

**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 strength 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**

|   | <b>2023</b>      |
|---|------------------|
|   | <b>£</b>         |
| <b>Income resources</b>                 |                  |
| Donations                               | 5,700.00         |
| Grants                                  | 9,825.00         |
| <b>Total income resources</b>           | <u>15,525.00</u> |
| <b>Resources expended</b>               |                  |
| <b>Expenditure</b>                      |                  |
| Accountancy fees                        | 120.00           |
| Facility hire                           | 3,000.00         |
| Promotion cost                          | 852.40           |
| <b>Total resources expended</b>         | <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**

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

