

REFRESHING MINDS

England & Wales · Charity number 1166079

Details

Status Registered

Legal form Trust

Registered 2016-03-15

Register [View on the Charity Commission register](#)

Contact

Address 61 Moresby Road
London
E5 9LE

Phone 02082111027

Email admin@refreshingminds.org.uk

Website www.refreshingminds.org.uk

Activities

Objects: THE TRUSTEES MUST APPLY THE INCOME OF THE CHARITY IN FURTHERING THE FOLLOWING OBJECTS ("THE OBJECTS"): (I) TO ADVANCE IN LIFE AND HELP YOUNG PEOPLE LIVING IN THE BOROUGHES OF HACKNEY AND HARINGEY, LONDON THROUGH: (A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE; (B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS. (II) TO RELIEVE FINANCIAL HARDSHIP IN SUCH WAYS AS THE TRUSTEES SHALL DETERMINE, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF GRANTS TO INDIVIDUALS IN NEED.

Activities: Refreshing Minds, a user-led youth club, targets vulnerable girls from North London. Our wraparound youth support includes weekend and after-school clubs, social skills/therapy sessions, holiday camps, and an annual pantomime. With continued research on changing needs, Refreshing Minds is determined to bridge the gap and enable challenged youth to become confident, capable contributors to society.

Classification

- **How:** Makes Grants To Individuals, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, The Prevention Or Relief Of Poverty, Recreation
- **Who:** The General Public/mankind

Geography

- Hackney
- Haringey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£568,322	£535,750	£152,665	0
2024-03-31	£664,447	£585,869	£120,093	4
2023-03-31	£474,209	£453,479	-	-
2022-03-31	£404,623	£418,171	-	-
2021-03-30	£251,822	£239,692	-	-

Trustees

Name	Role	Appointed
JOEL WIDER	Chair	2014-08-19
Avrohom Lebrecht		2021-11-15
HELEN KRAUSZ		2014-08-19
Kreindel Malka Rapaport		2021-02-15
TSPOIRE GRUNBAUM		2014-08-19

REFRESHING MINDS

England & Wales - Charity number 1166079

Accounts

Heartwork *in a* Digital World

Where human warmth
outshines every screen



Annual Report and Accounts

Year ended 31 March 2025

Refreshing
MINDS

Charity No. 1166079

What's Inside

	What We're Built On	4
	Impact that Speaks	6
	What We Do	8
	Human Stories	10
	Thanks for Your Support	13
	Trustees' Review	14
	Independent Examiner's Report	16
	Statement of Financial Activities	17
	Balance Sheet	18
	Notes to the Financial Statements	19
	Administrative Details	25

Trustees' Message

Dear Friends & Supporters



This year reminded us that, even in a digital world, human connection remains the most powerful tool we have. Every smile shared, every breakthrough moment, every small act of encouragement reinforced why our work matters.

We expanded our SEND-friendly provision, introduced therapeutic support across programmes, and created new spaces where girls who struggle elsewhere could finally feel safe enough to flourish. We listened more closely than ever to the girls themselves, shaping programmes around their ideas, needs, and hopes.

We also strengthened our preventative mental-health approach through drama, art, movement, and steady, relational support — the kind that helps girls long before a crisis point. And despite rising costs and pressures faced by families, we remained committed to making our services accessible, warm, and dependable.

To our supporters, volunteers, and partners: thank you. Your generosity doesn't simply fund programmes — it fuels belonging, confidence, and possibility. You help create the kind of spaces every girl deserves.

As we look to the year ahead, our focus remains clear: deeper inclusion, more stability, and new opportunities for girls to discover who they can become. Heartwork takes time, patience, and community — and we're grateful to have you walking it with us.



Mr J. Wider
Trustee

What *we're* Built On

Our Mission

To create warm, dependable spaces where vulnerable girls can be seen, supported, and strengthened - not through algorithms or apps, but through authentic connection, human presence, and steady, long-term care.

Our Vision

A world where every girl - regardless of background, ability, or circumstance - grows up feeling safe, valued, and capable of shaping her own future.



Our Values

In a world of instant everything, we choose real moments.

Warmth over Wires

We lead with empathy, calm, and consistency — offering what no screen can give.

Every Girl, Fully Seen

We look past labels, behaviours, or barriers to recognise each girl's unique strengths.

Belonging Before Performance

Confidence grows when children feel safe, nurtured, and understood.

Early Support, Lifelong Impact

We intervene early, build resilience, and stay present long after the moment has passed.

Creativity as Healing

Drama, art, music, movement, and hands-on learning help girls express, regulate, and grow.

Impact that Speaks

Here's what real connection looks like – no filters needed.

“You gave her a space where she finally felt she mattered.”

Parent



Who We Supported

600
girls
aged 6-16

40
trained
volunteers



What We Provided

8400
meals
at camp

4000
hot meals
at Oasis

200 hrs
of supported
reading

100 hrs
of homework
support

50 hrs
of 1:1
support

How Girls Grew

94%
felt comfortable
sharing emotions

90%
improved
reading skills

88%
made new
friends

85%
developed stronger
social skills

75%
felt more
confident



Community Reach

3000
audience
members at
annual show

300
'Galaxy'
participants



What We Do



Oasis Homework & Supper Club

Hot meals, academic help, therapist input, and a nurturing after-school environment.



Galaxy of Talent

An annual performance programme supporting 300 girls through confidence-building rehearsals and a major community production.

The Great Escape Summer Camp

A two-week residential camp providing emotional respite, friendships, skills, and 1:1 support.

A Space to Dream

A calming library and sensory-friendly reading zone where girls rediscover curiosity and confidence.

Teen Weekend Zone

A safe, fun and structured space for young people to spend their weekends.

Gamechangers Sports Project

Inclusive sports, nutrition education, and coaching pathways.



Community Champions

Leadership and volunteering programme for young people aged 16 – 20.

Proud Moments

Screens entertain. We empower.



Spring Swingout

During the cost-of-living crisis and Passover break, the playscheme offered stability, hot meals, and emotionally meaningful activities. SEN girls benefited deeply from animal therapy, returning to school regulated and confident.



Galaxy of Talent

Girls with ADHD, anxiety, and sensory needs participated calmly in rehearsals - something teachers said they had never seen before.



Summer Camp

An 11-year-old spoke publicly for the first time. Another girl with severe anxiety completed camp without a single panic attack. Parents repeatedly described the transformation as "life-changing."

Human Stories



♥ Shani- A Warm Meal, A Steady Presence

Shani used to arrive straight from school, exhausted and hungry. Homework felt impossible, and home didn't offer much space to decompress.

At Oasis Homework Club, she was met by the same volunteers each afternoon — people who knew her name, noticed when she was quiet, and made sure she ate before opening a book.

"They don't rush me," Shani said. "If I don't understand something, they just sit with me until it clicks."

With steady academic support and the comfort of a warm meal and calm voices, Shani began completing her work independently. More importantly, she began staying — not because she had to, but because she felt safe.

♥ Noa- From the Back Row to the Solo

Noa loved music but never believed she belonged on a stage. In rehearsals, she stood at the back, watching others take the lead.

What changed wasn't the performance — it was the people. Volunteers showed up every week with patience, encouragement, and genuine belief.

"They kept telling me, 'You're part of this,'" Noa said. "After a while, I stopped hiding."

By the final performance, Noa didn't just stand with her group — she sang a solo in front of the audience. Her mother later shared, "She walked off that stage knowing she could do hard things."

Sometimes, being seen consistently is what gives a girl the courage to shine.



Every girl deserves a place where she's more than a profile picture.

Shaping What's Next

Thanks for Your Support

Grateful for the support of these funders, and many others

Care Compass

A new life-skills and volunteering pathway for 50 SEND girls aged 14-18, equipping them with independence and real-world experience.

A Sporting Chance

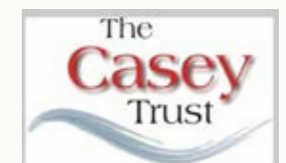
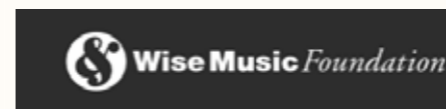
A 40-week inclusive sports programme for 30 neurodivergent girls who struggle in mainstream physical activity.

Expanded Inclusion

Ensuring every girl - regardless of need - can fully participate in every programme, with tailored support.

Strengthening Youth Leadership

Stronger partnerships with youth organisations to grow volunteer confidence, teamwork, and community contribution.



You have helped girls experience the kind of warmth no screen can give.

Trustees' Review

Year Ended 31 March 2025

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

The Trustees

The trustees who served the company during the period were as follows:

H Krausz
J Wider
T Grunbaum
K M Rapaport
A Lebrecht

There is no chief executive officer nor any other staff employed in the charity. The day to day affairs are undertaken by Mrs M Landau on behalf of the trustees. All major decisions are taken collectively by the trustees. The trustees are volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts.

Structure, Governance And Management

Refreshing Minds is constituted under a deed dated 19 August 2014 as amended on 22 Feb 2016. It is a registered charity number 1166079 and was registered on 15 March 2016. Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

Risk Review

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the Trust, and are satisfied that systems are in place to manage our exposure to the major risks.

Objectives And Activities

The main objectives and activities of Refreshing Minds is:

- To provide an avenue for young girls from both mainstream and disadvantaged backgrounds, to improve their lives through increasing their social, mental and physical welfare.
- To provide a culturally safe environment for children to play and enjoy in.
- To build upon the skills of the young, allowing for them to have greater, more lucrative opportunities for high achieving professional career roles.
- To provide vocational skills as an outlet for negative and pent up emotions allowing for a safer and more contented community.

Public Benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit .

Trustees' Review

Year Ended 31 March 2025

Financial Review

The trustees feel that the activity and surplus reflects the increased activity and expansion of our work. The impact for future years' expenditure is self-evident and the trustees would like to record their appreciation for all the financial support received from benefactors during the course of the year.

Reserves Policy

The Trustees aim to hold unrestricted reserves to cover 6 months of core running costs. In 2025 the unrestricted reserves was £56,398 which represent 6 months of core costs.

Statement Of Trustees' Responsibilities

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any
- material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to
- presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:



Mr J. Wider, Trustee
66 Durlston Road
London E5 8RR

20th January 2026

Independent Examiner's Report

Year Ended 31 March 2025

I report on the accounts of the charity for the year ended 31 March 2025 set out on pages 17 to 24.

Respective Responsibilities of Trustees and Independent Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Samuel Feigenblatt FCCA
London Accounting Group Ltd
5 North End Road
London NW11 7RJ

20th January 2026

Statement Of Financial Activities

Year Ended 31 March 2025

	Note	Unrestricted £	Restricted £	Total Funds 2025 £	Total Funds 2024 £
INCOMING RESOURCES					
Incoming resources from generate	3				
Parental contribution		51,189	4,171	55,360	194,718
Donations		297,350	53,270	350,620	260,881
Grants		13,205	149,137	162,342	208,848
Total incoming Resources		361,744	206,578	568,322	664,447
RESOURCES EXPENDED					
Fundraising Costs	4	47,754	-	47,754	32,951
Direct charitable activities	5	328,268	110,311	438,579	497,294
Governance and support costs	6	49,417	0	49,417	55,624
Total resources expended		425,439	110,311	535,750	585,869
NET INCOMING/(OUTGOING) RESOURCES		-63,695	96,267	32,572	78,578
RECONCILIATION OF FUNDS					
Total funds brought forward		120,093	0	120,093	41,515
TOTAL FUNDS CARRIED FORWARD		56,398	96,267	152,665	120,093

Balance Sheet

For the Year Ended 31 March 2025

	Note	£	2025 £	£	2024 £
FIXED ASSETS					
Fixtures & Fittings	7	<u>15,390</u>	15,390	<u>15,363</u>	15,363
CURRENT ASSETS:					
Debtors		100,000		100,000	
Cash at bank and in hand		<u>43,850</u>		<u>8,927</u>	
		143,850		108,927	
CREDITORS: amounts falling due within one year					
	8	<u>-6,575</u>		<u>-4,197</u>	
Net Current assets/(liabilities)			<u>137,275</u>		<u>104,730</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>152,665</u>		<u>120,093</u>
FUNDS					
	9				
Restricted funds			96,267		63,968
Unrestricted funds			<u>56,398</u>		<u>56,125</u>
TOTAL FUNDS			<u>152,665</u>		<u>120,093</u>

Approved by the board of Trustees on:
20th January 2026

And signed on their behalf by:



Mr J. Wider, Trustee

Notes To The Financial Statements

Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings 20% reducing balance

2. TRUSTEES REMUNERATION AND BENEFITS

No trustee received remuneration, allowance for or reimbursement of expenses.

Notes To The Financial Statements

Year Ended 31 March 2025

3. INCOMING RESOURCES FROM GENERATED FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Parental contribution	51,189	4,171	55,360	194,718
Donations	297,350	53,270	350,620	260,881
Grants	13,205	149,137	162,342	208,848
	<u>361,744</u>	<u>206,578</u>	<u>568,322</u>	<u>664,447</u>

Restricted grants received from:	£
Big Give Trust	58,138
London Borough of Hackney	16,901
National Lottery	15,334
Sports England	11,590
Baily Thomas Charitable fund	2,500
Awards for All	20,000
Screwfix Foundation	5,000
Wise Music Group	1,500
Young Hackney Youth Consortium	6,333
Helping Disabilities	1,268
Haringey Council	8,023
Anonymous Donations	2,550
Total:	149,137

Notes To The Financial Statements

Year Ended 31 March 2025

4. FUNDRAISING COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Fundraising Costs	47,754	0	47,754	32,951
	<u>47,754</u>	<u>0</u>	<u>47,754</u>	<u>32,951</u>

5. COSTS OF DIRECT CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Hub of Hope	-	-	0	113,534
Great Escape	147,126	28,057	175,183	160,000
Community Champions	2,805	3,851	6,656	36,410
Season Sprinkles	17,957	8,495	26,452	63,210
Galaxy of Talent	40,083	23,787	63,870	100,380
Buddy Group	9,666	9,336	19,002	17,500
The Oasis	108,831	36,785	145,616	0
Subsidies for girls	1,800	-	1,800	6,260
	<u>328,268</u>	<u>110,311</u>	<u>438,579</u>	<u>497,294</u>

Average number of employees during the year was 4 (2024 : 4)

Notes To The Financial Statements

Year Ended 31 March 2025

6. GOVERNANCE AND SUPPORT COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Bank charges	4,678	-	4,678	2,887
Depreciation	3,847	-	3,847	3,841
Accountancy fee	1,320	-	1,320	1,140
Professional fees	820	-	820	5,183
Advertising	2,290	-	2,290	22,600
Training	7,695	-	7,695	6,220
Printing	-	-	0	1,697
Postage	3,238	-	3,238	2,111
Rent	4,000	-	4,000	0
Utilities	1,500	-	1,500	0
Office supplies	4,255	-	4,255	2,378
Cleaning	1,825	-	1,825	0
Insurance	9,927	-	9,927	584
IT expenses	2,574	-	2,574	0
Telephone	219	-	219	3,050
Travel	497	-	497	1,312
Sundries	181	-	181	0
Repairs	551	-	551	2,621
	<u>49,417</u>	<u>0</u>	<u>49,417</u>	<u>55,624</u>

Notes To The Financial Statements

Year Ended 31 March 2025

7. FIXED ASSETS

	Total Funds 2025	Total Funds 2024
	£	£
COST:		
At 1 April 2024	22,992	22,992
Additions	3,874	3,874
At 31 March 2025	<u>26,866</u>	<u>26,866</u>
DEPRECIATION:		
At 1 April 2024	7,629	7,629
Charge for year	3,847	3,847
At 31 March 2025	<u>11,476</u>	<u>11,476</u>
NET BOOK VALUE:		
At 31 March 2025	<u>15,390</u>	<u>15,390</u>
At 31 March 2024	<u>15,363</u>	<u>15,363</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other Creditors	5,255	3,057
Accruals	1,320	1,140
	<u>6,575</u>	<u>4,197</u>

Notes To The Financial Statements

Year Ended 31 March 2025

9. MOVEMENTS IN FUNDS

	At 01.04.24	Net movement in funds	At 31.03.25
	£	£	£
Restricted funds			
General fund	63,968	96,267	160,235
Restricted funds			
General fund	56,125	-63,695	-7,570
TOTAL FUNDS	<u>120,093</u>	<u>32,572</u>	<u>152,665</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources Expended	Movement in funds
	£	£	£
Restricted funds			
General fund	206,578	110,311	96,267
Restricted funds			
General fund	361,744	425,439	-63,695
TOTAL FUNDS	<u>568,322</u>	<u>535,750</u>	<u>32,572</u>

10. TAXATION

Refreshing Minds is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

Administrative Details

Registered charity name Refreshing Minds

Charity number 1166079

Principal office 66 Durlston Road
London E5 8RR

Trustees H Krausz
J Wider
T Grunbaum
K M Rapaport
A Lebrecht

Independent examiner Samuel Feigenblatt FCCA
London Accounting Group Ltd
5 North End Road
London
NW11 7RJ

Bankers NATWEST
198 Stoke Newington High St
London
N16 7GA

In the end, it's the
human connection
that lasts.



Heartwork still works
because humans
need humans.



Refreshing
MINDS

Charity No. 1166079

Design By: goldysterling@gmail.com

0208 211 1026
admin@refreshingminds.org.uk
www.refreshingminds.org.uk

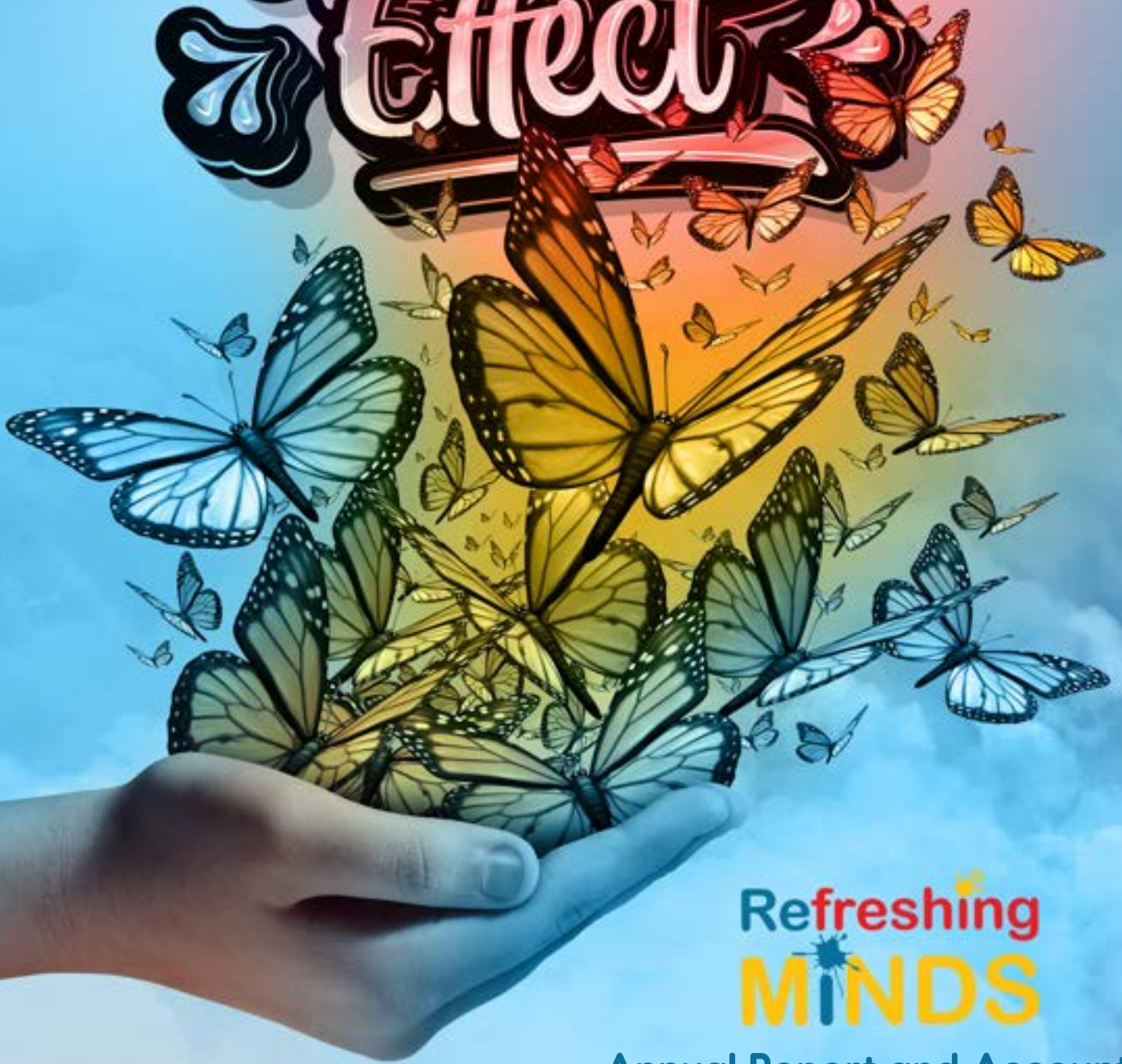
REFRESHING MINDS

England & Wales - Charity number 1166079

Accounts

Small Changes,
Big Impact

Butterfly Effect



Refreshing
MINDS

Annual Report and Accounts

31 March 2024

Charity Number 1166079

- 3** Chair's Statement
- 4** Planting the seeds of change
- 5** How we help
- 6** Growing through nurture
- 7** Feedback
- 8** Metamorphosis in action
- 10** The butterfly taking flight
- 12** Future plans
- 13** The power behind the wings
- 14** Financial Review
- 15** Notes to the financial statements



A Year of Metamorphosis

Dear Members, Friends, and Supporters,

As we reflect on the past year at Refreshing Minds, we celebrate a year of true transformation.

Much like the remarkable journey of a butterfly, we have witnessed growth, change, and empowerment in every aspect of our work. "A Year of Metamorphosis" has been a time of sowing seeds, nurturing growth, and embracing the profound shifts that empower our young participants to take flight.

At the heart of our mission, we continue to create opportunities for young girls to unlock their potential and discover their inner strength. Our projects have flourished with the energy and passion of those involved, particularly the Hub of Hope. This initiative, led by young leaders, remains a shining example of how small steps can lead to monumental change. Offering vulnerable girls a safe space, emotional support, and nourishing meals, the Hub has made a lasting difference in their lives.

Our efforts have been guided by the belief that each child has a unique journey, and our programs provide the safe environment and encouragement they need to evolve.

This year, we also witnessed the power of our dedicated volunteers and staff, whose unwavering support ensures that our girls grow, thrive, and emerge as confident, capable young leaders. Many of our volunteers began as participants in our programmes themselves, and through the opportunities and guidance provided, they developed into leaders in their own right, now giving back to the community that once supported them. Their journey of growth and transformation embodies the very essence of our mission, inspiring the next generation to take flight.

As we present our Annual Report, "A Year of Metamorphosis" we are proud of the many milestones we've achieved, thanks to the collaborative spirit of our young participants, volunteers, donors, and supporters. Your commitment has been integral to our success, and together we have created an ecosystem of care, empowerment, and opportunity.

Looking forward, we are filled with excitement for what the next stage holds. We remain focused on helping each girl embrace her potential and fly towards new heights.

With your continued support, the metamorphosis of young lives will continue to inspire and uplift our communities.

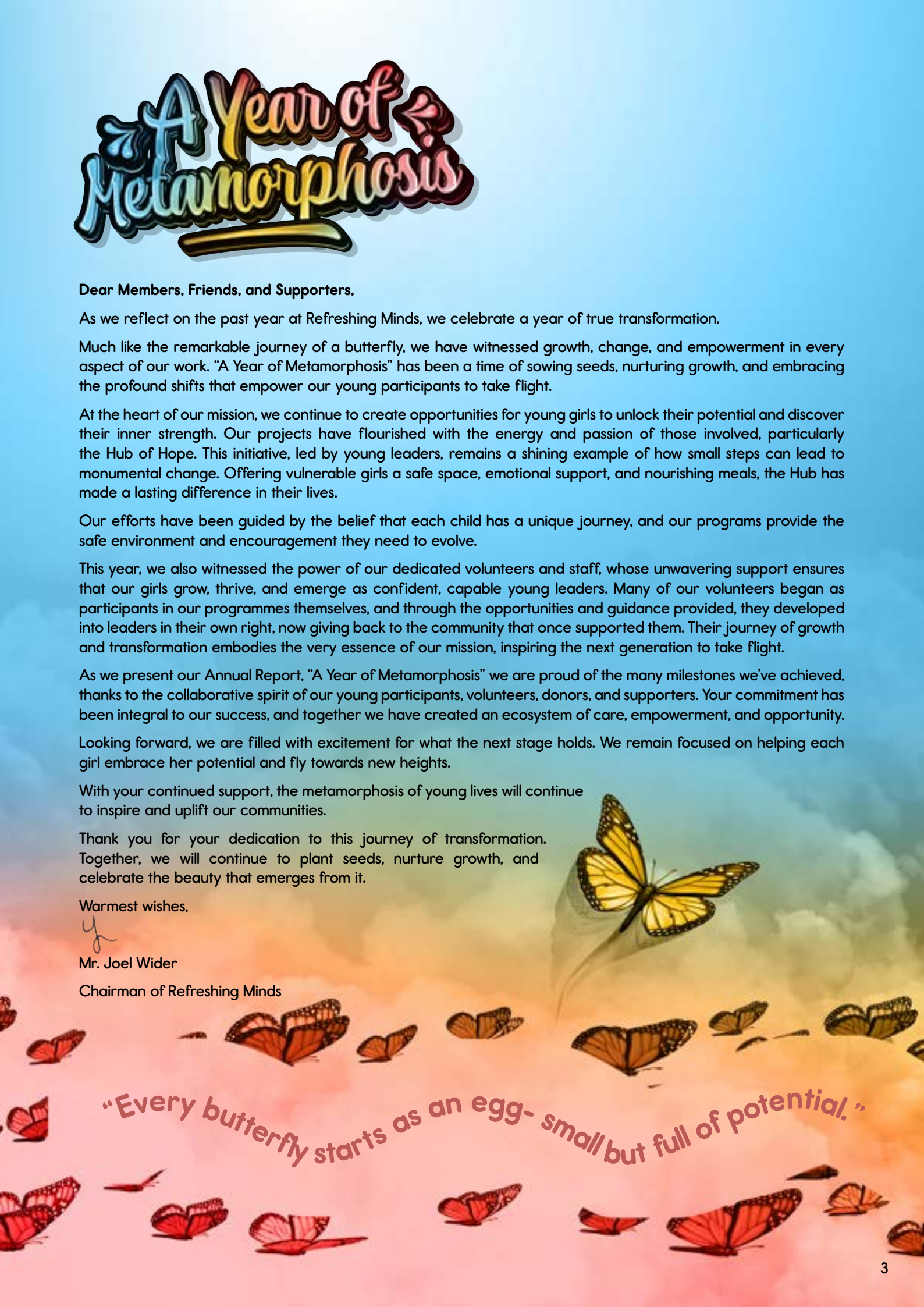
Thank you for your dedication to this journey of transformation. Together, we will continue to plant seeds, nurture growth, and celebrate the beauty that emerges from it.

Warmest wishes,



Mr. Joel Wider

Chairman of Refreshing Minds



"Every butterfly starts as an egg- small but full of potential."

Stage 1: The Egg Planting the Seeds of Change

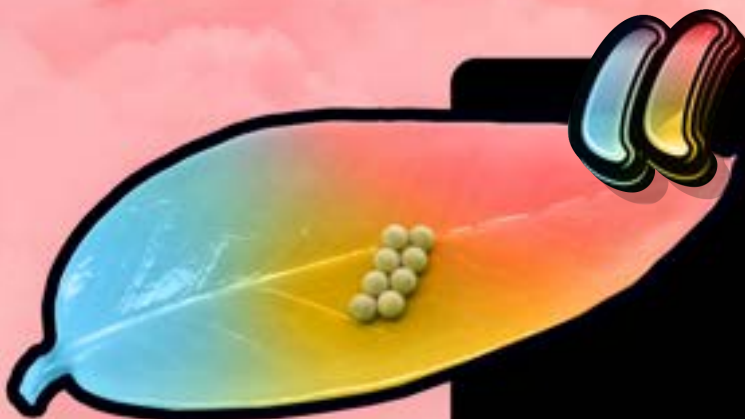
Just as an egg holds the future of a butterfly, our mission plants the seeds of change, creating a space for growth and opportunity.

Refreshing Minds was established in 2016 by a group of concerned mothers addressing the lack of youth programs for local girls.

At Refreshing Minds, we empower girls aged 6-16 to discover their talents, build confidence, and share their gifts with others. Through programmes tailored to their needs and aspirations, we provide a safe, supportive environment where every girl can shine.

Our mission is simple: to transform lives by unleashing talents, boosting confidence, and strengthening community.

"The first step to flying is feeling safe where you are"



Refreshing Minds has profoundly impacted the lives of the vulnerable children I work with. Their holistic approach fosters confidence, social skills, and overall well-being. From productions and extracurricular activities to camps and tailored programs, the results are outstanding.

Mrs P. Labin, SENCO

How We Help Girls Take Flight



The Egg: Opportunity

Refreshing Minds opens doors for girls by offering a safe space where ideas can take root, talents can emerge, and friendships can bloom.



The Caterpillar: Growth



Through diverse programmes, girls learn, develop and display their talents, building resilience and gaining confidence along the way.



The Chrysalis: Transformation

Girls undergo profound internal change as they partake in programmes that build their emotional well-being and offer a warm environment supported by licensed therapists, volunteers and mentors.



The Butterfly: Empowerment



With their newfound skills, confidence, and a sense of belonging, girls can take flight, spreading positive change within their communities.

Stage 2: The Caterpillar Growing Through Nurture

The Numbers behind our Growth- 2024

"Like the caterpillar, growth happens one step at a time."



Beneficiary Snapshot

Category of Disadvantage	Percentage
Physical Disabilities	2%
Neurodivergence & Learning Disabilities	40%
Emotional & Psychological Challenges	35%
Behavioural & Social Challenges	23%



Feedback

From participants of our annual performance, In the Limelight.

83%

of beneficiaries said it was their first time performing their talents for the public.

74%

Of volunteers said that through volunteering they discovered new skills and talents which they did not know they had.

87%

Of performers reported feeling more confident in their abilities after participation.

97%

Of volunteers said they would like to volunteer again for Refreshing Minds.

100%

Of parents/carers said they would like to see their girl perform again with Refreshing Minds' next year.

94%

Of beneficiaries said they has gained significant skills in their unique area of talent. Many said that if given the chance they would take this further.

84%

Of parents, teachers and carers said their girl is happier and more confident.

98%

Of girls involved said they feel more connected to their community and culture.

Stage 3: The Chrysalis Metamorphosis in Action



Recent Projects

"The beauty of a butterfly lies not just in its wings, but in the journey it took to get there."

1

Hub of Hope Homework & Supper Club

Summary: A safe after school space for girls where they receive academic assistance alongside hot nutritious meals, in direct response to the cost of living crisis.

Impact: Improve girl's academic levels which simultaneously build their confidence as they feel better about their school work. A nutritious meals helps alleviate the stress of hunger which in turn improves their emotional wellbeing.



2

Breakfast Club

Summary: A morning club where girls receive a kick start to their day through a nutritious breakfast which they prepare themselves.

Impact: Girls develop practical food skills like meal planning, table-setting and practical food skills. Nutritious meals in the morning support their focus and concentration in school.



3

Teen Shabbos Zone

Summary: Weekly session geared for teens includes workshops, structured game or social and facilitated discussions.

Impact: Adolescents stay safe and engaged, avoiding potential dangers and troublesome situations by participating in structured, fulfilling, and enjoyable weekend activities.

4

Explore and Empower Retreat

Summary: A one day retreat for our 40 volunteers in the beautiful countryside of Kent. This includes activities like nature walks, workshops, and team-building games aimed to teach outdoor skills and sustainability. They also plan structured activities and a menu prior to the project. They then cook and prepare their meals during camping.

Impact: Volunteers gain valuable outdoor skills while receiving a well-deserved boost of appreciation to continue their impactful work.



5

In the Limelight pantomime

Summary: 200 girls participate in rehearsals where they practice for a production of song, dance and drama. This is led by 40 volunteers. This production is watched by an audience of 3000 attendants. Additionally 100 girls are involved with the preparation behind the scenes and are involved in the props, murals and sewing costumes.

Impact: Girls' emotional well-being improves as they gain confidence and a sense of accomplishment through showcasing their talents.



6

Adventure Awaits - annual day trip

Summary: Participants are rewarded for positive behaviour with fun day trips including sightseeing cruises, tobogganing and Woburn Safari.

Impact: This form of positive reinforcement encourages future good behaviour and makes participants feel valued and motivated.



7

Spring Swingout

Summary: A week long enrichment programme during the spring break where girls partake in arts, sports, and social activities with a focus on culture and heritage.

Impact: The program enhances girls' creativity and cultural awareness while fostering social skills and helping them make new friends.

8

Winter Holiday playscheme

Summary: This project offers girls a range of engaging winter activities, including drama and singing classes, alongside providing hot meals.

Impact: This project support girl's emotional well-being, boost creativity, and ensure they are well-nourished during the winter holiday break.

9

The Great Escape

Summary: A 2 week summer holiday sleepaway camp in the beautiful countryside of Suffolk for 180 of our beneficiaries. It features a wide range of sports, performing arts, day trips and skill building activities.

Impact: The camp improves girls' confidence by endless opportunities which helps them discover and nurture their talents, helping build up resilience for the upcoming school year.

Stage 4: The Butterfly Taking Flight

Stories of Transformation

Discover how each girl's journey takes flight, from challenge to transformation.

Sara Takes the Stage

"I never thought I could do that before. I felt safe, and I was proud of myself."

– Sara

Rosie & Esther's Holiday of Hope

"They came home with big smiles and new skills. I'm so impressed by the confidence they gained."

– Mrs. Cohen,
mother of Rosie and Esther

Naomi's Breakthrough

"I was amazed to see Naomi calm and still, something we hadn't seen before. It is amazing how a small rabbit could accomplish more than her therapists."

– Sarah Lead volunteer



EGG

The Challenge



Sara, 15, was living in foster care after facing family struggles. She had a low sense of self-worth and was often withdrawn. Her foster family discovered *The Great Escape* and encouraged her to join, hoping it would offer her new experiences and support.

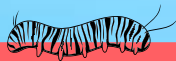


Rosie and Esther, sisters from a single-parent family, had never been able to take part in holiday activities due to financial struggles. Their mother, overwhelmed with work and responsibilities, was worried about how they would spend the spring break.



A young girl dealing with severe emotional difficulties, was often angry and aggressive. Her behaviour was challenging for both her family and teachers, and she struggled to engage with others in a meaningful way.

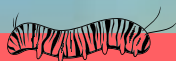
“My wings were there all along
—Refreshing Minds helped me find them.”



CATERPILLAR The Growth



At *The Great Escape*, Sara joined in arts and sports activities. She slowly began connecting with others and taking part in group challenges. Her confidence grew through small victories, like speaking up in group discussions and trying new activities.



When the girls joined *Spring Swingout*, they were introduced to new experiences, including arts, crafts, and learning about cultural heritage. The programme gave them structure, support, and a safe space to explore their creativity and build friendships.



Through *Farmyard of Relief*, Naomi had the opportunity to interact with animals in a therapeutic setting. The experience gave her a calm environment to process her emotions. Over time, she became more patient and began to show an interest in the animals' well-being.



CHRYSALIS The Transformation



Sara's breakthrough came when she bravely sang for the entire group during a talent show. "I never thought I could do that before," Sara said, her voice trembling but filled with pride. This moment marked a significant shift in her self-esteem, showing her that she could face her fears.



By the end of the programme, Rosie and Esther had gained confidence. Rosie proudly told her mom, "I made something beautiful with my hands today. I feel so proud of myself." Their sense of achievement and joy marked the shift in their self-worth and outlook on life.



The turning point came when Naomi sat quietly with a rabbit for the first time, focusing on calming the animal. Her group leader recalls, "I was amazed to see Naomi calm and still, something we hadn't seen before." This shift in behaviour marked a significant change in how Naomi managed her emotions.

Thank you, Frankie Foundation, for
funding the Farmyard of Relief!

Spreading our Wings Future Plans



The Oasis

A new homework and supper club focused on emotional health and academic support. The club will provide individualized plans for each participant, with licensed therapists on a rotational basis offering tailored support. Our goal is to create a nurturing space where girls can excel academically while strengthening their emotional well-being.

Galaxy of Talent 2025

Our annual performance, with a continued focus on inclusivity, ensuring every child is given a role that suits their strengths. We will continue fostering confidence, teamwork, and a sense of achievement for all participants, both on-stage and behind the scenes.

Community Champions

An enhanced training programme, known as 'Meet & Greet', for 40 volunteers aged 17-21, offering workshops in leadership, teamwork, conflict resolution, and problem-solving, inspired by the Goldstar Soft Skills programme. Participants will gain access to social events, feedback sessions, appreciation awards, and career support. This initiative aims to inspire more volunteers, strengthen community bonds, and create a ripple effect of positive impact.

"Dreams take flight when plans take shape"



The Power Behind the Wings

Partners in Transformation



With your support, we help more girls soar.



STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

The Trustees are positive that the activities and surplus reflects a significant increase in the demand and operations of the charity. The Trustees would like to take this opportunity to express their gratitude for all the financial support of our funders and private donors this year.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of trustees and professional advisors on page 1 of the financial statements.

THE TRUSTEES

The trustees who served the company during the period were as follows:

H Krausz

J Wider

T Grunbaum

K M Rapaport

A Lebrecht

All major decisions are taken collectively by the Trustees who meet quarterly. The Trustees are volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts.

Secretary to the Trustees: Mrs M Landau

Mrs M Landau is the Treasurer and Compliance Officer who ensures Refreshing Minds runs its operations in line with all its governing and operational policies.

4 part-time staff are employed to manage the administration and activities of the charity. This is managed by Market2Success Ltd. We have a team of 25 Volunteer Ambassadors who encourage 40+ young volunteers to be involved in the daily programmes of Refreshing Minds and form the foundation of our work.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Refreshing Minds is constituted under a deed dated 19 August 2014 as amended on 22 Feb 2016. It is a registered charity number 1166079 and was registered on 15 March 2016.

Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

RISK REVIEW

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the Trust, and are satisfied that systems are in place to manage our exposure to the major risks.

PUBLIC BENEFIT

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit.

RESERVES POLICY

The Trustees aim to hold unrestricted reserves to cover 6 months of core running costs. In 2024 this was £88,575 and the unrestricted reserves of £56,125 represent 6 months of core costs.

TRUSTEES' RESPONSIBILITIES STATEMENT

The charity's Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' Annual Report was approved on 11 January 2024 and signed on behalf of the board of Trustees by]



Joel Wider
Trustee

66 Durlston Road
London E5 8RR

NOTES TO THE FINANCIAL STATEMENTS

I report on the accounts of the charity for the year ended 31 March 2024 set out on pages 18 to 23.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER

The charity's Trustees are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

a(which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with Section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

b(to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Balazs Nezmi FCCA
JS & Co Accountant Ltd
26 Theydon Road
London
E5 9NA

12th January 2025

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted £	Restricted £	2024 Total funds £	2023 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds	3	194,718	0	194,718	54,750
Parental contribution		260,881		260,881	
Donations and Grants		68,248	140,600	208,848	419,459
Total Incoming resources		523,847	140,600	664,447	474,209
RESOURCES EXPENDED					
Fundraising Costs	4	32,951		32,951	7,141
Direct charitable activities	5	420,662	76,632	497,294	420,919
Other	6	55,624	0	55,624	25,419
Total resources expended		509,237	76,632	585,869	453,479
NET INCOMING/(OUTGOING) RESOURCES		14,610	63,968	78,578	20,730
RECONCILIATION OF FUNDS					
Total funds brought forward		41,515	0	41,515	20,785
TOTAL FUNDS CARRIED FORWARD		56,125	63,968	120,093	41,515

BALANCE SHEET 31-MAR-24

	Notes	£	2024 £	£	2023 £
FIXED ASSETS					
Fixtures & Fittings	7	15,363		15,153	
			15,363		15,153
CURRENT ASSETS:					
Debtors		100,000			
Cash at bank and in hand		8,927		43,038	
		108,927		43,038	
CREDITORS: amounts falling due within one year	8	-4,197		-16,676	
Net Current assets/(liabilities)			104,730		26,362
NET CURRENT ASSETS:			120,093		41,515
FUNDS					
Restricted funds	9		63,968		0
Unrestricted funds			56,125		41,515
TOTAL FUNDS			120,093		41,515

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings 20% reducing balance

2. TRUSTEES REMUNERATION AND BENEFITS

No trustee received remuneration, allowance for or reimbursement of expenses.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTD)

3. INCOMING RESOURCES FROM GENERATED FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Parental contribution	194,718		194,718	54,750
Donations	260,881		260,881	335,246
Grants	68,248	140,600	208,848	84,213
	523,847	140,600	664,447	474,209

Restricted funds received from:

	£
Frankies Foundation For Children	600
Skipton Building Society	2,970
London Borough of Hackney	24,213
Tesco Community Grants	500
Jewish Children Holiday Fund	5,000
The National Lottery Community Fund - A	10,000
Webb Family Charitable Foundation	2,000
Jewish Child's Day	2,500
The National Lottery Community fund -Mi	10,000
CAF-Bentley Advancing Life	500
All Aboard	250
Haringey Giving	4,640
Rank Foundation	1,000
Hackney Giving	5,060
Caring Family Foundation	6,400
Big Give Trust	41,108
The Childhood Trust	18,509
The National Lottery Commun	4,350
Stagecoach Group PLC	1,000
Total:	140,600

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTD)

4. FUNDRAISING COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Fundraising Costs	32,951	0	32,951	7,141
	32,951	0	32,951	7,141

5. COSTS OF DIRECT CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Hub of Hope	101,714	11,820	113,534	251,749
Great Escape	140,000	20,000	160,000	109,189
Volunteers Meet & Greet	26,410	10,000	36,410	20,605
Season Sprinkles	43,398	19,812	63,210	14,976
In the Limelight	90,380	10,000	100,380	0
Buddy Group	12,500	5,000	17,500	24,400
Donations given	6,260	0	6,260	0
	420,662	76,632	497,294	420,919

Average number of employees during the year was 4 (2023 : 4)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTD)

6. GOVERNANCE AND ADMIN COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Bank charges	2,887		2,887	2,408
Depreciation	3,841		3,841	3,788
Accountancy fee	1,140		1,140	864
Professional fees	5,183		5,183	7,221
Advertising	22,600		22,600	0
Training	6,220		6,220	0
Printing	1,697		1,697	4,028
Postage	2,111		2,111	1,493
Office supplies	2,378		2,378	2,196
Insurance	584		584	501
Telephone	3,050		3,050	1,259
Travel	1,312		1,312	768
Repairs	2,621		2,621	893
	55,624	0	55,624	25,419

7. FIXED ASSETS

COST:	£	£
At 1 April 2023	18,941	18,941
Additions	4,051	4,051
At 31 March 2024	22,992	22,992
DEPRECIATION:		
At 1 April 2023	3,788	3,788
Charge for year	3,841	3,841
At 31 March 2024	7,629	7,629
NET BOOK VALUE:		
At 31 March 2024	15,363	15,363
At 31 March 2023	15,153	15,153

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTD)

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other Creditors	3,057	15,812
Accruals	1,140	864
	<u>4,197</u>	<u>16,676</u>

9. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.03.24 £
Restricted funds			
General fund	0	63,968	63,968
Unrestricted funds			
General fund	41,515	14,610	56,125
TOTAL FUNDS	<u>41,515</u>	<u>78,578</u>	<u>120,093</u>

Net movement in funds,
included in the above are as follows:

	Incoming Resources £	Resources expended £	Movement in funds £
Restricted funds			
General fund	140,600	76,632	63,968
Unrestricted funds			
General fund	523,847	509,237	14,610
TOTAL FUNDS	<u>664,447</u>	<u>585,869</u>	<u>78,578</u>

10. TAXATION

Refreshing Minds is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

REGISTERED CHARITY NAME

Refreshing Minds

CHARITY NUMBER

1166079

PRINCIPAL OFFICE

66 Durlston Road
London
E5 8RR

TRUSTEES

H Krausz
J Wider
T Grunbaum
K M Rapaport
A Lebrecht

INDEPENDENT EXAMINER

Balazs Nezmi FCCA
JS & Co Accountants Ltd
26 Theydon Road
London
E5 9NA

BANKERS

NATWEST
198 Stoke Newington High St
London
N16 7GA



REFRESHING MINDS

England & Wales - Charity number 1166079

Accounts



Galaxies of Opportunities for our Young Stars

Charity Number 1166079

Annual report and accounts
31st March 2023



Chair's statement



- ▶ **Chair's Statement | 3**
- ▶ **Mission Statement | 4**
- ▶ **Blast Off | 5**
- ▶ **Control Room | 6**
- ▶ **New Launch | 8**
- ▶ **Case Studies | 10**
- ▶ **Success Fuelled | 11**
- ▶ **Testimonials | 12**
- ▶ **Thank you | 13**
- ▶ **Future Missions | 15**
- ▶ **Financial Review | 16**

Dear Members, friends, and supporters,

Fuelled by determination and passion, Refreshing Minds has soared to new heights over the past year. We've navigated challenges with resilience and collaboration, emerging stronger and more dedicated than ever.

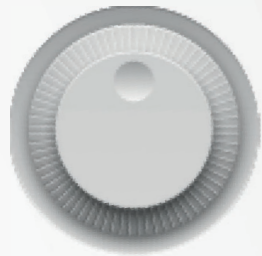
Our commitment to being a guiding light for young minds has been unwavering. This year's focus on empowering youth to overcome obstacles and embrace their potential has yielded incredible results. The Hub of Hope, a project initiated by young leaders, stands out as a testament to our dedication. This program offers a haven for vulnerable girls, providing warm meals, support with homework, and emotional well-being chats after school.

In times of crisis, our volunteers and staff have shown remarkable dedication and love, dispelling darkness and fear with the light of our programmes. This dedication has been pivotal in achieving our goals and making a positive impact on the lives of those we serve.

As we present our annual report, "Galaxies of Opportunities for our Young Stars," we celebrate the collaborative youth-led spirit of that has propelled us forward. Our success is not just ours; it belongs to every supporter who has been our North Star. Your benevolence has been instrumental in our cosmic journey.

Thank you for joining us in defying gravity, launching dreams, and reaching for the stars. Together, we have made an otherworldly difference, and we look forward to continuing this journey with your ongoing support.

With best wishes,
Mr. Joel Wider
Chairman of Refreshing Minds



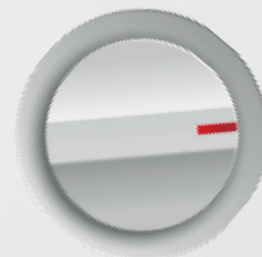
Mission Statement

Our mission is to ensure that no child feels too unique, poor, or different to become successful partners in the world around them. We celebrate differences, uncover talent, and applaud strengths.



Lift-off Ambitions

We believe every child should be able to access their inner star, explore their unique talents, and launch a brighter future.



Cosmic Journey

- ▶ We offer supportive activities that develop children's skills and capabilities.
- ▶ We help improve children's capacities in a social environment.
- ▶ We operate a holistic program that provides year-round activities.

Blast Off:

3

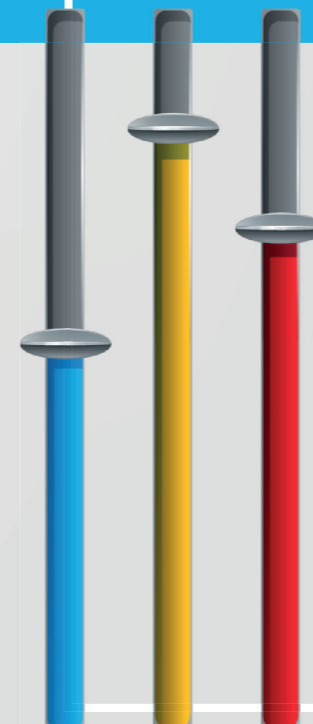
Exploring talent

2

Fuelling success

1

Boosting confidence



Control Room

The **Dedicated Mums** who came together to form Refreshing Minds more than 5 years ago, are determined to support every girl to achieve her best.

The controls are handed over to our **Young Diplomats**, because who knows the needs of our youth better than our youth themselves?

Planning, research, monitoring, and evaluation are all undertaken by our determined young girls who are the most active pioneers in driving improvement and positive change.

A team of 40+ **Passionate Volunteers** sensitive to the nuances and dynamics of the community, assist in the running of our programs where they share their talent and warmth with our girls. Many of these are past beneficiaries who are now giving back to the community.

"The chance to shine can affect children's entire well-being and even academic performance. That's crucial for a child with personal or family challenges."

-Helen Krausz, Mom, & sibling to a person with SEN

"It was so clear from all of our discussions and surveys. Rehearsals are exciting and an amazing opportunity, but a hungry girl is an unhappy girl. Healthy snacks are no longer sufficient, the time has come to serve warm meals at every session, which Refreshing Minds has undertaken to do!"

- Beily G, Young Diplomat

"Giving children the opportunity to explore their talents will help young people become confident and contributing members in society."

- Mrs M Halberstam, Committee Member

Cadets On A Mission

As a **community driven** organization, we ensured that our services provided relief during school holidays, weekends, and after school hours, for our community in 2023.

Our **wraparound support** evolved, based on the needs and feedback of our young users. We catered to the holistic well-being of each individual, responding to their emotional, social, and physical needs.



New Launch- Hub of Hope

This pioneering **homework and supper club** was introduced in the Autumn of 2023 and is a beacon of hope for over 100 girls each day this winter

At the Hub of Hope, children can rely on getting a daily warm and nutritious meal, providing them with much-needed fuel to face their daily challenges.

Based on overwhelming feedback thus far, we hope to continue running this program annually with the help of our young volunteers.



We expanded our **'In The Limelight'** performance enabling even more girls to gain from starring on stage and backstage. The girls were able to showcase their talents through acting, song, dance, as well as backstage roles including painting scenery and costume sewing. The performance is pivotal in boosting the girls' self-esteem.



Our popular **Summer Camp** ran once again delivering an incredible, action-packed program. This was led by young leaders who gained leadership and management skills whilst giving vulnerable young girls a transformative outlet after a stressful year at school and home. We have now committed to running our sought-after camp yearly!

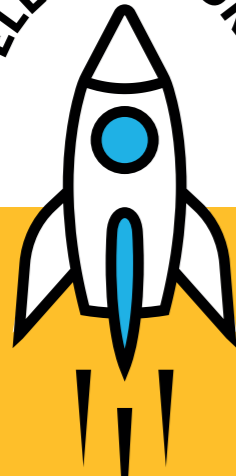


We provided bespoke, fully supervised **Varied Therapies** to over 30 children challenged with mental and emotional health issues. Over the past year, we included more than 4 modalities.

None of these vital services could have happened this year without the incredible coordination and warmth of our young volunteers and youth ambassadors who tirelessly ensured every girl was positively impacted.

Case Studies

ELLA'S STORY



Ella's classmates did not like her and made no secrets about it.

It was not surprising; Ella had developed the unfortunate habit of compulsive stealing. In Ella's classroom, one could often hear someone distraught about a 'disappeared' snack, or crying over a prize that 'went missing'.

At a loss, Ella's teacher enrolled her in a 'Kidz Socialize' group. Using social stories, Ella was taught to see the consequences of her actions – will her friends like her? What are they thinking? Feeling?

Whilst in the group, the facilitator realised it was Ella's poor self-image at the root of this issue. With ongoing support, activities, and discussions, she helped Ella to realize and value the inner gifts she had to offer in friendship.

Slowly, as her budding self-esteem emerged, her self-sabotaging behaviour decreased. She has begun regaining the trust of her peers and has now started developing real friendships.

HENNY'S STORY

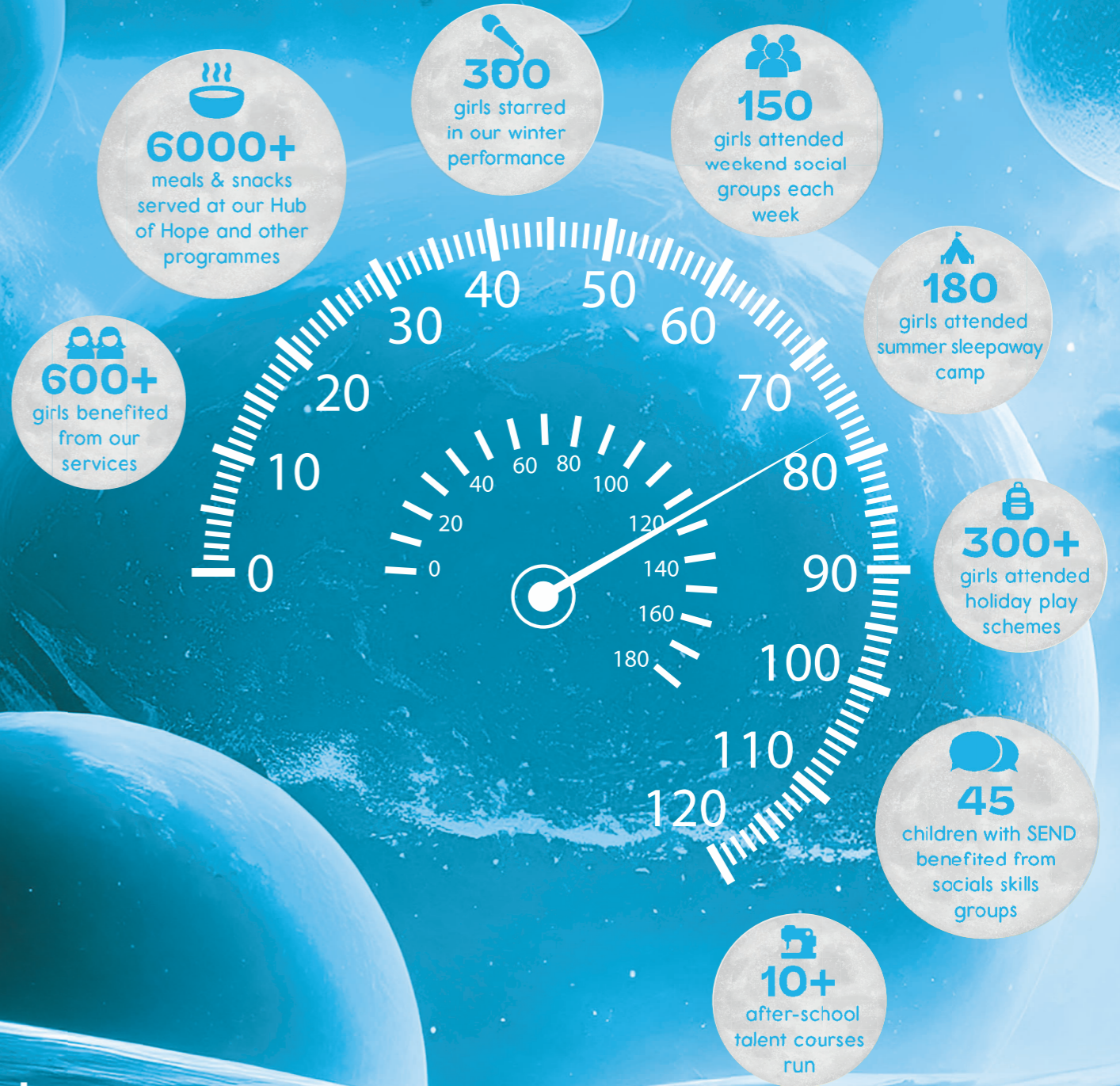


When Henny was 8 she was diagnosed with ADHD finally explaining her disruptive and impulsive behaviour. Surprisingly, when she came to Refreshing Minds, Henny was interested in learning how to sew. Despite our reservations about how she'll manage; we helped her to go for it.

Henny's teacher gave her intense individual support and showered her with praise, positive feedback, and encouragement every step of the way. With painstaking perseverance Henny slowly learnt to use the machine and produce results: a little bag, a cute pencil case, a stuffed bear.

Each achievement was proof that Henny was capable. Finally, after 3 years, she managed to sew a real skirt for an upcoming performance. There was no one prouder than herself when she finally held that beautiful garment – the product of amazing resilience and determination – in her hands.

Success Fuelled in 2023



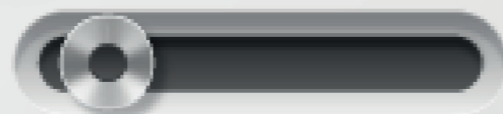
Testimonials

"Esther's school life is a constant struggle. But now she runs to her course along with everyone else and comes home on a high. This is surely doing amazing things!"
- Mrs P, parent of Esther, Age 11

"Camp gave me a sense of freedom and security. The staff and leaders were here for me with everything!"
- M.R, Camp attendee 2023

"My fussy-eater daughter said the food was really good!"
- Mrs G, mother

"I have seen the positive impact of these programs on the girls I have worked with as a SENCO. The confidence and social skills they develop through Refreshing Minds programs have helped them in other areas of their lives."
- Mrs P Labin



Thank You

Our success this year was made possible through the support of generous funders, including:



THE ALA GREEN CHARITABLE TRUST



THE LAKE HOUSE Charitable Foundation



DRAPERS' CHARITABLE FUND

Future Missions



To set up a sensory space which will provide further care for SEN children.



To establish an outdoor play area for physical activities, and messy play facilities for outdoor activities during the after-school, weekend clubs, and holiday programs.



To provide activity and craft packs during school holidays for children to occupy themselves at home.

FINANCIAL REVIEW

STATEMENT OF Trustees' RESPONSIBILITIES

The Trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

The Trustees feel that the activity and surplus reflects the increased activity and expansion of our work. The impact for future years' expenditure is self-evident and the Trustees would like to record their appreciation for all the financial support received from benefactors during the course of the year.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of Trustees and professional advisors on the final page of the financial statements.

THE Trustees

The Trustees who served the company during the period were as follows:

H Krausz

J Wider

T Grunbaum

K M Rapaport

A Lebrecht

All major decisions are taken collectively by the Trustees who meet quarterly. The Trustees are volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts.

Secretary to the Trustees: Mrs M Landau

Mrs M Landau is the Treasurer and Compliance Officer who ensures Refreshing Minds runs its operations in line with all its governing and operational policies.

4 part-time staff are employed to manage the administration and activities of the charity. This is managed by Market2Success Ltd. We have a team of 40+ Volunteer Ambassadors who encourage 25 young volunteers to be involved in the daily programmes of Refreshing Minds and form the foundation of our work.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Refreshing Minds is constituted under a deed dated 19 August 2014 as amended on 22 Feb 2016. It is a registered charity number 1166079 and was registered on 15 March 2016.

Recruitment and appointment of new Trustees would be in line with the Trust Deed and with the consent of the Trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

RISK REVIEW

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the Trust, and are satisfied that systems are in place to manage our exposure to the major risks.

PUBLIC BENEFIT

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit.

RESERVES POLICY

The Unrestricted Fund represents the unrestricted funds arising from past operating results. The Trustees aim to hold unrestricted reserves at a level sufficient to maintain 3 months' operating costs. Refreshing Minds is now in the process of building these reserves after the effects of COVID, have doubled the previous year's reserves and currently have just over one month's operating costs in place.

Trustees' RESPONSIBILITIES STATEMENT

The charity's Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' Annual Report was approved on 11 January 2024 and signed on behalf of the board of Trustees by:



Joel Wider

Trustee

66 Durlston Road
London E5 8RR

NOTES TO THE FINANCIAL STATEMENTS

I report on the accounts of the charity for the year ended 31 March 2023 set out on pages 19 to 23.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER

The charity's Trustees are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

a) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with Section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Balazs Nezmi FCCA
JS & Co Accountant Ltd
26 Theydon Road
London
E5 9NA

12th January 2024

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted £	Restricted £	2023 Total funds £	2022 Total funds £
INCOMING RESOURCES					
Incoming resources from generate	3				
Parental contribution		0	54,750	54,750	18,100
Donations and Grants		343,345	76,114	419,459	386,523
Total Incoming resources		343,345	130,864	474,209	404,623
RESOURCES EXPENDED					
Fundraising Costs	4	7,141		7,141	29,580
Direct charitable activities	5	290,055	130,864	420,919	363,720
Other	6	25,419	0	25,419	24,871
Total resources expended		322,615	130,864	453,479	418,171
NET INCOMING/(OUTGOING) RESOURCES		20,730	0	20,730	-13,548
RECONCILIATION OF FUNDS					
Total funds brought forward		20,785	0	20,785	34,333
TOTAL FUNDS CARRIED FORWARD		41,515	0	41,515	20,785

BALANCE SHEET 31-MAR-23

	Notes	£	2023 £	£	2022 £
FIXED ASSETS					
Fixtures & Fittings	7	15,153		0	
			15,153		0
CURRENT ASSETS:					
Debtors				2,167	
Cash at bank and in hand		43,038		31,300	
		43,038		33,467	
CREDITORS: amounts falling due within one year	8	-1,523		-12,682	
Net Current assets/(liabilities)			41,515		20,785
NET CURRENT ASSETS:			41,515		20,785
FUNDS					
Restricted funds			0		0
Unrestricted funds			41,515		20,785
TOTAL FUNDS			41,515		20,785

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings 20% reducing balance

2 TRUSTEES REMUNERATION AND BENEFITS

No trustee received remuneration, allowance for or reimbursement of expenses.

3 INCOMING RESOURCES FROM GENERATED FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Parental contribution		54,750	54,750	18,100
Donations and Grants	343,345	76,114	419,459	386,523
	343,345	130,864	474,209	404,623

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTD)

Restricted funds received from:

	£
Ala Green Charitable Trust	3,000
All Aboard Shops	1,614
Ardwick Trust	100
Arnold Clark	1,000
Aunty Ruth Charity Shop	500
Drapers Charitable	6,300
Eurolinque SBS UK	5,000
Frankie Foundation	493
George Bairstow Charitable Trust	1,667
Haringey Council	840
Henry Smith Charitable Trust	2,500
JCHF	3,000
Kimberley Real Estate	20,000
LB Hackney	21,910
Stewards Company Barnabas Trust	1,490
Santa Barbara Heights Charitable Trust	500
The Clothworkers Charitable Foundation	6,200

4 FUNDRAISING COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Fundraising Costs	7,141	0	7,141	29,580
	7,141	0	7,141	29,580

5 COSTS OF DIRECT CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Afterschool and weekend activities	167,592	84,157	251,749	215,147
Summer Group	66,482	42,707	109,189	89,571
Volunteers Program	20,605		20,605	16,345
Staff Costs	14,976		14,976	0
Therapy	20,400	4,000	24,400	30,812
Equipment for Programmes			0	11,845
	290,055	130,864	420,919	363,720

Average number of employees during the year was 4 (2022 : 0)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTD)

6 GOVERNANCE AND ADMIN COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
Bank charges	2,408		2,408	1,973
Depreciation	3,788		3,788	0
Accountancy fee	864		864	816
Professional fees	7,221		7,221	13,701
Printing	4,028		4,028	0
Postage	1,493		1,493	1,952
Office supplies	2,196		2,196	2,215
Insurance	501		501	501
Telephone	1,259		1,259	1,316
Travel	768		768	0
Repairs	893		893	2,397
	<u>25,419</u>	<u>0</u>	<u>25,419</u>	<u>24,871</u>

7 FIXED ASSETS

COST:

	Fixture & Fittings £	Totals £
At 1 April 2022	0	0
Additions	18,941	18,941
At 31 March 2023	<u>18,941</u>	<u>18,941</u>

DEPRECIATION:

At 1 April 2022	0	0
Charge for year	3,788	3,788
At 31 March 2023	<u>3,788</u>	<u>3,788</u>

NET BOOK VALUE:

At 31 March 2023	<u>15,153</u>	<u>15,153</u>
At 31 March 2022	<u>0</u>	<u>0</u>

8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other Creditors	659	11,866
Accruals	864	816
	<u>1,523</u>	<u>12,682</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTD)

9 MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.03.23 £
Restricted funds			
General fund	0	0	0
Unrestricted funds			
General fund	20,785	20,730	41,515
TOTAL FUNDS	<u>20,785</u>	<u>20,730</u>	<u>41,515</u>

Net movement in funds, included in the above are as follows:

	Incoming Resources £	Resources expended £	Movement in funds £
Restricted funds			
General fund	130,864	130,864	0
Unrestricted funds			
General fund	343,345	322,615	20,730
TOTAL FUNDS	<u>474,209</u>	<u>453,479</u>	<u>20,730</u>

10 TAXATION

Refreshing Minds is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

REGISTERED CHARITY NAME

Refreshing Minds

CHARITY NUMBER

1166079

PRINCIPAL OFFICE

66 Durlston Road
London
E5 8RR

TRUSTEES

H Krausz
J Wider
T Grunbaum
K M Rapaport
A Lebrecht

INDEPENDENT EXAMINER

Balazs Nezmi FCCA
JS & Co Accountants Ltd
26 Theydon Road
London
E5 9NA

BANKERS

NATWEST
198 Stoke Newington High St
London
N16 7GA

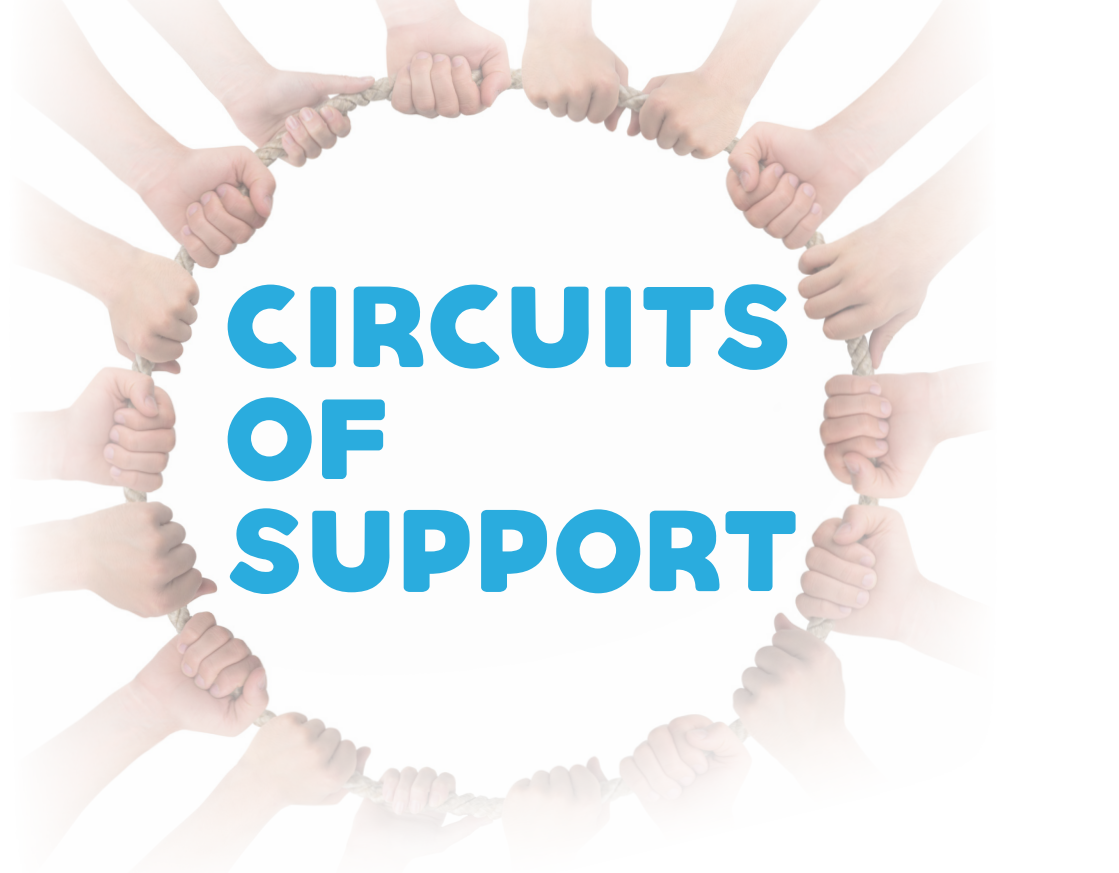


Refreshing
MINDS

REFRESHING MINDS

England & Wales - Charity number 1166079

Accounts



CIRCUITS OF SUPPORT

ANNUAL REPORT AND ACCOUNTS

FOR THE YEAR ENDING 31ST MARCH 2022

Refreshing
MINDS

CHAIR'S STATEMENT

I remember early Science lessons building up circuits. Rule number one was: You must have a complete circuit.

Paper clips, metal spoons, clothes hangers- if it was metal, it worked. Yet if one safety pin was open, the whole circuit switched off.

COVID taught us the consequences of contact deprivation. With 'Drive-thru' visits, zoom, or through the phone wires, we found ways to keep in touch but it came with no small price to pay.

Children returned to school missing essential social skills, having missed thousands of opportunities to build up effective relationships.

Starting with our Bounce-Back Survey, our goal in 2021 was to take the requests from our children and find the components to reconnect these circuits.

We learnt how each child needed a different approach. Some needed paper clips, others preferred cable ties, others connected with a fork and spoon.

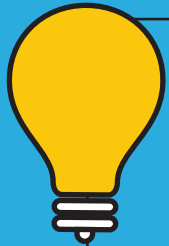
We invite you to journey through our circuit of support, repairing the connections of 584 disadvantaged children in 2021. It has been a year of mended links, boosted amperage and jumpstarted engines to diversify, innovate and adapt to the demands of our times.

Our work is now to forge ahead and 'keep the lights on' at our operations. Energy inflation and the cost of living crisis will make this challenging, but with the support of our funders, we can thrive.



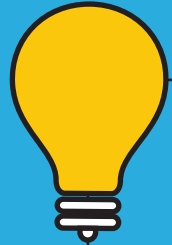
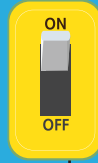
Mr J Weider
Chair





VISION

Our vision is that every child should be able to access their inner spark, ignite their unique talents, and create a brighter future.



MISSION

Our mission is to ensure that no child feels too unique, too poor or too different to become successful partners in society. We celebrate differences, we uncover talent, and we applaud strengths.



STRATEGIC AIMS



The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve children's conditions of life.



Provide support and activities which develop children's skills, capacities and capabilities to enable them to participate in society.



**WATT'S
NEW AT
REFRESHING
MINDS?**

CREATIVE ENERGY

After an 18-month hiatus, our 500 young, lockdown-weary stars sprung back to life, singing, dancing and repairing lost connections.

Some kids excelled onstage, whilst others enjoyed the creative preparations, designing costumes, modelling props and painting murals.



The range of talents revealed



Transferable skills gained



"My daughter has severe learning difficulties. Her school life is a constant struggle because she measures her success against her peers.

But now she runs to rehearsals along with everyone else and comes home on a high. I don't know which magic you are doing but this show is surely doing amazing things"

Mrs C.

OFF PEAK ENERGY

Off-peak times for most businesses, are actually 'on peak' for our charity. With kids home from school, lack of food, relational tensions and emotional illnesses thrive.

WEEKEND AND AFTER SCHOOL

450 kids attend Refreshing Minds' weekly Saturday and Sunday activities, enjoying social interaction and emotional support.

HOLIDAY SCHEMES

Our winter activities kept 250 children stimulated with arts activities, socialising and healthy nourishment, whilst our Spring Swingout playscheme provided educational shows, inflatable activities, and a petting zoo for 300 children.



'Thanks to the fulfilling meal at the club, I was satisfied that at least she had one good meal a day in this hectic week.'

Parent feedback,
Spring Swingout

6540 nutritious holiday meals provided in 2021.

'After the petting zoo my daughter came home more relaxed and approachable than I have seen her in years.'

Mrs Z. mother of child with SEN

'I have visited every club and been very impressed by their organisation, care of the children and personalised attention...'

Sue Roberts Hackney
HAF 'Programme Coordinator'
(funded by the DFE)



92% agreed 'playscheme taught me new skills'



64.3% 'preferred the sports activities best of all'



89% strongly agree 'playscheme improved their confidence'



POSITIVE ENERGY

Our weekly sports and PE programs release positive endorphins, prevent obesity, and promote healthy habits, with bi-annual trips providing incentives.

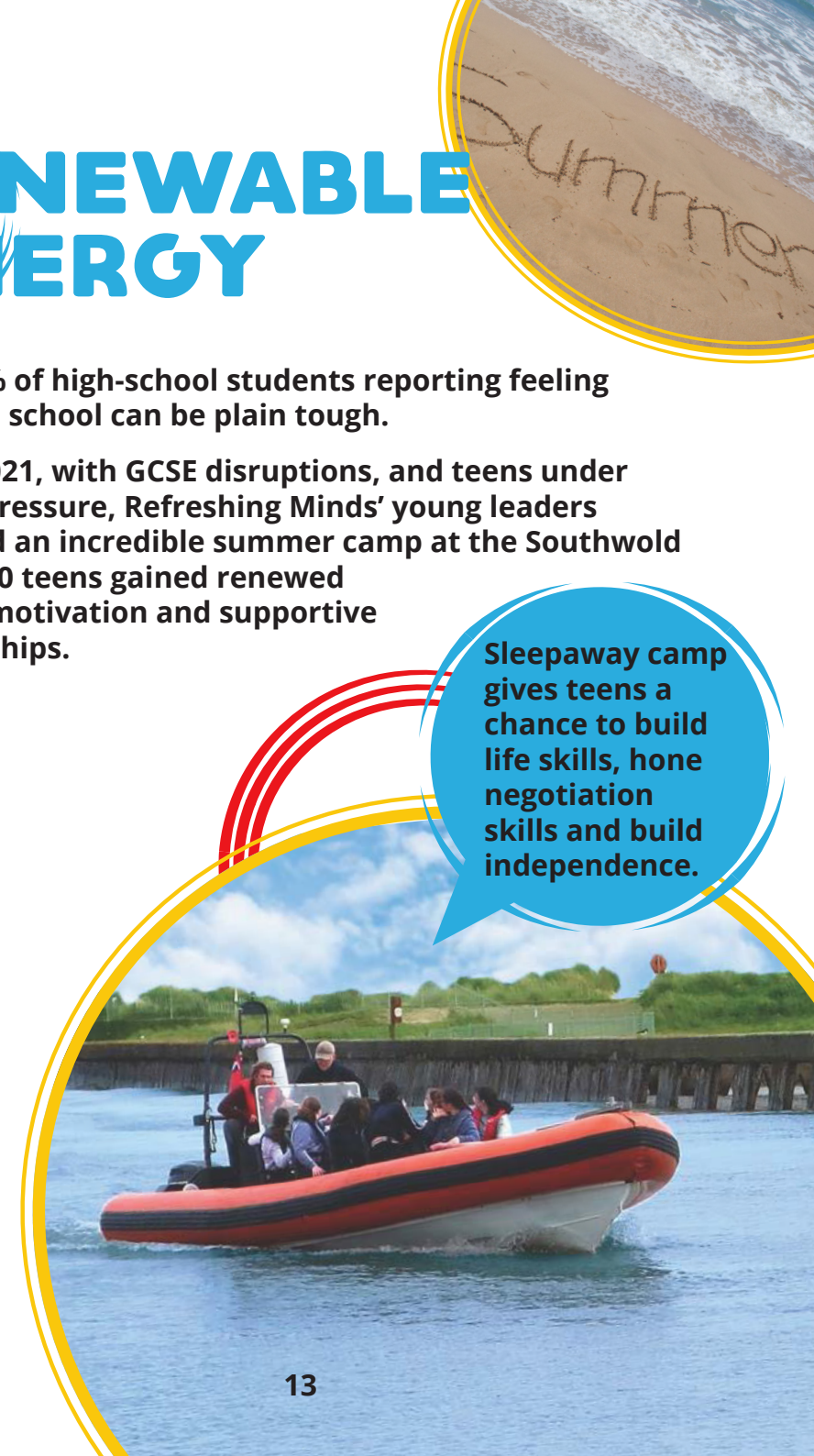


RENEWABLE ENERGY

With 80% of high-school students reporting feeling stressed, school can be plain tough.

In July 2021, with GCSE disruptions, and teens under a lot of pressure, Refreshing Minds' young leaders delivered an incredible summer camp at the Southwold coast. 120 teens gained renewed energy, motivation and supportive relationships.

Sleepaway camp gives teens a chance to build life skills, hone negotiation skills and build independence.



HEALING ENERGY

Helping circuit-breakers become circuit-makers.

At Refreshing Minds, we understand the particular challenges posed by depression/anxiety, OCD, bereavement and panic disorders and how COVID has thrown the spanner into the works of many a child's aspirations and relationships.

We provide bespoke, goal oriented therapy for 30 children, under full supervision.

Modalities include:

- Play Therapy
- Sand-Tray Therapy
- Cognitive Behavioural Therapy
- Group Therapy



CASE STUDY

Ella suffered from compulsive stealing, secretly 'taking' things from her friend's bags, which greatly impacted her social relationships.

At a loss, Ella's teacher helped enrol her in a "Kidz Socialize" support group.

With ongoing therapy, activities and discussions, she began to realise and value the inner gifts she had to offer in friendship, and that she did not have to resort to external items to boost her self-image.

Slowly, as her budding self-esteem emerged, her self-sabotaging behaviour decreased. She is regaining the trust of her peers and has now started developing real friendships!

SUSTAINABLE ENERGY

VOLUNTEER 4WARD PROGRAMME.

We keep volunteers sustained by ensuring that they feel appreciated and valued for their work.

As a cyclical trajectory, transmitting, receiving and transmitting again, electricity aptly mirrors our volunteers' experience. They give a lot, but receive much more.

Our young volunteers gain creative outlets, rewarding relationships and training and skills towards lucrative careers.

Through leading in camp, I gained so much confidence, it was so much fun and brought out my artistic strengths!

R.M. 17

I have a special place in my heart for struggling teens; becoming a camp leader has inspired me to look into special education as a profession.

F.S. 18

Working with others taught me that I am not alone in struggling with a sick sibling as so many children have their own challenges.

E. H.

40.  VOLUNTEERS

EVALUATIONS AND IMPACT

Our beneficiaries are at the heart of what we do. We regularly collect their feedback, solicit their opinions and assess their progress so programmes constantly meet emerging needs.



29 children received sponsored individual therapy



38 children learnt crucial social skills



30 disabled children integrated into programs



86% report more confidence and self-esteem



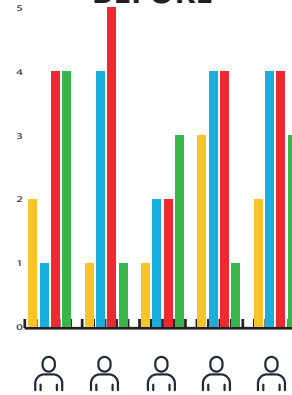
95% feel increased contentment and self-satisfaction



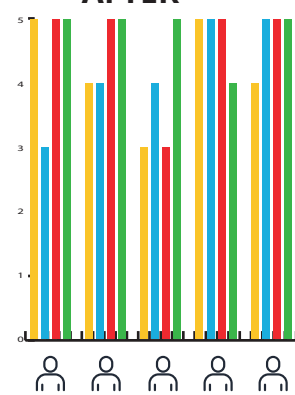
88% report less stress in the aftermath of Covid

Improvements via In The Limelight

BEFORE



AFTER

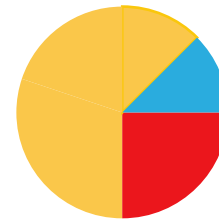


confidence
academic attainment

communication
behaviour in class

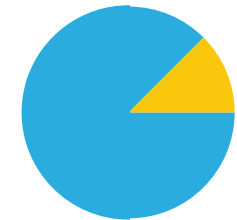
Activity level before camp

Activity level during camp



minimal

moderate



daily

OUR VISION FOR FUTURE



LAUNCH OUR WEBSITE



REPEAT RESIDENTIAL SUMMER CAMP FOR TEENS



EXPAND OUR SPORTS DELIVERY THROUGH REFURBISHED SPORTS PITCH AND FACILITIES



IMPROVE OUR PARTNERSHIPS WITH LOCAL WELFARE CHARITIES TO SUPPORT THE VULNERABLE



DEVELOP AND UPDATE USER PARTICIPATION SURVEYS AND EVALUATION PROCEDURES



**IF YOU HAVE
POSITIVE
ENERGY**

**YOU WILL
ALWAYS
ATTRACT
POSITIVE
OUTCOMES.**

(Steve Backley)

REFRESHING MINDS TRUSTEES' ANNUAL REPORT YEAR ENDED 31ST MARCH 2022

Structure, Governance and Management

Refreshing Minds is constituted under a deed dated 19 August 2014 as amended on 22 Feb 2016. It is a registered charity number 1166079, and was registered on 15 March 2016.

The Trustees

The trustees who served the company during the period were as follows:

H Krausz
J Wider
T Grunbaum
K M Rapaport

A Lebrecht – appointed on 15th November 2021

Day to day affairs and financial management are undertaken by Mrs M. Landau on behalf of the Trustees, supported by 2 voluntary Project Managers and 40 volunteer facilitators.

All major decisions are taken collectively by the trustees.

The trustees are volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts.

Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

Objectives and Activities

The main objectives and activities of Refreshing Minds is:

- To provide an avenue for young girls from both mainstream and disadvantaged backgrounds, to improve their lives through increasing their social, mental and physical welfare.
- To provide a culturally safe environment for children to play and enjoy in.
- To build upon the skills of the young, allowing for them to have greater, more lucrative opportunities for high achieving professional career roles.
- To provide vocational skills as an outlet for negative and pent up emotions allowing for a safer and more contented community.

REFRESHING MINDS TRUSTEES' ANNUAL REPORT YEAR ENDED 31ST MARCH 2022

Public Benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit .

Risk Review

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the Trust, and are satisfied that systems are in place to manage our exposure to the major risks.

Financial Review

The Trustees feel that current activity reflects the increased activity and expansion of our work and are working on strategies to curb the impact of rising energy costs and inflation. The trustees would like to record their appreciation for all the financial support received from benefactors during the course of the year, including: Postcode Society Trust, Garfield Weston Foundation, Cheshire Community Fund through Assura, ALA Green Charitable Trust, Souter Charitable Trust, John and Ruth Howard Charitable Trust, Webb Family Charitable Trust, Green Hall Foundation, Innholders Charity, Hackney Council, Awards For All, Walter Lee Foundation, Shoresh Charitable Trust, SpeedoMick Foundation, Baily Thomas Charitable Trust, Leaver's Family Charitable Trust, Hiscox Foundation and the Jewish Children's Holiday Fund.

Reserves Policy

The Unrestricted Fund represents the unrestricted funds arising from past operating results. The trustees aim to hold free reserves at a level sufficient to maintain 3 months' operating costs. In 2021, the costs of supporting young people through Covid, has affected our ability to maintain our target level of reserves, however we have put mechanisms in place to build up our reserves level to reach recommended levels of unrestricted operating costs.

REFRESHING MINDS TRUSTEES' ANNUAL REPORT (*continued*) YEAR ENDED 31ST MARCH 2022

Trustees' Responsibilities Statement

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:



Mr J Wider
Trustee

66 Durlston Road
London E5 8RR
22nd December 2022

REFRESHING MINDS INDEPENDENT EXAMINER'S REPORT YEAR ENDED 31ST MARCH 2022

I report on the accounts of the charity for the year ended 30 March 2022 set out on pages 7 to 10.

Respective Responsibilities of Trustees and Independent Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

1. In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Js & Co Accountants Ltd
26 Theydon Road
London E5 9NA
22nd December 2022



Balazs Nezmi FCCA
Js & Co Accountants Ltd

REFRESHING MINDS
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2022

	Notes	Unrestricted £	Restricted £	2022 Total Funds £	2021 Total Funds £
INCOMING RESOURCES					
Incoming resources from generated	3				
Parental contribution		18,100		18,100	165,540
Donations and Grants		320,224	66,299	386,523	86,282
Total Incoming resources		338,324	66,299	404,623	251,822
RESOURCES EXPENDED					
Fundraising Costs	4	29,580		29,580	10,248
Direct charitable activities	5	297,421	66,299	363,720	219,698
Other	6	24,871	0	24,871	9,746
Total resources expended		351,872	66,299	418,171	239,692
NET INCOMING/(OUTGOING RESOURCES)		-13,548	0	-13,548	12,130
RECONCILIATION OF FUNDS					
Total funds brought forward		34,333	0	34,333	22,203
TOTAL FUNDS CARRIED FORWARD		20,785	0	20,785	34,333

REFRESHING MINDS
STATEMENT OF FINANCIAL POSITION
YEAR ENDED 31ST MARCH 2022

	Notes	£	2022 £	£	2021 £
CURRENT ASSETS:					
Debtors		2,167		1,107	
Cash at bank and in hand		31,300		40,595	
		<u>33,467</u>		<u>41,702</u>	
CREDITORS: amounts falling due within one year	7	<u>-12,682</u>		<u>-7,369</u>	
Net Current assets/(liabilities)			<u>20,785</u>		<u>34,333</u>
NET CURRENT ASSETS:			<u>20,785</u>		<u>34,333</u>
FUNDS					
Restricted funds	8		0		0
Unrestricted funds			<u>20,785</u>		<u>34,333</u>
TOTAL FUNDS			<u>20,785</u>		<u>34,333</u>

Approved by the board of trustees on: 02 December 2022
 And signed on their behalf by:



Mr J Wider
 Trustee

1. ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources Expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. TRUSTEES REMUNERATION AND BENEFITS

No trustee received remuneration, allowance for or reimbursement of expenses.

3. INCOMING RESOURCES FROM GENERATED FUNDS

	Unrestricted £	Restricted £	2022 Total Funds £	2021 Total Funds £
Parental contribution	18,100		18,100	165,540
Donations and Grants	320,224	66,299	386,523	86,282
	<u>338,324</u>	<u>66,299</u>	<u>404,623</u>	<u>251,822</u>

	£
Baily Thomas Charitable Fund	£1,000.00
Arnold Clark Community Fund	£1,000.00
Leaver Family Charitable Trust	£1,000.00
Hiscox Foundation	£1,000.00
John and Ruth Howard Charitable Trust	£1,500.00
Webb Family Charitable Trust	£2,000.00
Innholders' Charitable Foundation	£2,000.00
Souter Charitable Trust	£2,000.00
Green Hall Foundation	£2,000.00
SpeedoMick Foundation	£2,000.00
Ala Green Charitable Trust	£2,500.00
Hackney Youth Opportunity Fund	£5,000.00
Jewish Childrens Holiday Fund	£5,000.00
Garfield Weston Foundation	£5,000.00
Walter Lees Foundation	£5,000.00
London Borough of Hackney	£11,350.00
Postcode Society Trust	£11,220.00

REFRESHING MINDS
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31ST MARCH 2022

4. FUNDRAISING COSTS

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Fundraising Costs	29,580	0	29,580	10,248
	<u>29,580</u>	<u>0</u>	<u>29,580</u>	<u>10,248</u>

**5. COSTS OF DIRECT CHARITABLE
ACTIVITIES**

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Afterschool and weekend activities	180,256	34,891	215,147	172,418
Summer Group	59,411	30,160	89,571	0
Covid Support			0	22,930
Volunteers Program	16,345		16,345	9,850
Therapy	30,812		30,812	0
Equipment for Programmes	10,597	1,248	11,845	14,500
	<u>297,421</u>	<u>66,299</u>	<u>363,720</u>	<u>219,698</u>

REFRESHING MINDS
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31ST MARCH 2022

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
GOVERNANCE AND ADMIN COSTS				
Bank charges	1,973		1,973	0
Accountancy fee	816		816	756
Professional fees	13,701		13,701	936
Postage	1,952		1,952	1,944
Office supplies	2,215		2,215	0
Insurance	501		501	0
Telephone	1,316		1,316	274
Cleaning			0	1,500
Repairs	2,397		2,397	4,336
	<u>24,871</u>	<u>0</u>	<u>24,871</u>	<u>9,746</u>

**6. CREDITORS: AMOUNTS FALLING
DUE WITHIN ONE YEAR**

	2022 £	2021 £
Other Creditors	11,866	6,613
Accruals	816	756
	<u>12,682</u>	<u>7,369</u>

REFRESHING MINDS
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31ST MARCH 2022

7. MOVEMENTS IN FUNDS

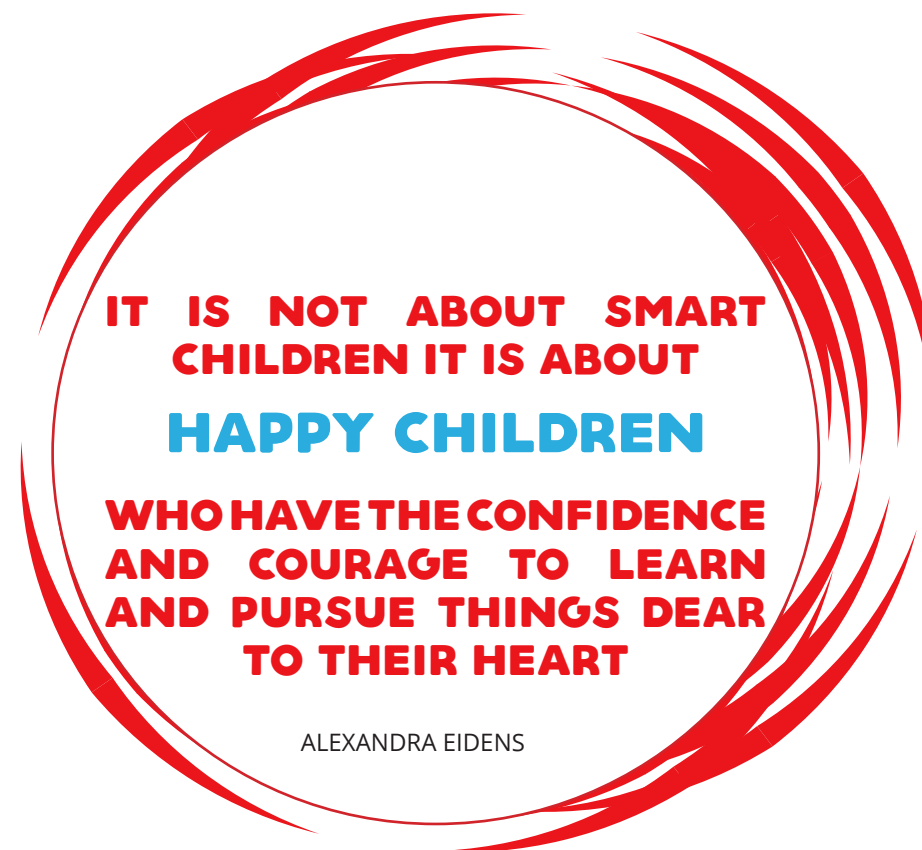
	At 31.3.21 £	Net movement in funds £	At 30.03.22 £
Restricted funds			
General funds	0	0	0
Unrestricted funds			
General funds	34,333	-13,548	20,785
TOTAL FUNDS	34,333	-13,548	20,785

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movements in funds £
Restricted funds			
General funds	66,299	66,299	0
Unrestricted funds			
General funds	338,324	351,872	-13,548
TOTAL FUNDS	404,623	418,171	-13,548

8. TAXATION

Refreshing Minds is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.



Registered Charity Name:

Refreshing Minds

Registered Charity Number:

1166079

Registered Office Address:

66 Durlston Road E5 8RR

Website:

www.refreshingminds.org.uk

Trustees:

Mrs Helen Krausz

Mr Joel Wider

Mrs Tspoire Grunbaum

Mrs Kreindel Malka Rapaport

Mr Avrohom Lebrecht

Accountants:

Balazs Nezmi FCCA

JS & CO Accountant Ltd

26 Theydon Road

London E5 9NA

Bankers:

NATWEST

198 Stoke Newington High St

London

N16 7GA



REFRESHING MINDS

England & Wales - Charity number 1166079

Accounts

Charity Number 1166079

REFRESHING MINDS
FINANCIAL STATEMENTS
30 MARCH 2021

REFRESHING MINDS

FINANCIAL STATEMENTS

YEAR ENDED 30 MARCH 2021

CONTENTS	PAGE
Trustees and professional advisers	1
Trustees Annual Report	2-5
Statement of Trustees responsibilities	6
Independent examiner's report to the trustees	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10-12

REFRESHING MINDS

TRUSTEES AND PROFESSIONAL ADVISERS

Registered charity name	Refreshing Minds
Charity number	1166079
Principal office	66 Durlston Road London E5 8RR
Trustees	H Krausz J Wider T Grunbaum Z Perl - resigned on 19 th February 2021 K M Rapaport – appointed on 15th February 2021.
Independent examiner	Balazs Nezmi ACCA Js&Co Accountants Ltd 26 Theydon Road London E5 9NA
Bankers	NATWEST 198 Stoke Newington High St London N16 7GA

REFRESHING MINDS

TRUSTEES ANNUAL REPORT

YEAR ENDED 30 MARCH 2021

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 30 March 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of trustees and professional advisors on page 1 of the financial statements.

THE TRUSTEES

The trustees who served the company during the period were as follows:

H Krausz
J Wider
T Grunbaum
Z Perl - resigned on 19th February 2021
K M Rapaport – appointed on 15th February 2021.

There is no chief executive officer nor any other staff employed in the charity. The day to day affairs are undertaken by Mrs M Landau on behalf of the trustees.
All major decisions are taken collectively by the trustees.

The trustees are volunteers and details of any related party transactions are disclosed as applicable in the notes to the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Refreshing Minds is constituted under a deed dated 19 August 2014 as amended on 22 Feb 2016.. It is a registered charity number 1166079 and was registered on 15 March 2016.

Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

Risk review

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the Trust, and are satisfied that systems are in place to manage our exposure to the major risks.

OBJECTIVES AND ACTIVITIES

The main **objectives and activities** of Refreshing Minds is:

- a) To provide an avenue for young girls from both mainstream and disadvantaged backgrounds, to improve their lives through increasing their social, mental and physical welfare.
 - b) To provide a culturally safe environment for children to play and enjoy in.
 - c) To build upon the skills of the young, allowing for them to have greater, more lucrative opportunities for high achieving professional career roles.
 - d) To provide vocational skills as an outlet for negative and pent up emotions allowing for a safer and more contented community.
-

REFRESHING MINDS

TRUSTEES ANNUAL REPORT

YEAR ENDED 30 MARCH 2021

.Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit .

ACHIEVEMENTS AND PERFORMANCE

Refreshing Minds was established by parents as a platform for girls to have wholesome outlets. Since then we have become renowned for providing children with the opportunity to advance talents and develop positive wellbeing and confidence. This year over 600 beneficiaries benefited from the programme and newly discovered talents were revealed.

Our aim is for every girl to have the chance to shine, regardless of personal or family circumstances or achievement in the classroom. We have seen outstanding success and feedback has shown children have greatly improved in self-esteem and confidence, and this has helped them flourish in the classroom and socially as well.

Refreshing Minds offers a great variety of programs spread across the entirety of the year. Our usual activities include

- Annual public performance of children's talent
- Expressive Arts classes
- Winter/Summer Holiday play-schemes
- Outings and Weekends to encourage teamwork and social cohesion
- Individual Therapy and Support groups to support the School Curriculum
- Weekly Weekend programmes
- After School Club

The childcare after-school club is a new development, providing academic support to 600 children daily. Once homework is on schedule, incentives are provided, such as light entertainment, all within a safe and supervised environment.

The bulk of the budget for this fiscal year is funded by childcare contributions made by parents, which is reflected in the significant increase in turnover between 2019 and 2020.

Working within the communities of Hackney and Haringey which alone have 20,000 young children under the age of 16, we are aware that the numbers we have helped to date are by far too small. Refreshing Minds seeks to increase the quantity of beneficiaries in the coming year to 800 girls, enabling a greater amount of children to tap into satisfaction and greater future prospects. This would mean continuing to expand our programs, offering more after-school activities and training to additional staff to truly support our girls and promote emotional well-being and individual support.

The trustees have agreed that the expenditure is in line with the aims and objectives of the establishment.

REFRESHING MINDS

TRUSTEES ANNUAL REPORT

YEAR ENDED 30 MARCH 2021

RESPONSE TO COVID19

The period of school lockdowns were intensely challenging. Cognizant of the technological deprivation amongst most of our users Refreshing Minds swung into action immediately. The following were undertaken:

Telebuddy Program

In March 2020, we initiated the Covid Tele-buddy phone line which enabled us to continue extra-curricular support, teleconferences, and entertaining content, manned and updated by devoted volunteers and group leads. Reaching 750 children and young people daily, this was a lifesaver for overwhelmed families stuck in cramped houses.

‘Covid Kraft Kitz’

Between March and August 2020, over 1800 ‘Covid Kraft Kitz’ were dispatched, sending 1800 remote strokes of love and care and reminding 600 bewildered kids that they hadn’t been forgotten.

Covid Support Groups

As soon as schools started, we anticipated the anxiety and readjustment kids would be going through, and introduced our Covid support groups. These provided an opportunity for kids to talk about their fears, and learn stress management skills.

Therapy Provision

Refreshing Minds provided art, play and talking therapies for 30 young members experiencing adverse life challenges, to promote their emotional wellbeing.

‘Bright From the Start’ Playscheme

Summer 2020 saw the gradual release of some restrictions. In this response to Covid, the fairground was literally brought to the playground, 480 children enjoyed attractions such as petting zoo, horse riding, parrot show, bubble rides, inflatable boats, balloon modelling, arts’n’crafts and theme park rides, consolidating two weeks of magical activity. 120 teens were also treated to comprehensive programs full of fun, socialising and action geared to their age and skills.

‘Speak-Up’ Buddy Programme

September 2020 saw schools and social groups reopen and we once again launched our weekend extra-curricular programmes, revamped to include social distancing guidelines and cleaning protocols. Over 550 participants were thrilled to meet their friends once again.

‘Make Waves’ Volunteer Support.

Our *Make Waves* beachside excursion, held at Westcliff-on-sea, transported our volunteers to a world of energy and verve, supporting their charges to grow and succeed. An unforgettable program included individually wrapped lunch and gift presentations. Investing in our volunteers is a foremost feature of our programs, conveying appreciation and care to those who give of their time and energy to support our members.

Winter Holidays Activities

Our winter holidays fun-day provided separate programs to accommodate members in enriching activities. Coming just prior to the second lockdown, this boosted the social networking and mental wellbeing of members and no-doubt provided an injection of support towards the difficult months ahead. The programme included an innovative ‘Napkin sculpting’ course, with individually wrapped kits to prevent transmission, jumping castles and exercise activities.

REFRESHING MINDS
TRUSTEES ANNUAL REPORT
YEAR ENDED 30 MARCH 2021

In The Limelight Performance

Due to Covid restrictions, our 'In the Limelight' Pantomime Performance was postponed. (Our Bounce Back Performance program made up for this in July, following the release of restrictions.)

We are grateful to all our funders who have enabled the success of these programs for disadvantaged youngsters including: LCR (London Community Response), National Lottery Awards for All, Casey Trust, Anthony Bourne, HDH Wills, Tesco Bags of Help, Charles S French Charitable Trust, Percy Bilton, the Donald Forrester Trust, among others.

FINANCIAL REVIEW

The trustees feel that the activity and surplus reflects the increased activity and expansion of our work. The impact for future years' expenditure is self-evident and the trustees would like to record their appreciation for all the financial support received from benefactors during the course of the year.

FUTURE PLANS

As the ongoing crisis unfolds, our Trustees continue to focus our efforts on adapting our programs to meet evolving restrictions and meeting our beneficiaries changing needs. Plans are in place to consult with beneficiaries to ensure that they can be best supported throughout this crisis.

As the effects of volatile GCSE results, social deprivation, and uncertainty become more apparent, we are exploring ways to provide subsidised therapeutic support, support groups, and recreational getaways to combat the anxiety, tension and adverse mental health experienced by children.

A second volunteer getaway is planned for the summer and we are continually monitoring restrictions to assess what format this will take.

(At the time of writing, we have successfully completed the evaluation of a ground-breaking summer camp, 'The Great BriTeen's Summer!' Supported by a funding consortium of the Hackney Learning Trust, together with Food Lifeline this camp provided nutritious healthy meals, extreme sport and social stimulation to 138 children and young people.)

Reserves policy

The Unrestricted Fund represents the unrestricted funds arising from past operating results. The Trustees are satisfied that the balance of the Fund is an acceptable level of reserves given the nature of revenue receipts against the expenses payable.

Signed on behalf of the trustees

Trustee

66 Durlston Road
London E5 8RR

9th November 2021

REFRESHING MINDS

STATEMENT OF TRUSTEES RESPONSIBILITIES

YEAR ENDED 30 MARCH 2021

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

REFRESHING MINDS

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 30 MARCH 2021

I report on the accounts of the charity for the year ended 30 March 2021 set out on pages 7 to 10.

Respective Responsibilities of Trustees and Independent Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- a) which gives me reasonable cause to believe that, in any material respect, the requirements:
- to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met;
- or
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Balazs Nezmi ACCA
Js&Co Accountant Ltd
26 Theydon Road
London
E5 9NA

9th November 2021

REFRESHING MINDS
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 MARCH 2021

	Notes	Unrestricted £	Restricted £	2021 Total Funds £	2020 Total Funds £
INCOMING RESOURCES					
Incoming resources from generate	3				
Parental contribution		165,540		165,540	131,183
Donations and Grants		52,502	33,780	86,282	37,132
Total Incoming resources		218,042	33,780	251,822	168,315
RESOURCES EXPENDED					
Fundraising Costs	4	10,248		10,248	0
Direct charitable activities	5	185,143	34,555	219,698	138,419
Other	6	8,246	1,500	9,746	9,870
Total resources expended		203,637	36,055	239,692	148,289
NET INCOMING/(OUTGOING) RESOURCES		14,405	-2,275	12,130	20,026
RECONCILIATION OF FUNDS					
Total funds brought forward		19,928	2,275	22,203	2,177
TOTAL FUNDS CARRIED FORWARD		34,333	0	34,333	22,203

REFRESHING MINDS

BALANCE SHEET

FOR THE YEAR ENDED 30 MARCH 2021

	Notes	£	2021 £	£	2020 £
CURRENT ASSETS:					
Debtors		1,107		2,501	
Cash at bank and in hand		<u>40,595</u>		<u>27,717</u>	
		41,702		30,218	
CREDITORS: amounts falling due within one year					
	7	<u>-7,369</u>		<u>-8,015</u>	
Net Current assets/(liabilities)			<u>34,333</u>		<u>22,203</u>
NET CURRENT ASSETS:			<u>34,333</u>		<u>22,203</u>
FUNDS					
	8				
Restricted funds			0		2,275
Unrestricted funds			<u>34,333</u>		<u>19,928</u>
TOTAL FUNDS			<u>34,333</u>		<u>22,203</u>

Approved by the board of Trustees on:
And signed on their behalf by:

09 November 2021

.....
Trustee

REFRESHING MINDS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 MARCH 2021

1 ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2 TRUSTEES REMUNERATION AND BENEFITS

No trustee received remuneration, allowance for or reimbursement of expenses.

3 INCOMING RESOURCES FROM GENERATED FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Parental contribution	165,540	0	165,540	131,183
Donations and Grants	52,502	33,780	86,282	37,132
	<u>218,042</u>	<u>33,780</u>	<u>251,822</u>	<u>168,315</u>

Restricted funds received from:

	£
Santa Barbara Heights CT	£300.00
Tesco Bags of Help	£500.00
HDH Wills 1965 Charitable Trust	£500.00
Percy Bilton Charity	£500.00
Casey Trust	£1,000.00
Anthony Bourne Foundation	£3,000.00
Charles S French Charitable Trust	£3,000.00
Forrester Family Trust	£5,000.00
Awards for All- National Lottery Fund	£9,980.00
London Community Response Fund	£10,000.00

REFRESHING MINDS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 MARCH 2021

4 FUNDRAISING COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Fundraising Costs	10,248	0	10,248	0
	<u>10,248</u>	<u>0</u>	<u>10,248</u>	<u>0</u>

5 COSTS OF DIRECT CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Afterschool and weekend activities	170,143	2,275	172,418	138,419
Covid Support	4,450	18,480	22,930	0
Volunteers Momentum	4,550	5,300	9,850	0
Equipment for Programs	6,000	8,500	14,500	0
	<u>185,143</u>	<u>34,555</u>	<u>219,698</u>	<u>138,419</u>

REFRESHING MINDS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 MARCH 2021

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
5 OTHER				
Bank charges			0	32
Accountancy fee	756		756	540
Professional fees	936		936	180
Postage	1,944		1,944	0
Office supplies			0	2,195
Telephone	274		274	0
Cleaning		1,500	1,500	1,950
Repairs	4,336		4,336	1,509
Construction work for therapy room			0	3,464
	<u>8,246</u>	<u>1,500</u>	<u>9,746</u>	<u>9,870</u>

6 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Other Creditors	6,613	7,475
Accruals	756	540
	<u>7,369</u>	<u>8,015</u>

7 MOVEMENTS IN FUNDS

	At 31.3.20 £	Net movement in funds £	At 30.03.21 £
Restricted funds			
General fund	2,275	-2,275	<u>0</u>
Unrestricted funds			
General fund	<u>19,928</u>	<u>14,405</u>	<u>34,333</u>
TOTAL FUNDS	<u>22,203</u>	<u>12,130</u>	<u>34,333</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Restricted funds			
General fund	33,780	36,055	-2,275
Unrestricted funds			
General fund	<u>218,042</u>	<u>203,637</u>	<u>14,405</u>
TOTAL FUNDS	<u>251,822</u>	<u>239,692</u>	<u>12,130</u>

13 TAXATION

Refreshing Minds is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.