



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day 19th	Month April	Year 2021	To	Day 18th	Month April	Year 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. 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 ATOCIP (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

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
- 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

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.

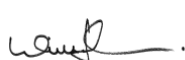
Section F Other optional information

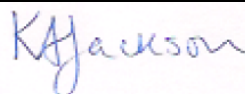
Section G Declaration

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)

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 2/05/2022	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 £
A1 Receipts					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-

A3 Payments

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

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

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	1,966	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

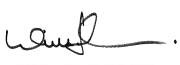
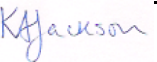
B4 Assets retained for the charity's own use

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

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	23/05/2022