

Trustees' annual report for the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

Period start date

1	9	0	5	2	2
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 Period end date

3	1	0	3	2	4
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Charity name

Girls Who pull																			
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Charity No
(if any)

1	1	9	9	0	2	0
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Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To educate, inspire and empower women to get stronger.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Managing our social media and educational content, as well as putting on an event in London in July 2022 and an event in New York in October 2022.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes the trustees have regarded the guidance

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We educated about 150 women at our events in how to perform the strengthening exercise pull ups. We inspired thousands of women via our two events and our social media account. We ran the largest ever women-only pull-up competitions in London and New York. We promoted the stories of 180 women from 29 different countries on the Girls Who Pull Instagram page and website. We built a global community of 2,621 women inspiring, supporting and encouraging each other on their journey to getting stronger.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	We earned more than we spent putting us in a strong financial position.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We plan to host fewer events in the following financial year whilst maintaining our social media account and website. Our principal source of funds is from events
Amount of reserves held	Para 1.22	£900
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:	SORP reference	
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Charity was founded by the two trustees: Daisy Hughes and Benjamin Barks

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Girls Who Pull
Other name the charity uses	
Registered charity number	1199020
Charity's principal address	14a Wilmot Place, London, NW1 9JP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Daisy Hughes	Chair		
2	Benjamin Barks			
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20				

Reference and Administrative details

(cont)

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees ~~on~~ behalf of others

Description of the assets held in this capacity	Not applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Daisy Hughes

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)




Full name(s)

Daisy Hughes

Benjamin Barks

Position (eg Secretary,
Chair, etc)

Chair

Date

1 August 2024

Girls Who Pull registered charity
Accounts

Transaction Date

30/03/2023

07/03/23

01/02/23

09/01/23

13/12/2022

30/11/2022

14/11/2022

07/11/22

03/11/22

31/10/2022

25/10/2022

24/10/2022

24/10/2022

18/10/2022

14/10/2022

26/09/2022

26/09/2022

20/09/2022

Totals

Transaction Description	Debit Amount
HOLLY BROWN 600000001105434425 MAR 23 608371 10 30MAR23 16:39	120
HOLLY BROWN 100000001090182259 FEB 23 608371 10 07MAR23 16:50	72
HOLLY BROWN 600000001073892340 INVOICE 13 205562 10 01FEB23 09:58	96
HOLLY BROWN 600000001061055011 INVOICE 12 205562 10 08JAN23 17:27	192
TAGVENUE LIMITED CD 2713	46
HOLLY BROWN 200000001036007657 INVOICE 11 205562 10 30NOV22 10:13	312
JUSTGIVING 2884181 GIRLS WHO 0824803071514112CN 165050 40 14NOV22 15:17	
JUSTGIVING 2877097 GIRLS WHO 1697242481517032CN 165050 40 07NOV22 15:18	
STRIPE STRIPE 722749441300 185008 10 03NOV22 08:46	
JUSTGIVING 2870198 GIRLS WHO 0850193454911323CN 165050 40 31OCT22 19:45	
PAYPAL *TAYLORFITN CD 2713	159.67
NATTY HAWKINGS 200000001015191557 SEPT/OCT 040004 10 24OCT22 09:57	608
B BARKES MARATHON 600000001018024969 306521 10 22OCT22 08:41	
PAYPAL *EVENTBRITE CD 2713	5.53
CAF2210112482CF 2210112482CF	
B BARKES 500000001003976702 306521 10 26SEP22 08:30	
EVENTBRITE OPERATI 377758173867	
PAYPAL *UNDRGRDPRN CD 2713	43.62
	1654.82

Credit Amount	Balance
	1223.37
	1343.37
	1415.37
	1511.37
	1703.37
	1749.37
51.11	2061.37
315.82	2010.26
26.09	1694.44
39.04	1668.35
	1629.31
	1788.98
1402.79	2396.98
	994.19
30	999.72
50	969.72
963.34	919.72
	-43.62
2878.19	