

Trustees' Annual Report for the period

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

Section A Reference and administration details

Charity name	Power Up To Play
Other names charity is known by	SKIPP
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			
9	Jon Room			
10	Paul Miller			
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 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

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

20/8/24



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 2/5/23	To	Period end date 1/5/24
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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	4,000	-	-	4,000	-
JUST GIVING	921	-	-	921	-
PAYPAL GIVING FUND	10	-	-	10	-
SYMONDS DONATION	500	-	-	500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	5,431	-	-	5,431	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,431	-	-	5,431	-
A3 Payments					
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	.
Sub total	4,937	.	.	4,937	.
A4 Asset and investment purchases, (see table)					

Sub total
Total payments	4,937	.	.	4,937	.
Net of receipts/(payments)	494	.	.	494	.
A5 Transfers between funds
A6 Cash funds last year end	5,167	.	.	5,167	.
Cash funds this year end	5,661	.	.	5,661	.

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	5,661	.	.
	(agree balances with receipts and payments account (s))			
		Unrestricted funds	Restricted funds	Endowment funds

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)
		•	•
		•	•
		•	•
		•	•
		•	•

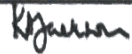
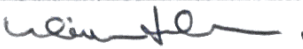
B4 Assets retained for the charity's own use

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)
		•	
		•	
		•	
		•	
		•	

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