

Empower Squash Foundation

England & Wales · Charity number 1185427

Details

Other names EMPOWER SQUASH ACADEMY

Status Registered

Legal form CIO

Registered 2019-09-20

Register [View on the Charity Commission register](#)

Contact

Address 1257 Bristol Road South
Northfield
Birmingham
B31 2SW

Phone 07947989776

Email deonsaffrey@googlemail.com

Activities

Objects: THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION FOR THE BENEFIT OF YOUNG PEOPLE ACROSS THE UK BY THE PROVISION OF FACILITIES FOR PLAYING SQUASH

Activities: The objects of the CIO are the promotion of community participation in healthy recreation for the benefit of young people across the UK by the provision of facilities for playing squash.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Amateur Sport, Recreation
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£45	£2,365	-	-
2023-12-31	£0	£5,484	-	-
2022-12-31	£0	£8,117	-	-
2021-12-31	£22,524	£2,037	-	-
2020-12-31	£24,833	£15,107	-	-

Trustees

Name	Role	Appointed
Deon Saffrey	Chair	2019-04-26
Dr David Green		2019-04-26
Ginny Lee		2021-06-26
Lynne Paino		2019-12-22
Sarah Ann Moore		2019-12-20

Empower Squash Foundation

England & Wales - Charity number 1185427

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2023		31	December	2024

Section A Reference and administration details

Charity name Empower Squash Foundation

Other names charity is known by Previously Empower Squash Academy

Registered charity number (if any) 1185427

Charity's principal address 1257 Bristol Road South
 Northfield, Birmingham
 West Midlands
Postcode B31 2SW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Deon Saffrey	Chair		
2	Lynn Paino			
3	Dr David Green			
4	Ginny Lee			
5	Sarah Ann Moore	Treasurer		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Select invitation from existing trustees based on skills/ experience

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are the promotion of community participation in healthy recreation for the benefit of young people across the UK by the provision of facilities for playing squash.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Empower Squash Foundation ('Empower' or 'the Charity') is the Midland's first squash, education and nutrition program founded in 2019 and registered in September 2019 as a charity (no. 1185427).

The Charity provides an after-school program which focuses on squash, life lessons and nutrition for children from income-deprived families. This program has been adopted based on a successful and proven model used for over 20 years in the United States.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

MISSION:

Empower Squash Foundation is dedicated to providing a better future to the lives of underserved youth throughout the Midlands with a combined approach of squash, education and nutrition.

GOALS:

- To introduce children to a game they would never have been able to otherwise access
- To help raise their academic performance
- To provide a safe space to those with often unpredictable home life environment
- Increase participation to the game of squash
- To have a lasting impact on the students in our program

Summary of the main achievements of the charity during the year

- Empower Squash programme activities continued to operate at host squash clubs Edgbaston Priory Club and Leamington Lawn Tennis and Squash Club (LLTSC).
- The Charity supported students from 2 different schools in localities of deprivation - Lillington Nursery and Primary School and Crockett's Community Primary School
- Highlights throughout the year include:
 - Once again in June, programme participants enjoyed a trip to the British Open Squash tournament event in Birmingham
 - Programme participants from Crockett's Community Primary School played and won a mini tournament against pupils from another local school in the area, Edgbaston High
 - Some programme participants have begun joining Friday/Saturday performance training sessions with other junior players at Edgbaston Priory Club, demonstrating their improvement and competence in the sport of squash

As in previous years, supplementing the routine coaching and nutrition provided as part of the regular programme, these additional experiences had a big impact for programme participants – connecting them to others and the broader squash community – making them feel valued and supported

Section E Financial review

Brief statement of the charity's policy on reserves

The Trustees have discussed and agreed a reserves policy of maintaining appropriate cash reserves sufficient to fund a minimum of 6 months of programme delivery. This policy will be discussed and reviewed annually.

The Charity has received gifts in kind/ equipment from sponsors that support the delivery of the programme during the year, but has once again not undertaken any fundraising or other income generating activity because the level of cash reserves is adequate to fund programme activities for more than 12 months.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Empower is funded entirely through donations, grants, equipment and time volunteered in kind.

The Charity operates at, and supported by, both Edgbaston Priory Club and Leamington Lawn Tennis & Squash Club.


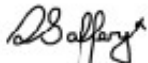
Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Sarah Ann Moore	Deon Saffrey
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Position (eg Secretary, Chair, etc)	Treasurer	Chair
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Date	12/10/25
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Empower Squash Foundation	1185427
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CC16a

Receipts and payments accounts

For the period from	1-Jan-24	To	31-Dec-24
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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					
Donation - individual giving	45	-	-	45	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total (Gross income for AR)	45	-	-	45	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	45	-	-	45	-
A3 Payments					
Costs of charitable activities - Equipment and food for programme participants	1,201	-	-	1,201	1,856
Costs of charitable activities - IT expenditure	263	-	-	263	147
Costs of charitable activities - Participant transportation costs		-	-	-	1,749
Costs of charitable activities - Squash coaching	840	-	-	840	1,672
Other costs - bank charges	60	-	-	60	60
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	2,365	-	-	2,365	5,484
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,365	-	-	2,365	5,484
Net of receipts/(payments)	- 2,320	-	-	- 2,320	- 5,484
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,662	-	-	16,662	-
Cash funds this year end	14,342	-	-	14,342	- 5,484

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	Cash at bank and in hand	14,342	-	-
		-	-	-
		-	-	-
	Total cash funds	14,342	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Sarah Ann Moore	12/10/2025
	Deon Saffrey	12/10/2025

Empower Squash Foundation

England & Wales - Charity number 1185427

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2023		31	December	2023

Section A Reference and administration details

Charity name	Empower Squash Foundation
Other names charity is known by	Previously Empower Squash Academy
Registered charity number (if any)	1185427
Charity's principal address	1257 Bristol Road South
	Northfield, Birmingham
	West Midlands
	Postcode B31 2SW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Deon Saffrey	Chair		
2	Lynn Paino			
3	Dr David Green			
4	Ginny Lee			
5	Sarah Ann Moore	Treasurer		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Select invitation from existing trustees based on skills/ experience

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are the promotion of community participation in healthy recreation for the benefit of young people across the UK by the provision of facilities for playing squash.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Empower Squash Foundation ('Empower' or 'the Charity') is the Midland's first squash, education and nutrition program founded in 2019 and registered in September 2019 as a charity (no. 1185427).

The Charity provides an after-school program which focuses on squash, life lessons and nutrition for children from income-deprived families. This program has been adopted based on a successful and proven model used for over 20 years in the United States.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

MISSION:

Empower Squash Foundation is dedicated to providing a better future to the lives of underserved youth throughout the Midlands with a combined approach of squash, education and nutrition.

GOALS:

- To introduce children to a game they would never have been able to otherwise access
- To help raise their academic performance
- To provide a safe space to those with often unpredictable home life environment
- Increase participation to the game of squash
- To have a lasting impact on the students in our program

Summary of the main achievements of the charity during the year

- Empower Squash programme activities continued to operate at host squash club Edgbaston Priory Club and also began operating from Leamington Lawn Tennis and Squash Club (LLTSC).
 - The Charity supported students from 2 different schools in localities of deprivation - Lillington Nursery and Primary School and Crockett's Community Primary School
 - Highlights throughout the year include:
 - In June, programme students enjoyed a trip to the British Open Squash tournament event in Birmingham
 - On 5th July 2023 the students, coaches and teachers from Leamington travelled to EPC to play squash with the EPC Empower group from Crockett's Community Primary School in a tournament, followed by a swim together, trying out Padel Tennis and having a meal together
- Supplementing the routine coaching and nutrition provided as part of the regular programme, these additional experiences had a big impact for programme participants – connecting them to others and the broader squash community – making them feel valued and supported

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees have discussed and agreed a reserves policy of maintaining appropriate cash reserves sufficient to fund a minimum of 6 months of programme delivery. This policy will be discussed and reviewed annually.

The Charity has not undertaken any fundraising activity in this year as the level of cash reserves is adequate to fund programme activities for more than 12 months.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Empower is funded entirely through donations, grants and time volunteered in kind.

The Charity operates at and supported by both Edgbaston Priory Club and Leamington Lawn Tennis & Squash Club.

Section F



Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Ann Moore	Deon Saffrey
Position (eg Secretary, Chair, etc)	Treasurer	Chair
Date	21/9/24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Empower Squash Foundation	1185427
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CC16a

Receipts and payments accounts

For the period from	1-Jan-21	To	31-Dec-21
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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					
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total(Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
Costs of charitable activities - Equipment and food for programme participants	1,856	-	-	1,856	-
Costs of charitable activities - IT expenditure	147	-	-	147	-
Costs of charitable activities - Participant transportation costs	1,749	-	-	1,749	-
Costs of charitable activities - Squash coaching	1,672	-	-	1,672	-
Other costs - bank charges	60	-	-	60	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	5,484	-	-	5,484	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,484	-	-	5,484	-
Net of receipts/(payments)	- 5,484	-	-	- 5,484	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 5,484	-	-	- 5,484	-

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	Cash at bank and in hand	16,662	-	-
		-	-	-
		-	-	-
	Total cash funds	16,662	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK



Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Sarah Ann Moore	9/21/2024
	Deon Saffrey	9/21/2024

Empower Squash Foundation

England & Wales - Charity number 1185427

Accounts

Trustees' Annual Report for the period

	Period start date		Period end date
From	1	January	2022
To	31	December	2022

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

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Additional details of objectives and activities (Optional information)

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- policy programme related investment;
- contribution made by volunteers.

MISSION:

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GOALS:

- To introduce children to a game they would never have been able to otherwise access
- To help raise their academic performance
- To provide a safe space to the often unpredicted home life environment
- Increase participation to the game of squash
- To have a lasting impact on the students in our program

Summary of the main achievements of the charity during the year

Empower Squash programme activities resumed post-pandemic in the Autumn of 2021 at original sponsor club Edgbaston Priory Club and the Charity was pleased to shortly thereafter begin working with a new cohort of students at Leamington Lawn Tennis and Squash Club. The Charity has run a full programme of activities at both locations throughout the 2022 year.

The Charity held a successful Gala Dinner in late 2021 raising monies for the return of the programme. With the success of that gala raising adequate funds to run the programme for the coming year, no further fundraising activities were undertaken by the Charity in 2022.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees have discussed and agreed a reserves policy of maintaining appropriate cash reserves sufficient to fund a minimum of 6 months of programme delivery. This policy will be discussed and reviewed annually.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Empower is funded entirely through donations, grants and time volunteered in kind.

The Charity operates at and supported by both Edgbaston Priory Club and Leamington Lawn Tennis & Squash Club.

Section F



Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Ann Moore	Deon Saffrey
Position (eg Secretary, Chair, etc)	Treasurer	Chair
Date	21/10/23	

Empower Squash Foundation

England & Wales - Charity number 1185427

Accounts



Receipts and payments accounts

CC16a

For the period from	01-Jan-21	To	31-Dec-21
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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					
Donations - Corporate sponsorship	5,700	-	-	5,700	-
Other trading activities - Gala dinner ticket sales	11,874	-	-	11,874	-
Other trading activities - Exhibition squash match contributions	4,950	-	-	4,950	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	22,524	-	-	22,524	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,524	-	-	22,524	-
A3 Payments					
Costs of charitable activities - Equipment and food for programme participants	912	-	-	912	-
Costs of raising funds - Gala Dinner expenses	1,125	-	-	1,125	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,037	-	-	2,037	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,037	-	-	2,037	-
Net of receipts/(payments)	20,487	-	-	20,487	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	20,487	-	-	20,487	-

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	Cash at bank, and in hand	30,262	-	-
		-	-	-
		-	-	-
	Total cash funds	30,262	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
	Sarah Ann Moore	28/10/2022
	Deon Saffrey	28/10/2022



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2021		31	December	2021

Section A Reference and administration details

Charity name Empower Squash Foundation

Other names charity is known by Previously Empower Squash Academy

Registered charity number (if any) 1185427

Charity's principal address

1257 Bristol Road South	
Northfield, Birmingham	
West Midlands	
Postcode	B31 2SW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Deon Saffrey	Chair		
2	Lynn Paino		December 2019 to present	
3	Dr David Green			
4	Ginny Lee		June 2021 to present	
5	Sarah Ann Moore	Treasurer	December 2019 to present	
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Select invitation from existing trustees based on skills/ experience

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are the promotion of community participation in healthy recreation for the benefit of young people across the UK by the provision of facilities for playing squash.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Empower Squash Foundation ('Empower' or 'the Charity') is the Midland's first squash, education and nutrition program founded in 2019 and registered in September 2019 as a charity (no. 1185427).

The Charity provides an after-school program which focuses on squash, life lessons and nutrition for children from income-deprived families. This program has been adopted based on a successful and proven model used for over 20 years in the United States.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

MISSION:

Empower Squash Foundation is dedicated to providing a better future to the lives of underserved youth throughout the Midlands with a combined approach of squash, education and nutrition.

GOALS:

- To introduce children to a game they would never have been able to otherwise access
- To help raise their academic performance
- To provide a safe space to the often unpredicted home life environment
- Increase participation to the game of squash
- To have a lasting impact on the students in our program

Summary of the main achievements of the charity during the year

Empower Squash programme activities continued to be restricted in 2021 due to the impact of COVID on squash, an indoor sport played in close proximity to others. However:

- the Charity held a successful Gala Dinner in October 2021 (delayed from 2020) raising monies for the return of the programme
- the squash programme resumed in the Autumn of 2021 at original sponsor club Edgbaston Priory Club
- the Charity was pleased to shortly thereafter begin working with a new cohort of students at Leamington Lawn Tennis and Squash Club
- Empower sponsored an Empower Mini-Series squash tournament which allowed girls from our program the chance to take part in a tournament with children from other clubs/ community squash programs

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees have discussed and agreed a reserves policy of maintaining appropriate cash reserves sufficient to fund a minimum of 6 months of programme delivery. This policy will be discussed and reviewed annually.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Empower is funded entirely through donations, grants and time volunteered in kind.

The Charity operates at and supported by both Edgbaston Priory Club and Leamington Lawn Tennis & Squash Club.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Sarah Ann Moore

Deon Saffrey

Position (eg Secretary, Chair, etc)

Treasurer

Chair

Date

Empower Squash Foundation

England & Wales - Charity number 1185427

Accounts



Trustees' Annual Report for the period

	Period start date				Period end date		
From	19	September	2019	To	31	December	2020

Section A Reference and administration details

Charity name Empower Squash Foundation

Other names charity is known by Previously Empower Squash Academy

Registered charity number (if any) 1185427

Charity's principal address

1257 Bristol Road South
 Northfield, Birmingham
 West Midlands
Postcode B31 2SW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Deon Saffrey	Chair		
2	Lynn Paino		December 2019 to present	
3	Dr David Green			
4	Laura Surridge		Left April 2020	
5	Ginny Lee		June 2021 to present	
6	Sarah Ann Moore	Treasurer	December 2019 to present	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution) Constitution

How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Select invitation from existing trustees based on skills/ experience

Additional governance issues (Optional information)

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- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are the promotion of community participation in healthy recreation for the benefit of young people across the UK by the provision of facilities for playing squash.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Empower Squash Foundation ('Empower' or 'the Charity') is the Midland's first squash, education and nutrition program founded in 2019 and registered in September 2019 as a charity (no. 1185427).

The Charity provides an after-school program which focuses on squash, life lessons and nutrition for children from income-deprived families. This program has been adopted based on a successful and proven model used for over 20 years in the United States.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional details of objectives and activities (Optional information)

MISSION:

Empower Squash Foundation is dedicated to providing a better future to the lives of underserved youth throughout the Midlands with a combined approach of squash, education and nutrition.

GOALS:

- To introduce children to a game they would never have been able to otherwise access
- To help raise their academic performance
- To provide a safe space to the often unpredicted home life environment
- Increase participation to the game of squash
- To have a lasting impact on the students in our program

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

- Empower partnered with Lozells School – in the first year of our operation 14 girls were able to come and take part in the coaching program once a week for 2 hours. The girls were introduced to the game of squash and from the onset enjoyed training and learning about the health and benefits of the sport.
- In addition to the core squash coaching, the girls were supported with extra academic needs by their teachers who attended with them and received focused tutoring related to the valuable life lessons available through participation in sport.
- Empower sponsored an Empower Mini-Series squash tournament which allowed girls from our program the chance to take part in a tournament with children from other clubs/ community squash programs.
- Empower arranged an Exhibition Squash event involving several of the top 10 female players in the world. This event raised valuable funds for the program through ticket sales and related donations, but also allowed the demonstration of world class squash to our program participants to build their confidence and aspiration.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees have discussed and agreed a reserves policy of maintaining appropriate cash reserves sufficient to fund a minimum of 6 months of programme delivery. This policy will be discussed and reviewed annually.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Empower is funded entirely through donations, sponsorship, and time/equipment volunteered in kind.

The Charity operates at and supported by both Edgbaston Priory Club and Leamington Lawn Tennis & Squash Club.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Sarah Ann Moore	Deon Saffrey
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Position (eg Secretary, Chair, etc)

Treasurer	Chair
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Date

2/1/22



Receipts and payments accounts

CC16a



For the period from	20/9/2019	To	31/12/2020
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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					
Donations - Corporate sponsorship	7,000	-	-	7,000	-
Other trading activities - Exhibition squash match	7,783	-	-	7,783	-
Other trading activities - Gala dinner ticket sales	6,800	-	-	6,800	-
Donations - Individual giving	3,250	-	-	3,250	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,833	-	-	24,833	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,833	-	-	24,833	-
A3 Payments					
Costs of charitable activities - Equipment	388	-	-	388	-
Costs of charitable activities - IT	562	-	-	562	-
Costs of charitable activities - Squash coaching	2,200	-	-	2,200	-
Other expenditure - Gala ticket refund	100	-	-	100	-
Costs of raising funds - Exhibition squash match expenses	11,482	-	-	11,482	-
Costs of raising funds - Gala Dinner expenses	375	-	-	375	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	15,107	-	-	15,107	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,107	-	-	15,107	-
Net of receipts/(payments)	9,726	-	-	9,726	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	9,726	-	-	9,726	-

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	Cash at bank and in hand	9,726	-	-
		-	-	-
		-	-	-
	Total cash funds	9,726	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Sarah Ann Moore	02/01/2021
		Deon Saffrey	02/01/2021