

Boxing4Life Annual Report 2018-19

Activities

During the year our weekly term-time sessions at two venues in Leytonstone attracted 101 students in total. We also provided weekly sessions at Buxton School to 35 students. During the summer we provided a week of boxing sessions at WF Community Hub for Waltham Forest's Targeted Youth programme. We also supported young people participating in the National Citizen Service's Summer Programme.

Outcomes

Our outcomes are Fitness & Boxing Skills, Growth Mindset, Confidence & Self Belief.

Fitness & Boxing Skills

69% of surveyed members reported that as a result of attending Boxing4Life they are a lot fitter and healthier. Our coaches devise and run a variety of fitness programmes and games for our younger participants, which complement the art of boxing. The Fitness Tracker we introduced last year to document members circuit training results, remains a popular feature through which coaches have observed good levels of participation. Our regular attendees show the most progress, increased strength, stamina and skill.

Our young people particularly love pad work and with regular instruction, guidance and feedback the members can successfully demonstrate and combine a range of boxing skills with confidence. 84% of members feel they have considerably improved their level of boxing skill this year. Following the success of last year amongst our members, the Fitness Tracker to document circuit sessions and bleep test results will now be a permanent feature.

One member recorded an increase from 126 skips per minute (spm) to 136 spm after a 3-month period and ended the year on 148 spm.

Growth Mindset

All surveyed members agree that attending the club has helped them to develop a growth mindset. Our coaches have been working hard to promote the qualities of a growth mindset during sessions and work to have reflective conversations with small groups and individuals about their responses to obstacles, challenges, criticism, effort and what we can learn when we witness the success of others.

Our coaches feel that these conversations encourage positive participation and are particularly valuable for those who may become disruptive or disengaged. As a result of attending the club 92% of surveyed respondents say they have set themselves goals and challenges and 72% have felt encouraged to work harder at school or college. Instead of a self-rating, this year many of our members were presented with a growth mind-set challenge. This created a real buzz amongst the young people. This task aimed to combine fitness with a practical experience of overcoming challenges. Some of the young people have asked the coaches if more challenges can be set throughout the year.

Confidence & Self Belief

84% of members surveyed expressed that attending the club has helped them to boost their confidence - which is known to be a key factor in developing new skills.

Coach observations of Shadow Boxing and Pad work are two of our key indicators when observing individual confidence levels. Coaches have observed parallels between these boxing skills and the ways in which the young people engage with each other and the coaches. Those more confident: "get into the zone", begin to self-correct, are less fearful of making mistakes and demonstrate fluidity between movements. Members operating at this level are also more likely to ask coaches or peers for help to improve their technique. Our coaches understand the challenges that developing these skills can present and therefore provide 1:1 instruction and demonstrations to help those less confident members to reduce hesitation, learn to visualise, focus and use a wider range of movement.

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

Fitness & Boxing Skills	Significant progress:	42
	Started to experience progress:	31
	Are yet to experience progress:	28

Growth Mind-Set	Significant progress:	36
	Started to experience progress:	33
	Are yet to experience progress:	22

Confidence and Self Belief	Significant progress:	54
	Started to experience progress:	45
	Are yet to experience progress:	20

Our participant survey showed:

81% of our members feel that Boxing4Life has helped them considerably to avoid getting into trouble in the community.

100% of parents also reported an increase in their children's levels of self-esteem.

100% of respondents agree that they are open to trying new things.

Organisation

Due to the unforeseen absence of two senior coaches for part of the year, our junior coaches learnt more about the running of the club and assisted with some planning and administration extending beyond their usual role. As a result we are investing further in their growth and development and they have recently started a bespoke training programme including 4 half-day workshops. This will enable coaches to:

- Raise their listening skills and insight to support students who are underperforming at the club and/or struggling in their lives.
- Explore their roles and our club ethos, capturing their findings in a Coaches Manual for future recruits.
- Learn how to pass on key life-skills to our students using Steven Covey's "7 Habits of Highly Effective People".

In December 2018, Boxing4Life was one of the organisations praised in a powerful speech by Walthamstow MP Stella Creasy in the House of Commons, calling the government to take action in response to the rise in youth violence across London and other regions.



Boxing4Life 1155607

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Receipts and payments accounts

For the period from **01/04/2018** To **31/03/2019**

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants		21,950		21,950	25,217
Donations	2,470			2,470	12,193
Subscriptions	1,157			1,157	2,185
Other					
Sub total (Gross income for AR)	3,627	21,950	-	25,577	39,595
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total receipts	3,627	21,950	-	25,577	39,595
A3 Payments					
Staff payments	7,988	10,000	-	17,988	21,440
Venue Hire		3,354	-	3,354	7,575
Equipment			-	-	
Marketing			-	-	136
Other (transfer to reserves)			-	-	2,000
Events			-	-	6,975
Support costs	1,132		-	1,132	1,109
Training			-	-	
			-	-	
Sub total	9,120	13,354	-	22,474	39,235
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	9,120	13,354	-	22,474	39,235
Net of receipts/(payments)	-5,493	8,596	-	3,103	360
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,618	7,264	-	18,882	-
Cash funds this year end	6,125	15,860	-	21,985	-

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		6,125	15,860	-
			-	-
			-	-
			-	-
	Total cash funds	6,125	15,860	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-		-

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

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

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Reserves	n/a	2,000	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

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

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

Signature	Print Name	Date of approval



Section A Independent Examiner's Report

**Report to the trustees/
members of**

**On accounts for the year
ended** **Charity no
(if any)**

Set out on pages
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2019**.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

Name:

**Relevant professional
qualification(s) or body**

(if any):

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Address:

West Suite, Second Floor,
Main House, Turkey Mill,
Ashford Road, Maidstone, Kent ME14 5PP

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

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

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