INTRASONUS UK

2025 Activity & Community Impact Report

Volunteering • Free youth provision • Female-only activity • Community connection

A year of building trust before building scale.

In 2025, Intrasonus UK strengthened its roots in the community through volunteering, practical support and accessible physical activity. From summer volunteering at
Hargrave Hall Community Centre, we moved into structured free programmes for children and young people and began developing female-only opportunities in the same trusted community setting.

Organisation Intrasonus UK, Registered Charity No. 1155529
Reporting period 1 January - 31 December 2025
Primary community Setting Hargrave Hall Community Centre and surrounding local community

2025: from volunteering to structured community provision

2025 was a foundational year for Intrasonus UK. Our work at Hargrave Hall Community Centre began with direct volunteering during the summer: being present, helping children and young people take part, supporting families, assisting with activities and learning from the community before expanding our own structured provision.

From this voluntary base, we kick-started Free for Kids, creating separate age-appropriate opportunities for children aged 7 to 12 and young people aged 13 to 18. The programme was designed around a simple principle: high-quality physical activity, mentoring and personal development should not be available only to families who can afford private clubs. We wanted local young people to be able to enter a familiar community space, take part without financial pressure and receive the same professionalism, attention and encouragement that would be expected in a well-resourced setting.

During the year we also began developing female-only courses. These sessions responded to the need for spaces in which women and girls could participate with greater confidence, privacy and cultural comfort, while still benefiting from the same standards of coaching, movement, fitness and wellbeing support.

2025 at a glance

Summer volunteering Regular volunteer support at Hargrave Hall Community Centre for children and young people.
Free for Kids - ages 7-12 Accessible activity centred on movement, fitness, coordination, structured play, confidence and positive relationships.
Free for Young People - ages 13-18
Age-appropriate physical activity, discipline, mentoring, teamwork, resilience and opportunities to take responsibility.
Female-only provision Early development of women- and girls-only sessions designed to remove social, cultural and confidence-related barriers.
Community-backed delivery
Support from local families, volunteers and the surrounding community helped activities feel rooted, familiar and welcoming.

WHO WE ARE

Intrasonus UK: movement as a route into confidence, wellbeing and belonging

Intrasonus UK is a community charity using accessible physical activity, movement, martial arts-inspired exercise, mentoring and personal development to help children and young people become healthier, more confident and more connected. Our approach is intentionally holistic. We are interested in how a participant moves, but also in whether they feel safe, whether they are able to work with others, whether they can regulate frustration, whether they return the following week and whether they begin to see themselves as someone who belongs.
Sessions typically combine mobility, coordination, fitness, controlled martial arts-based movement, games, teamwork, individual challenge, mentoring and reflection. Activities are adapted to age, confidence and ability. The aim is not to create a narrow competitive environment, but to use professional physical activity as a practical framework for confidence, resilience, self-discipline, communication and positive community participation.
This approach was particularly important in 2025 because much of the year was about relationship-building. Rather than arriving with a fixed model, we listened to local families and young people, observed what encouraged participation and developed activity around the realities of the community using the centre.

Volunteering first: earning trust at Hargrave Hall Community Centre

Our 2025 activity at Hargrave Hall Community Centre began through volunteering during the summer. This was not simply a preliminary stage before “the real project”; it was an important part of the work in its own right. Volunteering allowed our team to contribute without demanding anything from the community, to understand the rhythm of the centre and to build relationships naturally with children, young people, parents, carers and other people using the space.

We supported children and young people through active games, movement, informal coaching, encouragement and practical help around activities. The emphasis was on presence and reliability. Young people had the opportunity to become familiar with our coaches and volunteers before being asked to commit to a regular programme. Parents and carers could see how we worked, how we handled safety and how we treated different levels of ability and confidence.

That period helped us identify the need for free, consistent and professionally delivered activity. It also showed us that young people respond strongly when physical activity is combined with humour, patience, clear boundaries and genuine human attention. The summer volunteering experience therefore became the bridge into the more structured programmes that followed. Our starting point was simple: be useful first, listen carefully, and build the programme around the people already using the space.

FREE FOR KIDS

Ages 7-12: making professional activity accessible without cost

Following the summer volunteering period, Intrasonus UK kick-started Free for Kids for children aged 7 to 12 at Hargrave Hall Community Centre. The project was designed to remove one of the clearest barriers to regular participation: cost. We wanted families to know that a child could attend, learn, move and be supported without the pressure of membership fees or commercial expectations.

For this age group, activities focused on physical literacy and enjoyment: balance, coordination, agility, controlled movement, safe martial arts-inspired drills, fitness games, partner exercises and structured play. These were combined with simple but important expectations around listening, taking turns, respecting others, completing a challenge and supporting teammates.

The sessions were deliberately energetic but not intimidating. Some children arrived confident and immediately wanted to take part; others needed more time to observe before joining. Our approach allowed both. Coaches used progression, encouragement and achievable challenges so that success did not depend on being the strongest or most athletic child in the room.

The wider objective was to make physical activity a positive part of childhood: something associated with friends, confidence and achievement rather than judgement. Free provision also meant that participation could be based on need and interest rather than household income.

YOUNG PEOPLE 13-18

A stronger pathway for teenagers and young people

For young people aged 13 to 18, the programme required a different balance. Teenagers often need challenge and progression, but they also need to feel respected and given genuine responsibility. Sessions therefore, combined more demanding fitness and movement work with mentoring, teamwork, controlled martial arts training and opportunities to support others.

The work aimed to help young people develop confidence without aggression, discipline without humiliation and resilience without pretending that difficulty does not exist. We encouraged participants to understand their own body, manage energy and frustration, communicate clearly and recognise that progress comes from consistency rather than instant success.

Where appropriate, older participants were encouraged to help with equipment, demonstrations and support for younger children. This early leadership approach is central to Intrasonus UK: we want a young person to experience the programme not only as a recipient, but eventually as someone capable of contributing to the confidence and safety of others.

FEMALE-ONLY PROVISION

Creating a space in which more women and girls can participate

During 2025 we also began kick-starting female-only courses at Hargrave Hall Community Centre. The purpose was not to separate people unnecessarily, but to remove barriers that can prevent women and girls from taking part in mixed activity. For some participants those barriers may relate to confidence, previous experience, culture, privacy, body image or simply the need for a space in which they feel less observed and more able to experiment.

The sessions followed the same Intrasonus principles: professional coaching, progressive movement, fitness, coordination, confidence and supportive group culture. A female-only setting also created room for participants to build relationships with one another and to develop confidence before deciding whether they wished to access other community activities.

This strand became an important part of our commitment to equity. Access is not achieved simply by opening the same door to everyone; sometimes it requires understanding why a person does not feel able to walk through that door in the first place, and adapting the environment accordingly.

HOW WE WORK

Professional standards, delivered with empathy

Across all of our 2025 activity, we aimed to combine professional standards with a strongly human approach. We believe that young people are more likely to engage consistently when they are known by name, when adults notice when they are struggling, when progress is recognised and when boundaries are clear but respectful.

COMMUNITY SUPPORT

A programme strengthened by local people

The development of the 2025 programme depended on more than Intrasonus UK alone. Hargrave Hall Community Centre provided the setting in which relationships could develop, while local families and community members gave the programme credibility through participation, encouragement and word of mouth. Volunteers helped activities run smoothly and created continuity between formal sessions and the wider life of the centre.

The value of this support is difficult to capture in a single financial figure. A family encouraging another family to attend, a volunteer staying to help prepare equipment, a parent remaining in the centre and speaking with other parents, or a local supporter helping with refreshments can all strengthen the atmosphere around a project. These small acts make a free programme feel less like a temporary intervention and more like something that genuinely belongs to the community.

Our intention throughout 2025 was therefore not simply to deliver sessions inside a building. It was to contribute to a network of relationships around that building and to make physical activity one of the ways in which people could connect.

QUALITY, SAFETY & INCLUSION

Safeguarding and an equity-led approach

All activity was approached with safeguarding, appropriate supervision and safe practice as core responsibilities. Physical activity was adapted according to age, ability and confidence, with controlled progressions and an emphasis on safe participation rather than unnecessary risk. Volunteers and coaches were expected to maintain clear boundaries and to raise concerns appropriately.

Equity also shaped delivery. We recognise that equal treatment does not always produce equal access. A younger child, an anxious teenager, a neurodivergent participant or a woman entering a physical activity setting for the first time may need very different forms of encouragement. Our role is to maintain consistent standards while allowing different routes into participation.

OUTCOMES & LEARNING

What 2025 taught us

The most important outcome of 2025 was the creation of a trusted base from which more structured work could grow. We saw that free access matters, but free access alone is not enough. Participants also need consistency, skilled adults, a welcoming atmosphere and activities that are enjoyable enough to make them want to return.

We learned that younger children respond strongly to structured play and visible achievement; teenagers respond when challenge is combined with respect and responsibility; and female-only opportunities can create an important first step for participants who might otherwise remain outside organised physical activity.

We also confirmed the importance of community presence. The strongest relationships were not created by promotion alone, but through repeated contact: seeing the same people, working in the same familiar space and demonstrating over time that the programme was reliable.

Key learning carried forward

- Keep entry free or as close to free as possible where household finances would otherwise exclude participation.
- Protect consistency: regular sessions and familiar adults build trust faster than occasional high-profile events.
- Continue separate age pathways so that children and teenagers receive appropriate challenge and responsibility.
- Develop female-only provision where it removes real barriers to participation.
- Strengthen volunteer and young-leader pathways so that community members increasingly help sustain delivery.
- Invest in safe, appropriate spaces and equipment so that the physical environment matches the quality of the coaching.

LOOKING FORWARD

Building on a year of service, trust and practical learning

Intrasonus UK entered 2025 with a commitment to contribute and learn. By the end of the year, that commitment had developed into a clearer community pathway: summer volunteering, free provision for children aged 7 to 12, structured activity for young people aged 13 to 18, and the beginnings of female-only courses.

The significance of this progression is not that we became larger. It is that the work became more rooted. We learned who came through the door, what made them stay, what worried families and where professional physical activity could create confidence, friendship and purpose.

Our responsibility going forward is to protect that trust. We intend to keep developing provision that is safe, inclusive, professionally delivered and closely connected to the community around Gravesend Centre. We will continue to use movement as a way of opening wider opportunities for wellbeing, resilience, leadership and belonging.

Our 2025 commitment

To remain present, to keep access open, and to give children, young people and women a community space in which professional physical activity is matched by empathy, patience and human connection.

CHARITY COMMISSION FOR ENGLAND AND WALES

INTRASONUSUK | 1155529

Receipts and payments accounts

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For the period from	Period start date 01.01.2025	To	Period end date 31.12.2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Easy Fundraising	59	-	-	59	-
Grants	19,750	-	-	19,750	-
Foundation	500	-	-	500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	20,309	-	-	20,309	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,309	-	-	20,309	-
A3 Payments					
NC Pr	500	-	-	500	-
Venue booking	1,644	-	-	1,644	-
Social Media	1,400	-	-	1,400	-
Website	113	-	-	113	-
Office expenditures	620	-	-	620	-
Coaching / mentoring	7,456	-	-	7,456	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	11,733	-	-	11,733	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	11,733	-	-	11,733	-
Net of receipts/(payments)	8,576	-	-	8,576	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,412	-	-	5,412	-
Cash funds this year end	13,988	-	-	13,988	-

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

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Charity Bank Account	13,988	-	-
		-	-	-
		-	-	-
	Total cash funds	13,988	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds 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
Tim Banquero	Tim Banquero	24.10.2026