



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

## 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

### 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			
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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


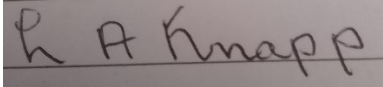
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## Declarations

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 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

## Receipts and payments accounts

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For the period  
from

Period start date  
4/1/2023


To

Period end date  
3/31/2024

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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</b> (Gross income for AR)	1,523	5,000	-	6,523	35,810
<b>A2 Asset and investment sales, (see table).</b>					
N/A	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,523	5,000	-	6,523	35,810
<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>	790	26,861	-	27,651	24,127
<b>A4 Asset and investment purchases, (see table)</b>					
N/A	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	790	26,861	-	27,651	24,127
<b>Net of receipts/(payments)</b>	733	- 21,861	-	- 21,128	11,683
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	215	25,868	-	26,083	14,400
<b>Cash funds this year end</b>	948	4,007	-	4,955	26,083

## 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		-	-	-
		-	-	-
		-	-	-
	<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
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Linsey Ablewhite	1/22/2025	
	#VALUE!	Lynne Knapp	1/22/2025	