

# Trustees' Annual Report for the period

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

## 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	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.

--

## 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.skipppcharity.org.uk](http://www.skipppcharity.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**

**Signature(s)**

*K Jackson*

*W Jackson*

**Full name(s)**

Katherine Jackson

William Jackson

**Position (eg Secretary, Chair, etc)**

Trustee

Trustee

**Date**

31/5/23



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
--------------	-------------

## Receipts and payments accounts

CC16a

For the period from	Period start date 02/05/2022	To	Period end date 01/05/2023
------------------------	---------------------------------	----	-------------------------------

### Section A Receipts and payments


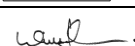
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
MUSHROOM FUND	4,000	-	-	4,000	-
JUST GIVING	504	-	-	504	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub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



## 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>	5,167	-	-
	(agree balances with receipts and payments account(s))	OK	OK	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
		K A JACKSON	31/05/2023
		W F M JACKSON	31/05/2023