

Boxing4Life Trustees Annual Report

Activities

During 2015-16 we continued our weekly term-time sessions at two venues in Leytonstone, providing non-contact boxing training for 8-18 years olds. 60 students attended 78 sessions over 40 weeks.

The numbers of students showing significant, some, or no improvement on our three key outcomes (for our funder BBC Children in Need) over the period are shown below. (Fitness relates to proficiency in exercises and boxing skills; Focus – concentration, determination and resilience; Family – managing feelings, relationships, leadership and communication.)

OUTCOMES	Significant Improvement	Some improvement	Yet to Improve
Fitness	20	25	15
Focus	35	19	6
Family	36	20	2

Under the Sported's Sporteducate programme (funded by Deutsche Bank) we combined boxing training with English and Maths tuition and Self Esteem workshops (to Year 6 children from Jenny Hammond Primary School) to 17 students.

Our regular sessions were also supported by London Borough of Waltham Forest.

We were further supported by Awards for All to take 21 members on a 5-day outdoor learning course with the Outward Bound Trust at Ullswater in the Lake District. This took place during the Easter holidays 2016, with some remarkable results, particularly for Year 6 students who were preparing for their SATS and transition to secondary school.

Comments from parents included the following:

"We have seen a lot of change in him...since he started the programme he has matured much more quickly than we expected...a huge improvement in his self esteem... he is much more controlled."

"More of an understanding of the need to do things for herself...I no longer dread waking up to her."

"He's more willing to try new things and tries to be a lot more independent."

"He has changed a lot...now he believes in himself."

All participants gained in some way from the programme and it confirmed our belief in the value of encouraging a growth mindset in our students.

Answers to questions in a survey of our 11-18 years old group revealed:

Has Boxing4Life helped you get fitter and healthier? Agree: 94%
Helped you perform better at school? Agree: 60%
Improved your confidence? Agree: 94%
Helped you value and enjoy other people more? Agree: 69%
Improved your focus and determination to succeed? Agree: 75%

We also provided summer holiday activities to Buxton School and Waltham Forest's Targeted Youth Service. We assisted 3 group of teenagers working under the National Citizenship scheme to develop their understanding of how our charity combats gang culture and how to promote this to the public – and they raised £300 in the process by their own efforts.

Organisation

Faced with a loss of senior volunteer time due to family circumstances, we were assisted by Sported to strengthen our organisation through the recruitment of new trustees and volunteers, particularly from staff at Deutsche Bank.

With their help we improved our financial management and other policies. Our staff attended Safeguarding training and Philosophy for Children courses. During the period we also adjusted our identity to our registered name, Boxing4Life, rather than our working name, Box4Life.

The year ended with improvements to our website, development of Gift Aid and the start of a significant improvement to our monitoring through the Fit for Impact programme.



Boxing4Life	1155607
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Receipts and payments accounts

For the period from	01/04/2015	To	31/03/2016
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Section A Receipts and payments

Note	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					
Grants	2	29,868		29,868	22,917
Donations	2,904			2,904	1,267
Subscriptions	1,510			1,510	1,933
Other	57			57	57
	-	-	-	-	n/a
	-	-	-	-	n/a
	-	-	-	-	n/a
	-	-	-	-	-
Sub total (Gross income for AR)	4,471	29,868	-	34,339	26,174
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,471	29,868	-	34,339	26,174
A3 Payments					
Staff payments		20,648	-	20,648	14,973
Venue Hire		5,940	-	5,940	5,341
Equipment	521		-	521	1,333
Marketing	43		-	43	950
Other	165		-	165	618
Events	-	5,105	-	5,105	336
Support costs	1,118		-	1,118	427
	0	-	-	-	n/a
	0	-	-	-	n/a
Sub total	1,847	31,693	-	33,540	23,978
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,847	31,693	-	33,540	23,978
Net of receipts/(payments)	2,624	- 1,825	-	799	2,196
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	11,258	-	11,258	-
Cash funds this year end	2,624	9,433	-	12,057	-

FINANCIAL STATEMENTS YEAR ENDED 31 MARCH 2016

NOTES

1 ACCOUNTING POLICIES

The financial statements have been prepared in accordance with the Charities Act 2011 Section 145(5)(b), using the Receipts and Payments basis available to small charities.

2 FUND ACCOUNTING

Unrestricted Funds may be used by the charity for any of its ordinary purposes.

Restricted Funds represent income which may be expended only on those restricted objects provided in the terms of a trust or bequest, or donations or grants received or invited for a specific purpose. These funds can only be spent on the specific purpose for which they were given. Any balance remaining unspent must be carried forward as a balance on that fund for future expenditure on that specific purpose, or returned, it cannot be absorbed into general funds.

Fund name & purpose:	Balance b/fwd £	Receipts in year £	Payments in year £	Transfers in year £	Balance c/fwd £
BBC Children in Need		4,482	3,482	0	1,000
Awards for All		7,560	4,650	0	2,910
LBWF - small grants programme for gang prevention	8,549	1,663	9,000	0	1,212
LBWF Ward Funding Split		1,835	1,835	0	0
LBWF Targeted Youth Pastures 2014		5,478	5,478	0	0
Burton School	602	1,200	1,200	0	0
Spotted Foundation		7,650	3,941	0	4,311
Totals for restricted funds	9,151	29,868	29,586	0	9,463

Notes:

£1982 received in Jan 2016, balance required for next accounting period
 Balance required for transport costs, due in next accounting period
 Balance carried forward for 2016 operating costs

£7650 received in November 2015, balance carried forward to next accounting period

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		2,624	9,433	-
			-	-
		-	-	-
	Total cash funds	2,624	9,433	-
	(agree balances with receipts and payments account(s))			

[illegible]

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

[illegible]

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature

Print Name

Date of approval

Harrel SWS

H. SILLS

approval

25/11/2016



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Box 4 Life

On accounts for the year
ended

31st March 2016

Charity no
(if any)

1155607

Set out on pages

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

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

It is my 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 my 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 charity 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; and
 - 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.

Signed:

Date:

20/12/2016

Name:

Harriet Baker

**Relevant professional
qualification(s) or body
(if any):**

Trainee Association Chartered Accountant (Certificate Level ONLY completed)

Address:	Maltings House, Avenue Road
	Ingatestone, Essex
	CM4 9HB

Section B	Disclosure
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Only complete if the examiner needs to highlight material problems.