

MOVE THE MIND FOUNDATION CIO
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2024

Charity Number 1197860

MOVE THE MIND FOUNDATION CIO
FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024

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**MOVE THE MIND FOUNDATION CIO
REFERENCE AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31 DECEMBER 2024**

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 (Resigned on 10th September 2025)

Stuart Smith

Raymond Smith

Thomas Long (Appointed on 10th September 2025)

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 2024

The trustees present their report and the unaudited financial statements for the year ended 31 December 2024.

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 and 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)'.

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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 suit 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 learn valuable skills, increase independence and develop self-confidence.

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 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 wild flowers which they have gathered from the farm.

The Move the Mind approach to sensory work is inspired and informed by the work of Rupert Isaacson who devised The Movement Method. This unique approach, used by Rupert with his own non-verbal autistic 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.

Therapy sessions are organised by the hour, with each session lasting 50 minutes to allow time for a smooth handover. On average 70 sessions run every week in 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 alternative/therapeutic provision as part of an Education Health and Care Plan (EHCP). Children and young people are encouraged to attend regularly during term time to maintain continuity and foster the development of

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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 unique requirements of the individual. This positive and creative method of working is central to the Move the Mind ethos and a key reason for our success. In order to facilitate our flexible, person centered sessions, Move the Mind operates a child to staff ratio of at least 1:1 or 1:2 for every session.

We offer regular training sessions to our staff and volunteers, including sessions with Rupert Isaacson.

Achievements during 2024

The main achievements of Move the Mind during 2024 were as follows:

Sessions

During 2024 Move the Mind supported over 150 children with autism, ADHD, anxiety, medical needs and other neurocognitive conditions, and their families. Running on average 70 therapy sessions per week during term time which generated £139,862 in income. This is the Charity's single largest source of income for 2024.

In 2024, "Own a Pony" days were added to the existing programme of Farm Days which run during school holidays. These fantastic sessions offer our children and young people as well as their siblings to spend four hours at the farm engaging in a variety of activities including grooming, group hacks and mounted games, which gives a flavour of what it is like to have your own pony. Own a Pony days have proved to be very popular and are enjoyed by children and our staff and volunteers alike.

Capital Development

Following the culmination of the fundraising campaign, the construction phase of the Stables Project began in May with the works completed by the end of June. Seven new, extra large stables and a staff room were built within an American Barn style building with a central wide aisle and double sliding doors at either end. This space has been transformative for Move the Mind in terms of the daily operation. Sessions can begin and end within the warm, dry stables and on inclement days or for those children and young people who prefer to be inside, can take place completely within the individual stalls and barn space. Being able to stable all of the herd provides much needed flexibility and relieves pressure on both the horses and our staff and volunteers, particularly during the colder months. Providing a clean and dry space for staff and volunteers to take breaks and store belongings has greatly improved the working conditions for our dedicated team.

Fundraising

During 2024, Move the Mind was fortunate to receive £37,690 from grants and donations as detailed in the Annual Accounts.

This included £824 raised and donated to the 'Alfie's Fund' by friends and family of a young person who attended Move the Mind before sadly losing his life in a tragic accident at the age of just 17. A beautiful willow tree has been planted at the farm in his memory and

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YEAR ENDED 31 DECEMBER 2024

the remaining funds used towards general running costs in keeping with the wishes of his family.

Move the Mind hosted a fun day with a clear round show jumping competition in August organised by Grace Gillard and enjoyed by lots of our children and young people. The £631 raised by this lovely event enabled the purchase of new wheelbarrows and saddle stands for the stables.

A grant from Screwfix in September was used to fit out the Staff Room within the new stable block, adding units, a fridge and table and chairs to this important new space. Also in September, a grant from local fundraising group Band in a Barn of £1,000 was used to extend the car parking area for staff and volunteers to the rear of the new stable block. In November a donation from Baskervilles gymnastics centre in Bath of £500 funded the purchase of new horse equipment.

Surplus funds raised towards the Stables Project were utilised to purchase rubber matting for the stables and automatic water drinkers for the horses.

Capital Expenditure

Capital expenditure for 2024 totaled £56,918. This included:

- In May we installed CCTV at the farm, as no one lives on site this was an essential requirement to ensure safety of the animals and security of the site. The cameras are situated at the entrance, the arena, the stable block and the bottom yard.
- New stable build (as detailed above) to stable 7 horses and a staff room for the staff and volunteers at the farm. An extended car park to allow more space for staff and volunteers to park and we extended the electric to reach the areas in the new stable block.

During 2024, the Charity's totaled £82,668 for all expenditure relating to the general running of the charity. This included:

- £10,414 in rent for the farm.
- £25,249 for animal feed, farm supplies, supplements and medicines.
- £1,309 on livestock which included two lambs, some chickens and ducks.
- £3,859 for veterinary services provided by Garstons Veterinary Group and Penn Equine.
- £22,901 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.
- £11,910 in maintenance, fuel and loan repayment costs for the horse trailer and farm vehicle owned by Move the Mind.
- £7,026 in insurance and property/licensing costs, including skip and toilet hire.

During the financial year of 2024 the charity employed 2 full time staff members, 2 part time, and 10 volunteers. Staff salaries and volunteer costs totaled £57,225 during this period. Volunteers receive a per diem allowance to cover costs of transport, clothing and other expenses incurred.

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YEAR ENDED 31 DECEMBER 2024

Training costs for 2024 totaled £4,563. 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 including a 'Hat and body protector' training course for all the staff costing £756. These figures also include 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 to Annie, one of the therapy ponies in the herd, who proved better suited to life with a family. A replacement pony, Sammie, has been introduced to the farm on long-term loan and has settled in well.

Financial review

On the 31st December 2024 the end of accounts balance was £24,104 (2023: £48,343).

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 31st December 2024 was stable with £24,104 held in cash funds on deposit. Liabilities totaled £12,074 which included £1,680 of accruals and £10,394 of a bank loan. This loan is repaid monthly at £374.27 and has been in place since Move the Mind was a CIC.

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 Oct 29 2025



Raymond Smith

Trustee

**MOVE THE MIND FOUNDATION CIO
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31 DECEMBER 2024**

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 2024.

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: Oct 29 2025
Date:

MOVE THE MIND FOUNDATION CIO
RECEIPTS AND PAYMENTS ACCOUNT
PERIOD ENDED 31 DECEMBER 2024

	Note	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec 2024	Period Ended 31-Dec 2023
		£	£	£	£
Receipts					
Income from therapy sessions		139,862	-	139,862	128,519
Grants		22,000	12,780	34,780	25,500
Donations		2,910	-	2,910	6,318
Fundraising - income generated from events		631	-	631	2,013
Interest received		321	-	321	-
Total receipts		165,724	12,780	178,504	162,350
Payments					
Rent		10,414	-	10,414	10,523
Property costs		9,068	-	9,068	12,271
Animal feed/ supplies/medication		22,915	2,334	25,249	9,605
Livestock		1,309	-	1,309	728
Veterinary costs		3,859	-	3,859	8,432
Utilities and farm supplies		20,567	2,334	22,901	14,128
Car and trailer costs		11,910	-	11,910	11,651
Staff and volunteer costs		54,113	3,112	57,225	40,879
Capital purchases		56,918	-	56,918	16,166
Accountancy costs		2,926	-	2,926	1,951
Other costs		964	-	964	-
Total payments		194,963	7,780	202,743	126,334
Net receipts/(payments)		(29,239)	5,000	(24,239)	36,016
Transfers between funds		15,000	(15,000)	-	-
Cash funds as at start of year		38,343	10,000	48,343	12,327
Cash funds as at the end of year	2	24,104	-	24,104	48,343

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STATEMENT OF ASSETS AND LIABILITIES
AT 31 DECEMBER 2024

	Note	2024 £	2023 £
Fixed assets			
Property, plant and equipment	1	105,560	71,574
		<u>105,560</u>	<u>71,574</u>
Cash Reserves			
Cash at bank		24,104	48,343
		<u>24,104</u>	<u>48,343</u>
Liabilities			
Accountancy accrual		1,680	1,920
Bank loan		10,394	15,808
		<u>12,074</u>	<u>17,728</u>
Funds Reserves	2		
Brought forward		48,343	12,327
Net receipts/(payments) for the year		(24,239)	36,016
Carried forward		<u>24,104</u>	<u>48,343</u>

Signed on behalf of the trustees on Oct 29 2025



Raymond Smith
Trustee

MOVE THE MIND FOUNDATION CIO
NOTES TO THE FINANCIAL STATEMENTS
PERIOD ENDED 31 DECEMBER 2024

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
Equipment	- over 5 years; straight line

2 Movement in funds

	At 1 Jan 2024	Income	Expenditure	Transfers	At 31 Dec 2024
Restricted funds					
Somerset Council	-	9,780	(4,780)	(5,000)	-
Somerset Community	-	3,000	(3,000)	-	-
Festival Medical Services	10,000	-	-	(10,000)	-
	10,000	12,780	(7,780)	(15,000)	-
Unrestricted funds					
General funds	13,343	165,724	(194,963)	40,000	24,104
Designated funds					
Stable build	25,000	-	-	(25,000)	-
	38,343	165,724	(194,963)	15,000	24,104
Total funds	48,343	178,504	(202,743)	-	24,104

Somerset Council

This fund represents a grant from Somerset Council towards therapy sessions and £5,000 towards the building of the stable.

Somerset Community

This fund represents a grant from Somerset Community towards therapy sessions.

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 the costs of building a stable. The build finished in June 2024.

3 Related party transactions

During the year the charity paid rent amounting £10,414 (2023: £10,523) 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.