



Annual Report 2020-21

5 On It Foundation

Registered in England &
Wales. Charity No. 1190922

Introduction

- ❖ This report relates to financial year: 18th August 2020 to 30th April 2021
- ❖ The principal address of the charity is 62 Moonstone House, 304 South Row, Milton Keynes, MK9 2FR
- ❖ The following individuals were the charity trustees on the date the report was approved
 - ❖ - Antoniette Fryatt
 - ❖ - Tara Devine
 - ❖ - Lee Mackmurdie

The above individuals also served as charity trustees during the year.

The Charity was formed on 18th August 2020 and is governed by a constitution.

The Charity is constituted as a charitable incorporated organisation.

The Charitable purposes of charity are to provide life-altering programmes using professional sporting and music role models to deliver a range of engaging activities which incorporate team sports and creative arts. Each programme is designed to convey a range of positive health and lifestyle messages to educate young people within the local community and help them build a better future.

Our Aims and Achievements

The Foundation strives to establish credible relationships with all young people including those at risk from gangs or domestic violence and assists them in facilitating a long-term outcome.

To further these purposes for the public benefit, we carried out activities including youth clubs, activity camps, training sessions, taster sports sessions and team activities.

The main achievements of the year were to meet to successfully attract and engage children of various ages to our events and programmes, and to build on the goals of the foundation.

The trustees have read the Commission's Public Benefit requirement statutory guidance, and have had regard to this when running the charity.

A review of the charity's financial position at the end of the year:

In the financial period 18th August 2020 to 30th April 2021, the charity had an income of £17,718 and an expenditure of £11,759.

There are no funds held by the charity that are materially in deficit.

Signature

Name: Ms Lauren Marlborough

Date: 28th March 2022



Our first year

A note from our Trustees

2020-21 was a difficult and challenging year for all communities across Milton Keynes with the pandemic affecting fundamental areas of life including the ability to play sport freely. Lockdown meant all physical activities across every level, both competitively and socially, were curtailed.

With restrictions hitting hard we still managed to launch our first programme during Christmas 2020 where we organised an online activity day for children from the women's refuge run by MK Act. The smiles on their faces and appreciation from their parents was a highlight and brought a sense of hope and optimism.

Finally in March 2021 we began to see a relaxation of lockdown rules allowing 5 On It Foundation to organise and promote a free sport programme with the help of a £1000 donation from our patron John Baldwin and funding from the Milton Keynes Community Foundation.

Its aim was to provide free tennis for those living within our socio economic conditions with an emphasis on the BAMER community. Having had to postpone it twice due to the pandemic, it really was third time lucky! The four week Saturday project attracted over 70 young people, many of whom had not had the chance to pick up a racket. We received great coverage from the local media and fantastic feedback from parents, it was a huge success and at last we were off the starting block!

We are immensely proud of what we have achieved, despite the difficulties faced with the pandemic, and are so excited to have built partnerships with amazing local organisations. Our belief and commitment to bringing physical activity and art programmes to the community has never been stronger and we are filled with confidence as we stride with purpose into 2022.

Our huge thanks to our partners, ambassadors, patrons for supporting everything we do and a special thank you to parents and our young participants for coming to our programmes!



Our Mission

- ❖ 5 On It are dedicated to delivering powerful programmes which tackle issues that matter within the local community. All initiatives are linked to a health, education or life style message and are delivered by professional /DBS checked instructors who are trained to run impactful sport and art programmes. Their ability to give out serious messages in a fun and engaging way helps guide young people into making the right lifestyle choices.
- ❖ Our Aim:
- ❖ Ø To improve children and young people's lives through positive lifestyle programmes
- ❖ Ø To increase opportunities for young people from all backgrounds
- ❖ Ø To help cut social costs by having successful programmes which tackle issues such as obesity, health, domestic abuse and knife and gun crime





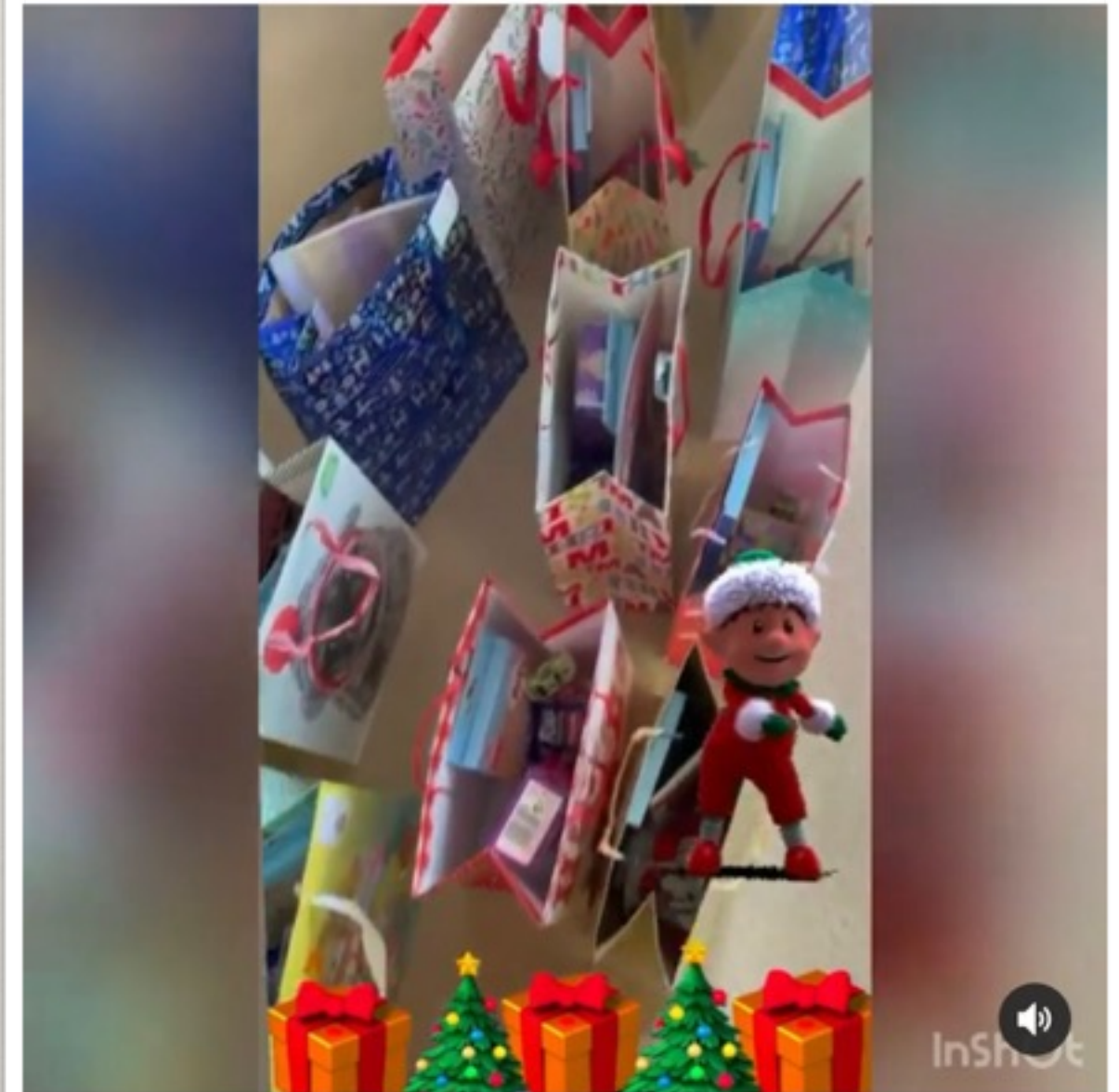
Our Programmes

5 On It's work across Milton
Keynes

Dec 2020

MK Act

With funding from Unitedway we provided Christmas activities online, to comply with lockdown restrictions, and delivered party bags to 84 children from the Milton Keynes women's refuge MK Act. Boys and girls were thrilled to receive toys and chocolate treats whilst mothers were over the moon to see so many smiles on their children's faces.



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5onit Thank you to our supporters @unitedway who have allowed us to provide party bags for the amazing @mkactcharity Charity #virtualchristmasparty today with chocolate, treats and toys for all the children ❤️

April 2021

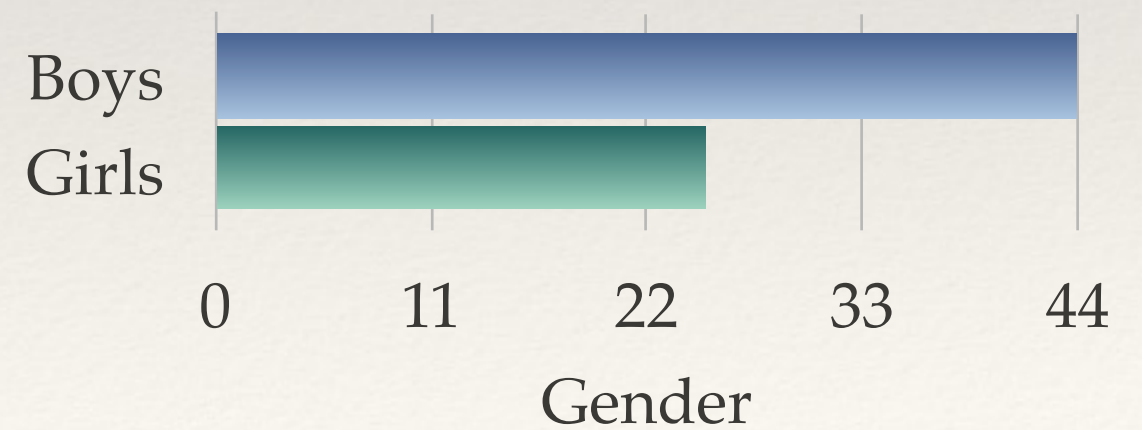
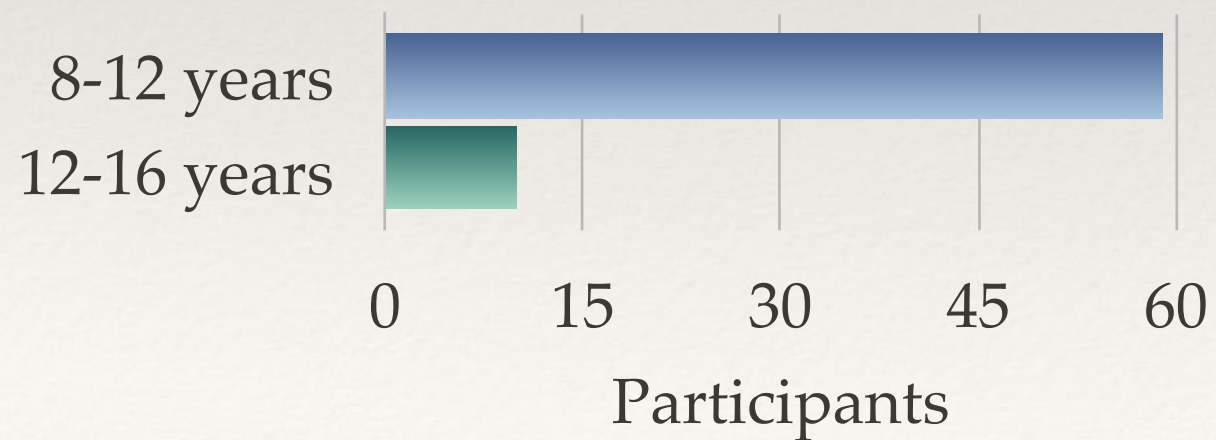
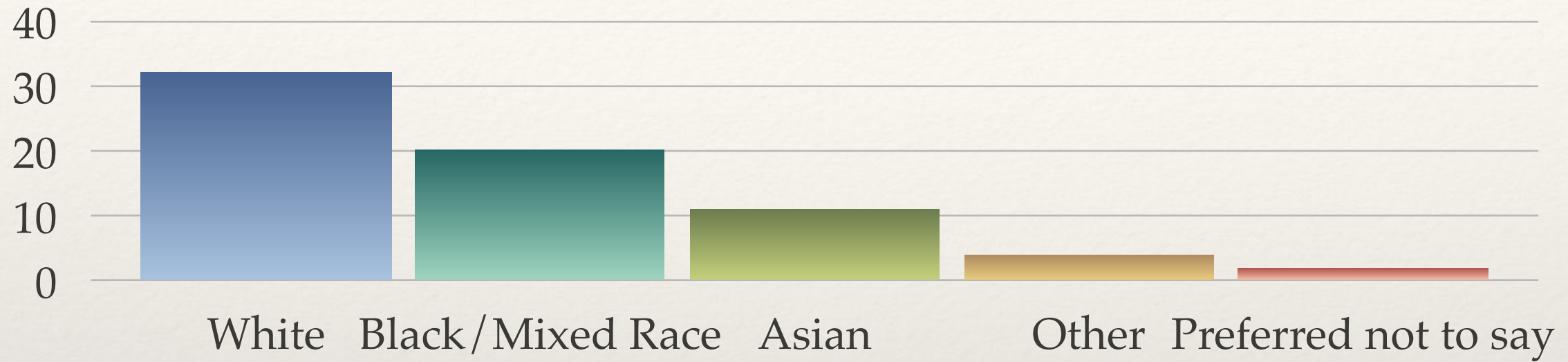
Smash It Tennis Programme

During April and May we ran a four week free tennis coaching programme for young people from all ethnicities, we especially wanted to reach out to those from disadvantaged areas of Milton Keynes who might be from families with unemployment, poor health prospects, physical inactivity and low self-esteem. Over 70 boys and girls aged 8 - 16 years took part, everyone had a truly smashing time!



Smash It Tennis Programme

Participants



Bursary Programme

John Baldwin Bursary Programme

In June we were delighted to announce the launch of our new bursary scheme to provide a pathway to those who take part in our sports and arts programmes. Its primary focus is to help those who, owing to financial constraints within their family, would not have the opportunity to progress in a sports or arts activity discovered through one of our projects.

This exciting initiative could not have been launched without further financial support from our patron John Baldwin who, inspired by his beautiful late wife Sylvia, has a passion for helping those who need it most. We are therefore delighted to name it the John Baldwin Bursary Programme.



Looking Ahead

As we go into 2022, it is wonderful to see renewed excitement in young people wanting to take part in physical activities and art programmes, which in turn helps their mental recovery from the pandemic.

5 On It Foundation will continue to deliver new and creative initiatives to get young people involved and tackle inequalities. We are particularly excited to be part of the MK Movers project, headed up by Leap, which aims to get all sectors of the community take up exercise. We will also build on our existing partnerships and collectively work hard to help young people reconnect and engage.



5 On It Foundation Receipts and Payments Account

Year start date

Year end date

For the year from	18/08/2020	To	30/04/2021
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Receipts and payments

	2020/21 Unrestricted funds £	2020/21 Restricted funds £	2020/21 Total funds £	Last Year Total funds £
Receipts				
Donations, legacies and similar income				
Membership subscriptions	-	-	-	-
Donations	-	1,000	1,000	-
Legacies	-	-	-	-
Gift Aid	-	-	-	-
Other similar income	-	-	-	-
Sub total	-	1,000	1,000	-
Grants				
Grant	-	16,718	16,718	-
Other grants	-	-	-	-
Sub total	-	16,718	16,718	-
Fundraising (gross)				
Detail 1	-	-	-	-
Detail 2	-	-	-	-
Other fundraising activities	-	-	-	-
Sub total	-	-	-	-
Investment income				
Bank interest	-	-	-	-
Building Society interest	-	-	-	-
Other investment income	-	-	-	-
Sub total	-	-	-	-
Total Gross Income	-	17,718	17,718	-
Asset and investment sales, etc.	-	-	-	-
Total receipts	-	17,718	17,718	-

5 On It Foundation Receipts and Payments Account

	Year start date	Year start date	Year start date		Year end date
For the year from	18/08/2020	18/08/2020	18/08/2020	To	30/04/2021

Receipts and payments

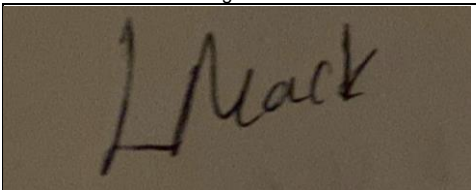
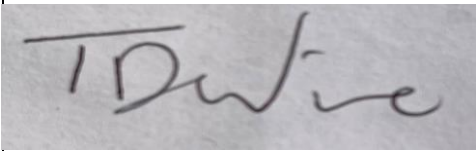
	2020/21 Unrestricted funds £	2020/21 Restricted funds £	2020/21 Total funds £	Last Year Total funds £
Payments				
Charitable Payments				
Wages	-	4,546	4,546	-
Rent	-	728	728	-
Water	-	-	-	-
Electricity and Gas	-	-	-	-
Insurance	-	214	214	-
Repairs and Renewals	-	-	-	-
Materials and equipment	-	4,466	4,466	-
Printing and photocopying	-	-	-	-
AGM and trustee expenses	-	-	-	-
Other costs detail 1 - Phone, internet & computer costs	-	1,601	1,601	-
Other costs detail 2 - Travel & subsistence	-	144	144	-
Other costs detail 3 - Venue hire	-	60	60	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	11,759	11,759	-
Fundraising expenses				
Detail 1	-	-	-	-
Detail 2	-	-	-	-
Detail 3	-	-	-	-
Other fundraising costs	-	-	-	-
Sub total	-	-	-	-
Total Gross Expenditure	-	11,759	11,759	-
Asset and investment purchases, etc.	-	-	-	-
Total payments	-	11,759	11,759	-
Net of receipts/(payments)	-	5,959	5,959	-
Cash funds last year end	-	-	-	-
Cash funds this year end	-	5,959	5,959	-

Statement of assets and liabilities at the end of the year

	30/04/2021	30/04/2021	30/04/2021	Last Year
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Cash funds				
Bank current account	-	5,706	5,706	-
Bank deposit account	-	-	-	-
Cash/Floats	-	-	-	-
	-	-	-	-
	-	-	-	-
Total cash funds (Agree balances with receipts and payments account(s))	-	5,706	5,706	-
Other monetary assets				
Tax claim	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Investment assets				
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Non monetary assets for charity's own use				
Stock	-	1,116	1,116	-
Land and buildings	-	-	-	-
Motor vehicles	-	-	-	-
Other	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	1,116	1,116	-
Liabilities				
Accounts not yet paid	-	600	600	-
Expenses incurred but not invoiced	-	572	572	-
Subscriptions not yet paid	-	-	-	-
Loan - detail	-	-	-	-
Other liabilities	-	-	-	-
Sub total	-	1,172	1,172	-

Contingent liabilities and future obligations

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

Signature



Print Name	Date of approval
Lee Mackmurdie	25.03.22
Tara Kate Devine	25.03.22