

STRETCH MORE

England & Wales · Charity number 1214973

Details

Status Registered

Legal form CIO

Registered 2025-09-16

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

Contact

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Activities

Objects: THE ADVANCEMENT OF HEALTH AND THE RELIEF OF THOSE IN NEED BY REASON OF DISABILITY, IN COUNTRIES/AREAS PRONE TO WAR, CONFLICT, NATURAL DISASTERS OR CATASTROPHE, BY: A. PROVIDING COMPREHENSIVE SURVIVAL AND EMERGENCY TRAINING TO INDIVIDUALS WITH PHYSICAL DISABILITIES, EQUIPPING THEM WITH THE SKILLS AND CONFIDENCE TO NAVIGATE AND RESPOND INDEPENDENTLY TO NATURAL AND HUMAN-MADE DISASTERS. B. PROVIDING PRACTICAL AND TRANSFERABLE SKILLS, SUCH AS SWIMMING (OR OTHER ADAPTIVE SPORTS SUITABLE FOR DISABLED PERSONS), FIRST AID, AND SURVIVAL TECHNIQUES, TO IMPROVE THE PHYSICAL SAFETY, WELL-BEING, AND INDEPENDENCE OF PERSONS WITH DISABILITIES. C. EMPOWERING INDIVIDUALS WITH DISABILITIES TO ASSUME INFLUENTIAL ROLES WITHIN THEIR COMMUNITIES BY NURTURING LEADERSHIP QUALITIES.

Activities: Stretch More supports disabled people through inclusive camps, training, awareness programmes and community activities that build lifesaving skills, confidence, independence and resilience. We empower people to challenge stigma, step out of their comfort zones and become active contributors to society.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Amateur Sport, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities

Geography

- Afghanistan
- India
- Nepal
- Uganda

Trustees

Name	Role	Appointed
Nematullah Ahangosh M.A.	Chair	2025-09-01
ABDUL JAMIL BE DILL		2025-09-01
Ehraruddin Ghiasi		2026-05-15
Timothy Michael Stephen Yates		2025-09-07