

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	01	2021		31	12

## 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
<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				
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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)

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

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

<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."</p> <p>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>
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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.

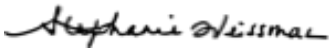
## Section F Other optional information

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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

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



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

Charity No 1160856

## Receipts and payments accounts

CC16a

For the period  
from

01/01/2021

To


31/12/2021

### 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>
<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>10,398</b>	<b>15,180</b>	<b>-</b>	<b>25,578</b>	<b>16,360</b>
<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>	11,159	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
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.**