



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/07/23
Period end date

Period start date To 30/06/24

Charity name:Freezone Retreat

Charity registration number:1151125

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote good mental health for the public benefit through the provision of residential therapeutic retreats
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	We primarily hold therapeutic retreats for people in abstinence based recovery. We also hold a fundraising festival every year offering meditation,yoga, and other holistic workshops that enables us to raise funds in line with our mission statement.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes the trustees have read the public benefit rules for charities

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We are in the business of relapse prevention. Guests come along to our retreats and learn holistic ways to deal with living with the stress of life on life's terms. We offer truly non profit retreats we charge how much they cost, (all our staff and facilitators are volunteers supporting the aims of Freezone),we try and make our events as inclusive as possible. The benefits to our guests are numerous. Weve had people arrive on the edge of a relapse (divorce, bereavement etc) who have experienced the empathy and support at a Freezone event and gone home with hope in their heart. Weve had many people experience the benefits of mindfulness/meditation /yoga and it becoming a daily practice for them with the obvious benefits. Over the years there's grown a community of Freezoners who keep in contact and support each other. Theres many more but space is limited

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	After many years of just breaking even and trying for funding (only to be knocked back)we decided to hold a fundraising festival that has really helped our finances. We have purchased new marquees and equipment for our charity. We have a better website, We have a van to transport the infrastructure for the events.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We hold an unrestricted reserve of £1200 .The remainder we hold as designated reserves as we wish to purchase a small piece of woodland to hold even cheaper events thus making us even more accessible. We would also like to expand our scope to people who are not in recovery but would benefit from what we offer .
Amount of reserves held	Para 1.22	£20000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The retreats just break even as we sell them for what they cost. Our main source of funding for the admin and other costs is the fundraiser festival (freezone festival)
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Articles of association and memorandum
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Company limited by guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected informally involving a meeting with each trustee and a collective vote on suitability

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Freezone Retreat
Other name the charity uses	
Registered charity number	1151125
Charity's principal address	1 Wilderness wood Quarr farm Rd Swanage 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	Carl Simmons			
2	Marko Redulovic			
3	Bryan Jack			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
Carl Simmonds		
Marko Redulovic		
Bryan Jack		

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

Brian Grant

Full name(s)

Brian Grant

**Position (eg Secretary,
Chair, etc)**

manager

Date

24/04/25

FRGEZONS ACCOUNTS 1 JULY 23 - 30 JUNE 24.

JULY 23 IN				OUT			
3/7				STAY RETREAT FOOD	200		
6/7				RETREAT REEFOD	123	50	
10/7				PURBEK DANCEFOOD	3	41	
10/7				DIGLEL	33	44	
10/7				FOOD	36	05	
10/7				ADD FOOD	96	21	
10/7				SAUMP MARGUSO	700		
10/7	MARGUSO HIRE SAUMTS	1000					
13/7				RETREAT RENT	250		
21/7				CACAO FESTIVAL	33		
21/7				RETREAT FIELDROOM	60		
24/7	CAPTURE MY SOUL FEET	50					
TOTAL IN		1050		TOTAL OUT		1535	81
JULY OPENING BALANCE		24705.45		JULY CLOSING BALANCE		24219	64

AUG 23							
8/8				INSURANCE POLICY 1266	222	62	
9/8	UPA YA FEST TRADER	60					
14/8				PAYMENTS WEB HOSTING	1	20	
16/8				500 JOUBBET	60		
25/8				BLOW 3BT	46	71	
29/8	PAYPAL RETREAT IN	1180					
TOTAL IN		1240		TOTAL OUT		338	53
AUG OPENING BAL		24219	64	AUG CLOSING BAL		25129	11

SEPTEMBER 23				IN			
1/9							
1/9							
4/9							
4/9							
4/9							
4/9							
7/9							
8/9							
8/9							
11/9				FOOD DONATION	40		
12/9							
26/9							
26/9							
26/9							
TOTAL IN				TOTAL OUT		40	
SEPTEMBER OPENING		25129	11	SEPTEMBER CLOSING		19828	79

OCTOBER 23							
25/10							
27/10							
30/10							
30/10	STRIP	106	80				
30/10	PAYPAL	655					
TOTAL IN		766	80	TOTAL OUT		597	
OCTOBER OPENING		19828	79	OCTOBER CLOSING		20028	57

NOVEMBER 23

IN				OUT			
9/11				VENUE HIRE	91		
9/11				PREMIER FMP	175		
9/11	PAYPAL	300					
13/11				MEL BUSINESS MEETING	150		
20/11				DAN LOCK UP	50		
21/11				KAT JEWELRY FEST STALL	150		
21/11	PAYPAL	300					
24/11				BOSS FOOD MARQUEE	520		
27/11				DIESEL	31	47	
30/11				SCREENFIX	18	99	
TOTAL IN		600		TOTAL OUT		1136	46

NOV OPENING 2029 59 NOV CLOSING 19492 13

DECEMBER 23

1/12				DIESEL	40	06	
19/12	STRIP	103	22				
20/12	STRIP	103	22				
21/12	STRIP	103	22				
TOTAL IN		309	66	TOTAL OUT		40	06

DEC OPENING 19492 13 DEC CLOSING 19761 73

JANUARY 24

24/12		108	15				
2/1	PAYPAL	1000					
5/1	STRIP	186	95				
12/1				MONEY EVENTS	50		
17/1	PAYPAL	1586	33				
25/1				JOE SUBJECT WEB HOSTING	60		
29/1				WOOLCOMBIE	77	17	
29/1				PARACHUTE	80		
TOTAL IN		2981	43	TOTAL OUT		187	17

JAN OPENING 19761 73 JAN CLOSING 22375 49

FEBRUARY 24

IN				OUT			
1/2	PAYPAL	767	98				
8/2	STRIP	196	86				
12/2	STRIP	103	22				
14/2	STRIP	201	52				
18/2	STRIP	417	58				
27/2	STRIP	206	44				
TOTAL IN		1893	54	TOTAL OUT		0	
OPENING FEB		22375	99	FEB CLOSING		24269	53

MARCH 24

1/3	STRIP	103	22				
11/3	PAYPAL	2432	29				
13/3	STRIP	196	59				
14/3	STRIP	108	15				
19/3	STRIP	186	95				
22/3	STRIP	103	22				
25/3	STRIP	103	22				
27/3	STRIP	215	86				
TOTAL IN		3449	50	TOTAL OUT		0	
OPENING MARCH		24269	53	CLOSING MARCH		27779	03

24

Decor

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DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK	BALANCE
2/4	Decor Media	221			
3/4	STAKE	90	30		
5/4	STAKE	2050	09		
8/4	Decor Media	20			
4/4	Vide Bank Fee	33			
8/4	PAYAL	1713	54		
11/4	STAKE	118			
12/4	STAKE	118			
14/4	STAKE	236	20		
19/4	DIVA	184	25		
22/4	FOOD MARQUE	1400			
24/4	MARQUE	156			
25/4	Diner	04			
26/4	AUSTIN	60			
27/4	TOTAL OUT	2118	25		
30/4	APRIL DEBIT	3032	17		
3/5	Decor Media	221			
5/5	STAKE	90	30		
8/5	STAKE	2050	09		
11/5	STAKE	118			
12/5	STAKE	118			
14/5	STAKE	236	20		
19/5	DIVA	184	25		
22/5	FOOD MARQUE	1400			
24/5	MARQUE	156			
25/5	Diner	04			
26/5	AUSTIN	60			
27/5	TOTAL OUT	2118	25		
30/5	APRIL DEBIT	3032	17		
3/6	Decor Media	221			
5/6	STAKE	90	30		
8/6	STAKE	2050	09		
11/6	STAKE	118			
12/6	STAKE	118			
14/6	STAKE	236	20		
19/6	DIVA	184	25		
22/6	FOOD MARQUE	1400			
24/6	MARQUE	156			
25/6	Diner	04			
26/6	AUSTIN	60			
27/6	TOTAL OUT	2118	25		
30/6	APRIL DEBIT	3032	17		
3/7	Decor Media	221			
5/7	STAKE	90	30		
8/7	STAKE	2050	09		
11/7	STAKE	118			
12/7	STAKE	118			
14/7	STAKE	236	20		
19/7	DIVA	184	25		
22/7	FOOD MARQUE	1400			
24/7	MARQUE	156			
25/7	Diner	04			
26/7	AUSTIN	60			
27/7	TOTAL OUT	2118	25		
30/7	APRIL DEBIT	3032	17		
3/8	Decor Media	221			
5/8	STAKE	90	30		
8/8	STAKE	2050	09		
11/8	STAKE	118			
12/8	STAKE	118			
14/8	STAKE	236	20		
19/8	DIVA	184	25		
22/8	FOOD MARQUE	1400			
24/8	MARQUE	156			
25/8	Diner	04			
26/8	AUSTIN	60			
27/8	TOTAL OUT	2118	25		
30/8	APRIL DEBIT	3032	17		
3/9	Decor Media	221			
5/9	STAKE	90	30		
8/9	STAKE	2050	09		
11/9	STAKE	118			
12/9	STAKE	118			
14/9	STAKE	236	20		
19/9	DIVA	184	25		
22/9	FOOD MARQUE	1400			
24/9	MARQUE	156			
25/9	Diner	04			
26/9	AUSTIN	60			
27/9	TOTAL OUT	2118	25		

IN			OUT		
29/5			SOUTHERN COOP	19	09
29/5			POOLE HIRE	400	
29/5	STRIPE	289 97	BATTERY JASON	100	
30/5			BOB MARQUEE	100	
30/5	STRIPE	245 85	DAN CHA STOCK	244	
31/5			CHAI STOCK	633	
31/5			BOW GOOD STOCK	670	
31/5	PAYPAL	272 20			
31/5	STRIPE	155 52			
TOTAL IN		6290 93	TOTAL OUT	7338 91	
OPENING MAY		30032 17	CLOSING MAY	29121 56	

JUNE 24.					
3/6	PAY PAL	127 98			
3/6	PAY PAL	172 15			
3/6	STRIPE	506 76			
4/6			HONEYEVENTS	100	
4/6			KAT SOCIAL MEDIA	300	
4/6	DONATION	5			
4/6	BELL TONGS	90 75			
4/6	STRIPE	447 37			
4/6	CHAI POST	1035			
5/6			BOB MARQUEE	100	
5/6			FESTIVAL REST GAUVIS	4500	
5/6	DONATION	60			
5/6	BOOS FOOD	74			
6/6			UNICORN PERFORMER	50	
6/6			BOW LAKES	300	
6/6			RUSHLAUGHT	300	
6/6			VAN HIRE	382	
6/6			BOW LAKES	400	
6/6			VICK R6 LIGHTS	793	

IN			OUT		
6/6	HIRE DEPOSIT REFUND	196 96			
6/6	TRADER	40			
6/6	STRIPE	436 90			
7/6			VICK EQUIPMENT	40	
7/6			TRASHBOX THEATRE	100	
7/6			JOE WEBSITE MANAGER	300	
7/6	TRADER	65			
10/6	STRO POOLE ?	196 96			
11/6			STRO POOLE		
11/6			LPITR056	18 87	
11/6			SOUTHERN COOP	24 17	
11/6			SOUTHERN COOP	30 02	
11/6	SHARON DILL TRADER	40			
13/6			SCREWFIX	22	
13/6			POOLE HIRE	196 96	
13/6	CASH DEPOSIT	1000			
14/6			SOUTHERN COOP	55 67	
14/6			JASON VOLT FESTIVAL	150	
17/6			CARLA GRAPHICS	56	
18/6	PAYPAL	299 32			
18/6			DORSET COUNCIL TEN 25	21	
19/6	SOMERS BEAUTIFUL	100			
19/6			R6BAND	80	
24/6	TRADER	200			
Total IN		52931 69	Total OUT		8319 69
June opening		29121 56	June closing		25896 02
1 JULY - 30 JUNE 24 IN		29277 98	1 JULY 23 - 30 JUNE 24 OUT		26941 24

Profit 11333.74



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Freezone Retreat
Charity Name

Report to the trustees/ members of

30 June 2024
115 1125
① to ⑤

On accounts for the year ended

Charity no (if any)

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

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.

Austin Kinsley
24/11/25

Signed:

Date:

AUSTIN EDWARD KINSLEY Name:

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