

# Annual report

## The Power Project

30 November 2025

The Trustees of The Power Project, registered charity # 1207067, 91 Rendlesham Road E5 E5 8PJ, present their annual report and accounts for the year ended 31 January 2025.

## Mission

The Power Project is a Charitable Incorporated Organisation with the charitable purpose of advancement of amateur sport. It exists to empower women to resist violence and build resilience while learning self defence skills.

## Activities and achievements

The Power Project provides trauma-informed self defence training for women —the people most likely to face violence without perpetrating it— using proven methods of violence prevention.

We developed a training programme which addresses the patterns of violence women are most likely to face and which take a trauma informed approach by incorporating choice, consent, and nervous system regulation techniques.

In 2024/25, its founding year, we delivered 2 workshops supporting 23 women. In 2025/26, we project 5 programmes supporting 50 women. These programmes will be delivered in partnership with women's groups, survivor support charities, and other community organisations.

We also established a volunteer programme in collaboration with the UCL Community Research Initiative, and produced 2 films which examine the history and culture of self defence in the UK, and promote the values of empowerment and trauma informed practice in self defence.

## Public benefit

The workshops instilled confidence, self efficacy, and skills to resist violence in its beneficiaries.

These techniques are grounded in empirical evidence about violence and the practices which disrupt it. They address cultural conditions that foster violence and the psychological barriers that make violence resistance difficult for women, particularly those in minoritised, marginalised, or disadvantaged communities.

# Income and expenditure

In its founding year, the charity earned £9332.80 from private donations and £250.67 in sales from workshops. It spent £3638.8 in research, fundraising support, cultural (film) production, and £12 in banking fees.

## Financial reserves

Currently practices for managing reserves include:

- We keep financial reserves in the charity bank account in the interest of financing emergent or unplanned programmes to maintain essential services for beneficiaries
- We are taking the opportunity in this first year of operation, to learn about demand for our service and how best to provide service to individuals and partner charities.

The Power Project holds reserves to ensure its ability to serve clients, in proportion to the finance available and expected demand. Trustees commit to avoid tying up money unnecessarily on the one hand whilst also avoiding excessive reserves which limit spent on delivering programmes.

We understand that a too-low reserve creates risk to the charity's ability to carry on its activities in the event of future financial difficulty, and increases the risk of unplanned and unmanaged closure and insolvency.

We currently hold in reserve the portion of unallocated private donations and income from paid programmes in order to continue to deliver programmes in the event that we are unsuccessful with future funding rounds and lack sufficient income from sales.

Currently, reserves consist of private donations, and income from paid programmes.

We exclude from reserves:

- Grants with an associated spend
- Funds allocated to future planned projects
- Any social investments received
- Restricted funds

## Debts

The charity has no outstanding debts.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

The Power Project

1207067

## Receipts and payments accounts

CC16a

For the period  
from

16 February 2024

To

31/01/2025

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
	9,332	-	-	9,332	-
	251	-	-	251	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	9,583	-	-	9,583	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	9,583	-	-	9,583	-
<b>A3 Payments</b>					
	3,638	-	-	3,638	-
	12	-	-	12	-
	-	-	-	-	-
	-	-	-	-	-

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>3,650</b>	<b>-</b>	<b>-</b>	<b>3,650</b>	<b>-</b>

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	

<b>Total payments</b>	<b>3,650</b>	<b>-</b>	<b>-</b>	<b>3,650</b>	<b>-</b>
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<b>Net of receipts/(payments)</b>	<b>5,933</b>	<b>-</b>	<b>-</b>	<b>5,933</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>5,933</b>	<b>-</b>	<b>-</b>	<b>5,933</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		5,933	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>5,933</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account (s))	OK	OK	OK
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>

**B2 Other monetary assets**

Details	to nearest £	to nearest £	to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

## B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Maya D'Amour	Maya D'Amour	27 November, 2025