



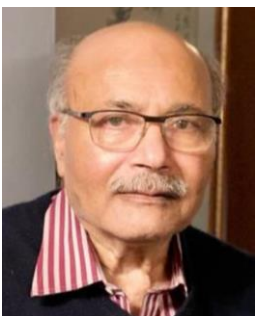
Holistic way for a better you

MORE HORIZONS

Registered Charity, No: 1196956

**Trustees' Annual Report
2023-2024**

FOREWORD from our Trustees

Dr Ravi Balakrishnan	Dr. Govind Lall	Disho Dhadwal	Supriya More
			

Dear Readers

We present our Charity – ‘More Horizons’ second Annual report for the year 2023-2024. From the time we established our Charity, we have successfully reached to hundreds of people in the community with our innovative culturally tailored programmes making differences to the lives we connected with. We believe that collectively and in partnership with our dedicated partner organisations and representatives, we can make further difference to improve health and wellbeing outcomes in the population to build stronger more resilient communities. The effects of the pandemic are still visible in various forms on physical and mental health which has changed the way we live, how we behave further raising the importance of being healthy and looking after ourselves and our communities.

Over the past year, we continued the delivery of our successful innovative **‘IN-CONTROL Programme** – providing tri-fold benefits to the participants using Motivation-Nutrition- Mindfulness’ techniques to better their health and wellbeing. The programmes considered 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 and have a sustainable impact.

We thrive on our partnerships and want to thank all our partners including statutory, voluntary organisations as well as the Local Authority partners and to our amazing volunteers who have been immensely helpful in furthering our cause to reach out to the communities in need especially those impacted by health inequalities. We are grateful to the Heart of Bucks Community Foundation who provided grant to deliver our IN-CONTROL programmes making a benevolent contribution to improving population health and supporting our mission in a compassionate and caring way.

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 2023-24

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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	Social media policy
10	Financial reserves policy
11	Conflict of Interest Policy
12	Bullying and harassment policy
13	Risk Management Policy
14	Complaints policy and procedures

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 via innovative programmes 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 2023-2024, we continued delivery of our innovative:

1. **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.

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 was delivered from Sep 2022 to Sep 2023 completing delivery to all the planned 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.

Highlights of successful delivery of the programme

- A total of 100 adult participants benefitted from the programme via group sessions delivered at accessible locations in areas of need.
- 91% participants completed the full course attending all the group sessions offered.
- 91% participants were from a BAME background as per our objective with 9% from White or White other background across all age ranges
- 70% (7/10) participants were from the 4th and 5th most deprived quintile of population (where 1 is the least deprived and 5 is the most)

Feedback from participants was very positive and here are some comments from the feedback forms –

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 myself.'

'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.'

In-CONTROL Programme delivery at the Aylesbury Multicultural centre in Aylesbury, Buckinghamshire



Impact via survey

Our post session feedback survey show the following positive results

- **On average 92% Participants stated that the IN-CONTROL programme encouraged them to make lifestyle changes to improve both their mental and physical health.**
- When asked 'To what extend did the IN-CONTROL 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 mean scores increasing from 4 to 7 post session.**
- **100% participants said they were inspired to make lifestyle changes**
- **100% participants who completed the survey stated starting one or more activities to improve their lifestyle after attending the programme**

Regarding how the IN-CONTROL 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 atleast 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 IN-CONTROL programme has improve their mental health

A positive impact on mental wellbeing was our second primary objective via the sessions on motivation and mindfulness which included a motivational talk, information on looking after oneself, goal setting, assessing motivation using a scale (pre and post session) including an indoor and an outdoor activity on mindfulness which the participants greatly enjoyed and fed

back that this was excellent and helped them emotionally and spiritually – which reflects the positive impact on mental wellbeing.

We collected information via a open ended qualitative survey to understand the benefits to participants. 91% participants reported that this session was either good or excellent and benefited them directly. 100% participants said they were inspired to make lifestyle changes

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

The themes emerging from the comments above demonstrate the impact on physical wellbeing, lifestyle modification, mental wellbeing including social connectedness addressing social isolation and loneliness that people experienced largely since the pandemic as well as due to their social deprivation status as a result of health inequalities experienced. The positive impact of motivational techniques, mindfulness techniques will also directly impact on an individual's ability to contribute to the society via work/employment or in other ways.

We saw individual connecting during and after the sessions to continue discussion on mutual topics which will go a long way in combating social isolation and encouraging social and cultural inclusivity which will directly impact mental wellbeing of participants in a positive way in the short as well a long run.

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*

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 various policies in place mentioned in 3.1 which are renewed periodically. Trustees ensure that all are up to date on current policies and updates especially from the Charity Commission and in the law as required to carry out the business of the Charity.

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 endeavours to generate and maintain reserves as best possible.

5.3 Principal Sources of Funding and Outgoings

Grants from organisations namely 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

One Trustee supported 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'. These are in line with the Constitution of the charity. In March 2024 this Trustee has stepped down as a Trustee of the organisation.

5.5 Financial Status

The Charity's current resources are from community grants have been spent over 2023-24 and the Charity has started applying for grants to continue delivery of the innovative programmes via grants from other charitable and community organisations to ensure sustainability.

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: **1 October 2024**

Section 6

More Horizons

Charity No. 1196956

Charity Accounts

Independent Examiner's Report on the Accounts

for the year ended 31 March 2024

I report on the accounts of the charity for the year ended 31 March 2024, 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

AGA Accountants
Harrow Business Centre
429-433 Pinner Road
North Harrow
HA1 4HN

Dated: 1 October 2024

More Horizons
Charity No. 1196956
Statement of Financial Activities
for the year ended 31 March 2024

	Unrestricted Funds	Restricted Funds	Total Funds	Last year Total Funds
Notes	2024 £	2024 £	2024 £	2023 £
Incoming resources				
<i>Incoming resources from generated funds:</i>				
Voluntary Income	-	-	-	-
Grants	-	-	-	14,986
Total incoming resources	-	-	-	14,986
Resources expended				
Charitable activities	6,249	-	6,249	6,033
Expenses and Support cost	1,692	-	1,692	4,180
Total resources expended	7,941	-	7,941	10,213
Net incoming resources before transfers between funds	(7,941)	-	(7,941)	4,773
Net movement in funds	(7,941)	-	(7,941)	4,773
Reconciliation of funds				
Total funds brought forward	8,274		8,274	324
Total Funds carried forward	333	-	333	5,097

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 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Prior Period Total Funds 2023 £
Incoming Resources from generated funds				
Voluntary Income				
Incoming resources of a revenue nature				
Voluntary Income	-	-	-	-
Grants, legacies and donations	-	-	-	14,986
Total	-	-	-	14,986
Total Grants, Legacies & Donations Received	-	-	-	14,986
Total Voluntary Income	-	-	-	14,986
Total Incoming Resources	-	-	-	14,986
Charitable expenditure				
Freelance fees	-	-	-	-
Project expenses	6,249	-	6,249	6,033
Charitable activities	6,249	-	6,249	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
IT and Software	272	-	272	556
Marketing	104	-	104	121
Accountancy fees	240	-	240	240
Office costs	438	-	438	136
Equipment costs	-	-	-	498
Printing Postage and Stationery	-	-	-	174
Rent licences	-	-	-	1,121
Sundry	-	-	-	672
Telephone, Mobile and Internet	70	-	70	200
Travel	568	-	568	335
Total Resources expended	1,692	-	1,692	4,180
	7,941	-	7,941	10,213
Surplus/(deficit) for the year	(7,941)	-	(7,941)	4,773

**More Horizons
Charity Accounts
Charity No. 1196956
Notes to the Accounts
for the year ended 31 March 2024**

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.