



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 1<sup>st</sup> April 2023    Period start date    To 31<sup>st</sup> 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:

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 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>
Performance of fundraising activities against objectives set	Para 1.41	<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>
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. The Charity entered the financial year delivering projects that had been
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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

A description of the principal risks facing the charity	Para 1.46	<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>
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
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		

## 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**

Name of the charity/trustee 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	Sarah Nickless			
4	Kristen Natale			
5	Kevin Gargini	Chair		
6	Kasturi Torchia			
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)

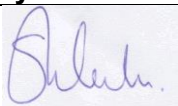

Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		
Charlotte Boenigk		

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

### 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	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

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 £
<b>A1 Receipts</b>					
Donations	1,182	11,033	-	12,215	21,525
Services provided	4,283	-	-	4,283	840
Interest Received	23	-	-	23	32
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,488</b>	<b>11,033</b>	<b>-</b>	<b>16,521</b>	<b>22,396</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,488</b>	<b>11,033</b>	<b>-</b>	<b>16,521</b>	<b>22,396</b>
<b>A3 Payments</b>					
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 Charges	55	-	-	55	67
<b>Sub total</b>	<b>49,524</b>	<b>-</b>	<b>-</b>	<b>49,524</b>	<b>48,639</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>49,524</b>	<b>-</b>	<b>-</b>	<b>49,524</b>	<b>48,639</b>
<b>Net of receipts/(payments)</b>	<b>- 44,036</b>	<b>11,033</b>	<b>-</b>	<b>- 33,003</b>	<b>- 26,243</b>
<b>A5 Transfers between funds</b>	<b>27,651</b>	<b>- 27,651</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>3,205</b>	<b>16,618</b>	<b>-</b>	<b>19,823</b>	<b>46,065</b>
<b>Cash funds this year end</b>	<b>- 13,180</b>	<b>-</b>	<b>-</b>	<b>- 13,180</b>	<b>19,823</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank	1,820	-	-
	Others	-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,820</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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		