



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2019		31	March	2020

Section A Reference and administration details

Charity name **The Block WorkOut Foundation**

Other names charity is known by **n/a**

Registered charity number (if any) **1161093**

Charity's principal address **10 Somerleyton Road**

Brixton

London

Postcode

SW9 8ND

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	John Edward Ryan			
2	Ben Wachenje			
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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

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

How the charity is constituted
(eg. CIO, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Interviewed and elected by existing 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.

The Block WorkOut Foundation has been set up to work with hard to reach and vulnerable groups of young people. In order to ensure that we protect our young participants, staff, volunteers and the wider community we have the following policies and procedures in place:

- Safeguarding policy
- Health and safety policy
- Accident / Incident form
- Equality policy
- Anti-Discrimination Policy
- Public and Products liability insurance
- Employers insurance
- Personal Accident coverage
- First Aid plan
- Risk Assessment
- Registration form
- Session registers

The Block WorkOut Foundation is led by 2 trustees and has a team of sessional trainers who plan, develop and deliver BWO sessions in Brixton.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are:

To advance in life and help young people through:

(a) the provision of recreational and leisure time activities in the interests of social welfare, designed to improve their conditions of life;

(b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and

responsible individuals.

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)

How we achieve our Charitable Purposes

- We engage young people in our community Block Workout fitness sessions, which are delivered in some of the most deprived communities in London. Although the sessions are open to all aged 14-25, we particularly target those who are engaged in or at risk of becoming involved in the criminal justice system and gang activity.
- Through our qualified leaders we provide young people with positive role models, who they are able to relate to.
- We provide group and individual mentoring to participants, including promoting education, healthy living, conflict resolution and everyday issues that might arise.
- We are keen to work in partnership with other community organisations in order to promote training and education opportunities.
- We provide volunteer opportunities for young people and the wider community through our mentoring and community Block Workout sessions.
- Our work is currently focused on Brixton and Lambeth but we have ambitions to extend our services to other London boroughs. Our long-term aim is for Block Workout sessions, support and mentoring to be available across the country.

Additional details of objectives and activities (Optional information)

The Block Workout Foundation has been set up to work in the most deprived and disaffected communities, giving young people (mainly aged 14-25) the opportunity to engage in our innovative Block Workout fitness sessions.

Our **Mission** is to support and enable young people to lead healthy happy lives and to reach their full potential through our Block Workout sessions and mentoring services.

Our **Vision** is that every young person, no matter where they live or what their personal situation, has the opportunity to take part in Block Workout sessions, enabling them to live a physically and mentally healthier life, with the support to reach their personal goals, the belief that they can achieve and unity in the local community.

The Charity aims are:

- to promote the advancement of health and wellbeing of individuals living in the most deprived areas of London, through the increased participation in physical activity, by engaging them in Block Workout sessions in their local community.
- to promote the relief of those in need by reason of youth, financial hardship or other social disadvantage by providing a safe place where the young people can engage and 'belong', with the aim to reduce the likelihood of young people becoming involved in negative behaviour be this gang activity, crime or disruptive and anti-social behaviour.
- to increase community engagement and enhance community cohesion across London through the provision volunteering and mentoring initiatives aimed at breaking down barriers with disengaged communities.
- to further assist in the advancement of education and social welfare of the young people we work with, providing support in training, education and employment with the aim of increasing opportunities available to them and improving their long-term aspirations, confidence and well-being.

The charity does not make any grants or investments.

We are hugely reliant on the goodwill and support of our trainers and volunteers, without whom we would not be able to deliver our high-impact services.

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

Since the launch of our charity in March 2015 we have been able to build our reputation, which has enabled us to bring in funding and volunteer support that has allowed us to deliver extra BWO sessions, both at the Street Gym in Brixton and in other areas.

Due to several trustees leaving during the previous reporting period, some future had to be put on hold and this period was quiet. A considerable amount of trustee's time was spent reconciling historical paperwork and getting access to the charity's bank account at Barclays bank.

Sessions that were delivered in this period are up to eight and more weekly sessions at our Brixton StreetGym and a number of sessions (mostly Saturday and Sunday) at other locations, including Angell Town, Brixton.

We are proud that we have been able to continue to offer all sessions free of charge or in turn for low-cost donations (for those who can afford it) so that our sessions remain inclusive and open to everyone in the local community no matter what their fitness level, ability, goals, background or economic situation, staying true to our ethos and providing safe and high-quality sessions that are open to all.

Partners and supporters

The following organisations have supported us in the setting up and development of The Block Workout Foundation during the short time since our inception:

London Youth – assisted us with development and application process

Sported Ltd – supported the development and application process of the charity and funding the initial stages of our delivery work as a charity

Lambeth Council Sports Development – for continued support of our work, supporting funding opportunities and use of facilities

Lambeth Council – for continued support in allowing us to deliver work and manage the street gym

London Community Foundation – for believing in the work that we deliver and our vision and allowing us to develop our work on the Angell Town Estate

Trustees

The board of trustees remained unchanged during the year and continued to develop the charity.

Website and marketing

We started to build our PR abilities and became more active on social media.

Section E

Financial review

Brief statement of the charity's policy on reserves

As The Block WorkOut Foundation only started trading in March 2016, there is no formalised reserves policy in place. As the majority of our funding to date has been restricted, it has not yet been possible to build up substantive reserves. However, the Foundation has minimal overhead costs. In addition, the board reviews the finances and bank account on a quarterly basis to ensure sufficient funds are in place for ongoing delivery. In the next financial year, the trustees aim to build up a small reserve and draft a reserves policy.

Details of any funds materially in deficit

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.

During this period, there was no money raised directly, however because of the new space provide by Lambeth council which had to be in use by August 2019, money was spent on new equipment for the gym and fund-raising activities.

Unfortunately, because of time pressures and COVID-19 issues, we are now in the process of seeking the services of an accountant to help with preparing the accounts because it has proven difficult to clearly differentiate fee paying gym users from the charities core activities.

Section F

Other optional information

Due to several trustees leaving during the previous reporting period, some future plans had to be put on hold and this period was fairly quiet apart from the move to a new building. A considerable amount of trustee's time was spent reconciling historical paperwork.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

John Ryan

Position (eg Secretary, Chair, etc)

Trustee

Trustee

Date

15.02.2021