

MOVE THE MIND FOUNDATION CIO
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2022

Charity Number 1197860

MOVE THE MIND FOUNDATION CIO
FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2022

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MOVE THE MIND FOUNDATION CIO
REFERENCE AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31 DECEMBER 2022

Status

Move the Mind Foundation is a Charitable Incorporated Organisation and has been granted charitable status by the Charity Commission registration number 1197860.

Trustees

Colonel (Retd.) Gavin Horsburgh Peebles, O.B.E
Dr Amy Alsop
Josephine Ahmed
Stuart Smith
Raymond Smith

Registered Address

55 Park Road
Bath
BA1 3EE

Bankers

The Co-Operative Bank
PO Box 250
Skelmersdale
WN8 6WT

Independent Examiner

Joshua Kingston BSc, ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
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MOVE THE MIND FOUNDATION CIO

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 DECEMBER 2022

The trustees present their report and the unaudited financial statements for the year ended 31 December 2022.

Structure, Governance and Management

Move the Mind Foundation CIO is a charitable incorporated organisation registered with the charity commission on 10 February 2022 and governed by its constitution whose only voting members are its charity trustees.

The Board of Trustees has five members as required by the constitution. Trustees are recruited through personal and professional connections when there is a vacancy on the Committee. Candidates are informally assessed by Nicole Gillard (Founder), and the Board before being nominated and appointed by vote at the Charity's AGM in accordance with section 10 of the constitution/ governing document.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Objectives

The charity's objective is to relieve the needs of children & young people with disabilities, autism, ADHD, neurological conditions, anxiety, and other mental health conditions in South West England and the surrounding areas by providing animal assisted therapy and equine therapy including riding and sensory work with horses.

Public benefit

In shaping the objectives for the year and planning activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Activities

The main activities which Move the Mind Foundation undertakes to meet the charitable purposes set out above are:

- Animal assisted therapy
- Equine therapy including riding
- Sensory work with horses

Animal assisted therapy can form all or part of a child or young person's time at Move the Mind. Sessions can include spending time with all of the animals on the farm, which is designed to be a calming sanctuary and purposefully a low sensory trigger environment. Children and young people are able to interact with cats, guinea pigs, tortoises, ducks, chickens, sheep, pigs, goats, and horses as much or as little as suits their needs at the time. Activities include feeding, grooming, leading, cuddling, egg collecting and much more. For older children and young people, undertaking various jobs around the farm offers the opportunity to build valuable skills, increase independence and develop self-confidence.

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Equine therapy is used by Move the Mind to enable regulation and relaxation in the children and young people during and after their sessions. Interacting with our highly trained horses whether through riding or caring for them through grooming or feeding is of immense benefit to autistic children and young people as well as those with other neurodivergent conditions, medical needs and disabilities. Many of the children who attend are non-verbal and find that the pressure to communicate in words is removed when they are with the horses. This helps promote the development of self-expression in a relaxed environment. The Move the Mind herd contains horses of every size, shape and age ensuring that the requirements of each individual child or young person can be met. Move the Mind is not like a traditional riding school. Many of the children and young people we work with do learn to ride but there is no expectation to do so. There are many ways in which the children and young people we support can interact with and benefit from time with the horses. They might jump over fences in the arena themselves on foot with a horse or pony following them, or spend time plaiting a mane and decorating it by weaving in wildflowers which they have gathered from the farm.

Sensory work with horses

The Move the Mind Foundation approach to sensory work with horses is inspired and informed by the work of Rupert Isaacson who devised The Horse Boy Method. This unique approach which Rupert used with his own non-verbal son, uses the movement of the horse to neutralise anxiety and place the brain into the optimum state for learning and development. The method focuses on developing a unique relationship between child and horse which helps to heal sensory dysfunction and promote self-expression.

During 2022 the Move the Mind Foundation was able to support over 80 children with autism, ADHD, anxiety, medical needs and other neurocognitive conditions, and their families. Therapy sessions are organised by the hour with on average 40-50 sessions running per weekday during term time. Sessions are funded in one of two ways; either privately by the family of the child or young person, or; through Local Authority funding allocated to alternative/therapeutic provision as part of an Education Health Care Plan (EHCP) Children and young people are encouraged to attend regularly during term time to maintain continuity and the development of positive relationships with animals and staff.

Children and young people are supported during their sessions by the specially trained team of staff and volunteers who are skilled at adapting their approach to the requirements of the individual. This positive and creative approach to meeting the unique needs of each child and young person is central to the Move the Mind ethos and success. In order to facilitate this, Move the Mind operates a staff to child ratio of 1:1 or 1:2 for every session.

During 2022 Move the Mind employed 2 members of staff on a full-time basis and relies on the help of 10 volunteers to enable the charity's operation to function both practically and financially. We offer regular training sessions to our staff and volunteers, including sessions with Rupert Isaacson on his Horse Boy Method.

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Activities and achievements

The main achievements of Move the Mind during 2022 were as follows:

Winning the award for Outstanding Charity at the Child of Britain Awards in London, June 2022 in recognition of Move the Mind's work and the huge difference this is making to the children and families that we support.

Creating the CIO from the CIC – on 10 February, the directors of Move the Mind Foundation CIC (company registration number 10849793) moved the trade and assets of CIC into the newly constituted CIO. The purpose of this structural reorganisation was to enable the charity to apply for more funding to help the charity run. Upon inception, Move the Mind Foundation CIO was donated £2,661, comprising the cash in hand and on deposit at the time.

Running approximately 50 therapy sessions per week during term time in 2022 which generated £92,758 in income. This is the Charity's single largest source of income for 2022.

During 2022 Move the Mind received £31,396 in income from grants and donations as detailed in the accounts.

Garston Veterinary Group selected Move the Mind Foundation as the beneficiary for their – Christmas / Easter Hampers fundraising campaign for 2022-2023. This will result in Garston's making a donation to Move the Mind in September 2023.

Move the Mind Foundation paid £10,004 for rent for the farm during 2022.

During 2022 the Charity's property costs totalled £10,996, which paid for anything to do with the property and upkeep.

Animal feed supplies and costs for supplements and medicines totalled £9,933 in 2022.

£5,146 was spent on livestock, which included the purchase of a new horse, Boudicca upon her retirement from the Kings Troop. Boudicca has served as a wheeler in C Sub-Section's gun team. She has participated in all state ceremonial occasions including Royal Gun Salutes, the Queen's Birthday Parade (Trooping the Colour) and HRH The Duke of Edinburgh's funeral; as well as Public Duties including the Queen's Life Guard. She has performed in the Musical Drive at Royal Windsor Horse Show and various other shows. She appeared in the Downton Abbey movie. She has also competed in show jumping, cross country, tent-pegging and mounted skill-at-arms and has hunted. Since arriving at the Farm, Boudicca has adapted brilliantly to her new, very different, lifestyle and is a gentle giant with the children and young people she helps every day.

The purchase of livestock also included two Vallis Black nose sheep, chickens and ducks for the children to interact with.

Move the Mind's veterinary support is provided by Garstons Veterinary Group. In 2022 the total cost of veterinary services was £7,165.

MOVE THE MIND FOUNDATION CIO

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 DECEMBER 2022

At the time of writing, electricity has just been installed at the farm, however for the duration of 2022 the utility costs comprised water, telephone bills and council charges.

Farm supplies including the essential purchases maintenance, fixtures and fittings, fencing material including electric fencing and batteries came to £11,833.

Move the Mind owns a horse trailer and a farm vehicle which together in 2022 cost a total of £6,977 in maintenance and fuel costs for the Charity.

During the financial year of 2022 the charity employed 2 full-time staff members and 10 volunteers. Staff salaries are £9,600 but will increase in 2023. Volunteers receive a per diem allowance of £28 to cover the costs of transport, clothing and other expenses incurred. Then there is staff training, including bringing outside trainers in for our 'Emergency First aid with equestrian course' and all other training; Children Safeguarding, Adult Safeguarding, obtaining DBS checks, Rupert Isaacson's 'Training the Horse Boy Horse' course and other vital online training. This also includes the training of the horses, taking the horses out to train and any instruction for the horses to enable them to work with the children and young people. All staff, volunteer costs and training costs for the staff and horses totalled £25,471.

Expenditure on capital purchases in 2022 totalled £26,963 and included the following: Machinery purchased for cutting grass and upkeep of the farm, two field shelters for the horses to shelter in, a mobile home which is used for an office onsite and also to securely hold all of the paperwork needed about the staff, volunteers, and horses. The mobile home is also used to hold meetings and have a dry area for staff and volunteers to complete paperwork. The expenditure is detailed in the accounts section.

Financial review

Move the Mind Foundation's financial position at the 31st December 2022 was stable with £12,327 held in cash funds on deposit. Liabilities totalled £21,540 which included £792 of accruals and £20,748 of a bank loan. This loan is repaid monthly at £374 and was already agreed when Move the Mind was a CIC.

During the financial year the charity made a surplus of £12,327 leaving total carried forward funds as at 31 December 2022 of £12,327.

Reserves

At the time of writing this report the CIO did not have a reserves policy in place due to being a newly formed CIO, but will look to adopt a reserves policy in the next financial year. Our future aim is have between 3-6 months of expenditure held as reserves in the CIO account at all times.

As of 31 December 2022 the charity's free reserves totalled £12,327 and equate to approx. 1-2 months of expenditure.

MOVE THE MIND FOUNDATION CIO
TRUSTEES ANNUAL REPORT
YEAR ENDED 31 DECEMBER 2022

Statement of trustees' responsibilities

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed/constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees on Sep 04 2023

Raymond Smith
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Raymond Smith
Trustee

**MOVE THE MIND FOUNDATION CIO
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31 DECEMBER 2022**

Independent examiner's report to the trustees of Move the Mind Foundation CIO

I report to the trustees on my examination of the accounts of Move the Mind Foundation CIO (the Charity) for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston

Josh Kingston BSc, ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: Sep 04 2023
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MOVE THE MIND FOUNDATION CIO
RECEIPTS AND PAYMENTS ACCOUNT
PERIOD ENDED 31 DECEMBER 2022

		Unrestricted Funds	Restricted Funds	Period Ended 31-Dec 2022
	Note	£	£	£
Receipts				
Donation from Move the Mind CIC	2	2,661	-	2,661
Income from therapy sessions		92,758	-	92,758
Grants		31,396	-	31,396
Total receipts		126,815	-	126,815
Payments				
Rent		10,004	-	10,004
Property costs		10,996	-	10,996
Animal feed/ supplies/medication		9,933	-	9,933
Livestock		5,146	-	5,146
Veterinary costs		7,165	-	7,165
Utilities and farm supplies		11,833	-	11,833
Car and trailer costs		6,977	-	6,977
Staff and volunteer costs		25,471	-	25,471
Capital purchases		26,963	-	26,963
Total payments		114,488	-	114,488
Net receipts/(payments)		12,327	-	12,327
Transfers between funds		-	-	-
Cash funds as at 10 February 2022		-	-	-
Cash funds as at 31 December 2022		12,327	-	12,327

MOVE THE MIND FOUNDATION CIO
STATEMENT OF ASSETS AND LIABILITIES
AT 31 DECEMBER 2022

	Note	Period Ended 31-Dec 2022 £
Fixed assets		
Property, plant and equipment	1	<u>75,379</u> 75,379
Cash Reserves		
Cash at bank		<u>12,327</u> 12,327
Liabilities		
Accountancy accrual		792
Bank loan		<u>20,748</u> 21,540
Funds Reserves		
Brought forward		-
Net receipts/(payments) for the year		<u>12,327</u>
Carried forward		<u><u>12,327</u></u>

Signed on behalf of the trustees on Sep 04 2023

Raymond Smith

Raymond Smith
Trustee

MOVE THE MIND FOUNDATION CIO
NOTES TO THE FINANCIAL STATEMENTS
PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

Tangible fixed assets

Fixed assets are held at cost less accumulated depreciation. Assets costing less than £1,000 are not capitalised. Depreciation is calculated so as to write off the cost of an asset, less its estimated ultimate residual value, over the useful life of that asset as follows:

Land, buildings & building improvements	- over 10 years; straight line
Motor vehicles	- over 10 years; straight line

2 Donation of assets and liabilities

On 10 February 2022, the directors of Move the Mind Foundation CIC (company registration number: 10849793) moved the trade and assets of CIC into the newly constituted CIO. The impact of this event has been that Move the Mind Foundation CIO was donated an agreed sum of £2,661 of the cash in hand and on deposit at that date.

The carrying values of the assets and funds transferred were:

Net Assets:	£
Cash in hand and on deposit	<u>2,661</u>
Funds:	
Unrestricted general funds	<u>2,661</u>