



Trustees' Annual Report and Account

KNOW YOUR WORTH

Year End 31st August 2024

Charity number: 1198913

Registered Address: 25, Amberley Road. Macclesfield SK11 8LX

31st Oct 2024

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Trustees and Staff

The Board of Trustees presents its annual report and audited financial statements for the year ended August 2024.



Board of Trustees

Rachael Power	Chair (May 2022-present)
Patrick Roberts	Treasurer (September 2023-present)
Lola Chapman	Secretary (May 2022-present)
Nailah James	Trustee (May 2022-present)
Victoria Brown	Trustee (July 2024-present)



Staff Team

Deborah Peake	CEO and Founder (May 2022-present)
Emilie Middleton	Course Facilitator (September 2023-present)



Additional Team

Ruth Gass	Freelance Creative Lead (May 2022-present)
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Structure, Governance and Management

Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

The Board meets once every quarter and additional subgroups such as a finance team consisting of the Chair, Treasurer and CEO take place throughout the year.

All members of the Board of Trustees received no benefits from the charity. As the objectives of the charity are to improve the self esteem of young people, the Board of Trustees seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body.

The Board identified some skills gaps within the group and has since recruited a suitable Trustee, Victoria, who comes with a wealth of marketing experience. In the coming year we hope to recruit an HR specialist too and continue to provide support and training for our Board.

Chair's Report

I've thoroughly enjoyed my role of Chair of Know Your Worth and am proud of the progress made over the year and the reach of girls that we have been able to support. Our purpose remains to support teenage girls to grow self-esteem through our 8 week self-esteem course.

It has been a year to solidify procedures and to continue to develop and further tweak our policies so that we have robust systems in place.

We've enjoyed the growth that has taken place this year for Know Your Worth. During this financial year we have been able to deliver 10 Know Your Worth courses across Oxfordshire and Berkshire. We also had the opportunity to run a PSHE Healthy Relationships Session in a local secondary across the school week, which allowed us the opportunity to work with the entire year 9 cohort.

One of the most exciting elements of the year for Know Your Worth was the appointment of a new member of staff, Emilie. She has taken on the role of a Course Facilitator, which has enabled courses to take place and provide time for our CEO to begin to take on more of the strategy planning and implementation side of things. Hearing feedback from the teenage girls attending the course has been wholly positive. Comments like 'The Know Your Worth course helps me. The staff are good people to trust', 'I felt accepted as soon as I walked through the door on the first week' and 'I feel safe and at ease' really encourages us and reminds us of the good work that we are doing in supporting teenage girls.

We've really enjoyed partnering with local charities and organisations in order to deliver our course in places like Abingdon with Mental Health Natters, local churches and various local secondary schools in Oxfordshire. We've also been privileged to provide our courses on behalf of Adopt Thames Valley, which has been a real highlight for our team.

Responsibilities of the Board of Trustees requires the Board to continue to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year.

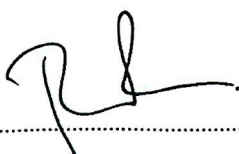
In preparing those financial statements, the Board should follow best practice and:
select suitable accounting policies and then apply them consistently;
make judgements and estimates that are reasonable and prudent; and
prepare the financial statements on the going concern basis unless it is not appropriate to assume that the company will continue on that basis.

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985.

These accounts were inspected by John Price, our Independent Examiner.

Approved by the Board of Trustees on 15th May and signed on its behalf by
Rachael Power (2025)

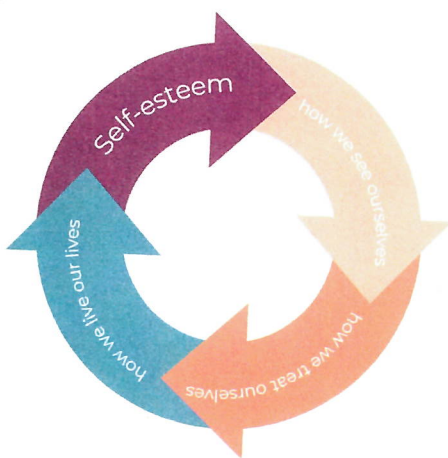
Rachael Power (Chair)

Signature:  date: 15.05.25

Aims and Objectives

The aim of Know Your Worth is simple; to build self-esteem in teenage girls. The main way that we seek to do this is through an 8-week course that we run in schools, churches and community groups.

The course covers emotions, relationships and consent, social media, resilience and hopes, and is designed to help teenagers place greater value on themselves, and expect others to do the same. At each point, we link back again to self-esteem and the significance that our self-esteem has on our lives.



To date, we've now worked with 129 girls, building self-esteem in Oxfordshire and Berkshire. Moving forward, we plan to continue supporting girls here locally as well the North West of England as a member of our team moves there and can deliver in person sessions.

Our long term hope is to continue to have paid Know Your Worth staff delivering our courses across Oxfordshire, Berkshire and the N.West of England but to also train up others who work with youth in schools and in the community, so that they can run courses with their young people anywhere in the UK.



Achievements and Performance

62 teenage girls across Oxfordshire/Berkshire have completed the 8 week course



100% of staff and organisational leads rated their experience with us as excellent (for a second year running).

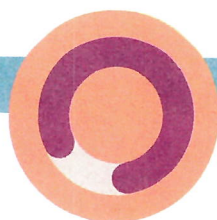
10 new courses run this academic year alongside 2 taster sessions, and a PSHE week in a local secondary.

Of the 62 girls that we have worked with, 84% reported higher self-esteem upon completion of the Know Your Worth Course.



84%

of participants recorded themselves further along the continuum towards higher self-esteem at the end of the course.



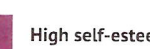
I'd highly recommend Know Your Worth the girls who attended the course had such an amazing time and are always coming to talk to me about it. I have seen some of the students grow in confidence. The team were wonderful to work with!

Year 7 Head of Year

*We use the Rosenberg Self-Esteem Scale as a measurement tool during the first and final week of the course

The Self-Esteem Continuum

Low self-esteem



High self-esteem

Testimonials

A few words
from our Know
Your Worth
participants...

With self-esteem, I'm in the middle. I used to have really bad self esteem but this course has really changed that...



I feel quite positive about myself.

I've learned how to love myself and I'm so proud of myself...

I struggle to go to school but on Thursdays I force myself to go to school so I can come to KYW"

Know Your Worth is inspirational and will help you grow your confidence...it's helped me to grow mine"

My daughter has been attending some of your amazing Know your worth sessions... She has found the sessions very valuable and inspiring.

It's worth mentioning how much the parents have got out of this as well. All of the parents have agreed that our weekly visits to a local cafe while we wait have been like our very own therapy session!

A few words
from
professionals
and
parents/carers

I would definitely recommend the course.

The Know Your Worth course is a great opportunity for the girls to have a safe space to explore different topics relevant to them.

I would recommend it to both young people and adults. I have witnessed how the positive effect it had on our students and I myself learned so much.



I said she's very happy for me to feed back to you how much she loved the group. She reflected "Before I went I was really scared... but then I went and I was really happy and I enjoyed it. I was always excited to go back. It was the highlight of my week."

Independent Examiner's Report

I report to the trustees on my examination of the accounts of Know Your Worth for the period ended 31st August 2024.

Responsibilities and basis of report

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

The trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is required.

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act. In carrying out my examination, it is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow procedures laid down in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act; and
- state whether any particular matters come to my attention.

My examination was carried out in accordance with the general Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 considering any unusual items or disclosure in the accounts and seeking explanations from the 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 statement below.

Examiner's statement

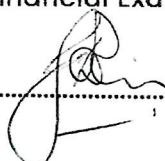
I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

John Price (Independent Financial Examiner)

Signature:



date:

15 May 2025

Know Your Worth Annual Report 2024

Statement of Financial Activities

	2024	2023
Turnover		
Charitable Activities - Courses	15,312.00	10,940.00
Charitable Activities - Workshops	1,289.20	2,600.00
Charitable Activities Participant Manuals Sales	319.07	2,086.94
Total Turnover	16,920.27	15,626.94
Other Income		
Donations-Churches	33.45	-
Donations - Individual One Off	1,720.00	7,924.53
Donations - Individuals Regular	1,930.00	1,360.00
Donations - Trusts	17,500.00	4,670.00
Total Other Income	21,183.45	13,954.53
Total Income	38,103.72	29,581.47
Administrative Costs		
Advertising & Marketing	375.31	130.01
Cards, Gifts, Postage	133.02	114.14
Consulting	1,432.69	-
Consumable Resources / Crafts	366.82	133.42
General Expenses	644.27	1,340.81
Insurance	276.00	458.38
IT Software	909.00	232.50
Learning content (books, resources)	51.62	70.99
Pensions Costs	246.19	130.58
Printing	1,575.50	27.00
Refreshments	189.35	35.08
Salaries	21,727.38	12,862.44
Staff Training	130.00	121.46
Subscriptions and Memberships	416.18	279.84
Travel	1,203.62	4.00
Total Administrative Costs	29,676.95	15,940.65

Surplus on Ordinary Activities

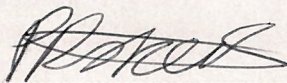
£8426.77

£13640.82

Balance Sheet

	31 AUG 2024	31 AUG 2023
Current Assets		
Cash at bank and in hand		
KNOW YOUR WORTH	22,034.14	13,781.87
Total Cash at bank and in hand	22,034.14	13,781.87
Total Current Assets	22,034.14	13,781.87
Creditors: amounts falling due within one year		
Accounts Payable	33.45	141.05
Total Creditors: amounts falling due within one year	(33.45)	141.05
Net Current Assets (Liabilities)	22,067.59	13,640.82
Total Assets less Current Liabilities	22,067.59	13,640.82
Net Assets	22,067.59	13,640.82
Capital and Reserves		
Current Year Earnings	8,426.77	13,640.82
Retained Earnings	13,640.82	
Total Capital and Reserves	£22067.59	£13640.82

Patrick Roberts (Treasurer)

Signature:  date: 27.05.2025.