



Galaxies of Opportunities for our Young Stars

Charity Number 1166079

Annual report and accounts
31st March 2023

Chair's statement

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.

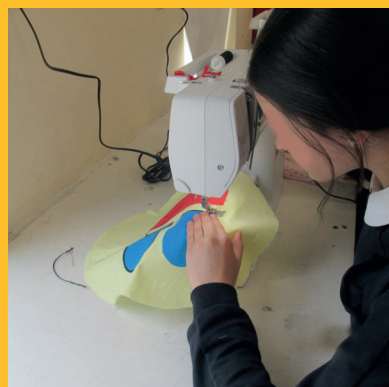
In times of crisis, our volunteers and staff have shown remarkable dedication and love, dispelling darkness and fear with the light of our programmes. This dedication has been pivotal in achieving our goals and making a positive impact on the lives of those we serve.

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

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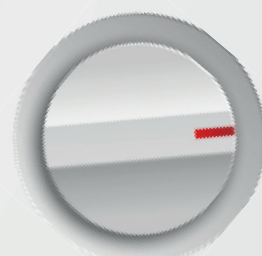
Mission Statement

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

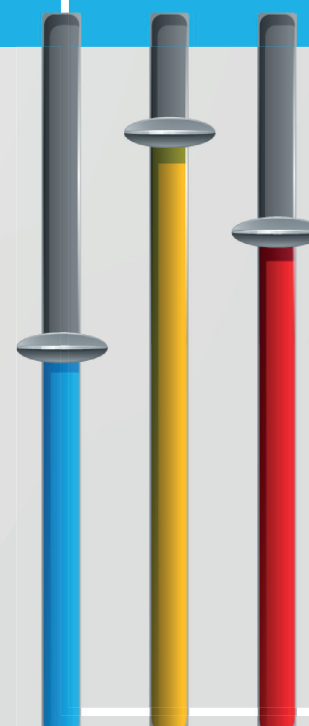
- ▶ We offer supportive activities that develop children's skills and capabilities.
- ▶ We help improve children's capacities in a social environment.
- ▶ We operate a holistic program that provides year-round activities.

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!

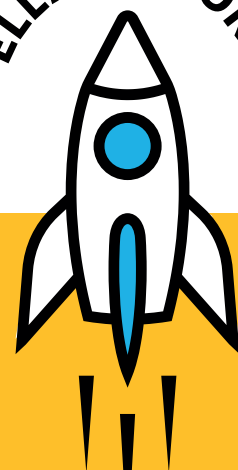


We provided bespoke, fully supervised **Varied Therapies** to over 30 children challenged with mental and emotional health issues. Over the past year, we included more than 4 modalities.

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

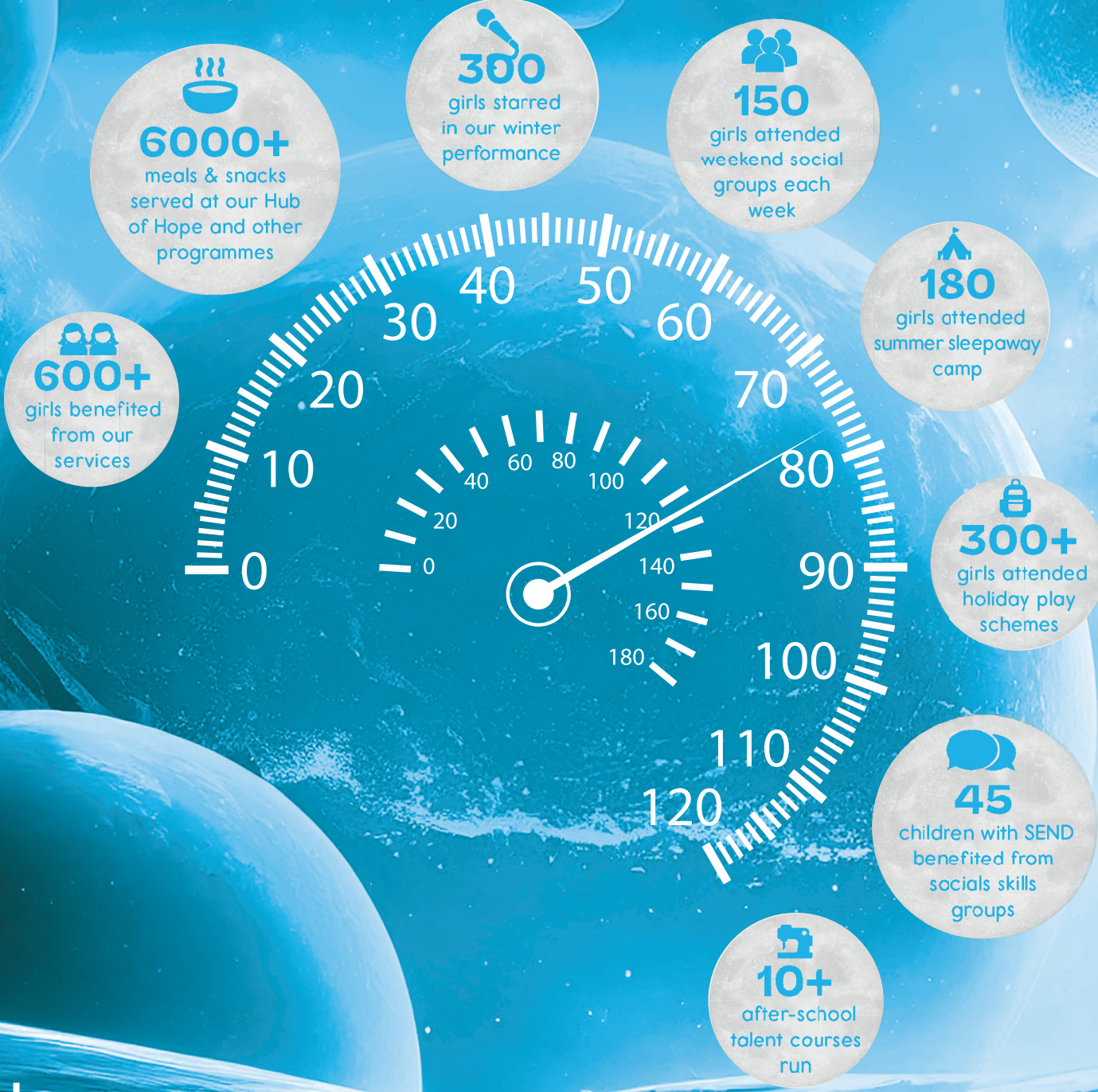


When Henny was 8 she was diagnosed with ADHD finally explaining her disruptive and impulsive behaviour. Surprisingly, when she came to Refreshing Minds, Henny was interested in learning how to sew. Despite our reservations about how she'll manage; we helped her to go for it.

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



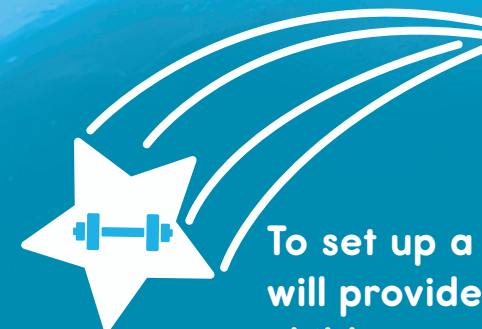
THE LAKE HOUSE
Charitable Foundation



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	9		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	<u>18,941</u>	<u>18,941</u>
At 31 March 2023	<u>18,941</u>	<u>18,941</u>

DEPRECIATION:

At 1 April 2022	0	0
Charge for year	<u>3,788</u>	<u>3,788</u>
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	<u>864</u>	<u>816</u>
	<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	<u>20,785</u>	<u>20,730</u>	<u>41,515</u>
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	<u>343,345</u>	<u>322,615</u>	<u>20,730</u>
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