

THE POWER MOVEMENT ORGANISATION

England & Wales · Charity number 1195689

Details

Other names POWER UK

Status Registered

Legal form CIO

Registered 2021-09-02

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

Contact

Address 23 Surma Close
Selby Street
E1 5DD

Phone 02080889939

Email admin@poweruk.org

Website www.poweruk.org

Activities

Objects: TO ADVANCE SUCH CHARITABLE PURPOSES (ACCORDING TO THE LAW OF ENGLAND AND WALES) AS THE TRUSTEES SEE FIT FROM TIME TO TIME.

Activities: The Prevention Or Relief Of Poverty

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

Geography

- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£17,600	£17,130	-	-
2024-03-31	£1,650	£775	-	-
2023-03-31	£2,104	£1,573	-	-
2022-03-31	£7,246	£11,361	-	-

Trustees

Name	Role	Appointed
Mohammed Rahman	Chair	2021-09-02
Alex Thomas		2021-09-02
Antony Spencer		2021-09-02

THE POWER MOVEMENT ORGANISATION

England & Wales - Charity number 1195689

Accounts

THE POWER MOVEMENT ORGANISATION

(A Non-profit Charitable Organisation)

REPORT AND FINANCIAL STATEMENTS

FOR THE

YEAR ENDED 31ST MARCH 2025

Registered Charity Number: 1195689

TRUSTEES' REPORT
(A Non-profit Charitable Organisation)

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THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2025

The Trustees' present their report and the financial statements for the year ended 31 March 2025.

Reference and Administrative Information

Charity Name:	The Power Movement Organisation
Charity Number:	1195689
Registered Office:	23 Surma Close, Selby Street, E1 5DD
Accountants	Taj Accountants 69 Vallance Road London, UK E1 5BS
Bankers:	Anna Bank Unity Trust Bank

Members of the Management Committee

The following served as charity trustees during the year and up to the date of this report:

Mohammed Rahman
Antony Spencer
Alex Thomas

Structure, Governance and Management

Governing Document

The Power Movement Organisation is a non-profitable charity organisation, which is governed by its constitution and is registered as a charity with the Charity Commission on 02 September 2021

Appointment of trustees

The constitution of the Company govern the appointment of trustees.

All Members of the Management Committee give their time voluntarily and receive no benefits from the charity.

THE POWER MOVEMENT ORGANISATION
TRUSTEES' REPORT (Continued)
YEAR ENDED 31ST MARCH 2025

Trustee Induction and Training

New Trustees are invited to an initial meeting with the Manager to gain an understanding of the aims and objectives of the organization and the various services provided. An induction evening is then held when they can meet members of the Management Committee. A skills audit is undertaken to identify any training required to enable them to fulfil their obligations to the charity.

The Trustees are provided with a trustee induction manual, information pack about the Charity, including financial statements, minutes of the previous meetings.

Organizational Structure

The Charity is managed by an Executive Committee and it is responsible for the ultimate performance of the Charity. Members meet monthly and receive a financial review every three months.

Objectives and Activities

The Power Movement is a registered charity based in London that is dedicated to improving the health, well-being and opportunities of all members of the community including children and the elderly. We believe that everyone deserves the chance to lead a healthy, fulfilling life, regardless of their circumstances. To achieve this goal, we offer a range of programs that are designed to help people of all ages and backgrounds learn new skills, stay active, and feel connected to their community.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT (Continued)

YEAR ENDED 31ST MARCH 2025

Financial Review

The Charity's reserves as at 31st March 2025 total **£17,600** which will be used for the purposes for which the funds were provided for.

The Organization has a net surplus for the current year of **£470**

Principal Funding Sources

There is no principal funding source. We have been funded by Government grant on three occasions.

Public Benefit

The trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit and that the activities carried out by the charity during the year were all undertaken in order to further the charity's aims for the benefit of the charity's beneficiaries. Our services meet the needs of general public and mankind.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT (Continued)
YEAR ENDED 31ST MARCH 2025

Responsibilities of the Trustees

Financial Act requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the Company for that period.

In preparing those financial statements, the management committee is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on going concern basis unless it is inappropriate to presume that the Charity will continue.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Company. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Management Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

As the Charity trustee, we certify that:

- as far as we are aware, there is no relevant audit information of which the organisation accountants are unaware; and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity accountants are aware of that information.

Independent Examiner

Taj Accountants Ltd have expressed their willingness to act as the independent examiner for the Charity. This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005).

Approved by the Trustees on 30th January 2025 and signed on the Management Committee's behalf by:

.....
Mohammed Rahman Chair

THE POWER MOVEMENT ORGANISATION
ACCOUNTANT'S REPORT
TO THE MEMBERS OF THE POWER MOVEMENT ORGNISATION

I report on the accounts for the year ended 31 March 2025 set out on pages 6 to 11.

Respective responsibilities of trustees and accountants

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 43 of the 1993 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records comply with the accounting requirements of the 1993 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Taj Accountants
69 Vallance Road
London UK
E1 5BS

Date:

THE POWER MOVEMENT ORGANISATION
(A Non-profit Charitable Organisation)

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31ST MARCH 2025

	Notes	2025 £
Incoming resources		
Incoming resources from generated funds		
<i>Voluntary income:</i>		
Donations and Other income	2	17,600
Total incoming resources		<u>17,600</u>
Resources expended		
Charitable activities		
Core cost	3	17,130
Total resources expended		<u>17,130</u>
Net incoming resources before transfer		470
Gross transfers between funds		-
Net movements in funds		470
Reconciliation of funds		
Total funds brought forward		<u>-</u>
Total funds carried forward		<u>470</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE POWER MOVEMENT ORGANISATION
(A Non-profit Charitable Organisation)

Registered Charity Number: 1195689

BALANCE SHEET
AS AT 31 March 2025

			2025
Current Assets	Notes	£	£
Cash at Bank and in Hand		2,014	
Current Liabilities:			
Creditors	5	(4,252)	
Current Assets Less Current Liabilities			<u>(2,238)</u>
Total Assets Less Current Liabilities			<u>(2,238)</u>
General Funds			
Unrestricted Funds (General Reserve)	6	<u>(2,238)</u>	<u>(2,238)</u>
Total funds carried forward			<u>(2,238)</u>

The Trustees confirm that, for the financial year ended 31st March 2025 the company has complied with the requirements of the Charity Acts with respect to accounting records; and has prepared financial statements which give a true and fair view of the state of affairs of the Charity as at the end of the financial period.

These financial statements were approved by the Trustees on 28 January 2026 and signed on 28 January 2026 the Management Committee's behalf by:

.....
Mohammed Rahman Chair

The notes on pages 8-11 form part of these financial statements

THE POWER MOVEMENT ORGANISATION NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

These financial statements have been prepared under the historical cost convention and in the accordance with applicable accounting standards, the Companies Act 2006, the Charities Act 1993 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued in March 2005.

(b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income received by the way of donations and gifts is included in full in the income and expenditure account when received.

(d) Resources expended

Expenditure is recognized on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure in which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with attracting voluntary income and the costs of fundraising activities requirements of the charity.

THE POWER MOVEMENT ORGANISATION NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

2 Accounting Policies

Income

Voluntary income and donations are accounted for as received by the charity. No permanent endowments have been received in the period.

	Unrestricted	2025
	£	Total
		£
Donations	17,600	17,600
	<u>17,600</u>	<u>17,600</u>

3 Total Resources Expended

	Total 2025
	£
Costs allocated to Charitable activities	
Accountancy Fees	384
Equipment Expenses	72
Bank Charges	15
Travelling & Subsistence	2,591
Subcontractors Costs	11,329
Venue Hire	<u>2,740</u>
Total resources expended	<u>17,130</u>

4 Taxation

All income is applied for the charitable purpose and therefore the Charity is exempt from corporation tax.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

5 Creditors > 1 year

	Total 2025 £
Creditors	344
Funds from Directors	<u>3,909</u>
	<u>4,252</u>

6 General Reserve fund

	Incoming resources	Outgoing resources	Surplus/(Deficit) for the Year	As At 31.03.2025
	£	£	£	£
General reserves	17,600	17,130	470	470
Total unrestricted reserves	17,600	17,130	470	470

THE POWER MOVEMENT ORGANISATION

England & Wales - Charity number 1195689

Accounts

THE POWER MOVEMENT ORGANISATION

(A Non-profit Charitable Organisation)

REPORT AND FINANCIAL STATEMENTS

FOR THE

YEAR ENDED 31ST MARCH 2024

Registered Charity Number: 1195689

TRUSTEES' REPORT
(A Non-profit Charitable Organisation)

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YEAR ENDED 31ST MARCH 2024

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THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2024

The Trustees' present their report and the financial statements for the year ended 31 March 2024.

Reference and Administrative Information

Charity Name:	The Power Movement Organisation
Charity Number:	1195689
Registered Office:	23 Surma Close, Selby Street, E1 5DD
Accountants	Taj Accountants 69 Vallance Road London, UK E1 5BS
Bankers:	Anna Bank

Members of the Management Committee

The following served as charity trustees during the year and up to the date of this report:

Mohammed Rahman
Antony Spencer
Alex Thomas

Structure, Governance and Management

Governing Document

The Power Movement Organisation is a non-profitable charity organisation, which is governed by its constitution and is registered as a charity with the Charity Commission on 02 September 2021

Appointment of trustees

The constitution of the Company govern the appointment of trustees.

All Members of the Management Committee give their time voluntarily and receive no benefits from the charity.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT (Continued)

YEAR ENDED 31ST MARCH 2024

Trustee Induction and Training

New Trustees are invited to an initial meeting with the Manager to gain an understanding of the aims and objectives of the organisation and the various services provided. An induction evening is then held when they can meet members of the Management Committee. A skills audit is undertaken to identify any training required to enable them to fulfil their obligations to the charity.

The Trustees are provided with a trustee induction manual, information pack about the Charity, including financial statements, minutes of the previous meetings.

Organisational Structure

The Charity is managed by an Executive Committee and it is responsible for the ultimate performance of the Charity. Members meet monthly and receive a financial review every three months.

Objectives and Activities

The Power Movement is a registered charity based in London that is dedicated to improving the health, well-being and opportunities of all members of the community including children and the elderly. We believe that everyone deserves the chance to lead a healthy, fulfilling life, regardless of their circumstances. To achieve this goal, we offer a range of programs that are designed to help people of all ages and backgrounds learn new skills, stay active, and feel connected to their community.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT (Continued)

YEAR ENDED 31ST MARCH 2024

Financial Review

The Charity's reserves as at 31st March 2024 total **£1650** which will be used for the purposes on which the funds were provided for.

The Organisation has a net deficit for the current year of **£875**

Principal Funding Sources

There is no principal funding source.

We have been funded by Tower Hamlets Council on one occasion. Tesco on two occasions. Southern Housing Group on two occasions. All the Funders are corporate companies or the local council or other charities

Public Benefit

The trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit and that the activities carried out by the charity during the year were all undertaken in order to further the charity's aims for the benefit of the charity's beneficiaries. Our services meet the needs of general public and mankind.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2024

Responsibilities of the Trustees

Financial Act requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the Company for that period.

In preparing those financial statements, the management committee is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on going concern basis unless it is inappropriate to presume that the Charity will continue.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Company. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Management Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

As the Charity trustee, we certify that:

- as far as we are aware, there is no relevant audit information of which the organisation accountants are unaware; and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity accountants are aware of that information.

Independent Examiner

Taj Accountants Ltd have expressed their willingness to act as the independent examiner for the Charity.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005).

Approved by the Trustees on 30th January 2025 and signed on the Management Committee's behalf by:

.....
Mohammed Rahman
Chair

THE POWER MOVEMENT ORGANISATION

**ACCOUNTANT'S REPORT TO THE MEMBERS
OF THE POWER MOVEMENT ORGNISATION**

I report on the accounts for the year ended 31 March 2024 set out on pages 6 to 11.

Respective responsibilities of trustees and accountants

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 43 of the 1993 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the 1993 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Taj Accountants
69 Vallance Road
London
UK
E1 5BS

Date:

THE POWER MOVEMENT ORGANISATION
(A Non-profit Charitable Organisation)

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31ST MARCH 2024

	Notes	2024 £
Incoming resources		
Incoming resources from generated funds		
<i>Voluntary income:</i>		
Donations and Other income	2	1,650
Total incoming resources		1,650
Resources expended		
Charitable activities		
Governance costs		775
Total resources expended	3	775
Net incoming resources before transfer		875
Gross transfers between funds		-
Net movements in funds		875
Reconciliation of funds		
Total funds brought forward		-
Total funds carried forward		875

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE POWER MOVEMENT ORGANISATION
(A Non-profit Charitable Organisation)

Registered Charity Number: 1195689

BALANCE SHEET
AS AT 31 March 2024

	Notes	£	2024	£
Current Assets				
Cash at Bank and in Hand		1,689	<u>1,689</u>	
Current Liabilities:				
Creditors	5	(4,397)		
Current Assets Less Current Liabilities			(2,708)	
Total Assets Less Current Liabilities			<u>(2,708)</u>	
General Funds				
Unrestricted Funds (General Reserve)	6	(2,708)	(2,708)	
			<u>(2,708)</u>	

The Trustees confirm that, for the financial year ended 31st March 2024 the company has complied with the requirements of the Charity Acts with respect to accounting records; and has prepared financial statements which give a true and fair view of the state of affairs of the Charity as at the end of the financial period.

These financial statements were approved by the Trustees on 30 January 2025 and signed on 30 January 2025 the Management Committee's behalf by:

.....
Mohammed Rahman
Chair

The notes on pages 8-11 form part of these financial statements

THE POWER MOVEMENT ORGANISATION

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

These financial statements have been prepared under the historical cost convention and in the accordance with applicable accounting standards, the Companies Act 2006, the Charities Act 1993 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued in March 2005.

(b) Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income received by the way of donations and gifts is included in full in the income and expenditure account when received.

(d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure in which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- Governance costs include those costs associated with attracting voluntary income and the costs of fundraising activities requirements of the charity.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

2 Accounting Policies

Income

Voluntary income and donations are accounted for as received by the charity. No permanent endowments have been received in the period.

	Unrestricted	2024
	£	Total
		£
Donations	1,650	1,650
	1,650	1,650

3 Total Resources Expended

	Total 2024
	£
Costs allocated to Charitable activities	
Accountancy Fees	384
Advertising	
Other legal & professional services	60
Bank Charges	5
Stationary and printing	77
Subscription	1
Venue hire	198
Total resources expended	725

4 Taxation

All income is applied for the charitable purpose and therefore the Charity is exempt from corporation tax.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

5 Creditors > 1 year

	Total 2024
	£
Creditors	488
Funds from Directors	3,909
	<u>4,397</u>
	<u><u>4,397</u></u>

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

6 General Reserve fund

	Incoming resources	Outgoing resources	Surplus / (Deficit) for the year	At 31.03.2024
	£	£	£	£
General reserves	1,650	775	875	875
Total unrestricted reserves	-	1,650	775	875

THE POWER MOVEMENT ORGANISATION

England & Wales - Charity number 1195689

Accounts

THE POWER MOVEMENT ORGANISATION

(A Non-profit Charitable Organisation)

REPORT AND FINANCIAL STATEMENTS

FOR THE

YEAR ENDED 31ST MARCH 2023

Registered Charity Number: 1195689

TRUSTEES' REPORT
(A Non-profit Charitable Organisation)

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YEAR ENDED 31ST MARCH 2023

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THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2023

The Trustees' present their report and the financial statements for the year ended 31 March 2023.

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Structure, Governance and Management

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The Power Movement Organisation is a non-profitable charity organisation, which is governed by its constitution and is registered as a charity with the Charity Commission on 02 September 2021

Appointment of trustees

The constitution of the Company govern the appointment of trustees.

All Members of the Management Committee give their time voluntarily and receive no benefits from the charity.

THE POWER MOVEMENT ORGANISATION
TRUSTEES' REPORT (Continued)
YEAR ENDED 31ST MARCH 2023

Trustee Induction and Training

New Trustees are invited to an initial meeting with the Manager to gain an understanding of the aims and objectives of the organisation and the various services provided. An induction evening is then held when they can meet members of the Management Committee. A skills audit is undertaken to identify any training required to enable them to fulfil their obligations to the charity.

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Objectives and Activities

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THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT (Continued)

YEAR ENDED 31ST MARCH 2023

Financial Review

The Charity's reserves as at 31st March 2023 total **£2,104** which will be used for the purposes on which the funds were provided for.

The Organisation has a net surplus for the current year of **£532**

Principal Funding Sources

There is no principal funding source.

We have been funded by Tower Hamlets Council on one occasion. Tesco on two occasions. Southern Housing Group on two occasions. All the Funders are corporate companies or the local council or other charities

Public Benefit

The trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit and that the activities carried out by the charity during the year were all undertaken in order to further the charity's aims for the benefit of the charity's beneficiaries. Our services meet the needs of general public and mankind.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2023

Responsibilities of the Trustees

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- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on going concern basis unless it is inappropriate to presume that the Charity will continue.

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Members of the Management Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

As the Charity trustee, we certify that:

- as far as we are aware, there is no relevant audit information of which the organisation accountants are unaware; and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity accountants are aware of that information.

Independent Examiner

Taj Accountants Ltd have expressed their willingness to act as the independent examiner for the Charity.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005).

Approved by the Trustees on 22 January 2024 and signed on the Management Committee's behalf by:

.....
Mohammed Rahman
Chair

THE POWER MOVEMENT ORGANISATION

**ACCOUNTANT'S REPORT TO THE MEMBERS
OF THE POWER MOVEMENT ORGNISATION**

I report on the accounts for the year ended 31 March 2023 set out on pages 6 to 11.

Respective responsibilities of trustees and accountants

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 43 of the 1993 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the 1993 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Taj Accountants
69 Vallance Road
London
UK
E1 5BS

Date:

THE POWER MOVEMENT ORGANISATION
(A Non-profit Charitable Organisation)

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31ST MARCH 2023

	Notes	2023 £
Incoming resources		
Incoming resources from generated funds		
<i>Voluntary income:</i>		
Donations and Other income	2	2,104
Total incoming resources		2,104
Resources expended		
Charitable activities		
Governance costs		1,573
Total resources expended	3	1,573
Net incoming resources before transfer		532
Gross transfers between funds		-
Net movements in funds		532
Reconciliation of funds		
Total funds brought forward		(4,115)
Total funds carried forward		(3,583)

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE POWER MOVEMENT ORGANISATION

(A Non-profit Charitable Organisation)

Registered Charity Number: 1195689

BALANCE SHEET

AS AT 31 March 2023

	Notes	2023	
		£	£
Current Assets			
Cash at Bank and in Hand		194	
		<u>194</u>	
Current Liabilities:			
Creditors	5	<u>(3,777)</u>	
Current Assets Less Current Liabilities			(3,583)
Total Assets Less Current Liabilities			<u><u>(3,583)</u></u>
General Funds			
Unrestricted Funds (General Reserve)	6	<u>(3,583)</u>	
			(3,583)
			<u><u>(3,583)</u></u>

The Trustees confirm that, for the financial year ended 31st March 2023 the company has complied with the requirements of the Charity Acts with respect to accounting records; and has prepared financial statements which give a true and fair view of the state of affairs of the Charity as at the end of the financial period.

These financial statements were approved by the Trustees on 22 January 2024 and signed on 22 January 2024 the Management Committee's behalf by:

.....
Mohammed Rahman
Chair

The notes on pages 8-11 form part of these financial statements

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

These financial statements have been prepared under the historical cost convention and in the accordance with applicable accounting standards, the Companies Act 2006, the Charities Act 1993 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued in March 2005.

(b) Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income received by the way of donations and gifts is included in full in the income and expenditure account when received.

(d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure in which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- Governance costs include those costs associated with attracting voluntary income and the costs of fundraising activities requirements of the charity.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

2 Accounting Policies

Income

Voluntary income and donations are accounted for as received by the charity. No permanent endowments have been received in the period.

	Unrestricted	2023
	£	Total
		£
Donations	2,104	2,104
	2,104	2,104

3 Total Resources Expended

	Total 2023
	£
Costs allocated to Charitable activities	
Accountancy Fees	384
Bank Charges	30
Stationary and printing	25
Sub contractors	1,060
Venue hire	50
Travel and Subsistence	24
Total resources expended	1,572

4 Taxation

All income is applied for the charitable purpose and therefore the Charity is exempt from corporation tax.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

5 Creditors > 1 year

	Total 2023
	£
Creditors	-132
Funds from Directors	3,909
	<u>3,777</u>

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

6 General Reserve fund

	Incoming resources	Outgoing resources	Surplus / (Deficit) for the year	At 31.03.2023
	£	£	£	£
General reserves	2,104	1,573	532	532
Total unrestricted reserves	-	2,104	532	532

THE POWER MOVEMENT ORGANISATION

England & Wales - Charity number 1195689

Accounts

THE POWER MOVEMENT ORGANISATION

(A Non-profit Charitable Organisation)

REPORT AND FINANCIAL STATEMENTS

FOR THE

YEAR ENDED 31ST MARCH 2022

Registered Charity Number: 1195689

TRUSTEES' REPORT
(A Non-profit Charitable Organisation)

INDEX TO THE FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2022

CONTENTS	Pages
Trustees Report	1-4
Accountant's Report	5
Income and Expenditure Account	6
Balance Sheet	7
Notes to the Accounts	8-11

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2022

The Trustees' present their report and the financial statements for the year ended 31 March 2022.

Reference and Administrative Information

Charity Name:	The Power Movement Organisation
Charity Number:	1195689
Registered Office:	23 Surma Close, Selby Street, E1 5DD
Accountants	Taj Accountants 69 Vallance Road London, UK E1 5BS
Bankers:	Anna Bank

Members of the Management Committee

The following served as charity trustees during the year and up to the date of this report:

Mohammed Rahman
Antony Spencer
Alex Thomas

Structure, Governance and Management

Governing Document

The Power Movement Organisation is a non-profitable charity organisation, which is governed by its constitution and is registered as a charity with the Charity Commission on 02 September 2021

Appointment of trustees

The constitution of the Company govern the appointment of trustees.

All Members of the Management Committee give their time voluntarily and receive no benefits from the charity.

THE POWER MOVEMENT ORGANISATION
TRUSTEES' REPORT (Continued)
YEAR ENDED 31ST MARCH 2022

Trustee Induction and Training

New Trustees are invited to an initial meeting with the Manager to gain an understanding of the aims and objectives of the organisation and the various services provided. An induction evening is then held when they can meet members of the Management Committee. A skills audit is undertaken to identify any training required to enable them to fulfil their obligations to the charity.

The Trustees are provided with a trustee induction manual, information pack about the Charity, including financial statements, minutes of the previous meetings.

Organisational Structure

The Charity is managed by an Executive Committee and it is responsible for the ultimate performance of the Charity. Members meet monthly and receive a financial review every three months.

Objectives and Activities

The Power Movement is a registered charity based in London that is dedicated to improving the health, well-being and opportunities of all members of the community including children and the elderly. We believe that everyone deserves the chance to lead a healthy, fulfilling life, regardless of their circumstances. To achieve this goal, we offer a range of programs that are designed to help people of all ages and backgrounds learn new skills, stay active, and feel connected to their community.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT (Continued)

YEAR ENDED 31ST MARCH 2022

Financial Review

The Charity's reserves as at 31st March 2022 total **£7,246** which will be used for the purposes on which the funds were provided for.

The Organisation has a net deficit for the current year of **£4,115**

Principal Funding Sources

There is no principal funding source.

We have been funded by Tower Hamlets Council on one occasion. Tesco on two occasions. Southern Housing Group on two occasions. All the Funders are corporate companies or the local council or other charities

Public Benefit

The trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit and that the activities carried out by the charity during the year were all undertaken in order to further the charity's aims for the benefit of the charity's beneficiaries. Our services meet the needs of general public and mankind.

THE POWER MOVEMENT ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2022

Responsibilities of the Trustees

Financial Act requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the Company for that period.

In preparing those financial statements, the management committee is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on going concern basis unless it is inappropriate to presume that the Charity will continue.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Company. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Management Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

As the Charity trustee, we certify that:

- as far as we are aware, there is no relevant audit information of which the organisation accountants are unaware; and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity accountants are aware of that information.

Independent Examiner

Taj Accountants Ltd have expressed their willingness to act as the independent examiner for the Charity.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005).

Approved by the Trustees on 24 January 2023 and signed on the Management Committee's behalf by:

.....

Mohammed Rahman
Chair

THE POWER MOVEMENT ORGANISATION

**ACCOUNTANT'S REPORT TO THE MEMBERS
OF THE POWER MOVEMENT ORGNISATION**

I report on the accounts for the year ended 31 March 2022 set out on pages 6 to 11.

Respective responsibilities of trustees and accountants

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 43 of the 1993 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the 1993 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Taj Accountants
69 Vallance Road
London
UK
E1 5BS

Date:

THE POWER MOVEMENT ORGANISATION
(A Non-profit Charitable Organisation)

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31ST MARCH 2022

	Notes	2022 £
Incoming resources		
Incoming resources from generated funds		
<i>Voluntary income:</i>		
Donations and Other income	2	7,246
Total incoming resources		<u>7,246</u>
Resources expended		
Charitable activities		
Governance costs		11,361
Total resources expended	3	<u>11,361</u>
Net incoming resources before transfer		(4,115)
Gross transfers between funds		<u>-</u>
Net movements in funds		(4,115)
Reconciliation of funds		
Total funds brought forward		<u>-</u>
Total funds carried forward		<u>(4,115)</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE POWER MOVEMENT ORGANISATION

(A Non-profit Charitable Organisation)

Registered Charity Number: 1195689

BALANCE SHEET

AS AT 31 March 2022

	Notes	2022	
		£	£
Current Assets			
Cash at Bank and in Hand		178	
		<u>178</u>	
Current Liabilities:			
Creditors	5	(4,293)	
Current Assets Less Current Liabilities			(4,115)
Total Assets Less Current Liabilities			<u><u>(4,115)</u></u>
General Funds			
Unrestricted Funds (General Reserve)	6	(4,115)	
			(4,115)
			<u><u>(4,115)</u></u>

The Trustees confirm that, for the financial year ended 31st March 2022 the company has complied with the requirements of the Charity Acts with respect to accounting records; and has prepared financial statements which give a true and fair view of the state of affairs of the Charity as at the end of the financial period.

These financial statements were approved by the Trustees on 24 January 2023 and signed on 24 January 2023 the Management Committee's behalf by:

.....
Mohammed Rahman
Chair

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

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(d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure in which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- Governance costs include those costs associated with attracting voluntary income and the costs of fundraising activities requirements of the charity.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

2 Accounting Policies

Income

Voluntary income and donations are accounted for as received by the charity. No permanent endowments have been received in the period.

	Unrestricted	2022
	£	Total
		£
Donations	7,246	7,246
	<u>7,246</u>	<u>7,246</u>

3 Total Resources Expended

	Total 2022
	£
Costs allocated to Charitable activities	
Accountancy Fees	384
Advertising	400
Other legal & professional services	13
Bank Charges	35
Stationary and printing	363
Equipment	117
Uniform	70
Sub contractors	9,047
Food & Hospitality	666
Venue hire	248
Travel and Subsistence	18
Total resources expended	<u>11,360</u>

4 Taxation

All income is applied for the charitable purpose and therefore the Charity is exempt from corporation tax.

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

5 Creditors > 1 year

	Total 2022
	£
Creditors	384
Funds from Directors	3,909
	<u>4,293</u>
	<u><u>4,293</u></u>

THE POWER MOVEMENT ORGANISATION
NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

6 General Reserve fund

	Incoming resources	Outgoing resources	Surplus / (Deficit) for the year	At 31.03.2022
	£	£	£	£
General reserves	7,246	11,361	(4,115)	(4,115)
Total unrestricted reserves	- 7,246	11,361	(4,115)	(4,115)