

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
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 2024

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The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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

Objects

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.

Strategic priorities

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 practitioners.

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.

Public benefit

In setting our objectives and planning our activities our trustees have given careful consideration to the Charity Commission's public benefit guidance.

OBJECTIVES AND ACTIVITIES (cont)

Significant activities

We have taken action on the above priorities this year, as follows:

1. Boldly Innovate

Our primary innovation, the ReStart programme is now 14 years old and has been well tested with over 1000 ReStarts delivered and multiple evaluations.

We are working with Bournemouth University to research further innovation in the realm of virtual reality and neuroscience. Additional research is ongoing with Bristol University, looking at motion sensing and soft robotics.

The human-to human aspect of our work is encapsulated in a model we call the Non Verbals Toolbox. It uses body language as a clue to both recognition and management of emotions – and is one of the keys to our success in engaging hard to reach/treat individuals with complex needs. We have run workshops for many years to share this knowledge, but this year developed an online training course.

2. Rigorously Test & Evidence

We have had numerous studies published in international peer-reviewed journals, placing us as leaders in the field of action-based psychosocial interventions.

Please see www.thehorsecourse.org/evidence

We follow a well-developed in-house monitoring and evaluation protocol which builds rich datasets, we liaise with statutory partners to track outcomes, and we welcome academic researchers.

3. Deliver Excellent Services

This year we increased footfall again, completing our well-evidenced ReStart programme with 173 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 psychosocial skills for those referred by frontline professionals in mental health, social care and education when talking isn't working. We achieved a 90% completion rate in our ReStart programme, with no-shows for booked courses increasing since COVID. We delivered lighter touch equine-assisted/horticulture services for 284 people - including Alternative Education, taster sessions and unlimited top up sessions for those needing tapered support (or to revisit following a blip).

We delivered horseless support/trainings to 215 people - welfare checks and our Non-verbals Toolbox Training workshops.

We provided supported volunteering (Working Wellies) for 64 people needing longer term engagement to build confidence in groups. Our Working Wellies keep our site clean, care for the horses and hens and grow vegetables to cook, take home and supply our local food bank. Another 30 people from the local community volunteered over the year - on specific land care projects and to help with our supported groups.

We maintain our local authority welfare licence. 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.

OBJECTIVES AND ACTIVITIES (cont)

5. Replicate Carefully

We train and support others to replicate our programmes in their own independent centres. Centres are running across the UK and abroad – see www.thehorsecourse.org/locations

TheHorseCourse Facilitator Training was this year accredited under the PSA (Professional Standards Authority for Health and Social Care) – meaning that all our Approved TheHorseCourse Facilitators can now sit on the PSA register for Equine Assisted Practitioners, with the same PSA governance and accountability as doctors, social workers and psychotherapists. This PSA register is a huge step forward for the Equine Assisted Services (EAS) sector as a whole in the UK, and the recognition of our specialist training is a long-awaited milestone for TheHorseCourse.

This year we worked with 5 new TheHorseCourse Facilitator trainees.

We also supported 15 existing TheHorseCourse Facilitators towards the “vanilla” OCN London Ofqual registered Level 3 Diploma in Equine Assisted Services, to further underpin their qualifications as practitioners. (see below)

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 fora, and through onsite workshops.

We were proud to lead a project over two years for the wider equine-assisted sector, to create an ofqual-regulated "vanilla" facilitator qualification, to raise standards for the whole sector. This project involved deep collaboration with peers in the sector, which relies on our strong reputation for evidence-based, high-quality practice. The qualification is now complete and sits under OCN London as an Ofqual-regulated Diploma. Five other EAS providers have now signed up to deliver and assess the qualification – providing a low cost, accessible entry level qualification for the sector – a real help in raising standards and professionalising.

We also completed the task of developing our innovative Non Verbals Toolbox Training into an online self-paced course. This teaches our speciality: recognising body language as a guide to emotions and using non-verbal strategies to improve calmness and engagement. It is accredited as CPD for support professionals in health and social care but is also useful for parents, business people and other adults. We offer this for free to our beneficiaries and for a small cost to the wider public. See www.thehorsecourse.org/training/non-verbals-course

Goals

We aim to continue to fill a gap in services locally when nothing else works.

We aim to train others to replicate our services geographically.

We will continue with a long term endeavour to develop a Neuro-VR or other mass-scale version of our equine-assisted programme "ReStart" as a way to increase our reach and support those with mental health challenges worldwide, as described 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.

Over 80% of our restart participants are proven to improve psychosocial skills and long term outcomes such as engagement with education, training and work, better relationships, reduced problem behaviours, improved self belief and hard data reductions in domestic abuse and offending.

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 Charitable Trust
Coop community fund
Coward Endowment
Dorset Council Grants
Garfield Weston Foundation
Masonic Charitable Foundation
Pennies Foundation (Natwest)
Pets Foundation
Swire Trust
The National Lottery
UK Youth - Thriving Minds
Valentine Trust
Worshipful Company of Loriners

We would also like to thank the Blox Village Cycle Ride and Cerne Abbas Open Gardens for their donations.

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 and a Financial Policy specifically to guide their governance activities.

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

The charity is a member of Dorset Youth Association, is approved by Dorset Council and follows guidance from Dorset Safeguarding Board and National Youth Agency.

Trustee roles

Justine Davie held special responsibility for Safeguarding at board level, liaising with the charity's designated Safeguarding Officer, our CEO.

Liz Eaton FBHS held special responsibility for Health & Safety and signs the H&S policy accordingly. She also has 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.

Rob Cole acted as Treasurer in line with his position as FD of Weymouth College.

Lee Cornell took a special interest in service user voice at board level.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1170553

Principal address

Top Yard
Littlemead
Weymouth
Dorset
DT3 5DL


Trustees

A Rose-Prynn	Chair
R C Wilkin	
J Davie	
E A Eaton	
R Cole	Treasurer
S Lynch	
L J Cornell (appointed 16.1.24)	

Independent Examiner

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

Approved by order of the board of trustees on 16/12/2024 and signed on its behalf by:


Rob Cole (Dec 16, 2024 19:31 GMT)
.....
R Cole - Treasurer

16/12/24

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 2024.

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 and Wales, which is one of the 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

Ian Barrett (Jan 6, 2025 15:34 GMT)

Ian Barrett FCA FCIE

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

Date: **06/01/25**
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THEHORSECOURSE CIO

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		240,154	71,924	312,078	339,226
Investment income	2	838	-	838	166
Total		<u>240,992</u>	<u>71,924</u>	<u>312,916</u>	<u>339,392</u>
 EXPENDITURE ON					
Charitable activities					
Charity		<u>272,829</u>	<u>66,130</u>	<u>338,959</u>	<u>319,509</u>
 NET INCOME/(EXPENDITURE)		(31,837)	5,794	(26,043)	19,883
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>82,186</u>	<u>31,000</u>	<u>113,186</u>	<u>93,303</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>50,349</u></u>	<u><u>36,794</u></u>	<u><u>87,143</u></u>	<u><u>113,186</u></u>

The notes form part of these financial statements


THEHORSECOURSE CIO

BALANCE SHEET

31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	5	7,702	-	7,702	11,223
CURRENT ASSETS					
Debtors	6	5,409	-	5,409	8,728
Cash at bank and in hand		<u>48,807</u>	<u>36,794</u>	<u>85,601</u>	<u>122,798</u>
		54,216	36,794	91,010	131,526
CREDITORS					
Amounts falling due within one year	7	(11,569)	-	(11,569)	(29,563)
		<u>42,647</u>	<u>36,794</u>	<u>79,441</u>	<u>101,963</u>
NET CURRENT ASSETS					
		50,349	36,794	87,143	113,186
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>50,349</u>	<u>36,794</u>	<u>87,143</u>	<u>113,186</u>
FUNDS	8				
Unrestricted funds				50,349	82,186
Restricted funds				<u>36,794</u>	<u>31,000</u>
TOTAL FUNDS				<u>87,143</u>	<u>113,186</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16/12/2024 and were signed on its behalf by:


Rob Cole (Dec 16, 2024 19:31 GMT)
 R Cole - Treasurer

16/12/24

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

	2024	2023
	£	£
Deposit account interest	<u>838</u>	<u>166</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Totals £
COST			
At 1 April 2023	31,298	22,395	53,693
Additions	<u>350</u>	<u>-</u>	<u>350</u>
At 31 March 2024	<u>31,648</u>	<u>22,395</u>	<u>54,043</u>
DEPRECIATION			
At 1 April 2023	20,075	22,395	42,470
Charge for year	<u>3,871</u>	<u>-</u>	<u>3,871</u>
At 31 March 2024	<u>23,946</u>	<u>22,395</u>	<u>46,341</u>
NET BOOK VALUE			
At 31 March 2024	<u>7,702</u>	<u>-</u>	<u>7,702</u>
At 31 March 2023	<u>11,223</u>	<u>-</u>	<u>11,223</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	2,660	3,695
Prepayments and accrued income	2,749	5,033
	<u>5,409</u>	<u>8,728</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	7,859	1,893
Other creditors	3,710	27,670
	<u>11,569</u>	<u>29,563</u>

8. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	82,186	(31,837)	50,349
Restricted funds			
Pets at Home	31,000	(8,668)	22,332
Dorset Council Care Leavers	-	750	750
CAMHS Dorset	-	13,712	13,712
	<u>31,000</u>	<u>5,794</u>	<u>36,794</u>
TOTAL FUNDS	<u>113,186</u>	<u>(26,043)</u>	<u>87,143</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	240,992	(272,829)	(31,837)
Restricted funds			
Pets at Home	38,284	(46,952)	(8,668)
Dorset Council Care Leavers	1,500	(750)	750
CAMHS Dorset	32,140	(18,428)	13,712
	<u>71,924</u>	<u>(66,130)</u>	<u>5,794</u>
TOTAL FUNDS	<u>312,916</u>	<u>(338,959)</u>	<u>(26,043)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024

8. MOVEMENT IN FUNDS - continued

Comparatives for 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>-</u>	<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>

Comparative 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>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Course delivery fees	48,213	58,340
Donations	8,457	8,361
Grants	233,845	248,890
Horse sponsorship	3,643	3,064
Training fees	2,220	1,371
Use of facilities and support	15,700	19,200
	312,078	339,226
Investment income		
Deposit account interest	838	166
Total incoming resources	312,916	339,392
EXPENDITURE		
Charitable activities		
Training and CPD	2,227	4,571
Motor expenses	2,545	2,285
Travel and subsistence	476	303
Subscriptions	751	808
Horse expenses and course consumables	11,974	7,625
Other expenses	3,317	3,296
Staff costs	255,037	222,469
Facility hire	37,753	37,667
Insurance	2,406	2,201
Light and heat	2,144	942
Telephone	2,080	2,491
Postage and stationery	27	174
Software	1,875	1,907
Maintenance	3,386	4,902
Marketing and publicity	110	-
Improvements to leasehold premises	3,833	7,639
Rates and water	789	335
Research and Development	206	12,235
	330,936	311,850
Support costs		
Other 3		
Fixtures and fittings	3,871	4,404
Governance costs		
Accountancy and legal fees	4,140	3,240
Carried forward	4,140	3,240

THEHORSECOURSE CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024

	2024 £	2023 £
Governance costs		
Brought forward	4,140	3,240
Bank and credit card charges	<u>12</u>	<u>15</u>
	<u>4,152</u>	<u>3,255</u>
Total resources expended	<u>338,959</u>	<u>319,509</u>
Net (expenditure)/income	<u>(26,043)</u>	<u>19,883</u>