

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.

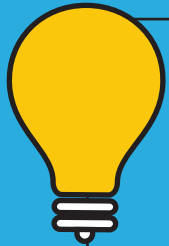
Starting with our Bounce-Back Survey, our goal in 2021 was to take the requests from our children and find the components to reconnect these circuits.

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.

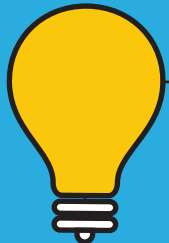
Our work is now to forge ahead and 'keep the lights on' at our operations. Energy inflation and the cost of living crisis will make this challenging, but with the support of our funders, we can thrive.

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.

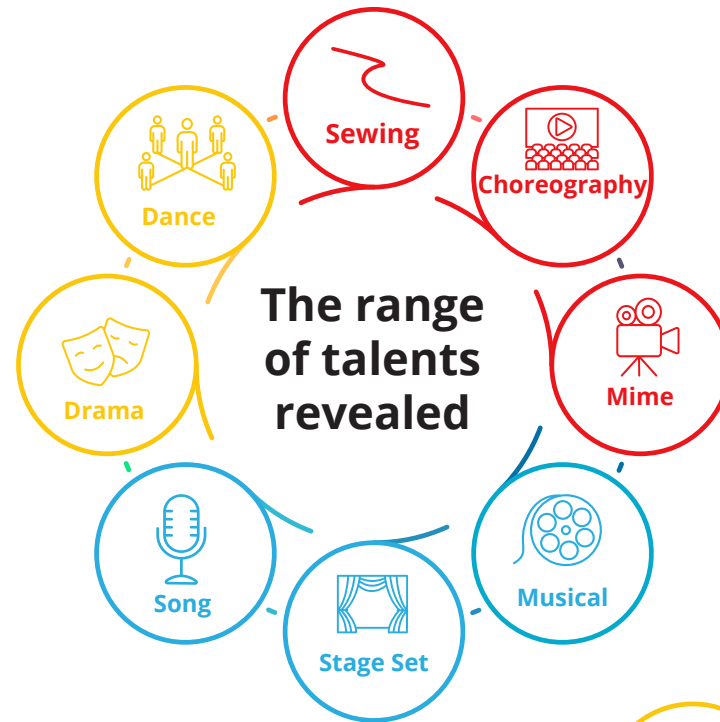


"My daughter has severe learning difficulties. Her school life is a constant struggle because she measures her success against her peers.

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.

The range of talents revealed



Transferable skills gained



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.

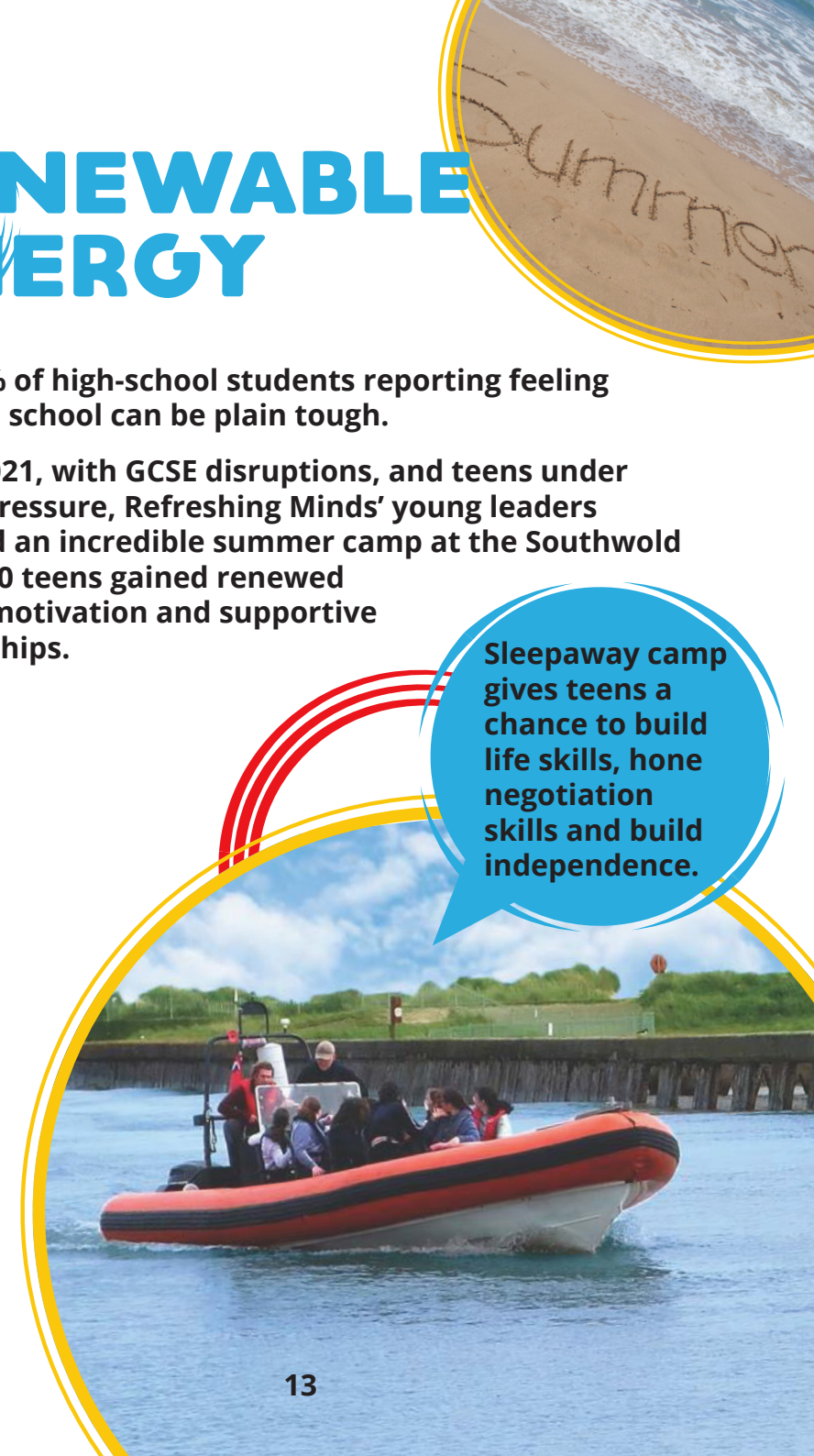


RENEWABLE ENERGY

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

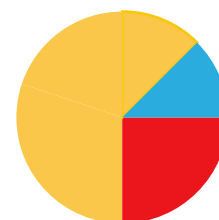
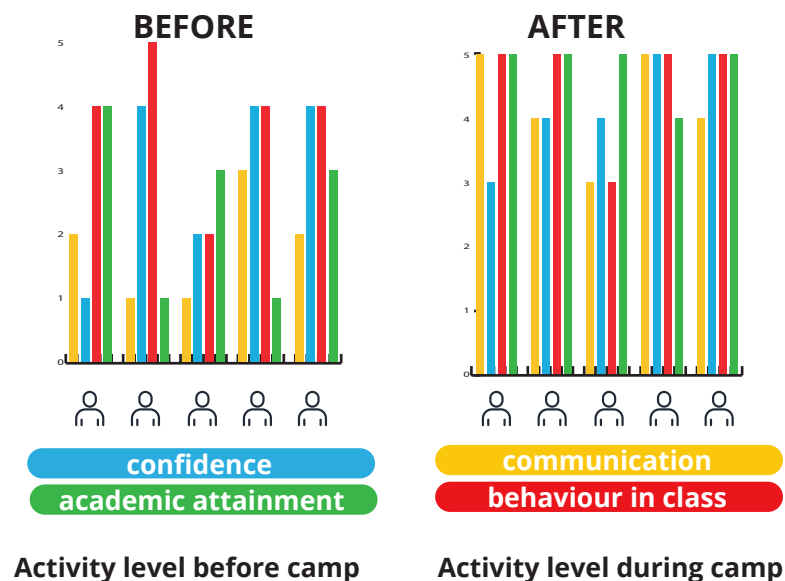


30 disabled
children
integrated
into
programs



86% report
more
confidence
and self-
esteem

Improvements via In The Limelight



minimal

moderate

daily

95% feel
increased
contentment
and self-
satisfaction

88% report
less stress
in the
aftermath of
Covid

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, Shores 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	
		33,467		41,702	
CREDITORS: amounts falling due within one year	7	-12,682		-7,369	
Net Current assets/(liabilities)			20,785		34,333
NET CURRENT ASSETS:			20,785		34,333
FUNDS					
Restricted funds	8		0		0
Unrestricted funds			20,785		34,333
TOTAL FUNDS			20,785		34,333

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

