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Boost supports Raising Her Game which was launched in 2024, in East London, to break down barriers and improve diversity and representation in girls' and women's sport.

boost

ANNUAL REVIEW 2025-2026

Boost is a grant-giving charity whose mission is to provide impactful funding and support to inspiring programmes which help to improve the lives of the disadvantaged and disabled through the power of sport.

Background

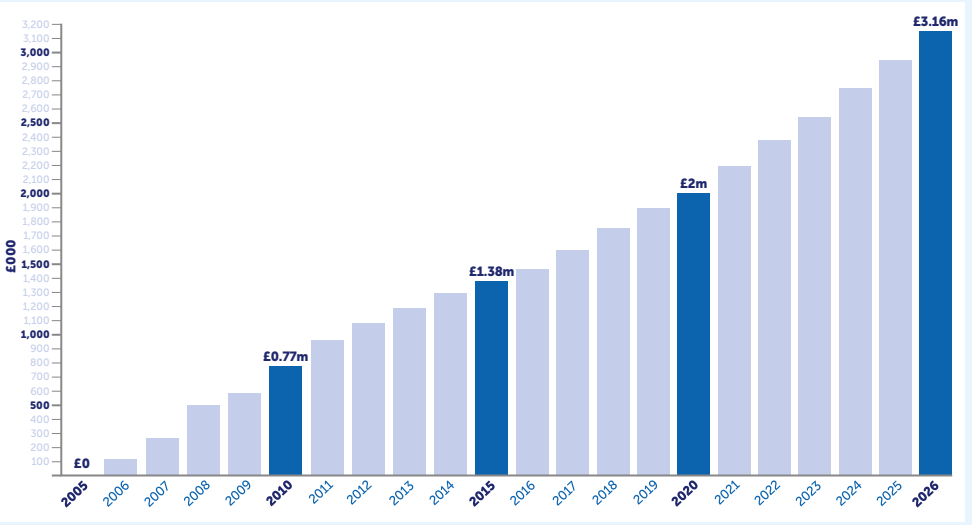
£3.16 million. Since establishment in 2005, Boost has helped to improve the lives of thousands of people, both in the UK and overseas, by awarding £3.16 million in grants to inspiring sports and physical activity programmes.

Over the past 21 years, Boost has supported hundreds of different sports and physical activity programmes for people with specific challenges, vulnerabilities or disabilities. Unlike regular community sports clubs, the activities we fund are invariably designed for smaller, highly focused groups where the participants need additional personal support.

We are not just talking about supporting physical/learning disabilities or medical conditions, but also mental ill-health, financial hardship and people who are on the very edge of society such as ex-offenders, the homeless and drug or alcohol addicts.

There is no bias towards any one sport. In fact, we have funded across 81 different sports. Of course, the delivery of the sport or physical activity is not the endgame. Rather, it is the means to make lives healthier, happier and more fulfilling.

Cumulative grants awarded since 2005



Since 2005, Boost has awarded 919 grants with a cumulative value of £3.16 million across 81 different sports.

Highlights 2025–26

£203,633. During the financial year to end-September 2026, Boost granted 50 awards totalling £203,633, the third highest annual amount since 2005.

Boost received 583 grant applications during the year, which was more than double the number received in 2023–24. Many of those we turned down were for perfectly worthy causes, but we are very particular, and we are determined not to dilute our simple mantra of 'No passion. No grant'.

Whilst the performance of our grants cannot be easily measured in monetary terms, Sport England applies a multiplier of £4.38 of social value for every £1 invested. This incorporates improved physical health, mental wellbeing, reduced healthcare costs, increased confidence, social connectedness and reduced inequalities.

Obviously, even if this multiplier is anywhere near accurate, the greatest contribution to the social value gain in Boost's portfolio is delivered by the sports and activity programmes themselves. Even so, Boost is delighted to play its part.

Spreading fun and happiness at Ingles Inclusive FC, a new football programme for children with physical and learning disabilities.

Areas of Focus 2025–26

49.9% of Boost's grants (by value) were directed towards physical/ learning disabilities and medical challenges, 20.6% to financial hardship, 17.4% to mental health and 12.1% to social exclusion.

"If movement were a medicine, we would call it a miracle cure" (Sport England). This certainly applies to every single one of Boost's funded programmes. For example:

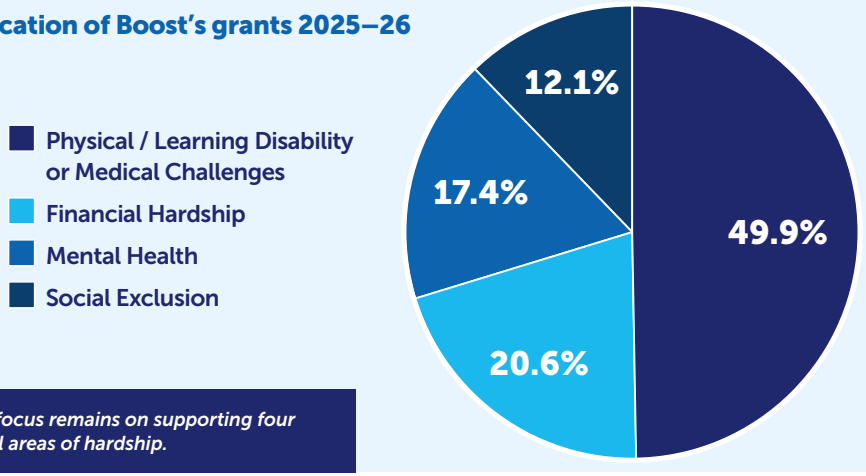
Parkinson's UK's nationwide physical activities programme, which was launched just five years ago with start-up funding from Boost, has expanded way beyond expectations. The scheme has now delivered over 1,000 activity sessions. Activities range from table tennis to walking football to exercise drumming, and everything in-between. But more importantly, the sessions have delivered a welcome improvement in the wellbeing of many of the participants.

Breathe Easy in Eastbourne is one of Boost's more recent funding initiatives. The programme delivers group fitness and exercise sessions for (mainly) elderly folk suffering from chronic lung problems. Bob (82), a former fireman who was wheelchair-bound and dependent on oxygen 18 months ago, now takes his dog, unaided, on a daily ¾ mile walk to the park.

And with the rise and rise of mental health challenges, health professionals are increasingly 'socially prescribing' sports and mindfulness activities. It is not surprising therefore, that the weekly badminton and Tai Chi sessions at Sport in Mind in Berkshire, which Boost has funded since 2012, are over-subscribed.

These are just three examples, but similar outcomes are being replicated throughout Boost's portfolio.

Diversification of Boost's grants 2025–26



Boost's focus remains on supporting four principal areas of hardship.

Geographic Diversification 2025–26

7% of our funding in 2025–26 was awarded to All Out Africa's exceptional multi-sports youth project in Eswatini, which has been backed by Boost since 2006.

Over the 21 years since Boost has been established, we have supported activities in nine overseas countries (Angola, Australia, Barbados, British Virgin Islands, Eswatini/ Swaziland, Guyana, Jamaica, Trinidad & Tobago and Zambia). In the main, these have been short-term initiatives run by UK-based charitable operations.

Our largest-ever financial commitment was the funding of The Boost Rugby Coaching Academy, in partnership with Loughborough University (£373,000). About half the funding was directed at an international coaching exchange programme with a number of West Indies rugby football unions. The venture was highly successfully over its six-year duration and not only introduced hundreds of kids to the sport but delivered dozens of newly qualified rugby coaches, both in the UK and the West Indies.

The current UK portfolio stretches from Cornwall to Glasgow, and from Snowdonia to Whitstable. The programmes may be rural-based, suburban or inner-city. It doesn't matter to us. Our choices are based solely on needs, delivery and passion.

All Out Africa is currently Boost's only overseas funded programme. They run a hugely successful multi-sports youth programme (football, futsal, netball) and deliver swimming and playground activities for their care-point infants.

First-time large awards 2025–26

12 first-time large awards were granted during the year amounting to £54,143. The average value was about £4,500. We find this 'sweet spot' is just about perfect for smaller sports and physical activity enterprises, who are invariably overlooked by larger grant-giving organisations.

The grants to the 12 first-time large award programmes ranged from £1,560 to £7,000. The largest award was granted to Umbrella Yoga, a successful CIC (Community Interest Company) based in Kirklees in West Yorkshire. Boost is funding the expansion of the programme's reach for people with learning disabilities in the Huddersfield area and the upskilling of some of their existing participants so that they can assist the instructors.

No doubt, after their first year, many of our first-time grantees will apply for a renewal. Almost certainly, some will be successful.

New first-time large awards 2025–26

First-year programmes	Award £	Sport / exercise	Disadvantage	Location
Umbrella Yoga	**7,000**	Yoga	Learning disability	Kirklees
Ab Phab Youth Club	**6,928**	Multi-sports	Physical & learning disabilities	Dagenham
Surfability UK	**5,265**	Adaptive surfing	Acquired brain injury	Swansea
Adam Benjamin/Sea Change Atlantic	**5,000**	Adaptive rowing	Visual impairment	Cornwall
Climb Snowdonia	**5,000**	Outdoor adventure activities	Physical & learning disabilities	North Wales
East End Matters	**5,000**	Football	Mental Health	Glasgow
Peterborough Police Amateur Boxing Club	**5,000**	Boxing	Social exclusion	Peterborough
W4 Youth	**5,000**	Multi-sports	Financial hardship	Acton
Raising Her Game	**4,000**	Girls' hockey, football & rugby	Financial hardship	Hackney/ Newham
Ingles FC	**2,590**	Football	Physical & learning disabilities	Leicester
Breathe Easy	**1,800**	Exercise and fitness	Medical condition	Eastbourne
Tubby FC	**1,560**	Football	Weight loss & mental health	Whitehaven
Total	**54,143**			

Small awards 2025–26

£1,000 is the upper limit for a Boost 'small' award. This may not sound much, but a small amount of funding can often go a long way. 16 small awards amounting to £10,855 (5.3%) were granted in 2025–26.

The £10,855 distributed by Boost's Small Award Scheme in 2025–26 delivered:

The Wirral Boccia League | the hire of a hall for 18 young girls to learn how to baton-twirl | the purchase of adaptive swimming equipment | the payment of several first aid and safeguarding courses | 5 power-hockey taster sessions in Liverpool | the venue hire costs and coaching fees for an inclusive football programme for children in Durham | the facility hire costs for 10 introductory cricket sessions for under 9-year olds in South Wales | some match day kit | boccia kit and some sensory-friendly equipment | some pool, table tennis and darts equipment to launch a programme for inactive and isolated older men | the hire and transportation of 'Moose' to allow five riders to compete at the Riding for the Disabled Association National Championships | 21 group exercise sessions for people with Multiple Sclerosis | the venue hire to launch a football team for dads who care for children with disabilities | to help fund a table tennis tournament for people with Parkinson's across the North East.

A small amount of money really can go a long way.

Boost helped fund the launch of the 7-a-side football team for Dads Behaving Madly in Scarborough. The aim is to improve the mental and physical health of dads and male carers with children with disabilities.

Renewal of grants 2025–26

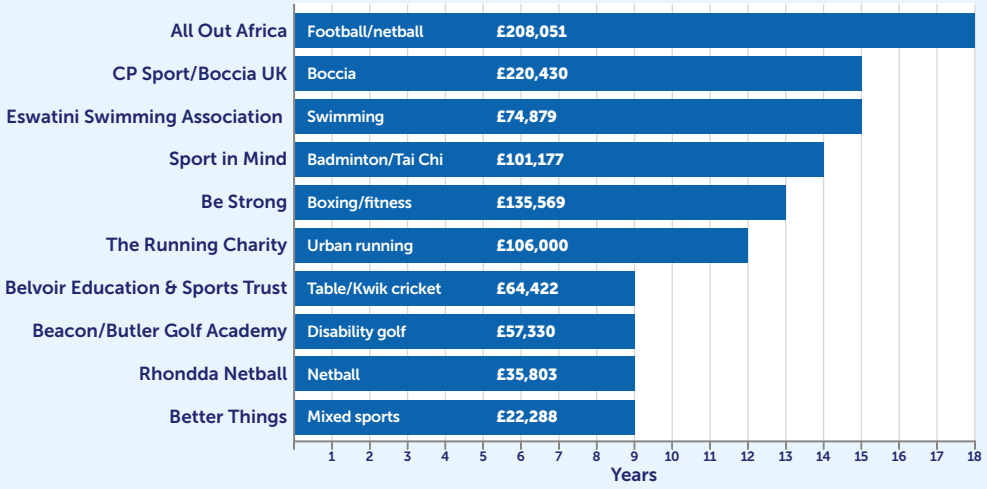
68% by value of all the grants awarded in 2025–26 were renewals. Whilst most other grant-giving organisations restrict renewals to three years, Boost is willing to extend its funding for as long as the programmes require our support.

22 of the 50 grants awarded by Boost in 2025–26 were renewals and aggregated to £138,635, representing 68% by value.

We have never subscribed to limiting renewals to three years as the programmes we support are likely to be still delivering positive outcomes and/or refreshing their participating cohorts. Why would we not wish to continue to back successful initiatives?

Rhondda Netball is a classic example. We have supported them since they were established in late 2016. They now have over 900 members – schoolgirls, mums and grand-mums. Their sessions are joyous and fun. Yet the team's overarching aim is to improve the members' physical and mental wellness, promote opportunities for them and help to correct the glaring gender inequality in the Valleys. They are making great progress, but their job is not yet finished.

Boost's grants – 10 longest durations



Eight of the ten programmes with the longest durations are still being funded by Boost. CP Sport/Boccia and Eswatini Swimming both enjoyed Boost funding for 15 years.

Start-up and early-stage funding

20 of Boost's current portfolio of 50 programmes began as start-ups, or early-stage fundings. We are proud of this. If sponsors have an imaginative idea, a considered/viable business plan and a passion for success, the likelihood is that we will support them.

In 2023, we started our support for the team at Gym Possible, in Gateshead. Drew Graham, the founder, broke his back whilst training for a triathlon in the US. On his eventual return to the UK, he set up Gym Possible, a gym and fitness facility for similarly physically impaired people. Although the Covid pandemic put a temporary brake on his ambitions, his venture is now flourishing, and he is now planning to expand the Gym Possible concept beyond Gateshead and Newcastle.

With the benefit of Boost's funding, Gym Possible is launching Neuro-Fit. This is an on-line fitness platform (with a competitive edge) for wheelchair users and people with complex physical disabilities around the country, who are looking to not only improve their strength but also enjoy some spirited competition along the way. It's a great idea that Boost is delighted to be supporting.

Having supported Gym Possible since 2023, Boost is now backing their new on-line fitness initiative.

Sam Sananes Legacy

£304,421 has been granted by Sam's legacy since it was established in 2017. Sam was a good friend of the charity and was only 39 years old when he died of cancer. Many of the legacy's grants have been awarded to Leicestershire-based activities, his home county.

Sam was on the fundraising committee of Muscular Dystrophy UK, and it is no surprise therefore that a significant part of the legacy (19%) has been used to fund the growth of Powerchair Football. Together with Boccia, Powerchair Football is one of the most popular sports for individuals with MD, a life-curtailing condition.

In 2025–26, the legacy awarded seven grants to – a summer holiday cricket and sports camp for disadvantaged children in South Shields, two weekly activity programmes for people with Parkinson's, a Cumbrian football club focused on men's weight-loss and mental health, a Leicestershire-based football club for disabled children and young people, an inclusive outdoor adventure activities programme in North Wales, and a disability water-sports programme in Pembrokeshire.

Over the years, the legacy has also backed three individual disabled athletes. What is most remarkable is that all three of them have since become World or Paralympic champions in their field – Stephen McGuire (Boccia), Matthew Phillips (Para-climbing), and Nick Cummins (GB Wheelchair Rugby).

And now, the legacy is supporting Adam Benjamin's attempt to row across the Atlantic with three colleagues in Team Sea Change Atlantic.

Adam Benjamin (second left) is registered blind. Sam's legacy is funding his training and the adaptation of his team's rowing boat in preparation for their trans-Atlantic crossing in 2027.

Different sports. Same outcome 2025–26

3 more sports have been added to Boost's inventory – Baton Twirling, Padel Tennis and Power Hockey. That brings the total number of sports we have supported to 81.

In alphabetical order, the sports we have supported are:

Aerobics • angling • archery • athletics • badminton • basketball • baton twirling • 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 • padel tennis • para climbing • pickleball • pilates • pool • pony-carriage driving • powerchair football • power hockey • 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

Although the sports may be different, the outcomes are always the same – better health, better mental well-being, better fulfilment, better self-confidence and more friendships.

Boost's small award to AIM RDA enabled 'Moose' and five riders to compete at the Riding for the Disabled Association National Championships.

Active Awards Portfolio 2025–26

50 different sports, exercise, movement and physical activities were funded by Boost in 2025–26.

	Date of first award	Total value of grants £	2025–26 grant £	Principal sport
Disability / Medical				
Belvoir Education & Sports Trust	2017	**64,422**	**6,185**	Table/Kwik cricket
Butler Golf Academy, Sedgley	2017	**57,330**	**7,500**	Golf
Parkinson's UK	2021	**40,000**	**5,000**	Mixed sports
Tim Henman Foundation, Oxfordshire	2023	**36,000**	**9,000**	Tennis
Better Things, Wythenshawe	2017	**22,288**	**3,100**	Mixed sports
Disabled Sailors Association, Gosport	2021	**20,100**	**5,000**	Sailing
Gym Possible, Gateshead	2023	**15,680**	**6,000**	Fitness
South Shields Surf	2023	**12,242**	**2,726**	Surfing
Windswept CIC, Pembrokeshire	2025	**12,000**	**7,000**	Water-sports
British Gymnastics Foundation	2025	**10,000**	**5,000**	Gymnastics
Whitstable Lawn Tennis Club	2021	**8,594**	**1,944**	Tennis/Padel
Umbrella Yoga, Kirklees	2026	**7,000**	**7,000**	Yoga
Ab Phab Youth Centre, Dagenham	2026	**6,928**	**6,928**	Mixed sports
Surfability UK, Swansea	2026	**5,265**	**5,265**	Surfing
Adam Benjamin/Sea Change Atlantic	2025	**5,000**	**5,000**	Rowing the Atlantic
Climb Snowdonia, North Wales	2026	**5,000**	**5,000**	Outdoor adventure
Tankerton FC	2024	**4,520**	**2,000**	Football
Ingles FC, Leicester	2026	**2,590**	**2,590**	Football
Breathe Easy, Eastbourne	2025	**1,800**	**1,800**	Fitness/exercise
Small awards (11)	2026	**7,455**	**7,455**	Various
	Total (30)	**344,214 35.3%**	**101,493 49.9%**	

Active Awards Portfolio 2025–26

£977,696 has been awarded, in total, to Boost's current portfolio of 50 sports programmes as a result of multiple renewals.

	Start	Total value of grants £	2025–26 grant £	Principal sport
Financial Hardship				
All Out Africa, Eswatini	2008	**208,051**	**15,000**	Football
Rhondda Netball	2017	**35,803**	**5,000**	Netball
South Shields Cricket Club	2024	**18,000**	**6,000**	Cricket
Hackney Bumps/East London Skateboard Club	2025	**15,000**	**5,000**	Skateboarding
W4 Youth, Acton	2025	**5,000**	**5,000**	Multi-sports
Raising Her Game, Hackney & Newham	2026	**4,000**	**4,000**	Hockey/football/rugby
Small awards (3)	2026	**1,935**	**1,935**	Various
	Total (9)	**287,789 29.4%**	**41,935 20.6%**	
Mental Health				
Sport in Mind, Berkshire	2012	**101,177**	**10,860**	Badminton/Tai Chi
Get Set 4 Tennis, Denham	2020	**29,534**	**7,500**	Tennis
Advantage! Barrow Raiders Community Foundation	2021	**27,560**	**5,000**	Rugby League
Swindon Fencing	2021	**20,400**	**4,080**	Fencing
East End Matters, Glasgow	2026	**5,000**	**5,000**	Football
Tubby FC, Whitehaven	2025	**1,560**	**1,560**	Football
Small awards (2)	2026	**1,465**	**1,465**	Various
	Total (8)	**186,696 19.0%**	**35,465 17.4%**	
Social Exclusion				
Be Strong, Bolton	2013	**135,569**	**13,740**	Fitness/boxing
Harbour Project, Swindon	2022	**18,428**	**6,000**	Football
Peterborough Police Amateur Boxing	2025	**5,000**	**5,000**	Boxing
	Total (3)	**158,997 16.3%**	**24,740 12.1%**	
	Grand total (50)	**977,696**	**203,633**	

Fundraising and Events

4 streams of revenue allow Boost to regularly award c.£200,000 of grants each year – dividends and distributions from its endowment, fundraising events, donations, and financial (and operational) support from St Bride's Managers.

One of the unique things about Boost is that every pound that is raised from its fundraising events and donations goes to the underlying sports and physical activity programmes. That is because all of the charity's operational and office expenses are covered by St Bride's Managers. Moreover, this year, the firm has donated 15% of its partnership equity to Boost, which will help bolster our dividend and distribution income in the future. Thank you, St Bride's.

We have also received some spectacular donations this year. Again, thank you. And thank you to our two marathon runners and all 324 participants who joined us for our Winter Quiz Night, our newly-formed walking group, our two golf days, the London Landmarks Half-Marathon, our 100 km cycle ride, and the 20-mile summer London Thames Bridges Walk.

And thank you to all the organisers, marshals, volunteers, photographers and vocal supporters who made all the events such fun and financially so successful.

Isaac Sananes (Big Ben) ran the Rome Marathon and then on the following Sunday, joined 14 other Boost runners, to run the London Landmarks Half-Marathon. They raised over £16,500.

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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
Registered address:	5 St Bride Street, London, EC4A 4AS
Trustees:	Richard Allcroft OBE Oliver Bartrum MBE Alurie Dutton Sue Gardner Robert Houston MBE (Chairman)
Treasurer:	Centralis UK
Independent Examiner:	Oliver Vigars
Website:	www.boostct.org
Registered Charity Number:	1111961

Alurie Dutton, who has been a Boost trustee since Boost was first established, along with over one hundred fellow walkers, completed the full 20 miles of the London Thames Bridges Walk in July. The walk raised over £34,000.

If you would like to give a donation to Boost Charitable Trust, please scan the QR Code.

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.

Boost has supported Whitstable Lawn Tennis Club since 2021, and this year we funded their new disability Padel Tennis programme.