

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
THEHORSECOURSE CIO



Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

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for the Year Ended 31 March 2023

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The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society by enhancing life skills of such people (a) through interaction with horses or (b) by advancing the education of such people and those supporting such people.

The charity follows 6 strategic priorities that guide our activities to deliver these objects:

1. Boldly Innovate

Develop effective behaviour-change programmes based on horse/human interactions.

2. Rigorously Test & Evidence

Participate in robust research and evaluation. Aim for randomised controlled clinical trials as the gold standard.

3. Deliver Excellent Services

Provide effective services for socially excluded individuals where all else is failing.

4. Generate Sustainable Income

Test and prove the market for our work, so that service delivery and replication are sustainable.

5. Replicate Carefully

Provide high quality training, materials and support to ensure faithful replication by independent organisations.

6. Freely Disseminate Knowledge and Skills

Share methodology, materials and learning freely - to enhance the world in which our beneficiaries live.

Give away intellectual property to maximise social impact.

Significant activities

In setting our objectives and planning our activities our trustees have given careful consideration to the Charity Commission's public benefit guidance. We have taken action on our priorities this year as follows:

1. Boldly Innovate

Our primary innovation, the intensive ReStart programme is now 13 years old and has been well tested with over 1200 ReStarts delivered in Dorset alone, and multiple evaluations. We continued research and development efforts with Bournemouth University to further innovate in the realm of virtual reality and neuroscience. With Google and Bristol University, we are looking at motion sensing and soft robotics.

2. Rigorously Test & Evidence

We have had numerous studies (including large scale pre-post, controlled, qualitative analysis) published in international peer-reviewed journals which clearly demonstrate the high impact of the ReStart programme – upon which all our other work is based. TheHorseCourse is regarded as a leader in demonstrating effectiveness within an action-based approach to improving psycho-social skills, in particular where talk-based approaches have failed (hard to reach/treat individuals). This evidence base is what drives professional referrals from professionals in mental health, social care and education, and funding streams from Trusts, our Local Authority, Schools and NHS.

Please see www.thehorsecourse.org/evidence

3. Deliver Excellent Services

We supported over 700 people and their families this year: We delivered our well-evidenced ReStart programme to 142 people with multiple complex needs. This is our flagship 1-to-1 high impact equine-assisted programme for improving emotional regulation and thinking skills. 5 consecutive days of 2 hour sessions concentrating on 8 core skills for those referred by frontline professionals when talking isn't working. Our completion rate dropped for the first time from 98% to 90%, reflecting a higher level of complexity in our referrals. We also delivered lighter touch equine-assisted/horticulture services for 264 people - including Alternative Education, taster sessions and unlimited top up sessions for those needing tapered support (or to revisit following a blip).

We delivered other forms of support or training to 227 people.

We provided supported volunteering (Working Wellies) for 68 people needing longer term engagement to build confidence in groups. Our Working Wellies keep our site clean, care for the horses and rescue hens and grow vegetables to cook, take home and supply our local food bank. Another 24 people from the local community volunteered over the year - on specific construction and painting projects and to help with our supported groups.



Colin the rescue cat continues to support all the activities onsite!

Five Rivers, continue to deliver 1-to-1 full curriculum alternative education provision from a classroom on our site.

We maintain our 4 star rating with local authority welfare licencing. We also maintain both Social Farms & Gardens and Charity Excellence quality marks as a way of further demonstrating our high standards. We are regularly inspected by Dorset Council in relation to commissioning our services for vulnerable young people.



4. Generate sustainable income

We have developed a sustainable funding mix with local authority commissioning alongside grants and community fundraising. This year we began a two year pilot funded by our local NHS CCG for the significant amount of work we do for CAMHS patients who are unable to engage with talk-based therapy.

5. Replicate Carefully

We train exceptional horsemen in our practice and then encourage and support successful trainees to register as independent charities with local governance, delivering our programmes under licence, or to join forces with one of the existing centres currently delivering our programmes. Centres are running in Dorset (x2), Gloucester, London, Sussex, Kent, Devon and Surrey, Wales, Oregon (USA) and Manitoba (Canada).

Our painstaking Facilitator training process limits replication and therefore reach. This year we trained 5 additional TheHorseCourse Approved Facilitators – some will work in existing supported centres whilst others hope to set up new centres.

6. Freely Disseminate Knowledge and Skills

We share our materials and knowledge freely on our website, through social media networks, by participating in youth, equine-assisted and community support and conferences.

As part of our participation and leadership within the wider Equine Assisted Services (EAS) sector, we are proud to have led a project to create an ofqual-regulated "vanilla" L3 EAS Diploma, to raise standards for the whole sector. This project involves deep collaboration with peers in the sector. Most of the work is done, OCN London are the awarding body taking the diploma through Ofqual approval processes and we are building an Alliance of well-established EAS service providers from a wide range of EAS practices to deliver the diploma nationally. We aim to start training the first cohort later in 2023.

In addition we participate in the international work of HETI (Horses in Education & Therapy International), specifically their ethics and terminology working groups. This year we became a federation member of HETI to reflect our greater involvement in the wider EAS sector both nationally and internationally.

Goals

We aim to continue providing our centre of excellence for service delivery.

We aim to be a confident voice within a movement to raise standards and improve access to services in our EAS sector and beyond in the green care, mental health and youth sectors.

We aim to be part of a training alliance to deliver Ofqual regulated qualifications for equine-assisted facilitators at entry level and in our specialised methodology. In this way we hope to improve the standard of EAS practice in the UK and increase the number of centres where high quality, varied EAS programmes are available.

We will also continue our work on highly experimental projects to develop a Neuro-VR or other mass-scale versions of our equine-assisted programme "ReStart" as a way to increase our reach and support those with mental health challenges worldwide, as mentioned above.

ACHIEVEMENT AND PERFORMANCE

Our total number of beneficiaries is over 700 per year. We continue to run full time services all year Mon-Fri 9am-5pm with 2 weeks closure at Christmas.

We are grateful to all our funders, commissioners and supporters, who make it possible to keep our doors open.

FINANCIAL REVIEW

Principal funding sources

Principal funding sources for the year included:

Alex Roberts-Miller Foundation
Alice Ellen Cooper Dean Trust
BBC Children in Need
Coop Community Fund
Coward Endowment
Dorset Council
Garfield Weston Foundation
Masonic Charitable Foundation
NCS–Year of Service
NHS: CAMHS
Pets Foundation (formerly Pets at Home)
Public donations
Ruth Blaug Legacy
Swire Trust
The Loriners Charitable Trust
The National Lottery
UK Youth - thriving minds
Valentine Trust
Worshipful Company of Loriners

Reserves policy

The trustees successfully maintained reserves representing 3 months of operating costs throughout the year, in accordance with their reserves policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is controlled by its constitution which was adopted on 28 November 2016 and registered as a Charitable Incorporated Organisation (CIO) by the Charity Commission of England and Wales on 5 December 2016 to replace the previous organisation (1141654) which was registered as a charity by the Charity Commission of England and Wales on 3rd May 2011. The constitution was amended on 5th July 2019. All assets of the previous charity registration (1141654) were vested in the CIO on 19 January 2017 and the CIO took over all the activities of the organisation from 1 April 2017. The board of trustees for both entities was the same at time of transfer. The previous charity ceased all activities at the same time and was wound up then formally dissolved on 18 May 2018.

Trustees are recruited in line with a Trustee Role Description and our Safer Recruitment Policy (including DBS check) and are given level 2 Safeguarding training. Along with the organisation's suite of policies, Trustees maintain a Governance Policy, a Financial Policy and a Risk Register specifically to guide their governance activities.

THC adheres to the Charity Governance Code, as supported by the Charity Commission.

Trustee roles: Justine Davie, held special responsibility for Safeguarding at board level, liaising with the charity's designated Safeguarding Officer, our CEO. Emily Bolton and Liz Eaton held special responsibility for Health & Safety (EMB retired 1st September 2022). Rob Cole acted as Treasurer in line with his position as FD of Weymouth College. Liz Eaton BHSI had oversight of the interactions with equines which is managed through careful recruitment and training of expert facilitators plus detailed risk assessments and safe systems of work.

The charity is a member of Dorset Youth Association, is approved by Dorset Council (Welfare Licencing & Childrens Services) is registered with the Human Equine Interactions Register (HEIR), holds the Green Care Quality Mark from Social Farms & Gardens, and follows guidance from Dorset Safeguarding Board and the National Youth Agency.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1170553

Principal address

Top Yard
Littlemead
Weymouth
Dorset
DT3 5DL

Trustees

A Rose-Prynn Chair
E Bolton Secretary (retired 1.9.22)
R C Wilkin
J Davie
E A Eaton
R Cole Treasurer
S Lynch

Independent Examiner

Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

23/01/2024

Approved by order of the board of trustees on and signed on its behalf by:



Anna Rose-Prynn (Jan 23, 2024 19:37 GMT)

.....
Ms A Rose-Prynn - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THEHORSECOURSE CIO

Independent examiner's report to the trustees of TheHorseCourse CIO

I report to the charity trustees on my examination of the accounts of TheHorseCourse CIO (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales and the Association of Charity Independent Examiners, both of which are listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Ian Barrett

Signed: Ian Barrett (Jan 24, 2024 14:19 GMT)

Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Date: **24/01/2024**

THEHORSECOURSE CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		188,959	150,267	339,226	250,537
Investment income	2	<u>166</u>	<u>-</u>	<u>166</u>	<u>41</u>
Total		<u>189,125</u>	<u>150,267</u>	<u>339,392</u>	<u>250,578</u>
 EXPENDITURE ON					
Charitable activities					
Charity		<u>184,167</u>	<u>135,342</u>	<u>319,509</u>	<u>309,740</u>
 NET INCOME/(EXPENDITURE)		4,958	14,925	19,883	(59,162)
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>77,228</u>	<u>16,075</u>	<u>93,303</u>	<u>152,465</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>82,186</u></u>	<u><u>31,000</u></u>	<u><u>113,186</u></u>	<u><u>93,303</u></u>

The notes form part of these financial statements

THEHORSECOURSE CIO

BALANCE SHEET

31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	5	11,223	-	11,223	15,627
CURRENT ASSETS					
Debtors	6	8,728	-	8,728	5,619
Cash at bank and in hand		<u>91,798</u>	<u>31,000</u>	<u>122,798</u>	<u>83,987</u>
		100,526	31,000	131,526	89,606
CREDITORS					
Amounts falling due within one year	7	(29,563)	-	(29,563)	(11,930)
NET CURRENT ASSETS		<u>70,963</u>	<u>31,000</u>	<u>101,963</u>	<u>77,676</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>82,186</u>	<u>31,000</u>	<u>113,186</u>	<u>93,303</u>
NET ASSETS		<u>82,186</u>	<u>31,000</u>	<u>113,186</u>	<u>93,303</u>
FUNDS	8				
Unrestricted funds				82,186	77,228
Restricted funds				<u>31,000</u>	<u>16,075</u>
TOTAL FUNDS				<u>113,186</u>	<u>93,303</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 23/01/2024
and were signed on its behalf by:



Anna Rose-Prynn (Jan 23, 2024, 19:37 GMT).....

A Rose-Prynn – Chair of Trustees

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an 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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 20% on cost
Motor vehicles	- 20% on cost

Taxation

The charity is exempt from tax on its charitable activities.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>166</u>	<u>41</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	155,197	95,340	250,537
Investment income	<u>41</u>	<u>-</u>	<u>41</u>
Total	<u>155,238</u>	<u>95,340</u>	<u>250,578</u>
EXPENDITURE ON			
Charitable activities			
Charity	<u>227,475</u>	<u>82,265</u>	<u>309,740</u>
NET INCOME/(EXPENDITURE)	(72,237)	13,075	(59,162)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>149,465</u>	<u>3,000</u>	<u>152,465</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>77,228</u></u>	<u><u>16,075</u></u>	<u><u>93,303</u></u>

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Totals £
COST			
At 1 April 2022 and 31 March 2023	<u>31,298</u>	<u>22,395</u>	<u>53,693</u>
DEPRECIATION			
At 1 April 2022	15,671	22,395	38,066
Charge for year	<u>4,404</u>	<u>-</u>	<u>4,404</u>
At 31 March 2023	<u>20,075</u>	<u>22,395</u>	<u>42,470</u>
NET BOOK VALUE			
At 31 March 2023	<u><u>11,223</u></u>	<u><u>-</u></u>	<u><u>11,223</u></u>
At 31 March 2022	<u><u>15,627</u></u>	<u><u>-</u></u>	<u><u>15,627</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	3,695	3,255
Prepayments and accrued income	<u>5,033</u>	<u>2,364</u>
	<u>8,728</u>	<u>5,619</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,893	6,322
Other creditors	<u>27,670</u>	<u>5,608</u>
	<u>29,563</u>	<u>11,930</u>

8. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	77,228	4,958	82,186
Restricted funds			
Delivery Projects	16,075	(16,075)	-
Pets at Home	-	<u>31,000</u>	<u>31,000</u>
	<u>16,075</u>	<u>14,925</u>	<u>31,000</u>
TOTAL FUNDS	<u>93,303</u>	<u>19,883</u>	<u>113,186</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	189,125	(184,167)	4,958
Restricted funds			
Delivery Projects	115,877	(131,952)	(16,075)
Pets at Home	<u>34,390</u>	<u>(3,390)</u>	<u>31,000</u>
	<u>150,267</u>	<u>(135,342)</u>	<u>14,925</u>
TOTAL FUNDS	<u>339,392</u>	<u>(319,509)</u>	<u>19,883</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	149,465	(72,237)	77,228
Restricted funds			
Delivery Projects	3,000	13,075	16,075
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>152,465</u>	<u>(59,162)</u>	<u>93,303</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	155,238	(227,475)	(72,237)
Restricted funds			
Capital Project	5,931	(5,931)	-
Funding for Hubs	1,434	(1,434)	-
Delivery Projects	<u>87,975</u>	<u>(74,900)</u>	<u>13,075</u>
	<u>95,340</u>	<u>(82,265)</u>	<u>13,075</u>
TOTAL FUNDS	<u>250,578</u>	<u>(309,740)</u>	<u>(59,162)</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

THEHORSECOURSE CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Course delivery fees	58,340	70,540
Donations	8,361	7,202
Grants	248,890	150,767
Horse sponsorship	3,064	3,920
Training fees	1,371	359
Covid 19 Government Grant Funding	-	9,675
Rental income	-	8,074
Use of facilities and support	19,200	-
	339,226	250,537
Investment income		
Deposit account interest	166	41
Total incoming resources	339,392	250,578
EXPENDITURE		
Charitable activities		
Clothing costs	-	651
Training and CPD	4,571	3,382
Motor expenses	2,285	2,284
Travel and subsistence	303	109
Subscriptions	808	386
Horse expenses and course consumables	7,625	8,425
Other expenses	3,296	1,008
Staff costs	222,469	208,033
Facility hire	37,667	37,040
Insurance	2,201	2,132
Light and heat	942	986
Telephone	2,491	2,379
Postage and stationery	174	300
Software	1,907	1,599
Maintenance	4,902	11,128
Improvements to leasehold premises	7,639	14,263
Rates and water	335	368
Research and Development	12,235	7,333
	311,850	301,806
Support costs		
Other 3		
Fixtures and fittings	4,404	4,223
Loss on sale of tangible fixed assets	-	269
	4,404	4,492

This page does not form part of the statutory financial statements

THEHORSECOURSE CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	2023 £	2022 £
Other 3		
Governance costs		
Accountancy and legal fees	3,240	3,440
Bank and credit card charges	15	2
	<u>3,255</u>	<u>3,442</u>
Total resources expended	<u>319,509</u>	<u>309,740</u>
Net income/(expenditure)	<u>19,883</u>	<u>(59,162)</u>

This page does not form part of the statutory financial statements