

# INSIDE OUT FOR CHILDREN

England & Wales · Charity number 1160856

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2015-03-12

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 25 Well Walk  
London  
NW3 1BY

**Phone** 07788101640

**Email** [info@theinsideout.org.uk](mailto:info@theinsideout.org.uk)

**Website** [www.theinsideout.org.uk](http://www.theinsideout.org.uk)

## Activities

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**Objects:** TO ACT AS A RESOURCE FOR CHILDREN AND YOUNG PEOPLE BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF: (A) ADVANCING IN LIFE AND HELPING CHILDREN AND YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS;(B) ADVANCING EDUCATION;(C) PROVIDING RECREATIONAL AND LEISURE TIME ACTIVITY IN THE INTERESTS OF SOCIAL WELFARE FOR PEOPLE LIVING IN THE AREA OF BENEFIT WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH A VIEW TO IMPROVING THE CONDITIONS OF LIFE OF SUCH PERSONS.

**Activities:** INSIDE OUT is an education charity improving the mental health and wellbeing of primary school children. We design and deliver evidence-based resources and magical experiences to make it easier for teachers to make a difference. We offer the 'Inside Out Award' for schools committed to putting the happiness and wellbeing of children at the heart of school life. Because happy children learn better,

## Classification

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- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£61,533	£58,261	-	-
2023-12-31	£65,278	£64,356	-	-
2022-12-31	£67,767	£53,448	-	-
2021-12-31	£31,300	£45,719	-	-
2020-12-31	£52,818	£43,600	-	-

## Trustees

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Name	Role	Appointed
<b>STEPHANIE WEISSMAN</b>	Chair	2015-02-16
David Marsh		2025-01-01
Dr Marc Ramis Castelltort		2025-01-01
Hayley Claire McWilliams		2025-01-01
Laura Burbedge		2025-01-01
Theresa Marie Rynard		2025-01-01

**INSIDE OUT FOR CHILDREN**

England & Wales - Charity number 1160856

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# Accounts

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# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	01	2024	<b>To</b>	31	12	2024

## Section A Reference and administration details

<b>Charity name</b>	Inside Out for Children		
<b>Other names charity is known by</b>			
<b>Registered charity number (if any)</b>	1160856		
<b>Charity's principal address</b>	25 Well Walk		
	Flat 4		
	London		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 2px;">NW3 1BY</td> </tr> </table>	<b>Postcode</b>	NW3 1BY
<b>Postcode</b>	NW3 1BY		

### 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	Stephanie Weissman	Chair		
2	Mark Ellis			
3	Eilish McGuinness			
4	Emma Mamo			
5	Marc Ramis Castelltort		01-01-2025 onwards	
6	Hayley Leonard		01-01-2025 onwards	
7	David Marsh		01-01-2025 onwards	
8	Laura Burbedge		01-01-2025 onwards	
9	Theresa Rynard		01-01-2025 onwards	
10				
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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


**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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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution, dated 16 <sup>th</sup> February 2015
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity Trustees.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>As part of their induction and training, all Trustees receive a copy of the organisation's Constitution and the Charity Commission's CC3 guidance, "The Essential Trustee, what you need to know, what you need to do." Each Trustee is given the opportunity to experience the Inside Out for Children programme in action and to engage with staff and children, to gain a direct understanding of the charity's work.</p> <p>Inside Out for Children has policies and procedures in place to ensure the protection and safe working of beneficiaries, staff and volunteers which are reviewed annually by Trustees:</p> <ul style="list-style-type: none"> <li>- Safeguarding Policy</li> <li>- Safeguarding Procedures</li> <li>- Code of Behaviour Policy</li> <li>- Whistleblowing Policy</li> <li>- Emergency Procedures</li> <li>- Photography and Filming Policy</li> <li>- Equality and Diversity Policy</li> <li>- Privacy Notice</li> </ul> <p>The Trustees have ensured that the charity maintains risk management systems and that appropriate actions have been taken to mitigate risks properly. Risk Assessments are conducted for all activities with children. All professional staff and Trustees have been DBS checked and all staff has child protection training, as necessary. There is always a staff member</p>
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on site that has first aid training.

Charity's organisational structure:

The Board of Trustees has the responsibility for the governance and strategic direction of the organisation, ensuring that the charity upholds its ethos and values and delivers its objectives. Daily operational management is delegated by the Trustees to the Founder and CEO.

## Section C Objectives and activities

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

“To act as a resource for children and young people by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

(a) advancing in life and helping children and young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;

(b) advancing education;

(c) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.”

**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)**

For the public benefit, we encourage all children to take part in our activities that are designed to improve wellbeing and learning.

Inside Out for Children is an innovative education charity created to improve the wellbeing of young children.

### **OUR VISION**

Children will be equipped to deal with the ups and downs of life and flourish in an ever-changing world.

### **OUR MISSION**

To inspire all children to develop life skills and strategies to look after their own mental wellbeing.

Because happy children learn better and are more likely to fulfil their potential, grow into happy adults, and contribute positively to society.

Children in the UK are suffering from low mental health. Covid has made this crisis worse.

There is a call to action from the Government for schools to adopt a whole-school approach which has a stronger focus on mental health promotion and the prevention of mental health problems, alongside early interventions for children who have existing or emerging mental health problems to prevent these problems from escalating and the need for specialist support. Teachers understand the need to make mental wellbeing a priority, but they are already overwhelmed and overworked.

Our unique, interconnected provision based on our **5 Keys to Happiness** is designed specifically to improve mental wellbeing, develop essential life skills and increase engagement among children and to de-stress busy teachers by making it easier for them to make a difference. We offer:

1. **Universal support** for all children to promote mental wellbeing and prevent mental health problems - through our online **Activity Library** of 200+ activities, **Wellbeing Programme** with 2 years of assemblies and lessons that cover Relationships Education and Health Education statutory objectives, and **INSIDE OUT Award** which enables schools to implement a culture where the happiness of children is at the heart of school life.
2. **Targeted interventions** exclusively for vulnerable and underperforming children who are at risk of not reaching their full potential - through our offsite **Magical Days Out** at Checkendon Equestrian Centre in the Oxfordshire Chilterns, an Area of Outstanding Natural Beauty with 55 horses and 70 acres of privately owned woodlands. Through a blend of experiential activities around horses, nature and mindfulness, children get the opportunity to:
  - Ride and care for a horse
  - Explore and discover the natural world
  - Gain an appreciation for the natural environment
  - Create nature art
  - Practice mindful breathing and sensing

Children revisit core learning back at school in a developmentally appropriate way through our Activity Library and Wellbeing Programme.

Our **5 Keys to Happiness** evidence-based framework Look Inside, Move Outside, Share More, Be Curious, Be Kind – is relevant and engaging for children to learn and simple for teachers to teach back at school. It is based on the New Economic Foundation's '5 Ways to Wellbeing', scientifically proven to improve wellbeing.

The organisation's Trustees have complied with their duty to have due regard to the Charity Commission's guidance on public benefit in exercising their duties or powers.

#### **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.

The charity benefits from the support of one advisor with a wealth of experience in wellbeing, innovation and mindfulness coaching.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Recruited five new Trustees to our Board to help steer our charity towards greater impact and innovation (terms to commence in January 2025). Surpassed our recruitment goals and brought together an exceptional group of individuals with expertise in fundraising, strategy development, digital transformation, change management, sector knowledge, and equity, diversity, and inclusion (EDI).

Initiated the development of a new 2025-2029 strategy, building on ten years of transformative work and setting out our bold ambition to ‘step up the magic’ - becoming more relevant and relatable to children than ever before.

Launched a new student internship pilot to elevate young voices and give children an active role in shaping and designing our services.

Created new ‘5 Keys to Happiness’ resources - boosting children’s wellbeing with the help of our tech-savvy student intern.

Delivered targeted interventions for primary school children in Berkshire and Oxfordshire at Checkendon Equestrian Centre, supporting vulnerable and underperforming children at risk of not reaching their full potential.

Established a new partnership with a primary school in Reading.

Enrolled one of our existing partner schools to work towards the Inside Out Award and build a whole-school culture of wellbeing excellence.

Created a new digital Trustee Hub - a centralised, password-protected space on the Inside Out website that provides streamlined access to essential resources and information. Designed to equip Trustees to lead with purpose and passion, it serves as a go-to destination that evolves alongside both the Board and the charity.

The Inside Out for Children programme continued to have an inspirational and lasting effect on children. Benefits linked to the ‘5 Keys to Happiness’ have included:

Key 1 / Look Inside - Improved self-esteem, resilience, emotional language needs; decreased anxiety. Learned to self-calm, focus and relate to emotions through mindfulness techniques

Key 2 / Move Outside – Learned about local species, habitats and wildlife

through nature exploration; experienced non-competitive outdoor play

Key 3 / Share More - Improved social interactions, teamwork, communication and relationship building

Key 4 / Be Curious - Opened minds to exciting and wide experiences.

Key 5 / Be Kind – Improved positivity. Learned responsibility, consideration, kindness and respect

Here is some feedback gathered from our impact and evaluation process with teachers and children from our partner schools:

“I’d say the biggest impact I’ve seen over the year is that the children are more open to discussing and sharing their feelings and have developed a much better understanding of how to manage / express their emotions. They seem to be more supportive of each other and will try to help other children who appear to be struggling with their emotions.” (Headteacher)

“Once again our Magical Day Out provided the perfect canvas for personal journeys. All the children and staff had an amazing time that they will remember for always.”(Headteacher)

“My Magical Day Out helped me: express my weather inside, feel good about myself, feel part of a team, explore the outdoors, be brave, use my imagination, try new things, be kinder, appreciate the wonder of nature, and do something I’ve never done before.” (Children)

“At the end of my Magical Day Out, my weather inside was sunny because I felt really proud of myself for facing my fears.” (Child)

“My favourite Key to Happiness is Be Curious because it helps you to unlock your imagination.” (Child) “My favourite Key to Happiness is Move Outside because I like doing exercise. It makes me feel happy.” (Child)

**Brief statement of the charity’s policy on reserves**

The Trustees monitor the level of reserves annually. In 2024, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary.

The charity’s ‘Growth for Good 2021+ Organisational Goals’ includes the calculation of the required level of reserves as an integral part of the charity’s planning and budget.

**Details of any funds materially in deficit**

**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.

The charity’s activities were funded by:

- Individual donations
- Contributions from participating partner schools

Inside Out for Children would like to thank the following for their support in 2024:

Thameside Primary School  
St Peter’s CE Primary School

Voluntary income includes donations totalling £49,995 in support from related parties.

The charity has confirmed individual, unrestricted donations for the next 12 months in order for it to continue carrying out its activities.

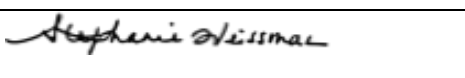
**Section F Other optional information**

[Empty box for optional information]

**Section G Declaration**

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

Signed on behalf of the charity’s trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	17/09/2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

1160856

## Receipts and payments accounts

CC16a

For the period  
from

1/1/2024

To

12/31/2024

### 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 £
<b>A1 Receipts</b>					
Voluntary Receipts	59,994	-	-	59,994	62,494
Charitable Activities	1,500	-	-	1,500	2,750
Other	39	-	-	39	34
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>61,533</b>	<b>-</b>	<b>-</b>	<b>61,533</b>	<b>65,278</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>61,533</b>	<b>-</b>	<b>-</b>	<b>61,533</b>	<b>65,278</b>
<b>A3 Payments</b>					
Fundraising Costs	9,145	-	-	9,145	7,288
Costs of Charitable Activities	48,127	-	-	48,127	56,105
Governance Costs	989	-	-	989	963
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>58,261</b>	<b>-</b>	<b>-</b>	<b>58,261</b>	<b>64,356</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>58,261</b>	<b>-</b>	<b>-</b>	<b>58,261</b>	<b>64,356</b>
<b>Net of receipts/(payments)</b>	<b>3,272</b>	<b>-</b>	<b>-</b>	<b>3,272</b>	<b>922</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>26,401</b>	<b>-</b>	<b>-</b>	<b>26,401</b>	<b>25,479</b>
<b>Cash funds this year end</b>	<b>29,673</b>	<b>-</b>	<b>-</b>	<b>29,673</b>	<b>26,401</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank	29,673	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>29,673</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account (s))

OK                      OK                      OK

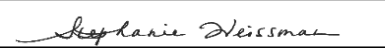
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Stephanie Weissman	17/09/2025



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Inside Out for Children

**On accounts for the year  
ended**

31/12/2024

**Charity no  
(if any)**

1160856

**Set out on pages**

Pages 1&2 – Section A

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2024**.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

**Signed:**

**Date:**

17 September 2025

**Name:**

Andrew Michael Wells

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

FMAAT

**Address:**

66 High Street, Lewes, East Sussex BN7 1XG

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material 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.**

**INSIDE OUT FOR CHILDREN**

England & Wales - Charity number 1160856

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# Accounts

---

# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	01	2023	<b>To</b>	31	12	2023

## Section A Reference and administration details

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<b>Other names charity is known by</b>			
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### 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	Stephanie Weissman	Chair		
2	Mark Ellis			
3	Eilish McGuinness			
4	Julie Carr		Until 30-11-2021	
5	Emma Mamo		22-11-2021 onwards	
6				
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year


**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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**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document (eg. trust deed, constitution)	Constitution, dated 16 <sup>th</sup> February 2015
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**Summary of the objects of the charity set out in its governing document**

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There is a call to action from the Government for schools to adopt a whole-school approach which has a stronger focus on mental health promotion and the prevention of mental health problems, alongside early interventions for children who have existing or emerging mental health problems to prevent these problems from escalating and the need for specialist support. Teachers understand the need to make mental wellbeing a priority, but they are already overwhelmed and overworked.

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  - Ride and care for a horse
  - Explore and discover the natural world
  - Gain an appreciation for the natural environment
  - Create nature art
  - Practice mindful breathing and sensing

Children revisit core learning back at school in a developmentally appropriate way through our Activity Library and Wellbeing Programme.

Our **5 Keys to Happiness** evidence-based framework Look Inside, Move Outside, Share More, Be Curious, Be Kind – is relevant and engaging for children to learn and simple for teachers to teach back at school. It is based on the New Economic Foundation’s ‘5 Ways to Wellbeing’, scientifically proven to improve wellbeing.

The organisation’s Trustees have complied with their duty to have due regard to the Charity Commission’s guidance on public benefit in exercising their duties or powers.

#### **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.

The charity benefits from the support of two advisors with a wealth of experience in education, wellbeing, innovation and mindfulness coaching.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Celebrated the 10<sup>th</sup> Anniversary of Inside Out for Children.

The charity commemorated this 10-year milestone with a 10-month countdown of different achievements which included:

Restarted the charity's highly successful Magical Days Out after a 3-year Covid-induced pause to much excitement and enthusiasm.

Launched a new Wellbeing Ambassadors pilot, putting children at the centre of leading peer-to-peer support and promoting conversations about mental health and positive wellbeing.

Garnered prominent positive online press in Round & About Magazine, the largest circulating free regional magazine across southern England.

Created inspiring new school resources.

Expanded the charity's Activity Library.

Ran engaging social media campaigns.

The Inside Out for Children programme continued to have an inspirational and lasting effect on children. Benefits linked to the '5 Keys to Happiness' have included:

Key 1 / Look Inside - Improved self-esteem, resilience, emotional language needs; decreased anxiety. Learned to self-calm, focus and relate to emotions through mindfulness techniques

Key 2 / Move Outside – Learned about local species, habitats and wildlife through nature exploration; experienced non-competitive outdoor play

Key 3 / Share More - Improved social interactions, teamwork, communication and relationship building

Key 4 / Be Curious - Opened minds to exciting and wide experiences.

Key 5 / Be Kind – Improved positivity. Learned responsibility, consideration, kindness and respect

Here are some testimonials gathered through our 'customer discovery' process with teachers from our partner schools:

## Section D

## Achievements and performance

“Every year when we have the year 6 leavers assembly the children stand up and say what their best/most memorable experience was of their time at school. Every year since we have been doing this with you, at least 2 children have said that their most memorable experience was the Magical Day Out.” (Headteacher)

“Children grow in confidence and develop perseverance and resilience skills in both their learning and play.” (Headteacher)

“Children who have been struggling with their mental health are less anxious and displaying more positive behaviours.” (Deputy Headteacher)

“Focus, empathy and sensitivity are a few of the things they discover.” (Teaching Assistant)

## Section E

## Financial review

### Brief statement of the charity’s policy on reserves

The Trustees monitor the level of reserves annually. In 2023, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary.

The charity’s ‘Growth for Good 2021+ Organisational Goals’ includes the calculation of the required level of reserves as an integral part of the charity’s planning and budget.

### Details of any funds materially in deficit

### 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

The charity’s activities were funded by:

- Individual donations
- Grants
- Contributions from participating partner schools

Inside Out for Children would like to thank the following for their support in 2023:

CLA Charitable Trust  
Ranikhet Academy  
Thameside Primary School  
St Peter’s CE Primary School

ethical investment policy adopted.

Voluntary income includes donations totalling £49,995 in support from related parties.

The charity has confirmed individual, unrestricted donations for the next 12 months in order for it to continue carrying out its activities.

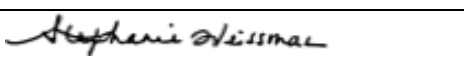
**Section F Other optional information**

[Empty box for optional information]

**Section G Declaration**

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	12/09/2024	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

1160856

## Receipts and payments accounts

CC16a

For the period  
from

01/01/2023

To

03/12/2023

### 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 £
<b>A1 Receipts</b>					
Voluntary Receipts	62,494	-	-	62,494	62,749
Grants	-	-	-	-	5,000
Charitable Activities	2,750	-	-	2,750	-
Interest	34	-	-	34	18
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>65,278</b>	<b>-</b>	<b>-</b>	<b>65,278</b>	<b>67,767</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>65,278</b>	<b>-</b>	<b>-</b>	<b>65,278</b>	<b>67,767</b>
<b>A3 Payments</b>					
Fundraising Costs	7,288	-	-	7,288	9,685
Costs of Charitable Activities	51,105	5,000	-	56,105	42,837
Governance Costs	963	-	-	963	926
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>59,356</b>	<b>5,000</b>	<b>-</b>	<b>64,356</b>	<b>53,448</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>59,356</b>	<b>5,000</b>	<b>-</b>	<b>64,356</b>	<b>53,448</b>
<b>Net of receipts/(payments)</b>	<b>5,922</b>	<b>- 5,000</b>	<b>-</b>	<b>922</b>	<b>14,319</b>
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	20,479	5,000	-	25,479	11,159
<b>Cash funds this year end</b>	<b>26,401</b>	<b>-</b>	<b>-</b>	<b>26,401</b>	<b>25,479</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank	26,401	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	26,401	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

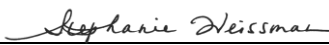
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Stephanie Weissman	12/09/2024



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Inside Out for Children

**On accounts for the year  
ended**

31/12/2023

**Charity no  
(if any)**

1160856

**Set out on pages**

Pages 1&2 – Section A

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2023**.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

**Signed:**



**Date:**

12 September 2024

**Name:**

Andrew Michael Wells

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

FMAAT

**Address:**

66 High Street, Lewes, East Sussex BN7 1XG

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material 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.**

**INSIDE OUT FOR CHILDREN**

England & Wales - Charity number 1160856

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	01	01	2022		31	12	2022

## Section A Reference and administration details

<b>Charity name</b>	Inside Out for Children	
<b>Other names charity is known by</b>		
<b>Registered charity number (if any)</b>	1160856	
<b>Charity's principal address</b>	25 Well Walk	
	Flat 4	
	London	
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 2px;">NW3 1BY</td> </tr> </table>	<b>Postcode</b>
<b>Postcode</b>	NW3 1BY	

### 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	Stephanie Weissman	Chair		
2	Mark Ellis			
3	Eilish McGuinness			
4	Julie Carr		Until 30-11-2021	
5	Emma Mamo		22-11-2021 onwards	
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


**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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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution, dated 16 <sup>th</sup> February 2015
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity Trustees.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>As part of their induction and training, all Trustees receive a copy of the organisation's Constitution and the Charity Commission's CC3 guidance, "The Essential Trustee, what you need to know, what you need to do." Each Trustee is given the opportunity to experience the Inside Out for Children programme in action and to engage with staff and children, to gain a direct understanding of the charity's work.</p> <p>Inside Out for Children has policies and procedures in place to ensure the protection and safe working of beneficiaries, staff and volunteers which are reviewed annually by Trustees:</p> <ul style="list-style-type: none"> <li>- Safeguarding Policy</li> <li>- Safeguarding Procedures</li> <li>- Code of Behaviour Policy</li> <li>- Whistleblowing Policy</li> <li>- Emergency Procedures</li> <li>- Photography and Filming Policy</li> <li>- Equality and Diversity Policy</li> <li>- Privacy Notice</li> </ul> <p>The Trustees have ensured that the charity maintains risk management systems and that appropriate actions have been taken to mitigate risks properly. Risk Assessments are conducted for all activities with children. All professional staff and Trustees have been DBS checked and all staff has child protection training, as necessary. There is always a staff member</p>
--	--

on site that has first aid training.

Charity's organisational structure:

The Board of Trustees has the responsibility for the governance and strategic direction of the organisation, ensuring that the charity upholds its ethos and values and delivers its objectives. Daily operational management is delegated by the Trustees to the Founder and CEO.

## Section C Objectives and activities

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

“To act as a resource for children and young people by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

(a) advancing in life and helping children and young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;

(b) advancing education;

(c) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.”

**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)**

For the public benefit, we encourage all children to take part in our activities that are designed to improve wellbeing and learning.

Inside Out for Children is an innovative education charity created to improve the wellbeing of young children.

### **OUR VISION**

Children will be equipped to deal with the ups and downs of life and flourish in an ever-changing world.

### **OUR MISSION**

To inspire all children to develop life skills and strategies to look after their own mental wellbeing.

Because happy children learn better and are more likely to fulfil their potential, grow into happy adults, and contribute positively to society.

Children in the UK are suffering from low mental health. Covid has made this crisis worse.

There is a call to action from the Government for schools to adopt a whole-school approach which has a stronger focus on mental health promotion and the prevention of mental health problems, alongside early interventions for children who have existing or emerging mental health problems to prevent these problems from escalating and the need for specialist support. Teachers understand the need to make mental wellbeing a priority, but they are already overwhelmed and overworked.

Our unique, interconnected provision based on our **5 Keys to Happiness** is designed specifically to improve mental wellbeing, develop essential life skills and increase engagement among children and to de-stress busy teachers by making it easier for them to make a difference. We offer:

1. **Universal support** for all children to promote mental wellbeing and prevent mental health problems - through our online **Activity Library** of 200+ activities, **Wellbeing Programme** with 2 years of assemblies and lessons that cover Relationships Education and Health Education statutory objectives, and **INSIDE OUT Award** which enables schools to implement a culture where the happiness of children is at the heart of school life.
2. **Targeted interventions** exclusively for vulnerable and underperforming children who are at risk of not reaching their full potential - through our offsite **Magical Days Out** at Checkendon Equestrian Centre in the Oxfordshire Chilterns, an Area of Outstanding Natural Beauty with 55 horses and 70 acres of privately owned woodlands. Through a blend of experiential activities around horses, nature and mindfulness, children get the opportunity to:
  - Ride and care for a horse
  - Explore and discover the natural world
  - Gain an appreciation for the natural environment
  - Create nature art
  - Practice mindful breathing and sensing

Children revisit core learning back at school in a developmentally appropriate way through our Activity Library and Wellbeing Programme.

Our **5 Keys to Happiness** evidence-based framework Look Inside, Move Outside, Share More, Be Curious, Be Kind – is relevant and engaging for children to learn and simple for teachers to teach back at school. It is based on the New Economic Foundation’s ‘5 Ways to Wellbeing’, scientifically proven to improve wellbeing.

The organisation’s Trustees have complied with their duty to have due regard to the Charity Commission’s guidance on public benefit in exercising their duties or powers.

#### **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.

The charity benefits from the support of two advisors with a wealth of experience in education, wellbeing, innovation and mindfulness coaching.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Launched our new website with an online Activity Library and Wellbeing Programme.

Curated 200+ activities for our Activity Library and completed 2 years' worth of digital content for teachers as part of our Wellbeing Programme.

Launched an updated version of our newsletter and Wellbeing Guides.

Created a new Pathway Pack for our partner schools.

Created evidence gathering tools to measure the impact of our work.

Created a comprehensive plan to restart Magical Days Out in Spring 2023 after a 3-year Covid-induced pause.

The Inside Out for Children programme continued to have an inspirational and lasting effect on children. Benefits linked to the '5 Keys to Happiness' have included:

Key 1 / Look Inside - Improved self-esteem, resilience, emotional language needs; decreased anxiety. Learned to self-calm, focus and relate to emotions through mindfulness techniques

Key 2 / Move Outside – Learned about local species, habitats and wildlife through nature exploration; experienced non-competitive outdoor play

Key 3 / Share More - Improved social interactions, teamwork, communication and relationship building

Key 4 / Be Curious - Opened minds to exciting and wide experiences.

Key 5 / Be Kind – Improved positivity. Learned responsibility, consideration, kindness and respect

Here are some testimonials gathered through our 'customer discovery' process with lead teachers from our partner schools:

- "I really enjoy using INSIDE OUT. I am always so blown away with the children in my class's knowledge/vocabulary/attitudes. They use language such as 'Mental and physical health', 'Self-care', 'Growth mindset' and always talk about their emotions/weather. I believe that Inside Out has had a massive part to play in this."

## Section D

## Achievements and performance

- “We have used the activities to run Wellbeing Days this year as we haven't been able to always mix the children for our usual Enrichment days and they have been so successful for the wellbeing of both teachers and children.”
- “It was not just about children’s wellbeing but also staff wellbeing. The simplicity of the tasks meant there was very little preparation needed, time pressures were taken off as the staff just moved to the next activity when they felt the class was ready, there was no set number of activities they had to complete. The wide range of activities meant staff could choose things that they would enjoy too and as time pressures and timetable pressures were removed they felt they could relax and just enjoy spending time with the children.’
- ‘Year 3 class were struggling to deal with their emotions. The Wellbeing Day served to remind them about the weather and how we can welcome all weathers.’”

## Section E

## Financial review

### Brief statement of the charity’s policy on reserves

The Trustees monitor the level of reserves annually. In 2022, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary.

The charity’s ‘Growth for Good 2021+ Organisational Goals’ includes the calculation of the required level of reserves as an integral part of the charity’s planning and budget.

### Details of any funds materially in deficit

### 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.

The charity’s activities were funded by:

- Individual donations
- Grants

Inside Out for Children would like to thank the CLA Charitable Trust for their support in 2022.

Voluntary income includes donations totalling £49,995 in support from related parties.

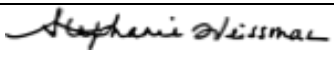
The charity has confirmed individual, unrestricted donations for the next 12 months in order for it to continue carrying out its activities.

**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

<b>Signature(s)</b>		
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	11/09/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

Charity No

## Receipts and payments accounts

CC16a

For the period  
from

01/01/2022

To

31/12/2022

### 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 £
<b>A1 Receipts</b>					
Voluntary Receipts	62,749	-	-	62,749	18,800
Grants	-	5,000	-	5,000	12,500
Charitable Activities	-	-	-	-	-
Interest	18	-	-	18	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>62,767</b>	<b>5,000</b>	<b>-</b>	<b>67,767</b>	<b>31,300</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>62,767</b>	<b>5,000</b>	<b>-</b>	<b>67,767</b>	<b>31,300</b>
<b>A3 Payments</b>					
Fundraising Costs	9,685	-	-	9,685	7,263
Costs of Charitable Activities	42,837	-	-	42,837	37,583
Governance Costs	926	-	-	926	872
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>53,448</b>	<b>-</b>	<b>-</b>	<b>53,448</b>	<b>45,719</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>53,448</b>	<b>-</b>	<b>-</b>	<b>53,448</b>	<b>45,719</b>
<b>Net of receipts/(payments)</b>	<b>9,319</b>	<b>5,000</b>	<b>-</b>	<b>14,319</b>	<b>- 14,419</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,159	-	-	11,159	25,578
<b>Cash funds this year end</b>	<b>20,479</b>	<b>5,000</b>	<b>-</b>	<b>25,479</b>	<b>11,159</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank	20,479	5,000	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	20,479	5,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

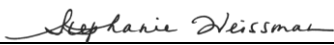
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Stephanie Weissman	11/09/2023



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Inside Out for Children

**On accounts for the year  
ended**

31/12/2022

**Charity no  
(if any)**

1160856

**Set out on pages**

Pages 1&2 – Section A

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2022**.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

**Signed:**



**Date:** 12/9/2023

**Name:**

Andrew Michael Wells

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

FMAAT

**Address:**

99 Western Road, Lewes, East Sussex BN7 1RS

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material 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.**

**INSIDE OUT FOR CHILDREN**

England & Wales - Charity number 1160856

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# Accounts

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## Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	01	2021	<b>To</b>	31	12	2021

### Section A Reference and administration details

<b>Charity name</b>	Inside Out for Children		
<b>Other names charity is known by</b>			
<b>Registered charity number (if any)</b>	1160856		
<b>Charity's principal address</b>	25 Well Walk		
	Flat 4		
	London		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 2px;">NW3 1BY</td> </tr> </table>	<b>Postcode</b>	NW3 1BY
<b>Postcode</b>	NW3 1BY		

#### 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	Stephanie Weissman	Chair		
2	Mark Ellis			
3	Eilish McGuinness			
4	Julie Carr		Until 30-11-2021	
5	Emma Mamo		22-11-2021 onwards	
6				
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20				

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

Name	Dates acted if not for whole year


**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, dated 16 <sup>th</sup> February 2015
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity Trustees.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity’s organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees’ consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>As part of their induction and training, all Trustees receive a copy of the organisation’s Constitution and the Charity Commission’s CC3 guidance, “The Essential Trustee, what you need to know, what you need to do.” Each Trustee is given the opportunity to experience the Inside Out for Children programme in action and to engage with staff and children, to gain a direct understanding of the charity’s work.</p> <p>Inside Out for Children has policies and procedures in place to ensure the protection and safe working of beneficiaries, staff and volunteers which are reviewed annually by Trustees:</p> <ul style="list-style-type: none"> <li>- Child Protection Policy</li> <li>- Safeguarding Children Procedures</li> <li>- Code of Behaviour Policy</li> <li>- Whistleblowing Policy</li> <li>- Emergency Procedures / Lost Child Policy</li> <li>- Acceptable Use Policy</li> </ul> <p>The Trustees have ensured that the charity maintains risk management systems and that appropriate actions have been taken to mitigate risks properly. Risk Assessments are conducted for all activities with children. All professional staff and Trustees have been DBS checked and all staff has child protection training, as necessary. There is always a staff member on site that has first aid training.</p>
--	--

Charity’s organisational structure:  
 The Board of Trustees has the responsibility for the governance and strategic direction of the organisation, ensuring that the charity upholds its ethos and values and delivers its objectives. Daily operational management is delegated by the Trustees to the Founder and Chair.

**Section C Objectives and activities**

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

“To act as a resource for children and young people by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

(a) advancing in life and helping children and young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;

(b) advancing education;

(c) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.”

**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)**

For the public benefit, we encourage all children to take part in our activities that are designed to improve wellbeing and learning.

Inside Out for Children is an innovative education charity created to improve the wellbeing of young children.

Our mission is to inspire every child we work with to be happy, inside and out, because happy children learn better and because happy children are more likely to fulfil their potential and grow into happy adults.

Schools understand the need to make happiness and wellbeing a priority. The challenge, however, is putting it into practice with teachers who are already overwhelmed. This is why we exist. To make the mental health of children as important as their academic achievement. And to support those making it happen.

Main activities:  
 1. ‘Magical Day Out’ workshops for young children that take place during term time at Checkendon Equestrian Centre, a British Horse Society Approved Riding School and Livery Yard, Where to Train and Examination Centre in the Oxfordshire Chilterns, an Area of Outstanding

Natural Beauty with 65 horses and 70 acres of privately owned natural woodlands. Through a blend of experiential activities around horses, nature and mindfulness, children get the opportunity to:

- Ride and care for a horse
- Explore and discover the natural world
- Gain an appreciation for the natural environment and their role in it
- Create nature art
- Practice mindful breathing and sensing

These transformational experiences act as catalysts for rolling out the Inside Out for Children programme in schools.

2. ‘Curated Activities’ for children’ from 5 to 30 minutes that give them a ‘toolkit’ of practical life skills. Teachers can choose from over 150, simple, fun online activities to suit the individual child or do together as a class or a family that are based on the ‘5 Keys to Happiness’.

3. ‘Programme’ for teachers consisting of a whole year of easy-to-use, digitised, half-termly sets with assemblies, lessons, communication bites and posters that cover Relationships Education and Health Education statutory objectives and are broken down into Key Stage 1, Lower Key Stage 2 and Upper Key Stage 2.

4. ‘Inside Out Award’ that recognises and celebrates schools for their exceptional commitment to the happiness and wellbeing of their children.

Inside Out for Children’s ‘5 Keys to Happiness’ – Look Inside. Move Outside. Share More. Be Curious. Be Kind – provide an evidence-based framework for all ‘Magical Day Out’ activities and language for wellbeing education back at school. They are based on the New Economic Foundation’s ‘5 Ways to Wellbeing’, scientifically proven to improve wellbeing.

The organisation’s Trustees have complied with their duty to have due regard to the Charity Commission’s guidance on public benefit in exercising their duties or powers.

### **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.

The charity benefits from the support of two advisors with a wealth of experience in education, wellbeing, innovation and mindfulness coaching.

**Summary of the main achievements of the charity during the year**

With our flagship off-site ‘Magical Days Out’ still postponed because of Covid-19, our Programme Director led on expanding our online programmes based on our ‘5 Keys to Happiness’ framework to new schools across Berkshire, Oxfordshire and beyond and further established our significant pandemic response to help ameliorate the damaging emotional, physical, and mental health effects on children. Specifically, she created and delivered 1) Wellbeing Guides - a key component of our ‘Step-Up for Schools Project’ for over-stretched Headteachers, teachers, parents/primary carers full of simple, fun and quick-to-use activities for children at home, school and in pastoral support groups; 2) In-school resources based on the Wellbeing Guides with 125 curated activities for whole-school Wellbeing Days for children and families; 3) Plans for a new website of digital resources to expand school relationships nationally and to help schools work towards achieving our ‘Inside Out Award’.

Our Research Assistant undertook extensive research to create the Wellbeing Guides - an evolution of our service that best supported children, families, teaching staff and schools during a challenging time for the nation. She produced a social media campaign that shared our work/impact in schools directly with national wellbeing leaders and supporters.

Wellbeing Guides were digitally developed which supported both face-to-face and on-line delivery, thus ensuring continuity during periods of lockdown as well as alignment of values in both the school and home environment.

Our Education Consultant led the development of the ‘Growth for Good: 2021+ Organisational Goals’, focussed on increasing our impact nationally.

The Inside Out for Children programme continued to have an inspirational and lasting effect on children. Benefits linked to the ‘5 Keys to Happiness’ have included:

Key 1 / Look Inside - Improved self-esteem, resilience, emotional language needs; decreased anxiety. Learned to self-calm, focus and relate to emotions through mindfulness techniques

Key 2 / Move Outside – Learned about local species, habitats and wildlife through nature exploration; experienced non-competitive outdoor play

Key 3 / Share More - Improved social interactions, teamwork, communication and relationship building

Key 4 / Be Curious - Opened minds to exciting and wide experiences.

Key 5 / Be Kind – Improved positivity. Learned responsibility, consideration, kindness and respect

Here are some testimonials gathered through our ‘customer discovery’ process with lead teachers from our partner schools:

## Section D

## Achievements and performance

- “A Year 4 child who finds it very difficult to regulate emotions and spends a great deal of time working outside the class to keep everyone safe was able to spend almost the whole of the Wellbeing Day in the class with his peers – with a little adult support and regular movement breaks he was able to remain regulated for the whole day.”
- “Year 1 class were becoming a bit fractious with one another, and the Wellbeing Day helped them to work together as a team and they showed greater kindness towards one another.”
- “During the Wellbeing Day we did not have one radio call asking a senior member of staff to go and support behaviour!!!! This was truly AMAZING!”
- “Children across school are more aware of their wellbeing and how to look after it. They know what the word means, and they know the 5 Keys.”

## Section E

## Financial review

### Brief statement of the charity’s policy on reserves

The Trustees monitor the level of reserves annually. In 2021, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary.

The charity’s ‘Growth for Good 2021+ Organisational Goals’ includes the calculation of the required level of reserves as an integral part of the charity’s planning and budget.

### Details of any funds materially in deficit

### 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.

The charity’s activities were funded by:

- Individual donations
- Grants

Inside Out for Children would like to thank Didymus and Postcode Local Trust for their support in 2021.

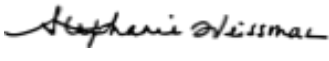
The charity has confirmed individual, unrestricted donations for the next 12 months in order for it to continue carrying out its activities.

**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

<b>Signature(s)</b>		
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	13/07/2022	



## Receipts and payments accounts

CC16a

For the period from	01/01/2021	To	31/12/2021
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### 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 £
<b>A1 Receipts</b>					
Voluntary Receipts	18,800	-	-	18,800	17,028
Grants	-	12,500	-	12,500	33,637
Charitable Activities	-	-	-	-	2,153
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>18,800</b>	<b>12,500</b>	<b>-</b>	<b>31,300</b>	<b>52,818</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>18,800</b>	<b>12,500</b>	<b>-</b>	<b>31,300</b>	<b>52,818</b>
<b>A3 Payments</b>					
Fundraising Costs	3,698	3,565	-	7,263	5,572
Costs of Charitable Activities	13,468	24,115	-	37,583	37,196
Governance Costs	872	-	-	872	831
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>18,039</b>	<b>27,680</b>	<b>-</b>	<b>45,719</b>	<b>43,600</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>18,039</b>	<b>27,680</b>	<b>-</b>	<b>45,719</b>	<b>43,600</b>
<b>Net of receipts/(payments)</b>	<b>761</b>	<b>- 15,180</b>	<b>-</b>	<b>- 14,419</b>	<b>9,218</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,398	15,180	-	25,578	16,360
<b>Cash funds this year end</b>	<b>11,159</b>	<b>-</b>	<b>-</b>	<b>11,159</b>	<b>25,578</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank	11,159	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>11,159</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Stephanie Weissman	13/07/2022



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Inside Out for Children

**On accounts for the year  
ended**

31/12/2021

**Charity no  
(if any)**

1160856

**Set out on pages**

Pages 1&2 – Section A

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2021**.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

**Signed:**

**Date:**

13.07.2022

**Name:**

Amanda Hall

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

**Address:**

Unit 115 Ducie House

Ducie Street

Manchester M1 2JW

**Section B****Disclosure**

Only complete if the examiner needs to highlight material 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.**

**INSIDE OUT FOR CHILDREN**

England & Wales - Charity number 1160856

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# Accounts

---

# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	01	01	2020		31	12	2020

## Section A Reference and administration details

<b>Charity name</b>	Inside Out for Children	
<b>Other names charity is known by</b>		
<b>Registered charity number (if any)</b>	1160856	
<b>Charity's principal address</b>	25 Well Walk	
	Flat 4	
	London	
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 2px;">NW3 1BY</td> </tr> </table>	<b>Postcode</b>
<b>Postcode</b>	NW3 1BY	

### 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	Stephanie Weissman	Chair		
2	Mark Ellis			
3	Eilish McGuinness			
4	Julie Carr			
5				
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year


**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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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution, dated 16 <sup>th</sup> February 2015
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity Trustees.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>As part of their induction and training, all Trustees receive a copy of the organisation's Constitution and the Charity Commission's CC3 guidance, "The Essential Trustee, what you need to know, what you need to do." Each Trustee is given the opportunity to experience the Inside Out for Children programme in action and to engage with staff and children, to gain a direct understanding of the charity's work.</p> <p>Inside Out for Children has policies and procedures in place to ensure the protection and safe working of beneficiaries, staff and volunteers which are reviewed annually by Trustees:</p> <ul style="list-style-type: none"> <li>- Child Protection Policy</li> <li>- Safeguarding Children Procedures</li> <li>- Code of Behaviour Policy</li> <li>- Whistleblowing Policy</li> <li>- Emergency Procedures / Lost Child Policy</li> <li>- Acceptable Use Policy</li> </ul> <p>The Trustees have ensured that the charity maintains risk management systems and that appropriate actions have been taken to mitigate risks properly. Risk Assessments are conducted for all activities with children. All professional staff and Trustees have been DBS checked and all staff has child protection training. There is always a staff member on site that has first aid training.</p>
--	--

Charity’s organisational structure:  
 The Board of Trustees has the responsibility for the governance and strategic direction of the organisation, ensuring that the charity upholds its ethos and values and delivers its objectives. Daily operational management is delegated by the Trustees to the Founder and Chair.

**Section C Objectives and activities**

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

“To act as a resource for children and young people by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

- (a) advancing in life and helping children and young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
- (b) advancing education;
- (c) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.”

**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)**

For the public benefit, we encourage all children to take part in our activities that are designed to improve wellbeing and learning.

Inside Out for Children is an innovative education charity created to improve the wellbeing of young children.

Our mission is to inspire every child we work with to be happy, inside and out, because happy children learn better and because happy children are more likely to fulfil their potential and grow into happy adults.

We imagine a world where the happiness of children is as important as their academic achievement. Towards this vision, Inside Out offers ‘Magical Days Out’, ‘School Toolbox’ resources and ‘Teacher Training’, working towards a school-wide culture of wellbeing through our ‘Inside Out Award’.

Main activities:

1. ‘Magical Day Out’ workshops for young children that take place during term time at Checkendon Equestrian Centre, a British Horse Society Approved Riding School and Livery Yard, Where to Train and Examination Centre in the Oxfordshire Chilterns, an Area of Outstanding

Natural Beauty with 65 horses and 70 acres of privately owned natural woodlands. Through a blend of experiential activities around horses, nature and mindfulness, children get the opportunity to:

- Ride and care for a horse
- Explore and discover the natural world
- Gain an appreciation for the natural environment and their role in it
- Create nature art
- Practice mindful breathing and sensing

These transformational experiences act as catalysts for rolling out the Inside Out for Children programme in schools.

2. 'Toolboxes' for schools that enable the programme to be shared more widely allowing a greater number of children to benefit. Each Toolbox contains a teacher-friendly guide with a range of activities complementing a school's curriculum and activity progress cards, posters, and stickers for individual and class work. Online resources include lessons and assemblies based on the '5 Keys to Happiness' for whole-school use.

3. 'Teacher Training' that supports teachers and teaching assistants to learn about the Inside Out for Children approach including the methodology and application of it through the Toolbox and its contents in order to embed the programme into the curriculum.

4. 'Happiness Index' wellbeing measurement tool based on the '5 Keys to Happiness' to track, assess and systematically report the impact of the Inside Out programme on children.

5. 'Inside Out Award' that recognises and celebrates schools for their exceptional commitment to the happiness and wellbeing of their children.

Inside Out for Children's '5 Keys to Happiness' – Look Inside. Move Outside. Share More. Be Curious. Be Kind – provide an evidence-based approach for all 'Magical Day Out' activities and language for wellbeing education back at school. They are based on the New Economic Foundation's '5 Ways to Wellbeing', scientifically proven to improve wellbeing.

The organisation's Trustees have complied with their duty to have due regard to the Charity Commission's guidance on public benefit in exercising their duties or powers.

### **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.

The charity benefits from the support of an advisor with a wealth of experience in wellbeing, innovation and mindfulness coaching.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Pivoted from our fully-booked, flagship off-site ‘Magical Days Out’ which had to be postponed because of Covid-19 to develop online programmes including family-friendly Wellbeing Guides to benefit 2000+ children weekly. Meeting schools’ acute, increased call for help.

Created home-learning resources and small-group sessions for vulnerable children to prevent disengagement.

Developed digitised lessons and assemblies for whole-school use and to help children reintegrate safety when they returned to school.

Expanded our social media reach exponentially, establishing our voice within the wellbeing education community.

Initiated creation of a new ‘School Toolbox’ – a fully digitised website platform, where existing and new unique resources and frameworks will be easily available to existing and potential partner schools in one centralised place.

The Inside Out for Children programme continued to have an inspirational and lasting effect on children. Benefits linked to the ‘5 Keys to Happiness’ have included:

Key 1 / Look Inside - Improved self-esteem, resilience, emotional language needs; decreased anxiety. Learned to self-calm, focus and relate to emotions through mindfulness techniques

Key 2 / Move Outside – Learned about local species, habitats and wildlife through nature exploration; experienced non-competitive outdoor play

Key 3 / Share More - Improved social interactions, teamwork, communication and relationship building

Key 4 / Be Curious - Opened minds to exciting and wide experiences.

Key 5 / Be Kind – Improved positivity. Learned responsibility, consideration, kindness and respect

“We have 400 children who have gone through trauma in a sense and we are dealing with that. Inside Out is helping us hugely to support the children and deal with all the emotions they are feeling.” (Deputy Headteacher)

## Section D

## Achievements and performance

“The 5 Keys to Happiness are preparing children for life, the ups/downs and challenges, and challenges don’t come much bigger than now.”  
(Headteacher)

## Section E

## Financial review

### Brief statement of the charity’s policy on reserves

The Trustees monitor the level of reserves annually. In 2020, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary.

The charity’s ‘2020 Vision’ includes the calculation of the required level of reserves as an integral part of the charity’s planning and budget.

### Details of any funds materially in deficit

### 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.

The charity’s activities were funded by:

- Individual donations
- Grants
- Contributions from participating partner schools

Inside Out for Children would like to thank the following for their support in 2020:

Adrian Baker  
Jillian DeVaney  
Million Dollar Round Table Foundation  
Postgate Charitable Trust  
Postcode Local Trust  
Ranikhet Academy  
Thameside Primary School  
South Moreton Primary School  
Harriet and Paul Weissman  
Woodcote Community School

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**Section F Other optional information**

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**Section G Declaration**

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Stephanie Weissman</i>	
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	27/07/21	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

Charity No 1160856

CC16a

## Receipts and payments accounts

For the period from	01/01/2020	To	31/12/2020
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### 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 £
<b>A1 Receipts</b>					
Voluntary Receipts	17,028	-	-	17,028	16,241
Grants	1,000	32,637	-	33,637	39,000
Charitable Activities	2,153	-	-	2,153	9,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>20,182</b>	<b>32,637</b>	<b>-</b>	<b>52,818</b>	<b>64,241</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>20,182</b>	<b>32,637</b>	<b>-</b>	<b>52,818</b>	<b>64,241</b>
<b>A3 Payments</b>					
Fundraising Costs	4,672	900	-	5,572	6,169
Costs of Charitable Activities	19,140	18,057	-	37,196	57,152
Governance Costs	831	-	-	831	820
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>24,643</b>	<b>18,957</b>	<b>-</b>	<b>43,600</b>	<b>64,141</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>24,643</b>	<b>18,957</b>	<b>-</b>	<b>43,600</b>	<b>64,141</b>
<b>Net of receipts/(payments)</b>	<b>- 4,462</b>	<b>13,680</b>	<b>-</b>	<b>9,218</b>	<b>100</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>14,860</b>	<b>1,500</b>	<b>-</b>	<b>16,360</b>	<b>16,260</b>
<b>Cash funds this year end</b>	<b>10,398</b>	<b>15,180</b>	<b>-</b>	<b>25,578</b>	<b>16,360</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank	10,398	15,180	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>10,398</b>	<b>15,180</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK

OK

OK

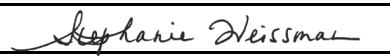
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Stephanie Weissman	27/07/2021



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Inside Out for Children

**On accounts for the year  
ended**

31/12/2020

**Charity no  
(if any)**

1160856

**Set out on pages**

Pages 1&2 – Section A

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2020**.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

**Signed:**



**Date:**

6 September 2021

**Name:**

Andrew Michael Wells

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

FMAAT

**Address:**

99 Western Road

Lewes

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material 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.**

[Empty box for disclosure details]