

## **Boxing4Life Annual Report 2017-18**

### **Activities**

During the year our weekly term-time sessions at two venues in Leytonstone attracted 70 students in total. In addition we had an active year with outreach sessions provided to ReachOut in Whitechapel, Leytonstone School, Sybourn School, Jenny Hammond School and Waltham Forest's summer activities programme - reaching some 75 further students. We also worked with young people participating in the National Citizen Service's Summer Programme.

For Jenny Hammond School in addition to non-contact boxing we provided a weekly Self Esteem session for 9 students (Years 4/5) selected by the school for extra support. This took the form of a discussion group about issues raised for the students by viewing films which included "Sing", "Asterix and the Mansions of the Gods", "Kubo and the Two Strings" and "The Princess Bride". Led by our gifted teacher, Greer Nicholson, topics for discussion included school and family expectations, fears and ambitions and personal challenges. These young people face many issues but were able to look at those and plan for the future. The classes were very popular with good attendance; parents were also enthusiastic.

At Leytonstone School we trained GCSE students and contributed to a very successful year for the school's PE department, which was No1 in the Borough and in the top 5% nationally.

This total of some 145 students compares well with 107 in the previous year.

### **Outcomes**

This year we enhanced our Outcomes and monitoring processes to three core areas:

1. Increased Fitness & Boxing Skills,
2. Adopting a Growth Mindset,
3. Increased Confidence & Self-Belief.

The indicators used to measure these outcomes were:

1. Exercise and Skills performance
2. Raised aspirations, determination & resilience
3. Increased focus and sociability

We created a Fitness Tracker combined with a Skills Development Booklet this year in consultation with a pilot group of our students. Students were able to log their scores from circuit training exercises on a termly basis along with their growth mind-set rating and self-set goals. For example, one young person has progressed from doing 124 skips per minute (spm) to 183 spm over a 3 month period. We noticed that keeping a record of their results has created healthy competition and an increased determination to beat their last result by at least 1/2 extra repetitions.

We also introduced a 15 metre bleep test (timed shuttle runs) this year which measures endurance and stamina. Those who participated really enjoyed it. The results were mixed as expected with many achieving an average score of level 4 and above, a small number excelled achieving a level 10 which is an excellent outcome for their age ranges.

The results of students for whom detailed monitoring could be completed showed:

<b>Fitness &amp; Boxing Skills</b>	significant progress	32
	Started to experience progress	27
	Are yet to experience progress	11
<b>Growth Mind-Set</b>	significant progress	25
	Started to experience progress	38
	Are yet to experience progress	7
<b>Confidence and Self Belief</b>		
	significant progress	26
	Started to experience progress	40
	Are yet to experience progress	4

Our participant survey (for ages 11-18) showed how they felt about the impact of Boxing4Life on different aspects of their lives:

	A lot	Some	A little	Not me
<b>Get fitter and healthier</b>	11	5	4	0
<b>Feel good about myself</b>	12	4	2	0
<b>Aim higher</b>	11	3	2	0
<b>Develop my boxing skills</b>	13	4	1	0
<b>Try new things</b>	8	6	2	0
<b>Build my confidence</b>	7	6	0	2
<b>Make new friends</b>	8	3	5	1
<b>Improve my progress at school/college</b>	11	2	2	2
<b>Develop a growth mind-set</b>	7	9	2	0
<b>Set goals &amp; challenges</b>	9	4	4	0
<b>Help others</b>	6	7	1	0
<b>Encourage me to work hard</b>	12	5	2	0
<b>Avoid getting into trouble in the community/with friends</b>	7	4	4	3
<b>Get support and help from coaches</b>	11	5	1	1
<b>Improve my relationships with others</b>	10	5	4	1

## Organisation

The year was dominated by the introduction of processes linked to our new Outcomes and monitoring, which we continue to refine, with the intention of making monitoring fit naturally and easily within normal sessions.

We were also busy with preparations for a full week residential course with the Outward Bound Trust at Ullswater in the Lake District for 10 students. This took place during Easter 2018 – just outside the period of this report.





# Boxing4Life

## Receipts and pay

For the period from	01/04/2017
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### Section A Receipts and payments

	Note	Unrestricted funds to the nearest £	Restricted funds to the nearest £
<b>A1 Receipts</b>			
Grants	2		25,217
Donations		12,193	-
Subscriptions		2,185	-
Other		-	-
		-	-
		-	-
		-	-
<b>Sub total (Gross income for AR)</b>		<b>14,378</b>	<b>25,217</b>
<b>A2 Asset and investment sales, (see table).</b>			
		-	-
		-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>
<b>Total receipts</b>		<b>14,378</b>	<b>25,217</b>
<b>A3 Payments</b>			
Staff payments		11,534	9,906
Venue Hire			7,575
Equipment			
Marketing		136	
Other (transfer to reserves)		2,000	
Events			6,975
Support costs		550	559
Training			
		-	-
<b>Sub total</b>		<b>14,220</b>	<b>25,015</b>
<b>A4 Asset and investment purchases, (see table)</b>			
		-	-
		-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>
<b>Total payments</b>		<b>14,220</b>	<b>25,015</b>



**B5 Liabilities**

**Details**




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

**Signature**


	<b>1155607</b>	<b>CC16a</b>
<b>ments accounts</b>		
To	<b>31/03/2018</b>	



Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
-	25,217	24,607
-	12,193	9,424
-	2,185	930
-	-	180
-	-	n/a
-	-	n/a
-	-	n/a
-	-	-
-	39,595	35,141

-	-	
-	-	-
-	-	-
-	39,595	35,141

-	21,440	16,083
-	7,575	5,124
-	-	2,304
-	136	-
-	2,000	70
-	6,975	3,345
-	1,109	1,428
-	-	322
-	-	-
-	39,235	28,676

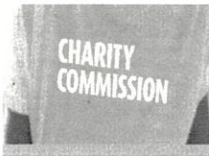
-	-	
-	-	
-	-	-
-	39,235	28,676





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

Print Name	Date of approval



# 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

31<sup>st</sup> March 2018

Charity no  
(if any)

1155607

Set out on pages

1 - 3

(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 (other than that disclosed below \*)

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.

\* Please delete the words in the brackets if they do not apply.

Signed:

*Harriet Baker*

Date:

30/11/2018

Name:

HARRIET BAKER

Relevant professional  
qualification(s) or body

Exam qualified ACA (ICAEW)

(if any):

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Address:

Maltings House, Avenue Road
Ingates tone
Essex, CM6 9HB

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material problems.

**Give here brief details of any items that the examiner wishes to disclose.**

A large, empty rectangular box with a thin black border, occupying the majority of the page's width and height. It is intended for the user to provide details of items for disclosure as requested in the text to the left.