



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	
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 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	<p>Funding Grants</p> <p>Event Fundraising</p> <p>Individual Donation</p>
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>
		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

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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

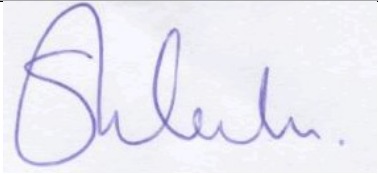

Reason for non-disclosure of key personnel details

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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	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

Receipts and payments accounts

CC16a

For the period from	Period start date 01-Apr-21	To	Period end date 31-Mar-22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
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 Charges	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))

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

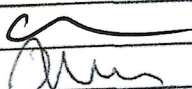
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	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	HMRC NI & Tax		-	
			-	
			-	
			-	
			-	

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

Signature



Print Name

~~Chloe Hobson - Merrett~~
~~Michael Clark~~

Stephen Lenton

Date of approval

22/12/22
12/12/22