



CHARITY COMMISSION
FOR ENGLAND AND WALES

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">• To support young people (13-25 years old) with their mental health and emotional well-being.• To offer accessible community-based support in areas within the Cambridgeshire area.• Support will include evidence-based practice along with a range of alternative/holistic therapies.• To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues
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	
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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
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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

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Linsey Ablewhite			
2	Natalie Kali			
3	Sarah Sinclair			
4	Ben Murray			
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20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

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

Position (eg
Secretary, Chair, etc)

Chair

Secretary

Date

26/01/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name A Mindful Paws	No (if any) 1189553
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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 £
A1 Receipts				
Cambridgeshire Community Fund	-	25,000	-	25,000
County Council	-	500	-	500
St Neots Tangent	70	-	-	70
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	70	25,500	-	25,570
A2 Asset and investment sales, (see table).				
N/A	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	70	25,500	-	25,570
A3 Payments				
Art Materials	-	248	-	248
Therapy Provision	-	10,575	-	10,575
Yoga	-	400	-	400
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	11,223	-	11,223
A4 Asset and investment purchases, (see table)				
N/A	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	11,223	-	11,223
Net of receipts/(payments)	70	14,277	-	14,347
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	53	-	-	53
Cash funds this year end	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 £
B1 Cash funds		123	14,277
		-	-
		-	-
	Total cash funds	123	14,277
	(agree balances with receipts and payments account(s))	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

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

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature

Print Name

	LINSEY ABLEWHITE
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CC16a

to the nearest £

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**Endowment
funds**

to nearest £

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OK

**Endowment
funds**

to nearest £

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**Current value
(optional)**

-
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**Current value
(optional)**

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**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

31st March 2022

Charity no.:

1189553

Company no.:

N/A

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