

Trustees' Annual Report for the period

| From | Period start date | | | To | Period end date | | |
|------|-------------------|--------------|--------------|----|-----------------|--------------|--------------|
| | Day 2nd | Month May | Year 2024 | | Day 1st | Month May | Year 2025 |

Section A

Reference and administration details

| | |
|---|--|
| Charity name | Power Up To Play |
| Other names charity is known by | (previously called 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 | | | |
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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 |
|------|-----------------------------------|
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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.

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 grassroot 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

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

13/5/25



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

Receipts and payments accounts

CC16a

| | | | |
|------------------------|---------------------------------|----|-------------------------------|
| For the period from | Period start date 02/05/2024 | To | Period end date 01/05/2025 |
|------------------------|---------------------------------|----|-------------------------------|

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 | | | | | |
| MUSHROOM FUND | 3 000 | - | - | 3 000 | - |
| JUST GIVING | 100 | - | - | 100 | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 3 100 | - | - | 3 100 | - |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 3 100 | - | - | 3 100 | - |
| A3 Payments | | | | | |
| 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 | - |
| | - | - | - | - | - |
| Sub total | 2 497 | - | - | 2 497 | - |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 2 497 | - | - | 2 497 | - |
| Net of receipts/(payments) | 603 | - | - | 603 | - |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 5 618 | - | - | 5 618 | - |
| Cash funds this year end | 6 221 | - | - | 6 221 | - |

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 (agree balances with receipts and payments account(s)) | 6 221 | | - |
| | | #REF! | Agreement Error | OK |
| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| B2 Other monetary assets | Details | | | |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | Details | | | |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B4 Assets retained for the charity's own use | Details | | | |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B5 Liabilities | Details | | | |
| | | | - | |
| | | | - | |
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| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | Date of approval |
|---|---------------|---------------|------------------|
| | K Jackson | K A JACKSON | 13/05/2025 |
| | W F M Jackson | W F M JACKSON | 13/05/2025 |