

# A MINDFUL PAWS

England & Wales · Charity number 1189553

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-05-19

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 31 Dyson Close  
Huntingdon  
PE29 6GQ

**Phone** 07828249548

**Email** [a.mindful.paws@gmail.com](mailto:a.mindful.paws@gmail.com)

**Website** [www.amindfulpaws.org.uk](http://www.amindfulpaws.org.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:FOR THE PUBLIC BENEFIT THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH OF YOUNG PEOPLE AGED BETWEEN 13 - 25 YEARS OLD, IN PARTICULAR, BUT NOT EXCLUSIVELY, BY:(1) TEACHING A RANGE OF COPING SKILLS AND STRATEGIES TO MANAGE STRESS, INCLUDING MINDFULNESS, RELAXATION TECHNIQUES AND ANIMAL-ASSISTED THERAPY.(2) ADVANCING THE EDUCATION AND RAISING AWARENESS OF HOW TO SUPPORT YOUNG PEOPLE WITH EMOTIONAL AND MENTAL HEALTH ISSUES.

**Activities:** To support young people (13-25 years old) with their mental health and emotional well-being. To offer accessible community-based support within the Cambridgeshire area. Support will include evidence-based practice along with a range of alternative/holistic therapies such as using Art, Mindfulness and Canine Assisted Therapy.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

## Geography

- Cambridgeshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£4,994	£10,145	-	-
2024-03-31	£6,523	£27,651	-	-
2023-03-31	£35,810	£24,126	-	-
2022-03-31	£25,570	£11,223	-	-
2021-03-31	£0	£0	-	-

## Trustees

Name	Role	Appointed
Linsey Ablewhite		2019-12-11
Lynne Knapp		2022-06-06
Michelle Van Put		2022-06-06
Natalie Ann Kali		2019-12-11

**A MINDFUL PAWS**

England & Wales - Charity number 1189553

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# Accounts

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## Trustees' Annual Report for the period

**From**            **Period start date 1/4/24**    **To Period end date 31/3/25**

**Charity name: A Mindful Paws**

**Charity registration number: 1189553**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ul style="list-style-type: none"> <li>To support young people (13-25 years old) with their mental health and emotional well-being.</li> <li>To offer accessible community-based support in areas within the Cambridgeshire area.</li> <li>Support will include evidence-based practice along with a range of alternative/holistic therapies.</li> <li>To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues</li> </ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>An Art group and individual support provided by a Youth Support Worker.</p> <p>Canine Assisted Therapy Group and individual therapy provided by an animal assisted therapist/Mental Health Nurse.</p> <p>Individual therapy provided by a Mental Health Nurse.</p> <p>Individual counselling from trainee counsellor.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm that the trustees have viewed the guidance from the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During this period, we saw 55 young people in total but also included parents in our DBT group, and saw some parents alongside individuals so in total, we saw 691 individuals.</p> <p>194 were seen in our DBT with dogs group, and 362 in our Arts &amp; Craft Social group. We also saw 135 people for individual therapy.</p> <p>We have become much more known in the area by other statutory agencies who are referring regularly. They find this very helpful as we are able to support young people who may be waiting for CAMHS support, we can work alongside CAMHS and can also support as they step down from that intervention. Due to our experience in Mental Health, we are able to support young people who present with risky behaviour which other voluntary agencies may be unable to do. We have received very positive feedback from the young people and their families. Young people tell us that they have learned skills to cope better with their emotions and stress. They have a better understanding of the difficulties they face and how to overcome them. They find the groups to be a safe space where they can express themselves freely.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£196 du to lack of funding and us covering costs
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held from this budget
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	It was not factored into the funding request or budget. This will be considered in future.
Details of fund materially in deficit	Para 1.24	We were unsuccessful in securing funding and have worked voluntarily and covered costs ourselves to meet the need. This has been rectified now.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Lack of funding. We have not been successful in securing any significant funds. We have secured a small fund, a company has selected us as their charity this year and are actively applying for others. We are limited as to how long we can continue without any funding in place. We are exploring other funding options.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Association Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Interested individuals are able to apply for membership which will be considered by the CIO. They must be willing to accept and adhere to the duties of members as set out in the constitution document. All trustees give their time voluntarily and receive no financial benefits from the charity. Trustees must be interested in furthering the work of the charity and therefore should have some interest or experience in the well-being or mental health of young people.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	A Mindful Paws
Other name the charity uses	
Registered charity number	1189553

Charity's principal address	31 Dyson Close, Huntingdon, PE29 6GQ



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Carrie Bates CEO

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information


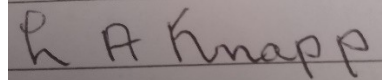
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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Linsey Ablewhite	Lynne Knapp
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Position (eg Secretary,  
Chair, etc)

Chair	Trustee
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Date

27/1/26
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**A Mindful Paws**

No (if any)  
1189553

**CC16a**

## Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 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 £
<b>A1 Receipts</b>					
Cambridgeshire Community Fund	-	-	-	-	-
National Lottery	-	-	-	-	-
County Council	-	1,050	-	1,050	-
Freemen Trust	-	-	-	-	5,000
St Neots Tangent	-	-	-	-	-
Just Giving	1,044	-	-	1,044	1,023
Private donations	2,900	-	-	2,900	500
<b>Sub total (Gross income for AR)</b>	<b>3,944</b>	<b>1,050</b>	<b>-</b>	<b>4,994</b>	<b>6,523</b>
<b>A2 Asset and investment sales, (see table).</b>					
N/A	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,944</b>	<b>1,050</b>	<b>-</b>	<b>4,994</b>	<b>6,523</b>
<b>A3 Payments</b>					
Therapy Provision	-	9,153	-	9,153	25,650
External providers (Yoga, etc)	-	-	-	-	-
Art Materials	-	110	-	110	1,211
Accountant fee	50	-	-	50	50
Email account	166	-	-	166	-
Insurance	425	-	-	425	348
Website Update	-	-	-	-	206
Just Giving subs	241	-	-	241	186
<b>Sub total</b>	<b>882</b>	<b>9,263</b>	<b>-</b>	<b>10,145</b>	<b>27,651</b>
<b>A4 Asset and investment purchases. (see table)</b>					
N/A	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>882</b>	<b>9,263</b>	<b>-</b>	<b>10,145</b>	<b>27,651</b>
<b>Net of receipts/(payments)</b>	<b>3,062</b>	<b>- 8,213</b>	<b>-</b>	<b>- 5,151</b>	<b>- 21,128</b>
<b>A5 Transfers between funds</b>	<b>- 4,010</b>	<b>4,010</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>948</b>	<b>4,007</b>	<b>-</b>	<b>4,955</b>	<b>26,083</b>
<b>Cash funds this year end</b>	<b>0</b>	<b>- 196</b>	<b>-</b>	<b>- 196</b>	<b>4,955</b>

## 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	# 196	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Linsey Ablewhite	28/01/2026
	Lynne Knapp	

**A MINDFUL PAWS**

England & Wales - Charity number 1189553

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# Accounts

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## Trustees' Annual Report for the period

**From**            **Period start date 1/4/23**      **To Period end date 31/3/24**

**Charity name: A Mindful Paws**

**Charity registration number: 1189553**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ul style="list-style-type: none"> <li>To support young people (13-25 years old) with their mental health and emotional well-being.</li> <li>To offer accessible community-based support in areas within the Cambridgeshire area.</li> <li>Support will include evidence-based practice along with a range of alternative/holistic therapies.</li> <li>To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues</li> </ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>An Art group and individual support provided by a Youth Support Worker.</p> <p>Canine Assisted Therapy Group and individual therapy provided by an animal assisted therapist/Mental Health Nurse.</p> <p>Individual therapy provided by a Mental Health Nurse.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm that the trustees have viewed the guidance from the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During this period, we saw 82 young people in total. 29 were seen in our DBT with dogs group, and 21 in our Arts &amp; Craft Social group. We also saw 32 young people for individual therapy.</p> <p>We have become much more known in the area by other statutory agencies who are referring regularly. They find this very helpful as we are able to support young people who may be waiting for CAMHS support, we can work alongside CAMHS and can also support as they step down from that intervention. Due to our experience in Mental Health, we are able to support young people who present with risky behaviour which other voluntary agencies may be unable to do. We were one of St Neot's Mayor's chosen charities for the year 2023-24 which also helped to raise our profile. We have received very positive feedback from the young people and their families. Young people tell us that they have learned skills to cope better with their emotions and stress. They have a better understanding of the difficulties they face and how to overcome them. They find the groups to be a safe space where they can express themselves freely.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
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Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£4,955 in total, of which £4,007 is restricted funds, £948 in unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held from this budget
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	It was not factored into the funding request or budget. This will be done in future.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Lack of funding. We have not been successful in securing any significant funds. We are waiting on the outcome of one large grant request. We are currently running it for free and covering many costs. We are limited as to how long we can continue without any funding in place. We are exploring other funding options.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Association Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Interested individuals are able to apply for membership which will be considered by the CIO. They must be willing to accept and adhere to the duties of members as set out in the constitution document. All trustees give their time voluntarily and receive no financial benefits from the charity. Trustees must be interested in furthering the work of the charity and therefore should have some interest or experience in the well-being or mental health of young people.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	A Mindful Paws
Other name the charity uses	
Registered charity number	1189553

Charity's principal address	31 Dyson Close, Huntingdon, PE29 6GQ



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Carrie Bates CEO

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

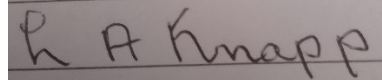
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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Linsey Ablewhite	Lynne Knapp
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Position (eg Secretary,  
Chair, etc)

Chair	Trustee
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Date

30/1/25
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name A Mindful Paws	No (if any) 1189553
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CC16a

## Receipts and payments accounts

For the period from	Period start date 4/1/2023	To	Period end date 3/31/2024
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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 £
<b>A1 Receipts</b>					
Cambridgeshire Community Fund	-	-	-	-	25,000
National Lottery	-	-	-	-	10,000
County Council	-	-	-	-	-
Freemen Trust	-	5,000	-	5,000	-
St Neots Tangent	-	-	-	-	-
Just Giving	1,023	-	-	1,023	770
Private donation	500	-	-	500	40
<b>Sub total (Gross income for AR)</b>	<b>1,523</b>	<b>5,000</b>	<b>-</b>	<b>6,523</b>	<b>35,810</b>
<b>A2 Asset and investment sales, (see table).</b>					
N/A	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,523</b>	<b>5,000</b>	<b>-</b>	<b>6,523</b>	<b>35,810</b>
<b>A3 Payments</b>					
Therapy Provision	-	25,650	-	25,650	22,710
External providers (Yoga, etc)	-	-	-	-	400
Art Materials	-	1,211	-	1,211	299
Accountant fee	50	-	-	50	180
Email account	-	-	-	-	131
Insurance	348	-	-	348	339
Website Update	206	-	-	206	50
Just Giving subs	186	-	-	186	18
<b>Sub total</b>	<b>790</b>	<b>26,861</b>	<b>-</b>	<b>27,651</b>	<b>24,127</b>
<b>A4 Asset and investment purchases, (see table)</b>					
N/A	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>790</b>	<b>26,861</b>	<b>-</b>	<b>27,651</b>	<b>24,127</b>
<b>Net of receipts/(payments)</b>	<b>733</b>	<b>- 21,861</b>	<b>-</b>	<b>- 21,128</b>	<b>11,683</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	215	25,868	-	26,083	14,400
<b>Cash funds this year end</b>	<b>948</b>	<b>4,007</b>	<b>-</b>	<b>4,955</b>	<b>26,083</b>

# 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>948</b> #	<b>4,007</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature  #VALUE!	Print Name Linsey Ablewhite Lynne Knapp	Date of approval 1/22/2025 1/22/2025
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**A MINDFUL PAWS**

England & Wales - Charity number 1189553

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# Accounts

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## Trustees' Annual Report for the period

From **1/4/22** Period start date To **31/3/23** Period end date

Charity name: **A Mindful Paws**

Charity registration number: **1189553**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ul style="list-style-type: none"><li>• To support young people (13-25 years old) with their mental health and emotional well-being.</li><li>• To offer accessible community-based support in areas within the Cambridgeshire area.</li><li>• Support will include evidence-based practice along with a range of alternative/holistic therapies.</li><li>• To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues</li></ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>An Art group and individual support provided by a Youth Support Worker.</p> <p>A Mindfulness Group and individual therapy provided by a Mindfulness therapist.</p> <p>Canine Assisted Therapy Group and individual therapy provided by an animal assisted therapist.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm that the trustees have viewed the guidance from the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During this period, we saw 115 young people in total. 42 were seen in our DBT with dogs group, 25 in our Arts &amp; Craft Social group and 7 in our Mindfulness group. We have now stopped the Mindfulness group and increased capacity in our DBT with dogs group. 7 young people attended our yoga and/or our make-up group. We also saw 34 young people for individual therapy.</p> <p>We have become much more known in the area by other statutory agencies who are referring regularly. We are one of St Neot's Mayor's chosen charities for the year 2023-24. We have received very positive feedback from the young people and their families. Young people tell us that they have learned skills to cope better with their emotions and stress. They have a better understanding of the difficulties they face and how to overcome them. They find the groups to be a safe space where they can express themselves freely.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives	Para 1.41	

set		
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£11,683 in total, of which £11,591 is restricted funds, £93 in unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held from this budget
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	It was not factored into the funding request or budget. This will be done in future.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Lack of funding. We have not been successful in securing any significant funds. We are waiting on the outcome of one large, one medium and one small grant request. We are currently running it for free and covering many costs. We are limited as to how long we can continue without any funding in place.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Association Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Interested individuals are able to apply for membership which will be considered by the CIO. They must be willing to accept and adhere to the duties of members as set out in the constitution document. All trustees give their time voluntarily and receive no financial benefits from the charity. Trustees must be interested in furthering the work of the charity and therefore should have some interest or experience in the well-being or mental health of young people.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	A Mindful Paws
Other name the charity uses	
Registered charity number	1189553

Charity's principal address	31 Dyson Close, Huntingdon, PE29 6GQ

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Linsey Ablewhite			
2	Natalie Kali			
3	Lynne Knapp			
4	Mich Van Put		Joined in June 2022	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Carrie Bates CEO

## Exemptions from disclosure

Reason for non-disclosure of key personnel details



## Other optional information

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Linsey Ablwhite	Natalie Kali
-----------------	--------------

Position (eg Secretary,  
Chair, etc)

Chair	Secretary
-------	-----------

Date

24/1/24
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name A Mindful Paws	No (if any) 1189553
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CC16a

## Receipts and payments accounts

For the period from	Period start date 4/1/2022	To	Period end date 3/31/2023
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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 £
<b>A1 Receipts</b>					
Cambridgeshire Community Fund	-	25,000	-	25,000	25,000
National Lottery	-	10,000	-	10,000	-
County Council	-	-	-	-	500
	-	-	-	-	-
St Neots Tangent	-	-	-	-	70
Just Giving	770	-	-	770	-
Private donation	40	-	-	40	-
<b>Sub total (Gross income for AR)</b>	<b>810</b>	<b>35,000</b>	<b>-</b>	<b>35,810</b>	<b>25,570</b>
<b>A2 Asset and investment sales, (see table).</b>					
N/A	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>810</b>	<b>35,000</b>	<b>-</b>	<b>35,810</b>	<b>25,570</b>
<b>A3 Payments</b>					
Therapy Provision	-	22,710	-	22,710	10,575
External providers (Yoga, etc)	-	400	-	400	400
Art Materials	-	299	-	299	248
Accountant fee	180	-	-	180	-
Email account	131	-	-	131	-
Insurance	339	-	-	339	-
Website Update	50	-	-	50	-
Just Giving subs	18	-	-	18	-
	-	-	-	-	-
<b>Sub total</b>	<b>718</b>	<b>23,409</b>	<b>-</b>	<b>24,127</b>	<b>11,223</b>
<b>A4 Asset and investment purchases, (see table)</b>					
N/A	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>718</b>	<b>23,409</b>	<b>-</b>	<b>24,127</b>	<b>11,223</b>
<b>Net of receipts/(payments)</b>	<b>92</b>	<b>11,591</b>	<b>-</b>	<b>11,683</b>	<b>14,347</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	123	14,277	-	14,400	53
<b>Cash funds this year end</b>	<b>215</b>	<b>25,868</b>	<b>-</b>	<b>26,083</b>	<b>14,400</b>

# 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>215</b> #	<b>25,868</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Linsey Ablewhite	1/24/2024
	Natalie Kali	1/24/2024



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
A Mindful Paws

**On accounts for the year  
ended**

31<sup>st</sup> March 2023

**Charity no  
(if any)**

1189553

**Set out on pages**

1 & 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

**Responsibilities and  
basis of report**

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

**Independent  
examiner's statement**

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

**Date:**

20<sup>th</sup> January 2024

**Name:**

Kim McGregor – Focus Management Services

**Relevant professional  
qualification(s) or body  
(if any):**

Qualified Accountant - AAT

**Address:**

10 Laxton Close

Eaton Ford

St Neots PE19 7AR

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

None

**A MINDFUL PAWS**

England & Wales - Charity number 1189553

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# Accounts

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## Trustees' Annual Report for the period

From **1/4/21** Period start date To **31/3/22** Period end date

Charity name: **A Mindful Paws**

Charity registration number: **1189553**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ul style="list-style-type: none"><li>• To support young people (13-25 years old) with their mental health and emotional well-being.</li><li>• To offer accessible community-based support in areas within the Cambridgeshire area.</li><li>• Support will include evidence-based practice along with a range of alternative/holistic therapies.</li><li>• To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues</li></ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>An Art group and individual support provided by a Youth Support Worker.</p> <p>A Mindfulness Group and individual therapy provided by a Mindfulness therapist</p> <p>Canine Assisted Therapy Group and individual therapy provided by an animal assisted therapist.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm that the trustees have viewed the guidance from the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
--	----------------	--

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During this period, we saw 67 young people either individually or as part of a therapeutic group.</p> <p>We did not start the project until July 2021 and referrals were initially a little slow due to the Summer holidays. However, this soon picked up after September. We offer an alternative method of supporting mental health for professionals to refer into, assisting young people to develop coping strategies and resilience to help them deal with challenges and improving their outcomes. This provision has taken the pressure off of other services. They have felt confident in closing their work with young people, knowing they will be supported by our service.</p> <p>We have had very positive feedback from the young people and their parents. They have found the support we provided gave them more confidence, taught them techniques for managing their emotions. They found the groups a safe space to engage socially with other young people. This is often something they</p>

		have found extremely challenging at times.
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£14,400 total of which £14,277 is restricted funds, £123.00 in unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held from this budget
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	It was not factored into the funding request or budget. This will be done in future.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Securing further funding. Currently waiting on a decision from a funding source. Some additional funding already secured.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Association Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Interested individuals are able to apply for membership which will be considered by the CIO. They must be willing to accept and adhere to the duties of members as set out in the constitution document. All trustees give their time voluntarily and receive no financial benefits from the charity. Trustees must be interested in furthering the work of the charity and therefore should have some interest or experience in the well-being or mental health of young people.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	A Mindful Paws
--------------	----------------

Other name the charity uses	
Registered charity number	1189553
Charity's principal address	31 Dyson Close, Huntingdon, PE29 6GQ

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Linsey Ablewhite			
2	Natalie Kali			
3	Sarah Sinclair			
4	Ben Murray			
5				
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7				
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16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

<b>Director name</b>		

Name of trustees holding title to property belonging to the charity

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	


## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

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### Other optional information

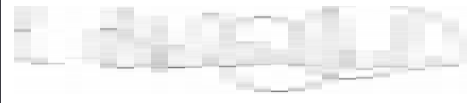

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Linsey Ablewhite	Natalie Kali
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Position (eg  
Secretary, Chair, etc)

Chair	Secretary
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Date

26/01/2023
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>A Mindful Paws</b>	No (if any) <b>1189553</b>
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## Receipts and payments accounts

For the period from	Period start date 1st April 21	To	Period end date 31st March 22
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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 £
<b>A1 Receipts</b>				
Cambridgeshire Community Fund	-	25,000	-	25,000
County Council	-	500	-	500
St Neots Tangent	70	-	-	70
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	70	25,500	-	25,570
<b>A2 Asset and investment sales, (see table).</b>				
N/A	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	70	25,500	-	25,570
<b>A3 Payments</b>				
Art Materials	-	248	-	248
Therapy Provision	-	10,575	-	10,575
Yoga	-	400	-	400
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	11,223	-	11,223
<b>A4 Asset and investment purchases, (see table)</b>				
N/A	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	-	11,223	-	11,223
<b>Net of receipts/(payments)</b>	70	14,277	-	14,347
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	53	-	-	53
<b>Cash funds this year end</b>	123	14,277	-	14,400

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		123	14,277
		-	-
		-	-
	<b>Total cash funds</b>	<b>123</b>	<b>14,277</b>
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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

Signature	Print Name
	LINSEY ABLEWHITE

**CC16a**



**Last year**

**to the nearest £**

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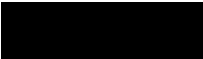
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**Endowment funds**

to nearest £

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-
-
-

OK

**Endowment funds**

to nearest £

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-
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-
-
-

**Current value (optional)**

-
-
-
-
-

**Current value (optional)**

-
-
-
-
-
-
-
-
-

**When due (optional)**


Date of approval

11/29/2022



**Section A Independent Examiner's Report**

**Report to the trustees/directors/members of**

**A Mindful Paws**

**On accounts for the year ended**

31<sup>st</sup> March 2022

Charity no.:	1189553	Company no.:	N/A
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**Set out on pages**

Dartnell Lynn Independent Examination Checklist – Matters that are not material are considered in the report to the trustees

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/03/2022.

**Responsibilities and basis of report**


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

**Independent examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

**Signed:** 

**Date:** 31/01/23

**Name:** Judith Dartnell

**Address:** Dartnell Lynn Ltd  
75 Argyle Street, Cambridge CB1 3LS

**A MINDFUL PAWS**

England & Wales - Charity number 1189553

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# Accounts

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## Trustees' Annual Report for the period

From **1/4/21** Period start date To **31/3/22** Period end date

Charity name: **A Mindful Paws**

Charity registration number: **1189553**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ul style="list-style-type: none"><li>• To support young people (13-25 years old) with their mental health and emotional well-being.</li><li>• To offer accessible community-based support in areas within the Cambridgeshire area.</li><li>• Support will include evidence-based practice along with a range of alternative/holistic therapies.</li><li>• To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues</li></ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>An Art group and individual support provided by a Youth Support Worker.</p> <p>A Mindfulness Group and individual therapy provided by a Mindfulness therapist</p> <p>Canine Assisted Therapy Group and individual therapy provided by an animal assisted therapist.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm that the trustees have viewed the guidance from the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
--	----------------	--

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During this period, we saw 67 young people either individually or as part of a therapeutic group.</p> <p>We did not start the project until July 2021 and referrals were initially a little slow due to the Summer holidays. However, this soon picked up after September. We offer an alternative method of supporting mental health for professionals to refer into, assisting young people to develop coping strategies and resilience to help them deal with challenges and improving their outcomes. This provision has taken the pressure off of other services. They have felt confident in closing their work with young people, knowing they will be supported by our service.</p> <p>We have had very positive feedback from the young people and their parents. They have found the support we provided gave them more confidence, taught them techniques for managing their emotions. They found the groups a safe space to engage socially with other young people. This is often something they</p>

		have found extremely challenging at times.
--	--	--

**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£14,400 total of which £14,277 is restricted funds, £123.00 in unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held from this budget
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	It was not factored into the funding request or budget. This will be done in future.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Securing further funding. Currently waiting on a decision from a funding source. Some additional funding already secured.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Association Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Interested individuals are able to apply for membership which will be considered by the CIO. They must be willing to accept and adhere to the duties of members as set out in the constitution document. All trustees give their time voluntarily and receive no financial benefits from the charity. Trustees must be interested in furthering the work of the charity and therefore should have some interest or experience in the well-being or mental health of young people.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	A Mindful Paws
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Other name the charity uses	
Registered charity number	1189553
Charity's principal address	31 Dyson Close, Huntingdon, PE29 6GQ

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Linsey Ablewhite			
2	Natalie Kali			
3	Sarah Sinclair			
4	Ben Murray			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

<b>Director name</b>		

Name of trustees holding title to property belonging to the charity

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	


## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

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### Other optional information



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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Linsey Ablewhite	Natalie Kali
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Position (eg  
Secretary, Chair, etc)

Chair	Secretary
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Date

26/01/2023
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>A Mindful Paws</b>	No (if any) <b>1189553</b>
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## Receipts and payments accounts

For the period from	Period start date 1st April 21	To	Period end date 31st March 22
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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 £
<b>A1 Receipts</b>				
Cambridgeshire Community Fund	-	25,000	-	25,000
County Council	-	500	-	500
St Neots Tangent	70	-	-	70
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	70	25,500	-	25,570
<b>A2 Asset and investment sales, (see table).</b>				
N/A	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	70	25,500	-	25,570
<b>A3 Payments</b>				
Art Materials	-	248	-	248
Therapy Provision	-	10,575	-	10,575
Yoga	-	400	-	400
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	11,223	-	11,223
<b>A4 Asset and investment purchases, (see table)</b>				
N/A	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	-	11,223	-	11,223
<b>Net of receipts/(payments)</b>	70	14,277	-	14,347
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	53	-	-	53
<b>Cash funds this year end</b>	123	14,277	-	14,400

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		123	14,277
		-	-
		-	-
	<b>Total cash funds</b>	<b>123</b>	<b>14,277</b>
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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

Signature	Print Name
	LINSEY ABLEWHITE

**CC16a**



**Last year**  
**to the nearest £**

-
-
-
-
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-
-
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-
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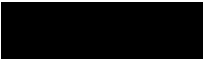
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**Endowment funds**

to nearest £

-
-
-
-

OK

**Endowment funds**

to nearest £

-
-
-
-
-
-

**Current value (optional)**

-
-
-
-
-

**Current value (optional)**

-
-
-
-
-
-
-
-
-

**When due (optional)**


Date of approval

11/29/2022