

Institute for Advanced Learning & Metacognition

England & Wales · Charity number 1189445

Details

Other names	YOUNG ACTIVE MINDS
Status	Registered
Legal form	CIO
Registered	2020-05-12
Register	View on the Charity Commission register

Contact

Address	23 Old Oak Gardens Walton-Le-Dale Preston PR5 4BF
Phone	01772 628745
Email	info@YoungActiveMinds.org.uk
Website	https://youngactiveminds.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE TO ADVANCE THE EDUCATION OF THE PUBLIC, AND IN PARTICULAR, BUT NOT EXCLUSIVELY, CHILDREN AND YOUNG PEOPLE, IN MEMORY TECHNIQUES AND MEMORY SKILLS IN ORDER TO DEVELOP THEIR INDIVIDUAL CAPABILITIES AND CAPACITIES THROUGH THE PROVISION OF WORKSHOPS AND OTHER SIMILAR SESSIONS.

Activities: The provision of educational training to improve the learning methods of children & young people in their school settings and within their communities. The delivery of training in enhanced memory techniques online and through workshops, courses and assemblies, visiting academic settings in person, as well as youth groups, libraries, public meeting spaces and other community groups.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£0	£0	-
2024-03-31		£0	£0	-
2023-03-31		£0	£0	-
2022-03-31		£0	£0	-
2021-03-31		£0	£0	-

Trustees

Name	Role	Appointed
Fabian Edward John Lord	Chair	2020-03-12
Francesca Poulter		2022-01-10
Gabriela Sillion		2020-05-14
Marie Yolande Nicole Gooljar		2020-03-12
Montgomery-Everard Lord		2021-06-04

Institute for Advanced Learning & Metacognition

England & Wales - Charity number 1189445

Accounts



>YOUNG

ACTIVE MINDS

Trustee Annual Report & Accounts

**31st
March
2025**





The trustees present their report and the financial statements for the year ended 31st March 2025.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102. Charity Registration Number 1189445.





Content

- Letter from the Chair
- Who we are, what we do and why we do it
- Our year in review
- Challenges and lessons learned
- Strategy for the year ahead
- Governance and accountability
- Financials



Letter from the Chair



Fabian Lord

The 2024/25 financial year saw decreased engagement with education establishments in the UK. Trustee Monty Lord continued to deliver training online to overseas students.

We halted in-person provision at education settings around the UK to continue the roll out of our new Ai platform, accommodating the recent tech changes.

Our new online platform has been well-received and we continue to roll out an integration of Ai modules into the platform for students in beta phase.





***“Learning never
exhausts the mind.”***

Leonardo da Vinci



Who we are, what we do and why we do it



Young Active Minds was formed to advance education & mental health awareness throughout all community groups by the promotion of enhanced learning methods and the provision of services and specialist memory training to support the development of all individuals' capabilities, competencies, understanding and skills through school, leisure time and community activities, irrespective of financial background, current attainment levels or cultural diversity.

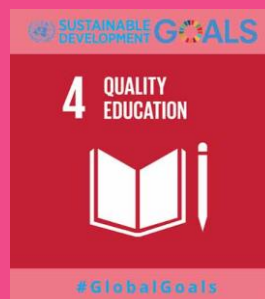
Children and young people can use these techniques to both further their academic attainment and also in numerous everyday applications. We are open to provide them to all demographics within society and each different age group will have their own benefit of using the different memory techniques.

Our learning methods are available to all, irrespective of attainment levels, cultural or financial background or learning difficulties.

This aims to bring together and foster understanding amongst young people from diverse communities and encourage the goodwill and involvement of the wider community.

By offering training in these new memory techniques to disadvantaged & challenged children, not in mainstream education, it provides opportunities they wouldn't previously have had, supporting the advancement of education, which is recognised as a charitable purpose having public benefit.

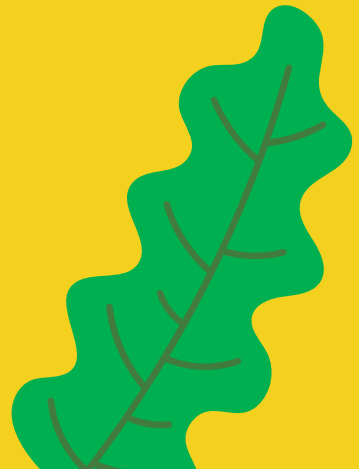
We launched the charity during the 75th anniversary of the creation of the United Nations and directly helped to align the charity to support the UN Sustainable Development Goals, specifically SDG4: 'to ensure equitable and quality education for all.'



Our year in review

The charity's fifth year aim was to continue the integration of Ai (Artificial Intelligence) modules into the online learning platform, taking advantage of the Feynman Technique & Spaced Reputation for self-study through our adapted algorithm.

Our online platform continues to enable us to reach overseas students and those with accessibility issues.



Challenges and lessons learned



The lack of available funding continued to present challenges in our fifth year.

We continued the extensive work to integrate Ai (Artificial Intelligence) routines into our online education delivery platform for schools and colleges.





Strategy for the year ahead



Recruitment of a Grants Officer

We are continuing our recruitment round to appoint a Grants Officer to help secure charitable investment and take advantage of corporate sponsorship opportunities.

Strengthening our algorithm

We will continue to roll out our AI platform to academic settings.

Taking a blended learning approach

We will continue to develop our programmes to take on a blended-learning approach to accommodate overseas students and those with in-person accessibility issues.

Diversifying training programmes

We will continue to diversify our pre-existing memory training provision to accommodate varying levels with different target audiences and incorporate a language translation service.



Governance and accountability



Charity object

To advance the education of the public, and in particular, but not exclusively, children and young people, in memory techniques and memory skills in order to develop their individual capabilities and capacities through the provision of workshops and other similar sessions.

Public benefit

All of our activities are undertaken to further our purposes for the public benefit, and are overseen by the Trustees to ensure that this is the case.

Name of the charity Young Active Minds

Charity registration number 1189445

Address of the principal office of the charity

23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF

Charity Trustees

Trustee 1: Fabian Lord (Chair)

Trustee 2: Marie Gooljar (Treasurer)

Trustee 3: Gabriela Silion

Trustee 4: Montgomery Lord

Trustee 5: Francesca Poulter

Structure & Governance

Young Active Minds is constituted as a Charitable Incorporated Organisation, whose only voting members are its charity trustees. Trustees are recruited through existing networks of professionals, mentors and partner organisations. Trustee roles are outlined following an audit of the existing skills and resource on the board, and an examination of the key needs of the charity.

Apart from the first charity trustees, every trustee is appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.





Induction and training

All trustees receive training in their role as a trustee and safeguarding. Every trustee receives an induction pack, is invited to mentor and expected to attend at least one mentoring event within their first six months of service to better understand the work of the charity and the impact that it has on the people that we support.

Decision-making and governance

Charity trustees make all spending decisions for the charity. They also agree budgets for each year, including the cost of expanding our programmes into a new region and any associated developmental projects to accommodate this. Trustees make decisions about partnerships or associations that could be deemed a risk to reputation or quality of delivery of the programme, as identified by the board. Trustees handle the running, recruitment and staff management, growth planning and spending decisions that are part of the core business of the charity.

Financial Review: financial activity and financial position

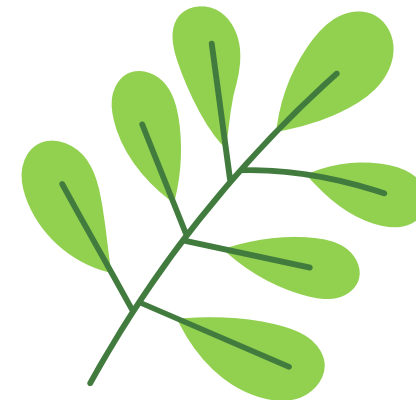
In the financial 2024 to 2025, Young Active Minds had an income of £NIL and an expenditure of £NIL.

There are no funds held by the charity that are materially in deficit.

During the financial period for this annual return, we did not receive any income from grants from central government or local authorities.

Policies on reserves

Young Active Mind's policy on reserves is to aim to achieve 6 months' total reserves (total reserves being unrestricted plus restricted reserves); and to have an aim to achieve a minimum of 3 months' unrestricted reserves. This is to ensure that the charity is able to carry out its work should there be a break in funding. The charity is taking measures to put future funding in place and acknowledges that, in the current financial climate in particular, it is prudent to aim to have 3 months' running costs as a minimum for reserves.





Fundraising compliance

We aim to undertake a range of fundraising activities in support of our charitable aims. Our approach includes:

- partnerships with corporate supporters;
- securing grants from trusts and foundations;
- donations from individuals;
- sponsorship raised by individuals for memory challenge events,
- and sponsorship related to other events.

All of our fundraising activity is managed in-house. We did not engage the services of any professional fundraising agencies to undertake direct response fundraising solicitation or cultivation either by phone or face-to-face, during the year. We are committed to observing the highest possible standards in fundraising. We are required to comply with all relevant law and regulations.

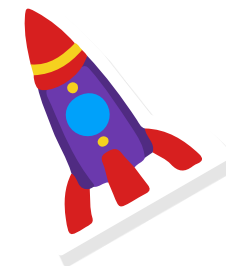
Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as

requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They 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.

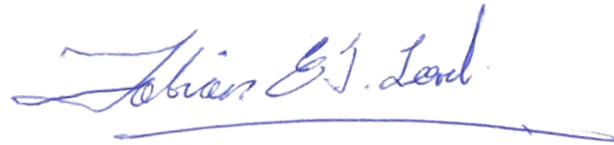


The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Trustees are also responsible for the contents of the Trustees' report and ensuring that there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the Board of Trustees on 25th January, 2026 and signed on their behalf by Fabian Lord, Chair of Trustees.

Signed



Date

25th January, 2026





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Financials

31 34 37 40 43 46 49 52 55

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	<small>(agree balances with receipts and payments account(s))</small>	OK	OK	OK

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			
None	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			
None	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			
None	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			
None	0	0	
	0	0	
	0	0	
	0	0	
	0	0	

Signed by one or two trustees on behalf of all the trustees

<p style="text-align: center;">Signature</p> <p style="text-align: center;"><i>Marie Gooljar</i></p> <p style="text-align: center;">Marie Gooljar (Treasurer)</p>	<p style="text-align: center;">Print Name</p> <p style="text-align: center;">Fabian Lord (Chair)</p> <p style="text-align: center;">25/01/2026</p>
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"Memory isn't predicated on a person's level of intellect.

It's something quite separate and unique for each individual.."



Monty Lord



Get in touch

- 23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF
- Info@YoungActiveMinds.org.uk
- 01772 - 628745
- www.YoungActiveMinds.org.uk





Young Active Minds (1189445)

Receipts and payments accounts

For the period from	01/04/2024	To	31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	None	0	0	0	
		0	0	0	
		0	0	0	
	Total cash funds	0	0	0	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
B2 Other monetary assets	Details				
	None	0	0	0	
		0	0	0	
		0	0	0	
		0	0	0	
		0	0	0	
B3 Investment assets	Details		Fund to which asset belongs	Cost (optional)	
	None		0	0	
			0	0	
			0	0	
			0	0	
B4 Assets retained for the charity's own use	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0	0
			0	0	0
			0	0	0
			0	0	0
			0	0	0
			0	0	0
			0	0	0
B5 Liabilities	Details		Fund to which liability relates	Amount due (optional)	When due (optional)
	None		0		
			0		
			0		
			0		

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval

Marie Gooljar

Marie Gooljar (Treasurer)

25/01/2026

Fabian Lord

Fabian Lord (Chair)

25/01/2026

Institute for Advanced Learning & Metacognition

England & Wales - Charity number 1189445

Accounts



>YOUNG

ACTIVE MINDS

**31st
March
2024**

Trustee Annual Report & Accounts



The trustees present their report and the financial statements for the year ended 31st March 2024.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102. Charity Registration Number 1189445.





Content

- Letter from the Chair
- Who we are, what we do and why we do it
- Our year in review
- Challenges and lessons learned
- Strategy for the year ahead
- Governance and accountability
- Financials



Letter from the Chair



Fabian Lord

The 2023/24 financial year saw increased engagement with education establishments in the UK. Trustee Monty Lord continued to deliver training online to overseas students.

We have continued to deliver in-person provision in various schools around the UK.

Our new online platform has been well-received and we have started to roll out an integration of Ai modules into the platform for students.





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Leonardo da Vinci



Who we are, what we do and why we do it



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Children and young people can use these techniques to both further their academic attainment and also in numerous everyday applications. We are open to provide them to all demographics within society and each different age group will have their own benefit of using the different memory techniques.

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This aims to bring together and foster understanding amongst young people from diverse communities and encourage the goodwill and involvement of the wider community.

By offering training in these new memory techniques to disadvantaged & challenged children, not in mainstream education, it provides opportunities they wouldn't previously have had, supporting the advancement of education, which is recognised as a charitable purpose having public benefit.

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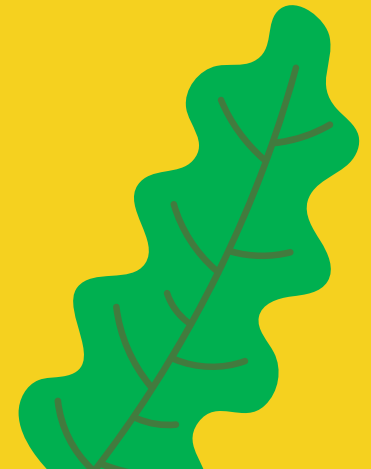


Our year in review

The charity's fourth year aim was to integrate Ai (Artificial Intelligence) modules into the online learning platform, taking advantage of the Feynman Technique for self-study.

We continued to hold several workshops in schools around the UK, focusing on primary schools and early education settings.

Our online platform continues to enable us to reach overseas students and those with accessibility issues.



Challenges and lessons learned



The lack of available funding continued to present challenges in our fourth year.

We have started to integrate Ai (Artificial Intelligence) routines into our online education delivery platform for schools and colleges.





Strategy for the year ahead



Recruitment of a Grants Officer

We will be looking to appoint a Grants Officer to help secure charitable investment and take advantage of corporate sponsorship opportunities.

Forging closer relationships

We will continue to expand our relationships with academic settings.

Taking a blended learning approach

We will continue to develop our programmes to take on a blended-learning approach to accommodate overseas students and those with in-person accessibility issues.

Diversifying training programmes

We will continue to diversify our pre-existing memory training provision to accommodate varying levels with different target audiences and incorporate a language translation service.



Governance and accountability



Charity object

To advance the education of the public, and in particular, but not exclusively, children and young people, in memory techniques and memory skills in order to develop their individual capabilities and capacities through the provision of workshops and other similar sessions.

Public benefit

All of our activities are undertaken to further our purposes for the public benefit, and are overseen by the Trustees to ensure that this is the case.

Name of the charity Young Active Minds

Charity registration number 1189445

Address of the principal office of the charity

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Charity Trustees

Trustee 1: Fabian Lord (Chair)

Trustee 2: Marie Gooljar (Treasurer)

Trustee 3: Gabriela Silion

Trustee 4: Montgomery Lord

Trustee 5: Francesca Poulter

Structure & Governance

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Induction and training

All trustees receive training in their role as a trustee and safeguarding. Every trustee receives an induction pack, is invited to mentor and expected to attend at least one mentoring event within their first six months of service to better understand the work of the charity and the impact that it has on the people that we support.

Decision-making and governance

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Financial Review: financial activity and financial position

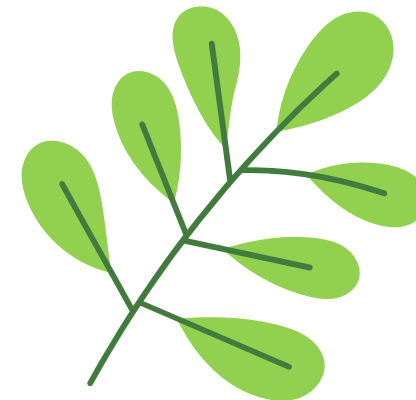
In the financial 2023 to 2024, Young Active Minds had an income of £NIL and an expenditure of £NIL.

There are no funds held by the charity that are materially in deficit.

During the financial period for this annual return, we did not receive any income from grants from central government or local authorities.

Policies on reserves

Young Active Mind's policy on reserves is to aim to achieve 6 months' total reserves (total reserves being unrestricted plus restricted reserves); and to have an aim to achieve a minimum of 3 months' unrestricted reserves. This is to ensure that the charity is able to carry out its work should there be a break in funding. The charity is taking measures to put future funding in place and acknowledges that, in the current financial climate in particular, it is prudent to aim to have 3 months' running costs as a minimum for reserves.





Fundraising compliance

We aim to undertake a range of fundraising activities in support of our charitable aims. Our approach includes:

- partnerships with corporate supporters;
- securing grants from trusts and foundations;
- donations from individuals;
- sponsorship raised by individuals for memory challenge events,
- and sponsorship related to other events.

All of our fundraising activity is managed in-house. We did not engage the services of any professional fundraising agencies to undertake direct response fundraising solicitation or cultivation either by phone or face-to-face, during the year. We are committed to observing the highest possible standards in fundraising. We are required to comply with all relevant law and regulations.

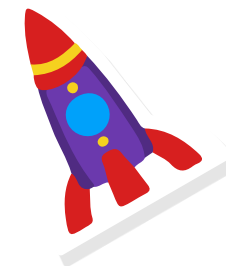
Trustees' Responsibilities

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requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They 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.

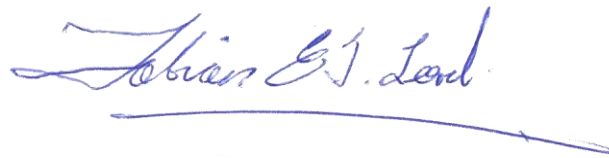


The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Trustees are also responsible for the contents of the Trustees' report and ensuring that there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the Board of Trustees on 28th January, 2025 and signed on their behalf by Fabian Lord, Chair of Trustees.

Signed



Date 28th January, 2025



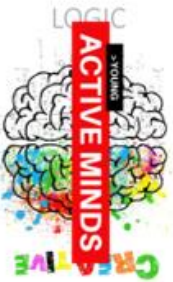


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Financials



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Young Active Minds (1189445)


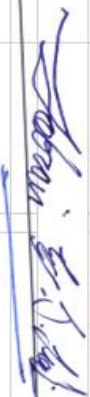
Receipts and payments accounts

For the period from 01/04/2023 To 31/03/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None	0	0	
		0	0	
		0	0	
		0	0	
		0	0	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		Marie Goodjar (Treasurer)	28/01/2025	
		Fabian Lord (Chair)	28/01/2025	

"Memory isn't predicated on a person's level of intellect.

It's something quite separate and unique for each individual.."



Monty Lord



Get in touch

- 23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF
- Info@YoungActiveMinds.org.uk
- 01772 - 628745
- www.YoungActiveMinds.org.uk





Young Active Minds (1189445)	
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Receipts and payments accounts

For the period from	01/04/2023	To	31/03/2024
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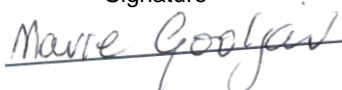
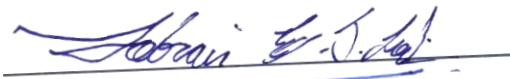
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B3 Investment assets	None		0	0
			0	0
			0	0
			0	0
			0	0
B4 Assets retained for the charity's own use	None		0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
B5 Liabilities	None		0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Marie Gooljar (Treasurer)	28/01/2025
	Fabian Lord (Chair)	28/01/2025

—

Institute for Advanced Learning & Metacognition

England & Wales - Charity number 1189445

Accounts



>YOUNG

ACTIVE MINDS

Trustee Annual Report & Accounts

**31st
March
2023**





The trustees present their report and the financial statements for the year ended 31st March 2023.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102. Charity Registration Number 1189445.



Content

- Letter from the Chair
- Who we are, what we do and why we do it
- Our year in review
- Challenges and lessons learned
- Strategy for the year ahead
- Governance and accountability
- Financials



Letter from the Chair



Fabian Lord

The 2022/23 financial year saw greater engagement and in-person attendance throughout education establishments in the UK. Trustee Monty Lord continued to deliver training online to overseas students.

We continued to deliver in-person provision in various schools around the UK.

We have now engaged with schools and education establishments overseas and our online platform now services overseas schools.

Our new online platform has been beta tested and rolled out live.





***“Learning never
exhausts the mind.”***

Leonardo da Vinci



Who we are, what we do and why we do it



Young Active Minds was formed to advance education & mental health awareness throughout all community groups by the promotion of enhanced learning methods and the provision of services and specialist memory training to support the development of all individuals' capabilities, competencies, understanding and skills through school, leisure time and community activities, irrespective of financial background, current attainment levels or cultural diversity.

Children and young people can use these techniques to both further their academic attainment and also in numerous everyday applications. We are open to provide them to all demographics within society and each different age group will have their own benefit of using the different memory techniques.

Our learning methods are available to all, irrespective of attainment levels, cultural or financial background or learning difficulties.

This aims to bring together and foster understanding amongst young people from diverse communities and encourage the goodwill and involvement of the wider community.

By offering training in these new memory techniques to disadvantaged & challenged children, not in mainstream education, it provides opportunities they wouldn't previously have had, supporting the advancement of education, which is recognised as a charitable purpose having public benefit.

We launched the charity during the 75th anniversary of the creation of the United Nations and directly helped to align the charity to support the UN Sustainable Development Goals, specifically SDG4: 'to ensure equitable and quality education for all.'

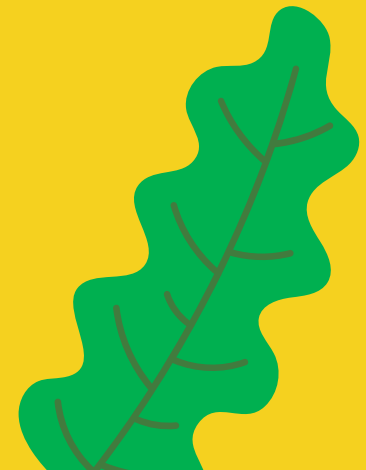


Our year in review

The charity's third year aim was to consolidate the training provision in enhanced memory techniques to schools, colleges and other academic settings through interactive workshops.

We continued to hold several workshops in schools around the UK, focusing on primary schools and early education settings.

We continued to improve our online platform to increase accessibility to all attendees, especially overseas students and those with accessibility issues.



Challenges and lessons learned



The lack of available funding continued to present challenges in our third year.

We have been continuing to update our online education delivery platform and with the additional access to overseas students, we are having to review methods to address the multi-language provision of our training materials.



Strategy for the year ahead



Developing promotional material

We will be developing a range of promotional materials to explain the benefits of participation in our charity workshops, especially focusing on disadvantaged communities.

Forging closer relationships

We will continue to forge our closer relationships with academic settings.

Taking a blended learning approach

We will continue to develop our programmes to take on a blended-learning approach to accommodate overseas students and those with in-person accessibility issues.

Diversifying training programmes

We will continue to diversify our pre-existing memory training provision to accommodate varying levels with different target audiences and incorporate a language translation service.



Governance and accountability



Charity object

To advance the education of the public, and in particular, but not exclusively, children and young people, in memory techniques and memory skills in order to develop their individual capabilities and capacities through the provision of workshops and other similar sessions.

Public benefit

All of our activities are undertaken to further our purposes for the public benefit, and are overseen by the Trustees to ensure that this is the case.

Name of the charity Young Active Minds

Charity registration number 1189445

Address of the principal office of the charity

23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF

Charity Trustees

Trustee 1: Fabian Lord (Chair)

Trustee 2: Marie Gooljar (Treasurer)

Trustee 3: Gabriela Silion

Trustee 4: Montgomery Lord

Trustee 5: Francesca Poulter

Structure & Governance

Young Active Minds is constituted as a Charitable Incorporated Organisation, whose only voting members are its charity trustees. The charity had a board of four trustees.

Trustees are recruited through existing networks of professionals, mentors and partner organisations. Trustee roles are outlined following an audit of the existing skills and resource on the board, and an examination of the key needs of the charity.

Apart from the first charity trustees, every trustee is appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.





Induction and training

All trustees receive training in their role as a trustee and safeguarding. Every trustee receives an induction pack, is invited to mentor and expected to attend at least one mentoring event within their first six months of service to better understand the work of the charity and the impact that it has on the people that we support.

Decision-making and governance

Charity trustees make all spending decisions for the charity. They also agree budgets for each year, including the cost of expanding our programmes into a new region and any associated developmental projects to accommodate this. Trustees make decisions about partnerships or associations that could be deemed a risk to reputation or quality of delivery of the programme, as identified by the board. Trustees handle the running, recruitment and staff management, growth planning and spending decisions that are part of the core business of the charity.

Financial Review: financial activity and financial position

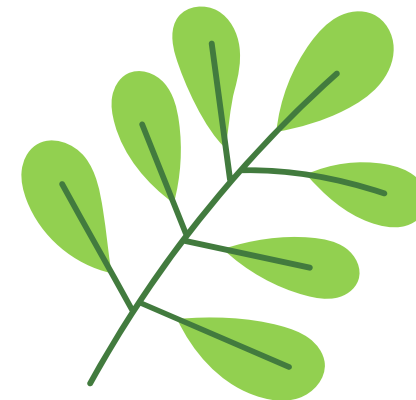
In the financial 2021 to 2022, Young Active Minds had an income of £NIL and an expenditure of £NIL.

There are no funds held by the charity that are materially in deficit.

During the financial period for this annual return, we did not receive any income from grants from central government or local authorities.

Policies on reserves

Young Active Mind's policy on reserves is to aim to achieve 6 months' total reserves (total reserves being unrestricted plus restricted reserves); and to have an aim to achieve a minimum of 3 months' unrestricted reserves. This is to ensure that the charity is able to carry out its work should there be a break in funding. The charity is taking measures to put future funding in place and acknowledges that, in the current financial climate in particular, it is prudent to aim to have 3 months' running costs as a minimum for reserves.





Fundraising compliance

We aim to undertake a range of fundraising activities in support of our charitable aims. Our approach includes:

- partnerships with corporate supporters;
- securing grants from trusts and foundations;
- donations from individuals;
- sponsorship raised by individuals for memory challenge events,
- and sponsorship related to other events.

All of our fundraising activity is managed in-house. We did not engage the services of any professional fundraising agencies to undertake direct response fundraising solicitation or cultivation either by phone or face-to-face, during the year. We are committed to observing the highest possible standards in fundraising. We are required to comply with all relevant law and regulations.

Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as

requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They 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.

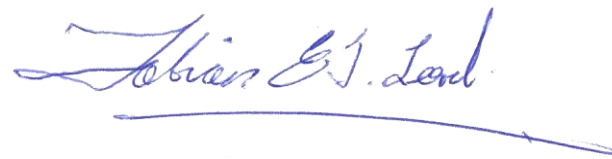


The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Trustees are also responsible for the contents of the Trustees' report and ensuring that there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the Board of Trustees on 14th February, 2024 and signed on their behalf by Fabian Lord, Chair of Trustees.

Signed



Date

14th February, 2024





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Financials



31 34 37 40 43 46 49 52 55





Young Active Minds (1189445)

Receipts and payments accounts

For the period from	01/04/2022	To	31/03/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
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	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0

A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0

A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0

A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0

Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets	Details	Unrestricted funds	Restricted funds	Endowment funds
	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0
			0	0
			0	0
			0	0
			0	0

B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None		0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

<p>Signature</p> <p><i>Marie Gooljar</i></p> <p>Marie Gooljar (Treasurer)</p>	<p>Print Name</p> <p>Fabian Lord (Chair)</p>	<p>Date of approval</p> <p>14/02/2024</p>
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"Memory isn't predicated on a person's level of intellect. It's something quite separate and unique for each individual."



Monty Lord (18 yrs)





Get in touch

- 23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF
- Info@YoungActiveMinds.org.uk
- 01772 - 628745
- www.YoungActiveMinds.org.uk





Young Active Minds (1189445)	
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Receipts and payments accounts

For the period from	01/04/2022	To	31/03/2023
---------------------	------------	----	------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B3 Investment assets	None	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B4 Assets retained for the charity's own use	None	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B5 Liabilities	None	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	0	
		0	0	
		0	0	
		0	0	
		0	0	

Signed by one or two trustees on behalf of all the trustees

Signature  	Print Name Marie Gooljar (Treasurer) Fabian Lord (Chair)	Date of approval 14/02/2024 14/02/2024
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Institute for Advanced Learning & Metacognition

England & Wales - Charity number 1189445

Accounts



>YOUNG

ACTIVE MINDS

Trustee Annual Report & Accounts

**31st
March
2022**



Registered with
**FUNDRAISING
REGULATOR**



The trustees present their report and the financial statements for the year ended 31st March 2022.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102. Charity Registration Number 1189445.



Content

- Letter from the Chair
- Who we are, what we do and why we do it
- Our year in review
- Challenges and lessons learned
- Strategy for the year ahead
- Governance and accountability
- Financials



Letter from the Chair



Fabian Lord

The 2021/22 financial year continued to be a testing year for Young Active Minds, presenting many challenges along the way. Schools were slowly reopening since the COVID-19 pandemic closures but it wasn't until later in the period that we finally started receiving permission to attend schools.

We delivered in person provision in various schools around the UK.

Whilst we did receive requests to speak with schools and education establishments overseas, we were reluctant to do this until our online platform was finalised.

We conducted the first round of training through a group of beta testers using our new online platform.



***“Learning never
exhausts the mind.”***

Leonardo da Vinci



Who we are, what we do and why we do it



Young Active Minds was formed to advance education & mental health awareness throughout all community groups by the promotion of enhanced learning methods and the provision of services and specialist memory training to support the development of all individuals' capabilities, competencies, understanding and skills through school, leisure time and community activities, irrespective of financial background, current attainment levels or cultural diversity.

Children and young people can use these techniques to both further their academic attainment and also in numerous everyday applications. We are open to provide them to all demographics within society and each different age group will have their own benefit of using the different memory techniques.

Our learning methods are available to all, irrespective of attainment levels, cultural or financial background or learning difficulties.

This aims to bring together and foster understanding amongst young people from diverse communities and encourage the goodwill and involvement of the wider community.

By offering training in these new memory techniques to disadvantaged & challenged children, not in mainstream education, it provides opportunities they wouldn't previously have had, supporting the advancement of education, which is recognised as a charitable purpose having public benefit.

We launched the charity during the 75th anniversary of the creation of the United Nations and directly helped to align the charity to support the UN Sustainable Development Goals, specifically SDG4: 'to ensure equitable and quality education for all.'



Our year in review

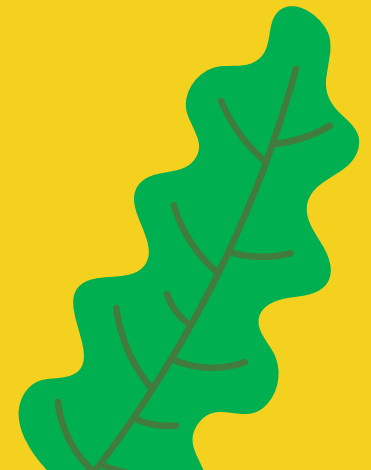


The charity's second year aim was to provide training in enhanced memory techniques in schools, colleges and other academic settings through interactive workshops.

We have held several workshops in schools around the UK.

The provision of online workshops has now began and we are quickly learning from both the attendees and the developers. Moving forward we are making changes to the online platform to increase accessibility to all attendees.

We continue to receive positive media coverage for our involvement with local communities.



Challenges and lessons learned



We continued to be faced with many unpleasant and unforeseen challenges in our second year.

There remained issues with us being able to attend academic settings in person due to the increased risk of exposure and transmission of COVID-19.

We have been reviewing online education delivery platforms and changed the platform developer to accommodate an expansion of our online programmes to include SEN students.



Strategy for the year ahead



Developing promotional material

We will be developing a range of promotional materials to explain the benefits of participation in our charity workshops, especially focusing on disadvantaged communities.

Forging closer relationships

We will continue to forge our closer relationships with academic settings.

Taking a blended learning approach

We will continue to develop our programmes to take on a blended-learning approach to accommodate such exigencies as has occurred this year with the COVID-19 pandemic.

Diversifying training programmes

In 2022-23 we shall be looking at diversifying our pre-existing memory training programmes to accommodate varying levels with different target audiences. This will include separate programmes for primary and secondary schools, higher education and for those outside mainstream education.



Governance and accountability



Charity object

To advance the education of the public, and in particular, but not exclusively, children and young people, in memory techniques and memory skills in order to develop their individual capabilities and capacities through the provision of workshops and other similar sessions.

Public benefit

All of our activities are undertaken to further our purposes for the public benefit, and are overseen by the Trustees to ensure that this is the case.

Name of the charity Young Active Minds

Charity registration number 1189445

Address of the principal office of the charity

23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF

Charity Trustees

Trustee 1: Fabian Lord (Chair)

Trustee 2: Marie Gooljar (Treasurer)

Trustee 3: Elizabeth Douglas (Secretary) - *resigned*

Trustee 4: Gabriela Silion

Trustee 5: Francesca Poulter

Structure & Governance

Young Active Minds is constituted as a Charitable Incorporated Organisation, whose only voting members are its charity trustees. The charity had a board of four trustees.

Trustees are recruited through existing networks of professionals, mentors and partner organisations. Trustee roles are outlined following an audit of the existing skills and resource on the board, and an examination of the key needs of the charity.

Apart from the first charity trustees, every trustee is appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.





Induction and training

All trustees receive training in their role as a trustee and safeguarding. Every trustee receives an induction pack, is invited to mentor and expected to attend at least one mentoring event within their first six months of service to better understand the work of the charity and the impact that it has on the people that we support.

Decision-making and governance

Charity trustees make all spending decisions for the charity. They also agree budgets for each year, including the cost of expanding our programmes into a new region and any associated developmental projects to accommodate this. Trustees make decisions about partnerships or associations that could be deemed a risk to reputation or quality of delivery of the programme, as identified by the board. Trustees handle the running, recruitment and staff management, growth planning and spending decisions that are part of the core business of the charity.

Financial Review: financial activity and financial position

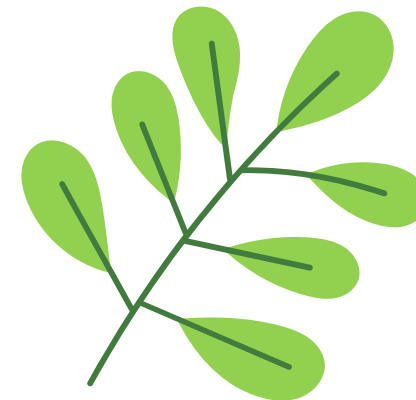
In the financial 2021 to 2022, Young Active Minds had an income of £NIL and an expenditure of £NIL.

There are no funds held by the charity that are materially in deficit.

During the financial period for this annual return, we did not receive any income from grants from central government or local authorities.

Policies on reserves

Young Active Mind's policy on reserves is to aim to achieve 6 months' total reserves (total reserves being unrestricted plus restricted reserves); and to have an aim to achieve a minimum of 3 months' unrestricted reserves. This is to ensure that the charity is able to carry out its work should there be a break in funding. The charity is taking measures to put future funding in place and acknowledges that, in the current financial climate in particular, it is prudent to aim to have 3 months' running costs as a minimum for reserves.





Fundraising compliance

We aim to undertake a range of fundraising activities in support of our charitable aims. Our approach includes:

- partnerships with corporate supporters;
- securing grants from trusts and foundations;
- donations from individuals;
- sponsorship raised by individuals for memory challenge events,
- and sponsorship related to other events.

All of our fundraising activity is managed in-house. We did not engage the services of any professional fundraising agencies to undertake direct response fundraising solicitation or cultivation either by phone or face-to-face, during the year. We are committed to observing the highest possible standards in fundraising. We are required to comply with all relevant law and regulations.

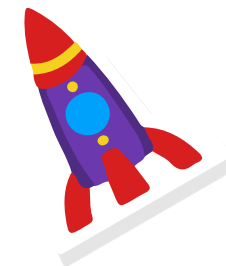
Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as

requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They 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.

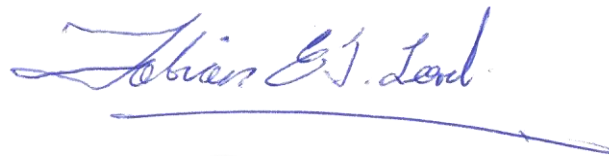


The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Trustees are also responsible for the contents of the Trustees' report and ensuring that there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the Board of Trustees on 16th January, 2023 and signed on their behalf by Fabian Lord, Chair of Trustees.

Signed



Date 16th January, 2023





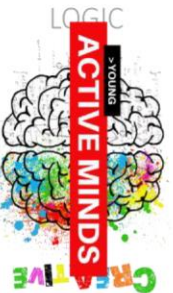
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Financials



31 34 37 40 43 46 49 52 55





Young Active Minds (1189445)

Receipts and payments accounts

For the period	01/04/2021	To	31/03/2022
from			

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	
	0	0	0	0	
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK

Details	Unrestricted funds	Restricted funds	Endowment funds
	to nearest £	to nearest £	to nearest £
B2 Other monetary assets	None	0	0
		0	0
		0	0
		0	0
		0	0
		0	0

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	None	0	0
		0	0
		0	0
		0	0
		0	0
		0	0

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	None	0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None	0	
		0	
		0	
		0	
		0	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval

Marie Gooljar

Marie Gooljar (Treasurer)

16/01/2023

Fabian Lord

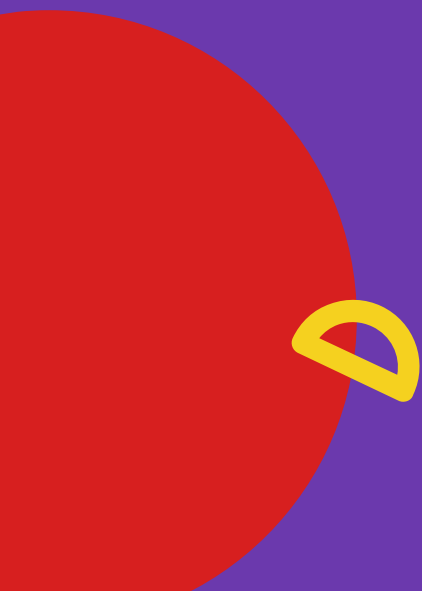
Fabian Lord (Chair)

16/01/2023

"Memory isn't predicated on a person's level of intellect. It's something quite separate and unique for each individual."



Monty Lord (17 yrs)





Get in touch

- 23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF
- Info@YoungActiveMinds.org.uk
- 01772 - 628745
- www.YoungActiveMinds.org.uk





Young Active Minds (1189445)	
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Receipts and payments accounts

For the period from	01/04/2021	To	31/03/2022
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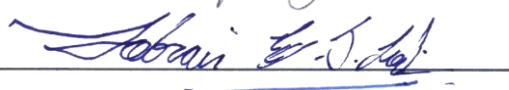
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0
			0	0
			0	0
			0	0
			0	0
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None		0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Marie Gooljar (Treasurer)	16/01/2023
	Fabian Lord (Chair)	16/01/2023

Institute for Advanced Learning & Metacognition

England & Wales - Charity number 1189445

Accounts



>YOUNG
ACTIVE MINDS

Trustee Annual Report & Accounts

**31st
March
2021**



Registered with
**FUNDRAISING
REGULATOR**



The trustees present their report and the financial statements for the year ended 31st March 2021.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102. Charity Registration Number 1189445.



Content

- Letter from the Chair
- Who we are, what we do and why we do it
- Our year in review
- Challenges and lessons learned
- Strategy for the year ahead
- Governance and accountability
- Financials



Letter from the Chair



As might be expected, the 2020/21 financial year was the most uniquely challenging and testing year for Young Active Minds, especially with this being our first year of activity. When the pandemic hit in 2020, we had no idea what this would do to our model which, from the very beginning, was solely dependent on face-to-face delivery in academic settings across England and Wales. The first of the rolling school closures started within a week of the charity formation.

We did have one gleam of hope throughout this gloomy first year. We were recognised in the **Prime Minister's Points of Light Awards**.

Due to the uncertainty of the school closures, we looked for other ways to continue in-person workshops in an outdoor setting.

For the future, we now firmly have our eyes on pivoting to the provision of a hybrid blended programme for face-to-face learning, with an online programme.

The ties that we developed with academic settings early on, have stayed strong and remained sympathetic with a view to us progressing face-to-face delivery post-COVID restrictions.



Fabian Lord



“Learning never exhausts the mind.”

Leonardo da Vinci



Who we are, what we do and why we do it



Young Active Minds was formed to advance education & mental health awareness throughout all community groups by the promotion of enhanced learning methods and the provision of services and specialist memory training to support the development of all individuals' capabilities, competencies, understanding and skills through school, leisure time and community activities, irrespective of financial background, current attainment levels or cultural diversity.

Children and young people can use these techniques to both further their academic attainment and also in numerous everyday applications. We are open to provide them to all demographics within society and each different age group will have their own benefit of using the different memory techniques.

Our learning methods are available to all, irrespective of attainment levels, cultural or financial background or learning difficulties.

This aims to bring together and foster understanding amongst young people from diverse communities and encourage the goodwill and involvement of the wider community.

By offering training in these new memory techniques to disadvantaged & challenged children, not in mainstream education, it provides opportunities they wouldn't previously have had, supporting the advancement of education, which is recognised as a charitable purpose having public benefit.

We launched the charity during the 75th anniversary of the creation of the United Nations and directly helped to align the charity to support the UN Sustainable Development Goals, specifically SDG4: 'to ensure equitable and quality education for all'



Our year in review



The charity's first year aim was to provide training in enhanced memory techniques in schools, colleges and other academic settings through interactive workshops.

We also aimed to put on interactive sessions in nursing homes to show that memory techniques are still as effective with age.

However, due to the COVID-19 global pandemic, we have not been permitted, by law, to attend schools, with lessons being held remotely for months and nursing homes for the elderly have also not legally permitted attendance. We have therefore been unable to operate during this period through reasons of health and statutory/legal compliance.

We have unfortunately been unable to carry out our objectives due to COVID-19 but we have, however, now looked into the provision of online workshops and held discussions with various academic settings regarding the future provision through in-person (post-COVID) and online workshops.

It hasn't been all doom and gloom for our first year. We received several strong pieces of national media coverage, in ink, television and radio and were recognised in the **Prime Minister's Points of Light Award**.

Challenges and lessons learned



We have been faced with many unpleasant and unforeseen challenges in this first year of our charity formation.

Not being able to attend academic settings in person due to both legal compliance and the increased risk of exposure and transmission of COVID-19.

We have maintained contacts with several academic settings with a view to attending in-person for face-to-face workshops as soon as the COVID-19 pandemic ends.

We are also looking into other ways to mitigate against lack of in-person provision. We have been reviewing online education delivery platforms.

One of our ambassadors, Montgomery Lord, is working with the trustees to develop an in-house platform to facilitate this, rather than an off-the-shelf package. This will enable us to grow the platform as the charity progresses and increases the footprint.

We are also looking at bringing onboard a trustee who has experience with making charity grant applications.



Strategy for the year ahead



Developing promotional material

We will be developing a range of promotional materials to explain the benefits of participation in our charity workshops.

Forging closer relationships

We will be looking at forging closer relationships with academic settings.

Taking a blended learning approach

We will also be developing our programmes to take on a blended-learning approach to accommodate such exigencies as has occurred this year with the COVID-19 pandemic.

Diversifying training programmes

In 2021-22 we shall be looking at diversifying our pre-existing memory training programmes to accommodate varying levels with different target audiences. This will include separate programmes for primary and secondary schools, higher education and for those outside mainstream education.



Governance and accountability



Charity object

To advance the education of the public, and in particular, but not exclusively, children and young people, in memory techniques and memory skills in order to develop their individual capabilities and capacities through the provision of workshops and other similar sessions.

Public benefit

All of our activities are undertaken to further our purposes for the public benefit, and are overseen by the Trustees to ensure that this is the case.

Name of the charity Young Active Minds

Charity registration number 1189445

Address of the principal office of the charity

23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF

Charity Trustees

Trustee 1: Fabian Lord (Chair)

Trustee 2: Marie Gooljar (Treasurer)

Trustee 3: Elizabeth Douglas (Secretary)

Trustee 4: Gabriela Silion

Structure & Governance

Young Active Minds is constituted as a Charitable Incorporated Organisation, whose only voting members are its charity trustees. The charity had a board of four trustees.

Trustees are recruited through existing networks of professionals, mentors and partner organisations. Trustee roles are outlined following an audit of the existing skills and resource on the board, and an examination of the key needs of the charity.

Apart from the first charity trustees, every trustee is appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.





Induction and training

All trustees receive training in their role as a trustee and safeguarding. Every trustee receives an induction pack, is invited to mentor and expected to attend at least one mentoring event within their first six months of service to better understand the work of the charity and the impact that it has on the people that we support.

Decision-making and governance

Charity trustees make all spending decisions for the charity. They also agree budgets for each year, including the cost of expanding our programmes into a new region and any associated developmental projects to accommodate this. Trustees make decisions about partnerships or associations that could be deemed a risk to reputation or quality of delivery of the programme, as identified by the board. Trustees handle the running, recruitment and staff management, growth planning and spending decisions that are part of the core business of the charity.

Financial Review: financial activity and financial position

In the financial 2020 to 2021, Young Active Minds had an income of £NIL and an expenditure of £NIL.

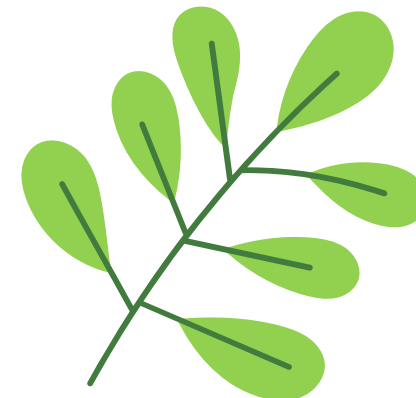
There are no funds held by the charity that are materially in deficit.

During the financial period for this annual return, we did not receive any income from grants from central government or local authorities.

We did not have any requirement to make application to the government's furlough programme.

Policies on reserves

Young Active Mind's policy on reserves is to aim to achieve 6 months' total reserves (total reserves being unrestricted plus restricted reserves); and to have an aim to achieve a minimum of 3 months' unrestricted reserves. This is to ensure that the charity is able to carry out its work should there be a break in funding. The charity is taking measures to put future funding in place and acknowledges that, in the current financial climate in particular, it is prudent to aim to have 3 months' running costs as a minimum for reserves.





Fundraising compliance

We aim to undertake a range of fundraising activities in support of our charitable aims. Our approach includes:

- partnerships with corporate supporters;
- securing grants from trusts and foundations;
- donations from individuals;
- sponsorship raised by individuals for memory challenge events,
- and sponsorship related to other events.

All of our fundraising activity is managed in-house. We did not engage the services of any professional fundraising agencies to undertake direct response fundraising solicitation or cultivation either by phone or face-to-face, during the year. We are committed to observing the highest possible standards in fundraising. We are required to comply with all relevant law and regulations.

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requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They 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 have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Trustees are also responsible for the contents of the Trustees' report and ensuring that there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the Board of Trustees on 18th January, 2022 and signed on their behalf by Fabian Lord, Chair of Trustees.

Signed

Fabian Lord

Date 18th January, 2022





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Financials



31 34 37 40 43 46 49 52 55

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets	Details	Unrestricted funds		Restricted funds		Endowment funds	
		to nearest £	to nearest £	to nearest £	to nearest £		
None		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0

B3 Investment assets	Details	Fund to which asset belongs		Cost (optional)		Current value (optional)	
		to nearest £	to nearest £	to nearest £	to nearest £		
None		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0

B4 Assets retained for the charity's own use	Details	Fund to which asset belongs		Cost (optional)		Current value (optional)	
		to nearest £	to nearest £	to nearest £	to nearest £		
None		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0
		0	0	0	0	0	0

B5 Liabilities	Details	Fund to which liability relates		Amount due (optional)		When due (optional)	
		to nearest £	to nearest £	to nearest £	to nearest £		
None		0	0	0	0		
		0	0	0	0		
		0	0	0	0		
		0	0	0	0		
		0	0	0	0		
		0	0	0	0		

Signed by one or two trustees on behalf of all the trustees

<p>Signature <u>Marie Gooljar</u></p> <p>Print Name Marie Gooljar (Treasurer)</p> <p>Date of approval 18/01/2022</p>	<p>Signature <u>Fabian Lord</u></p> <p>Print Name Fabian Lord (Chair)</p> <p>Date of approval 18/01/2022</p>
--	--

"Memory isn't predicated on a person's level of intellect.

It's something quite separate and unique for each individual."



Monty Lord (16 yrs)



Get in touch

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- Info@YoungActiveMinds.org.uk
- 01772 - 628745
- www.YoungActiveMinds.org.uk





Young Active Minds (1189445)	
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Receipts and payments accounts

For the period from	12/05/2020	To	31/03/2021
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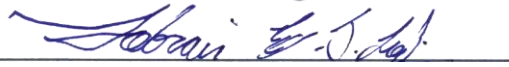
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	0	0	0	0	0
A2 Asset and investment sales					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	0	0	0	0	0
A3 Payments					
None	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
A4 Asset and investment purchases					
None	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	0	0	0	0	0
Net of receipts/(payments)	0	0	0	0	0
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	0	0	0	0	0
Cash funds this year end	0	0	0	0	0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
	Total cash funds		0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0
			0	0
			0	0
			0	0
			0	0
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None		0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

	Signature	Print Name	Date of approval
		Marie Gooljar (Treasurer)	18/01/2022
		Fabian Lord (Chair)	18/01/2022