

Charity Number 1166079

REFRESHING MINDS
FINANCIAL STATEMENTS
30 MARCH 2021

REFRESHING MINDS

FINANCIAL STATEMENTS

YEAR ENDED 30 MARCH 2021

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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.
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.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.

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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.

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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

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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

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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
	10,248	0	10,248	0

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
	185,143	34,555	219,698	138,419

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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	0
Unrestricted funds			
General fund	19,928	14,405	34,333
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	218,042	203,637	14,405
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.