

Trustees' Annual Report for the period

		Period start date			Period end date		
	Day	Month	Year		Day	Month	Year
From	1	April	2020	To	31	March	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				
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9				
10				
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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 (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charity, CIO
Trustee selection methods (eg. appointed by, elected by)	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,

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"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)

Responsibilities and
basis of report

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

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 (agree balances with receipts and payments)	5,322	27,214	-
		OK	OK	OK
		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	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