



ANNUAL REVIEW OF



2021-2022

Boost is a grant-giving charity and was established in 2005. Our mission is to champion the disadvantaged and disabled and to inspire them to overcome their challenges through the power of sport.

Boost Charitable Trust
October 2022

713 grants amounting to
£2.35 million since 2005



51 awards totalling
£185k over the past 12 months

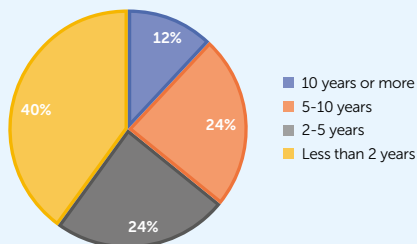


69 sports in total



- aerobics • angling • archery • athletics • badminton
- basketball • boccia • bowls • boxing • canoeing • cricket
- cross country running • curling • cycling • dance • darts
- deaf football • diving • dodgeball • dragon boating
- exercise drumming • fencing • football • frame football
- frame running • goalball • golf • gymnastics • hiking
- hockey • horse riding • ice skating • judo • karate
- kayaking • kwik cricket • modern pentathlon • netball
- nordic walking • para climbing • pickleball • pilates
- pool • powerchair football • rounders • rugby • rowing
- running • sailing • shooting • sitting volleyball • skiing
- snowboarding • softball • surfing • swimming
- table cricket • tai chi • tennis • trampolining • volleyball
- walking football • walking tennis • water skiing
- wheelchair basketball • wheelchair rugby
- wheelchair tennis • yoga • zumba

Number of years we have supported our current programme of large awards



Headlines

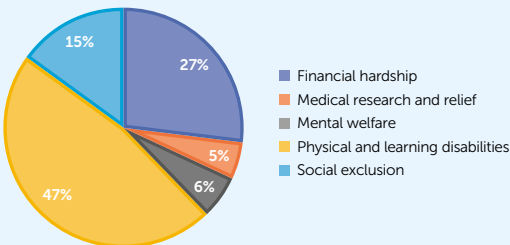
- We welcomed Sarah Johnson as our new administrator in May following Liz Turtle's departure after five terrific years.
- Over the past 12 months, Boost has supported playing, coaching, learning and refereeing programmes across all age groups, as well as some valuable national developmental and research initiatives.
- Our focus remains on five principal areas of distress, largely at grassroots level.
- Our mantra of 'No Passion, No Grant' continues to serve us well. All our awards have proven to be sparkling successes.
- In particular, the Belvoir Cricket & Countryside Trust successfully guided Beech Academy to victory at the final of the Lord's Taverners National Table Cricket Tournament.



"Boost's funding is a gift that keeps on positively giving, opening doors which previously remained firmly shut no matter what we tried. Boost makes it happen."

Swindon Fencing

Five areas of focus over the past 12 months



Physical and Learning Disabilities



- Even though the UK is a leading para-sport nation, accessing grassroots disability sport is still a challenge.
- Nearly half of Boost's annual grants are directed towards physical and learning disability sport.
- One of our most recent grants has been to Goalball UK (for players with visual impairments) to support the GB women's squad in their campaign to qualify for Paris 2024.

Mental Health



- Sport and exercise is proving to be an important antidote to the challenges of mental health.
- Boost now supports several mental health support programmes, the largest of which is Sport in Mind's badminton and tai chi sessions.
- This year, we have also awarded a grant to a recent start-up, Rise, Mind & Body, which is based in Bootle. We support their weekly yoga programme.

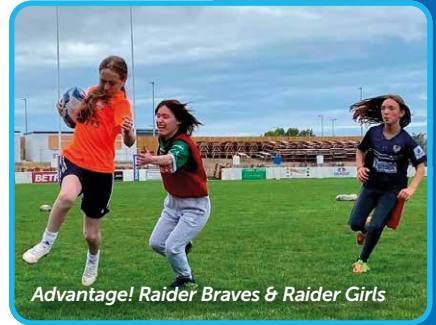
Social Exclusion

- There is no place for bullying, racial or gender bias, or any other type of social exclusion. And yet it still occurs.
- For several years, Boost has supported both the Running Charity's tri-city programme for the homeless and Be Strong's boxing and fitness project for ex-offenders, based in Bolton.
- Recently, we have awarded a grant towards The Harbour Project's Saturday football club in Swindon for asylum seekers and refugees.



Financial Hardship

- Despite the national rhetoric about 'levelling up', there are still too many left-behind parts of the UK.
- Boost supports programmes in many of these hard-pressed areas. We also fund two projects in Eswatini (formerly Swaziland).
- Recently, we have extended our support for the Advantage! programme run by The Raiders rugby league club in Barrow-in-Furness. The Raider Braves and Raider Girls rugby projects target youngsters who need additional support.



Medical Research & Relief

- Boost has supported two medical-related sports projects over the past 12 months. The Leukaemia Foundation (Australia) and Parkinson's UK are both seeking ways of finding respite from the effects of the diseases through exercise.
- The Parkinson's Physical Activity project follows three years of collaboration with Boost.
- We are now funding five local programmes offering table tennis, exercise drumming, indoor cycling, Nordic walking, and indoor/outdoor golf.



"We owe you a lot for your commitment to Rhondda Netball. Boost has played such a vital part in the lives of our young leaders since you got behind us in 2016/17."

Rhondda Netball

- Boost receives its revenue from three principal sources – dividends from its endowment fund, donations and fund raising events.
- We would like to thank everyone that took part in our events, and the generosity of their sponsors. They raised nearly £33,000.

'Big Chop'

- Lucie Turtle's (aged 8) 'Big Chop' saw her beautiful long hair cut for cancer sufferers. At the same time, she raised over £1,000 for Boost. Brilliant. Thank you, Lucie.



London Landmarks Half-Marathon



Surrey Hills Cycle Ride

Golf Day

- Our annual golf match against St Bride's Managers at Burhill Golf Club was, yet again, a triumph. The costs of the day were borne by St Bride's Managers and over £2,000 was raised from donations.

Half-Marathon

- Boost has been one of the more flamboyant participants in the LLHM every year since it began in 2018. All nine runners wore a landmark-style costume and collectively they raised over £20,000 for the Sam Sananes Legacy fund, which is administered by Boost.

Cycle Rides

- There were two sponsored cycle rides this year, both expertly co-ordinated by Stephen Pyne. The first was from Esher to Portsmouth by 12 alumni from Portsmouth University. The second was a 60-mile circular route from Richmond Park around the Surrey Hills, including Box and Leith Hills. Together, they raised nearly £10,000. Thank you.

£10,000 and over

All Out Africa, Eswatini
Allsorts/YuGo, Stroud
Be Strong, Bolton
Goalball UK
Lymington SailAbility
Parkinson's UK
Power2Inspire, Cambridge
The Running Charity, London,
Manchester, Leeds
Wheelchair Football Association,
England

£5,000 - £9,999

Advantage! Raider Braves and
Girls, Barrow-in-Furness
Belvoir Cricket & Countryside
Trust
Butler Golf Academy, Dudley
Cleethorpes Community Sports
& Education
CP Sport, England
Disabled Sailors Association,
Portsmouth
Eswatini Swimming Association
Level Water, Birmingham
Leukaemia Foundation, Australia
Sport in Mind, Berkshire
SportsAid, England

£2,500 - £4,999

Better Things, Manchester
Boccia England
Bonny Downs, East Ham
GB Wheelchair Rugby
Get Set 4 Tennis, Denham
Rhondda Netball
Swindon Fencing Club
The Harbour Project, Swindon

£751 - £2,499

Clik, Stoke on Trent
Cre8 Football, Croydon
Orenda Circle, Nottingham
Rise, Mind & Body, Bootle
Whitstable Lawn Tennis Club

£750 and below

Active Newham
Autism Bedfordshire
Barnstaple Youth Ability FC
Beeslack All Stars Disabled Sports
Club, Midlothian
Berkshire Vision
Bidston Sports Ability
Braunton FC Inclusion
CGG Sharks, Conwy County
Cheslyn Hay Tennis Club, Walsall
Community Workz, Tower
Hamlets
Disabled Friends & Family, Kent
Disability Sports Coach, London
Dunton & Broughton Inclusive FC
Edgbaston Archery & Lawn
Tennis Society
Exim Dance, Plymouth
Faversham Strike Force FC
Headway, Portsmouth
London Basketball Association
Midlands Adaptive Boxing
Organisations
Omagh Futsal Girls
Peel Project CIC, Hull
R.I.V.A. Sheffield
Sandwell Youth in Action
Swale Gloves Amateur Boxing
Worthing Table Tennis Club



How to organise a fund raising event for Boost or make a donation

- If you would like to organise an event for Boost, please contact our administrator, Sarah Johnson, at sarah.johnson@boostct.org
- The easiest way to make a donation is to click on 'Donate Here' on our website at www.boostct.org
- St Bride's Managers cover all our administration costs which means that sponsorships and donations achieve 100% efficiency.

For more information on Boost's activities, please contact:

Administrator:	Sarah Johnson, sarah.johnson@boostct.org
Registered address:	5 St Bride Street, London, EC4A 4AS
Trustees:	Robert Houston (Chairman) Oliver Bartrum MBE Alurie Dutton Philippa Fine
Treasurer:	Apex Group
Independent Examiner:	David Love
Website:	www.boostct.org
Registered Charity Number:	1111961

Boost Charitable Trust supports and complies with The Charity Governance Code for Small Charities.

General Data Protection

Boost Charitable Trust has obtained appropriate authority to display the photographs in this publication.