

FREEZONE

Freezone Retreat

Trustees' Annual Report

01/07/24 to 31/06/25



Charity contact information



FREEZONE RETREAT

Charity Number: 1151125

1 Wilderness Woods

Quarr Farm Rd

Swanage

BH193DY

07940284791

Freezone1020@yahoo.co.uk

Freezoneretreat.org

Charity Trustees

1. Carl Simmons
2. Marko Radulovic
3. Brian Grant

Objectives and activities

Freezone aims to teach people in abstinence based recovery holistic ways of managing the stress of living life on life's terms. There's a lot of services helping using addicts/alcoholics get clean, but not a lot of support once they leave treatment services and are a few years down the road into recovery.

We hold retreats where we teach meditation, mindfulness, yoga, healthy eating and have various workshops based on the value of connecting to oneself and learning how to love oneself. We hold 4 events a year, 2 summer retreats camping in a field, attended by around 20-30 people, 1 winter retreat where we book a country mansion with around 30 people, and 1 drug/alcohol free festival fundraiser event for around 500 people where we all get together to do workshops in the day and have entertainment in the night.

We find our events very popular and sell out very quickly. Also we are truly non profit, we sell the events for what they cost, nobody gets paid at Freezone, we are all doing service to the community, and this enables us to keep the price down so it's accessible to as many people as possible. We do a four day retreat including all food, workshops and camping for £125

Structure, governance and management

Type of governing document

We are a registered charity limited by guarantee.

Achievements and performance

The gifts that we have received are learning the meaning of connection, serenity, self-love and an awareness of the importance of nurturing our spirit. We have had many people attend Freezone over the years who have taken the experience of tasters in various spiritual practices and then gone down their chosen path. We have had many people come on the edge of a relapse (or divorce, bereavement, illness etc) and have connected with the love, support and unity shown at a Freezone Retreat then going home with hope in their heart. Over the years there has grown a community of Freezoners who support and encourage each other. It is a joy to witness these amazing people!





Financial review

01/07/24-31/06/25

Total in: £ 38757

Total out: £ 21609

Profit: £17147


Closing balance: £ 41271

Future plans

Our goal is to purchase our own little bit of woodland/field where we can develop it to hold more retreats aimed at the wider (not just recovery) community to help people with various other struggles (eg overeating, hoarding, co dependency) come together ,identify with one another and heal together .

Declaration

Signed on behalf of the charity trustees:



Print name

Chris Simmons

Designation

Director Trustee

Date

30/1/2024

ACCOUNTS 1 JULY 24 - 30 JUNE 25

JULY 24				JULY 24 - 30 JUNE 25			
IN				OUT			
4/7	R			Ratna Rak	80		
5/7				RETREAT TAXP	32	59	
15/7				SAS	49	54	
15/7				TESCO RETREAT FOOD	85	82	
16/7				ALDI RETREAT FOOD	237	96	
15/7				FACILITATOR	100		
15/7				RETREAT RENT	525		
17/7				VICK + ADAM FESTIVAL	78	32	
24/7				DEAD HORSE BAY	100		
24/7	PAY PAL	122	75	15/7 LEO RUTHERFORD	250		
	TOTAL IN	122	75				
	OPENING BALANCE JULY	25896	02				
				TOTAL OUT	1234	23	
				CLOSING JULY	24662	61	

AUG 24							
5/8				POLICY			
5/8				BEG INSURANCE	231	17	
16/8				COMPANIES			
				HOUSE	34		
				500 JOURNALS			
				WEB HOSTING	60		
	TOTAL IN	0		TOTAL OUT	325	17	
	OPENING AUGUST	24484	61	CLOSING AUGUST	24159	44	

SEP 24							
2/9				TOW BAR			
2/9	DORSET SAUNA FST	50		GBAY	230		
2/9	PAY PAL	1231	10				
12/9				ALDI FOOD RETREAT	156	58	
13/9				THE PARADE	14	10	
13/9				SAS + DIGITAL	90	01	
16/9				PARKING SPANISH	1	20	
16/9				GREGGS GREEN FOOD	7	35	
16/9				CEOP CROWN SWAGL FOOD	13	65	
17/9				RETREAT RENT	480		
20/9				FACILITATORS RETREAT	120		
23/9				VAN			
23/9				INSURANCE	280		
23/9				FACILITATOR RETREAT	120		
23/9				VAN			

IN				OUT			
SEP	TOTAL IN	1281	10	SEP	TOTAL OUT	1847	69
	OPENING	24157	44		CLOSING	23592	05
OCT 24					BOS MARQUEE REPAIR	270	00
28/10		23592	05		CLOSING	23322	05
	OPENING						
NOV 24					THERAPY TENTS	100	
8/11					COMPANIES	375	
8/11					MOVIE		
8/11					500 JOY DECT	500	
					WEBSITE FEET		
	TOTAL IN	0			TOTAL OUT	975	
	OPENING	23322	08		CLOSING	22347	05
	DEC 24				VITA NOVA ROOM HIRE	30	
12							
R	PAYROLL	2223	44				
R	STRIP	762	75		MONKTOP WYLBG WINTER RET DEP	200	
12							
2	STRIP	186	95				
12	STRIP	103	24				
12	PAYROLL	793	93				
	TOTAL IN	4070	19		TOTAL OUT	230	
	OPENING	22347	05		CLOSING	2417	24
JAN 25							
1					TESCO	44	56
3					WOLC	71	83
3					CLDLE	187	40
3	STRIP	216	50				
1					TESCO	66	60
1	Vick Donation	20			ONT RIKKI FACILITATOR	200	
1	TARA Donation	75					
1					MONKTOP WYLBG RENT	20	
1	STRIP	99	41		STRIP	99	44
1	STRIP	93	37		STRIP	93	37
					STRIP	186	56

IN

OUT

16/1	STRIP6						
17/1	STRIP6	206	64			STRIP6	206
20/1		493	15			STRIP6	493
20/1						565 HOUSING	
20/1	STRIP6					506 JOURNAL	60
21/1	STRIP6	201	72				
23/1	STRIP6	103	22				
24/1	STRIP6	206	44				
27/1	STRIP6	103	22				
27/1	STRIP6	93	97				
28/1	STRIP6	108	46				
TOTAL IN		2217	98			TOTAL OUT	
OPENING		2217	98			1350	
		26187	24			26933	
						97	

FEB 25							
3/2	STRIP6	290	17			VAN	
4/2	STRIP6	93	37			TXR6	75
5/2	STRIP6	698	54				
6/2	STRIP6	1008	53				
18/2	STRIP6	260	82				
25/2	STRIP6	9	65				
26/2	STRIP6	132	77				
26/2	STRIP6						
TOTAL IN		2433	89			TOTAL OUT	
OPENING		26933	97			75	
						29352	
						82	

MARCH 24							
10/3	PAYPAL	1756	70				
13/3	STRIP6	138	12				
14/3	STRIP6	260	68				
19/3	STRIP6	137	70				
21/3	STRIP6	265	54				
TOTAL IN		2558	74			TOTAL OUT	
OPENING		29352	82			0	
						31911	
						56	

IN

OUT

APRIL 25

		132	77				
3/4	STRIP6	152	77				
4/4	STRIP6	122	92				
8/4		960	67				
9/4	PAYPAL					FEST DEGR ENDOW STAGE DEPOSIT	260
10/4		132	77				270
11/4	STRIP6	138	12				
16/4	STRIP6						
22/4		265	54			ADOB6 PD6	19 97
22/4	STRIP6	507	19			DIESEL	82 84
22/4	PAYPAL						
23/4						13IMBLE SOLAR Genny DUSTIN ACCOUNTANT FIRE EXTINGUISH	432 92
24/4							60
24/4							120
25/4	STRIP6	812	24				
28/4	STRIP6	265	75				
29/4						FOLGYS VAN MOT	54 84
30/4	STRIP6	216	71				
	TOTAL IN	3687	45			TOTAL OUT	1270 57
	OPENING	31911	56			CLOSING	34338 43

MAY 25

1/5	STRIP6	265	54				
2/5							
6/5						FESTIVAL VAN HIRE TOOL STATION FESTIVAL	153 24
6/5	STRIP6	531	08			ANTENNA FEST WIRE	27 57
7/5	STRIP6	58	90				55
9/5	STRIP6	418	01				
12/5						CREW FOOD	3 10
12/5						CREW FOOD	5 43
12/5						DIESEL	31 53
12/5						U DRIVE deposit VAN HIRE GET	100
12/5						PETTY CASH	150
12/5						MARQUEE DORCLE	32 99

IN

OUT

12/5				WRISTBANDS		48	36
12/5	U DRIVE DEPOSIT		100				
13/5				CREW FOOD		14	01
13/5				PRAYER FLAG DECOR		33	
13/5				TARPAULIN		93	84
13/5	STRIPES		191 56				
14/5				LIDLE CREW FOOD		64	17
14/5				CABLE TIES		22	60
14/5				SCREW FIX ROPS		50	
14/5				TOILET HIRE		444	
14/5	STRIPES		157 20				
16/5	STRIPES		142 16	SCREW FIX		200	
19/5				GAS FESTIVAL		312	83
19/5				CDAY DECOR		74	87
19/5				GAS REGULATORS		54	
19/5				PIZZA OVEN BITS		61	50
19/5				CDAY CUMMINS CATERING		65	63
19/5	STRIPES		295 10	PIZZA OVEN		150	75
21/5				ALGA WALLS DEPOSIT		100	
21/5				AUDIO MIXER		232	
22/5	STRIPES		836 25	GAS 47kg		94	
23/5				ALDI CREW FOOD		14	71
23/5				CREW FOOD		29	
27/5				DIGSCL		19	96
27/5				LIDL		27	17
27/5				TRUSCO		129	95
28/5				ALDI		20	52
28/5				HAIR BALLES		27	
28/5				CO 6P		68	56
29/5				MIXER ABSOLUTE MUSIC		350	
29/5	GRANT		4085 27				
29/5	STRIPES		344 15				
30/5	DONATION SEATS		60				
30/5	STRIPES		1511 13				
	TOTAL IN		8996 35	TOTAL OUT		3306	29
	OPENING		34338 43	CLOSING		38238	08

JUNE 25

2/6	DONATION	20							
2/6	STRIP	771	74						
1/6	THREADIST DONATION	70							
1/6	STRIP	1857	82						
1/6						FESTIVAL BANDS FREEZONE LOGG	250		
1/6							1000		
1/6	THREADIST DONATION	32							
1/6	THREADIST DONATION	200							
1/6	STRIP	613	07						
1/6	FREE ST					CO OP KAT GIRE SHOW	14	50	
1/6						SARALI SHOP	100		
1/6						VICK GOOD SHOP	197		
1/6						FESTIVAL RENT SAUNTS	800		
1/6	CHAI TIPI	2566					5500		
1/6	THREADS DONATIONS	720	45						
1/6	STRIP	854	93						
1/6	CHAI TIPI CASH	2800							
1/6						CO OP	20	41	
1/6						VAITROSE	44	61	
1/6	THREAD DONATION	20				CARL TSHIRTS MUGS	710		
1/6	STRIP	49	20						
1/6						CO OP VAN HIRE	11	67	
1/6							153		
1/6	DONATION	20				BSU FREEZONE CAFE	200		
1/6	THREAD DONATION	100							
1/6	PAX PAL	2083	63						
1/6						DIESEL	28	02	
1/6						ALDI	34	29	
1/6	STRIP	29	23				48		
1/6						CEW GOOD CREW WAGES	480 88		
1/6						FERRY LOCK FESTIVAL UP	250		
1/6	STRIP	137	70				850		

IN

OUT

X / 6			
16/6	TRADE DONATION	45	20
14/6	DONATION	50	18 61
16/6	STRIP	122 92	
17/6	TRADE DONATION	65	34
20/6			
23/6	STRIP	122 92	140
30/6			
30/6	STRIP	122 92	
	TOTAL IN	13380 53	TOTAL OUT 10424 91
	OPENING	38239 08	CLOSING 41271 69



Section A

Independent Examiner's Report

Report to the trustees/
members of

FREEZONE RETREAT

On accounts for the year
ended

30 JUNE 2025

Charity no
(if any)

115 1125

Set out on pages

1 to 5

(remember to include the page numbers of additional sheets)

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:

30-1-26

Name:

AUSTIN EDWARD KINSLEY

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

Address:

11 ALEXANDRA ROAD
SOUTHBORNE BOURNEMOUTH DORSET
BH6 5JA

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.

None