



# 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       |                                   |   |
| 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  |                                   |
|      |                                   |
|      |                                   |

### 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<br>(eg. trust deed, constitution)        | Constitution   |
| How the charity is constituted<br>(eg. trust, association, company) | Charitable Incorporated Organisation                                 |
| Trustee selection methods<br>(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 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 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

## Receipts and payments accounts

CC16a

For the period  
from

1-Jan-21

To

31-Dec-21

### Section A Receipts and payments

|  | Unrestricted funds | Restricted funds | Endowment funds  | Total funds      | Last year        |
|--|--------------------|------------------|------------------|------------------|------------------|
|  | to the nearest £   | to the nearest £ | to the nearest £ | to the nearest £ | to the nearest £ |
| <b>A1 Receipts</b>   |                    |                  |                  |                  |                  |
|  |                    | -                | -                | -                | -                |
|  |                    | -                | -                | -                | -                |
|  |                    | -                | -                | -                | -                |
|  |                    | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
| <b>Sub total</b> (Gross income for AR)   | -                  | -                | -                | -                | -                |
| <b>A2 Asset and investment sales, (see table).</b>                             |                    |                  |                  |                  |                  |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
| <b>Sub total</b>   | -                  | -                | -                | -                | -                |
| <b>Total receipts</b>  | -                  | -                | -                | -                | -                |
| <b>A3 Payments</b>   |                    |                  |                  |                  |                  |
| 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               | -                |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
| <b>Sub total</b>   | 5,484              | -                | -                | 5,484            | -                |
| <b>A4 Asset and investment purchases, (see table)</b>                          |                    |                  |                  |                  |                  |
|  | -                  | -                | -                | -                | -                |
|  | -                  | -                | -                | -                | -                |
| <b>Sub total</b>   | -                  | -                | -                | -                | -                |
| <b>Total payments</b>  | 5,484              | -                | -                | 5,484            | -                |
| <b>Net of receipts/(payments)</b>  | - 5,484            | -                | -                | - 5,484          | -                |
| <b>A5 Transfers between funds</b>  | -                  | -                | -                | -                | -                |
| <b>A6 Cash funds last year end</b>   | -                  | -                | -                | -                | -                |
| <b>Cash funds this year end</b>  | - 5,484            | -                | -                | - 5,484          | -                |

## Section B Statement of assets and liabilities at the end of the period

| Categories    | Details  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---------------|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Cash at bank and in hand                               | 16,662                             | -                                | -                               |
|               |  | -                                  | -                                | -                               |
|               |  | -                                  | -                                | -                               |
|               | <b>Total cash funds</b>                                | 16,662                             | -                                | -                               |
|               | (agree balances with receipts and payments account(s)) | Agreement Error                    | OK                               | OK                              |



|                          | Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|--------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| B2 Other monetary assets |         | -                                  | -                                | -                               |
|                          |         | -                                  | -                                | -                               |
|                          |         | -                                  | -                                | -                               |
|                          |         | -                                  | -                                | -                               |
|                          |         | -                                  | -                                | -                               |
|                          |         | -                                  | -                                | -                               |

|                      | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|----------------------|---------|-----------------------------|-----------------|--------------------------|
| 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 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        |