

PEAK EMPOWER

England & Wales · Charity number 1187913

Details

Other names	Born to Shine
Status	Registered
Legal form	CIO
Registered	2020-02-12
Register	View on the Charity Commission register

Contact

Address	2 Walpole Way Boughton Northampton NN2 8FN
Phone	07711528681
Email	info@peak-empower.co.uk
Website	www.peak-empower.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE: THE OBJECT OF THE CIO IS TO PROMOTE SOCIAL INCLUSION OF YOUNG PEOPLE IN THE EAST MIDLANDS FOR THE PUBLIC BENEFIT BY USING RECREATIONAL ACTIVITIES TO RELIEVE SOCIAL EXCLUSION AND ASSISTING INTEGRATION INTO SOCIETY.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: We run a series of recreational activities to promote wellbeing and to help reduce social isolation. These activities range from craft and wellness sessions, sports respites, learning to cook on a budget, learning to grow fruits and vegetables, taking part in inclusive sports clubs to helping people to gain experience through volunteering.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** WITHIN EAST MIDLANDS
- Milton Keynes
- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£77,199	£74,879	-	-
2023-09-30	£90,225	£97,374	-	-
2022-09-30	£78,480	£65,550	-	-
2021-09-30	£85,552	£78,319	-	-
2020-09-30	£69,704	£43,923	-	-

Trustees

Name	Role	Appointed
Wayne Tuckfield	Chair	2019-06-01
Charlotte Ashby		2024-05-28
Kimberley Carey		2024-05-28
Sapphire Tuckfield		2023-01-01

PEAK EMPOWER

England & Wales - Charity number 1187913

Accounts

Charity registration number 1187913 (England and Wales)

PEAK EMPOWER
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

PEAK EMPOWER

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mr W Tuckfield
Mrs S Tuckfield
Mrs K Carey
Miss C Ashby

Charity number (England and Wales)

1187913

Principal address

2 Walpole Way
Boughton
Northampton
Northamptonshire
NN2 8FN

Independent examiner

Cottons Accountants LLP
1 Billing Road
Northampton
United Kingdom
NN1 5AL

PEAK EMPOWER

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PEAK EMPOWER

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

The trustees present their annual report and financial statements for the year ended 30 September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people).

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment, financial hardship; young or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee and management meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

In the Financial YE 23-24 Peak Empower and its management have been recognised with several awards, firstly as winner of the Mental Health Awards 2023 (SME News). We were also nominated in the Northampton Community Foundation Awards 2024 for Tackling Inequalities Award, Lady Juliet Townsend Annual Award for Volunteering and The Inspirational Woman Annual Award, for which we won the Tackling Inequalities Award for Peak Empower's Autism Swim programme.

PEAK EMPOWER

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

Financial review

Last financial year Peak Empower started to work collaboratively with other charities, and this has continued to grow, in order to assist with keeping costs within the grant budgets, and to assist with continuing to rebuild the Charities reserves. From this Peak Empower will re-brand to incorporate the work it does with young people with disabilities.

As a Charity Peak Empower has had to manage the rise in administration and event costs, whilst seeing a heavy reduction in the number of grants that cover staff and administration/overhead costs. In some instances the Charity has had to start programs before the funding has arrived, to allow it to be completed within the contractual timescales, as well as receiving part grant payments through the project.

This has resulted in Peak Empower having to utilise Reserves to cover costs.

1. Due to the increase in event costs since the grant applications were made
2. New grants only covering core activity costs, not administration or staff costs
3. Grants taking up to 3 months for the funds to be received after being approved
4. Necessity to have a location to store projects items

This financial year (2023-24) Peak Empower has been continuing with it's collaborative work with other charities and CIC's to hold sessions that are mutually beneficial, and assists with cost management. This has been invaluable to keep within budgets and minimise our additional overheads where possible. This is something we will be continuing with in the next financial year, with the Charity re-branding as a Charitable arm of a local CIC. This financial year, Peak Empower has had to continue to pay additional storage and insurance fees whilst vehicular access near our office has been prohibited. To assist with minimising this and other overhead increases, we have held a few fundraising events in 2023. We will continue these in 2024 and utilise places that will allow us to run a stall for free, where possible.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The charity is controlled by a governing document, a constitution and constitutes a charitable organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr W Tuckfield

Mrs S Tuckfield

Mr E Johnson

(Resigned 28 May 2024)

Mrs K Carey

Miss C Ashby

Recruitment and appointment of trustees

New trustees are elected by another board member and then voted on by the board.

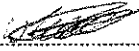
Induction and training of trustees

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

PEAK EMPOWER

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

The trustees' report was approved by the Board of Trustees.



Mr W Tuckfield
Trustee

Date: 28/02/2025

PEAK EMPOWER

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEAK EMPOWER

I report to the trustees on my examination of the financial statements of Peak Empower (the charity) for the year ended 30 September 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across 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 financial statements to be reached.



Mr D Roberts FCA
Cottons Accountants LLP

1 Billing Road
Northampton
NN1 5AL
United Kingdom

Dated: 13/3/2025

PEAK EMPOWER

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	2	20,277	56,717	76,994	22,404	67,684	90,088
Investments	3	205	-	205	137	-	137
Total income		<u>20,482</u>	<u>56,717</u>	<u>77,199</u>	<u>22,541</u>	<u>67,684</u>	<u>90,225</u>
Expenditure on:							
Charitable activities	4	19,769	55,110	74,879	25,252	72,122	97,374
Total expenditure		<u>19,769</u>	<u>55,110</u>	<u>74,879</u>	<u>25,252</u>	<u>72,122</u>	<u>97,374</u>
Net income/(expenditure)		713	1,607	2,320	(2,711)	(4,438)	(7,149)
Transfers between funds		-	-	-	2,576	(2,576)	-
Net movement in funds	5	713	1,607	2,320	(135)	(7,014)	(7,149)
Reconciliation of funds:							
Fund balances at 1 October 2023		200	38,592	38,792	335	45,606	45,941
Fund balances at 30 September 2024		<u>913</u>	<u>40,199</u>	<u>41,112</u>	<u>200</u>	<u>38,592</u>	<u>38,792</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.


PEAK EMPOWER

BALANCE SHEET

AS AT 30 SEPTEMBER 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	8		2,033		4,475
Current assets					
Debitors	10	16,462		11,574	
Cash at bank and in hand		24,428		25,271	
		40,890		36,845	
Creditors: amounts falling due within one year	11	(1,811)		(2,528)	
Net current assets			39,079		34,317
Total assets less current liabilities			41,112		38,792
The funds of the charity					
Restricted income funds	12		40,199		38,592
Unrestricted funds	13		913		200
			41,112		38,792

The financial statements were approved by the trustees on 23/02/25


Mr W Tuckfield
Trustee

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

Charity information

Peak Empower is a unincorporated charity controlled by a governing document.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% on cost
Computers	25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	18,838	9,566	28,404	22,184	16,933	39,117
Grants	-	47,151	47,151	-	50,751	50,751
Other income	156	-	156	184	-	184
Events income	1,283	-	1,283	36	-	36
	<u>20,277</u>	<u>56,717</u>	<u>76,994</u>	<u>22,404</u>	<u>67,684</u>	<u>90,088</u>

3 Income from investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Interest receivable	<u>205</u>	<u>137</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

4 Expenditure on charitable activities

	2024	2023
	£	£
Direct costs		
Staff costs	10,171	13,777
Depreciation and impairment	2,541	2,562
Costs of charitable activity	43,253	52,218
Event costs	13,818	15,456
Subscriptions	334	671
Insurance	567	608
Computer and software	1,708	1,681
Repairs and renewals	36	-
Printing, postage and stationery	455	614
Travel	349	202
Sundries	226	233
Rent	-	7,200
Training costs	446	1,264
Bank charges and interest	135	120
	<u>74,039</u>	<u>96,606</u>
Share of support and governance costs (see note)		
Governance	840	768
	<u>74,879</u>	<u>97,374</u>
Analysis by fund		
Unrestricted funds	19,769	25,252
Restricted funds	55,110	72,122
	<u>74,879</u>	<u>97,374</u>

5 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	-	-
Depreciation of owned tangible fixed assets	2,541	2,562
	<u>2,541</u>	<u>2,562</u>

6 Trustees

Expenses of £436.84 (2023 - £407.76) were paid to a trustee during the period in relation to reimbursed mileage and admin costs.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

7 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	4	6

Employment costs

	2024 £	2023 £
Wages and salaries	10,171	13,777

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

9 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 October 2023	8,472	1,812	10,284
Additions	-	99	99
At 30 September 2024	8,472	1,911	10,383
Depreciation and impairment			
At 1 October 2023	4,570	1,239	5,809
Depreciation charged in the year	2,118	423	2,541
At 30 September 2024	6,688	1,662	8,350
Carrying amount			
At 30 September 2024	1,784	249	2,033
At 30 September 2023	3,902	573	4,475

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

10 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	16,043	11,100
Prepayments and accrued income	419	474
	<u>16,462</u>	<u>11,574</u>

11 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	(104)	(4)
Trade creditors	861	1,344
Other creditors	1,054	1,188
	<u>1,811</u>	<u>2,528</u>

12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
Sports	7,399	-	(5,007)	-	2,392
Wellness and Education	23,687	55,716	(41,596)	-	37,807
Events	7,506	1,001	(8,507)	-	-
	<u>38,592</u>	<u>56,717</u>	<u>(55,110)</u>	<u>-</u>	<u>40,199</u>
Previous year:	At 1 October 2022	Incoming resources	Resources expended	Transfers	At 30 September 2023
	£	£	£	£	£
Sports	10,022	5,787	(7,670)	(740)	7,399
Wellness and Education	35,519	52,612	(63,225)	(1,219)	23,687
Events	65	9,285	(1,227)	(617)	7,506
	<u>45,606</u>	<u>67,684</u>	<u>(72,122)</u>	<u>(2,576)</u>	<u>38,592</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

12 Restricted funds

(Continued)

Restricted Funds

Sports

Peak Empower runs projects to enable access to sporting activities for those that may not normally be able to do so, and to assist people to take part in physical activities.

These include swimming lessons for autistic young people and tennis.

Wellness & Education

Peak Empower runs mentoring programs to assist those who have barriers by empowering them to assist with obtaining work and learning life skills.

With the Cost of Living crisis, we have been providing food parcels and wellness packs to reduce feelings of isolation. We have assisted with free gifts over Christmas, and free school uniform and food vouchers.

Peak Empower has been assisting young people to experience STEM activities, to enable them to increase their wellbeing and promote the benefits back into society. We are running classes that look into how to use computers and to keep safe online. This will assist with young people finding jobs in the future

Events

We have been running events over school half terms and holidays to assist with provision of free activities and lunches for children.

13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
General funds	200	20,482	(19,769)	-	913
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 October 2022	Incoming resources	Resources expended	Transfers	At 30 September 2023
	£	£	£	£	£
General funds	335	22,541	(25,252)	2,576	200
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Unrestricted Funds

Clubs

This year we have been assisting the community with items of clothing, food and essentials, under HSF. Peak Empower have been utilising access to reduced or donated goods from businesses.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2024

14 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 30 September 2024:			
Tangible assets	43	1,990	2,033
Current assets/(liabilities)	870	38,209	39,079
	<u>913</u>	<u>40,199</u>	<u>41,112</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 30 September 2023:			
Tangible assets	145	4,330	4,475
Current assets/(liabilities)	55	34,262	34,317
	<u>200</u>	<u>38,592</u>	<u>38,792</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

PEAK EMPOWER

England & Wales - Charity number 1187913

Accounts

Charity registration number 1187913

PEAK EMPOWER
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

PEAK EMPOWER

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr W Tuckfield Mrs S Tuckfield Mr E Johnson	(Appointed 1 January 2023)
Charity number	1187913	
Principal address	2 Walpole Way Boughton Northampton Northamptonshire NN2 8FN	
Independent examiner	Cottons Accountants LLP 1 Billing Road Northampton United Kingdom NN1 5AL	

PEAK EMPOWER

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PEAK EMPOWER

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The trustees present their annual report and financial statements for the year ended 30 September 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people).

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment, financial hardship; young or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee and management meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

PEAK EMPOWER

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Financial review

Last financial year Peak Empower started to work collaboratively with other charities, and this has continued to grow, in order to assist with keeping costs within the grant budgets, and to assist with continuing to rebuild the Charities reserves.

As a Charity Peak Empower has had to manage the rise in administration and event costs, whilst dealing with a reduction of grants offering to cover administration costs. In some instances the Charity has had to start programs before the funding has arrived, to allow it to be completed within the contractual timescales.

This has resulted in Peak Empower having to utilise Reserves to cover costs.

1. Due to the increase in event costs since the grant applications were made
2. New grants only covering core activity costs, not administration or staff costs
3. Grants taking up to 3 months for the funds to be received after being approved
4. Necessity to have a location to store projects Items

This financial year (2022-23) Peak Empower has been continuing with it's collaborative work with other charities and CIC's to hold sessions that are mutually beneficial, and assists with cost management. This has been invaluable to keep within budgets and minimise our additional overheads where possible. This is something we will be continuing with in the next financial year. This financial year, Peak Empower has had to pay additional storage and insurance fees of £1460 whilst vehicular access near our office has been prohibited, and is due to continue into at least half the next financial year. To assist with minimising this, we have a number of fundraising events planned for 2023, and will look at the 2024 calendar later this year.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The charity is controlled by a governing document, a constitution and constitutes a charitable organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr W Tuckfield

Mrs S Tuckfield

Mr E Johnson

(Appointed 1 January 2023)

Recruitment and appointment of trustees

New trustees are elected by another board member and then voted on by the board.

Induction and training of trustees

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

PEAK EMPOWER

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The trustees' report was approved by the Board of Trustees.


.....

Mr W Tuckfield
Trustee

Date: 24/04/2024.....

PEAK EMPOWER

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEAK EMPOWER

I report to the trustees on my examination of the financial statements of Peak Empower (the charity) for the year ended 30 September 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across 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 financial statements to be reached.



Mr D Roberts FCA
Cottons Accountants LLP

1 Billing Road
Northampton
NN1 5AL
United Kingdom

Dated: 24/04/2024

PEAK EMPOWER

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and legacies	2	22,404	67,684	90,088	10,656	67,819	78,475
Investments	3	137	-	137	6	-	6
Total Income		<u>22,541</u>	<u>67,684</u>	<u>90,225</u>	<u>10,662</u>	<u>67,819</u>	<u>78,481</u>
Charitable activities	4	25,252	72,122	97,374	11,826	53,728	65,554
Net income/(expenditure)		<u>(2,711)</u>	<u>(4,438)</u>	<u>(7,149)</u>	<u>(1,164)</u>	<u>14,091</u>	<u>12,927</u>
Transfers between funds		2,576	(2,576)	-	-	-	-
Net movement in funds		<u>(135)</u>	<u>(7,014)</u>	<u>(7,149)</u>	<u>(1,164)</u>	<u>14,091</u>	<u>12,927</u>
Reconciliation of funds:							
Fund balances at 1 October 2022		335	45,606	45,941	1,499	31,515	33,014
Fund balances at 30 September 2023		<u><u>200</u></u>	<u><u>38,592</u></u>	<u><u>38,792</u></u>	<u><u>335</u></u>	<u><u>45,606</u></u>	<u><u>45,941</u></u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.


PEAK EMPOWER

BALANCE SHEET

AS AT 30 SEPTEMBER 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	8		4,475		7,035
Current assets					
Debtors	9	11,574		29,062	
Cash at bank and in hand		25,271		11,440	
		<u>36,845</u>		<u>40,502</u>	
Creditors: amounts falling due within one year	10	<u>2,528</u>		<u>1,596</u>	
Net current assets			34,317		38,906
Total assets less current liabilities			<u>38,792</u>		<u>45,941</u>
The funds of the charity					
Restricted income funds	11		38,592		45,606
Unrestricted funds			200		335
			<u>38,792</u>		<u>45,941</u>

The financial statements were approved by the trustees on 24/04/2024


.....
Mr W Tuckfield
Trustee

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

Charity information

Peak Empower is a unincorporated charity controlled by a governing document.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% on cost
Computers	25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	22,184	16,933	39,117	9,709	7,593	17,302
Grants	-	50,751	50,751	-	60,226	60,226
Other income	184	-	184	346	-	346
Events income	36	-	36	601	-	601
	<u>22,404</u>	<u>67,684</u>	<u>90,088</u>	<u>10,656</u>	<u>67,819</u>	<u>78,475</u>

3 Income from investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Interest receivable	<u>137</u>	<u>6</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

4 Expenditure on charitable activities

	2023	2022
	£	£
Direct costs		
Staff costs		
Depreciation and impairment	13,777	15,930
Costs of charitable activity	2,562	2,113
Event costs	52,218	22,114
Subscriptions	15,456	11,882
Insurance	671	375
Computer and software	608	816
Repairs and renewals	1,681	1,983
Printing, postage and stationery	-	25
Travel	614	348
Sundries	202	531
Rent	233	809
Training costs	7,200	7,200
Bad debts	1,264	361
Bank charges and interest	-	14
	120	33
	<u>96,606</u>	<u>64,534</u>
Share of support and governance costs (see note)		
Governance	768	1,020
	<u>97,374</u>	<u>65,554</u>
Analysis by fund		
Unrestricted funds	25,252	11,826
Restricted funds	72,122	53,728
	<u>97,374</u>	<u>65,554</u>

5 Trustees

Expenses of £407.76 (2022 - £400.14) were paid to a trustee during the period in relation to reimbursed mileage and admin costs.

6 Employees

The average monthly number of employees during the year was:

2023	2022
Number	Number
6	6
<u>6</u>	<u>6</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

6 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	<u>13,777</u>	<u>15,930</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

7 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

8 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 October 2022	8,472	1,812	10,284
At 30 September 2023	<u>8,472</u>	<u>1,812</u>	<u>10,284</u>
Depreciation and impairment			
At 1 October 2022	2,452	795	3,247
Depreciation charged in the year	2,118	444	2,562
At 30 September 2023	<u>4,570</u>	<u>1,239</u>	<u>5,809</u>
Carrying amount			
At 30 September 2023	<u>3,902</u>	<u>573</u>	<u>4,475</u>
At 30 September 2022	<u>6,019</u>	<u>1,016</u>	<u>7,035</u>

9 Debtors

Amounts falling due within one year:	2023 £	2022 £
Trade debtors	-	200
Other debtors	11,100	28,322
Prepayments and accrued income	474	540
	<u>11,574</u>	<u>29,062</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	(4)	(25)
Trade creditors	1,344	760
Other creditors	1,188	907
Accruals and deferred income	-	(46)
	<u>2,528</u>	<u>1,596</u>

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2022 £	Incoming resources £	Resources expended £	Transfers £	At 30 September 2023 £
Sports	10,022	5,787	(7,670)	(740)	7,399
Wellness and Education	35,519	52,612	(63,225)	(1,219)	23,687
Events	65	9,285	(1,227)	(617)	7,506
	<u>45,606</u>	<u>67,684</u>	<u>(72,122)</u>	<u>(2,576)</u>	<u>38,592</u>
Previous year:	At 1 October 2021 £	Incoming resources £	Resources expended £	Transfers £	At 30 September 2022 £
Sports	27,918	4,935	(22,831)	-	10,022
Wellness and Education	2,696	54,461	(21,638)	-	35,519
Training	901	-	(901)	-	-
Events	-	8,423	(8,358)	-	65
	<u>31,515</u>	<u>67,819</u>	<u>(53,728)</u>	<u>-</u>	<u>45,606</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2023

11 Restricted funds

(Continued)

Restricted Funds

Sports

Peak Empower runs projects to enable access to sporting activities for those that may not normally be able to do so, and to assist people to take part in physical activities.

These include swimming lessons for autistic young people, cycling lessons and walking tennis.

Wellness & Education

Peak Empower runs mentoring programs to assist those who have barriers by empowering them to assist with obtaining work and learning life skills.

With the Cost of Living crisis, we have been providing food parcels and wellness packs to reduce feelings of isolation. We have assisted with free gifts over Christmas, and free school uniform and food vouchers.

Peak Empower has been assisting those in the elderly community to reduce their social isolation by creating events to attend and to look at improving wellness through assisting with purchasing materials to reduce energy costs.

Events

We have been running events over school half terms and holidays to assist with provision of free activities for children.

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2022	Incoming resources	Resources expended	Transfers	At 30 September 2023
	£	£	£	£	£
General funds	335	22,541	(25,252)	2,576	200
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 October 2021	Incoming resources	Resources expended	Transfers	At 30 September 2022
	£	£	£	£	£
General funds	1,499	10,662	(11,826)	-	335
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

12 Unrestricted funds

(Continued)

Unrestricted Funds

Clubs

This year we have managed to run several 6 week swimming programmes, aimed at children diagnosed with autism.

Peak Empower have been running a range of programmes for young people with learning difficulties and young children with a range of additional needs

13 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 30 September 2023 are represented by:			
Tangible assets	145	4,330	4,475
Current assets/(liabilities)	55	34,262	34,317
	<u>200</u>	<u>38,592</u>	<u>38,792</u>

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 30 September 2022 are represented by:			
Tangible assets	292	6,743	7,035
Current assets/(liabilities)	43	38,863	38,906
	<u>335</u>	<u>45,606</u>	<u>45,941</u>

14 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

PEAK EMPOWER

England & Wales - Charity number 1187913

Accounts

Charity registration number 1187913

PEAK EMPOWER
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

PEAK EMPOWER

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr W Tuckfield Mrs S Tuckfield Mr E Johnson	(Appointed 1 January 2023) (Appointed 18 March 2022)
Charity number	1187913	
Principal address	2 Walpole Way Boughton Northampton Northamptonshire NN2 8FN	
Independent examiner	Cottons Accountants LLP 1 Billing Road Northampton United Kingdom NN1 5AL	

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PEAK EMPOWER

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The trustees present their annual report and financial statements for the year ended 30 September 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people).

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment, financial hardship; young or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee and management meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

Achievements and performance

PEAK EMPOWER

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Financial review

Peak Empower has been fortunate to receive grants towards the cost of training staff and running the charity during and after the Covid pandemic.

This financial year Peak Empower has started to work collaboratively with other charities in order to assist with keeping costs within the grant budgets, and to assist with rebuilding the Charities reserves.

More collaborative work will continue in the next financial year.

As a Charity Peak Empower has had to manage the rise in administration and event costs, whilst dealing with a reduction of grants offering to cover administration costs. In some instances the Charity has had to start programs before the funding has arrived, to allow it to be completed within the contractual timescales.

This has resulted in Peak Empower having to utilise Reserves to cover costs.

1. Due to the increase in event costs since the grant applications were made
2. New grants only covering core activity costs, not administration or staff costs
3. Grants taking up to 5 months for the funds to be received after being approved

This financial year (2021-22) Peak Empower has been negotiating costs with their Insurance, Event suppliers and IT providers, as well as making effective use of their network to secure items at a reduced rate and to work collaboratively to split event costs. This has resulted in Peak Empower having a net gain for the financial year of +£178.68 to add to their Reserves, to assist with further increases in the next financial year that the Charity is already aware of, and those that will not have been anticipated in their financial planning and budgeting for the next financial year 2022-23.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The charity is controlled by a governing document, a constitution and constitutes a charitable incorporated organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr W Tuckfield	
Mrs S Tuckfield	(Appointed 1 January 2023)
Mr E Johnson	(Appointed 18 March 2022)
Ms C Byrne	(Resigned 16 March 2022)
Mrs S Trewin	(Resigned 30 September 2022)
Mrs V Edwin-Camp	(Resigned 31 December 2021)

New trustees are elected by another board member and then voted on by the board.

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

PEAK EMPOWER

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

The trustees' report was approved by the Board of Trustees.



.....
Mr W Tuckfield
Trustee

Date: 11/05/2023

PEAK EMPOWER

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEAK EMPOWER

I report to the trustees on my examination of the financial statements of Peak Empower (the charity) for the year ended 30 September 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

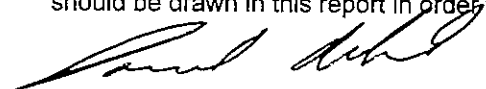
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across 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 financial statements to be reached.



Mr D Roberts FCA
Cottons Accountants LLP

1 Billing Road
Northampton
NN1 5AL
United Kingdom

Dated: 17/5/23

PEAK EMPOWER

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted funds 2022 £	Restricted funds 2021 £	Total 2021 £
Income from:						
Donations and legacies	2	10,656	67,819	78,475	11,547	84,370
Charitable activities		-	-	-	1,051	1,051
Other trading activities		-	-	-	-	118
Investments	3	6	-	6	14	14
Total income		<u>10,662</u>	<u>67,819</u>	<u>78,481</u>	<u>12,612</u>	<u>85,553</u>
Expenditure on:						
Charitable activities	4	<u>11,826</u>	<u>53,728</u>	<u>65,554</u>	<u>12,675</u>	<u>78,320</u>
Net (expenditure)/income for the year/						
Net movement in funds		(1,164)	14,091	12,927	(63)	7,233
Fund balances at 1 October 2021		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>	<u>1,562</u>	<u>25,781</u>
Fund balances at 30 September 2022		<u><u>335</u></u>	<u><u>45,606</u></u>	<u><u>45,941</u></u>	<u><u>1,499</u></u>	<u><u>33,014</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

PEAK EMPOWER

BALANCE SHEET

AS AT 30 SEPTEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	7		7,035		7,355
Current assets					
Debtors	8	29,062		1,037	
Cash at bank and in hand		11,440		28,240	
		<u>40,502</u>		<u>29,277</u>	
Creditors: amounts falling due within one year	9	<u>(1,596)</u>		<u>(3,618)</u>	
Net current assets			38,906		25,659
Total assets less current liabilities			<u>45,941</u>		<u>33,014</u>
Income funds					
Restricted funds	10		45,606		31,515
Unrestricted funds			335		1,499
			<u>45,941</u>		<u>33,014</u>

The financial statements were approved by the Trustees on ...11/5/23



Mr W Tuckfield
Trustee

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

Charity information

Peak Empower is a unincorporated charity controlled by a governing document.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% on cost
Computers	25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	9,709	7,593	17,302	8,438	7,573	16,011
Grants	-	60,226	60,226	-	65,250	65,250
Other income	346	-	346	86	-	86
Events income	601	-	601	3,023	-	3,023
	<u>10,656</u>	<u>67,819</u>	<u>78,475</u>	<u>11,547</u>	<u>72,823</u>	<u>84,370</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

3 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	6	14

4 Charitable activities

	Charitable Expenditure	Charitable Expenditure
	2022	2021
	£	£
Staff costs	15,930	19,118
Depreciation and impairment	2,113	1,089
Costs of charitable activity	22,114	30,115
Event costs	11,882	11,801
Subscriptions	375	148
Insurance	816	1,089
Computer and software	1,983	1,745
Repairs and renewals	25	201
Printing, postage and stationery	348	904
Travel	531	990
Sundries	809	162
Clothing costs	-	424
Rent	7,200	7,438
Training costs	361	2,056
Bad debts	14	65
Bank charges and interest	33	295
	<u>64,534</u>	<u>77,640</u>
Share of governance costs (see note)	1,020	680
	<u>65,554</u>	<u>78,320</u>
Analysis by fund		
Unrestricted funds	11,826	12,675
Restricted funds	53,728	65,645
	<u>65,554</u>	<u>78,320</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

5 Trustees

Remuneration of £1,139.05 was paid to Verity Edwin Camp in the previous period for the running of activities. She is no longer a trustee for the 2022 period.

Expenses of £400.14 (2021 - £674.83) were paid to a trustee during the period in relation to reimbursed mileage and admin costs.

6 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	6	6
	<u>6</u>	<u>6</u>
Employment costs	2022	2021
	£	£
Wages and salaries	15,930	19,118
	<u>15,930</u>	<u>19,118</u>

There were no employees whose annual remuneration was more than £60,000.

7 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 October 2021	6,678	1,812	8,490
Additions	1,794	-	1,794
	<u>8,472</u>	<u>1,812</u>	<u>10,284</u>
At 30 September 2022	8,472	1,812	10,284
	<u>8,472</u>	<u>1,812</u>	<u>10,284</u>
Depreciation and impairment			
At 1 October 2021	783	352	1,135
Depreciation charged in the year	1,670	444	2,114
	<u>2,453</u>	<u>796</u>	<u>3,249</u>
At 30 September 2022	2,453	796	3,249
	<u>2,453</u>	<u>796</u>	<u>3,249</u>
Carrying amount			
At 30 September 2022	6,019	1,016	7,035
	<u>6,019</u>	<u>1,016</u>	<u>7,035</u>
At 30 September 2021	5,895	1,460	7,355
	<u>5,895</u>	<u>1,460</u>	<u>7,355</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

8 Debtors		
	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	200	-
Other debtors	28,322	447
Prepayments and accrued income	540	590
	<u>29,062</u>	<u>1,037</u>
	<u><u>29,062</u></u>	<u><u>1,037</u></u>
9 Creditors: amounts falling due within one year		
	2022	2021
	£	£
Other taxation and social security	(25)	-
Trade creditors	760	1,097
Other creditors	907	1,793
Accruals and deferred income	(46)	728
	<u>1,596</u>	<u>3,618</u>
	<u><u>1,596</u></u>	<u><u>3,618</u></u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2022

10 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 30 September 2022
	Balance at 1 October 2020	Incoming resources	Resources expended	Balance at 1 October 2021	Incoming resources	Resources expended	
	£	£	£	£	£	£	£
Sports	13,702	38,467	(24,251)	27,918	4,935	(22,831)	10,022
Wellness and Education	968	32,014	(30,286)	2,696	54,461	(21,638)	35,519
Training	279	2,021	(1,399)	901	-	(901)	-
Events	-	-	-	-	8,423	(8,358)	65
COVID	9,270	177	(9,447)	-	-	-	-
	<u>24,219</u>	<u>72,679</u>	<u>(65,383)</u>	<u>31,515</u>	<u>67,819</u>	<u>(53,728)</u>	<u>45,606</u>

Sports

Peak Empower runs projects to enable access to sporting activities for those that may not normally be able to do so.

These include swimming lessons for autistic young people, cycling lessons and the provision of adapted cycles for those less able to use conventional cycles

Group sporting activities for Home Educated Children to reduce social isolation and increase participation in sports.

Peak Empower also runs shorter sports courses and establishes sports clubs, depending on grant funding.

Wellness & Education

Peak Empower runs mentoring programs to assist those who have barriers to obtaining work back into the workplace

They also provide food parcels and wellness packs to assist those in need and reduce feelings of isolation.

Peak Empower has been assisting those in the elderly community to reduce their social isolation by creating events to attend and to look at improving wellness through assisting with purchasing materials to reduce energy costs.

Events

One off events that can be accessed by all, depending on grant funding

11 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 30 September 2022 are represented by:						
Tangible assets	292	6,743	7,035	7,355	-	7,355
Current assets/(liabilities)	43	38,863	38,906	25,659	-	25,659
	<u>335</u>	<u>45,606</u>	<u>45,941</u>	<u>33,014</u>	<u>-</u>	<u>33,014</u>

PEAK EMPOWER

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 30 SEPTEMBER 2022*

12 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

PEAK EMPOWER

England & Wales - Charity number 1187913

Accounts

REGISTERED CHARITY NUMBER: 1187913

Report of the Trustees and
Unaudited Financial Statements
For The Year Ended 30 September 2021
for
Peak Empower

Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Peak Empower

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For The Year Ended 30 September 2021

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Peak Empower
Report of the Trustees
For The Year Ended 30 September 2021

The trustees present their report with the financial statements of the charity for the year ended 30 September 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people)

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Public benefit

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at out trustee meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

Volunteers

We rely heavily on volunteers and are lucky enough to have a range of volunteers who have a vast range of knowledge and skills.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

- Delivered over 4000 wellbeing packs to people in isolation during the pandemic and received the rose of Northamptonshire award for our good work
- Created a new inclusive tennis club that runs as a cost neutral
- Ran 12 empowering sports courses for young people who are being home schooled and expanded into performing arts and art
- Started a new STEP programme allowing us to help those who find it hard to gain employment or have lost their jobs due to Covid, we provide practical support, mental well-being sessions, sports sessions, online cooking sessions and help them to keep to realistic budgets
- Adapted our existing projects to enable these to be fulfilled in spite of the restrictions in force due to Covid.
- Funded and supported an Art project with the High Sheriff for children from deprived backgrounds
- Created a series of parent and child activities for those self isolated
- Helped over 250 families in poverty to have food for xmas and presents
- Helped provide food for 25 elderly for the period of December - February

Peak Empower
Report of the Trustees
For The Year Ended 30 September 2021

FINANCIAL REVIEW

Financial position

The Charity will hold sufficient unrestricted reserves to cover the administration costs of the Charity for six months. If the Treasurer deems it necessary to draw down on these reserves, the Trustees will be notified with the reason(s) why this will be required, and actioned after the Trustees have confirmed their agreement with this action. The board plan to undertake fundraising activities in the 2021/22 financial year to assist with our Unrestricted reserves. As of 30.9.21 the Unrestricted Reserves were -£63 due to non payment from participants.

Principal funding sources

The main sources of funds this year were grants made to Peak Empower from The Postcode Lottery, The Lottery and Northampton Community Foundation.

FUTURE PLANS

Increase the number of inclusive recreational clubs
Continue with the STEP programme to help those with particular issues in accessing work
Expansion of the HERO program which provides recreational activities for Home Educated young people.
Continue our work in helping those who are socially isolated.
Expand to work more with elderly people in isolation

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution and constitutes a charitable incorporated organisation.

Recruitment and appointment of new trustees

Elected by another board member and then voted on by the board

Induction and training of new trustees

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1187913

Principal address

2 Walpole Way
Boughton
Northampton
Northamptonshire
NN2 8FN

Trustees

Ms C Byrne (resigned 16/03/2022)
Mrs S Trewin
Mr W Tuckfield
Mrs V Edwin-Camp (resigned 31/12/2021)
Mr E Johnson (appointed 22/3/2022)

Independent Examiner

Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Peak Empower

Report of the Trustees

For The Year Ended 30 September 2021

28th June 2022

Approved by order of the board of trustees on and signed on its behalf by:



.....
Mr W Tuckfield - Trustee





**Independent Examiner's Report to the Trustees of
Peak Empower**

Independent examiner's report to the trustees of Peak Empower

I report to the charity trustees on my examination of the accounts of Peak Empower (the Trust) for the year ended 30 September 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across 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.



Mr D Roberts
FCA
Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Date:30/06/2022

Peak Empower

Statement of Financial Activities
For The Year Ended 30 September 2021

	Notes	Unrestricted fund £	Restricted funds £	Year ended 30/9/21 Total funds £	Period 12/2/20 to 30/9/20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		11,547	72,940	84,487	69,663
Charitable activities					
Charitable activities		1,051	-	1,051	-
Other income		<u>14</u>	<u>-</u>	<u>14</u>	<u>41</u>
Total		12,612	72,940	85,552	69,704
EXPENDITURE ON					
Charitable activities					
Charitable activities		12,675	65,644	78,319	43,923
NET INCOME/(EXPENDITURE)		(63)	7,296	7,233	25,781
RECONCILIATION OF FUNDS					
Total funds brought forward		1,562	24,219	25,781	-
TOTAL FUNDS CARRIED FORWARD		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>	<u>25,781</u>


The notes form part of these financial statements

Peak Empower

Balance Sheet
30 September 2021

	Notes	Unrestricted fund £	Restricted funds £	30/9/21 Total funds £	30/9/20 Total funds £
FIXED ASSETS					
Tangible assets	4	441	6,915	7,356	318
CURRENT ASSETS					
Debtors	5	1,037	-	1,037	426
Cash at bank and in hand		<u>3,364</u>	<u>24,876</u>	<u>28,240</u>	<u>25,704</u>
		4,401	24,876	29,277	26,130
CREDITORS					
Amounts falling due within one year	6	(3,343)	(276)	(3,619)	(667)
NET CURRENT ASSETS		<u>1,058</u>	<u>24,600</u>	<u>25,658</u>	<u>25,463</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>	<u>25,781</u>
NET ASSETS		<u>1,499</u>	<u>31,515</u>	<u>33,014</u>	<u>25,781</u>
FUNDS	7				
Unrestricted funds				1,499	1,562
Restricted funds				<u>31,515</u>	<u>24,219</u>
TOTAL FUNDS				<u>33,014</u>	<u>25,781</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28th June 2022..... and were signed on its behalf by:


Mr W Tuckfield - Trustee

Peak Empower

Notes to the Financial Statements For The Year Ended 30 September 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Equipment	- 25% on cost
Computer equipment	- 25% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Peak Empower

Notes to the Financial Statements - continued
For The Year Ended 30 September 2021

2. **TRUSTEES' REMUNERATION AND BENEFITS**

Remuneration of £1,139.05 (2020 - £432.35) was paid to Verity Edwin Camp during the period for the running of activities.

Trustees' expenses

Expenses of £674.83 were paid to a trustee during the period in relation to reimbursed mileage and admin costs.

3. **COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	5,154	64,509	69,663
Other income	<u>41</u>	<u>-</u>	<u>41</u>
Total	5,195	64,509	69,704
EXPENDITURE ON			
Charitable activities			
Charitable activities	<u>3,632</u>	<u>40,291</u>	<u>43,923</u>
NET INCOME	<u>1,563</u>	<u>24,218</u>	<u>25,781</u>
TOTAL FUNDS CARRIED FORWARD	<u>1,563</u>	<u>24,218</u>	<u>25,781</u>

4. **TANGIBLE FIXED ASSETS**

	Equipment £	Computer equipment £	Totals £
COST			
At 1 October 2020	-	364	364
Additions	<u>6,678</u>	<u>1,448</u>	<u>8,126</u>
At 30 September 2021	<u>6,678</u>	<u>1,812</u>	<u>8,490</u>
DEPRECIATION			
At 1 October 2020	-	46	46
Charge for year	<u>783</u>	<u>305</u>	<u>1,088</u>
At 30 September 2021	<u>783</u>	<u>351</u>	<u>1,134</u>
NET BOOK VALUE			
At 30 September 2021	<u>5,895</u>	<u>1,461</u>	<u>7,356</u>
At 30 September 2020	<u>-</u>	<u>318</u>	<u>318</u>

Peak Empower

Notes to the Financial Statements - continued
For The Year Ended 30 September 2021

5.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	30/9/21	30/9/20
		£	£
	Other debtors	447	114
	Prepayments and accrued income	<u>590</u>	<u>312</u>
		<u>1,037</u>	<u>426</u>
6.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	30/9/21	30/9/20
		£	£
	Trade creditors	1,098	(1,525)
	Other creditors	<u>2,521</u>	<u>2,192</u>
		<u>3,619</u>	<u>667</u>
7.	MOVEMENT IN FUNDS		
		Net movement in funds	
	At 1/10/20	£	At 30/9/21
		£	£
	Unrestricted funds		
	General fund	1,562	(63)
			1,499
	Restricted funds		
	Sports	13,702	14,216
	Wellness and Education	968	1,728
	Covid	9,270	(9,270)
	Training	<u>279</u>	<u>622</u>
		<u>24,219</u>	<u>7,296</u>
			<u>31,515</u>
	TOTAL FUNDS	<u>25,781</u>	<u>7,233</u>
			<u>33,014</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	12,612	(12,675)	(63)
Restricted funds			
Sports	38,467	(24,251)	14,216
Wellness and Education	32,014	(30,286)	1,728
Events	536	(536)	-
Covid	177	(9,447)	(9,270)
Training	<u>2,021</u>	<u>(1,399)</u>	<u>622</u>
	<u>73,215</u>	<u>(65,919)</u>	<u>7,296</u>
TOTAL FUNDS	<u>85,827</u>	<u>(78,594)</u>	<u>7,233</u>

Peak Empower

Notes to the Financial Statements - continued
For The Year Ended 30 September 2021

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement in funds £	At 30/9/20 £
Unrestricted funds		
General fund	1,562	1,562
Restricted funds		
Sports	13,702	13,702
Wellness and Education	968	968
Covid	9,270	9,270
Training	<u>279</u>	<u>279</u>
	<u>24,219</u>	<u>24,219</u>
TOTAL FUNDS	<u>25,781</u>	<u>25,781</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	5,195	(3,633)	1,562
Restricted funds			
Sports	22,540	(8,838)	13,702
Wellness and Education	5,940	(4,972)	968
Events	347	(347)	-
Covid	35,267	(25,997)	9,270
Training	<u>415</u>	<u>(136)</u>	<u>279</u>
	<u>64,509</u>	<u>(40,290)</u>	<u>24,219</u>
TOTAL FUNDS	<u>69,704</u>	<u>(43,923)</u>	<u>25,781</u>

Sports

Peak Empower runs projects to enable access to sporting activities for those that may not normally be able to do so.

These include swimming lessons for autistic young people, cycling lessons and the provision of adapted cycles for those less able to use conventional cycles

Group sporting activities for Home Educated Children to reduce social isolation and increase participation in sports.

Peak Empower also runs shorter sports courses and establishes sports clubs, depending on grant funding.

Wellness & Education

Peak Empower runs mentoring programs to assist those who have barriers to obtaining work back into the workplace

They also provide food parcels and wellness packs to assist those in need and reduce feelings of isolation.

Events

One off events that can be accessed by all, depending on grant funding

Peak Empower

Notes to the Financial Statements - continued
For The Year Ended 30 September 2021

7. MOVEMENT IN FUNDS - continued

Running Costs

Peak Empower has been fortunate to receive grants towards the cost of training staff and running the charity during the Covid pandemic.

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2021.

Peak Empower

Detailed Statement of Financial Activities
For The Year Ended 30 September 2021

	Year ended 30/9/21 £	Period 12/2/20 to 30/9/20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	(1)
Donations	16,011	2,723
Grants	65,249	65,800
Membership subscriptions	-	485
Events Income	3,141	557
Local lotteries	<u>86</u>	<u>99</u>
	84,487	69,663
Charitable activities		
Grants	1,051	-
Other income		
Other income	-	25
Bank interest received	<u>14</u>	<u>16</u>
	<u>14</u>	<u>41</u>
Total incoming resources	85,552	69,704
EXPENDITURE		
Charitable activities		
Wages	19,118	5,309
Cost of charitable activity	30,114	26,575
Event costs	11,801	5,033
Subscriptions	148	127
Insurance	1,089	716
Computer and software	1,745	319
Repairs and renewals	201	-
Printing, postage & stationery	904	361
Travel	990	3,921
Sundries	162	65
Clothing costs	424	481
Rent	7,438	276
Training costs	2,056	-
Depreciation of tangible fixed assets	1,089	46
Bank charges and interest	295	70
Bad debts	<u>65</u>	<u>-</u>
	77,639	43,299
Support costs		

This page does not form part of the statutory financial statements

Peak Empower

Detailed Statement of Financial Activities
For The Year Ended 30 September 2021

	Year ended 30/9/21 £	Period 12/2/20 to 30/9/20 £
Support costs		
Governance costs		
Accountancy and legal fees	<u>680</u>	<u>624</u>
Total resources expended	<u>78,319</u>	<u>43,923</u>
Net income	<u>7,233</u>	<u>25,781</u>

This page does not form part of the statutory financial statements

PEAK EMPOWER

England & Wales - Charity number 1187913

Accounts

Report of the Trustees and
Unaudited Financial Statements
For The Period 12 February 2020 to 30 September 2020
for
Peak Empower

Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Peak Empower

Contents of the Financial Statements
For The Period 12 February 2020 to 30 September 2020

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Statement of Financial Activities	5
Balance Sheet	6
Notes to the Financial Statements	7 to 10
Detailed Statement of Financial Activities	11

Peak Empower

Report of the Trustees **For The Period 12 February 2020 to 30 September 2020**

The trustees present their report with the financial statements of the charity for the period 12 February 2020 to 30 September 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of Peak Empower is to promote social inclusion in the East Midlands for the public benefit by using recreational activities to relieve social exclusion and assisting integration into society, (primarily but not exclusively for young people)

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Public benefit

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings:

Our main activities include creating and running a series of inclusive sports clubs each year which give access to everyone no matter what additional needs they may have.

To work with those who are socially isolated via a range of empowering courses and projects to help them gain confidence and become more self-sufficient.

We work closely with the council and other groups and charities to help create strong networks and ensure that we participate in any suitable activities.

Our mission is to promote the positive use of recreational activities to improve well-being in marginalised groups by providing clubs and courses to help empower and enable individuals gain confidence in themselves.

Our aims are to:

- Improve well-being, confidence and self-esteem through recreational activities
- Increase number and availability of inclusive clubs
- Decrease social isolation
- Reduce negative perceptions of disability, mental health and disengaged youth

Volunteers

We rely heavily on volunteers and are lucky enough to have a range of volunteers who have a vast range of knowledge and skills.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

- Delivered over 4000 wellbeing packs to people in isolation during the pandemic and received the rose of Northamptonshire award for our good work
- Created a new inclusive tennis club that runs as a cost neutral
- Ran 10 empowering sports courses for young people who are being home schooled and 4 online courses
- Started a new STEP programme allowing us to help those who find it hard to gain employment or have lost their jobs due to Covid, we provide practical support, mental well-being sessions, sports sessions, online cooking sessions and help them to keep to realistic budgets
- Adapted our existing projects to enable these to be fulfilled in spite of the restrictions in force due to Covid.

Peak Empower

Report of the Trustees **For The Period 12 February 2020 to 30 September 2020**

FINANCIAL REVIEW

Financial position

The Charity will hold sufficient unrestricted reserves to cover the administration costs of the Charity for six months. If Treasurer deems it necessary to draw down on these reserves, the Trustees will be notified that this has happened and the reasons requiring the reserves to be used. As at 30.09.20 the unrestricted reserves were £1,562, which will more than cover this requirement.

Principal funding sources

The main sources of funds this year were grants made to Peak Empower from Sport England, The Lottery and Northampton Community Foundation.

Peak Empower received a number of grants to run sporting activities for those that cannot easily access them. However these activities had to be postponed due to lockdown restrictions leading to £13702 grant income received for activities that will take place in the next financial year as soon as restrictions are lifted.

Peak Empower also received grants to help those particularly affected by Covid restrictions, which were still in progress at the period end.

FUTURE PLANS

Increase the number of inclusive recreational clubs

Continue with the STEP programme to help those with particular issues in accessing work

Expansion of the HERO program which provides recreational activities for Home Educated young people.

Continue our work in helping those who are socially isolated.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution and constitutes a charitable incorporated organisation.

Recruitment and appointment of new trustees

Elected by another board member and then voted on by the board

Induction and training of new trustees

Peak Empower has a range of policies and procedures, especially in regards to safeguarding. Everyone who works with our beneficiaries must be fully DBS checked and have training in safeguarding and inclusion.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1187913

Principal address

2 Walpole Way

Boughton

Northampton

Northamptonshire

NN2 8FN

Trustees

Ms C Byrne

Mrs S Trewin

Mr W Tuckfield

Mrs V Edwin-Camp

Mrs L Somers (resigned 6/7/2020)

Independent Examiner

Cottons Accountants LLP

1 Billing Road

Northampton

Northamptonshire

NN1 5AL

Peak Empower

Report of the Trustees

For The Period 12 February 2020 to 30 September 2020

Approved by order of the board of trustees on 6th April 2021 and signed on its behalf by:


.....
Ms C Byrne - Trustee

Independent Examiner's Report to the Trustees of
Peak Empower

Independent examiner's report to the trustees of Peak Empower

I report to the charity trustees on my examination of the accounts of Peak Empower (the Trust) for the period 12 February 2020 to 30 September 2020.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

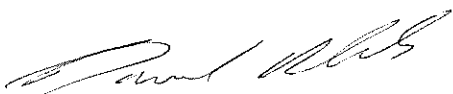
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across 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.



Mr D Roberts
FCA
Cottons Accountants LLP
1 Billing Road
Northampton
Northamptonshire
NN1 5AL

Date: 7/9/21

Peak Empower

Statement of Financial Activities
For The Period 12 February 2020 to 30 September 2020

	Notes	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		5,154	64,509	69,663
Other income		<u>41</u>	<u>-</u>	<u>41</u>
Total		5,195	64,509	69,704
EXPENDITURE ON				
Charitable activities				
Charitable activities		3,633	40,290	43,923
		<u> </u>	<u> </u>	<u> </u>
NET INCOME		1,562	24,219	25,781
		<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>

The notes form part of these financial statements

Peak Empower

Balance Sheet
30 September 2020

	Notes	Unrestricted fund £	Restricted funds £	Total funds £
FIXED ASSETS				
Tangible assets	3	318	-	318
CURRENT ASSETS				
Debtors	4	426	-	426
Cash at bank and in hand		<u>1,485</u>	<u>24,219</u>	<u>25,704</u>
		1,911	24,219	26,130
CREDITORS				
Amounts falling due within one year	5	(667)	-	(667)
NET CURRENT ASSETS		<u>1,244</u>	<u>24,219</u>	<u>25,463</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>
NET ASSETS		<u>1,562</u>	<u>24,219</u>	<u>25,781</u>
FUNDS	6			
Unrestricted funds				1,562
Restricted funds				<u>24,219</u>
TOTAL FUNDS				<u>25,781</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 6th April 2021, and were signed on its behalf by:


Ms C Byrne - Trustee


Mrs S Trewin - Trustee


Mr W Tackfield - Trustee


Mrs V Edwin-Camp - Trustee

Peak Empower

Notes to the Financial Statements **For The Period 12 February 2020 to 30 September 2020**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. TRUSTEES' REMUNERATION AND BENEFITS

Remuneration of £432.35 was paid to Verity Edwin Camp during the period for the running of activities.

Peak Empower

Notes to the Financial Statements - continued
For The Period 12 February 2020 to 30 September 2020

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

Expenses of £19.80 and £2,980.89 were paid to two trustees during the period in relation to reimbursed mileage.

3. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	<u>364</u>
DEPRECIATION	
Charge for year	<u>46</u>
NET BOOK VALUE	
At 30 September 2020	<u><u>318</u></u>

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other debtors	114
Prepayments and accrued income	<u>312</u>
	<u><u>426</u></u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade creditors	(1,525)
Other creditors	<u>2,192</u>
	<u><u>667</u></u>

6. MOVEMENT IN FUNDS

	Net movement in funds £	At 30/9/20 £
Unrestricted funds		
General fund	1,562	1,562
Restricted funds		
Sports	13,702	13,702
Wellness and Education	968	968
Covid	9,270	9,270
Training	<u>279</u>	<u>279</u>
	<u>24,219</u>	<u>24,219</u>
TOTAL FUNDS	<u><u>25,781</u></u>	<u><u>25,781</u></u>

Peak Empower

Notes to the Financial Statements - continued
For The Period 12 February 2020 to 30 September 2020

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	5,195	(3,633)	1,562
Restricted funds			
Sports	22,540	(8,838)	13,702
Wellness and Education	5,940	(4,972)	968
Events	347	(347)	-
Covid	35,267	(25,997)	9,270
Training	<u>415</u>	<u>(136)</u>	<u>279</u>
	<u>64,509</u>	<u>(40,290)</u>	<u>24,219</u>
TOTAL FUNDS	<u>69,704</u>	<u>(43,923)</u>	<u>25,781</u>

SPORTS

Autism Swim - Specialised Swimming Instruction for those with Autism, one course open to all those with autism and one course specifically for girls.

Cycling - Provision of adapted cycles and teaching over 14 year old disabled persons to ride a cycle

HERO - Group sporting activities for Home Educated Children to reduce social isolation and increase participation in sports. (Northampton & Milton Keynes)

Hula Hooping - Hula Hooping course for young carers and over 70's

Summer Activities - Adventure activities for socially isolated or vulnerable children during the school summer holiday.

Climbing - An inclusive climbing course based at Nene Centre Thrapston

Wilson Grant - Session supervisors for two inclusive club sessions a week

WELLNESS & EDUCATION

Respite Week - Outdoor activities for children who may have difficulties accessing this normally / also to give their Carers a respite period in school holiday

STEP mentoring - Support and advice for unemployed young people with particular needs and care leavers then expanded to include anyone who had lost their job over the pandemic.

This includes also helping them financially with food parcels, mentally with wellbeing classes and physically through access to online or outdoor sports sessions

Summer Program - Teaching life skills to young people

EVENTS

Science - Grant to run an activity during British Science Week

Magic Grants - Activity days for socially isolated children

Peak Empower

Notes to the Financial Statements - continued
For The Period 12 February 2020 to 30 September 2020

6. MOVEMENT IN FUNDS - continued

COVID

COVID WELLNESS - Provision of wellness packs to reduce feeling of isolation and reduce need in those particularly adversely affected by Covid restrictions. Provision on online courses that improve mental health.

Caring for Carers - Wellness packs for carers particularly adversely affected by Covid restrictions and Kindle Fires to care homes so that they can connect with family

COVID PPE - Provision of PPE to community groups to enable them to carry out their activities

TRAINING - Grant to enable staff to undertake relevant training

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 30 September 2020.

Peak Empower

Detailed Statement of Financial Activities
For The Period 12 February 2020 to 30 September 2020

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations	2,722
Grants	65,800
Membership subscriptions	485
Events Income	557
Local lotteries	<u>99</u>
	69,663

Other income

Other income	25
Bank interest received	<u>16</u>
	<u>41</u>

Total incoming resources

69,704

EXPENDITURE

Charitable activities

Wages	5,309
Cost of charitable activity	26,575
Event costs	5,033
Subscriptions	127
Insurance	716
Computer and software	319
Printing, postage & stationery	361
Travel	3,921
Sundries	65
Clothing costs	481
Rent	276
Depreciation of tangible fixed assets	46
Bank charges and interest	<u>70</u>
	43,299

Support costs

Governance costs

Accountancy and legal fees	<u>624</u>
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Total resources expended

43,923

Net income

25,781

This page does not form part of the statutory financial statements