

**MOVE THE MIND FOUNDATION CIO**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>st</sup> DECEMBER 2023**

**Charity Number 1197860**

**MOVE THE MIND FOUNDATION CIO**  
**FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

| <b>CONTENTS</b>                      | <b>PAGE</b> |
|--------------------------------------|-------------|
| Legal and Administrative Information | 1           |
| Trustees' Annual Report              | 2           |
| Independent Examiner's Report        | 7           |
| Receipts and Payments Accounts       | 8           |
| Statement of Assets and Liabilities  | 9           |
| Notes to the Financial Statements    | 10          |

**MOVE THE MIND FOUNDATION CIO  
REFERENCE AND ADMINISTRATIVE INFORMATION  
YEAR ENDED 31 DECEMBER 2023**

**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 Peebles  
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  
Flax Bourton  
Bristol BS48 1UR

# **MOVE THE MIND FOUNDATION CIO**

## **TRUSTEES ANNUAL REPORT**

### **YEAR ENDED 31 DECEMBER 2023**

The trustees present their report and the unaudited financial statements for the year ended 31 December 2023.

#### **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.

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)'.

**MOVE THE MIND FOUNDATION CIO**  
**TRUSTEES ANNUAL REPORT**  
**YEAR ENDED 31 DECEMBER 2023**

- £8,432 for veterinary services provided by Garstons Veterinary Group and Penn equine
- £15,688 for utilities, services and farm supplies which include water, electricity, telephone bills and council charges including planning applications; as well as essential purchases maintenance, fixtures and fittings, fencing material including electric fencing and batteries.
- £11,651 in maintenance, fuel and loan repayment costs for the horse trailer and farm vehicle owned by Move the Mind.
- £12,271 in insurance and property/licensing costs, including skip and toilet hire

During the financial year of 2023 the charity employed 2 full time staff members, 1 part time and 10 volunteers. Staff salaries cost £37,266 in total during this period. Volunteers receive a per diem allowance to cover costs of transport, clothing and other expenses incurred. Total volunteer costs for 2023 were £4,004.

Training costs for 2023 totaled £4,479 This figure includes all staff and horse training, including bringing outside trainers in for our 'Emergency First aid with equestrian course' and all other training for the team which includes Children Safeguarding, Adult Safeguarding, obtaining DBS checks, Rupert Isaacson's 'Training the Horse Boy Horse' course and other vital online training courses. This figures also includes the training of the horses, taking the horses out to train and any instruction required for the horses to enable them to work with the children and young people.

Move the Mind had to say a sad farewell due to ill-health to Dream, one of the longest serving therapy ponies in the herd. A replacement pony has been introduced to the farm on long-term loan and has settled in well.

**Financial review**

On the 31<sup>st</sup> December 2023 the end of accounts balance was £48,343. £35,000 of this was monies raised towards the stable build of which £10,000 is represented as restricted funds at the year end.

**Reserves**

The Charity aims to hold between 3-6 months of expenditure as reserves in the Charity account at all times.

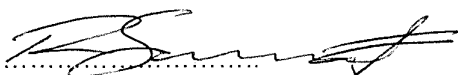
The financial position of the Charity at 31<sup>st</sup> December 2023 was stable with £48,343 held in cash funds on deposit. Liabilities totaled £17,728 which included £1,920 of accruals and £15,808 of a bank loan. This loan is repaid monthly at £374.27 and has been in place since Move the Mind was a CIC.

**MOVE THE MIND FOUNDATION CIO**  
**TRUSTEES ANNUAL REPORT**  
**YEAR ENDED 31 DECEMBER 2023**

**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 ..... 28/10/24 .....

.....  .....

Raymond Smith

Trustee

**MOVE THE MIND FOUNDATION CIO  
INDEPENDENT EXAMINER'S REPORT  
YEAR ENDED 31 DECEMBER 2023**

**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 2023.

**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 ACA**  
Burton Sweet Limited  
The Clock Tower  
5 Farleigh Court  
Old Weston Road  
Flax Bourton  
Bristol BS48 1UR

Date: ..... 28 October 2024 .....

**MOVE THE MIND FOUNDATION CIO**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**PERIOD ENDED 31 DECEMBER 2023**

|                                            | Note | Unrestricted Funds | Restricted Funds | Year Ended 31-Dec 2023 | Period Ended 31-Dec 2022 |
|--------------------------------------------|------|--------------------|------------------|------------------------|--------------------------|
|                                            |      | £                  | £                | £                      | £                        |
| <b>Receipts</b>                            |      |                    |                  |                        |                          |
| Donation from Move the Mind CIC            | 2    | -                  | -                | -                      | 2,661                    |
| Income from therapy sessions               |      | 128,519            | -                | 128,519                | 92,758                   |
| Grants                                     |      | -                  | 6,500            | 6,500                  | 31,396                   |
| Donations                                  |      | 15,318             | 10,000           | 25,318                 | -                        |
| Fundraising - income generated from events |      | 2,013              | -                | 2,013                  | -                        |
| <b>Total receipts</b>                      |      | <b>145,850</b>     | <b>16,500</b>    | <b>162,350</b>         | <b>126,815</b>           |
| <b>Payments</b>                            |      |                    |                  |                        |                          |
| Rent                                       |      | 10,523             | -                | 10,523                 | 10,004                   |
| Property costs                             |      | 12,271             | -                | 12,271                 | 10,996                   |
| Animal feed/ supplies/medication           |      | 4,605              | 5,000            | 9,605                  | 9,933                    |
| Livestock                                  |      | 728                | -                | 728                    | 5,146                    |
| Veterinary costs                           |      | 8,432              | -                | 8,432                  | 7,165                    |
| Utilities and farm supplies                |      | 15,688             | -                | 15,688                 | 11,833                   |
| Car and trailer costs                      |      | 11,651             | -                | 11,651                 | 6,977                    |
| Staff and volunteer costs                  |      | 39,770             | 1,500            | 41,270                 | 25,471                   |
| Capital purchases                          |      | 16,166             | -                | 16,166                 | 26,963                   |
| <b>Total payments</b>                      |      | <b>119,834</b>     | <b>6,500</b>     | <b>126,334</b>         | <b>114,488</b>           |
| <b>Net receipts/(payments)</b>             |      | <b>26,016</b>      | <b>10,000</b>    | <b>36,016</b>          | <b>12,327</b>            |
| Transfers between funds                    |      | -                  | -                | -                      | -                        |
| Cash funds as at start of year             |      | 12,327             | -                | 12,327                 | -                        |
| <b>Cash funds as at the end of year</b>    |      | <b>38,343</b>      | <b>10,000</b>    | <b>48,343</b>          | <b>12,327</b>            |

**MOVE THE MIND FOUNDATION CIO**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**AT 31 DECEMBER 2023**

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|                                      | Note | 2023<br>£     | 2022<br>£     |
|--------------------------------------|------|---------------|---------------|
| <b>Fixed assets</b>                  |      |               |               |
| Property, plant and equipment        | 1    | 71,574        | 75,379        |
|                                      |      | <u>71,574</u> | <u>75,379</u> |
| <b>Cash Reserves</b>                 |      |               |               |
| Cash at bank                         |      | 48,343        | 12,327        |
|                                      |      | <u>48,343</u> | <u>12,327</u> |
| <b>Liabilities</b>                   |      |               |               |
| Accountancy accrual                  |      | 1,920         | 792           |
| Bank loan                            |      | 15,808        | 20,748        |
|                                      |      | <u>17,728</u> | <u>21,540</u> |
| <b>Funds Reserves</b>                | 3    |               |               |
| Brought forward                      |      | 12,327        | -             |
| Net receipts/(payments) for the year |      | 36,016        | 12,327        |
| Carried forward                      |      | <u>48,343</u> | <u>12,327</u> |

Signed on behalf of the trustees on .....28/10/24

  
Raymond Smith  
Trustee

**MOVE THE MIND FOUNDATION CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**PERIOD ENDED 31 DECEMBER 2023**

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**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:

|                             |              |
|-----------------------------|--------------|
| <b>Net Assets:</b>          | <b>£</b>     |
| Cash in hand and on deposit | <u>2,661</u> |

|                            |              |
|----------------------------|--------------|
| <b>Funds:</b>              |              |
| Unrestricted general funds | <u>2,661</u> |

**3 Movement in funds**

|                           | <b>At 1 Jan<br/>2023</b> | <b>Income</b>  | <b>Expenditure</b> | <b>Transfers</b> | <b>At 31 Dec<br/>2023</b> |
|---------------------------|--------------------------|----------------|--------------------|------------------|---------------------------|
| <b>Restricted funds</b>   |                          |                |                    |                  |                           |
| Somerset Community Fund   | -                        | 5,000          | (5,000)            | -                | -                         |
| Somerset Council          | -                        | 1,500          | (1,500)            | -                | -                         |
| Festival Medical Services | -                        | 10,000         | -                  | -                | 10,000                    |
|                           | -                        | 16,500         | (6,500)            | -                | 10,000                    |
| <b>Unrestricted funds</b> |                          |                |                    |                  |                           |
| General funds             | 12,327                   | 145,850        | (119,834)          | (25,000)         | 13,343                    |
| Designated funds          |                          |                |                    |                  |                           |
| Stable build              | -                        |                |                    | 25,000           | 25,000                    |
|                           | 12,327                   | 145,850        | (119,834)          | -                | 38,343                    |
| <b>Total funds</b>        | <u>12,327</u>            | <u>162,350</u> | <u>(126,334)</u>   | <u>-</u>         | <u>48,343</u>             |

**Somerset Community Fund**

This fund represent a grant from Somerset Community Fund towards stable block.

**Somerset Council**

This fund represents a grant from Somerset Council towards session delivery.

**MOVE THE MIND FOUNDATION CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**PERIOD ENDED 31 DECEMBER 2023**

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**3 Movement in funds (*continued*)**

**Festival Medical Services**

This fund represents a grant from Festival Medical Services towards costs of the stable build.

**Stable build**

Stable build represents funds set aside by the charity towards future costs of building a stable. As the year end there is a total of £35,000 (including £10,000 per the restricted fund) set aside for this project.

**4 Related party transactions**

During the year the charity paid rent amounting £10,523 (2022: £10,004) to Nicole Gillard (Founder) and Mathew Gillard who own the site where the charity operates. As the year end no balances were owed by the charity.