



# Trustees' Annual Report for the period

From (start date) **310621** to (end date) **010722**

## Section A

### Reference and administration details

Charity name

**FREEZONE RESTAURANT**

Other names the charity is known by

Registered charity number (if any)

**1151125**

Charity's principal address

**1 WILDERNESS WOOD  
DOAR FARM  
DOAR FARM ROAD  
SWANAGE**

Postcode **BH193DY**

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	<b>JOHN BRIAN JACK</b>	<b>TRUSTEE</b>		
2	<b>MARK GILJA</b>			
3	<b>RADKOVIC</b>	<b>TRUSTEE</b>		
4	<b>CARL JOHN SIMMONS</b>			
5		<b>TRUSTEE</b>		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year

## Section A

### Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

## Section B

### Structure, governance and management

Description of the charity's trusts

Type of governing document  
(eg trust deed, constitution)

CONSTITUTION

How the charity is constituted  
(eg trust, association, company)

CHARITABLE COMPANY

Trustee selection methods  
(eg appointed by, elected by)

ELECTED BY TRUSTEES

Additional governance issues (optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.



## Section C

### Objectives and activities

Summary of the objects of the charity set out in its governing document

TO PROMOTE GOOD MENTAL HEALTH FOR THE PUBLIC BENEFIT THROUGH THE PROVISION OF RESIDENTIAL THERAPEUTIC RETREATS

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

HOLD SPIRITUAL MEDITATION RETREATS FOR THE PUBLIC BENEFIT.

Additional details of objectives and activities (optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

FREEZING RETREATS ARE SUPPORTED AND FACILITATED PREDOMINELY ON A VOLUNTARY BASIS

## Section D

### Achievements and performance

Summary of the main achievements of the charity during the year

2022 WAS A YEAR WHEN WE WERE ABLE TO REACH HUNDREDS OF PARTICIPANTS & GUESTS WITH THE BENEFITS OF SPIRITUAL THERAPEUTIC PRACTICES

## Section E

## Financial review

Brief statement of the charity's policy on reserves

FREEZONE RETIREMENT  
HAS NO FORMAL RESERVES  
POLICY

Details of any funds materially in deficit

NONE

Further financial review details (optional information)

You **may choose** to include additional information, where relevant, about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F

## Other optional information


## Section G

## Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

CARL JOHN SIMMONS

Position (eg Secretary, Chair, etc)

TRUSTEE

Date

11/01/23





# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

Report to the trustees/  
members of

FREEZONE RETREAT

On accounts for the year  
ended

30 JUNE 2022

Charity no  
(if any)

1151125

Set out on pages

① to ⑤ INCLUSIVE

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

Austin Kinsley

Date:

27-12-23

Name:

AUSTIN KINSLEY

Relevant professional  
qualification(s) or body  
(if any):

NA

Address:

11 ALEXANDRA ROAD

SOUTHBOURNE

BOURNEMOUTH DORSET BH6 5JA

### Section B

### Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of  
any items that the  
examiner wishes to  
disclose.**



MAY 22

IN			OUT		
6/5	STRIP GAST	339			
13/5	"	221			
23/5			FESTIVAL	67	
23/5			INSURANCE		
23/5			MARGUERITE	80	
23/5			BOXES		
23/5			ADVERT	234	
23/5			CAUTIONS		
23/5	PAYROLL GAST	4375			
30/5			FACEBOOK	26	
			CLOSE BALANCE	20884	

JUNE 22

9/6	PAYROLL GAST	2693			
13/6			MARGUERITE	545	
15/6	STRIP GAST	620	PURCHASE		
16/6	"	586			
			CLOSE BALANCE	24240	

FREIGHT PAY YEAR 21-22

TOTAL IN	37152
TOTAL OUT	26941
PROFIT	10211

MARCH 22

IN

OUT

3/3	PAYPAL GGT	2275
10/3	STRIPES GGT	103
3/3	"	471
14/3	"	103
16/3	"	103
17/3	"	95
22/3	"	187
28/3	PAYPAL GGT	693
29/3	STRIPES GGT	300

CLOSE BALANCE 17842

APRIL 22

6/4	STRIPES GGT	196
7/4	"	93
11/4	"	93
22/4	"	127
25/4		
26/4	STRIPES GGT	127
28/4	"	
28/4	"	221
29/4	"	246

JOB JOURNAL FT 200

FLYING SEA GULL 2400

<

CLOSING BALANCE 16350



JAN 22

IN			OUT		
4/1	STRIP6 G6ST	93			
5/1			SPRINTING RETRACT V6NVE		750
7/1	<del>A</del> STRIP6 G6ST	103	RETRACT ALDI FOOD		223
10/1			TESCO FOOD		113
11/1	PAYPAL RETREAT	802			
12/1	STRIP6 G6ST	103			
13/1			FACILITATORS		200
18/1			56 JOOBERT WEB HOSTING		60
19/1	STRIP6 G6ST	290			
20/1	STRIP6 G6ST	197			
20/1	PAYPAL G6ST	1275			
21/1	STRIP6 G6ST	103			
24/1	STRIP6 G6ST	487			
25/1	STRIP6 G6ST	197			
27/1	STRIP6 G6ST	103			
			CLOSING BALANCE		<del>13008</del> 13008

FEB 22

8/2	STRIP6 G6ST	196			
18/2	"	197			
28/2	"	103			
<del>24/2</del>					
			CLOSING BALANCE		13505

~~MARCH 22~~

SEP 21

IN			OUT		
9/9			566 JOURNEY		400
20/9			NON WEBSITE		
21/9	RETREAT	1595	RETREAT FOOD		100
21/9	TICKETS				
24/9			TESCO FOOD		102
24/9			ALPI FOOD		131
27/9			TESCO FOOD		38
27/9			RETREAT		200
28/9	RETREAT	125	FACILITATORS		
27/9	TICKET		RETREAT		400
			VENUE HIRE		
			CLOSE BALANCE		8929

OCT 21

NO SPEND OR INCOME

NOV 21

2/11	RETREAT	125	VENUE HIRE DEPOSIT		
5/11	TICKET		SPRING HEAD		500
16/11	PAYPAL RETREAT	2070			
			CLOSE BALANCE		10624

DEC 21

			PAYPAL REFUND		25
			GARY KESTER		
			CLOSE		10599



# July 21 Freecone Accounts

IN

OUT

						OPENING	14157
8/7						FESTIVAL	
12/7						LISCANCE	21
12/7	RETREAT TUGGS	1397				RETREAT FOOD	120
17/7	STRIPES FESTIVAL	896					
20/7	STRIPES FESTIVAL	119					
21/7	STRIPES FEST	423					
						CLOSE	
						<del>16852</del>	16852

AUG 21

2/8	STRIPES FEST	895					
2/8	PAYPAL <del>657</del>	3560					
4/8	STRIPES FEST	236					
5/8	STRIPES FEST	1157					
6/8	STRIPES FEST	137					
9/8	STRIPES FEST	506				CAMPFIRE FEST	200
12/8	STRIPES FEST	413					
16/8						CREW FOOD	
16/8	STRIPES FEST					Sainsbury's	57
16/8	STRIPES FEST					CREW FOOD	64
16/8	STRIPES FEST	137				CIDL	
16/8	PAYPAL FEST	3552					
18/8	STRIPES FEST	<del>25</del> 275					
19/8						FLYING SEAGULLS	2400
20/8	STRIPES FEST	275					
23/8						JOE JOBBET	
23/8						WEBSITE	250
23/8						GAUNTS	
23/8						VENUE HIRE	5000
23/8						B GRANT MARQUES	11221
31/8						PURCHASES	
31/8						JOE JOBBET	150
31/8						WEB HOSTING	
31/8	GILLY DONATION	85					
10/8	STRIPES FEST	137				FEST GAS	
						+ REGULATOR	104
						CLOSE BALANCE	8588



# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

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On accounts for the year  
ended

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