

RHYTHMIC HEALTH

England & Wales · Charity number 1204057

Details

Status Registered

Legal form CIO

Registered 2023-07-21

Register [View on the Charity Commission register](#)

Contact

Address 8 Baltic Street East
London
EC1Y 0UP

Phone 07834348467

Email melday100@yahoo.co.uk

Website www.rhythmic-health.com

Activities

Objects: FOR THE PUBLIC BENEFIT TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE AFFECTED BY MENTAL HEALTH CONDITIONS THROUGH THE PROVISION OF FREE DANCE AND RHYTHM SESSIONS/CLASSES.

Activities: To promote and protect the physical and mental health of children and young people affected by mental health conditions through the provision of free dance and rhythm sessions/classes.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Throughout London

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2024-09-30 | £29,181 | £32,691 | - | - |

Trustees

| Name | Role | Appointed |
|----------------------|-------|------------|
| Naomi Kurland | Chair | 2023-03-21 |
| Dr Katie Sidle | | 2023-03-23 |
| Mel Day | | 2023-03-23 |
| VIVIENNE HAYNES | | 2023-03-23 |

RHYTHMIC HEALTH

England & Wales - Charity number 1204057

Accounts



Trustees' Annual Report for the period

From **Period start date 23 July 2023** To **30 September 2024**
Period end date

Charity name: Rhythmic Health

Charity registration number: 1204057

Objectives and Activities

| | SORP reference | |
|--|--------------------|---|
| Summary of the purposes of the charity as set out in its governing document | Para 1.17 | To promote and protect the physical and mental health of children and young people affected by mental health conditions |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | The provision of free dance and rhythm sessions/classes |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit | Para 1.18 | See accounts |

Additional information (optional)

You may choose to include further statements where relevant about:

| | SORP reference | |
|--|----------------|--|
| Policy on grant making | Para 1.38 | |
| Policy on social investment including program related investment | Para 1.38 | |
| Contribution made by volunteers | Para 1.38 | |
| Other | | |

Achievements and Performance

| | SORP reference | |
|---|----------------|--|
| Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole. | Para 1.20 | |

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|--|-----------|--|
| Achievements against objectives set | Para 1.41 | |
| Performance of fundraising activities against objectives set | Para 1.41 | |
| Investment performance against objectives | Para 1.41 | |
| Other | | |

Financial Review

| | | |
|--|-----------|--|
| Review of the charity's financial position at the end of the period | Para 1.21 | Viable |
| Statement explaining the policy for holding reserves stating why they are held | Para 1.22 | Not applicable |
| Amount of reserves held | Para 1.22 | None |
| Reasons for holding zero reserves | Para 1.22 | It is not considered necessary for the objects of the charity to hold reserves |
| Details of fund materially in deficit | Para 1.24 | |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | None |

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising) | Para 1.47 | |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 | |
| A description of the principal risks facing the charity | Para 1.46 | |
| Other | | |

Structure, Governance and Management

| | | |
|---|-----------|---------------------------------|
| Description of charity's trusts: | | |
| Type of governing document (trust deed, royal charter) | Para 1.25 | Constitution |
| How is the charity constituted? (e.g unincorporated association, CIO) | Para 1.25 | CIO |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | Trustees selected by invitation |

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|---|-----------|--|
| Policies and procedures adopted for the induction and training of trustees | Para 1.51 | |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51 | |
| Relationship with any related parties | Para 1.51 | |
| Other | | |

Reference and Administrative details

| | |
|-----------------------------|--|
| Charity name | Rhythmic Health |
| Other name the charity uses | Not applicable |
| Registered charity number | 1204057 |
| Charity's principal address | 8 Baltic Street East London EC1Y 0UP |
| | |

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|---------------------|------------------------|--|--|
| 1 | Naomi Kurland | | | |
| 2 | Dr Katie Sidle | | | |
| 3 | Mel Day | | | |
| 4 | Vivienne Haynes | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |
| 17 | | | | |
| 18 | | | | |
| 19 | | | | |
| 20 | | | | |

Corporate trustees – names of the directors at the date the report was approved

| Director name | | |
|----------------------|--|--|
| None | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year | |
|---------------------|--|--|
| Not applicable | | |
| | | |
| | | |
| | | |
| | | |

Funds held as custodian trustees on behalf of others

| | |
|---|----------------|
| Description of the assets held in this capacity | None |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects | Not applicable |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets | Not applicable |

Additional information (optional)

Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|-----------------|------|---------|

| | | |
|--|--|--|
| | | |
| | | |
| | | |
| | | |

Name of chief executive or names of senior staff members (Optional information)

| |
|--|
| |
|--|

Exemptions from disclosure

Reason for non-disclosure of key personnel details

| |
|--|
| |
|--|

Other optional information

| |
|--|
| |
|--|

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|-----------------|--|
| Signature(s) | | |
| Full name(s) | Vivienne Haynes | |
| Position (eg Secretary, Chair, etc) | Trustee | |
| Date | 29 July 2025 | |

Charity number: 1204057

Rhythmic Health

Report of the Trustees and Unaudited Financial Statements

For the year ended 30 September 2024

Rhythmic Health
Contents Page
For the year ended 30 September 2024

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| Report of the Trustees | 1 |
| Independent Examiner's Report to the Trustees | 2 |
| Statement of Financial Activities | 3 |
| Statement of Financial Position | 4 |
| Notes to the Financial Statements | 5 to 7 |
| Detailed Statement of Financial Activities | 8 |

Rhythmic Health
Report of the Trustees
For the year ended 30 September 2024

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 30 September 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|------------------------------------|--|
| Name of Charity | Rhythmic Health |
| Charity registration number | 1204057 |
| Principal address | 8 Baltic Street East London EC1Y 0UP |

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Naomi Kurland
Dr Katie Sidle
Mel Day
Vivienne Haynes

Independent examiners

Michael Diner
Accountants and Tax Practitioners
39 Steeple Close
Poole
BH17 9BJ

Solicitors

Cadence Solicitors
8 Baltic Street East
London
EC1Y 0UP

Approved by the Board of Trustees and signed on its behalf by


.....
Vivienne Haynes

16 July 2025

Rhythmic Health
Independent Examiners Report to the Trustees
For the year ended 30 September 2024

I report to the trustees on my examination of the accounts of the charity for the year ended 30 September 2024.

Responsibilities and basis of report

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

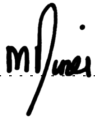
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiners statement

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 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 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.



.....
Michael Diner
Accountant
Michael Diner
Accountants and Tax Practitioners
39 Steeple Close
Poole
BH17 9BJ

Rhythmic Health
Statement of Financial Activities
For the year ended 30 September 2024

| | Notes | Unrestricted funds £ |
|------------------------------------|-------|----------------------------|
| Income and endowments from: | | |
| Donations and legacies | 2 | 1,644 |
| Other trading activities | | 27,537 |
| Total | | 29,181 |
| Expenditure on: | | |
| Raising funds | 3/4 | (32,691) |
| Total | | (32,691) |
| Net expenditure | | (3,510) |
| Total funds carried forward | | (3,510) |

Rhythmic Health
Statement of Financial Position
As at 30 September 2024

| | Notes | 2024 £ |
|---|-------|----------------|
| Fixed assets | | |
| Tangible assets | 7 | 5,250 |
| | | <u>5,250</u> |
| Current assets | | |
| Cash at bank and in hand | | 1,677 |
| | | <u>1,677</u> |
| Creditors: amounts falling due within one year | | (10,437) |
| Net current assets | | <u>(8,760)</u> |
| Total assets less current liabilities | | <u>(3,510)</u> |
| Net assets | | <u>(3,510)</u> |
| The funds of the charity | | |
| Unrestricted income funds | 8 | (3,510) |
| Total funds | | <u>(3,510)</u> |

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

Naomi Kurland
Trustee
16 July 2025

Rhythmic Health
Notes to the Financial Statements
For the year ended 30 September 2024

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

Rhythmic Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Income from donations and legacies

| | 2024 |
|---------------------------|--------------|
| | £ |
| Unrestricted funds | |
| Donations received | 1,644 |
| | 1,644 |
| | 1,644 |

3. Expenditure on generating donations and legacies

| | 2024 |
|---------------------------|-------------|
| | £ |
| Unrestricted funds | |
| Subscriptions | 250 |
| Support costs | 375 |
| | 625 |
| | 625 |

4. Expenditure on other trading activities

| | 2024 |
|-----------------------|---------------|
| | £ |
| Rent and rates | |
| | 32,066 |
| | 32,066 |
| | 32,066 |

5. Analysis of support costs

| | 2024 |
|------------------|-------------|
| | £ |
| Governance costs | 375 |

Rhythmic Health
Notes to the Financial Statements Continued
For the year ended 30 September 2024

6. Net income/(expenditure) for the year

This is stated after charging/(crediting):

| | |
|------------------|--------------------------|
| | 2024 |
| | £ |
| Accountancy fees | 375 |
| | <u><u> </u></u> |

7. Tangible fixed assets

| Cost or valuation | Land and Buildings |
|--------------------------|---------------------------|
| | £ |
| Additions | 5,250 |
| At 30 September 2024 | <u><u>5,250</u></u> |
| Net book values | |
| At 30 September 2024 | <u><u>5,250</u></u> |

8. Movement in funds

Unrestricted Funds

| | Incoming resources | Outgoing resources | Balance at 30/09/2024 |
|----------------|---------------------------|---------------------------|------------------------------|
| | £ | £ | £ |
| <i>General</i> | | | |
| General | 29,181 | (32,691) | (3,510) |
| | <u><u>29,181</u></u> | <u><u>(32,691)</u></u> | <u><u>(3,510)</u></u> |

[Enter Note]

Rhythmic Health
Notes to the Financial Statements Continued
For the year ended 30 September 2024

9. Analysis of net assets between funds

| | Tangible fixed assets £ | Net current assets / (liabilities) £ | Net Assets £ |
|---------------------------|-------------------------------|---|-----------------|
| Unrestricted funds | | | |
| <i>General</i> | | | |
| General | 5,250 | (8,760) | (3,510) |
| | 5,250 | (8,760) | (3,510) |
| | 5,250 | (8,760) | (3,510) |

Rhythmic Health
Detailed Statement of Financial Activities
For the year ended 30 September 2024

| | 2024 £ |
|---------------------------------------|------------------|
| INCOME AND ENDOWMENT | |
| Donations and legacies | |
| Donations | 1,644 |
| | 1,644 |
| Other trading activities | |
| Rental income | 27,537 |
| | 27,537 |
| Total incoming resources | 29,181 |
| EXPENDITURE | |
| Raising donations and legacies | |
| Printing costs | (250) |
| | (250) |
| Other trading activities | |
| Rent paid | (32,066) |
| | (32,066) |
| SUPPORT COSTS | |
| Governance costs | |
| Governance costs | (375) |
| | (375) |
| Total resources expended | (32,691) |
| Net Expenditure | (3,510) |

Charity number: 1204057

Rhythmic Health

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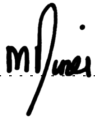
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Rhythmic Health
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As at 30 September 2024

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Trustee
16 July 2025

Rhythmic Health
Notes to the Financial Statements
For the year ended 30 September 2024

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|---------------------------|--------------|
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| | 1,644 |

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| | 2024 |
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| | £ |
| Unrestricted funds | |
| Subscriptions | 250 |
| Support costs | 375 |
| | 625 |
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4. Expenditure on other trading activities

| | 2024 |
|-----------------------|---------------|
| | £ |
| Rent and rates | |
| | 32,066 |
| | 32,066 |
| | 32,066 |

5. Analysis of support costs

| | 2024 |
|------------------|-------------|
| | £ |
| Governance costs | 375 |

Rhythmic Health
Notes to the Financial Statements Continued
For the year ended 30 September 2024

6. Net income/(expenditure) for the year

This is stated after charging/(crediting):

| | |
|------------------|-------------|
| | 2024 |
| | £ |
| Accountancy fees | 375 |

7. Tangible fixed assets

| Cost or valuation | Land and Buildings |
|--------------------------|---------------------------|
| | £ |
| Additions | 5,250 |
| At 30 September 2024 | 5,250 |
| Net book values | |
| At 30 September 2024 | 5,250 |

8. Movement in funds

Unrestricted Funds

| | Incoming resources | Outgoing resources | Balance at 30/09/2024 |
|----------------|---------------------------|---------------------------|------------------------------|
| | £ | £ | £ |
| <i>General</i> | | | |
| General | 29,181 | (32,691) | (3,510) |
| | 29,181 | (32,691) | (3,510) |

[Enter Note]

Rhythmic Health
Notes to the Financial Statements Continued
For the year ended 30 September 2024

9. Analysis of net assets between funds

| | Tangible fixed assets £ | Net current assets / (liabilities) £ | Net Assets £ |
|---------------------------|-------------------------------|---|-----------------|
| Unrestricted funds | | | |
| <i>General</i> | | | |
| General | 5,250 | (8,760) | (3,510) |
| | 5,250 | (8,760) | (3,510) |
| | 5,250 | (8,760) | (3,510) |

Rhythmic Health
Detailed Statement of Financial Activities
For the year ended 30 September 2024

| | 2024 £ |
|---------------------------------------|------------------|
| INCOME AND ENDOWMENT | |
| Donations and legacies | |
| Donations | 1,644 |
| | 1,644 |
| Other trading activities | |
| Rental income | 27,537 |
| | 27,537 |
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| Other trading activities | |
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| SUPPORT COSTS | |
| Governance costs | |
| Governance costs | (375) |
| | (375) |
| Total resources expended | (32,691) |
| Net Expenditure | (3,510) |