



Uplifted

Trustees' Annual Report

2024-2025





Uplifted

Scottish Charity Number: SC050542

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Charity Trustees

1. Jo McPherson
2. Chloe Alcorn
3. Ash Riley
4. Seamus Stewart-Skinner
5. Sami Read (new)



Objectives and activities

The charitable purposes of the SCIO ("the Charitable Purposes") are:

- To advance health by helping people to maintain or improve their health through strength training, exercise and social inclusion, strengthening the connection between mental health and physical fitness.
- The relief of those in need by reasons of mental health, trauma and in particular those who suffer from PTSD, who are survivors of Gender Based Violence and members of the LGBTQIA+ community.
- Provide and promote opportunities in sport and physical activity, to help aid the recovery of people who experienced Gender Based Violence, are experiencing mental health issues, trauma, and PTSD and encourage individuals to move their lives forward in a positive direction.
- Promote the preservation of mental health through peer-support and the sharing of information and participation of activities that encourages good health and well-being.

Uplifted delivers group strength training courses suitable for all levels covering the foundations of lifting, following a program and working together to support each other to achieve goals.

Structure, governance and management

Type of governing document

Uplifted has a constitution outlining our purpose and how we are governed.



Achievements and performance

Uplifted have successfully run community events, competitions and public open day fundraisers throughout 2024-2025.

- Just to note a few ways Uplifted has worked to achieve our aims this year. Partnership working with Leap Sports Scotland and The Daisy Project, we hosted our annual non gendered strength competition, an atlas stone lifting event and we delivered eight 12 week fully funded introduction to strength training courses.
- We are particularly proud of our work with The Daisy Project. Our founder Sam has been delivering 4 week blocks of 1-1 trauma informed strength sessions with survivors of gender based violence as part of their recovery.

- Many of our course participants have now gone on to volunteer with us to help run events, design posters, plan fundraisers and help support new people coming to our courses and events for the first time.
- Included are some impact statements from people who took part in courses with Uplifted this year.



"I've honestly had such an amazing time on the course and seen a huge change in my body, my confidence and feeling like I have a right to exist both in the gym and general out in the world, my physical strength and also just how i feel about my body and feeling at home in it. Thanks so much for everything, it was a really amazing experience!"



"I was struggling to gain muscle in areas, and improve my chronic fatigue, now I have gained the muscle in my body, I'm feeling stronger, and have more energy.

I didn't have a bum and now I have a bum".

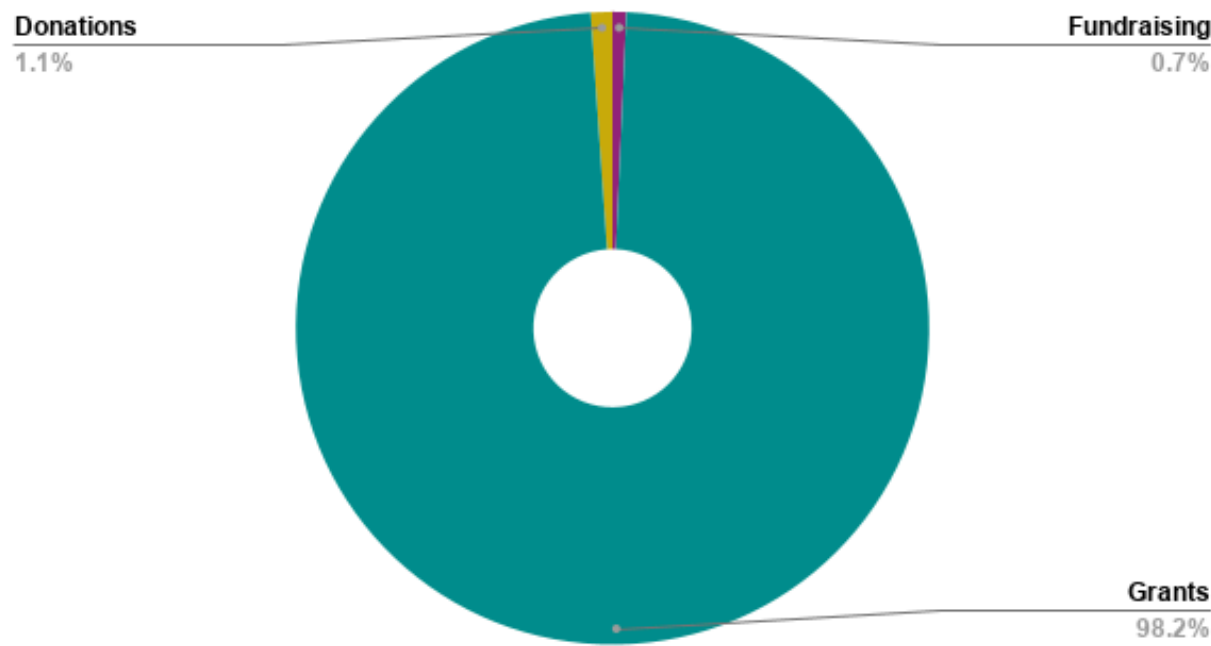


"Thank you soooo so so so much from bottom of my heart! You and Dee are literal angels, it's been so fun and safe and empowering in ways I couldn't actually imagine getting strong could be.

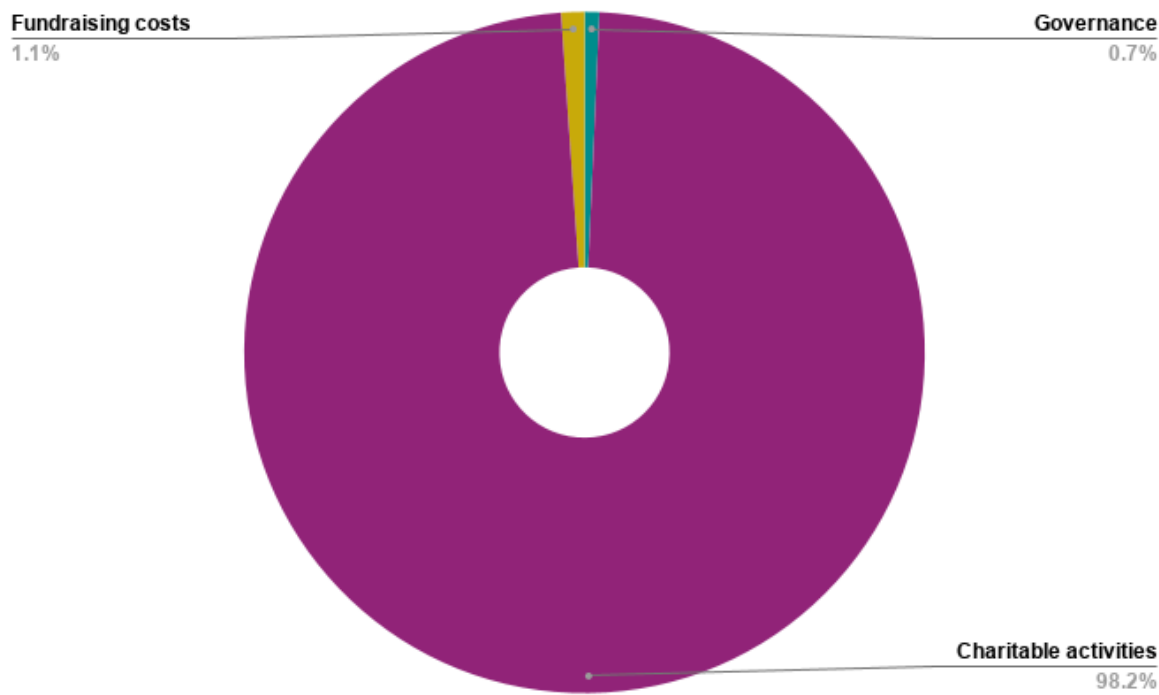
Thank you thank you thank you"

Financial review

Income



Expenditure



Statement of the charity's policy on reserves

We aim to hold £500-1000 reserves.

Donated facilities and services

The referees at our competitions gift us their time. Companies such as Cerberus Strength donate equipment to us on occasion when we are running an event.

Future plans

Next year Uplifted aims to deliver at least six all gender 12 week courses, one 12 week trans masc course and one 12 week trans femme course.

We aim to continue to develop our Trauma Informed Practice training modules and our LGBTQIA+ inclusion in strength sport and gyms training modules.

Our founder Sam will continue to grow the working relationship with The Daisy Project to increase the recovery sessions with survivors and work on some outreach sessions around Glasgow.

Uplifted will also be involved in running our annual non gendered strength competition, the launch of our Non Gendered Powerlifting Federation with two competitions, a tournament and free taster sessions as part of Leap Sports Festival Fortnight.

Declaration

Signed on behalf of the charity trustees:

J McPherson

Print name

Jo McPherson

Designation

Trustee

Date

30.5.26