OXSRAD LTD

ANNUAL REPORT 2025-26



Report and Financial Statements for the year ended 31 March 2026

Registered Charity No. 299630

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Transforming lives through accessible fitness, specialist therapies, and social inclusion.

OXFORD AND DISTRICT SPORTS AND RECREATION ASSOCIATION FOR DISABLED (OXSRAD) is a small independent charity.

Since 1989, we have provided high quality accessible sports, therapeutic, and recreation/community activities for disabled and non-disabled people, from our sports and leisure centre in East Oxford.

Our beneficiaries can choose to use the facilities independently, or join in with a wide range of inclusive and accessible group activities and classes.

What makes OXSRAD unique?

1. It was specifically created to provide disabled people access to sport, recreation and rehabilitation.
2. This is combined with an integrated approach, where disabled people and non-disabled people participate together.

This integration remains fundamental to OXSRAD's purpose:
sport, recreation and rehabilitation for all.

From the Chair of Trustees

There are four words I have often heard this year to describe OXSRAD:

"This place is special".

These four words are shorthand for so much that's captured in this annual report:

1. A community where everyone is welcome
2. Caring people who help, encourage, challenge and support
3. Life-enhancing

This 'special place' exists because of people like you. Your kindness and generosity enabled all that this to happen. On behalf of the **1168 people** who benefitted from this special place in 2025-26, thank you. Your generous support made it possible for more people to access specialist support, many travelling long distances to take part.

Thank you to our staff and volunteers, whose dedication and creativity continue to delight and find new ways of serving the OXSRAD community.

This last year has laid the foundations for further growth. Because, while we celebrate the progress, we're also clear that there are others who want the support of this special place.

On behalf of the board of trustees, I am delighted to introduce OXSRAD's annual report.

With appreciation,



Jason Lane
Chair of Trustees

Welcome to OXSRAD

OUR MISSION

To provide a space for everyone to have access to inclusive fitness and social activities that improve their physical and mental wellbeing.

Partnerships & collaboration

Collaborating with schools, NHS services and community organisations to extend our impact across Oxfordshire.

Safe, Inclusive Environment

Creating a welcoming environment where everyone feels supported to take part.



Services for different user groups

Delivering inclusive activities that build confidence, improve wellbeing and ensure there is something for everyone.

Community Connection & Belonging

Bringing people together through inclusive activities, social spaces and meaningful community connections.

Accessible Facilities & Equipment

Providing accessible facilities and specialist equipment that enable everyone to participate safely in exercise and rehabilitation.

THE VISION

To see a world where every disabled child, young person and adult can enjoy the same rights and opportunities as their non-disabled peers including access to fitness, social and rehabilitation activities.

OUR VALUES

Inclusive:
Celebrating all abilities and providing opportunities for everyone to thrive.

Empowering:
Supporting people and providing resources to take charge of their well-being.

Accessible:
Removing barriers so everyone has an equal opportunity to succeed.

Trustworthy:
Building relationships founded on honesty and integrity.

Responsive:
Listening, adapting and improving to meet changing needs.

AREA OF IMPACT

Based in East Oxford, OXSRAD supports communities both locally and further afield. We work closely with special schools across Oxfordshire - as well as with local charities and organisations.

Our reach extends well beyond the city, with people travelling from across the region, including Milton Keynes, Reading, Banbury, Evesham and beyond, to access our inclusive and accessible services.



The National and Local Context

Understanding the inequalities we exist to address.

Disability among **16–24 year-olds has more than doubled, from** 8% to 18% since 2013/14 [2]

16.8 million people in the UK live with a **disability** [1]

49% of working-age disabled adults feel excluded from society because of their condition or impairment [3]



In Oxfordshire, **137,000** people (all ages) live with two or more long-term health conditions [5]

Disabled people are **almost twice as likely** to be inactive as those without a disability [6]

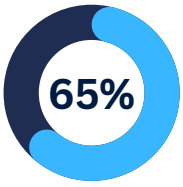
Over 28,000 people in Oxfordshire live in the 17 Lower Super Output Areas (LSOA) that are within the 20% most deprived nationally [4]



1 in 4
people in the UK live with a long-term limiting disability or illness [1]



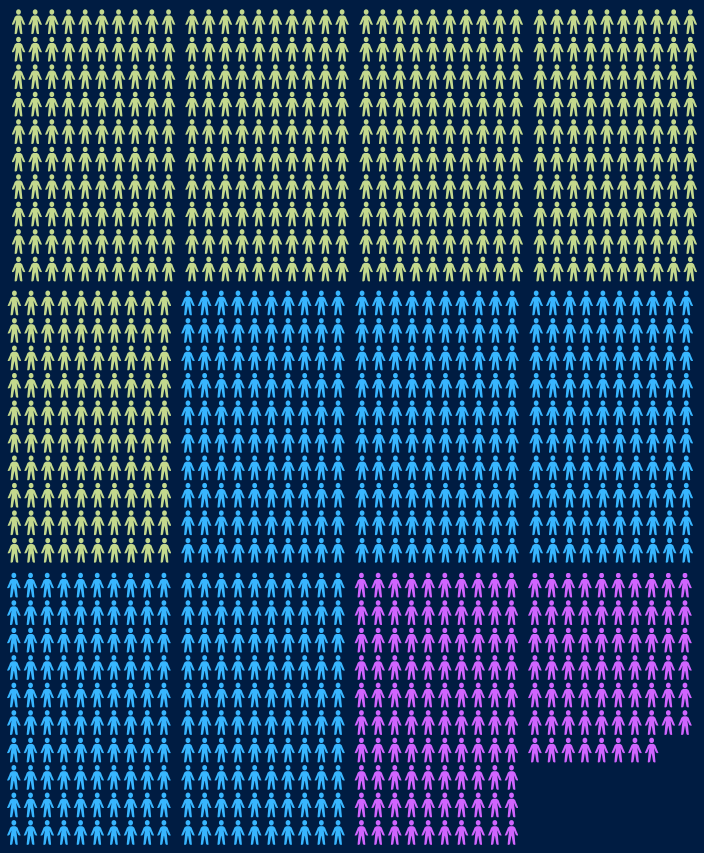
of **disabled adults** report **chronic loneliness,** rising to 70% for young disabled people [7]



of **disabled people** who felt lonely agreed that being active could help them feel less isolated [8]

Our response

In 25-26



61%

increase in disabled people supported
compared to last year

1168
individuals supported

624
had a disability or long-term illness/mental health condition

171
disabled people were under 25 years old

Our Beneficiaries:

53%

have one or more of these impairments:

- **Physical disability**
- **Learning disability (mild to severe)**
- **Autism**
- **Long-term mental health condition**
- **Mobility problems**
- **Long-term health condition**
- **Chronic pain**
- **Visual/hearing impairment**

47%

are non-disabled community members who value an environment where everyone is supported to thrive.

"OXSRAD brings able-bodied and disabled people together. It is a truly inclusive and positive space."

OXSRAD 25-26 Annual Survery

Our serv

Movement to Music:
Inclusive dance sessions where everyone can move, connect and enjoy the benefits of music together.

Boccia:
Weekly sessions delivering competitive and recreational Boccia, an accessible, skill-based sport.

Gentle Moves:
Seated exercise sessions designed to improve mobility, strength and wellbeing in a fun and accessible environment.

Rebound Therapy:
1:1 trampoline-based therapy using movement and sensory input to support physical, sensory and emotional development.



Rebound Therapy session at OXSRAD

Inclusive Gym:
Adaptive equipment enabling people of all abilities to exercise independently.

Integrated Fitness:
Disabled and non-disabled users exercising side by side.

Accessible Spinning:
Inclusive cycling using adapted bikes, Makaton and music.

Weekly Fitness Classes:
A range of classes including spinning, circuits, yoga and Zumba, supporting fitness and wellbeing.

Inclusive movement & sport

Promoting participation in movement and sport for everyone, regardless of ability.

OXS

Physic and wellb enhanc shar com se

Active opportunities for every body

Improvin physical doesn't ne intimid

Accessible fitness &

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Social inclusion & wellbeing

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Providing ongoing support to foster social connections and reduce isolation.

Wellbeing through community

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health programmes

Poppins Café:
Café time for seniors in our community, reducing loneliness and encouraging connection.

Social Shed:
A weekly activity group helping people meet others and try new activities.

Parasol Pop-up Lunch Club:
Providing affordable lunches and encouraging conversation over food.

Community Café:
Open throughout the week to the public, creating a welcoming space where people can meet and get to know others.

Sensory Room:
A calming environment for sensory exploration, play and self-regulation.



Poppins Café regulars enjoying their weekly gathering

"...My life has completely changed since coming here. I feel happier, more confident and physically fit."

OXSRAD 25-26 Annual Survery



Our Facilities

OXSRAD is a multi-functional community hub designed to bring people of all abilities together.

Adapted Gym | **Sports Hall** | **Movement Studios** | **Clinic Rooms** | **Community café** | **Sensory Room**

Alongside our facilities, OXSRAD hosts NHS services, neurophysiotherapists and specialist partners, providing therapy, rehabilitation and wellbeing support in one accessible community location.

Investing in accessible fitness

Thanks to grants and donations, we continued to improve the OXSRAD gym, investing in specialist equipment that removes barriers to exercise and movement.



New Lateral Pulldown
A wheelchair-accessible machine with a removable seat and accessible controls, creating greater independence in strength-training.



MOTOmed® Bikes
OXSRAD has two MOTOmeds, supporting rehabilitation and accessible exercise for people with mobility challenges.

ADDITIONAL IMPROVEMENTS THIS YEAR:

Fully painted
Creating a brighter and more welcoming environment.

Donated Theracycle
Specialist therapy bike supporting neurological rehabilitation.

New Multi-Pulley Machine
Improving access to strength training for people of all abilities.

New Treadmill
Added support rails providing greater stability and confidence.

Achievements and Performance

Key Outputs 2025-2026

310 Gym Members

98 Adapted Boccia Sessions

1,462 Rebound Therapy Sessions

50 Poppins Café sessions

In 2025-26 OXSRAD ran and/or facilitated:

Activity	Sessions	Frequency	Avg. Attendance/session*
Rebound Therapy sessions	**1462**	62 per week	2
School Rebound Therapy sessions	**38**	Once per week	10
Neurological physio classes	**192**	4 classes per week	8
Neurological physio 1:1 appointments	**374**	Ad hoc	1
Movement to Music	**50**	Once per week	70
Boccia	**98**	2 per week	12
Accessible Spinning sessions	**38**	Once per week	8
Sensory sessions	**240**	20 per month	2
Line Dancing	**38**	Once per week	7
School Boccia session	**3**	Ad hoc	15
Gym Members	**310**		
Spinning	**103**	2 per week	8
Circuits	**80**	2 per week	15
School gym groups	**78**	2 per week	7
NHS Pulmonary clinic	**41**	Ad hoc	20
The Social Shed	**50**	Once per week	50
Poppins Café	**50**	Once per week	18
Parasol Pop-up Kitchen	**78**	2 per week	15
Accessible sports days	**2**	Ad hoc	30

Other sessions facilitated included: Oxford United FC Training · Oxford City FC Holiday Camps · Headington Road Runners · Oxford Triathlon Club · Pilates · Zumba · Aerials School · Aspire Gym Sessions · Spinal Support Group · School Sensory Room Sessions.

Attendance figures include carers where applicable.

Sports & Movement

Fitness & Health

Specialist therapies

Social inclusion

Service Spotlight

REBOUND THERAPY

Relaunched in September 2025, Rebound Therapy provides specialist trampoline-based sessions for children and adults with a wide range of impairments, physical and learning disabilities.





Rebound Therapy uses the unique movement of a trampoline to provide an accessible and enjoyable way to move, exercise and engage.

The trampoline's changing forces help stimulate muscles, improve balance and develop coordination, while its rhythmic movement provides sensory feedback that can calm, regulate or energise participants according to their individual needs.

FUN AND ACCESSIBLE MOVEMENT

40%

of disabled children identify their impairment as their biggest barrier to being physically active.[12]

"The sessions are the highlight of his week, and the only activity he does outside of school. From the moment the session starts until the end he is bouncing non-stop because he enjoys the feeling so much."

Parent of a child attending Rebound Therapy

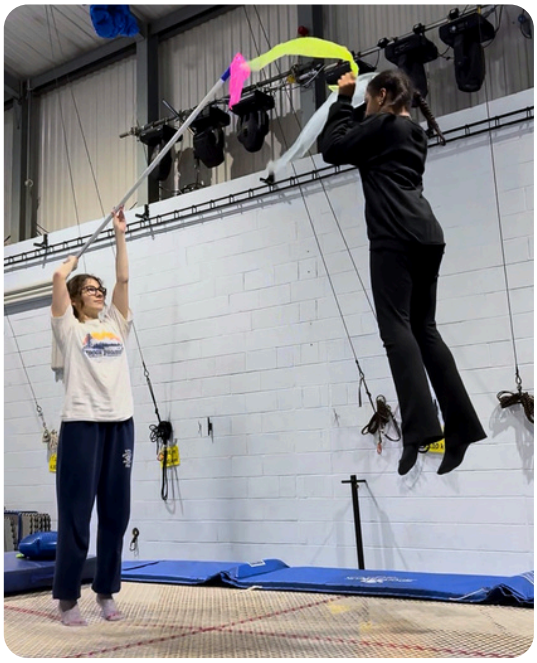
2 X

Disabled adults are almost twice as likely to be physically inactive as non-disabled adults.[6]

"I am not very physically active and rebound therapy is one way I can be more active in a way that I engage with and enjoy."

Adult on our Rebound Therapy programme

THE BENEFITS



Physical Wellbeing	Strength Balance Coordination Motor control
Emotional Wellbeing	Confidence Self-esteem Reduced anxiety Regulation
Social Wellbeing	Intensive Interaction Engagement Self-expression Relationship building

THE IMPACT OF REBOUND THERAPY

Izzy is a full time wheelchair user. When Izzy first started Rebound Therapy, she was most comfortable participating while sitting or lying down and had limited confidence standing.

Through weekly sessions, she gradually progressed to supported standing and bouncing and, ultimately, taking supported steps on the floor. Over six months, Izzy demonstrated increased confidence, balance, strength and independence.



Building leg strength
Through kicking and pushing activities



Learning to stand
On the trampoline with support



Standing & bouncing
With increased confidence



Taking supported steps
Off the trampoline

"I feel proud of myself for doing things I didn't think I could ever do. Rebound makes me feel free."

Izzy

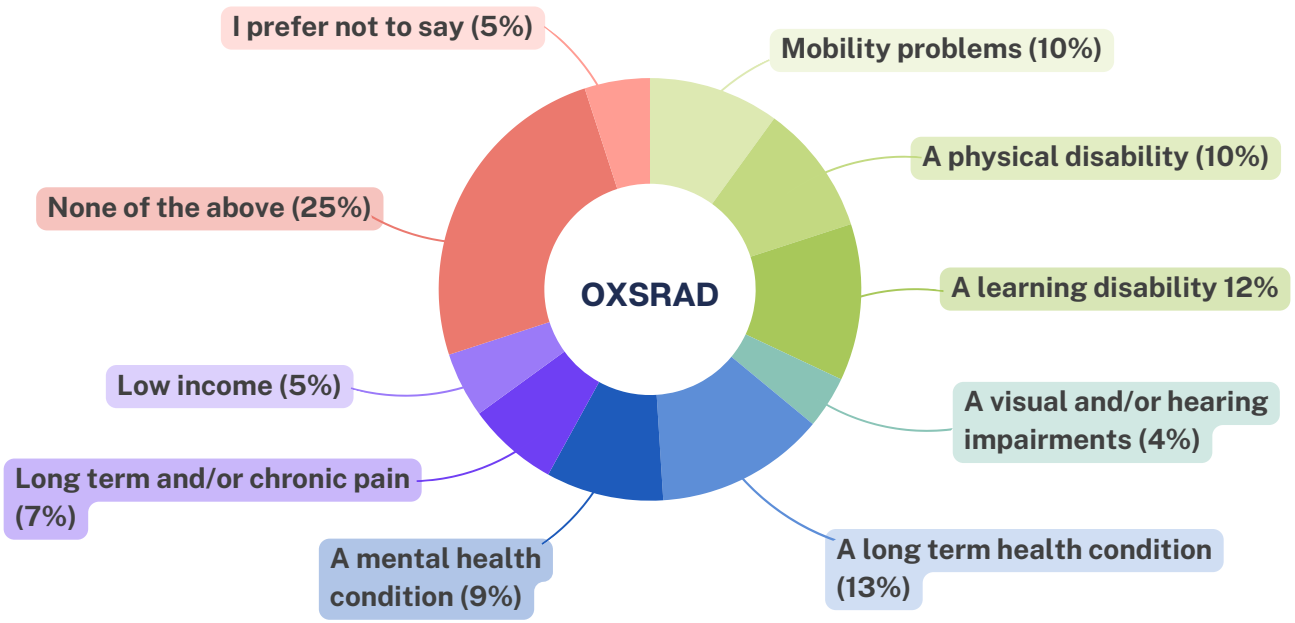
MONITORING & EVALUATING OUR SERVICE

161

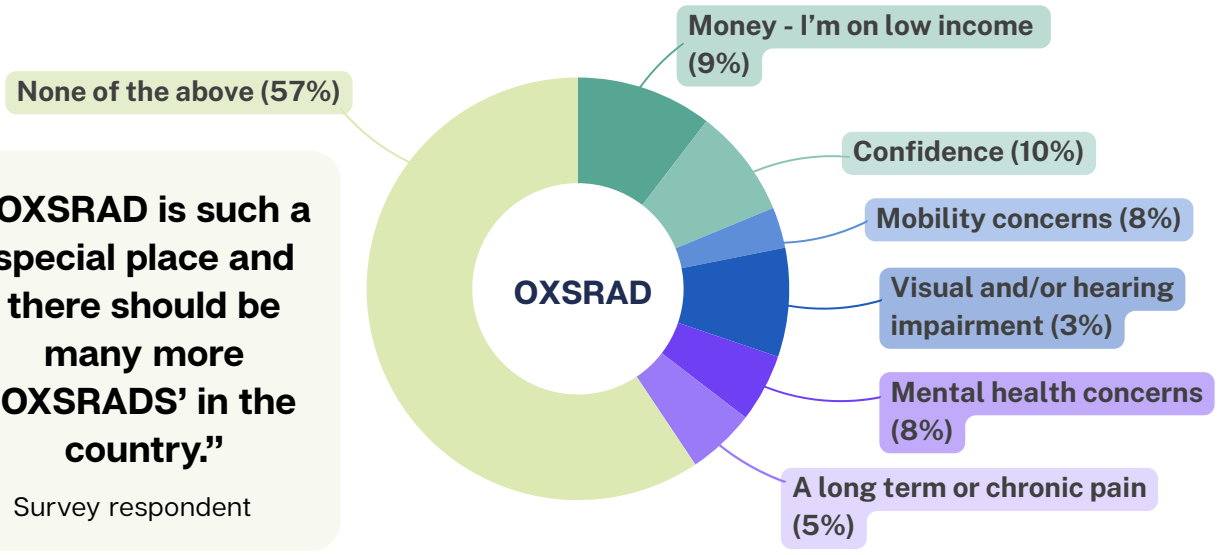
Service users completed this year's survey

At OXSRAD, we listen, learn, develop, and adapt. Through conversations, staff observations, and yearly online/paper snapshot surveys, we measure outcomes of physical health and mental wellbeing, and gather feedback on what works and what needs improving. This ensures our members' voices shape the way we develop and deliver our services.

WOULD YOU CONSIDER YOURSELF TO HAVE...?



WHAT BARRIERS, IF ANY, DO YOU EXPERIENCE, THAT MAKE IT MORE DIFFICULT TO ATTEND ACTIVITIES?



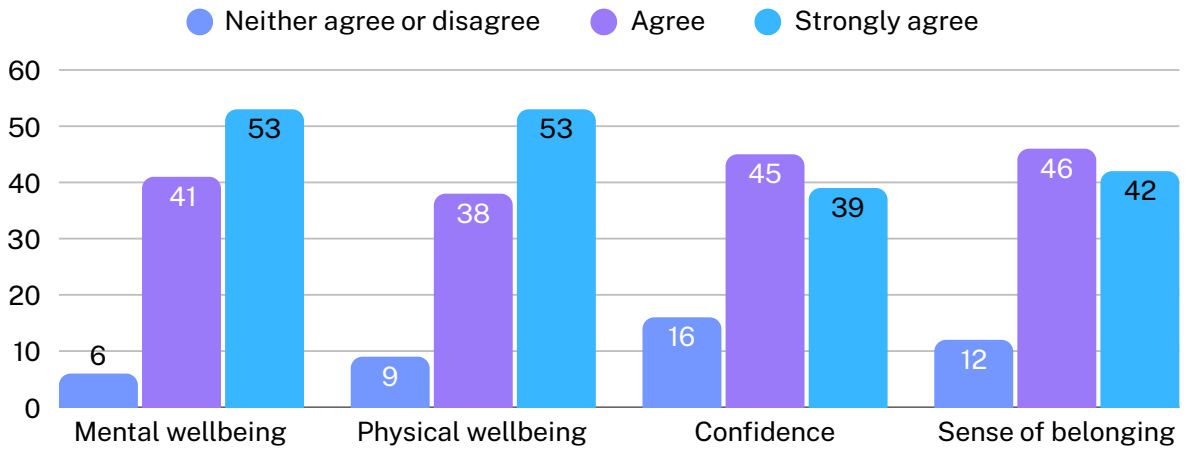
"OXSRAD is such a special place and there should be many more 'OXSRADS' in the country."

Survey respondent

OUTCOMES: IMPACT OF OUR SERVICE

Of the 161 survey responders, a high percentage 'agreed' or 'strongly agreed' that attending OXSRAD had increased their…

MENTAL WELLBEING **94%**	PHYSICAL WELLBEING **91%**
CONFIDENCE **84%**	SENSE OF BELONGING **88%**



Mental wellbeing:

- My mental health has improved loads
- I'm happier
- More relaxed
- I've grown in confidence
- I feel a lot better about myself physically and mentally
- I feel included
- Better about myself
- Much calmer, I have been taught ways to help regulate my anxiety
- I feel safe and included part of the community
- A sense of achievement.
- It's the highlight of my week

Physical wellbeing:

- My lifestyle has changed
- My life has improved
- I feel very proud to say I exercise every week and it's changed how I feel within myself
- I'm much fitter with a spring in my step
- More active
- I started analytical physio. Now I walk with improved confidence, no longer at risk of falling

"Oxsrad has been life changing for me and so many others."

INDEPTH EVALUATION

Measuring long-term impact

During 2025-26, OXSRAD carried out a new more detailed **outcomes-based approach** to understand the longer-term impact of participation.

25 people
took part in this evaluation approach **aged 6-98 years old**

We compared wellbeing scores at the start and end of a year of participation.

We did this by using an adapted 7-question Warwick-Edinburgh Mental Wellbeing Scale. Academics note scores of 20 or below indicate low mood.[10]

IMPACT OF OUR SERVICE ON MENTAL WELLBEING

out of the 25 people surveyed:

44%
11 out of 25 started with low mood scores

100%
of these people moved out of low mood scores

80%
Felt an improvement in how they think and feel about themselves and their lives.

Post-intervention, the cohort feels more:

(1) optimistic
(2) useful
(3) relaxed
(4) able to deal with their problems well
(5) clear thinking
(6) able to make up their own mind about things
(7) feel closer to other people

more often or all of the time.

A significant percentage of the cohort said that now, they more often or all of the time feel:

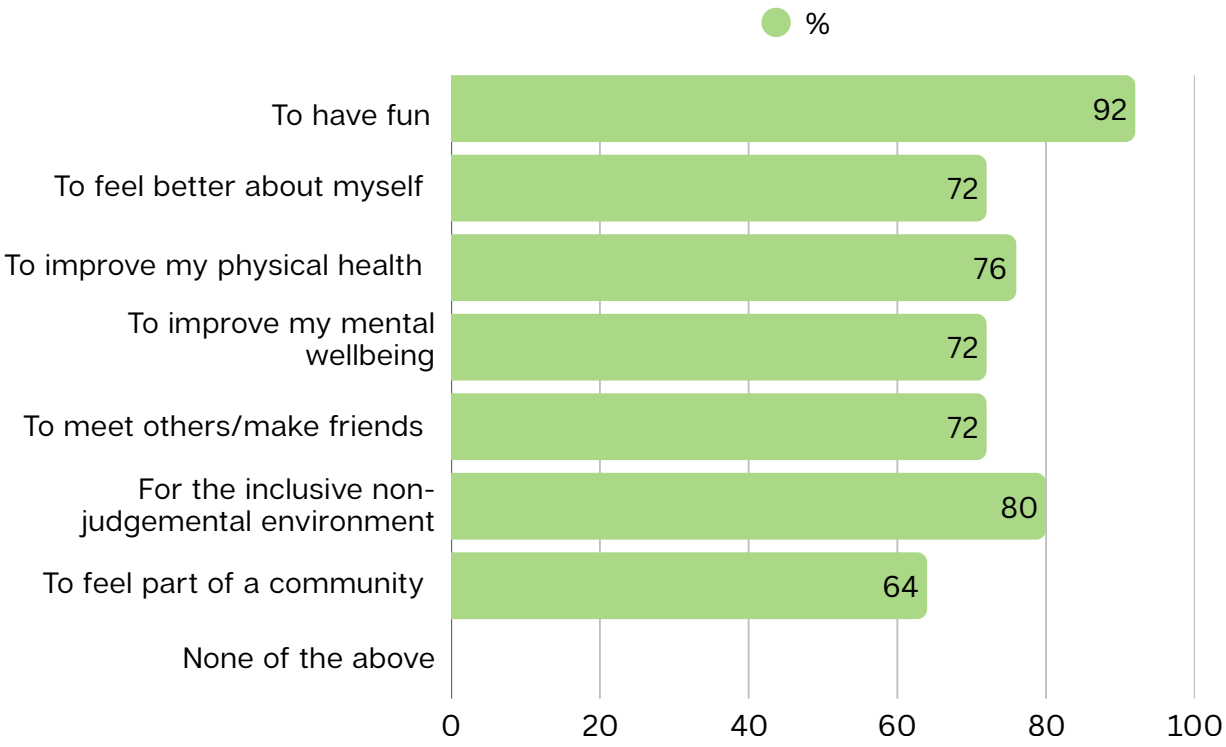
72% Confident

60% Physically healthy

56% Energy to spare

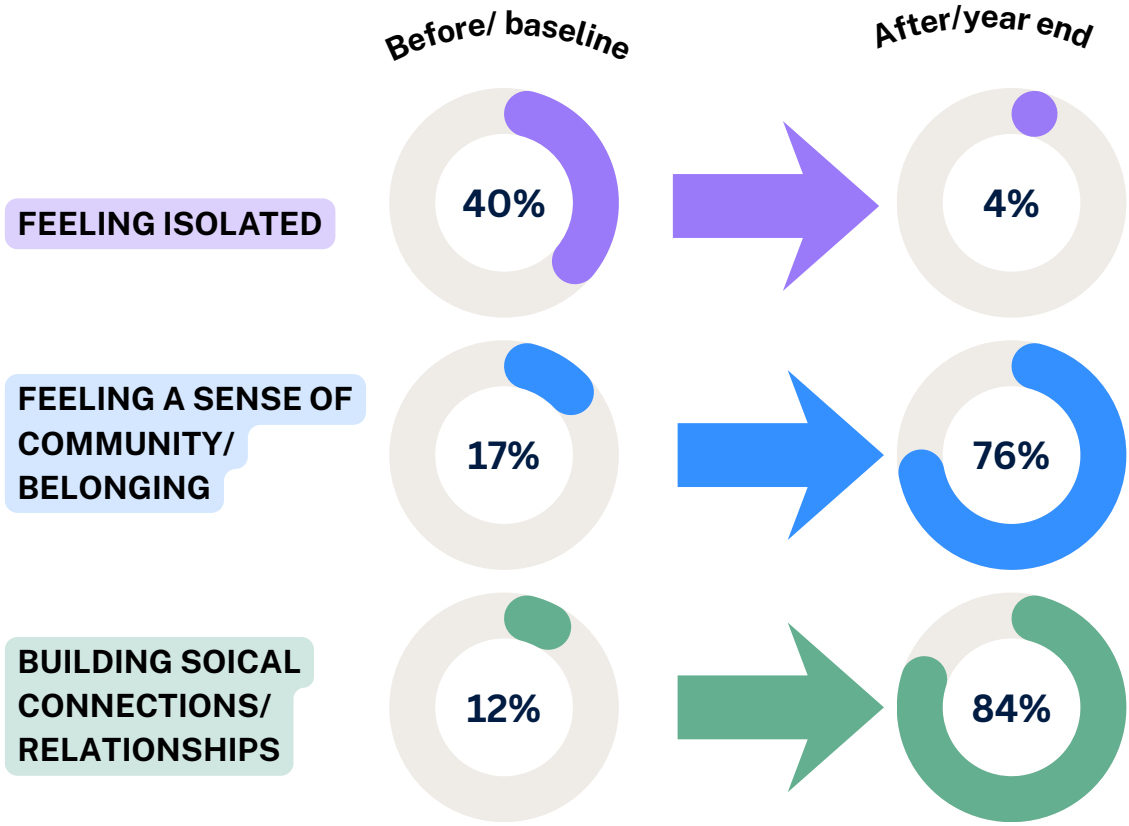
84% Sense of Independence

WE ASKED: (PLEASE TICK ALL THAT APPLY) WHY DO YOU COME TO OXSRAD?



HOW HAVE YOU BEEN FEELING IN THE LAST FEW WEEKS?

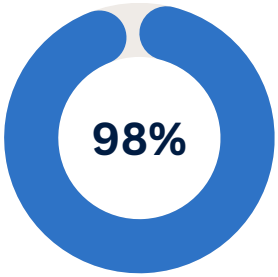
Below are the percentages of those who answered either **'OFTEN or 'ALL OF THE TIME'.**



We asked about the staff at OXSRAD...



of the 161 responders stated that the staff at OXSRAD **'are friendly and supportive'** 'often' or 'all of the time'



of the 161 responders stated that the staff at OXSRAD '**provide a high-quality service**' 'often' or 'all of the time'

"The staff make this place happen. They are positive and always happy to help."

"It's a friendly and inclusive environment fostered by excellent staff."

"Nothing is too much for any member of staff who are always on hand to help, advise and encourage."

"The staff are amazing. You don't feel like your identity is your disability. You are treated with kindness."

"It's a friendly and inclusive environment fostered by excellent staff."

"The staff are kind and always go over and beyond to help anyone. Very open to suggestions."

"It's a welcoming space created by the staff who are genuinely lovely."

WE ALSO ASKED:

How can we deliver a better service?

"More activities."

"More sessions."

"More classes (like Pickleball, Rebound, Yoga, Pilates, Dance)."

"Modernising the whole building, it really needs it."

"Upgrade equipment/ toilets."

"Stay open later"

"The service is fantastic already. Anything which would help support the staff to continue delivering this service would be ideal. **This is such a rare opportunity for people with disabilities that it's so important for us."**

What is the BEST thing about OXSRAD?

“The parking.” - “The people.”

“The lovely groups.”

“The activities.”

“The community (feeling part of it).”

“The fact that it is inclusive.”

“The general atmosphere.”

“The fact nothing is off limits.”

“The sense of belonging.”

“It feels very welcoming with friendly people of all ages and abilities.”

“It is a place with a good heart. The feeling of friendship among everyone.”

“The people here make me feel welcome and included.”

“The community is non judgemental and not intimidating like other gyms. I feel able to exercise at my own pace and don’t feel judged by anyone. It’s a lovely environment; unlike anything I’ve seen before.”

What, if anything, has changed about how you feel about your life?

“My life is better. I feel less alone with my disability.”

“It gives me purpose and something I look forward to each week.”

“I now have a community.”

“I have made many new friends. I have learnt to express myself.”

“The venue plays an important part in the community, as it supports both physical & mental health.”

“This place has showed me that society isn't just about first-come-first-served, but serving others and being kind first.”

“I’m excited and joyful about life, grateful, I’ve got good friends in the OXSRAD community.”

“I feel better connected to a wider range of people in the community and have benefited from getting to know other [people] with disabilities. There should be lots of OXSRAD'S all over the country, but we’re extremely fortunate to have one in Oxford.”

Future Plans

OXSRAD's building and facilities
With demand for OXSRAD's services greater than our ability to deliver, we are acutely aware of the limitations of the current building. We will consult with stakeholders about ways of making the building a better fit for purpose in the short and longer term.

Body Weight Supported Treadmill Therapy:
Over the next financial year, we hope to transform an existing space at OXSRAD into a dedicated Body Weight Supported Treadmill Therapy (BWSTT) facility.
By developing this space, we can expand the rehabilitation opportunities available to our community, supporting more people who are working to regain their mobility following illness or injury.

The facility will also create opportunities to work alongside community and NHS partners, making specialist equipment and space available to those delivering rehabilitation services locally.
OXSRAD already has the specialist equipment; our next step is to create a safe, accessible and welcoming space where it can make a greater difference.



Illustrative image of how the refurbished space could look

Support for parents and carers
Our evaluation and consultation highlighted the significant impact OXSRAD has not only on disabled people, but also on parents, carers and families.

Research by the Disabled Children's Partnership found that 69% of parent carers feel socially isolated, while 83% report poor mental wellbeing.[11] Over the coming year, we will explore new ways to support parents and carers through connection, peer support and wellbeing opportunities alongside our existing activities.

Sustainable income
As outlined in the Financial Report, OXSRAD's priority remains the development of sustainable income streams to ensure the long-term future of the charity.

This will enable OXSRAD to expand the range of services and opportunities available to our community, enabling us to support more people and respond to growing demand.

Trustee and administrative information

Trustees

The Trustees who have held office at any point during the year ended 31 March 2026 and to the date of this report are as follows:

Mr J Lane (Chairman)
Mr S Collins (Treasurer)
Mrs C Hunt
Ms B Coyne
Ms J Fletcher (resigned 23 March 2026)
Mr C Walkling (appointed 1st April 2026)
Mr S Hogg (appointed 1st April 2026)

Charity Number

299630

Company Number

2267090

Registered Address

OXSRAD LTD, Court Place Farm, Marsh Lane, Oxford, OX30NQ

Independent Examiner

Joseph Lyne
Chartered Accountant
Headington, Oxford

Bank

CAF Bank Limited Registered office is 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

Structure, governance and management

Organisation

The charity is established via the memorandum and articles of the company. Members of OXSRAD have the right to elect trustees/management committee members.

Oxford City Council also has the right to appoint one member. Councillor L.Upton has represented Oxford City Council since 2025.

All new Trustees are recruited on the recommendation of organisations and people with whom OXSRAD works, or by existing Trustees; they are given an induction pack and offered appropriate training and advice about relevant Charity Commission publications in order to fulfil their role.

OXSRAD LTD is a charitable trust, with no associated charities or companies.

Public Benefit

The Trustees of the charity have had due regard both to the objectives of the charity, as set out above, and also to the guidance on public benefit published by the Charity Commission, in exercising their powers and duties.

Risk management

All policies are reviewed regularly to ensure that they remain relevant and up to date. A quality assurance system and risk management framework are in place, together with policies covering all main areas.

The major risks identified remain essentially the same as in the previous year, namely:

- Failure to support OXSRAD activities with adequate funding, leading to a decline in financial reserves.
- Failure to ensure efffective safeguarding of service users, volunteers, and staff to ensure their health and safety at all times.
- Failure to recruit staff to vacant posts and/or sufficient volunteers to meet service needs.
- Breaches of confidentiality/data protection.

Staff and volunteer training, supervision and support, as well as opportunities for volunteers and staff to give feedback, make complaints, or whistle blow, ensure that the organisation is maximising its potential to reduce the identified risks.

Monitoring of the risks during the year has enabled OXSRAD to manage risks effectively and with good results.

Financial review

Funds

The restricted funds as at 31 March 2026 were £238,469 (£236,903 as at 31 March 2025). These comprise the Building Development Fund of £210,849 (after charging depreciation of £9,268) during the year (£220,117 as at March 2025), and earmarked grants of £27,620 (£16,786 as at March 2025).

The unrestricted funds increased from £5,946 as at March 2025 to £27,803 at 31 March 2026, reflecting a surplus of £21,857 achieved during the year. This surplus is a significant improvement over recent years (surplus in 2024/25 of £2,228, and a deficit of £11,908 in 2023/24), and reflects the significant work undertaken by the Charity in bringing in new partners, attracting new funding, and increasing the number of activities offered to the local community.

The Trustees continue to take all possible steps to strengthen the Charity's financial position, and since the end of the financial year have revised the staffing and pay structure to build capacity to further develop the activities available, and bring in additional income through grants, fundraising and charges for activities.

None of the Trustees are paid by OXSRAD. The Charity is supported through the voluntary assistance of a number of individuals.

Reserves

As noted above, the position on the Company's unrestricted reserves improved considerably over the course of 2025/26. The Trustees are confident that the level of unrestricted reserves are adequate to ensure the company can meet its financial obligations over the forthcoming year.

The Trustees would like to increase the level of unrestricted reserves to the equivalent of three months expenditure to further stabilise this position.

Achievements and Performance

The achievements and performance of OXSRAD over the 2025/26 financial year are set out throughout this Annual Report. These are reflected in the financial statements as follows:

- An increase of £42,866 or 22% in total income received, including
- An increase of £11,458 (42%) in donations and fundraising, including a highly successful Spinathon event supported by our partner organisations and the local community
- An increase of £12,683 (42%) in income from sports activities largely reflecting the successful re-launch of the Rebound Therapy programme, as well as a general uptake in the number of individuals participating in Centre activities
- An increase of £10,347 (45%) in restricted grants which reflect both the work of our independent fundraiser and the growing confidence of funders in OXSRAD's ability to deliver sustainable improvements in provision to the local community.
- The improvement in the total unrestricted reserves from just under the equivalent of 2 weeks average expenditure to just under 8 weeks average expenditure. As noted, the Trustees would like to get this figure to 13 weeks, but see the improvement during 2025/26 as a significant step towards this target.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and financial statements in accordance with applicable law and regulations.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

So far as the Trustees are aware:

- There is no relevant information (information needed by the company's independent examiner in connection with preparing his report) of which the company's examiner is unaware.
- Each Trustee has taken all the steps that he or she ought to have taken as a director in order to make themselves aware of any relevant information and to establish that the company's examiner is aware of that information.

Company Law & Accounting Responsibilities
For the financial year in question, the company was entitled to exemption under section 477 of the Companies Act 2006. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records which comply with section 386 and for the preparation of accounts in accordance with section 393.

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Independent Examination
Joseph Lyne has carried out the independent examination of the charity's accounts.
This report has been prepared in accordance with the Small Companies regime under the Companies Act 2006.

Approved by the Trustees on: 11th September 2026

Signed on behalf of the Board:



Mr J Lane
(Chairman & Trustee)



Mr S Collins
(Treasuer & Trustee)

Independent Examiner's Report
to the Trustees of OXSRAD LTD

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2026, which are set out on pages 26-34.

Responsibilities and basis of report
As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts, as carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination, I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept by the Company as required by section 386 of the 2006 Act; or

2. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or

3. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have noted the trustees' statement in note 15 concerning the application of the going concern basis of accounting, and their reasons for it. I confirm that there are 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.

Joseph Lyne



7th September 2026
Chartered Accountant | Headington, Oxford

Statement of financial activities for the year ended 31st March 2026

(including Income and Expenditure Account)

	Notes	Restricted funds	Unrestricted funds	2025/26 Totals	Restricted funds	Unrestricted funds	2024/25 Totals
		£	£	£	£	£	£
INCOME							
Donations, Fund Raising Etc		-	38,589	38,589	-	27,131	27,131
Grants		33,320	13,717	47,037	22,973	18,250	41,223
Activities for Generating Funds							
Trading income			32,213	32,213		27,894	27,894
Income from Charitable Activities							
Sports Centre							
Membership			21,378	21,378	-	17,767	17,767
Sports Activities			42,620	42,620	-	29,937	29,937
Letting income			52,874	52,874	-	51,150	51,150
Other income			3,271	3,271	-	14	14
TOTAL INCOME		33,320	204,662	237,982	22,973	172,143	195,116
EXPENDITURE							
Costs of generating funds	**3**	-	(22,852)	(22,852)	-	(23,662)	(23,662)
Expenditure on Charitable Activities							
Sports centre	**4,5**	(31,754)	(159,953)	(191,707)	(15,995)	(146,253)	(162,248)
TOTAL EXPENDITURE		(31,754)	(182,805)	(214,559)	(15,995)	(169,915)	(185,910)
NET MOVEMENT IN FUNDS		1,566	21,857	23,423	6,978	2,228	9,206
Transfer between funds		-	-	-	(1,187)	1,187	-
Reconcilliation of Funds							
Total Funds b/f as at 1 April		236,903	5,946	242,849	231,112	2,531	233,643
TOTAL FUNDS c/f as at 31 March		238,469	27,803	266,272	236,903	5,946	242,849

Movements on reserves and all recognised gains and losses are shown above.
All of the activities of the charity are continuing activities.

Balance Sheet
as at 31 March 2026

	Note	2026	2025
		£	£
Fixed Assets			
Investments	6	538	538
Tangible Assets	7	210,849	220,117
		211,387	**220,655**
Current Assets			
Stock	8	500	500
Debtors	9	7,909	6,498
Cash		49,432	24,263
		57,841	**31,261**
Current Liabilities			
Creditors Falling Due Within 1 Year	10	(2,956)	(9,067)
Net Current Assets		54,885	22,194
Total Assets less Current Liabilities		**266,272**	**242,849**
Creditors Falling Due After 1 Year		-	-
Net Assets		**266,272**	**242,849**
The Funds of the Charity			
Restricted Funds	12	238,469	236,903
Unrestricted Funds		27,803	5,946
Total Funds		**266,272**	**242,849**

Notes to the financial statements for the year ended 31 March 2026

1. ACCOUNTING POLICIES

Basis of preparing the financial statements:

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the United Kingdom and Republic of Ireland (FRS 102), issued in October 2019, and with the Charities Act 2011, and the Companies Act 2006. The financial statements have been prepared under the historic cost convention and on the on-going concern basis for the reasons described in note 15.

OXSRAD meets the definition of a public entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

a) Income
Income generally is recognised when the charity has entitlement to the funds, any performance conditions attached to the funds have been met, it is probable that the income will be received and the amount can be measured reliably.

Capital grants are credited to the Statement of Financial Activities in the year when they are received and placed in a restricted fund where appropriate. Depreciation of the assets is charged against the relevant fund each year.

Credit is taken for donations and other income on the following basis:
- Donations as received, including accruals for income tax recoverable.
- Interest and other investments on an accrual basis.
- Grants receivable on an accrual basis.

b) Trading Income
Trading income represents income from the bar and kitchen as received.

c) Expenditure
Expenditure is recognised in the accounts once a legal or constructive obligation arises to make payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. It is included on an accruals basis, together with irrecoverable VAT. All support costs are allocated to the sole charitable activity, as it is considered the Charity cannot carry out its work without incurring these costs.

d) Depreciation
Assets of a capital nature are shown as fixed assets and depreciated over expected lives, as follows:

Equipment	20% straight line
Buildings	Over the period of the lease (60 years from January 1989)

e) Stock
Stock is included in the accounts at the lower of cost and net realisable value.

f) Investments
Investments held as fixed assets are stated at market value at the balance sheet date.

g) Restricted Funds
The income funds of OXSRAD include restricted funds which comprise grants/donations provided for a specific purpose. Expenses related to the specific funds are allocated as they occur.

h) Unrestricted Funds
Unrestricted funds represent income from services, lettings, grants and donations etc. All administration costs are paid from unrestricted funds unless specifically incurred on behalf of a restricted fund. In the latter case, they are charged against the relevant restricted fund.

i) Pensions
Employees of the charity are auto-enrolled into the nominated pension scheme (NEST) where they meet the criteria, with other staff entitled to join the scheme if they so wish. As NEST is a defined contribution scheme, the Charity's contribution is fixed and there is no legal or constructive obligation to pay any further contributions. The contributions are recognised as an expense in the period when they fall due.

j) Debtors and creditors receivable/payable within one year
Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

2. NET (EXPENDITURE)/INCOME FOR THE YEAR

The net (expenditure)/income is stated after charging:

	2025/26	2024/25
	£	£
Operating leases - rent	1,400	1,400
Independent examiner's fee	250	300
Depreciation	9,268	10,995

3. COSTS OF GENERATING FUNDS

	2025/26	2024/25
	£	£
Costs of generating voluntary income		
Fundraising and promotion costs	6,861	8,851
Funding trading: Cost of Goods Sold		
Trading costs	15,991	14,811
	22,852	**23,662**

4. CHARITABLE ACTIVITIES - SPORTS CENTRE

	Restricted	Unrestricted	2025/26	2024/25
	£	£	£	£
Sports and group activites	-	1,702	1,702	18
Depreciation	9,268	-	9,268	10,995
Building & equipment costs	2,030	42,119	44,149	45,096
Other running costs	-	6,055	6,055	11,321
Staff costs (note 5)	20,456	106,910	127,366	91,323
Legal & professional	-	3,167	3,167	3,495
	31,754	**159,953**	**191,707**	**162,248**

5. STAFF COSTS

	2025/26	2024/25
	£	£
Salaries	122,951	91,280
National Insurance	0	0
Pension Contributions	1,238	43
Staff Training etc.	3,177	0
	127,366	**91,323**

The average number of full time equivalent (fte) employees during the year was 5.2 (4.7fte in 2024/25).

No employee's total emoluments exceeded £60,000 during the year (2024/25 also none). No Trustee received any remuneration or reimbursement of expenses in either year.

The staff are currently managed by various trustees who conduct annual appraisals. To avoid a potential conflict of interest, the Head of Operations who is related to the Chair of Trustees, is managed by one of the other trustees.

6. FIXED ASSET INVESTMENTS

	2025/26	2024/25
	£	£
Unquoted investments, at market value	538	538

7. TANGIBLE ASSETS

	Short Leasehold Buildings	Equipment	Total
	£	£	£
Cost			
At 1 April 2025	550,129	135,965	686,094
Additions in year	-	-	-
At 31 March 2026	550,129	135,965	686,094
Depreciation			
At 1 April 2025	(330,012)	(135,965)	(465,977)
Additions in Year	(9,268)	-	(9,268)
At 31 March 2026	(339,280)	(135,965)	(475,245)
Net book value			
At 31 March 2025	220,117	0	220,117
At 31 March 2026	210,849	0	210,849

8. STOCK

	2025/26	2024/25
	£	£
Goods for resale	500	500

9. DEBTORS

	2025/26	2024/25
	£	£
Rental Debtors	3,926	3,248
Gift Aid Tax Recoverable	3,983	3,250
	7,909	**6,498**

10. LIABILITIES: CREDITORS FALLING DUE WITHIN ONE YEAR

	2025/26	2024/25
	£	£
HM Revenues and Customs and NEST	409	725
Trade Creditors	2,547	7,042
Other creditors and Accruals	-	1,300
	2,956	**9,067**

11. LEASE COMMITMENTS

OXSRAD is committed to a 60 year lease which commenced on 27 January 1989, on which rent payments are to be made to Oxford City Council. At 31 March 2026, the company was committed to making the following payments for the remaining term under the operating lease, subject to 10-yearly reviews and agreement of terms.

	As at 31 March 2026	As at 31 March 2025
	£	£
Rent Payments at £1,400pa for 22.75 years (23.75 years from 31 March 2025)	31,850	33,250

12. RESTRICTED FUNDS

OXSRAD holds restricted funds where the money was given to support specific expenditure or to deliver specific objectives, or to support a broader range of expenditure over a specific period. The income from the restricted funds is recognised in the accounts in line with the corresponding expenditure as set out in the criteria supporting the grant/donation.

The Building Development Fund represents money received in the past to fund the leasehold building. This is being reduced by depreciation over the life of the asset.

The project funds which have been included in the balance sheet provision over the last two years are as follows:

Awards for All – this was a 12 month grant of £19,973 provided at the end of 2024/25 to support the launch of the rebound programme. An initial £5,000 was recognised in the 2024/25 accounts reflecting the costs of setting up the programme, with the remainder recognised during 2025/26 reflecting the costs of the additional staff time to run the Rebound sessions and the relevant staff training.

DLM Charitable Trust – The trust provided a grant of £5,000 in March 2025 to support the core costs of the Centre. £3,187 of this grant was recognised in the 2024/25 accounts with the balance recognised during 2025/26.

Oxfordshire Community Foundation – This was a grant of £19,100 to cover the staffing and core costs for a two year period from 1 December 2025. The main objective specified in the grant application was to improve the physical health of the local community by expanding the range of activities within the Centre and encourage take up amongst those groups who are traditionally less physically active.

Garfield Weston Foundation – This is a one year grant covering our core costs for the period 1 January to 31 December 2026.

Percy Bilton – This grant, received at the end of March 2026, was awarded to fund the purchase of new specialist gym equipment for use by disabled members.

	Balance at 1 April 2025	Income	Expenditure & Depreciation	Balance at 31 March 2026
	£	£	£	£
Building Development Fund	220,117	-	(9,268)	210,849
Project Funds				
Awards for All	14,973	-	(14,973)	-
DLM Charitable Trust	1,813	-	(1,813)	-
Oxfordshire Community Foundation	-	19,100	(3,200)	15,900
Garfield Weston	-	10,000	(2,500)	7,500
Percy Bilton	-	4,220	-	4,220
	236,903	**33,320**	**(31,754)**	**238,469**

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Total
	£	£	£
Tangible Assets		210,849	210,849
Fixed Assets - Investments	538	-	538
Current Assets	30,221	27,620	57,841
Current Liabilities	(2,956)	-	(2,956)
	27,803	**238,469**	**266,272**

14. SHARE CAPITAL

OXSRAD is a company limited by guarantee and as such does not have any issued share capital. In the event of a winding-up, the trustees/members of the management committee are each required to contribute £1.

15. GOING CONCERN

The financial position of the Charity has improved significantly over the last couple of years due to a number of factors including:

- Two successful years of fundraising led by an independent fundraiser,
- Increased fund raising activity organised through Centre staff and,
- Improved trading income from both an increased range of activities organised through the Centre, and increased rental income from new partnerships developed primarily through the Head of Operations.

The improved financial position is reflected in the increase in unrestricted reserves to £27,803 (£5,946 as at 31 March 2025). The Trustees have set a budget for 2026/27 and indicative budgets for the following two years which all show a modest surplus, which will allow further improvements to the level of unrestricted reserves.

The Trustees would like to build unrestricted reserves to £50,000 or broadly 3 month's expenditure of the Charity.

On the basis of above, and after making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in existence for the foreseeable future and therefore continue to adopt the going concern basis in preparing the financial statements.

16. RELATED PARTY TRANSACTIONS

Emily Lane, the daughter of the Chairman, and Trustee, Jason Lane, is employed as the Head of Operations, on the appropriate salary scale point for her post. She is managed by and reports to another Trustee, Sean Collins and her appraisal is undertaken by Sean and another member of the Trustee Board.

References

[1] Department for Work and Pensions (2025), Family Resources Survey: financial year 2023 to 2024.

[2] House of Commons Library (2025), UK disability statistics: Prevalence and life experiences.

[3] Scope (2018), Disability Gamechanger.

[4] Active Oxfordshire, Healthy Active Neighbourhoods.

[5] Active Oxfordshire, Ambition Two: Older People & Long-Term Health Conditions.

[6] Sport England, Disabled People – Research and Data.

[7] Sense (2022), Fear of mental health crisis as loneliness rises dramatically amongst disabled people.

[8] Activity Alliance (2023), Annual Disability and Activity Survey 2022–23.

[9] Association for Physical Education (2024), PE access 'failing' disabled children as 320,000 don't get 30 minutes exercise a day.

[10] University of Warwick, Warwick Medical School, Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS): 14-item vs 7-item scale.

[11] Disabled Children's Partnership (2022), Left Behind – Six Months On: The impact of reduced support for Disabled Children, their Parents and Siblings.

[12] Activity Alliance (2020), My Active Future: Including every child.

“My life has changed in every way since coming to OXSRAD. I am physically and mentally in a much better place.”

OXSRAD
Disability Hub & Sport Facility



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