

FREE YOUR INSTINCT

England & Wales · Charity number 1160961

Details

Other names	Esprit Concrete:FYI, FYI
Status	Registered
Legal form	CIO
Registered	2015-03-18
Register	View on the Charity Commission register

Contact

Address	36 Frome Road Trowbridge Wiltshire BA14 0DD
Phone	07731971851
Email	info@freeyourinstinct.org
Website	www.espritconcrete.com

Activities

Objects: TO PROMOTE GOOD MENTAL AND PHYSICAL HEALTH OF MENTAL HEALTH SERVICE USERS THROUGH THE PROVISION OF COACHING IN PARKOUR

Activities: Parkour Coaching for Mental Health

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** People With Disabilities

Geography

- Bristol City
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£14,776	£15,150	-	-
2024-03-31	£16,521	£49,524	-	-
2023-03-31	£22,396	£50,408	-	-
2022-03-31	£49,463	£35,867	-	-
2021-03-31	£31,894	£4,670	-	-

Trustees

Name	Role	Appointed
Dr Kasturi Torchia		2023-02-13
MS CHARLEY HOBSON-MERRETT		2014-09-01
Stephen Howard Lenton		2017-11-15

FREE YOUR INSTINCT

England & Wales - Charity number 1160961

Accounts



Trustees' Annual Report for the period

From 1st April 2024 Period start date To 31st March 2025 Period end date

Charity name: Free Your Instinct

Charity registration number: 1160961

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>To promote good mental and physical health of people with a recognised mental health need through the provision of coaching in parkour.</p> <p>To offer development opportunities and coaching. To promote the charity within the mental health community.</p> <p>To ensure a duty of care to all the members of the charity. To ensure ongoing understanding regarding the effect of parkour on mental health symptoms with participant informed consent.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Across 2024/25 the charity ran classes in partnership with Esprit Concrete, an organisation that developed integrated parkour therapeutic methods incorporating psychotherapeutic theories such as Cognitive Behavioural Therapy (CBT) into experiential practice.</p> <p>Each session is run by qualified parkour coaches, trained in Esprit Concrete Methodology and supported by qualified Counselling Psychologists</p> <p>Each class is 1.5 hours long and has a maximum capacity of 8 participants. Classes are run by both a lead coach and an assistant coach to ensure participants are fully supported throughout the class. Classes offer participants the opportunity to experience parkour, increase physical activity and social inclusion, whilst focusing on developing mental and physical strength and resilience. Each class focuses on a specific objective, for example, teamworking, resilience, play, overcoming obstacles, managing fear/ negative thinking.</p>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the charity commission on public benefit
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Free Your Instinct does not undertake any grant making activities
Policy on social investment including program related investment	Para 1.38	Free Your Instinct does not undertake any social investment activities
Contribution made by volunteers	Para 1.38	We are grateful to the contribution from our volunteers who support the development and increased awareness of the impact of parkour on mental health
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In 2024/25 Free Your Instinct delivered sessions in partnership with Esprit Concrete to offer integrated parkour therapeutic classes, to further support the mental health and wellbeing of individuals living with mental health difficulties.</p> <p>This integration offers an alternative option for therapeutic support for those most at risk of disengaging from mental health services. Participants can engage with both positive and negative emotions and responses non-verbally offering experiential repatterning of negative mental states.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

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

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a phase of transition towards more formal partnership with Esprit Concrete. We anticipate a temporary reduction in delivery (and associated funding) as roles and resources are agreed and reallocated. Understanding that this sits within a climate of heavily competitive grant funding and cost of living challenges, we feel comfortable that, as a small charity, we are able to respond dynamically to changing needs and circumstances
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Free Your Instinct has a target reserve policy of 3 months of operating cost with a view to establishing 6 months cover over the next 3 years.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	The 3 months OpEx cover reserves policy for the business is £1.8k, current reserves do not presently meet this as the organisation goes through a phase of redefinition and restructuring, where unexpected costs have arisen. As a small charity, we feel comfortable that we can respond dynamically to changing needs and circumstances and will continue to review the situation on-going
Details of fund materially in deficit	Para 1.24	Reported Annual deficit of -£13180 in 2023/24 where funding acquired in previous financial year was utilised. Annual deficit in current period reduced to -£375. Ongoing review of budget and expenditure.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The charity has a dynamic structure with minimal overheads. This enables the organisation to adapt and respond to changes in income and capacity. Whilst we anticipate a reduction in income as the charity restructures, budgeting, service reduction and expenditure will continue to be reviewed and reevaluated ongoing.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	

A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Free Your Instinct is currently governed by a board of three trustees who oversee the governance and strategic development of the charity. The Charity is managed by the CEO who oversees the charity's day to day activities. Selection of new trustees is based on a need highlighted in general meetings and identified skill mix needs of the Board. If a new position is required a trustee specification is written to ensure clarity, and the vacancy is advertised on appropriate platforms. Depending on the number of applications, candidates are shortlisted by the CEO, against the trustee specification requirements before being presented to the trustee board. Appropriate applicants will then be invited to an interview via video call with the CEO and at least one other trustee.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Reference and Administrative details

Charity name	Free Your Instinct
Other name the charity uses	FYI
Registered charity number	1160961
Charity's principal address	36 Frome Road Trowbridge BA14 0DD

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	Stephen Lenton			
2	Kasturi Torchia			
3	Charlotte Hobson-Merrett			
4	Charlotte Blake	CEO		

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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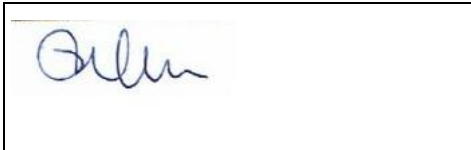

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Stephen Lenton	Charlotte Blake
Position (eg Secretary, Chair, etc)	Chair	CEO
Date	05/03/2026	



Receipts and payments accounts

CC16a

For the period
from

01/04/2024

To

31/03/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	349	998	-	1,347	12,215
Services Provided	11,859	1,567	-	13,426	4,283
Interest	3	-	-	3	23
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	12,211	2,565	-	14,776	16,521
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,211	2,565	-	14,776	16,521
A3 Payments					
Salary	-	-	-	-	30,002
Pensions	-	-	-	-	2,063
Coaching	11,339	930	-	12,269	12,442
Suppliers	-	1,577	-	1,577	-
Travel	-	-	-	-	-
Stationary	-	-	-	-	-
Insurance & Subscriptions	-	-	-	-	1,576
Other Expenses	-	-	-	-	1,960
Technology	812	432	-	1,244	1,426
Bank Charges	60	-	-	60	55
Sub total	12,211	2,939	-	15,150	49,524
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,211	2,939	-	15,150	49,524
Net of receipts/(payments)	-	374	-	374	33,003
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,820	-	-	1,820	19,823
Cash funds this year end	1,820	374	-	1,446	13,180

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 £
B1 Cash funds	CAF Bank	1,446	-	-
		-	-	-
		-	-	-
	Total cash funds	1,446	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Other long term loan	unrestricted	15,100	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Stephen Lenton	05/03/2026
		Charlotte Blake	05/03/2026

FREE YOUR INSTINCT

England & Wales - Charity number 1160961

Accounts



Trustees' Annual Report for the period

From 1st April 2023 Period start date To 31st March 2024 Period end date

Charity name: Free Your Instinct

Charity registration number: 1160961

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote good mental and physical health of people with a recognised mental health need through the provision of coaching in parkour. To offer development opportunities and coaching. To promote the charity within the mental health community. To ensure a duty of care to all the members of the charity. To ensure ongoing understanding regarding the effect of parkour on mental health symptoms with participant informed consent.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>In 2023-2024 FYI have run classes both independently and in partnership with Active Newham and Bristol Southmead Social Prescribing Services supporting adults and young people who are most at risk of the inequalities of mental health.</p> <p>Each class is 1.5 hours long and has a maximum capacity of 8 participants. Classes are run by both a lead coach and an assistant coach to ensure participants are fully supported throughout the class. Classes offer participants the opportunity to experience parkour, increase physical activity and social inclusion, whilst focusing on developing mental and physical strength and resilience. Each class focuses on a specific objective, for example, teamworking, resilience, play, overcoming obstacles, managing fear/ negative thinking and reconnecting post covid. All courses are free to all participants who are drawn from some of the most vulnerable parts of local communities in which we work.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the charity commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Free Your Instinct does not undertake any grant making activities
Policy on social investment including program related investment	Para 1.38	Free Your Instinct does not undertake any social investment activities
Contribution made by volunteers	Para 1.38	We are grateful to the contribution from our volunteers who have supported the development of social media, contributed personal experiences towards an online blog to increase awareness of parkour and mental health, as well as assisted with the delivery of fundraising events
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In 2023-24 Free Your Instinct was fortunate to receive support from Grant Funders such as Comic Relief/ Groundworks and The Together Fund</p> <p>These funds ensured Free Your Instinct was able to continue offering classes for free to those most at risk of the inequalities of mental health such as areas of recognised deprivation and minority populations, reaching 158 beneficiaries.</p> <p>During 2023-24 Free Your Instinct was the winner of "Most Innovative Sports Mental Health Intervention NPO- Southern England" at the Non-Profit Awards. Free Your Instinct were also nominated for the "Innovative Mental Health" Award at the Mental Health and Wellbeing Awards, The "Change Maker Award" at the Head Outside Awards, "Best New Mental Health Initiative" in the Insideout Awards, and "Bristol Innovation Award" in the Bristol Impact Awards. demonstrating the charity's dedication to innovative mental health support.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Over the last few years FYI has demonstrated 1500% growth in service delivery with thanks to support and funding from all the providers listed in this report.</p> <p>Despite the challenges faced in navigating a global pandemic and subsequent cost of living crisis. Free Your Instinct has continued to show resilience throughout 2023-24. Challenges such as increased demand on grant funders and increasing costs for third sector organisations have coincided with the completion of evidence based research surrounding courses delivered by FYI. This has offered the charity the opportunity to review and refine the purpose and objectives the organisation would like to achieve over the next few years.</p> <p>In June 2023, FYI formally partnered with Esprit Concrete, an organisation that offers Parkour integrated therapeutic interventions, fully supported by registered clinical psychologists, to enhance and inform the delivery of our work, and fully differentiate our impact from other sports focused mental health deliveries.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>FYI secured sufficient project funding to support the ongoing delivery of projects. However, targets to secure core funding to increase organisational structure that supports the significant growth the organisation has seen over the last few years has proved more challenging.</p> <p>The charity remains focused on implementing their sustainable fundraising strategy to ensure the development of a more robust and sustainable organisational structure</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>Free Your Instinct has historically been heavily grants funded with high levels of restricted funds, and low unrestricted funds. The Charity entered the financial year delivering projects that had been</p>
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		funded in the previous financial year. Additionally, where core funding providers have seen increased demand due to the cost of living crisis, funding to support the charities partnership and restructure with Esprit Concrete was supported by a £15000 loan, where terms of repayment are only met once the charity achieves the reserves policy. As such the overall position is a net payment of £33,003, compared to net receipts of £26,243 in 2022-2023.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Free Your Instinct has a target reserve policy of 3 months of operating cost with a view to establishing 6 months cover over the next 3 years.
Amount of reserves held	Para 1.22	£13,180
Reasons for holding zero reserves	Para 1.22	The 3 months OpEx cover reserves policy for the business is £1.8k, current reserves do not presently meet this as the organisation goes through a phase of redefinition and restructuring, where unexpected costs have arisen. The organisation is able to continue its operating activities after obtaining a long term loan in the period, putting the charity into negative reserves for the current accounting period.
Details of fund materially in deficit	Para 1.24	Unrestricted funds declined to -13,180 in the period. Restricted funds were fully utilised in the period.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The charity has a dynamic structure with minimal overheads. This enables the organisation to adapt and respond to changes in income and capacity. Whilst we anticipate a reduction in income as the charity restructures, budgeting, service reduction and expenditure will continue to be reviewed and reevaluated ongoing. The Charity is presently implementing further income diversity strategies including delivery of PAYG classes for participants, and further ad hoc/ contractual delivery. The unrestricted reserves is a priority for the business, by growing the services on offer the position should improve in the coming years.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding Grants Event Fundraising Individual Donation
Investment policy and objectives including any social investment policy adopted	Para 1.46	Free Your Instinct does not undertake any social investment activities

<p>A description of the principal risks facing the charity</p>	<p>Para 1.46</p>	<p>To date FYI has been heavily grants funded, which has limited both proactive growth as well as core staffing. We will be working closely with Esprit Concrete to maximise diversity of income as well as dynamically respond to any challenges over the next few months and years.</p> <p>As a small charity, a further impact of the cost of living crisis has impacted the retention of trustees. To mitigate this moving forward, we are working closely with National Governing Body Parkour UK to support the recruitment and retention of a dedicated and impactful Trustee Board.</p>
<p>Other</p>		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Free Your Instinct is currently governed by a board of three trustees who oversee the governance and strategic development of the charity. The Charity is managed by the CEO who oversees the charity's day to day activities. Selection of new trustees is based on a need highlighted in general meetings and identified skill mix needs of the Board. If a new position is required a trustee specification is written to ensure clarity, and the vacancy is advertised on appropriate platforms. Depending on the number of applications, candidates are shortlisted by the CEO, against the trustee specification requirements before being presented to the trustee board. Appropriate applicants will then be invited to an interview via video call with the CEO and at least one other trustee.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Successful candidates will be required to submit references, complete a trustee declaration as well as complete a DBS check prior to appointment. New Trustees are provided with Induction training and guidance publications from the Charity Commission as detailed in the charity's Trustee recruitment policy
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Free Your Instinct works closely with partner organisations including: London Sport NHS East London Foundation Trust Esprit Concrete Active Newham Southmead Social Prescribing Services
Relationship with any related parties	Para 1.51	
Other		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		
Charlotte Boenigk		

Exemptions from disclosure

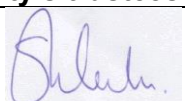

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.		
Signed on behalf of the charity's trustees		
Signature(s)		
Full name(s)	Stephen Lenton	Kasturi Torchia
Position (eg Secretary, Chair, etc)	Trustee	Trustee
Date	30/01/2025	30/01/2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FREE YOUR INSTINCT

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2024, which are set out on pages 8 to 9.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity's trustees of the Company, 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 as carried out under section 145 of the Charities Act 2011 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 can 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 do not accord with the accounting records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies act 2006 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: 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.

Olusiji Odeleye



Director
Enodel UK Ltd t/a iSolve Accounting & HR

31 January 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Free Your Instinct	No (if any) 1160961
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Apr-23	To	Period end date 31-Mar-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,182	11,033	-	12,215	21,525
Services provided	4,283	-	-	4,283	840
Interest Received	23	-	-	23	32
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,488	11,033	-	16,521	22,396
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,488	11,033	-	16,521	22,396
A3 Payments					
Salary	30,002	-	-	30,002	25,575
Pensions	2,063	-	-	2,063	1,834
Coaching	12,442	-	-	12,442	15,734
Suppliers	-	-	-	-	-
Travel	-	-	-	-	18
Stationary	-	-	-	-	-
Insurance & subscriptions	1,576	-	-	1,576	1,397
Other expenses	1,960	-	-	1,960	2,076
Technology	1,426	-	-	1,426	1,938
Bank Changes	55	-	-	55	67
Sub total	49,524	-	-	49,524	48,639
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	49,524	-	-	49,524	48,639
Net of receipts/(payments)	- 44,036	11,033	-	- 33,003	- 26,243
A5 Transfers between funds	27,651	- 27,651	-	-	-
A6 Cash funds last year end	3,205	16,618	-	19,823	46,065
Cash funds this year end	- 13,180	-	-	- 13,180	19,823

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 £
B1 Cash funds	CAF Bank	1,820	-	-
	Others	-	-	-
		-	-	-
	Total cash funds	1,820	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Other long term loan	Unrestricted	15,000	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Stephen Lenton		31-Jan-25
		Kasturi Torchia		31-Jan-25

FREE YOUR INSTINCT

England & Wales - Charity number 1160961

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st April 2022 Period start date To 31st March 2023 Period end date

Charity name: Free Your Instinct

Charity registration number: 1160961

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote good mental and physical health of people with a recognised mental health need through the provision of coaching in parkour. To offer development opportunities and coaching. To promote the charity within the mental health community. To ensure a duty of care to all the members of the charity. To ensure ongoing understanding regarding the effect of parkour on mental health symptoms with participant informed consent.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>In 2022-2023 FYI have run classes in partnership with NHS East London Foundation Trust (ELFT) for Children and Adolescent Mental Health Services (CAMHS), Active Newham and Bristol Southmead Social Prescribing Services supporting adults and young people who are most at risk of the inequalities of mental health.</p> <p>Each class is 1.5 hours long and has a maximum capacity of 8 participants. Classes are run by both a lead coach and an assistant coach to ensure participants are fully supported throughout the class. Classes offer participants the opportunity to experience parkour, increase physical activity and social inclusion, whilst focusing on developing mental and physical strength and resilience. Each class focuses on a specific objective, for example, teamworking, resilience, play, overcoming obstacles, managing fear/ negative thinking and reconnecting post covid. All courses are free to all participants who are drawn from some of the most vulnerable parts of local communities in which we work.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the charity commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Free Your Instinct does not undertake any grant making activities
Policy on social investment including program related investment	Para 1.38	Free Your Instinct does not undertake any social investment activities
Contribution made by volunteers	Para 1.38	We are grateful to the contribution from our volunteers who have supported the development of social media, contributed personal experiences towards an online blog to increase awareness of parkour and mental health, as well as assisted with the delivery of fundraising events
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Throughout 2022-23 Free Your Instinct was fortunate to receive support from Grant Funders such as Bristol Council's "Health and Wellbeing Fund", The Community Quartet Express Fund, The Mayors "Sport Unites" Fund and the Together Fund</p> <p>These funds ensured Free Your Instinct was able to continue offering classes for free to those with a recognised mental health need. Classes were delivered in NHS ELFT CAMHS, NHS ELFT early intervention services, Active Newham Youth Services and Southmead in Bristol, reaching 129 beneficiaries.</p> <p>Feedback from sessions reports increased mental wellbeing and confidence (100% of respondents) and increased awareness of the importance of physical activity (100% of respondents).</p> <p>Feedback from parents describes greater confidence and social engagement at school as well as greater resilience to challenging situations as a direct result of attending courses run by Free Your Instinct</p> <p>In 2022 Free Your Instinct were also nominated for the "Support During the Pandemic" Award at the Mental Health and Wellbeing Awards, demonstrating the charity's dedication to safe, effective person-centred support during a time when the inequalities of mental health were affecting some of the most at risk populations within the UK.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Over the last few years FYI has demonstrated 1500% growth in service delivery with thanks to support and funding from all the providers listed in this report.</p> <p>Despite the challenges faced in navigating a global pandemic, Free Your Instinct continued to show resilience throughout. Over 2022-23, FYI had sought to increase organisational structure to support this increased delivery, however, due to the current mental health and cost of living climate, grant funding has proved more challenging than in previous years. As such FYI has sought to automate as much as possible to ensure sustainability of increased service delivery while the ability to increase organisational structure is realised. Over 2022-23, FYI have worked closely with Esprit Concrete to develop a sustainable partnership agreement. That is due to come into effect in June 2023.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>FYI secured significant project funding to support the ongoing delivery of projects. However, targets to secure core funding to increase organisational structure that supports the significant growth the organisation has seen over the last few years has proved more challenging.</p> <p>The charity remains focused on implementing their sustainable fundraising strategy to ensure the development of a more robust and sustainable organisational structure</p>
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Free Your Instinct has historically been heavily grants funded with high levels of restricted funds, and low unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Free Your Instinct has a target reserve policy of 3 months of operating cost with a view to establishing 6 months cover over the next 3 years.
Amount of reserves held	Para 1.22	£18,054
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	Unrestricted funds reduced to £1.4k in the year, (2022 £5.8k). Restricted funds also fell to £16.6k, (2022: £40.3k). This is typically due to funding being received in one tax year, and utilised in another tax year.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The 3 months OpEx cover reserves policy for the business is £1.8k, the free reserves were however £1.4k which is slightly below the target range. The unrestricted reserves is a priority for the business, by growing the services on offer the position should improve in the coming years.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding Grants Event Fundraising Individual Donation
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Investment policy and objectives including any social investment policy adopted	Para 1.46	Free Your Instinct does not undertake any social investment activities
A description of the principal risks facing the charity	Para 1.46	To date FYI has been heavily grants funded, which limits proactive responses to demand. Over 2021-22 the charity has been developing a sustainable fundraising strategy to diversify sources of income and ensure sustainable growth during a period of significant growth and transformation
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Free Your Instinct is currently governed by a board of three trustees who oversee the governance and strategic development of the charity. The Charity is managed by the CEO who oversees the charity's day to day activities. Selection of new trustees is based on a need highlighted in general meetings and identified skill mix needs of the Board. If a new position is required a trustee specification is written to ensure clarity, and the vacancy is advertised on appropriate platforms. Depending on the number of applications, candidates are shortlisted by the CEO, against the trustee specification requirements before being presented to the trustee board. Appropriate applicants will then be invited to an interview via video call with the CEO and at least one other trustee.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>Successful candidates will be required to submit references, complete a trustee declaration as well as complete a DBS check prior to appointment.</p> <p>New Trustees are provided with Induction training and guidance publications from the Charity Commission as detailed in the charity's Trustee recruitment policy</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>Presently, Free Your Instinct has one full time employee that oversees management and coordination, supported by three trustees. Sessions are delivered by five coaches who are employed on a freelance basis. Financial management and governance are overseen by an external accountant.</p> <p>In 2022-2023 Free Your Instinct worked closely with Esprit Concrete LTD to develop a working partnership that seeks to increase sustainability and unrestricted income. The partnership will see Free Your Instincts working name changed to Esprit Concrete: FYI, and will be formalised in June 2023.</p> <p>To support the delivery of services, Free Your Instinct also works closely with partner organisations including:</p>

		Parkour UK (National Governing Body) London Sport NHS East London Foundation Trust Active Newham Southmead Social Prescribing Services Greenway Centre BAWA Leisure
Relationship with any related parties	Para 1.51	
Other		Free Your Instinct have a target to recruit three further trustees to increase organisational governance to support the partnership with Esprit Concrete.

Reference and Administrative details

Charity name	Free Your Instinct
Other name the charity uses	FYI
Registered charity number	1160961
Charity's principal address	8 Sandy View Beckington Frome BA11 6TR

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	Stephen Lenton			
2	Charley Hobson-Merrett			
3	Michael Clack	Treasurer		
4				
5				
6				
7				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address
2023-2024 Trustee (Chair)	Kevin Gargini	
Name of chief executive or names of senior staff members (Optional information)		
Charlotte Boenigk		

Exemptions from disclosure

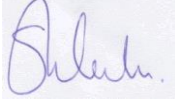

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.		
Signed on behalf of the charity's trustees		
Signature(s)		
Full name(s)	Stephen Lenton	Kevin Gargini
Position (eg Secretary, Chair, etc)	Trustee	Chair
Date	10/01/2024	10/01/2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FREE YOUR INSTINCT

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2023, which are set out on pages 8 to 9.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity's trustees of the Company, 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 as carried out under section 145 of the Charities Act 2011 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 can 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 do not accord with the accounting records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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: 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.

Olusiji Odeleye



Director
Enodel UK Ltd t/a iSolve Accounting & HR

28 December 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Free Your Instinct	No (if any) 1160961
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Apr-22	To	Period end date 31-Mar-23
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	2,066	19,459	-	21,525	49,463
Services provided	840	-	-	840	-
Interest Received	32	-	-	32	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,938	19,459	-	22,396	49,463
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,938	19,459	-	22,396	49,463
A3 Payments					
Salary	-	25,575	-	25,575	19,217
Pensions	-	1,834	-	1,834	935
Coaching	-	15,734	-	15,734	11,644
Suppliers	-	-	-	-	-
Travel	18	-	-	18	72
Stationary	-	-	-	-	10
Insurance & subscriptions	1,397	-	-	1,397	1,648
Other expenses	3,844	-	-	3,844	631
Technology	1,938	-	-	1,938	1,615
Bank Charges	67	-	-	67	96
Sub total	7,265	43,143	-	50,408	35,867
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,265	43,143	-	50,408	35,867
Net of receipts/(payments)	- 4,327	- 23,684	-	- 28,011	13,596
A5 Transfers between funds					
A6 Cash funds last year end	5,763	40,302	-	46,065	-
Cash funds this year end	1,437	16,618	-	18,054	13,597

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	CAF Bank			
		2,722	16,618	-
		-	-	-
	Total cash funds	-	-	-
		2,722	16,618	-

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

Agreement Error

OK

OK


	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	PAYE and taxes liabilities		1,285	
			-	
			-	
			-	
			-	

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

Signature


Print Name
 Kevin Gargini (Chair)
 Stephen Lenton

Date of approval
 10/01/2024
 10/01/2024

FREE YOUR INSTINCT

England & Wales - Charity number 1160961

Accounts



Trustees' Annual Report for the period

From 1st April 2021 Period start date To 31st March 2022 Period end date

Charity name: Free Your Instinct

Charity registration number: 1160961

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote good mental and physical health of people with a recognised mental health need through the provision of coaching in parkour. To offer development opportunities and coaching. To promote the charity within the mental health community. To ensure a duty of care to all the members of the charity. To ensure ongoing understanding regarding the effect of parkour on mental health symptoms with participant informed consent.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>In 2021-2022 FYI have run classes in partnership with NHS East London Foundation Trust (ELFT) for Children and Adolescent Mental Health Services (CAMHS), and Off The Record (OTR) Bristol targeting young people who are Not in Education, Employment or Training (NEET)</p> <p>Each class is 1.5 hours long and has a maximum capacity of 8 participants. Classes are run by both a lead coach and an assistant coach to ensure participants are fully supported throughout the class. Classes offer participants the opportunity to experience parkour, increase physical activity and social inclusion, whilst focusing on developing mental and physical strength and resilience. Each class focuses on a specific objective, for example, teamworking, resilience, play, overcoming obstacles, managing fear/ negative thinking and reconnecting post covid. All courses are</p>

		free to all participants who are drawn from some of the most vulnerable parts of local communities in which we work.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the charity commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Free Your Instinct does not undertake any grant making activities
Policy on social investment including program related investment	Para 1.38	Free Your Instinct does not undertake any social investment activities
Contribution made by volunteers	Para 1.38	We are grateful to the contribution from our volunteers who have supported the development of social media, contributed personal experiences towards an online blog to increase awareness of parkour and mental health, as well as assisted with the delivery of fundraising events
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Throughout 2021-22 Free Your Instinct was fortunate to receive support from Grant Funders such as Bristol Council's "Health and Wellbeing Fund", the Association on Mental Health Providers (AMHP), the Tackling Inequalities Fund, London Catalyst and The Mayors "Sport Unites" Fund.</p> <p>These funds enabled the recruitment of the charities first employee to manage the day to day activities, fundraising and strategic growth of the charity.</p> <p>These funds ensured Free Your Instinct was able to continue offering classes for free to those with a recognised mental health need. Classes were delivered in NHS ELFT CAMHS, East Village in Newham, Southmead and Castle Park in Bristol, reaching 121 beneficiaries.</p> <p>Feedback from sessions reports increased confidence (100% of respondents) and increased physical ability (66% of respondents)</p> <p>"I've learned that I can achieve great things in life, and to be stronger and never give up" Female participant of children's sessions delivered with support from Sport London Tackling Inequalities Fund to those who have experienced the greatest inequalities of mental health during the Covid 19 pandemic.</p> <p>Funding from AMHP provided the opportunity to respond to the changing working climates as a result of the pandemic and update IT infrastructure, ensuring covid risk assessed methods of participant and impact data collection could</p>

		<p>continue, whilst also reinforcing GDPR compliance and ensuring cyber security.</p> <p>In 2021 Free Your Instinct were also nominated for the “Innovative Mental Health Intervention” Award at the Mental Health and Wellbeing Awards, emphasising the charity’s position as a leading provider of parkour courses and further establishing parkour as an evidence based intervention for people with mental health support needs.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Free Your Instinct has recognised a need for structural growth to support the increased demand subsequent to the Coronavirus pandemic. In 2021 the charity was able to recruit its first employee to support the day to day running and development of the charity, with thanks from Bristol Council's Health and Wellbeing Fund.</p> <p>Despite the challenges faced in navigating a global pandemic, Free Your Instinct has shown resilience throughout, continuing to achieve our strategic objectives, demonstrating a 100% growth in session delivery and the development of a sustainable fundraising strategy.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>The sustainable fundraising strategy was under development during 2021, however the charity was able to meet its fundraising objectives in securing funding to recruit its first employee to manage the day to day running, strategic growth and fundraising. FYI also secured further funding to ensure the continued delivery of classes within NHS ELFT and Southmead with support from The Mayors Fund “Sport Unites” and Community Quartet Foundation, respectively. The charity remains focused</p>

		on fundraising to ensure the development of a more robust and sustainable organisational structure
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Free Your Instinct has historically been heavily grants funded with high levels of restricted funds, and low unrestricted funds. Turnover in 2021-22 saw a 55% increase from 2020-21 and a 100% increase in unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Free Your Instinct has a target reserve policy of 3 months with a view to establishing 6 months reserves over the next 3 years
Amount of reserves held	Para 1.22	£4512
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Funding Grants Event Fundraising Individual Donation
Investment policy and objectives including any social investment policy adopted	Para 1.46	Free Your Instinct does not undertake any social investment activities
A description of the principal risks facing the charity	Para 1.46	To date FYI has been heavily grants funded, which limits proactive responses to demand. Over 2021-22 the charity has been developing a sustainable fundraising strategy to diversify sources of income and ensure sustainable growth during a period

		of significant growth and transformation
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Free Your Instinct is currently governed by a board of three trustees who oversee the governance and strategic development of the charity. The Charity is managed by the CEO who oversees the charity's day to day activities. Selection of new trustees is based on a need highlighted in general meetings and identified skill mix needs of the Board. If a new position is required a trustee specification is written to ensure clarity, and the vacancy is advertised on appropriate platforms. Depending on the number of applications, candidates are shortlisted by the CEO, against the trustee specification requirements before being presented to the trustee board. Appropriate applicants will then be invited to an interview via video call with the CEO and at least one other trustee.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Successful candidates will be required to submit references, complete a trustee declaration as well as complete a DBS check prior to appointment. New Trustees are provided with Induction training and guidance publications from the Charity Commission as detailed in the charity's Trustee recruitment policy
		Free Your Instinct works closely with partner organisations including:

The charity's organisational structure and any wider network with which the charity works	Para 1.51	NHS East London Foundation Trust Esprit Concrete Off The Record Bristol
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Free Your Instinct
Other name the charity uses	FYI
Registered charity number	1160961
Charity's principal address	8 Sandy View Beckington Frome BA11 6TR

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

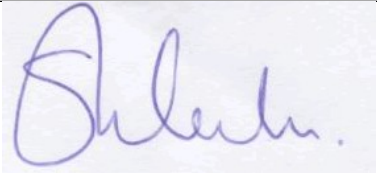

	Type of adviser	Name	Address
	Name of chief executive or names of senior staff members (Optional information)		
	Charlotte Boenigk		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.		
Signed on behalf of the charity's trustees		
Signature(s)		
Full name(s)	Stephen Lenton	Charley Hobson-Merrett
Position (eg Secretary, Chair, etc)	Trustee	Secretary
Date	17/10/2022	17/20/2022

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FREE YOUR INSTINCT

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2022, which are set out on pages 8 to 9.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity's trustees of the Company, 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 as carried out under section 145 of the Charities Act 2011 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 can 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 do not accord with the accounting records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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: 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.

Olusiji Odeleye



Director
Enodel UK Ltd
t/a iSolve
Accounting & HR
28 November 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Free Your Instinct

No (if any)
1160961

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01-Apr-21		31-Mar-22

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 £
A1 Receipts					
Donations	4,513	44,951	-	49,463	31,894
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,513	44,951	-	49,463	31,894
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,513	44,951	-	49,463	31,894
A3 Payments					
Salary	-	19,217	-	19,217	1,231
Pensions	-	935	-	935	63
Coaching	-	11,644	-	11,644	1,708
Suppliers	-	-	-	-	888
Travel	72	-	-	72	-
Stationary	10	-	-	10	62
Insurance & subscriptions	1,648	-	-	1,648	293
Other expenses	631	-	-	631	264
Technology	1,615	-	-	1,615	92
Bank Changes	96	-	-	96	69
Sub total	4,071	31,796	-	35,867	4,670
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,071	31,796	-	35,867	4,670
Net of receipts/(payments)	441	13,155	-	13,596	27,224
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	5,312
Cash funds this year end	441	13,155	-	13,596	32,537

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 £
B1 Cash funds	CAF Bank	441	13,155	-
		-	-	-
		-	-	-
	Total cash funds	441	13,155	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	HMRC NI & Tax		-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Charley Hobson - Merritt Stephen Lenton	22/12/22
		12/12/22

FREE YOUR INSTINCT

England & Wales - Charity number 1160961

Accounts

Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day 1	Month April	Year 2020	To	Day 31	Month March	Year 2021

Section A

Reference and administration details

Charity name	Free Your Instinct
Other names charity is known by	
Registered charity number (if any)	1160961
Charity's principal address	Flat 7, 20-21 Bartholomew Square
	London
	Postcode EC1V 3QT

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	Michael Clack	Treasurer		
2	Stephen Lenton			
3	Charley Hobson-Merrett			
4				
5				
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)

Charlotte Boenigk

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charity, CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by existing trustees by consensus

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.

In 2020-21 Free Your Instinct (FYI) has been governed by a board of three trustees who oversee the governance and strategic development of the charity. The Charity has also been managed by a Voluntary CEO who oversees the charity's day to day activities.

Selection of new trustees is based on a need highlighted in general meetings. If a new position is required a trustee specification is written to ensure clarity, and the vacancy is advertised on appropriate platforms.

Depending on the number of applications, candidates are shortlisted by the CEO, against the trustee specification requirements before being presented to the trustee board. Appropriate applicants will then be invited to an interview via video call with the CEO and at least one other trustee.

Successful candidates will be required to submit references, complete a trustee declaration as well as complete a DBS check prior to appointment.

The trustee board maintain a risk register which is regularly reviewed to manage and mitigate risks to the charity. If a risk is highlighted, a full risk assessment is completed to ensure appropriate action is taken.

Section C Objectives and activities

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

To promote good mental and physical health of mental health service users through the provision of coaching in parkour.
 To offer development opportunities and coaching
 To promote the charity within the mental health community
 To ensure a duty of care to all the members of the charity
 To ensure ongoing data regarding the effect of parkour on mental health symptoms with participant informed consent.

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)

Throughout 2020-2021 FYI have run classes in partnership with NHS East London Foundation Trust (ELFT) for Children and Adolescent Mental Health Services (CAMHS), and Off The Record (OTR) Bristol targeting young people who are Not in Education, Employment or Training (NEET)

These courses were initially restricted during the first lockdown of the coronavirus pandemic. During this time, a Covid 19 risk assessment was developed in readiness for classes restarting, and coaches were supplied with appropriate PPE to ensure the safety and welfare of both coaches and participants.

Each class is 1.5 hours long and has a maximum capacity of 10 participants. Classes are run by both a lead coach and an assistant coach to ensure participants are fully supported throughout the class. Classes offer participants the opportunity to experience parkour, increase physical activity and social inclusion, whilst focusing on developing mental and physical strength and resilience. Each class focuses on a specific objective, for example, teamworking, resilience, play, overcoming obstacles, managing fear/ negative thinking and reconnecting post covid.

All of the participants highlighted that the classes have helped improve their mental wellbeing, 100% of those who participated in Bristol said they have a stronger social network and have an improved sense of community and belonging as a result.

Other feedback from participants includes,

- "It focused my mind on an activity that I enjoyed"
- "The topics that are covered within each session were relevant to my life and the people who ran it shared helpful experiences"
- "I feel as if I know both my physical and my mental limits better now"
- "I have made a lot of friends with the people who attended the sessions"
- "I have learnt how to better control frustration"
- "Jumping over stuff in parkour is like the hurdles in life we have to jump over"
- "Helped connect with people through the rona times"

Additional details of objectives and activities (Optional information)

In 2020, Free Your Instinct also recruited its first volunteers, a social media volunteer to assist with growth of online awareness and understanding, as well as a volunteer blogger, a parkour practitioner with lived experience of mental health difficulties to further demonstrate the impact of parkour on mental health and wellbeing.

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

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

Summary of the main achievements of the charity during the year

During 2020-2021 FYI has successfully managed to navigate the challenges that the world has faced during the Coronavirus Pandemic.

At the start of the financial year, FYI was successful in receiving a grant from The National Lottery Community Fund, to support the relaunch of classes in Bristol. This funding provided the opportunity to collaborate with OTR in Bristol, where classes have been hugely popular, inviting demand for further courses.

To further grow and develop the charity's presence in Bristol, FYI have also been successful in securing 2 years funding for its first employee to manage and coordinate the growth and running of courses in Bristol through the Bristol Health and Wellbeing Fund.

Combining this with the charity's continued collaboration with NHS ELFT, during a challenging year, FYI have still managed a throughput of approximately 160 interactions despite the changing lockdown restrictions. All of the participants highlighted that the classes have helped improve their mental wellbeing, 100% of those who participated in Bristol said they have a stronger social network and have an improved sense of community and belonging as a result.

Other feedback from participants includes,

- "It focused my mind on an activity that I enjoyed"
- "The topics that are covered within each session were relevant to my life and the people who ran it shared helpful experiences"
- "I feel as if I know both my physical and my mental limits better now"
- "I have made a lot of friends with the people who attended the sessions"
- "I have learnt how to better control frustration"
- "Jumping over stuff in parkour is like the hurdles in life we have to jump over"

"Helped connect with people through the rona times"

2020 also saw the launch of the first ever Balance Marathon, whereby parkour practitioners from all over the world balanced a cumulative 30miles to raise fund and awareness for Free Your Instinct, and mental health organisation "Soul Parkour" in Germany.

Section E

Financial review

Brief statement of the charity's policy on reserves

To maintain at least three months costs as a reserve.

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.

Courses run by Free Your Instinct are available for free to participants based primarily on the generous support from Funding Grants including National Lottery Community Fund, London Catalyst Fund, Community Quartet Foundation.

At present a small percentage of funding is raised through independent donations, and online fundraising.

Section F


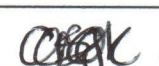
Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	M. CLACK	CHARLOTTE BOENIGK.
Position (eg Secretary, Chair, etc)	TREASURER	CEO.
Date	20/9/2021	



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name: Free Your Instinct

On Receipts and Payments accounts for the year ended

31 March 2021 | Charity no (if any): 1160961

Set out on pages

8&9 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021.

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: Kathleen Moss

Date: 5 Oct 2021

Name: Kathleen Moss

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

Chartered Institute of Management Accountants

Address: 48 Lawn Terrace, London, SE3 9LP



Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01-Apr-20		31-Mar-21

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 £
A1 Receipts					
Donations	1,078	30,817	-	31,894	7,174
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,078	30,817	-	31,894	7,174
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,078	30,817	-	31,894	7,174
A3 Payments					
Salary	-	1,231	-	1,231.0	-
Pension	-	63	-	62.8	-
Coaching	-	1,708	-	1,708.3	2,376
Suppliers	288	600	-	888.0	-
Travel	-	-	-	-	255
Stationery	62	-	-	62.3	-
Insurance and subscriptions	293	-	-	292.8	-
Other expenses	264	-	-	264.0	-
Technology	92	-	-	91.9	77
Charges	69	-	-	69.0	20
Sub total	1,068	3,602	-	4,670.1	2,728
A4 Asset and investment purchases					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,068	3,602	-	4,670.1	2,728
Net of receipts/(payments)	10	27,214	-	27,224.4	4,446
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,312	-	-	5,312	867
Cash funds this year end	5,322	27,214	-	32,537	5,312

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 £
B1 Cash funds	CAF Bank	5,322	27,214	-
		-	-	-
		-	-	-
	Total cash funds <small>(agree balances with receipts and payments)</small>	5,322	27,214	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £

B2 Other monetary assets

		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

B3 Investment assets

Details		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-



B4 Assets retained for the charity's

Details		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

Details		Fund to which liability relates	Amount due (optional)	When due (optional)
HMRC	NI & Tax	Unrestricted Funds	248.64	26/04/2021
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	M. CLACH	20/9/21
	CHARLOTTE BOENIGK	26/9/21