



CHARITY COMMISSION
FOR ENGLAND AND WALES

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">• 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	
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 & 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

	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	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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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 Ablwhite	Natalie Kali
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Position (eg Secretary,
Chair, etc)

Chair	Secretary
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Date

24/1/24



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name A Mindful Paws	No (if any) 1189553
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Receipts and payments accounts

CC16a

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 £
A1 Receipts					
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	-
Sub total (Gross income for AR)	810	35,000	-	35,810	25,570
A2 Asset and investment sales, (see table).					
N/A	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	810	35,000	-	35,810	25,570
A3 Payments					
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	-
	-	-	-	-	-
Sub total	718	23,409	-	24,127	11,223
A4 Asset and investment purchases, (see table)					
N/A	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	718	23,409	-	24,127	11,223
Net of receipts/(payments)	92	11,591	-	11,683	14,347
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	123	14,277	-	14,400	53
Cash funds this year end	215	25,868	-	26,083	14,400

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	215	25,868	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


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

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

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

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

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

31st 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").

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.

Independent
examiner's statement

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:

20th 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