POWER THE FIGHT

TO END YOUTH VIOLENCE EA

STRATEGY 2026-30

Increasing the Peace in Communities Across the UK

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CEO INTRODUCTION

When we founded Power The Fight in 2019, we set out with a bold vision: to tackle violence affecting young people by centring communities, amplifying unheard voices, and embedding cultural sensitivity and trauma-informed practice in the systems that children and young people navigate every day.

As we enter our next strategic phase, I am both proud and energised by the journey so far. Power The Fight has grown from a passionate, hyper-local idea to a national organisation, delivering impactful therapeutic interventions, training key professionals and trusted adults, influencing policy, and directly supporting community organisations on the frontline. Together, we have created safe spaces, prevented school exclusions, improved mental wellbeing, empowered families, and helped shape systemic change.

But the challenges facing our communities remain urgent. Cycles of trauma continue to go unbroken, institutional oppression persists, and the voices of those most affected by harm are too often excluded from decision-making. Power The Fight exists to disrupt these patterns. Our Strategy 2026 - 2030 is a roadmap for deeper, wider, and more sustainable impact. It commits to scaling our flagship Therapeutic Intervention for Peace (TIP) programme, expanding our training capacity, working in partnership across sectors, and embedding reflective practice and clinical supervision to support those in trusted adult roles.

At the heart of this strategy is the belief that lasting change occurs when we enable communities to lead, resource and collaborate with grassroots solutions, and stand together with families and young people. I invite you to join us as we continue to build safer, connected communities where we can all belong, together.

Ben Lindsay OBE
Founder & CEO, Power The Fight




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REACH AND PARTNERSHIPS

Over the last 7 years, Power The Fight has developed from a local, London-based organisation to one with national reach through a number of partnerships, projects and advocacy groups (see Figure 1). In the next 5 years, we will strengthen and build on these connections to increase our impact while continuing to work alongside our local communities in South East London.




POWER
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OUR VISION

Children, young people and families belong to communities where they feel safe and connected to the culturally sensitive support that they need to thrive.

OUR MISSION

To increase the peace in communities through connection, belonging and safety.

OUR VALUES

Power The Fight is guided by values that shape every aspect of our work.

1. **CULTURALLY SENSITIVE & HUMBLE:**

We seek to understand and respond to the local context of the communities we support, taking a posture of lifelong learning, respect and humility. We remain open-minded and aware of differences in experience, culture and background so we can effectively deliver services that are accessible to those who are often excluded.

2. **COLLABORATIVE:**

We partner with organisations, communities and young people to ensure that our work is shaped by, and inclusive of, those who are most affected by the issues. Through collaboration and connection we learn from each other, build trust with local communities and support them to realise solutions to the challenges they face.

3. **INNOVATIVE:**

We ground our work in ongoing learning, evidence-based research and evaluation, while also being bold and flexible enough to test new, creative approaches to complex challenges.

4. **REFLECTIVE:**

We ensure that reflection is embedded in everything we do to constantly improve our work, listen to diverse perspectives, respond to feedback and celebrate our achievements. We create space for reflection in our day to day work and enable our partners to do the same.

5. **THRIVING:**

We want our staff and communities to thrive. We provide a caring and trauma informed approach to enable professional growth within our team, effective support for young people and families and inspire hope, that together we can create safety and end violence affecting young people.

OUR THEORY OF CHANGE

Power The Fight's Theory of Change outlines how we influence individuals, communities, and systems to achieve lasting change. It is grounded in our core values and reflects both our practice and evidence base. You can see our organisational theory of change in full on the next page.

UNDERLYING PROBLEMS; VIOLENCE AFFECTING YOUNG PEOPLE

- Communities with greatest knowledge & understanding of problems/needs are excluded from decision and policy influence
- Intergenerational impact of institutional racism and systemic inequality resulting in exclusionary or inaccessible services
- Cycles of trauma and violence are uninterrupted because services cannot meet complex and urgent needs

INPUTS

- Sustainable funding sources
- Partnerships with health, education and justice
- Cultural, contextual and clinical knowledge
- Cross-sector partnerships and solidarity
- Embedded and trusted in community and sector
- Multi-disciplinary academic partnerships

OUTPUTS

- Open access online resources
- Therapeutic Interventions
- Training, consultancy & reflective practice
- Research and evidence
- Clinical supervision for all staff
- Community advocacy in policy advisory
- Financial support to bereaved families
- Community and family focus groups

OUTCOMES

- Increased understanding of cultural sensitivity
- Increased wellbeing of children, families and professionals
- Contextual & collaborative care plans for children with urgent need
- Supported referrals to external agencies
- Partners empowered to achieve systemic institutional changes
- Supported and equipped staff team
- Reduced school exclusions
- Communities represented & policy improved

- The voices of communities impacted by violence affecting young people are at the centre of policy & programme change
- No family or young person impacted by violence affecting young people feels alone
- Services for young people, families and the wider community are culturally sensitive and inclusive

STRATEGIC GOALS; CREATING PEACEFUL COMMUNITIES

CULTURAL SENSITIVITY - CARE - CO-PRODUCTION - LEARNING & REFLECTION - TRAUMA INFORMED PRINCIPLES





WHAT KIND OF FUTURE DO WE WANT?

Fast forward five years.

Young people are thriving and feel they belong to safe, connected communities. Their potential is no longer constrained by postcode, trauma, or systemic inequalities. Families feel supported, not alone. Schools, youth services, and health systems are equipped, trained and supported to respond with care, cultural sensitivity & humility, and trauma-informed practice. Violence is no longer inevitable, it is preventable.

A future where:

- Young people and families are connected to effective, flexible support before crisis hits.
- Local, community-led solutions are resourced, recognised, and embedded in national systems.
- Cultural sensitivity, humility and trauma-informed practices are the norm, not the exception.
- Policy reflects lived experience, and young people help shape the systems around them.

We know the challenges:

- Will the systems around young people (such as education, health and justice), evolve to meet their needs with compassion, cultural sensitivity and humility?
- Will the workforce be equipped to respond to trauma, not punish it?
- Will local, community-led solutions be resourced, recognised, and embedded in national policy?

We believe they must. And we're committed to helping make it happen.

Because the alternative is unacceptable: a future where trauma goes unaddressed, where families are left to cope alone, and where young people are disconnected and vulnerable to harm.

Power The Fight's Strategy 2026 – 2030 is our roadmap for change. It sustains what works - like our flagship Therapeutic Intervention for Peace (TIP) programme, our community partnerships, our training and advocacy. It scales what what's needed - such as national delivery, reflective practice and digital innovation. And it challenges systems by embedding cultural sensitivity & humility, amplifying youth voice, and driving policy reform.

Together, we can build a future where every young person is part of a peaceful community - safe, connected, and able to thrive.



OBJECTIVE ONE:

SUSTAIN AND STRENGTHEN OUR CORE WORK

By continuing to deliver trauma-informed, culturally sensitive & humble support to young people, families and communities affected by violence.

WHY?

We're proud of the progress we've made since 2019, building trust, delivering therapeutic support, and shaping systemic change. But the challenges remain urgent.

According to the Centre for Young lives, one in five children and young people in England now have a diagnosable mental health condition. Yet many local health services are failing to prioritise children's mental health, with some Integrated Care Boards allocating as little as 18% of their budgets to community-based support. This gap is especially stark given that community-based care like Power The Fight's TIP programme is 100 times more cost-effective than inpatient alternatives and yields up to £3.50 in benefits per £1 invested[1].

According to the Youth Endowment Fund (2024)[2], 20% of teenagers in the UK have experienced violence first-hand, and 67% worry about becoming victims themselves. This fear is reshaping childhood: 52% of young people are changing their behaviours to stay safe, 33% avoid certain places or social events, and 22% say the anxiety is affecting their mental health. Yet in 2022/23, over a million children were referred to mental health services and fewer than half received treatment[3].

Sustaining our core work means standing with these communities and protecting the support they've helped us build.

WHAT WE NEED TO DO

We'll continue delivering TIP and Alumni initiatives in South-East London, ensuring high-quality mental health support reaches those who need it most. We'll protect staff wellbeing through reflective practice and clinical supervision and maintain a learning culture that adapts to the realities young people face.

We'll strengthen our infrastructure, embed full-cost recovery, and improve data systems to track impact and value. To ensure long-term resilience, we'll build our designated reserves to cover at least four months of operating costs, enabling us to plan confidently and respond flexibly to future challenges.

TO ACHIEVE SUCCESS WE WILL

- Continue to deliver TIP and Alumni programmes in partnership with secondary schools in South-East London.
- Maintain a learning culture that adapts to the needs of young people and families.
- Re-establish our Advisory board and include young people and families in paid roles to shape our work.
- Evaluate the impact of grants we have provided to bereaved families since 2019, to inform future programme design and funding decisions.
- Publish annual reports covering all strands of our work.
- Embed reflective practice and clinical supervision for staff wellbeing and development.
- Strengthen our operational infrastructure and financial strategy to ensure long-term resilience.
- Grow total income to £6m by 2030, building on £4.7m raised since 2019 and £429k reserves, while continuing to grow unrestricted income through fundraising initiatives and embedding full-cost recovery to sustain and scale our work.
- Build free reserves of up to £400k to ensure four months of operating cost coverage.
- Improve data systems to track impact, Return on Investment (ROI) and conduct a cost-benefit analysis.

KEY PARTNERS/SECTORS REQUIRED TO ACHIEVE SUCCESS

Education, Voluntary & Community Services and Corporate Partners.

[1] https://www.centreforyounglives.org.uk/news-centre/growing-up-well-report

[2] https://youthendowmentfund.org.uk/reports/children-violence-and-vulnerability-2024/

[3] https://www.cypnow.co.uk/content/in-depth/special-report-key-data-children-s-treatment-for-mental-health-problems

OBJECTIVE TWO:

SCALE OUR IMPACT

By expanding our reach to create safety with more young people and communities across the UK.

WHY?

Our TIP model has proven effective, but its reach is still limited. While we've grown from a local initiative to a national voice, many communities across the UK continue to face violence affecting young people without access to culturally sensitive, humble and trauma-informed support. Professionals are asking for more tools, more training, and more ways to respond.

One in four children in the UK now lives in poverty. Young people growing up in deprived areas, from Black, Asian or Global Majority backgrounds, or with disabilities or poor mental health, face greater barriers to education, employment and safety. These intersecting inequalities increase the risk of long-term harm and demand a national response.

In the last three years, Power The Fight trained over 2,100 professionals across sectors including youth justice, health, education, and social care. Our most popular course "Belonging: Becoming a Culturally Sensitive Organisation", received an average rating of 4.5 out of 5.

Scaling our impact means sharing what works and building partnerships that reflect local realities. It means equipping communities to lead their own change, and ensuring young people everywhere have access to culturally sensitive & humble therapeutic support that increases the peace.

WHAT WE NEED TO DO

We will pilot delivery of TIP through regional learning partners, blending youth work and psychology to support more young people and families. We'll grow our digital training platform, embed reflective practice in external organisations, and build regional partnerships to deepen impact.

We'll expand our Alumni programme so that it has decision making powers as part of our Advisory Board, offering paid roles and peer-to-peer platforms. We'll streamline operations to share expertise and ensure our workforce is equipped to support national delivery.

TO ACHIEVE SUCCESS WE WILL

- Pilot a national scale-up of TIP through the development of regional partnerships that support local delivery to more young people and families.
- Test and embed our Reflective Practice offer with external organisations.
- Grow our digital training platform and CPD-accredited training offer, to equip and upskill trusted adults.
- Develop our Alumni programme so that they are able to shape strategy, delivery, and advocacy at national level through their involvement in the Advisory Board.
- Communicate and promote annual learning and impact reports to influence wider practice.
- Streamline operations and develop infrastructure that supports national growth.
- Build our digital capacity and regional partnerships to deepen impact, including the use of Artificial Intelligence.

KEY PARTNERS/SECTORS REQUIRED TO ACHIEVE SUCCESS

Education, Youth Justice, Voluntary & Community Services, Health.

OBJECTIVE THREE:

DISRUPT AND REIMAGINE SYSTEMS TO SUPPORT EVERY CHILD

By embedding cultural sensitivity & humility across education, health and justice, amplifying youth voice, and driving policy change rooted in lived experience.

WHY?

Young people are navigating systems that weren't built for them. Too often, they're met with punishment instead of care. Cultural sensitivity & humility is missing from key services, trauma is misunderstood or ignored. Families are excluded from decisions that affect their lives.

Black children and those in the poorest areas face the greatest harm and are the most fearful of being harmed. Yet the systems meant to protect them often fail to respond. While young women are more likely to experience low confidence and poor mental health, young men are more likely to be excluded from school and fall behind in qualifications. These disparities reflect deep-rooted structural inequality.

Power The Fight delivered training to 190 health professionals across four CAMHS teams and supported 14 families through a two-year partnership with SLAM. This work increased cultural sensitivity and informed service redesign through authentic coproduction.

Embedding trauma-informed, culturally sensitive & humble practice across education, health and justice is essential so that every child is supported from the start, and no one is left behind because of their background or circumstances.

WHAT WE NEED TO DO

We will embed cultural sensitivity & humility early in education and care, strengthening partnerships across health, youth justice and social care. We'll employ a Policy Advisor to lead strategic influence and use data and research to evidence impact and cost-effectiveness.

We'll advocate for change through national panels, advisory groups and strategic forums ensuring that young people and communities shape the systems that serve them.

We'll also deepen our academic partnerships with Durham and Greenwich Universities, co-develop research, training and a Theory of Change to influence policy and practice.

TO ACHIEVE SUCCESS WE WILL

- Embed cultural sensitivity & humility and trauma-informed practice across education, VCS, health and justice, employing a Policy Advisor to lead on this work.
- Use evidence from the TIP programme to inform national policy and commissioning decisions that promote belonging, safety and inclusion.
- Strengthen cross-sector partnerships and strategic influence.
- Use data and research to evidence impact and cost-effectiveness.
- Amplify youth and community voices in decision-making, through the role of Policy Advisor working closely with the Advisory Board members.
- Advocate for change through national panels and advisory groups and strategic forums.
- Strengthen academic partnerships to co-produce research, training, and systemic influence.

KEY PARTNERS/SECTORS REQUIRED TO ACHIEVE SUCCESS

Department for Education, Youth Justice Board, Department for Culture, Media and Sport, Department for Health, Local Government.


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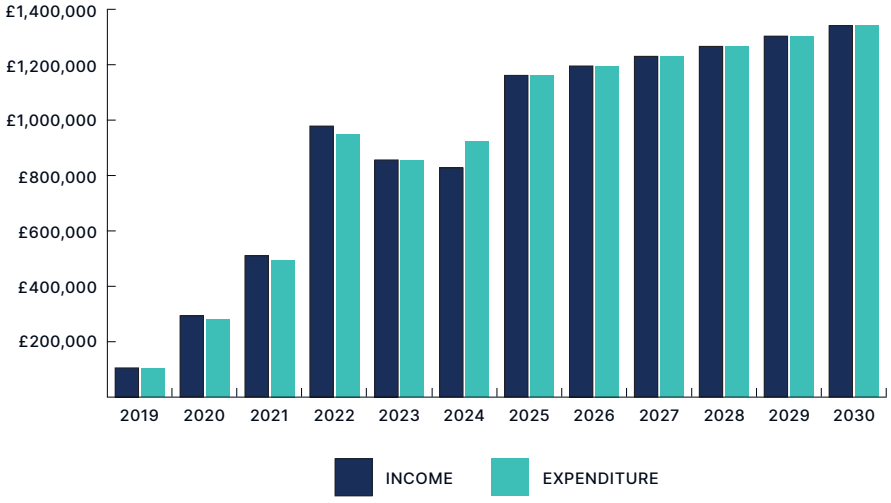
FINANCIAL FUTURE

Power the Fight has grown annual income from £105k in 2019 to £1.16m in 2025 - an increase of over 1,000%. For 2026-2030, we set a conservative annual growth of 3% per year, reaching £1.3m by 2030. This projection is based on applying the actual growth rate observed between 2025 and 2026 to future years for both income and expenditure, ensuring realistic and internally consistent planning.

This steady growth is underpinned by continued expansion of unrestricted income through fundraising activities, embedding full-cost recovery, and scaling impact via our Training offer (including the digital platform), Reflective Practice from 2026, and strengthening delivery of existing services.

To ensure long-term resilience, we will build free reserves of up to £400k, equivalent to four months of operating costs, providing stability and compliance with Charity Commission guidance.

POWER THE FIGHT: INCOME VS EXPENDITURE (2019-2030)



OUR COMMITMENTS

OUR COMMITMENT TO EQUITY, DIVERSITY AND INCLUSION

Power The Fight was founded on a deep belief in the value of human life and the importance of community. We respond to the need for society to take shared responsibility for one another. We embed cultural sensitivity & humility across our work, ensuring young people, families, professionals and our own team feel seen, heard, and respected. Our commitment to inclusion is shaped by the lived experience of the communities we serve.

SAFEGUARDING FIRST

We believe every child, young person, and adult has the right to live free from harm, abuse, and exploitation. Safeguarding is embedded across our programmes, partnerships, and internal culture. It is everyone's responsibility and central to how we protect life, dignity, and build safe communities.

WHAT'S NEXT

We are committed to delivering the ambitions set out in this strategy. Across Power The Fight, our team is building delivery plans, defining impact measures, and strengthening our financial resilience. We are doing everything we can to ensure our community, young people, families and professionals, partners and supporters can champion our mission to increase the peace in communities and ensure every child thrives.


COMMUNITIES TO END YOU
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