



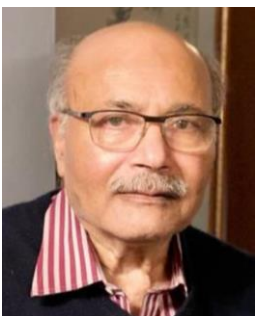
Holistic way for a better you

MORE HORIZONS

Registered Charity, No: 1196956

**Trustees' Annual Report
2022-2023**

FOREWORD from our Trustees

Dr Ravi Balakrishnan	Dr. Govind Lall	Disho Dhadwal	Supriya More
			

Dear Readers

It is our privilege to present the Annual report for 2022-2023 for our Charity More Horizons. We established our Charity to support the community to maintain and improve health and wellbeing so we are stronger together. We believe that collectively we can make a difference to support each other so we are more resilient especially after all that we have experienced from the global pandemic. The pandemic has had a significant impact on millions of people and has changed the way we live, how we behave and the importance of being healthy and looking after ourselves is even more paramount now.

Over the past year, we have managed to successfully design innovative programmes such as the **'Arts for Health – Bollywood dance workout sessions'** as well as our **'IN-CONTROL Programme** – that includes Motivation-Nutrition-Mindfulness' techniques to support individuals and communities for better health and wellbeing. These programmes are developed with the community's needs in mind with due regard to the cultural aspects to ensure we maximise the impact of our programmes on the community and empower them for a better future. We thrive on our partnerships and want to thank all our partners including statutory, voluntary organisations as well as the Local Authority partners who have been tremendously helpful in furthering our cause to reach out to the communities in need especially those impacted by health inequalities. We know that through collective energy and spirit we can reach out to more people in need effectively.

We are thankful to the organisations such as LHC Community Benefit Fund, Heart of Bucks Foundation who provided grants to deliver our programmes making a benevolent contribution to improving population health. We are equally thankful to our amazing volunteers who have tirelessly and selflessly supported us in our mission by being compassionate, caring, and dedicated in line with our ethos.

We plan to continue our work by delivering more innovative programmes and developing stronger partnerships to achieve our goals, ambition and our mission.

Thank you from the bottom of our hearts

Trustees of More Horizons



Holistic way for a better you

Trustees' Annual Report 2021-22

Contents

1	Reference and Administration Details	4
1.1	Charity Name & Registration.....	4
1.2	Charity's registered address	4
1.3	Names of the Trustees Who Manage the Charity.....	4
1.4	Names of Advisors.....	4
1.5	Bank.....	4
2	Structure, Governance & Management	4
2.1	Type of Governing Document.....	4
2.2	Charitable Objects	4
2.3	Trustee Selection Methods.....	5
3	Activities	5
3.1	Statutory Declaration.....	5
4	Achievements & Performance	5
4.1	Outputs and Outcomes for the Charity's Beneficiaries	5
4.2	How the Public Have Benefitted.....	6
4.3	Contributing to Activities Run by Other Organisations.....	17
4.4	Trustee Development.....	18
5	Financial Review	18
5.1	Details of Any Funds Materially in Deficit.....	18
5.2	Policy on Reserves.....	18
5.3	Principal Sources of Funding and Outgoings	18
5.4	Remuneration of Trustees	19
5.5	Financial Status.....	19
5.6	Statutory Statements on Liabilities.....	19
6	Statement of Financial Activity	20
6.1	Independent Examiner's Report on the Accounts	20
6.2	Receipts & Payments Accounts for the Financial Year Ended 31 March 2023	21-22
6.3	Notes to the Accounts	23

Trustees Annual Report

1 Reference and Administration Details

1.1 Charity Name & Registration

More Horizons is a Charity registered with the Charity Commission for England and Wales on 6 December 2021. Registration no: 1196956.

1.2 Charity's registered address

2 Spartlet Mews, Aylesbury. HP18 0YG. Buckinghamshire, England.

E-mail: info@morehorizons.org.uk

Website: www.morehorizons.org.uk

1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>
Ravi Balakrishnan	Trustee	10 Feb 2021
Supriya More	Trustee	10 Feb 2021
Disho Dhadwal	Trustee	28 Mar 2022
Govind Lall	Trustee	15 Jun 2022

1.4 Names of Advisors

AGA Accountants, Midshires House, 7 Smeaton Close, Aylesbury. HP19 8HL Buckinghamshire.

1.5 Bank

Metro Bank, 45 Market Square, Aylesbury HP20 2SP.

2 Structure, Governance & Management

2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity.

2.2 Charitable Objects

As defined in More Horizons Constitution (Governing Document): The objects of the CIO are:

(1) To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

(2) To advance health for the public benefit by providing activities and programmes and in such other ways as the trustees see fit to improve, preserve and/or protect physical and mental health.

2.3 Trustee Selection Methods

Trustees are appointed as per the guidance from the Charity commission and in accordance with the Constitution for a term of three years by a resolution passed at properly convened meeting of the Charity Trustees.

In appointing Trustees, due consideration was given to ensure that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

3 Activities

3.1 Statutory Declaration

The Trustees of More Horizons confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake. The Charity did not have any incidents (including any serious incidents) during this reporting period. The Charity has the following policies in place:

NO.	POLICY
1	Equality Diversity Inclusion Policy
2	Data Protection Policy
3	Safeguarding Policy
4	Health & Safety Policy
5	Trustees Expenses Policy
6	Financial Controls policy
7	Volunteers Policy
8	Serious Incident Reporting Policy
9	Conflict of Interest Policy
10	Risk Management Policy

4 Achievements & Performance

4.1 Outputs and Outcomes for the Charity's Beneficiaries

More Horizons charity is established to support individuals and communities to enable them to make conscious lifestyle changes that will help them to maintain and improve their health and wellbeing. The Charity also supports the creative side to make a positive impact on the community as well as the society at large.

The Charity was set up following the significant impact of the COVID-19 global pandemic on the population at large, mainly to enable and support those affected to revive and for resilience. We thrive on the rich assets of the community we serve and we provide innovative programmes that empower the community.

Our remit includes advancing health and wellbeing through use of arts and innovative solutions to support those in need.

Our ethos is to be – Caring; Committed; Compassionate; Dedicated; Inspired; Inclusive; Innovative.

Our partnerships developed with various local and voluntary organisations are a blessing to support our communities through collective energy and spirit to have the required impact supported by our volunteers.

The key pillars of our strategy are:

- Community centred-approaches to ensure programmes address the needs;
- Co-designing innovative and impactful programmes to have a positive impact on life, health and well-being;
- Focus on addressing health inequalities;
- Designing tailor made programmes for marginalised communities that are affected due to deprivation including people from the BAME (Black, Asian and Minority Ethnic) communities;
- Continuous learning.

Over 2022-2023, we delivered two funded programmes of work:

1. **Arts for Health: Bollywood Dance Workout Sessions** – aimed at improving physical health by maintaining healthy weight and getting fit with a direct impact on mental wellbeing using a form of art e.g. dance which also promoted social integration via community engagement and participation.
2. **IN-CONTROL Programme** – To improve physical and mental wellbeing holistically in communities experiencing health inequalities via Motivational techniques, Nutrition guidance and Mindfulness.

4.2 How the Public Have Benefitted.

Arts for Health: Bollywood Dance Workout Sessions

The purpose of this programme was to improve the health and wellbeing of the population experiencing health inequalities in Buckinghamshire by delivering this innovative Bollywood Dance workout session programme which also encouraged social inclusion, community cohesion by bringing people together.

The programme was delivered in 2022 (Jan – Sep) at two venues in Aylesbury, Buckinghamshire, funded by the LHC Community Benefit fund via LOCALITY and had a tri-fold positive impact:

- Physical health impact
- Mental wellbeing impact
- Social inclusion, community engagement and integration.

Deprivation, impact of the pandemic, social isolation and lower physical and mental wellbeing led to an increased demand for these innovative Arts for health programme with over 200 people expressing an interest highlighting a demand for socially engaging yet physically and mentally beneficial activities.

This programme also directly addressed the local Borough priorities such as leading happier healthier lives for people, reducing health inequalities, living well, promoting wellbeing and addressing BAME needs.

Our research showed that there were no culturally specific physical activity programmes especially for the BAME communities. Our programme addressed this gap with a positive social and health impact.

This programme was delivered in groups of 15-20 participants every week at two different location that benefitted >200 people over the course of the programme.

The impact of the programme was measured using surveys to capture key indicators and the findings were analysed and summary of results is presented below:

Age range: 20% were aged 25-34; 42% were 35-44; 27% were 45-54 and remaining 11% were 55 years+

Ethnicity: 89% were from a BAME community, 8% identified as White British and 3% stated their ethnicity as Other.

Picture 1: Facilitator delivering the Bollywood Dance Workout Sessions to participants at the HLC venue in Aylesbury



Regarding how the sessions helped participants achieve their goals:

- 50% said it helped them to keep physically fit and active
- 42% said it improved their general wellbeing
- 23% said it helped to boost their confidence
- 43% said they enjoyed the music and dance
- 35% said they enjoyed meeting new people
- 70% all of the above.

Regarding impact on physical activity: 100% participants said the sessions were highly or very highly beneficial

Positive impact on physical health

- 39% said attending the session improved their stamina
- 12% said it helped them maintain healthy weight
- 62% they felt energetic
- 31% said it improved their overall health
- 27% said 'All of the above'

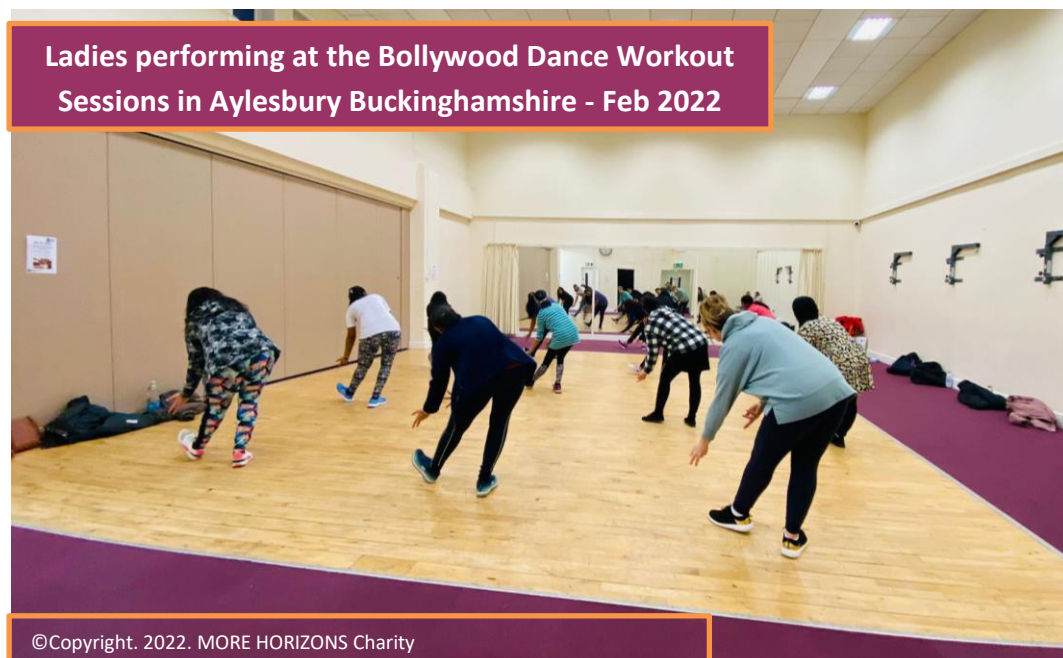
Regarding impact on mental wellbeing: 100% said the session were highly or very highly beneficial with a positive impact on mental wellbeing.

Positive impact on mental wellbeing

- 31% it improved their confidence
- 62% reported they felt good after the sessions
- 35% said they felt motivated after the sessions
- 24% said they had fun during the sessions
- 39% said they were socially more connected
- 46% said all of the above impacted

100% said they would recommend the sessions to friends and family.

Pictures 2: Bollywood Dance workout sessions being delivered at the Healthy Community Centre in Aylesbury, Buckinghamshire.





Ladies performing at the Bollywood Dance Workout Sessions in Aylesbury, Buckinghamshire - Feb 2022

©Copyright, 2022. MORE HORIZONS Charity

Below are few testimonials from participants:

'I would like to say that the Bollywood dance workout sessions are and have been fabulous. I needed some form of exercise to get me fit but mainly to strengthen my balance. These sessions are perfect for that. I appreciate the sessions being ladies only. And I love the music. The instructor makes the classes energetic but fun.' (F/41)

Bollywood dance workout is the best kind of exercise I could ask for. The facilitator is such a professional and engages very well with her group. We always look forward for Wednesdays now. All she ever asks us to bring is a SMILE. (F/38)

'More Horizons is very close to my heart for a number of reasons. I had an opportunity to attend Bollywood Workout sessions, both, on-line and face-to-face. I have to say, it was extremely enjoyable; not just because I am a great fan of Bollywood but the overall experience was very holistic and professional at the same time. Dance instructor/ facilitator was very enthusiastic and equally considerate about different ethnic backgrounds and physical fitness of an individual but still got everyone together in a way that all of us could enjoy. It felt like a breath of fresh air after Covid restrictions. More so, I could see myself making new friends too with the bunch of lovely people I met at the Bollywood Dance Workout session! Highly recommended and hope I will be able to attend More and More sessions of More Horizons' (F-43)

Overall, the programmes showed a positive impact on:

- **Physical impact** - Positive physical impact by exercising with impact on weight.
- **Mental wellbeing impact** - Positive mental wellbeing impact on participants by using art form such as dance to encourage workouts/exercise.
- **Social inclusion** – Bringing communities closer together to rekindle the fraternal feelings and build stronger.

Thank you very much to our funders for supporting us, to make this happen and support our community through this programme.

IN-CONTROL Programme

This programme was designed to address several health and wellbeing challenges our population is facing such as obesity, lack of motivation, fear, as well as public health challenges such as higher number of years spend in disability (YLD= Years of life lived with disability) impacting on the DALYs (Disability adjusted life years). The resulting impact on the National Health Service (NHS) and care services is profound amidst the challenges our NHS and the care sector is facing.

BAME population is on the rise in Buckinghamshire especially Aylesbury due to new housing and internal migration. Cost of living increase, the impact on mental health, cheaper unhealthy food options and people facing loneliness are just some of the indicators demanding a programme like IN-CONTROL to support locally communities. COVID-19 showed the disproportionate impact on BAME communities and had an adverse effect on health inequalities.

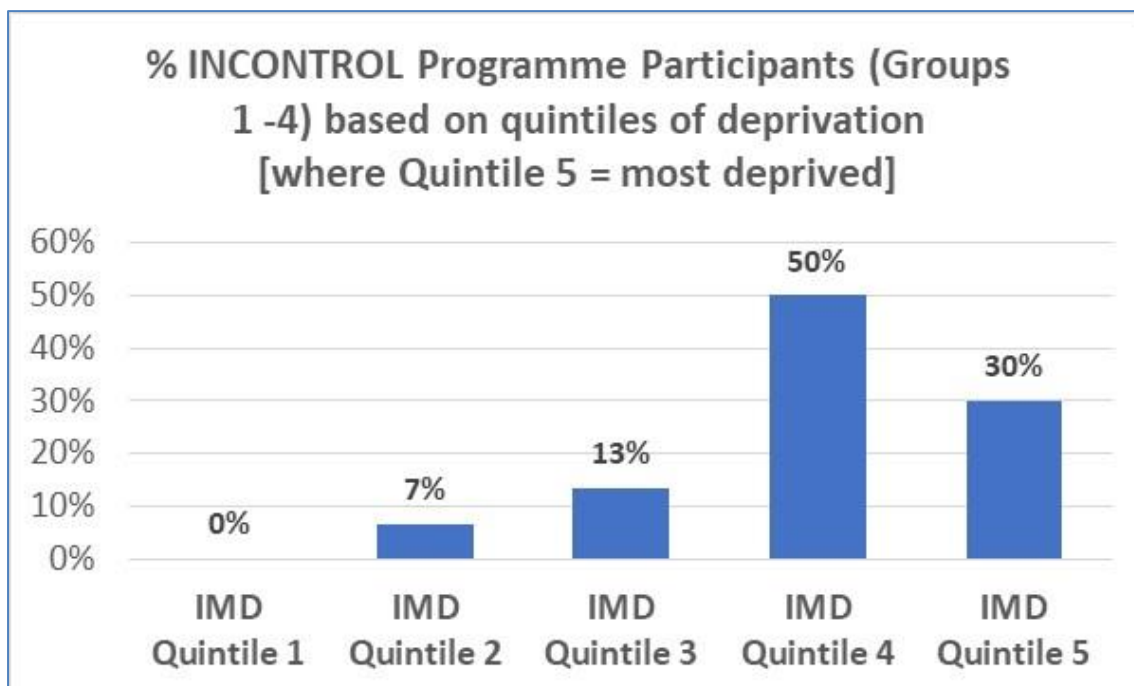
Hence, the In-Control programme was designed to improve the physical health and mental wellbeing in individuals facing health inequalities including those from a BAME (Black Asian and Minority Ethnic) groups using culturally specific and relevant information to enable conscious lifestyle changes that will go a long way in improving the health and wellbeing of our communities and also benefit our NHS and care services directly or indirectly. Heart of Bucks community foundation has funded this programme via their grant that is enabling delivery. We are ever so thankful for this funding. The programme has been delivered since Sep 2022 and will continue to be delivered in 2023-24 to complete all the ten cohorts.

The In-Control programme is a holistic programme aimed to have a tri-fold impact by empowering individuals to take control of their own health via Motivation, Nutrition and Mindfulness techniques and information. This programme is delivered as group sessions to 10-12 participants in each group. The delivery team included a Motivation expert, a Nutritionist and a Mindfulness expert. Partnerships with various local organisations ensure we recruited participants who directly benefitted via this programme.

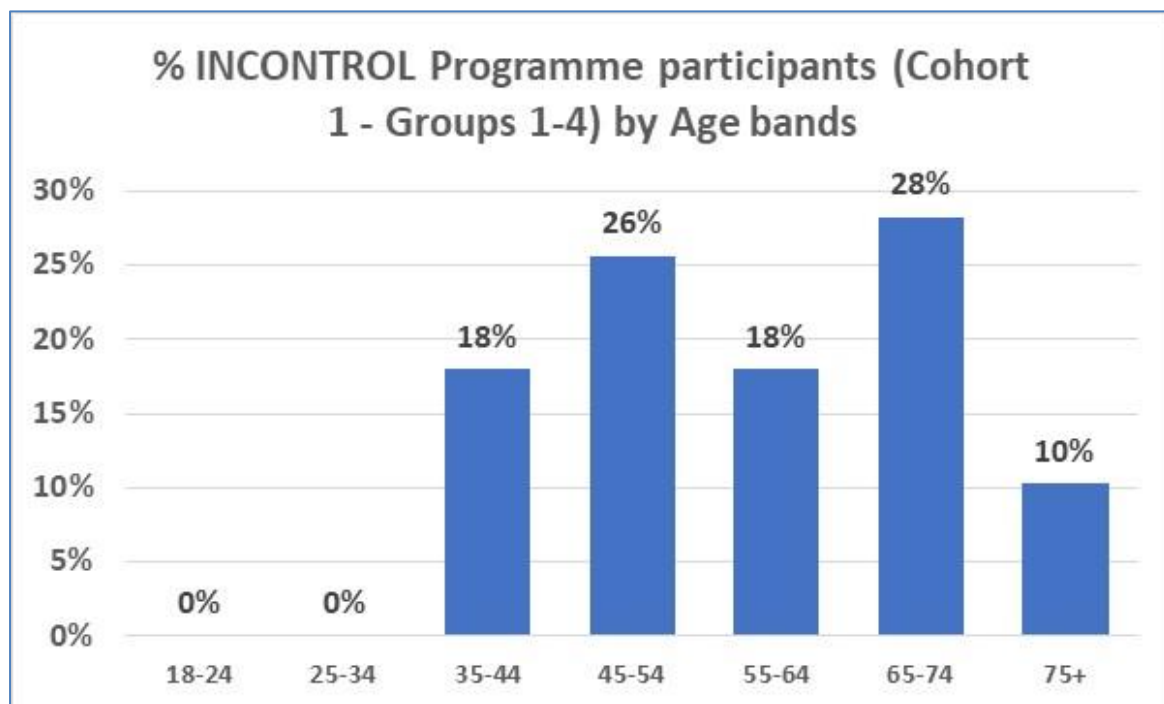
There was an enormous interest in these sessions' shows both by participants who heard or found out about it and also from the professionals and partner agencies who found out about it. Every partner and participants responded saying that these sessions are the need of the hour. All of them felt that this will have an immediate as well as a long term sustainable impact on individuals and families especially those from the deprived and the BAME communities via needs based provision of information. This will impact not only on primary and secondary prevention but will be beneficial for people with or without long term conditions. This is expected to go a long way in reducing the pressure on the NHS and the health care system such as ambulance, care services amongst others. This programme addresses health inequalities and is in line with the aims and objectives of the local health and care strategy.

This programme is being delivered to 10 cohorts. Feedback from the first five cohorts delivered is shown below: The summary of the impact from the survey findings:

- 92% participants on average completed the full course.
- Ethnicity: 91% were from a BAME background with 9% from a White background.
- Disability: 16% stated they have some form of disability while 84% stated no disability
- Index of multiple deprivation: 80% of participants were from the 4th or 5th quintile of deprivation (chart below) where 1 is the least deprived and 5 is the most deprived. We used the IMD 2019 deprivation index tools available online.



Age: 38% participants were aged 65 and over while 18% were in the age band 35-44, 36% aged 45-54 and 18% aged 55-64. (Chart below)



Photos of the INCONTROL Programme delivery – Aylesbury Buckinghamshire

INCONTROL Programme session delivery at the Bucks Museum in Aylesbury



INCONTROL Programme's Mindfulness activity session delivered at the Bucks Museum in Aylesbury.



INCONTROL Programme's 'Nutrition' session delivery demonstrating salad preparation at different venues in Aylesbury



Participants' feedback: We have received a very positive feedback from participants who attended the programme and following are some of the comments mentioned on the feedback forms

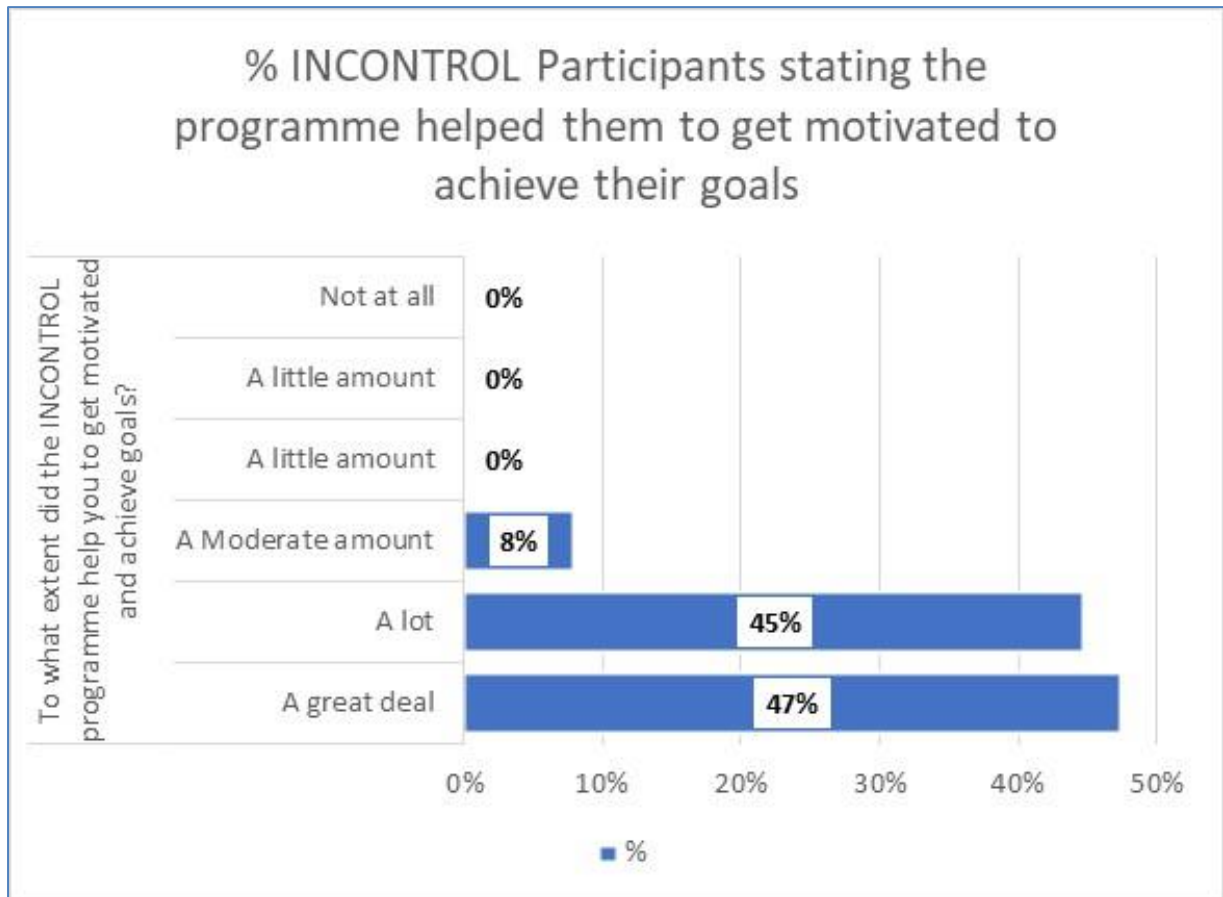
- *I feel motivated to begin making the changes to my day*
- *Feel very motivated. Excellent sessions and enjoyed very much. Loved every minute of it.*
- *I think it is inspiring and the beginning of a journey. I feel motivated to attempt some of the suggestions made in order to help my self.*
- *I found it very informative and covered so many areas and techniques that are useful to manage myself.*
- *I am well motivated to change my lifestyle and I will definitely change*

Impact measurement survey: We conducted a post session feedback survey using a feedback form which included a motivation scale to note the change as well as a range of questions to understand the impact of the INCONTROL Programme on physical and mental wellbeing aspects.

94% of participants completed the feedback survey after the session. We also used survey monkey to get feedback from participants who attended the virtual

INCONTROL programme via zoom to understand the impact. We have combined these results and summarised the findings below -

- On average 96% Participants stated that the INCONTROL programme encouraged them to make lifestyle changes to improve their mental and physical health
- When asked 'To what extent did the INCONTROL programme help participants to get motivated to achieve their goals' – the responses show that 92% stated 'A great deal' or 'A lot'



- With regard to 'Motivation' participants' motivation pre and post session was measured using a motivational scale. 100% of participants who completed the survey showed improved motivation with increase in mean scores post session.
- 100% of participants who completed the survey stated starting one or more activities to improve their lifestyle after attending the programme. Majority of participants took up eating healthy food, regular physical activity and exercise as well as practicing mindfulness to look themselves better for a long term sustainable impact.
- Majority of participants stated the benefits of the tools provided through the INCONTROL programme that helped them to make ongoing lifestyle changes

after attending the programme such as meal plans, mindfulness session, motivational scale, gratitude journal and information on local activities.

- Regarding how the INCONTROL programme has improved their physical health – the participants provided the following comments
 - By becoming more active
 - Feeling energetic
 - Doing floor exercises at home
 - Exercising regularly
 - More active than before
 - Joined a gym
 - Moving better
 - Walking at least 30 mins a day
 - Moving more. I have my leg amputated due to diabetes. The session motivated me to walk more and improve my balance
 - I joined yoga and started doing pranayama again
 - Most other participants stated – walking a lot, eating healthy, moving more than before

- Regarding how the INCONTROL programme has improve their mental health – the participants provided the following comments
 - By keeping a positive attitude
 - Feeling happy
 - Staying calm and relaxed in stressful situations
 - Inspired to take up exercise class
 - Positive thinking
 - Feeling calmer than before
 - Practising mindfulness
 - Mindfulness is helping me calm down.
 - Started practicing meditation
 - I feel less stressed, more motivated, have lot of confidence and more in control of my lifestyle
 - I am trying to live in the present, self love, focussing on small things first, devolve a routine, stick to my schedule when I slipped up and get back on track, stay focussed.
 - Meditating

We are continually monitoring the impact of the programme on participants. This will help us build our evidence base on the effectiveness and impact on outcomes as we continue delivering this programme to more beneficiaries who need it the most to reduce health inequalities and improve the health and wellbeing of our population.

Our heartfelt thanks to our funders for enabling deliver of this programme that is directly benefitting the communities in need.

4.3 Contributing to Activities Run by Other Organisations

More Horizons has worked in partnership with various local organisations such as Bucks Mind, Carers Bucks, Women's Aid, Citizens Advice Bureau, NHS-

General practices, Healthy Living Centres, Local authority, Social prescribers as well as various community groups. Our partners have supported us in recruiting participants to our programmes who have directly benefitted. We will continue working with our partners to continue our charitable work.

4.4 Trustee Development

Trustees are encouraged to participate in development opportunities as required to carry out the activities of the charity from time to time and throughout the year.

Our Charity has the following policies in place which are renewed periodically:

- Health and Safety Policy
- Data Protection Policy
- Conflict of Interest Policy
- Equality Diversity and Inclusion Policy
- Risk Management Policy
- Safe guarding Policy
- Volunteers Policy

5 Financial Review

5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves as best possible.

5.3 Principal Sources of Funding and Outgoings

Grants from organisations namely, LHC Community Benefit Fund via Locality and Heart of Bucks Community Foundation were our main sources of funding in the reporting period.

5.4 Remuneration of Trustees

Majority of the Trustees provide their services in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost where applicable. The Charity has relevant policies in place for remuneration of Trustees

Our Trustee supports the design and delivery of our Charity's programmes in line with the Charity commission's guidance, based on her exclusive skill set that has led to the development of innovative programmes such as 'IN-CONTROL' and 'Arts for Health – Bollywood Dance Workout Sessions' that include activities that support individuals and communities in need to improve their health and wellbeing. (Details on the programmes are mentioned in section 4). These are in line with the Constitution of the charity.

5.5 Financial Status

The Charity's current resources are from community grants which are sufficient to meet its outgoings for the 2023-24 year.

All the indications are that this will remain the case for the foreseeable future.

The Charity does not own or mortgage any property.

5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (eg: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- ✓ The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (eg: a mortgage on property owned by the charity);

Approved by the Trustees and signed on their behalf,

Dr. Ravi Balakrishnan (Trustee)

Ms. Disho Dhadwal (Trustee)

Date: 13 November 2023

More Horizons
Charity No. 1196956
Charity Accounts
Independent Examiner's Report on the Accounts

for the year ended 31 March 2023

I report on the accounts of the charity for the year ended 31 March 2023, which are set out on the following pages.

Respective responsibilities of Trustees and Examiner

As the charity trustees of the Charity it is you who are responsible for the preparation of the accounts in accordance with the Charities Act 2011

Having satisfied myself that charity is not subject to audit under company law and is eligible for independent examination under Charities Act 2011, it is my responsibility to:

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity's commission under Section 145 (5) (b) of the 2011 Act

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

Which gives me reasonable cause to believe that in any material respect the requirements:

- 1) accounting records were not kept in respect of the Charity as required by Section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and reports) Regulations 2008 other than any requirement that accounts give a "true and fair view" which is not a matter considered as part of an independent examination.

Corresponding figures

The charity was not subject to audit in previous period, therefore the opening balances and the corresponding figures are unaudited. We did not undertake an Independent examination of the comparatives.

I confirm there are no matters to which your attention should be drawn to enable a proper understanding to be reached.

.....
Ahmed Ali ACA FCCA

Midshires House
Smeaton Close
Aylesbury
HP19 8HL

Dated: 17 November 2023

More Horizons
Charity No. 1196956
Statement of Financial Activities
Income and Expenditure Account
for the year ended 31 March 2023

	Unrestricted Funds	Restricted Funds	Total Funds	Last year Total Funds
Notes	2023 £	2023 £	2023 £	2022 £
Incoming resources				
<i>Incoming resources from generated funds:</i>				
Voluntary Income	-	-	-	83
Grants	14,986	-	14,986	5,000
Total incoming resources	14,986	-	14,986	5,083
Resources expended				
Charitable activities	6,033	-	6,033	-
Expenses and Support cost	4,180	-	4,180	1,581
Total resources expended	10,214	-	10,214	1,581
Net incoming resources before transfers between funds	4,772	-	4,772	3,502
Net movement in funds	4,772	-	4,772	3,502
Reconciliation of funds				
Total funds brought forward	3,827		3,502	324
Total Funds carried forward	8,599	-	8,274	3,827

All of the above amounts relate to continuing activities.

The notes on the following pages form part of these financial statements.

More Horizons
Charity No. 1196956
Schedule to the Statement of Financial Activities
for the year ended 31 March 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Prior Period Total Funds 2022 £
Incoming Resources from generated funds				
Voluntary Income				
Incoming resources of a revenue nature				
Voluntary Income	-	-	-	83
Grants, legacies and donations	14,986	-	14,986	5,000
Total	14,986	-	14,986	5,083
 Total Grants, Legacies & Donations Received	 14,986	 -	 14,986	 5,083
 Total Voluntary Income	 14,986	 -	 14,986	 5,083
 Total Incoming Resources	 14,986	 -	 14,986	 5,083
 Charitable expenditure				
Freelance fees	-	-	-	-
Project expenses	6,033	-	6,033	-
Charitable activities	6,033	-	6,033	-
 Governance costs that are not direct management functions inherent in generating funds, service delivery and programme or project work (including management and administration costs)				
 Specific expenses and support costs				
Insurance	128		128	200
IT and Software	556		556	390
Marketing	121		121	30
Accountancy fees	240		240	-
Office costs	136		136	643
Equipment costs	498		498	-
Printing Postage and Stationery	174		174	102
Rent licences	1,121		1,121	126
Sundry	672		672	-
Telephone, Mobile and Internet	200		200	25
Travel	335		335	65
 Total Resources expended	 4,180	 -	 4,180	 1,581
	10,214	-	10,214	1,581
 Surplus/(deficit) for the year	 4,772	 -	 4,772	 3,502

**More Horizons
Charity Accounts
Charity No. 1196956
Notes to the Accounts
for the year ended 31 March 2023**

1 Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

2 Reimbursement of Out-of-Pocket Expenses

Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.

No Trustees received any reimbursement of out-of-pocket expenses in the financial year.

3 Salaries & Professional Fees

One trustee received payments for the services they provide to the charity via a contract and with due diligence in line with the Charity Commission's requirements.

In the current financial year the charity employed no staff. Two facilitators offered their services for a fixed fee to deliver the In-control programme which were reimbursed against invoices and in line with the grant organisation's requirements.

4 Fixed Assets

The charity has not purchased or disposed of any fixed assets in the current financial year;

5 Creditors & Debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively if applicable.

6 Rounding Discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.