b>	<b>-</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,966</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

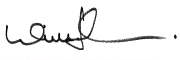
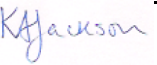
**B4 Assets retained for the charity's own use**

		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	William Jackson	23/05/2022
	Katherine Jackson	<b>23/05/2022</b>

**Power Up To Play**

England & Wales - Charity number 1182851

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	Day	Month	Year	<b>To</b>	Day	Month	Year
	19 <sup>th</sup>	April	2020		18 <sup>th</sup>	April	2021

## Section A Reference and administration details

**Charity name** SKIPP

**Other names charity is known by** SPORTING KNEE INJURY PREVENTION PROGRAMME

**Registered charity number (if any)** 1182851

**Charity's principal address**

Oxford Knee Group, Manor Hospital,  
 Beech Road, Headington  
 Oxford  
**Postcode** OX3 7RP

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicholas Bottomley			
2	William Jackson			
3	Kate Jackson			
4	Tom Jacobs			
5	Stefan Kluzek			
6	Julia Newton			
7	Andrew Price			
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20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document  
(eg trust deed, constitution)

Constitution adopted April 2019

How the charity is constituted  
(eg trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods  
(eg, appointed by, elected by)

Appointed by a resolution passed at a properly convened meeting of the charity trustees.

**Additional governance issues (Optional information)**

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

To reduce major knee injuries in young people playing non-professional sport. This will be achieved by training and educating coaches of sports clubs in high-risk sports to use preventative warm-up strategies. High-risk sports for major knee injuries include football, rugby and netball.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

During our second year as a charity we have been severely restricted due to the COVID-19 pandemic. We sadly had to cancel our planned face-to-face training with Oxfordshire FA in May 2020. We were unable to extend our face-to-face training with Oxfordshire Netball Association.

However, we stayed in contact with both associations and offered online training both. Neither felt able to engage with this during 2020 due to the difficulties individuals in their organisations were facing and the fact all grass-root sports was restricted. As the restrictions have started to lift, Oxfordshire FA were keen to move forward with the SKIPP programme and we provided evening online training session in February 2021 which was well received.

We took the opportunity to update our website. We produced a promotional video explaining the benefits of the SKIPP programme in injury prevention with support from Oxford United Football Club's Head of Medical Services and their Club Doctor. We also produced an instructional video of the PEP warm-up programme to help coaches understand and teach the different parts of the warm-up programme. These are both available on the website.

We were approached by the British Association of Knee Surgeons (BASK) to collaborate on a national drive to raise awareness of the issues of knee injuries in young people and the benefits of injury-prevention warm-ups. We have had initial meetings of all the interested parties to discuss the best approach to this national problem.

**Additional details of objectives and activities (Optional information)**

**You may choose to include further statements, where relevant, about:**

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Section D Achievements and performance**

**Summary of the main achievements of the charity during the year**

- Improving our website [www.skippcharity.org](http://www.skippcharity.org) providing education and practical guidance via video links to coaches. The website has sport-specific guidance for football, netball and rugby.
- Addition of a promotional video explaining the benefits of an injury-prevention warm-up for young people supported by Oxford United Football Club.
- Addition of an instructional video demonstrating the PEP warm-up programme for coaches and players.
- Maintaining relationships with Oxfordshire Netball and Oxfordshire FA throughout the COVID-19 pandemic
- Providing online training session to Oxfordshire FA football coaches
- Collaborating with national body of knee surgeons (BASK) who have a shared interest to promote injury-prevention programmes in young people

**Section E Financial review**

**Brief statement of the charity's policy on reserves**

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You may choose to include additional information, where relevant about:


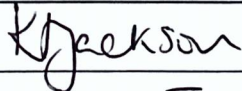
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	WILLIAM JACKSON	KATHERINE JACKSON
<b>Position (eg Secretary, Chair, etc)</b>	Chair	TRUSTEE

**Date** 10/8/21



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name

No (if any)

## Receipts and payments accounts

CC16a

For the period	Period start date	To	Period end date
from	19/04/2020		18/04/2021

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £

#### A1 Receipts

Mushroom Fund	2,000	-	-	2,000	2,000
Individual donation	200	-	-	200	200
Sponsorship	-	-	-	-	650
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,200</b>	<b>-</b>	<b>-</b>	<b>2,200</b>	<b>2,850</b>

#### A2 Asset and Investment sales, (see table).

	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,200</b>	<b>-</b>	<b>-</b>	<b>2,200</b>	<b>2,850</b>

#### A3 Payments

Website package	764	-	-	764	656
Google email	52	-	-	52	40
Marketing/promotional video	100	-	-	100	-
SSL certificate renewal	95	-	-	95	-
Branded t-shirt and lanyards	-	-	-	-	216
Recording equipment	-	-	-	-	67
	-	-	-	-	-
	-	1	-	-	-
<b>Total receipts</b>	<b>2,200</b>	<b>-</b>	<b>-</b>	<b>2,200</b>	<b>13/68/P021</b>

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13/68/P021





