

**31<sup>st</sup>  
March  
2022**



Trustee Annual Report & Accounts



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.



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- Our year in review
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- Strategy for the year ahead
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# 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.

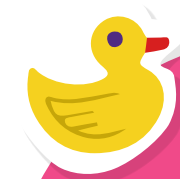
Whilst we did receive requests to speak with schools and education establishments overseas, we were reluctant to do this until our online platform was finalised.

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



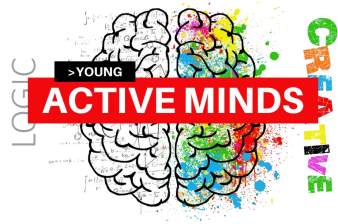
The charity's second year aim was to provide training in enhanced memory techniques in schools, colleges and other academic settings through interactive workshops.

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

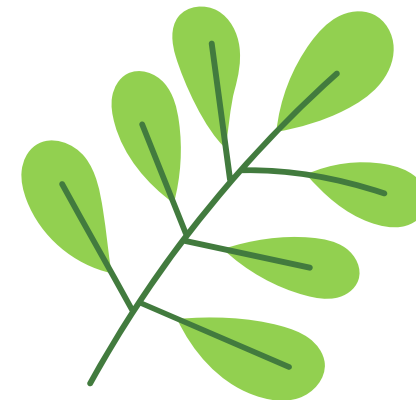
In the financial 2021 to 2022, Young Active Minds had an income of £NIL and an expenditure of £NIL.

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.

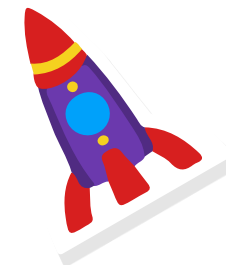
## Trustees' Responsibilities

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.

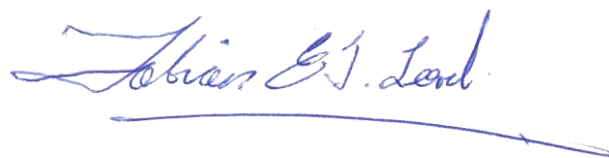


The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives 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 16<sup>th</sup> January, 2023





The background of the slide features a close-up, slightly blurred image of a financial document. On the left, a portion of a black calculator is visible, showing keys for division, multiplication, and a percentage sign. A silver pen lies diagonally across the center-right of the image. The document itself has a grid pattern and contains numerical data. In the bottom right corner, a series of numbers (31, 34, 37, 40, 43, 46, 49, 52, 55) is visible, with a green checkmark placed next to the number 43. The word "Financials" is centered in a bold blue font. Decorative elements include three blue plus signs in the upper left, a green leaf-like shape in the bottom left, and a red wavy shape in the top right corner.

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

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 £
<b>A1 Receipts</b>					
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
<b>Sub total</b> (Gross income for AR)	0	0	0	0	0
<b>A2 Asset and investment sales</b>					
None	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	0	0	0	0	0
<b>Total receipts</b>	0	0	0	0	0
<b>A3 Payments</b>					
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
<b>Sub total</b>	0	0	0	0	0
<b>A4 Asset and investment purchases</b>					
None	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	0	0	0	0	0
<b>Total payments</b>	0	0	0	0	0
<b>Net of receipts/(payments)</b>	0	0	0	0	0
<b>A5 Transfers between funds</b>	0	0	0	0	0
<b>A6 Cash funds last year end</b>	0	0	0	0	0
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	None	0	0	0
		0	0	0
		0	0	0
	<b>Total cash funds</b>	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
<b>B3 Investment assets</b>	None			
			0	0
			0	0
			0	0
			0	0
			0	0
<b>B4 Assets retained for the charity's own use</b>	None			
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
<b>B5 Liabilities</b>	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