



# Trustees' Annual Report for the period

Period start date			Period end date				
From	Day 19 <sup>th</sup>	Month April	Year 2020	To	Day 18 <sup>th</sup>	Month April	Year 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			
8				
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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)**

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:

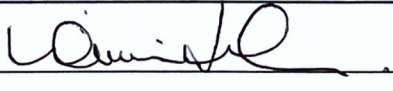
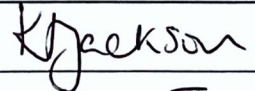
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## 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**

Signature(s)		
Full name(s)	William Jackson	KATHERINE JACKSON
Position (eg Secretary, Chair, etc)	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>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>

**Total receipts**

**2,200**

**-**

**-**

**2,200**

**2,850**

#### 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	-	-	-

CCXX R1 accounts (SS)

13/08/2021



	-	-	-	-
<b>Sub total</b>	<b>1,011</b>	-	<b>1,011</b>	<b>979</b>
<b>A4 Asset and Investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	-	-	-
<b>Total payments</b>	<b>1,011</b>	-	<b>1,011</b>	<b>979</b>
<b>Net of receipts/(payments)</b>	<b>1,189</b>	-	<b>1,189</b>	<b>1,871</b>
<b>A5 Transfers between funds</b>	<b>-</b>	-	-	-
<b>A6 Cash funds last year end</b>	<b>1,872</b>	-	<b>1,872</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>3,061</b>	-	<b>3,061</b>	<b>1,871</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 £

## B1 Cash funds


-
-
-
-

-
-
-
-

-
-
-
-

### Total cash funds

3,061

-

-

(agree balances with receipts and payments account(s))

### Unrestricted funds to nearest £

### Restricted funds to nearest £

### Endowment funds to nearest £

## B2 Other monetary assets

### Details


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### Details



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## B3 Investment assets

### Details

Fund to which asset belongs

Cost (optional)

Current value (optional) 3/08/2021


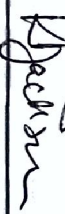
**B4 Assets retained for the  
charity's own use**

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**B5 Liabilities**

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

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

Signature	Print Name	Date of approval
	William Jackson	6.9.21
	KATHERINE JACKSON	6-9-21