



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day	Month	Year	To	Day	Month	Year
	01	04	2017		31	03	2018

Section A Reference and administration details

Charity name	The Block Workout Foundation
Other names charity is known by	BWO
Registered charity number (if any)	1161093
Charity's principal address	6 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	Stefan Helge Hacker		03/2016 - 08.03.2018	
2	Thomas Dolan		07/2018 - 31.01.2018	
3	Sharon Akumiah		01.10.2017	
4	Ben Wachenje		01.10.2017	
5	John Edward Ryan		01.10.2017	
6	Phillippa Jane Smith		01.10.2017 – 08.03.2018	
7	Haroon Khan		01.10.2017 – 08.03.2018	
8	Peter Lennon		15.11.2017 – 08.03.2018	
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10				
11				
12				
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14				
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16				
17				
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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

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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. trust, 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.

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Section C Objectives and activities

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

The objectives of the CIO are as follows:

To advance support, develop and advance the lives of young and vulnerable people in the local community through:

- the provision of recreational and leisure time activities in the interests of social welfare;
- providing support and activities with the aim to develop their skills,

capabilities of our clients to enable them to participate in society confidently.

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)

Through our partnership with the Brixton StreetGym we have engaged not young people in the community in Block Workout fitness sessions, which. Although the sessions are targeted to late teens to young adults, we have been successful in engaging other demographics in the local community. We have particularly targeted those who have been or are at risk a of being involved in crime and gang activity.

Through our qualified leaders we provide our clients with positive role models, who they can relate to.

We provide group and individual mentoring to participants, including promoting education, health living, conflict resolution and everyday issues that might arise.

We provide volunteer opportunities for young people and the wider community through our community Block Workout sessions.

Our work is currently focused on the Brixton area, but we have ambitions to extend our services to other parts of London and to partner with other organisations with similar focus.

Additional details of objectives and activities (Optional information)

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

The Block Workout Foundation continued through its ongoing work with the Brixton StreetGym to provide fitness and mentoring sessions not to its target clientele but also to the rest of the local community. Block Workout Foundation and its volunteers have been profiled in a couple of well known publications and with such positive publicity and growing presence in the local community and on social media, we believe the work is making an impact.

The following organisations have continued to support the Block Workout Foundation:

Sported Ltd – support with developing the charity, the trustees and offering guidance on accessing funding.

Lambeth Council – providing premises for the charity to operate out of.

Section E

Financial review

Brief statement of the charity's policy on reserves

There continues to be no formalised reserves policy in place. This is something that the trustees are looking to address.

Details of any funds materially in deficit

During this financial period the Foundation did not secure any new funding and it is something that the trustees are looking to address.

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.

Section F

Other optional information

Section G

Declaration

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

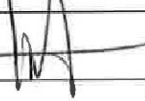
Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

	
SHARON AKUMIAH	
31/01/2019	



The Block Workout Foundation			Charity No (if any)	1161093	CC17a
Annual accounts for the period					
Period start date	01.04.2017	To	Period end date	31.03.2018	

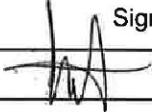
Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds			675	-	-	675	-
Voluntary income		S01	-	18,619	-	18,619	7,450
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	-	-	-	-	-
Incoming resources from charitable activities		S04	-	-	-	-	-
Other incoming resources		S05	-	-	-	-	-
Total incoming resources		S06	675	18,619	-	19,294	7,450
Resources expended (Notes 4-8)							
Costs of Generating Funds			-	2,200	-	2,200	-
Costs of generating voluntary income		S07	436	22,772	-	23,208	1,190
Fundraising trading costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	-	-	-	-	-
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended		S13	436	24,972	-	25,408	1,190
Net incoming/(outgoing) resources before transfers		S14	239	- 6,353	-	- 6,114	6,260
Gross transfers between funds		S15	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	239	- 6,353	-	- 6,114	6,260
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	93	93	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds		S19	146	- 6,260	-	- 6,114	6,260
Total funds brought forward		S20	-	6,260	-	6,260	-
Total funds carried forward		S21	146	-	-	146	6,260

Section B Balance sheet

	Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets						
Tangible assets (Note 9)	B01	-	-	-	-	-
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
Total fixed assets	B04	-	-	-	-	-
Current assets						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	125	-	-	125	-
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	21	9,240	-	9,261	6,260
Total current assets	B09	146	9,240	-	9,386	6,260
Creditors: amounts falling due within one year (Note 12)	B10	-	-	-	9,240	-
Net current assets/(liabilities)	B11	146	-	-	146	6,260
Total assets less current liabilities	B12	146	-	-	146	6,260
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges	B14	-	-	-	-	-
Net assets	B15	146	-	-	146	6,260
Funds of the Charity						
Unrestricted funds	B16	-			-	-
	B17	-			-	-
Restricted income funds (Note 13)	B18		-		-	-
Endowment funds (Note 13)	B19			-	-	-
Total funds	B20	-	-	-	-	6,260

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

Signature	Print Name	Date of approval
	SHARON AKUMIAH	30.01.2019