

POWER UP

England & Wales · Charity number 1196045

Details

Status Registered

Legal form CIO

Registered 2021-10-05

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

Contact

Address 58 Queensway
Leicestershire
LE13 0DN

Phone 07775 862870

Email powerupcharity@outlook.com

Website www.powerupcharity.com

Activities

Objects: 1. TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION FOR THE PUBLIC BENEFIT BY PROVIDING COACHING AND TRAINING IN BOXING AND ASSOCIATED ACTIVITIES WHICH ARE CAPABLE OF PROMOTING HEALTHY RECREATION; AND2. TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY RAISING AWARENESS OF DRUG AND GANG CULTURE ALONG WITH PROVIDING EDUCATIONAL PROGRAMMES REGARDING THE DANGERS AND DETRIMENTAL EFFECTS OF BEING INVOLVED WITH SUCH GROUPS AND TO EDUCATE IN THE DANGERS ASSOCIATED WITH CARRYING WEAPONS.

Activities: The main aim of the charity is to promote and enhance the physical and mental well-being of young people and adults through the practice of sport and fitness, in all sectors. Our vision is to; promote self awareness, confidence and self-esteem, provide financial resilience and life skills training and support the aspirations of all through education opportunities and employability advice.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- Nottingham City
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£23,327	£18,301	-	-
2024-03-31	£10,040	£20,047	-	-
2023-03-31	£15,525	£3,972	-	-

Trustees

Name	Role	Appointed
A'isha Rahman Khan	Chair	2022-04-13
Fidel Smith		2021-10-05
Lisa Patel		2022-04-13

POWER UP

England & Wales - Charity number 1196045

Accounts

POWER UP

**REGISTERED CHARITY NUMBER
1196045**

**FINANCIAL STATEMENT
FOR THE YEAR ENDED 31ST MARCH 2025**

**POWER UP
FINANCIAL STATEMENT
FOR THE YEAR ENDED 31ST MARCH 2025**

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POWER UP

FOR THE YEAR ENDED 31ST MARCH 2025

Trustees

A'isha Rahman Khan (Chair)
Ms. Lisa Patel
Mr. Fidel Smith

Charity registration Number

1196045

Registered Office

POWER UP
58 QUEENSWAY
LEICESTERSHIRE
LE13 0DN

Bankers

Virgin Money
154 - 158 Kensington High Street
London
W8 7RL

Independent Examiners

Solutions Accountants & Financial Services Ltd
149 Radford Road Nottingham NG7 5EH
www.solutionsaccountants.co.uk

POWER UP

FOR THE YEAR ENDED 31ST MARCH 2025

TRUSTEE'S ANNUAL REPORT

The trustees present their report and accounts for the year ended 31st March 2025. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document the Charities Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard FRS 102 (effective 1st January 2019).

Principal activities

The organisation has a charitable status, and the main objective is to promote and enhance the physical and mental well-being of young people and adults through the practice of sport and fitness, in all sectors with our aim of improving the conditions of life of such people.

To promote self awareness, confidence and self-esteem, provide financial resilience and life skills training and support the aspirations of all through education opportunities and employability advice.

Tax status

Power up is a registered charity and exempt from any corporation Taxes or income tax.

Recruitment and training of Trustees

The Board of Trustees consists of three members who are recruited from within the community. Role descriptions are issued to each trustee and a full induction is given setting out the obligations of a trustee.

All the trustees are issued with a copy of the Charity Commission's guide 'The Essential Trustee'.

Organisational structure

The Charity is principally UK based, and its registered office is in Leicester. The Charity is governed by Trust Deed Dated: 5/10/2021 and registered with the Charity Commissioners under the charity number 1196045.

Financial review

Principal sources of funding

The principal source of funding for the Charity is Donations and Grants/Compaigns from the community.

Reserves policy

The Trustees have established a policy whereby, given the charity's present level and nature of activities, the restricted funds not committed or invested in intangible and tangible fixed assets ("the free reserves") held by the Charity. At this level the Trustees feel that they would be able to continue the current activities of the Charity in the event of a significant drop in funding. It would obviously be necessary to consider how the funding would be replaced as activities changed.

The level of free reserves (if any) will be held at the balance sheet which reflects the funds received by donors or other funders shortly before the year end which were utilised early in the new year. In addition, these donations are retained and utilised systematically to support necessary projects during the next twelve Months.

POWER UP

FOR THE YEAR ENDED 31ST MARCH 2025

Statement of Trustees' responsibilities

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and Applicable law). The trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and the income and expenditure of the charity for that period.

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charity (Accounts and Reports) Regulations, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

15/12/2025

A'isha Rahman Khan (Chair)
TRUSTEE
On the behalf of all Trustees

POWER UP

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the trustees on my examination of the accounts of POWER UP (the Charity) , which are set out on page 5 & 6.

Respective responsibilities of trustees and Examiner

The trustees of Power Up are responsible for the preparation of the accounts, the trustees consider that an Audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

1. Examine the accounts under section 145 of the 2011 Act
2. Follow the procedure laid down in the general direction given by the charity commissioners under section 145(5)(b) of the 2011 Act; and

State whether particular matters have come to my attention.

Basis of 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 and 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 matters set out in the statement below.

Our work was conducted in accordance with the statement of standards of reporting accountants, and so our procedures consisted of comparing the accounts with the accounting records kept by the charity, and making such limited enquires of the officers of the charity as we considered necessary for the purpose of the reporting. These procedures provided only the assurance expressed in our opinion.

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

1. which gives me reasonable cause to believe that in any material respect the requirement:
 - . to keep accounting records in accordance with section 130 of the 2011 Act and
 - . to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 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.

QAZI NAVEED

15/12/2025

Qazi Naveed Arshad
Solutions Accountants &
Financial Services Ltd
149 Radford Road Nottingham NG7 5EH

POWER UP
1196045
FOR THE YEAR ENDED 31ST MARCH 2025
STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations		3,323	-	3,323	4,035
Grants		20,000	-	20,000	6,000
Others		4	-	4	6
Total Incoming Resources		23,327	-	23,327	10,040
EXPENDITURE ON					
Cost of generating funds					
Charitable activities	1	18,051	-	18,051	19,797
Governance costs	2	250	-	250	250
TOTAL		18,301	-	18,301	20,047
NET (EXPENDITURE)		5,026	-	5,026	(10,007)
Investment (deficits)/surpluses		-	-	-	-
Net Movement in funds before Transfers					
Gross Transfers between funds		-	-	-	-
Net (Expenditure for the year)		-	-	5,026	(10,007)
Total funds brought forward		-	-	1,546	11,553
Total funds carried forward		-	-	6,572	1,546

POWER UP
BALANCE SHEET
1196045
AS AT MARCH 31, 2025

	Notes	2025 £	2025 £	2024 £
Fixed Assets				
Tangible Assets	3		968	-
Current Assets				
Debtors		-		-
Cash at Banks and in hand	5	6,004		1,796
Total Assets		<u>6,004</u>		<u>1,796</u>
Creditors: Amounts Falling due within one year	6	400		250
Current Asset less Current Liabilities			5,604	1,546
Total Assets less current liabilities			6,572	1,546
Long Term Liabilities			-	-
Net Assets: Total Assets less Total Liabilities			<u><u>6,572</u></u>	<u><u>1,546</u></u>
FUNDS				
Accumulated Surplus Account	4		6,572	1,546
TOTAL FUNDS			<u><u>6,572</u></u>	<u><u>1,546</u></u>

EXEMPTION STATEMENT

The trustees of Power Up are responsible for the preparation of the accounts, the trustees consider that an Audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent examination is needed.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime set out in Part 15 of the Companies Act 2006. The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 and Charities Act 2011 with respect to accounting records and preparation of accounts. These financial statements were approved by the Board of Trustees and are signed on their behalf by:

A'isha Rahman Khan (Chair)
TRUSTEE

15/12/2025

The notes on page 7,8 form part of this financial statement.

POWER UP
Notes forming part of these financial statements
FOR THE YEAR ENDED 31ST MARCH 2025

Notes

ACCOUNTING POLICIES

Statement of compliance

The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

Basis of preparation

Powerup meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Tax status

Power up has a charitable status hence do not attract any Taxes.

Trustees remuneration

None of the trustee are paid wages or any benefit in kind.

Funds structure

The charity has unrestricted funds.

Income recognition

All income is recognised once the charity has received the funds. The Trustees consider this to be the appropriate and prudent principle.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure recognition

Expenditure is recognised when the funds have been disbursed. The charity follows a strict evaluation and approval procedure for charitable expenditure and funds are disbursed immediately upon approval.

Income and endowments

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 is received by way of donations and gifts and is included in full in the Statement of Financial Activities when received.

Charitable activities

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.

Information regarding trustees and employees remuneration

The trustees received no remuneration in the year (2024 - 25).

The average number of people employed by the charity during the year was NIL (2024-25).

**Notes forming part of these financial statements
FOR THE YEAR ENDED 31ST MARCH 2025**

Notes

Net incoming resources

Net incoming resources
are stated after charging:

	£	£	£
	Un-restricted	Restricted	
	2025	2025	2024
1 Charitable activities			
Coaching and Training Cost	780	-	2,730
Facility Hire	7,120	-	5,800
Educational Sessions	-	-	540
Local Givings	-	-	1,380
Fund Raising Activities	590	-	1,635
Catering and Food Expenses	449	-	1,726
Travel Expenses	83	-	1,140
Subcontract Cost	6,930	-	1,950
Volunteer expenses	600	-	375
Promotion Cost	931	-	1,641
Equipment Cost	235	-	461
Miscellaneous	302	-	418
Depreciation	31	-	-
	18,051	-	19,797

	2025	2024
2 Governance cost		
Accountancy	250	250
	250	250

3 FIXED ASSETS

	£	£
	Plant & Machinery	Total
COST or VALUATION		
B/F	-	-
Addition	999	999
Disposal	-	-
At 31/03/2025	999	999
Depreciation		
Accumulated	-	-
Charge for the year	31	31
On Disposals	-	-
At 31/03/2025	31	31
Net Book Value		
Closing Balance	968	968
Opening Balance	-	-

4 Accumulated Surplus Account

Opening Balance 01/04/2024	1,546	11,553
(Deficit)/Surplus 31/03/2025	5,026	(10,007)
Balance	6,572	1,546

5 Closing Balance

Current a/c	6,004	1,796
Saving a/c	-	-
	6,004	1,796

6 Short term liabilities

Accountancy	250	250
Other Payable	150	-
Total s/t liabilities	400	250

POWER UP

England & Wales - Charity number 1196045

Accounts

POWER UP

REGISTERED CHARITY NUMBER 1196045

**FINANCIAL STATEMENT
FOR THE YEAR ENDED 31ST MARCH 2024**

Solutions Accountants & Financial Services Ltd

149 Radford Road, Nottingham NG7 5EH, Tel/Fax 0115 8224993
www.solutionsaccountants.co.uk, e-mail info@solutionsaccountants.co.uk

**POWER UP
FINANCIAL STATEMENT
FOR THE YEAR ENDED 31ST MARCH 2024**

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POWER UP

FOR THE YEAR ENDED 31ST MARCH 2024

Trustees

A'isha Rahman Khan (Chair)
Ms. Lisa Patel
Mr. Fidel Smith

Charity registration Number

1196045

Registered Office

POWER UP
9 Blankley Drive
Leicester
Leicestershire
LE2 2DE

Bankers

Virgin Money
154 - 158 Kensington High Street
London
W8 7RL

Independent Examiners

Solutions Accountants & Financial Services Ltd
149 Radford Road Nottingham NG7 5EH
www.solutionsaccountants.co.uk

POWER UP

FOR THE YEAR ENDED 31ST MARCH 2024 TRUSTEE'S ANNUAL REPORT

The trustees present their report and accounts for the year ended 31st March 2024. The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document the Charities Act 2011 and the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard FRS 102 (effective 1st January 2019).

Principal activities

The organisation has a charitable status, and the main objective is to promote and enhance the physical and mental well-being of young people and adults through the practice of sport and fitness, in all sectors with our aim of improving the conditions of life of such people.

To promote self awareness, confidence and self-esteem, provide financial resilience and life skills training and support the aspirations of all through education opportunities and employability advice.

Tax status

Power up is a registered charity and exempt from any corporation Taxes or income tax.

Recruitment and training of Trustees

The Board of Trustees consists of three members who are recruited from within the community. Role descriptions are issued to each trustee and a full induction is given setting out the obligations of a trustee. All the trustees are issued with a copy of the Charity Commission's guide 'The Essential Trustee'.

Organisational structure

The Charity is principally UK based, and its registered office is in Leicester. The Charity is governed by Trust Deed Dated: 5/10/2021 and registered with the Charity Commissioners under the charity number 1196045.

Financial review

Principal sources of funding

The principal source of funding for the Charity is Donations and Grants/Compaigns from the community.

Reserves policy

The Trustees have established a policy whereby, given the charity's present level and nature of activities, the restricted funds not committed or invested in intangible and tangible fixed assets ("the free reserves") held by the Charity. At this level the Trustees feel that they would be able to continue the current activities the current activities of the Charity in the event of a significant drop in funding. It would obviously be necessary to consider how the funding would be replaced as activities changed.

The level of free reserves (if any) will be held at the balance sheet which reflects the funds received by donors or other funders shortly before the year end which were utilised early in the new year. In addition, these donations are retained and utilised systematically to support necessary projects during the next twelve Months.

POWER UP

FOR THE YEAR ENDED 31ST MARCH 2024

Statement of Trustees' responsibilities

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations.

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and the income and expenditure of the charity for that period.

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charity (Accounts and Reports) Regulations, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

11/12/2024

A'isha Rahman Khan (Chair)
TRUSTEE
On the behalf of all Trustees

POWER UP

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report on the accounts of the charity, which are set out on page 5 & 6.

Respective responsibilities of trustees and Examiner

The trustees of Power Up are responsible for the preparation of the accounts, the trustees consider that an Audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent examination is needed.

It is my responsibility to:

1. Examine the accounts under section 145 of the 2011 Act
2. Follow the procedure laid down in the general direction given by the charity commissioners under section 145(5)(b) of the 2011 Act; and

State whether particular matters have come to my attention.

Basis of 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 and 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 matters set out in the statement below.

Our work was conducted in accordance with the statement of standards of reporting accountants, and so our procedures consisted of comparing the accounts with the accounting records kept by the charity, and making such limited enquires of the officers of the charity as we considered necessary for the purpose of the reporting. These procedures provided only the assurance expressed in our opinion.

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

1. which gives me reasonable cause to believe that in any material respect the requirement:
 - . to keep accounting records in accordance with section 130 of the 2011 Act and
 - . to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 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.

QAZI NAVEED

Qazi Naveed Arshad
Solutions Accountants &
Financial Services Ltd
149 Radford Road Nottingham NG7 5EH

11/12/2024

POWER UP
REGISTERED CHARITY NUMBER 1196045
FOR THE YEAR ENDED 31ST MARCH 2024
INCOME & EXPENDITURE ACCOUNT

	Note	Unrestricted funds	Restricted Funds	Total Funds 2024	Total Funds 2023
		£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations		4,035		4,035	5,700
Grants		6,000		6,000	9,825
Others		6		6	-
Total Incoming Resources		10,040	-	10,040	15,525
EXPENDITURE ON					
Cost of generating funds					
Charitable activities	1	14,951	-	14,951	3,000
Governance costs	2	5,096		5,096	972
TOTAL		20,047	-	20,047	3,972
NET (EXPENDITURE)		(10,007)	-	(10,007)	11,553
Investment (deficits)/surpluses		-	-	-	-
Net Movement in funds before Transfers					
Gross Transfers between funds		-	-	-	-
Net (Expenditure for the year)		-	-	(10,007)	11,553
Total funds brought forward		-	-	11,553	-
Total funds carried forward		-	-	1,546	11,553

POWER UP
BALANCE SHEET
REGISTERED CHARITY NUMBER 1196045
AS AT MARCH 31, 2024

	<u>Notes</u>	<u>2024</u>	<u>2024</u>	<u>2023</u>
		£	£	£
Current Assets				
Debtors		-		240
Cash at Banks and in hand	4	1,796		11,432
Total Assets		<u>1,796</u>		<u>11,673</u>
Creditors: Amounts Falling due within one year	5	250		120
			1,546	11,553
Total Assets less current liabilities			1,546	11,553
Long Term Liabilities			-	-
Net Assets: Total Assets less Total Liabilities			<u>1,546</u>	<u>11,553</u>
FUNDS				
Accumulated Surplus Account	3		1,546	11,553
TOTAL FUNDS			<u>1,546</u>	<u>11,553</u>

EXEMPTION STATEMENT

The trustees of Power Up are responsible for the preparation of the accounts, the trustees consider that an Audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent examination is needed.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime set out in Part 15 of the Companies Act 2006. The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 and Charities Act 2011 with respect to accounting records and preparation of accounts. These financial statements were approved by the Board of Trustees and are signed on their behalf by:

A'isha Rahman Khan (Chair)
TRUSTEE

11/12/2024

The notes on page 7,8 form part of this financial statement.

POWER UP
Notes forming part of these financial statements
FOR THE YEAR ENDED 31ST MARCH 2024

Notes

ACCOUNTING POLICIES

1 Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the requirements of the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Ireland FRS102 (effective 1st January 2019) and the Charities Act 2011. The company is exempt from preparing a Cash Flow Statement because it is a small entity as defined by Charities SORP (FRS102).

Tax status

Power up has a charitable status hence do not attract any Taxes.

Trustees remuneration

None of the trustee are paid wages or any benefit in kind.

Funds structure

The charity has unrestricted funds.

Income recognition

All income is recognised once the charity has received the funds. The Trustees consider this to be the appropriate and prudent principle.

Expenditure recognition

Expenditure is recognised when the funds have been disbursed. The charity follows a strict evaluation and approval procedure for charitable expenditure and funds are disbursed immediately upon approval.

Income and endowments

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 is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

Information regarding trustees and employees remuneration

The trustees received no remuneration in the year (2023 - 24).

The average number of people employed by the charity during the year was NIL (2023-24).

**Notes forming part of these financial statements
FOR THE YEAR ENDED 31ST MARCH 2024**

Notes

Net incoming resources

Net incoming resources
are stated after charging:

	£	£	£
	Un-restricted	Restricted	
	2024	2024	2023
1 Charitable activities			
Coaching and Training Cost	2,730	-	-
Facility Hire	5,800	-	3,000
Educational Sessions	540	-	-
Local Givings	1,380	-	-
Fund Raising Activities	1,635	-	-
Catering and Food Expenses	1,726	-	-
Travel Expenses	1,140	-	-
	14,951	-	3,000

2 Governance cost

Subcontract Cost
Volunteer expenses
Promotion Cost
Equipment Cost
Miscellaneous
Accountancy

	2024	2023
Subcontract Cost	1,950	-
Volunteer expenses	375	-
Promotion Cost	1,641	852
Equipment Cost	461	-
Miscellaneous	418	-
Accountancy	250	120
	5,096	972

Notes

3 Accumulated Surplus Account

Opening Balance 06/04/2023
(Deficit)/Surplus 05/04/2024

	2024	2023
Opening Balance 06/04/2023	11,553	-
(Deficit)/Surplus 05/04/2024	(10,007)	11,553
Balance	1,546	11,553

4 Closing Balance

Current a/c
Saving a/c

Current a/c	1,796	11,432
Saving a/c	-	-
	1,796	11,432

5 Short term liabilities

Accountancy
Total s/t liabilities

Accountancy	250	120
Total s/t liabilities	250	120

POWER UP

England & Wales - Charity number 1196045

Accounts

**Charity Registered number
1196045**

POWER UP

REPORTS AND ACCOUNTS

PERIOD 5 OCTOBER 2021 TO 31 MARCH 2023

POWER UP
Charity registered number: 1196045
Report and accounts
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POWER UP

Charity registered number: 1196045

LEGAL AND ADMINISTRATIVE INFORMATION

Chairperson

A'isha Rahman Khan

Registered number

1196045

Trustee's

A'isha Rahman Khan

Lisa Patel

Fidel Smith

Registered office

9 Blankley Drive

Leicester

Leicestershire

LE2 2DE

Accountants

Advanced Accounting Services

1 Broadway Road

Leicester

LE5 5TB

Bankers

Virgin Money

154 - 158 Kensington High Street

London

W8 7RL

POWER UP

Charity registered number: 1196045

Trustee's Report

The trustees present their report with the financial statements of the CIO for the year ended 31st March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019.) The accounts have been prepared in accordance with the relevant policies and comply with Power Up, applicable law and other requirements.

OBJECTIVES OF THE CHARITY

Power Up is a CIO with the following objectives:

To promote and enhance the physical and mental well-being of young people and adults through the practice of sport and fitness, in all sectors.

To promote self awareness, confidence and self-esteem, provide financial resilience and life skills training and support the aspirations of all through education opportunities and employability advice.

To promote any other charitable purpose for the benefit of those in need that the trustees from time to time determine.

ACHIEVEMENT AND PERFORMANCE

The CIO witnessed the success of diverse initiatives from free yoga and boxfit classes as well as heartwarming Ramadhan iftar event, and a lively Eid party. There was a invigorating community bike ride, each of these events underscored the strenght of unity and community impact truly defining the essence of Power UP.

FINANCIAL REVIEW

Principal funding sources were donations from local donors and applicable grants.

RESERVES POLICY

We currently have adequate reserves to ensure operational costs are covered for the coming year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document Power Up as a CIO is governed by a Trust Deed dated 05/10/2021 and registered with the Charity Commissioners under the charity number 1196045.

TRUSTEE INDUCTION AND TRAINING

All new trustees receive a planned induction programme before taking up their place on the board. This includes an explanation of their roles and responsibilities, an introduction to other trustees, an overview of recent activities and an explanation of broad format and process.

RISK MANAGEMENT

The trustees have a duty to identify and review the risks to which the CIO is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

REVIEW OF THE FINANCIAL STATEMENTS

The trustees consider the results of the year to be satisfactory where they received donations and other income of £15525.00 during the period, the charity carried out its objectives successfully.

On behalf of all trustees, we would like to thank all of our donors and volunteers who helped the CIO to carry out the activities successfully over the period.

Approved by order of the board of trustees on 15 January 2024 and signed on its behalf by:

Aisha R Khan

A'isha Rahman Khan
Chairperson

POWER UP

Charity registered number: 1196045

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Law applicable to charities in England and Wales requires the trustees to prepare accounts for each financial year which give a true and fair view of the charity's financial activities during the year (unless the charity is entitled to prepare accounts on the alternative receipts and payments basis).

In preparing accounts giving a true and fair view, the trustees should follow best practice and:

Select suitable accounting policies and then apply them consistently;

Make judgements and estimates that are reasonable and prudent;

State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;

Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

POWER UP

Charity registered number: 1196045

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
OF POWER UP FOR THE PERIOD 5 OCTOBER 2021 TO 31 MARCH 2023**

I report on the accounts of the CIO for the year ended 31 March 2023, which are set out on pages 5 to 7.

Respective Responsibilities of Trustees and Examiner

As the CIO's trustees you consider that an audit is not required for this year.

It is the CIO's trustees who are responsible for the preparation of the accounts. You consider that the audit requirement of Section 144(2) of the Charities Act 2011 (The 2011 Act) does not apply, and that an independent examination is needed. It is my responsibility to examine the accounts under Section 145 of the 2011 Act and to state, on the basis of procedures, specified in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act, whether particular matters have come to my attention.

Basis of 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 CIO 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 I do not express an audit opinion on the view given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

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

(1) Which gives us reasonable cause to believe that on any material respect the requirements

* To keep accounting records in accordance with Section 130 of the 2011 Act; and

* To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met;

OR

(2) To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bmohamed

Mr Bashir Mohamed

Advanced Accounting Services

15 January 2024

POWER UP

Charity registered number: 1196045

**INCOME AND EXPENDITURE ACCOUNT
FOR THE PERIOD 5 OCTOBER 2021 to 31 MARCH 2023**

	2023
	£
Income resources	
Donations	5,700.00
Grants	9,825.00
Total income resources	<u>15,525.00</u>
Resources expended	
Expenditure	
Accountancy fees	120.00
Facility hire	3,000.00
Promotion cost	852.40
Total resources expended	<u>3,972.40</u>
Net income (expenditure) for the period	11,552.60
Funds balance as at 5 October 2021	0.00
Funds balance as at 31 March 2023	<u>11,552.60</u>

POWER UP
Charity registered number: 1196045
Balance Sheet
As at 31 March 2023

	2,023
	£
Current assets	
Debtors	240.28
Cash at bank and in hand	<u>11,432.32</u>
	11,672.60
Current liabilities	
Accruals	<u>-120.00</u>
	11,552.60
Net current assets	<u>11,552.60</u>
Total assets/(liabilities)	<u><u>11,552.60</u></u>
Income funds	
Unrestricted funds	<u>11,552.60</u>
	<u>11,552.60</u>
	<u><u>11,552.60</u></u>

Aisha R Khan

A'isha Rahman Khan

Chairperson

Approved by order of the board of trustees on 15 January 2024 and signed on its behalf.

POWER UP

Charity registered number: 1196045

Notes to the accounts

For the period 5 October to 31 March 2023

1. ACCOUNTING POLICIES:

1.1 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.

1.2 INCOMING RESOURCES

Donations, grants and offerings are raised from the general public and other charities recognised in the Statement of Financial Activities when they become receivable.

1.3 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.

1.4 RESOURCES EXPENDED

Resources expended are recognised in the period in which they are incurred.

2. TRUSTEE'S REMUNERATION AND RELATED PARTY TRANSACTIONS:

No trustees received any remuneration or expenses during the year (2023 : £NIL)

There were no related party transactions in the year (2023 : £NIL)

