

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	10	2022		30	09	2023

Section A Reference and administration details

Charity name

The London Horseplay Centre

Other names charity is known by

Registered charity number (if any)

1174851

Charity's principal address

Homestead Farm

106 Galley lane

Barnet

Postcode

EN5 4AL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Frances Sturridge	Treasurer		
2	Heather Couchman	Chair		
3	Androniki Appleton	Secretary		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Susan Coade

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Summary of the objects of the charity set out in its governing document

‘To relieve adults and children/young people with a charitable need in particular, but not limited to those with mental and emotional disabilities, who have become disengaged from main system support, through horse related therapy programmes to promote their health and well-being and re engage them with society through the development of core skills.’

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

TheHorseCourse

The London Horseplay Centre has been approved as a centre to run

‘TheHorseCourse’, a high powered intervention aimed at children/young people and adults who are not responding to ‘talk based’ therapies. The course consists of working 1:1 with an Approved Facilitator and specially trained horses, who give ‘in the moment’ feedback.

The focus is on developing 8 core psychological & social skills:

- Assertiveness
- Focus & Perseverance
- Taking Responsibility for actions & emotions
- Empathy (noticing the needs of others)
- Calmness
- Realistic Planning & Analysis of situations
- Communication & language
- Engagement as a learner

These are real life skills which participants can take a way with them and use in everyday situations, helping prevent escalation into statutory services

Fully funded course places during this period for TheHorseCourse have come from :

**The National Lottery Community Fund
Hertfordshire Community Foundation
Youth Barnet Foundation**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The objects of the Trust are to help people at risk of social exclusion through an innovative horse-powered intervention programme.

During the period we have been able to run 18 courses (getting participant numbers back up to pre pandemic levels).

We have also received funding to support weekly 1 hour sessions throughout the Winter, for those needing something on a more regular basis. These have been funded by individual organisations as well as the Youth Barnet Foundation.

The feedback from the professionals who have referred participants and participants themselves is positive, indicating improvements in self-esteem, anxiety and behaviour issues as well as improved engagement in learning.

TheHorseCourse Dorset (HO) is continuing to train new facilitators, one of whom joined our team during the Summer to run courses.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

Section E

Financial review

Brief statement of the charity's policy on reserves

There is no reserves policy.
We currently rely on apply for grants to cover project costs .
All of our courses and sessions run on a full cost recovery basis
and we only offer places when we have funding available.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F


Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Heather Couchman	
Position (eg Secretary, Chair, etc)	Chair	
Date	4 th April 2024	

The London Horseplay Centre
Accounts October 2022-23

Registration of Charity 26.09.17

	Income	Expenses
Oct-22	£0.00	£5.80
Nov-22	£0	£5.00
Dec-22	£4,500.00 HCF	£5.40
Jan-23	£9,750.00 National Lottery £550.00 Noa	£5.00
Feb-23	£0.00	£5.40
Mar-23	£0.00	£5.00
Apr-23	£210 Space2Grow	£5.00

May-23	£13 Amazon £2,700.00 Space2Grow	£5.00
Jun-23	£550.00 Noa	£5.40
Jul-23	£0.00	£5.80
Aug-23	£0.00	£5.00
Sep-23	£550.00 Noa	£5.80
	###	£63.60

Salary

£2,750

£0.00

£750.00

£0.00

£0.00

£0.00

£0.00

£4,960.00

£1,200.00

£3,700.00

£1,800.00

£3,450.00

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