



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


 1

Sarah Ann Moore

Deon Saffrey

28/10/2022

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				
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9				
10				
11				
12				
13				
14				
15				
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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 Midlands'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

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

15/10/22