



**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	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. 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.
Performance of fundraising activities against objectives set	Para 1.41	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. The charity remains focused on implementing their sustainable fundraising strategy 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.
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		
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Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
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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

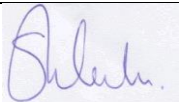

Reason for non-disclosure of key personnel details

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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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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
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE and taxes liabilities		1,285	
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Kevin Gargini (Chair)	10/01/2024	
		Stephen Lenton	10/01/2024	
CCXX R3 accounts (SS)	3		28/12/2023	