



BOOST CHARITABLE TRUST TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2019

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Legal and Administrative Information

Charity Name:

Boost Charitable Trust

Registered Charity Number:

1111961

Correspondence Address:

5 St Bride Street London EC4A 4AS

Trustees:

Robert Houston (chairman) Oliver Bartrum Alurie Dutton

Treasurer:

Throgmorton UK Ltd

Administrator:

Liz Turtle

Independent Examiner:

David Love Saddlers House 44 Gutter Lane London EC2V 6BR

Trustees' Annual Report for the Year Ended 30 September 2019

The Trustees present their report and financial statements of BOOST Charitable Trust ("the Trust") for the year ended 30 September 2019.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Trust Deed dated 30 September 2005 ("the Trust Deed"), the Charities Act 2011 and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102) published on 16 July 2014.

Structure, governance and management

The Trustees who held office during the financial period and up to the date of this report were:

Robert Houston Oliver Bartrum Alurie Dutton

All the Trustees give their time freely and no trustee remuneration was paid during the year.

Aim of the trust

The general aim of the charity is to assist the disabled, special needs, the disadvantaged and other sports men, women or children where their talents have been overlooked.

Boost Charitable Trust supports and complies with the Charity Governance Code for Small Charities.

Achievements and performance

Incoming resources of the Trust comprised private donations and investment income. During the year, Boost Charitable Trust received £125,514 (2018: £157,794) of donations. The reduction is mainly due to a decrease in the donations to the legacy programme of sporting projects within Boost in memory of Sam Sananes. Sam was a keen sportsman and close friend of Boost.

The Sam Sananes Legacy was established in May 2017 following Sam's untimely death at the age of 39 years. The Legacy is funded through direct donations and fundraising events and is incorporated into the overall governance and activities of Boost Charitable Trust. Grants awarded out of the Legacy funds are intended to have regard to Sam's own sporting interests and, where appropriate, his home town of Leicester and his support for the disadvantaged and disabled, especially sufferers of Muscular Dystrophy.

Fund raising

During the financial year to 30 September 2019, the Trust awarded/committed £151,000 in grants. The total, since launch in 2005, is now £1.86 million.

£177,000 has been raised so far for Sam's legacy through donations and sponsored endurance events. This year, we have been grateful for the donations/birthday sacrifices made by Ben and Liz Lawrence, and their daughter Bea, and the T.S. Shipman Charitable Trust. Also, three grueling individual sponsored challenges were successfully accomplished – nine runners completed the London Landmarks Half Marathon, Ian Houston ran the London Marathon dressed as Big Ben, and Max Shand cycled from the Isle of Sheppey to Burnham-on-Sea. Between them, including gift aid, they raised £27,500.





London Landmarks Half Marathon

On 24 March in perfect weather conditions, Ed Brown (Cheesegrater), Matt Clare (Gherkin), Trevor Dowd (St Paul's), Ben Goodberry (London Eye), Ian Houston (Shard), Isaac Sananes (Big Ben), Vicki Clare, Fiona Houston and Cass Sananes, all ran the second London Landmarks Half Marathon.

London Marathon

One month later on 28 April, and this time dressed as Big Ben, Ian Houston doubled his pain by running the 39th London Marathon. The applause, as he crossed the line in a spirited, but agonising, 5 hrs 25 mins 07 secs, was deafening. This is just as well as his comments had to be bleeped out!



Chase the Sun Cycle Challenge

On 23 June, Max Shand joined around 500 other cyclists in the tenth edition of the Isle of Sheppey to Burnham-on-Sea cycle challenge. Leaving Kent at dawn, they rode the 205 mile trip fast enough to see the sun setting across the Bristol Channel.

Financial Hardship



All Out Africa

Boost has been a principal funder of the All Out Africa Foundation in eSwatini (formerly Swaziland) since 2006. This football, basketball, swimming and playground games programme is directed at orphans and vulnerable children. Our two other overseas projects this year have been for **eSwatini Swimming** in Big Bend and for the development of women's sport in **Zambia**.



The Swimming Trust

Boost provided funding to The Swimming Trust for their Leicester-based programme. This has been directed at coaching hard-pressed youngsters, with low self-esteem, to obtain their Level 1 and 2 coaches awards — thus opening up employment opportunities. Funding has also been provided to **Level Water** to teach disabled children to swim.



Rhondda Netball

Boost was one of the early supporters of Rhondda Netball which was established just four years ago. They now have over 746 active members – both seniors and juniors. We fund their coach development programme. Boost has also funded a newly launched project by **Pink Lizard** in the Saffron Lane district of Leicester. This is aimed at diverting youngsters away from their phones and devices by encouraging them to participate in sports.



Small Awards

The Trust granted 36 small awards last year totalling £16,893 including the support for a special needs programme at the **Docklands Sailing & Watersports Centre.** A wide range of other local sports projects received small awards - archery, basketball, boccia, boxing, cricket, dance, dodgeball, fishing, football, goalball, martial arts, rugby union and league, skateboarding, snooker, swimming, table tennis, tennis, ten-pin bowling, walking, yoga and zumba.

Physical Disability



Beacon Butler & Beacon Chase

Boost is a supporter of Mark Butler's golf programme for the visually impaired and blind. His academy is located in the Black Country. More recently, we have also agreed to support the launch of another VI golf project at the nearby Chase Golf Club. Last year, we also provided a one-off grant to the **Running Line** project which is a simple assistive piece of technology that enables VI people to run without the aid of a guide runner.



Muscular Dystrophy UK/WFA

Boost has committed to a significant three year award to MDUK and the Wheelchair Football Association to fund the development of Powerchair Football across the UK. Muscular Dystrophy was one of Sam Sananes's favoured charities.



Cerebral Palsy Sport

Similarly, a three year grant has been awarded to CP Sport for the development of new 'hub clubs' for their innovative RaceRunning programme. Whilst their target for overall participation is ambitious, aiming to increase participation from 40 to 400, they have already made good progress. Boost's working relationship with CP Sport began in 2008 with our funding of **Boccia**. We continue to fund the National Boccia League.



Individual Awards

Boost provides financial support to four young individuals. Matt Phillips who has recently left school, is a paraclimber and, since our funding commenced, has become world champion in his disability category. Nic Cummins is part of the GB Wheelchair Rugby squad; Jennifer Evans is a member of the England Deaf Football squad; and Luke Nuttall, who is in his last year at school, is a disability athlete and cross-country runner with high aspirations.

Special Needs



Belvoir Cricket & Countryside Trust

Boost funds BCCT's programme for special needs schools in Nottinghamshire and Lincolnshire. The project comprises indoor Kwik and table cricket in the Spring and outdoor Kwik cricket and countryside activities (including fishing and interacting with birds of prey and working dogs/horses) in the summer. For many of the children, this will be their first visit to the countryside.



Exeter City Community Trust

Boost has supported Exeter CCT's football project for children with Down's Syndrome since 2017. The funding helps them towards their hiring costs of the sports hall and, this year, allowed some of their players to attend the Annual DSActive National Festival in Birmingham.



Better Things

Better Things, who are based in Manchester, work with some sixty-five young adults and adults with learning difficulties and autism, and their families. Boost's grant helps fund their weekly multi-sports sessions of indoor cricket, football and netball. This summer, they also piloted Nordic Walking.



Sport in Mind

Boost has supported Sport in Mind's badminton sessions in Reading, West Berkshire and Bracknell since 2012. The programme, which continues to grow from strength to strength, is designed to help improve the lives of people experiencing mental health problems. Their outstanding success has recently been rewarded by the receipt of a Queen's Award for Voluntary Service.

Social Exclusion



BACA

BACA provides specialist supported accommodation and development training to young people seeking asylum. About a quarter of those in their care are suspected victims of human trafficking from Afghanistan, Vietnam and East Africa. Boost's grant enabled them to provide 56 sports sessions over the year. Whilst the most popular sport was football, the youngsters were also introduced to ice-skating, badminton, swimming, snooker and tennis.



Doncaster Foster Carers' Association

Boost provides funding for a sports coach who delivers a popular weekly indoor football and dodge ball programme for foster children. The aim is to help keep these vulnerable 'looked-after' children off the streets where they could be easily led into anti-social behaviour.



The Running Charity

The Running Charity supports 16-24 year olds who are homeless, or at risk of homelessness. Working with hostels, the programme focuses on fitness, structured health and road running. Boost part-funds the development coach, who used to be homeless himself. The programme has recently been extended to Manchester, and the funds raised by Ian Houston for his London Marathon will fund the launch of an additional hub in Leeds. Boost also supports **Bonny Downs**, a charity with similar aims in the London Borough of Newham and the East End.

Be Strong Project

Be Strong is based in Bolton. The charity provides direct support for ex-offenders and drug/alcohol addicts by providing them with accommodation, mentoring and skills-training. Since 2013, Boost has funded a fitness, swimming and boxing programme which forms part of the overall challenge for re-building their lives.

All these programmes are amazing and inspiring. Boost is proud to support them.

Trustees' Annual Report for the Year Ended 30 September 2019

Reserves Policy

The policy of the Trustees is to maintain sufficient reserves in order to fulfil future expected funding requirements of projects that extend over several years as well as supporting a portfolio of new projects. In determining the appropriate level of reserves, the Trustees take into account the potential fluctuation of its income stream in future years.

As at 30 September 2019, the Trust has reserves of £1,353,593 (2018: £1,356,275), an decrease of £2,682 from the previous year. The Trustees are considering numerous new grants for the coming year and anticipate that while reserves may fluctuate from year to year, over time they will remain at a sufficient level to fund all projects.

Trustees' responsibilities statement

The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Trust at the year end and of its incoming resources and application of resources during that year. In preparing the financial statements, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures
 disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume the Trust will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Trust Deed. The Trustees are responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner's Report to The Trustees

I report on the accounts of Boost Charitable Trust for the year ended 30 September 2019.

Respective responsibilities of trustees and examiner

The Trust's trustees are responsible for the preparation of the accounts. The Trust's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is their responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to our attention.

Basis of Independent Examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Trust and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's statement

In connection with my examination, no matter has come to my attention

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act;
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

David Love FCA

Statement of Financial Activities for the Year Ended 30 September 2019

Income and endowments from	Note	Unrestricted funds £	Expendable Endowment £	2019 Total funds £	2018 Total funds
Income and endowments from		T.	ı.	x.	£
Income					
Donations	2	125,514	-	125,514	157,794
Investment income	3	51,911	-	51,911	49,251
Other income		150	-	150	-
Total income		177,575		177,575	207,045
Expenditure on					
Charitable activities Promotion of sporting activities amongst the disabled and disadvantaged	4,5	166,469	-	166,469	179,469
Total expenditure		166,469	-	166,469	179,469
Net income before gains and losses on investments		11,106	-	11,106	27,576
Net (losses)/gains on investments	6	-	(13,788)	(13,788)	21,585
Net movement in funds	•	11,106	(13,788)	(2,682)	49,161
Fund balances brought forward		112,810	1,243,465	1,356,275	1,307,114
Fund balances carried forward	=	123,916	1,229,677	1,353,593	1,356,275

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 16 to 21 form part of these financial statements.

BOOST CHARITABLE TRUST REGISTRATION NUMBER: 1111961

Statement of Financial Position As at 30 September 2019

	Note	2019	2018
Fixed assets		£	£
Investments	6	1,154,676	1,168,464
Current assets:			
Debtors	7	11,619	16,296
Cash at bank and in hand		229,067	233,631
Total current assets		240,686	249,927
Liabilities:			
Creditors due within one year	8	(41,769)	(62,116)
Net current assets		198,917	187,811
Net assets		1,353,593	1,356,275
Representing:			
The funds of the charity:			
Expendable Endowment	9	1,229,667	1,243,465
Unrestricted Income Fund	9	123,916	112,810
Total charity funds	9	1,353,593	1,356,275

These financial statements were approved by the Trustees on 31 May 2020 and signed on their behalf by:

R I Houston Chair of Trustees

lock Hours.

The notes on pages 16 to 21 form part of these financial statements.

Statement of Cash Flows For the year ended 30 September 2019

	2019	2018
	£	£
Cash flows from operating activities Net movement in funds	(2,682)	98,842
Net movement in funds	(2,002)	90,042
Adjustments for:		
Interest receivable	(701)	(419)
Dividend income from investments	(51,210)	(48,832)
Losses / (gains) on investments	13,788	(56,266)
Decrease / (increase) in debtors	2,507	(19,828)
(Decrease) / increase in creditors	(20,347)	35,046
Cash (used in) / generated from operating activities	(58,645)	8,543
Cash flows from investing activities		
Interest	701	441
Investment	-	(75,000)
Dividend income from investments	53,380	48,072
Cash generated from / (used in) investing activities	54,081	(26,487)
Change in cash and cash equivalents in the year:	(4,564)	(17,944)
Cash and cash equivalents at the beginning of the year	233,631	251,575
Cash and cash equivalents at the end of the year	229.067	233.631
Cash and cash equivalents at the end of the year	229,067	233,631
Analysis of cash and cash equivalents	229,067	233,631
Cash at bank		233,031
Total cash and cash equivalents	229,067	233,631

The notes on pages 16 to 21 form part of these financial statements.

Notes to the Financial Statements

1. Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a. Basis of preparation and assessment of going concern.

The financial statements have been prepared on a going concern basis under the historical cost convention, with the exception of investments which are included at market value.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: (Accounting and Reporting by Charities) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Boost Charitable Trust ("the Trust") meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next reporting period, 2019-20, the most significant areas of uncertainty that affects the reserves of the Trust is the level of investment returns and the performance of investment markets.

b. Funds structure

The charity has a single expendable endowment created by a lump sum donation of £1million. This provides for the Trustees to invest the capital, the income from which is to be wholly unrestricted. The expendable endowment is to be used for the general purposes of the Trust, namely to promote sporting activities for disabled and disadvantaged children and adults. The terms of the fund allow the capital to be spent if the Trustees so determine.

The charity has also received donations which are wholly unrestricted.

c. Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it can be certain that the resources will be received and the monetary value of the incoming resources can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

d. Resources expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs to the category.

Notes to the Financial Statements

d. Resources expanded (continued)

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

e. Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

f. Allocation of overhead, support and governance costs

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Governance costs and support costs relating to charitable activities have been apportioned over the appropriate categories, as detailed in note 5, on the basis of the number of individual grant awards made in recognition that the administrative costs of assessing, awarding and monitoring each grant is broadly equivalent.

g. Charitable activities

Costs of charitable activities include grants made and an allocation of support costs which are shown in note 4.

h. Policy on recognition of valuation of donated services

The Trust relies on donated time from the Trustees' and for administrative and treasury services. These donated services do not incur any financial or legal obligations to the Trust.

i. Financial instruments

The Trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of investments.

j. Fixed asset investment

Investments are stated at market value. Any gains or losses on the movement in market value are taken to the statement of financial activities as they arise.

k. Gains and losses

All gains and losses are taken to the Statement of Financial Activities as they arise.

Notes to the Financial Statements

2. Donations

Income from donations totalled £125,514 (2018: £157,794) which was unrestricted.

3. Investment income

	2019 £	2018 £
Interest on cash deposits	701	419
Income from investments	51,210	48,832
	51,911	49,251

4. Analysis of expenditure on charitable activities

The charity undertakes its charitable activities through grant making and awarded grants to a number of charities, trusts and other appropriate organisations in furtherance of its charitable activities.

	Support grants to institutions	Allocation of governance costs	Total expenditure 2019	Total expenditure 2018
Charitable activity	£	£	£	£
Promotion of sporting activities amongst the				
disabled and disadvantaged	141,229	25,240	166,469	179,469
	141,229	25,240	166,469	179,469

Fees payable to the independent examiner for his independent review were £nil (2018: £nil).

Notes to the Financial Statements

4. Analysis of expenditure on charitable activities (continued)

Support	grants	bv	institution
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Support graius by institution	2019	2018
	£	£ 2016
Boccia England	13,125	3,750
Swaziland / All out Africa	14,000	14,000
Southwark City Tennis Club	2,070	5,990
Sport In Mind	6,921	6,699
	0,921	· · · · · · · · · · · · · · · · · · ·
Swimming Trust	- 5 ((1	5,000
Swaziland Swimming	5,661	5,000
The Running Charity	14,000	12,000
Be Strong project	9,650	11,720
Small Awards	16,893	17,117
Loughborough – Volunteer Zambia	-	5,000
Better things	1,700	1,600
Rhondda Netball	4,975	3,600
Doncaster Foster Carer's Association	1,000	1,000
Level Water	-	10,000
Beacon Centre	5,000	5,000
Belvoir Cricket & Countryside Trust	7,313	7,233
GB Wheelchair Rugby	3,000	3,000
Exeter City Community Trust	3,323	1,750
Loughborough - Running Line	- ,- · · -	1,644
Bonny Downs	4,996	4,030
BACA Charity	-	3,000
M Phillips - Paraclimber	_	5,682
MD UK Powerchair Football	4,200	9,316
CP Sport (Race Running)	15,000	15,000
Sports Aid	2,082	13,000
Pink Lizard	6,320	
I IIIN LIZAIU	141,229	158,131
	141,229	150,151

A description of the projects funded by the grants is given in the Trustee's Annual Report.

Notes to the Financial Statements

5. Governance costs		
	2019	2018
	£	£
Administrative Staff	9,341	8,595
Accountancy fee	11,568	11,568
Insurance indemnity	1,524	762
Advertising and sponsorship	2,122	-
Bank fees	289	172
Other	396	241
	25,240	21,338

Governance costs have been apportioned to charitable activities on a pro rata basis in accordance with the number of grants awarded during the year to each of the charitable activities.

St Bride's Strategic Advisers and St Bride's Managers donated time for administration and treasury services as well as making donations to cover the cost of administration and governance. The charity is most grateful to St Bride's for their support.

6. Investments

	2019 £	2018 £
Value brought forward	1,168,464	1,071,879
Additions	-	75,000
Net (losses)/gains on investments	(13,788)	21,585
Value carried forward	1,154,676	1,168,464

Investments are financial assets held at fair value.

7. Debtors

	2019	2018
	£	£
Investment income	8,597	10,768
Other debtors	-	1,404
Gift aid on donations	3,022	4,124
	11,619	16,296

All debtors are financial assets held at amortised cost.

Notes to the Financial Statements

8. Creditors due within one year

	2019	2018
	£	£
Grant commitments	39,369	53,512
Accruals	2,400	2,400
Accrued Donations	-	6,204
	41,769	62,116

All creditors are financial liabilities held at amortised cost.

All grants are subject to quarterly review and reporting. The Trustees have approved a number of grants during the year to September 2019. These grants relate to where donations have been received by the Trust during the year, and the Trust intends to use these monies for a group of projects which have been supported by the donors. The Trustees have retained the discretion to reallocate these monies if performance criteria are not met. Grant commitments are recognised where performance criteria have been met.

9. Analysis of charitable funds

	Investments £	Net current assets £	Total 2019 £	Total 2018 £
Expendable Endowment fund Unrestricted income fund	1,154,677 -	75,000 123,916	1,229,677 123,916	1,246,465 112,810
	1,154,677	198,916	1,353,593	1,356,275

10. Related party transactions and trustees remuneration

Trustees received no emoluments or reimbursement of expenses during the year (2018: £nil).

The Trustees are the key management personnel of the Trust.