



20th

ANNUAL REVIEW
2024-2025
in numbers

Boost's mission is to provide impactful funding and support for inspiring programmes which help to improve the lives of the disadvantaged and disabled through the power of sport.

20 years since Boost was established

£2.94 million awarded in total

869 grants, including renewals

89 separate recipients of large awards

78 sports

- aerobics • angling • archery • athletics • badminton • basketball
- boccia • bowls • boxing • canoeing • circus skills • cricket
- cross-country running • crossFit • 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
- paddle-boarding • para climbing • pickleball • pilates • pool
- pony-carriage driving • powerchair football • rebounding
- rounders • rugby league • rugby union • rowing • running
- sailing • self-defence • shooting • sitting volleyball
- skateboarding • skiing • snowboarding • softball • surfing
- swimming • table cricket • tai chi • tennis • ten pin bowling
- trampolining • volleyball • walking football • walking tennis
- water skiing • wheelchair basketball • wheelchair rugby
- wheelchair tennis • yoga • zumba

10 countries

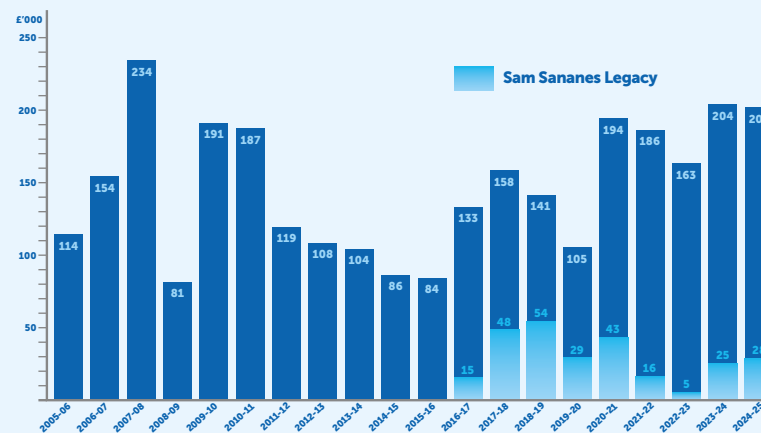
85% United Kingdom

- 15% Overseas** • Angola • Australia • Barbados
 • British Virgin Islands • Eswatini • Guyana • Jamaica
 • Trinidad & Tobago • Zambia

4 areas of focus

- physical and learning disabilities • financial hardship
- mental health • social exclusion

Annual grants awarded



The past 12 months

2 new trustees

Richard Allcroft OBE and Sue Gardner
 Philippa Fine resigned

Over 500 applications

56 grants awarded

£201,400 awarded, of which:

£152,300 renewals

£32,700 new large awards

£16,400 small awards

20 essays

To celebrate Boost's 20th anniversary, we have collated 20 compelling essays which explore the social issues and day-to-day challenges faced by our funded sports programmes.



Grants awarded over the past 12 months

Amount awarded	Physical and Learning Disabilities	Mental Health	Financial Hardship	Social Exclusion
	£92,800 awarded (46%)	£22,400 (11%)	£52,400 (26%)	£33,800 (17%)
£10,000 and over		Sport in Mind (badminton, tai chi)	All Out Africa (football, futsal, netball, playground games)	Be Strong (boxing, fitness)
£5,000 - £9,999	Allsorts (rebounding/trampoline) Belvoir Education & Sports Trust (kwik cricket, countryside pursuits, table cricket) British Gymnastics Foundation (gymnastics) Butler Golf Academy (golf) Disabled Sailors Association (sailing) Gym Possible (exercise) Love Rowing (blind rowing) Parkinson's UK (walking football, seated dance) Tadcaster Swimming (swimming) Tim Henman Foundation (tennis) Windswept (adaptive watersports)	Get Set 4 Tennis (tennis)	Eswatini Swimming (swimming) East London Skateboard Club (skateboarding) Personal Best Foundation (athletics) Rhondda Netball (netball) South Shields Cricket Club (cricket)	Bevan Inclusive Health & Wellbeing (football) Harbour Project (football) 100 & First Foundation (crossFit)
£751 - £4,999	Better Things (zumba) Dolphin Swimming (swimming) Tankerton Football Club (football) Whitstable Tennis Club (tennis)	Swindon Fencing (fencing)	Ahoy Centre (sailing) LCH Charity (multi-sports)	
£750 and below	Adsurf (surfing) Association of Jarrow Bowling Clubs (bowling) Bidston Sports Ability (boccia) Countesthorpe CC (cricket) Hull Zingari CC (table cricket) Impetus Dance (dance) Inclusive Surfing Scotland (surfing) Just Good Friends Club (angling) Leeds ParkyPING! (table tennis) Me2 Club (multi-sports) Millwater School, Devon (pickleball) Newham Ability Camp (multi-sports) Parable Dance (dance) St Mary's School, Hadleigh (gym) Sussex MS Centre (exercise) Walsall Eyes (blind ten-pin bowling)	Haughmond Hill Park Run (running) Teversham Community Hub (curling)	Budokokan Judo Club (judo) Deal and Dover Park Tennis (tennis) Llangwm CC (girls' cricket) Rathbone ABC (boxing) Run Walk Lewisham (PT training) School of Larks (circus skills) Sports Fun 4 All (football)	Zink (dragon boat racing)



Funding a pan-disability football team – Tankerton Football Club

£201,400 awarded across 56 grants in 2024–25



Funding the children's adaptive watersports club – Windswept CIC

Events

Boost vs St Bride's Golf Day*
 Winter Quiz Night
 London Landmarks Half Marathon*
 London Marathon
 Olympic Park to Kia Oval Sports Walk
 100km Cycle Ride
 Netball Tournament
 White Rose Golf Day

Number of events	8
Number of participants	499
Funds raised from events	£80,300

*These two events raised funds for the Sam Sananes' Legacy

Sam Sananes Legacy

2017 established
53 grants awarded, including renewals
£304,000 raised since 2017
£264,000 awarded



12 hardy runners ran the London Landmarks Half Marathon and raised over £15,000



If you would like more information on Boost's activities or would like to make a donation, please scan the QR code or contact:



Trust Manager: Sarah Johnson, sarah.johnson@boostct.org
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Trustees: Robert Houston MBE (Chairman)
 Oliver Bartrum MBE
 Alurie Dutton
 Richard Allcroft OBE
 Sue Gardner
Treasurer: Centralis UK
Independent Examiner: Oliver Vigars
Website: www.boostct.org
Registered Charity Number: 1111961



Over 100 people took part in Boost's Olympic Sports Walk and raised £40,000



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

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