



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

[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)

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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	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Free Your Instinct

1160961

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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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	15,100	
			-	
			-	
			-	
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	