

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

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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.

The Great Escape Summer Camp

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

Teen Weekend Zone

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



Community Champions

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

Galaxy of Talent

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



A Space to Dream

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

Gamechangers Sports Project

Inclusive sports, nutrition education, and coaching pathways.



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

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.



Thanks for Your Support

Grateful for the support of these funders, and many others

Ford

Souter
CHARITABLE TRUST

The Baily Thomas
Charitable Fund

SPORT
ENGLAND

BigGive

The
ChildhoodTrust

young
hackney

SCREWFIX
FOUNDATION

COMMUNITY
FUND

Wise Music Foundation

CAF
Charities Aid Foundation

The
Casey
Trust

Stronger Starts. **TESCO**
Every little helps

THE ALA GREEN CHARITABLE TRUST

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:

- 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.

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:

- 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.



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

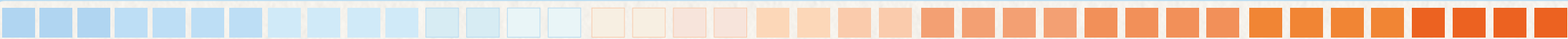
4. FUNDRAISING COSTS

	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

COST:

At 1 April 2024
Additions
At 31 March 2025

DEPRECIATION:

At 1 April 2024
Charge for year
At 31 March 2025

NET BOOK VALUE:

At 31 March 2025
At 31 March 2024

Total Funds 2025	Total Funds 2024
£	£
22,992	22,992
<u>3,874</u>	<u>3,874</u>
<u>26,866</u>	<u>26,866</u>
7,629	7,629
<u>3,847</u>	<u>3,847</u>
<u>11,476</u>	<u>11,476</u>
15,390	15,390
<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	<u>1,320</u>	<u>1,140</u>
	<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	120,093	32,572	152,665

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	568,322	535,750	32,572

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

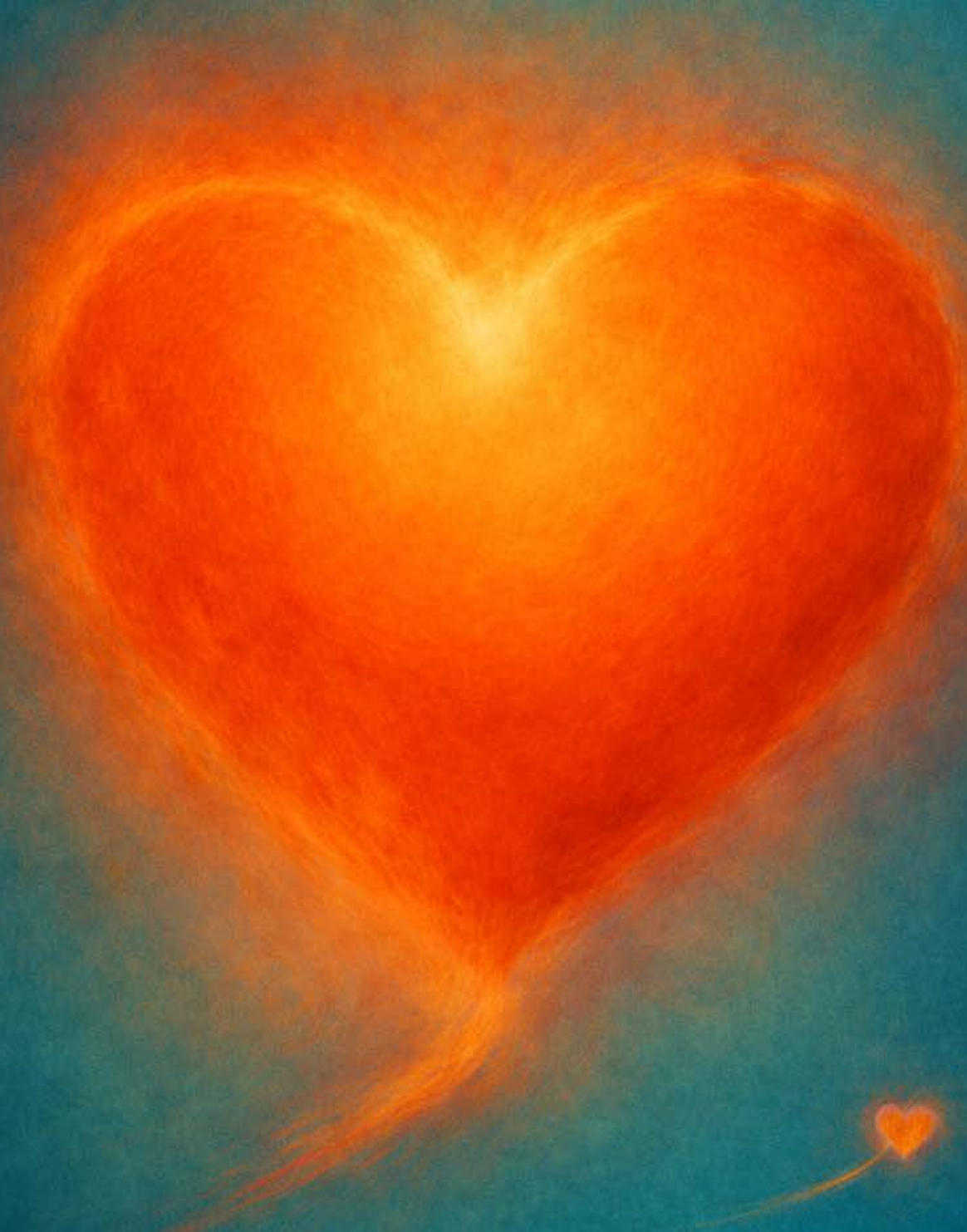
Registered charity name	Refreshing Minds
Charity number	1166079
Principal office	66 Durlston Road London E5 8RR
Trustees	H Krausz J Wider T Grunbaum K M Rapaport A Lebrecht
Independent examiner	Samuel Feigenblatt FCCA London Accounting Group Ltd 5 North End Road London NW11 7RJ
Bankers	NATWEST 198 Stoke 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

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