

Uplifted

Annual Report

2023-2024



Introduction

Why was uplifted set up?

Uplifted was awarded charity status in October 2020 to provide access to strength training for people who experience barriers in mainstream sport & fitness facilities. Uplifted takes a trauma informed approach to movement and strength working with experienced coaches and support workers to deliver strength courses, open gym sessions, events, competitions and social activities for all levels and all genders.





Alt Fitness 2022



Uplifted Titans 2024

Who does uplifted help?

Our aim is to remove as many barriers as possible, this has allowed us to work with survivors of trauma, the lgbtqia+ community, neurodivergent people, people going through the asylum process, people experiencing mental health issues, and people with limited mobility and/or chronic health conditions aged 16 or over.

Outputs

What was done?

Uplifted has delivered seven 12 week fully funded strength courses with around 5-6 participants in each course.



We ran the first non gendered strength competition in Scotland with a huge turnout of support and 30 athletes competing across 4 levels.



We ran a non gendered max deadlift event as part of Leap Sports Festival Fortnight with 24 athletes taking part.



We ran a non gendered Max Overhead Fundraiser event with 10 athletes from the lgbtqia+ community taking part.





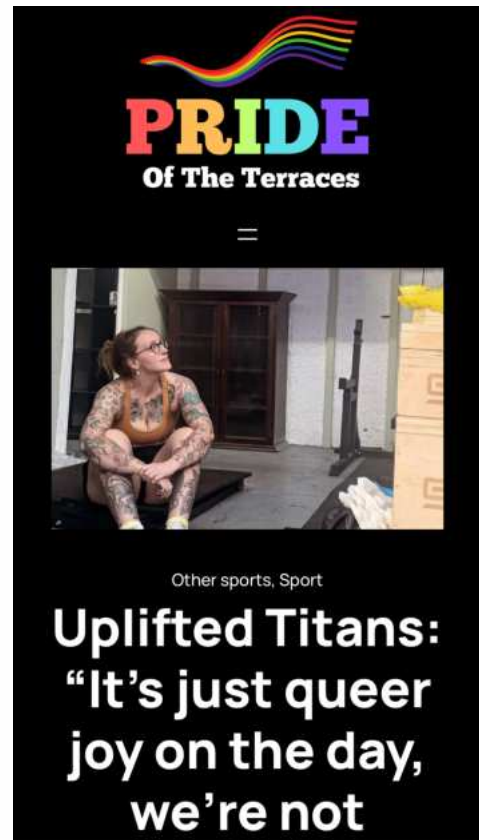
We delivered a specific course in partnership with Leap Sports called Just Active for lgbtqia+ asylum



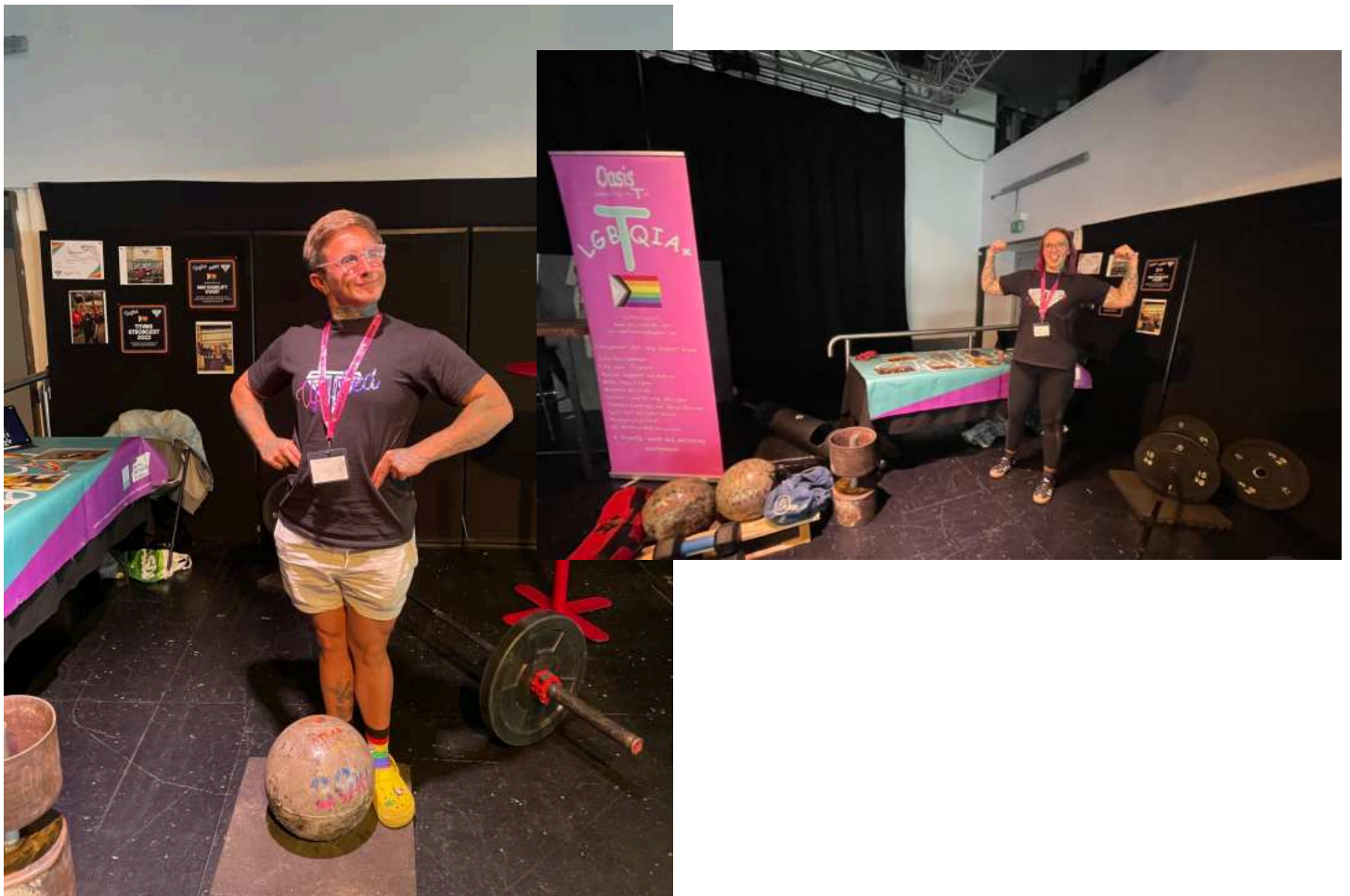


We delivered Strongfolk sessions for Dunfermline Womens Rugby Team.

Founder Sam did an interview with Pride of the Terraces about inclusion in Sport and the journey of Uplifted.



Uplifted also travelled to London to showcase our work funded by the LGBT Consortium providing the funding panel and other funded projects access to equipment and the opportunity to try what we do first hand.



Founder Sam McPherson and Head Coach Dee Wilson were invited to speak on the Women in Sport panel at City of Glasgow College. Sam was also been invited to speak at a Queer Leadership conference with over 100 professionals signed up.





Uplifted - Increasing access to strength training for the queer community & people who experience barriers access mainstream sport & fitness facilities.



What was achieved

Improving mental health and wellbeing

We had a student counsellor working with us this year allowing Uplifted participants to access 1-1 counselling whilst engaging in our courses.

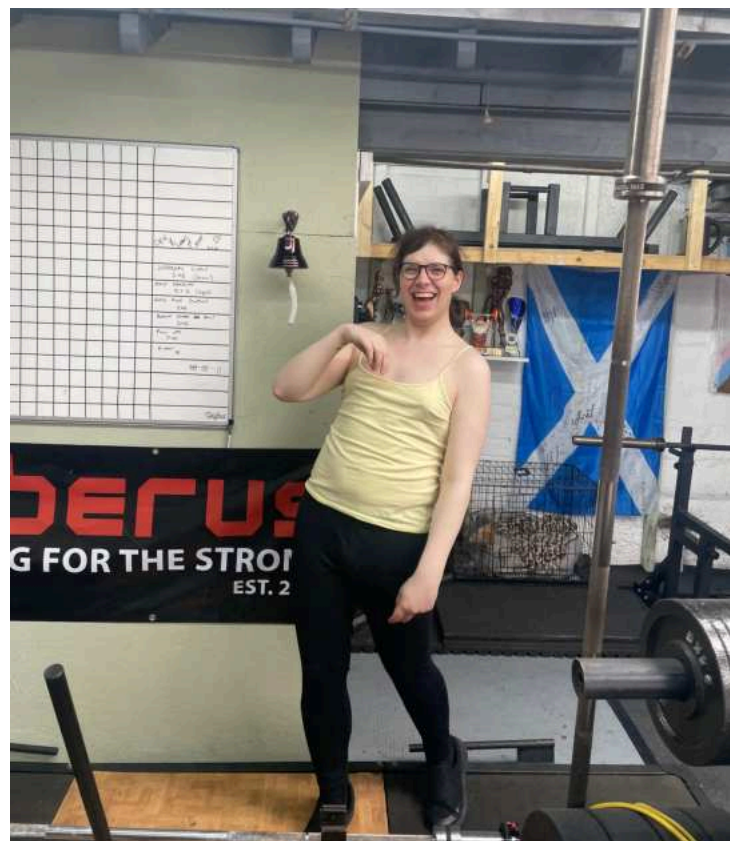
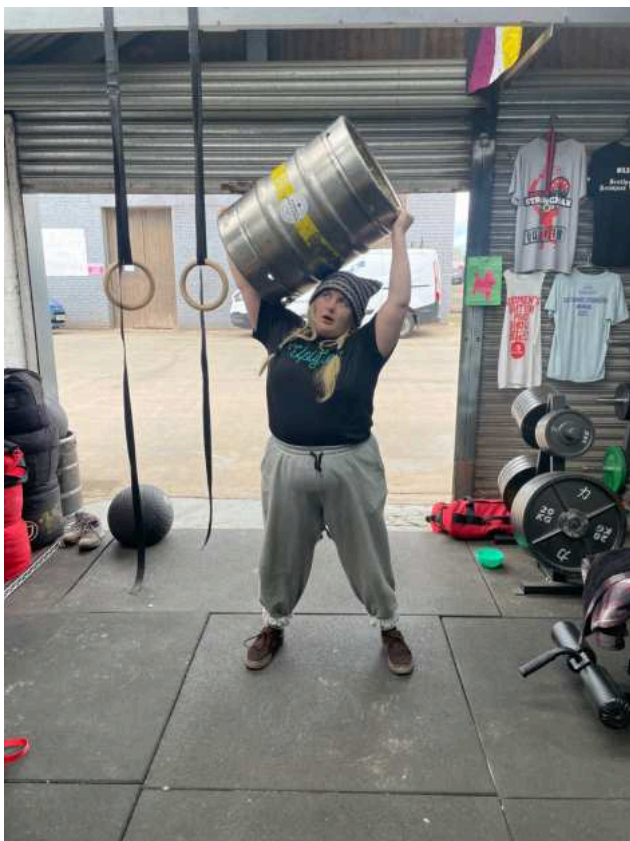


JEN GOFF

Person-Centred
Counsellor in Training

"People are just as wonderful as sunsets if I can let them *be*. When I look at a sunset, I don't find myself saying, 'soften the orange a little on the right hand corner, and put a bit more purple along the base, and use a little more pink in the cloud colour'. I don't do that. I don't try to control a sunset. I watch it with awe as it unfolds." - Carl Rogers

Improving physical health



Confidence



Reduction in social isolation:

- Weekly walks
- Coffee meet ups
- Gym buddy system
- Open gym

Continued confidence in fitness and wellbeing spaces:

- External gym memberships
- Uplifted memberships
- Competitions
- PT
- Engagement in new sports
- Participation in the development of Uplifted



Partnership working:

LEAP Sports (Strength Course - Just Active, Festival Fortnight, Pride)
Say Women (Services Users Group & Staff Wellbeing Group)
Dunfermline Women's Rugby Team
LGBT Health and Wellbeing
City of Glasgow College (Panel Discussion)
LGBT Youth (TBC)
Pride Outside - Queer Leadership Conference 2024

Referrals:

Organisations
Self

Funders this year

LEAP Sports - Max deadlift - Festival Fortnight
LGBT Consortium - Strength courses (Attended LGBT Consortium Funding Showcase)
Private Donations
Fundraising - Gender Neutral Comp, Max Overhead event

Sponsors

Cerberus (Comp T-shirts, event equipment, deadlift socks) Atlas
Endurance (Trophies)
Kings Event Catering (Free food for competitors)
A&R Supplements (supplements & certificates for gift bags)
Phillips Photography (Certain event photography elements gifted)
Referees within the sport volunteered time



Impact statements

What difference was made?

"When I say that Uplifted is one of the best things to come into my life in the past year, it's not an overstatement. As someone who is not naturally 'sporty' and who doesn't have a naturally athletic build, I feel a lot of shame, anxiety and discomfort within exercise and sporting spaces. I had never set foot in a gym before for this reason. I'm also queer, woman-presenting and struggle with my mental health, which includes at times, severe anxiety and panic attacks...Uplifted has been the bright spot in some challenging months. Even on days when I wake up feeling anxious, and would normally probably cancel other commitments, I've gone to the class, because I know that I can show up without having to put a front on, and I can be honest with how I'm feeling, and be understood and accepted. I can't tell you what a gift that is."

"Uplifted has been amazing in terms of being able to socialise. I moved to Glasgow during the height of Covid and lockdowns, with no real social connections here. As someone who's quite introverted, I've really struggled to make friends and find my people (especially living in the west side of Glasgow, when most of the cool things happen in Southside). With Uplifted, that's started to change. I've met people who have become friends and who I've hung out with outside of class. I also just know, because of the culture that Sam and Dee have created, that everyone I meet there is going to be lovely. "

"It's really changed my life and outlook on the gym. I never thought weight lifting was within my capabilities, I'm so glad I've been proven wrong! I feel so much stronger (mentally and physically) and more capable of trying new things fitness wise. Everyone involved is so supportive and kind. Every single person I've spoken to, I feel like I can reach out to for support and guidance and I really look up to everyone involved."

"This is the first time in my life that I've ever looked forward to going to a gym. This is the first time the focus hasn't been purely about making me smaller and losing weight. The focus is purely on what I can do and how I can do more. I feel powerful and strong and I look forward to going everytime. It's helped my mental health significantly."

"It's changed my life. I feel more confident, for the first time in a long time I'm able to look at myself in the mirror and not feel disgusted at my own appearance. I'm able to carry my shopping up the stairs without taking a break. It's small things, but it makes a difference."

Financial Statement



Enter charity name below

Scottis Charity Regulator

Enter SC No.

SC050542

Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	31	August	2023		31	August	2024

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	511				511	1,197
Legacies					-	
Grants		1,300			1,300	6,000
Receipts from fundraising activities	145	155			300	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	657	1,455	-	-	2,112	7,197
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	657	1,455	-	-	2,112	7,197
A3 Payments						
Expenses for fundraising activities	185				185	500
Gross trading payments					-	370
Investment management costs					-	
Payments relating directly to charitable activities		4,455			4,455	1,482
Grants and donations					-	1,650
Governance costs:	257				257	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	442	4,455	-	-	4,897	4,002
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	442	4,455	-	-	4,897	4,002
Net receipts / (payments)	215	(3,000)	-	-	(2,785)	3,195
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	215	(3,000)	-	-	(2,785)	3,195

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

Signature

Print Name

Date of approval

Chloe Alcorn

6.9.24

Jo McPherson

6.9.24