



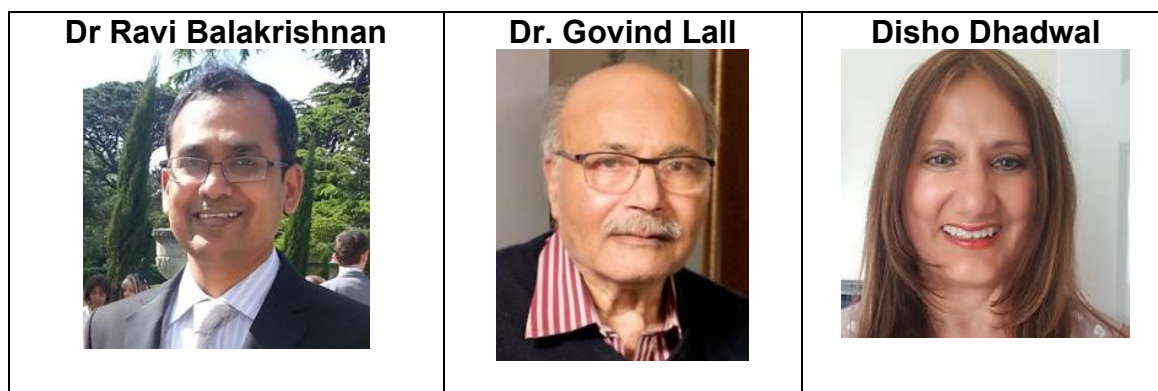
Holistic way for a better you

MORE HORIZONS

Registered Charity, No: 1196956

**Trustees' Annual Report
2024-2025**

FOREWORD from our Trustees



Dear Colleagues

We are pleased to present our Charity's 2024-25 Annual report. 2024-25 was yet another successful year to continue our mission to support communities in need with our innovative health and wellbeing programmes. We have continued to successfully reach several groups in the community with our innovative culturally tailored programmes providing a holistic approach to support people and communities to manage their health and wellbeing.

We know our programmes are making a difference to the lives we connected with from the excellent feedback we receive via surveys. 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 post pandemic effects will be long lasting and are still noticeable in various forms on physical and mental health which has changed the way we live, how we behave - which further raises the importance of delivering such programmes to support the communities to look after themselves which in turn creates a productive society and also reduced the burden on our NHS.

Over the past year, we continued the delivery of our successful innovative 'IN-CONTROL Programme aimed at providing tri-fold benefits to the participants using Motivation-Nutrition- Mindfulness' techniques to better their health and wellbeing. The programme continues to support the participants to take control of their own health and wellbeing with a sustained impact. We also continued to deliver our Bollywood Dance Workout sessions, improving the health and wellbeing of core

groups who experience health inequalities by providing health and mental wellbeing benefits as well as improving social cohesion.

We extend our heartfelt thanks to our team of facilitators, volunteers and community members who have supported us in our journey and successful delivery of our programmes. Our mission is achieved due to the commitment and dedication of our team whom we thank with all our hearts.

We are most grateful and extend our heartfelt thanks to the **Heart of Bucks Community Foundation** and the **Rothschild Foundation** who provided us grants in the past year to continue delivering our innovative programmes to the communities to improve their health and wellbeing while targeting health inequalities - supporting our mission in a compassionate and caring way.

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 will 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

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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

	Role	Appointed
Ravi Balakrishnan	Trustee-Treasurer	10 Feb 2021
Disho Dhadwal	Trustee	28 Mar 2022
Govind Lall	Trustee	15 Jun 2022

1.4 Names of Advisors

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

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, *i.e.* 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 initially 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 2024-2025, we continued delivery of our innovative programmes detailed below

1. **IN-CONTROL Programme** – This programme is funded via a grant received from the Heart of Bucks Community Foundation which we received in November 2024. The programme will be delivered from Nov 2024 to Oct 2025. The project aims to deliver this innovative programme to Black Asian and Minority Ethnic communities experiencing health inequalities in Buckinghamshire to provide tri-fold benefits using Motivation session, Nutrition information and Mindfulness techniques.
2. **Arts for Health – Bollywood Dance workout sessions** – This programme is funded via a grant received from the Rothschild Foundation which we received end October 2024. The programme will be delivered from Oct 2024 to Oct 2025. This project included delivering Bollywood dance workout sessions to female participants to encourage physical activity and improve wellbeing via community involvement and social inclusion.

4.2 How the Public Have Benefitted.

IN-CONTROL Programme

Over 2024/25 we commenced the delivery of our IN-CONTROL programme which is 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 current situation where there is a high demand for NHS services with the NHS facing several challenges, staying in good health is the need of the hour which this programme tries to do with a focus on prevention which is one of our National ambition to move from 'Treatment to Prevention' in line with the Government's policy.

Currently the population from Black, Asian and minority ethnic communities is on the rise in Buckinghamshire especially in 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 has shown a disproportionate impact on BAME communities with evidence of widening health inequalities which this programme tries to address where possible.

The In-Control programme is designed to improve the physical health and mental wellbeing in individuals facing health inequalities using culturally specific and relevant information to enable conscious lifestyle changes that goes a long way in improving the health and wellbeing of our communities and also benefit our NHS and care services directly or indirectly. This 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 programme delivery commenced from November 2024 and is currently being delivered to five cohorts with a final session planned for the whole group as a community event later in 2025. 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.

This programme has developed a lot of interest equally amongst beneficiaries as well as clinicians/care workers and partner agencies. Every partner and participants responded saying that these sessions are the need of the hour. The programme will impacts not only on primary and secondary prevention but is found to be beneficial for people with or without long term conditions. This programme addresses health inequalities and is in line with the aims and objectives of the local government's health and care strategy.

Highlights of successful delivery of the IN-CONTROL programme

- To date over 150 participants have benefitted and as part of this new grant we have already delivered the programme to 51 participants via group sessions delivered at accessible locations in areas of need.
- 92% participants completed the full course attending all the group sessions offered.
- 93% participants were from a BAME background as per our objective with 7% from White or White other background across all age ranges
- So far on average >70% participants have been 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 –

‘It was amazing – very grateful for the session – really helped me to make some changes to improve my life’.

‘Loved today! Set out really well. The 3 teachers/speakers were very engaging & knowledgeable. The food was fantastic. Overall highly recommend this day’.

‘Thank you it was a very informative day.’

‘I enjoyed the session and make some lovely people here I learned something new to help me with my motivation.’

‘It was all very good. Number of attendees was just right. Lunch was delicious but it also seemed part of the session.’

Venues for delivery

In-CONTROL Programme has been delivered so far at the following venues

1. Aylesbury Multicultural centre in Aylesbury, Buckinghamshire
2. Queens Park Arts Centre, Aylesbury
3. Discovery Bucks Museum, Aylesbury

All of the venues were accessible to our beneficiaries.

Phot of the In-CONTROL Programme delivery at the Aylesbury Multicultural Centre in Aylesbury, Buckinghamshire



In-CONTROL Programme delivery at the Queens Park Arts Centre in Aylesbury, Buckinghamshire



In-CONTROL Programme delivery at the Bucks Museum in Aylesbury, Buckinghamshire



Impact via survey

Our post session feedback survey shows the following positive results - Feedback from participants has been very positive, with comments highlighting the benefits of the sessions. 92% of participants stated that the IN-CONTROL programme encouraged them to make lifestyle changes to improve their mental and physical health and motivated to achieve their goals. 100% of participants showed improved motivation and inspired to make lifestyle changes.

Regarding how the IN-CONTROL programme has improved their physical health – the participants provided the following comments – We don't have many to quote but have only few

'Need to think about my diet plan now'.

'Set goals with steps to achieve them. Practise some of the mindfulness techniques'.

'Really benefited from all the sessions thank you'.

'Being more in tune with me and my body'.

'I felt very anxious coming and talking about myself. At the end I felt more confident'.

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

Our second primary objective was to positively impact participants' mental wellbeing. To achieve this, we conducted sessions focused on motivation and mindfulness. These included a motivational talk, guidance on self-care, goal setting, and the use of a motivation scale to assess participants' progress before and after the session. The program also featured both indoor and outdoor mindfulness activities, which participants thoroughly enjoyed. Many reported that these activities had a strong emotional and spiritual impact, further reinforcing the positive effect on their mental wellbeing.

100% of respondents stated they felt inspired to make positive lifestyle changes as a result of the session.

The themes emerging from participant feedback highlight a significant impact on multiple areas of wellbeing, including physical health, lifestyle changes, and mental wellbeing. Notably, the sessions also fostered social connectedness—helping to address the ongoing issues of isolation and loneliness that many individuals continue to experience, particularly those facing social deprivation and health inequalities.

Motivational and mindfulness techniques introduced during the sessions have not only supported personal wellbeing but also have the potential to enhance individuals' capacity to contribute to society—whether through employment, volunteering, or community engagement.

We observed participants forming meaningful connections during and after the sessions, continuing discussions on shared interests. This ongoing engagement is a promising step toward reducing social isolation and promoting social and cultural inclusivity, with a lasting positive impact on mental wellbeing in both the short and long term.

Photos of the INCONTROL Programme's Mindfulness activity session.

Mindfulness session at Queens Park Arts Centre Aylesbury



Mindfulness session at Bucks Museum, Aylesbury.



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



We are continuously monitoring the programme's impact on participants to strengthen our evidence base and better understand its effectiveness in improving outcomes. This ongoing evaluation will support the continued delivery of the programme to those who need it most, helping to reduce health inequalities and enhance the overall health and wellbeing of our communities.

We extend our sincere thanks to our funders at the Heart of Bucks Foundation for making this programme possible. Their support is directly contributing to positive change in communities with the greatest need.

Arts for health - Bollywood Dance workout sessions –

Since Nov 2024 we recommenced the delivery of our Bollywood dance workout sessions to communities in need following receipt of a grant from the Rothschild Foundation received end October 2024.

This Project is themed – ‘Arts for Health’ – Bollywood Dance workout group sessions (Ladies only) to encourage physical activity and improve wellbeing via community involvement and social inclusion.

Aim – To improve the health and wellbeing of the population experiencing health inequalities in Buckinghamshire by delivering an innovative ladies only Bollywood dance workout sessions with a focus on social inclusion, community cohesion and physical fitness.

Objectives

- i. To deliver weekly Bollywood workout group sessions (40min/ session) to the adults (18+years) cohort participants over a 9 month period.
- ii. These ladies only sessions provide a safe and non-judgmental environment where women can feel comfortable, particularly in cultures where mixed-gender spaces might inhibit participation.
- iii. The all-female environment allows women to express themselves freely, boosting their confidence in both dance and social interaction.
- iv. To promote good physical health and exercise in participants while having fun.
- v. To promote social inclusion and wellbeing by targeting the population experiencing health inequalities in deprived areas of by encouraging social mixing.
- vi. Community integration - These sessions connect participants with their cultural roots through the vibrant and expressive style of Bollywood dance, which often features a blend of traditional Indian dance forms with modern, high-energy moves.
- vii. The energetic and joyful nature of Bollywood dance makes the workout enjoyable, encouraging consistency in physical activity and improve wellbeing.

Need

Buckinghamshire has pockets of significant economic, social and health deprivation concentrated in Gatehouse, Quarrendon and Southcourt wards in Aylesbury. Health inequalities are prominent with life expectancy 3-5 years lower than National average. Physical inactivity, leading to obesity and mental wellbeing issues are an issue with a need for socially engaging community activities.

COVID-19 rates were higher here with a need for wellbeing projects to boost

productivity and quality of life to reduce the social and economic burden including pressure on the already struggling NHS.

COVID-19 pandemic showed Black, Asian and Minority Ethnic (BAME) communities disproportionately affected. BAME population in Aylesbury is on the increase (from ~14% to ~21%) due to new housing highlighting a need to address cultural-specific issues.

Deprivation, impact of pandemic, social isolation and lower physical/mental wellbeing has led to a demand for our innovative 'Bollywood Dance workout' for community participation and social inclusion. Our pilot programmes over Oct-Nov-2021 showed significant demand in Aylesbury with >200 people expressing interest highlighting a demand for socially engaging activities (delivered safely).

Buckinghamshire lacks innovative culture sensitive programmes to attract deprived communities to motivate them to get fit. We developed this innovative Bollywood workout which has attracted communities in our pilots highlighting a need and desire in the population to attend and this addresses the current Buckinghamshire council priorities as stated in their Joint Strategic Needs Assessment and health strategy.

Social exclusion is an issue which leads to low self-esteem highlighting a need for socially engaging activities targeted at females.

Our project will have a three-fold positive impact

- Physical impact
- Mental wellbeing impact
- Social inclusion and community engagement

We continuously are monitoring the feedback and impact this programme is having on participants and so far the feedback received is quoted below

'I thoroughly enjoy the workout session run by More Horizons on a Thursday. In addition, helping me connect back with the music, it helps me destress from the stresses of busy

working/life commitments. The sessions not only leave me feeling energised but also help in burning calories. I wish the sessions were held more than once a week!'

'The Bollywood session by More Horizons is amazing, very relaxing, takes off all my stress when I do the dance steps and really enjoy coming for class.. I actually eagerly wait for Thursdays and will think twice if I have to skip my class for any particular reason. Thank you to funders and More Horizons Team.'

'Attending the Bollywood Dance workout sessions has been an amazing experience! The vibrant music, high-energy moves, and positive atmosphere make working out so much fun. I've not only improved my fitness but also feel more confident and stress-free after every session. It's the perfect blend of fitness and fun – something I always look forward to!'

*'It feels so good to attend the Bollywood Workout Sessions
It is such a good 45 mins workout. Main thing is it I am enjoying it and loving it. The vibe, the other participants are friendly. The location is perfect too. Every week I look forward to it. Facilitators is absolutely brilliant. Highly recommend to everyone. The music is so good / fast/ classical n other culture numbers too. Mix of everything allows it to be even more'.*

*'I feel really good! Body and mind! Sessions is planned in such a way that it's a good work out for the body as well as enjoy the Indian classical dance movements.
I wish I could attend twice a week so that I don't need other workouts'.*

Pictures below - Showing Bollywood Dance workout sessions being delivered at Aylesbury Vale Academy in Aylesbury, Buckinghamshire





4.3 Contributing to Activities Run by Other Organisations

More Horizons has worked in partnership with various local organisations local community groups, Neighbourhood groups, voluntary sector partners, Healthy Bucks, Health and wellbeing coaches, NHS-General practices, Queens Park Arts Centre, Multi-cultural centre, Bucks Museum, Local authority and Social prescribers. 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. We also offer our support to our partner organisations in promoting social events or encouraging participation especially if it will have an impact on the health and wellbeing of the communities.

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. This includes (but not limited to) information governance, safeguarding and financial controls.

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 and The Rothschild Foundation were our main sources of funding in the reporting period.

5.4 Remuneration of Trustees

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

5.5 Financial Status

The Charity's current resources are from community grants that were used to delivery the charity's programmes to the communities in need over 2024-25.

The Charity routinely reviews available grants to applying for funding to continue delivering the innovative programmes 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 & Chair)

Ms. Disho Dhadwal (Trustee)

Date: 30 June 2025

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

for the year ended 31 March 2025

I report on the accounts of the charity for the year ended 31 March 2025, 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: July 2025

More Horizons
Charity No. 1196956
Statement of Financial Activities
for the year ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds	Last year Total Funds
	Notes	2025 £	2025 £	2025 £	2024 £
Incoming resources					
<i>Incoming resources from generated funds:</i>					
Voluntary Income		564	-	564	-
Grants		14,500	-	14,500	-
Total incoming resources		15,064	-	15,064	-
Resources expended					
Charitable activities		2,721	-	2,721	6,249
Expenses and Support cost		2,941	-	2,941	1,692
Total resources expended		5,662	-	5,662	7,941
Net incoming resources before transfers between funds		9,402	-	9,402	-
Net movement in funds		9,402	-	9,402	-
Reconciliation of funds					
Total funds brought forward		333		333	8,274
Total Funds carried forward		9,735	-	9,735	334

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 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Prior Period Total Funds 2024 £
Incoming Resources from generated funds				
Voluntary Income				
Incoming resources of a revenue nature				
Voluntary Income	564	-	564	-
Grants, legacies and donations	14,500	-	14,500	-
Total	15,064	-	15,064	-
Total Grants, Legacies & Donations Received	15,064	-	15,064	-
Total Voluntary Income	15,064	-	15,064	-
Total Incoming Resources	15,064	-	15,064	-
Charitable expenditure				
Freelance fees	2,579	-	2,579	-
Project expenses	142	-	142	6,249
Charitable activities	2,721	-	2,721	6,249
Specific expenses and support costs				
Insurance	358		358	-
IT and Software	380		380	272
Marketing			-	104
Accountancy fees	336		336	240
Office costs	289		289	438
Equipment costs	354		354	-
Printing Postage and Stationery	80		80	-
Rent licences	846		846	-
Sundry	60		60	-
Telephone, Mobile and Internet	238		238	70
Travel			-	568
Total Resources expended	2,941	-	2,941	1,692
	5,662	-	5,662	7,941
Surplus/(deficit) for the year	9,402	-	9,402	(7,941)

**More Horizons
Charity Accounts
Charity No. 1196956
Notes to the Accounts
for the year ended 31 March 2025**

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

No trustee received payments for the services they provide to the charity. In the current financial year the charity employed no staff. Three 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.