



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

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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	

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

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').

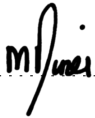
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

3. Expenditure on generating donations and legacies

	2024
	£
Unrestricted funds	
Subscriptions	250
Support costs	375
	625

4. Expenditure on other trading activities

	2024
	£
Rent and rates	
	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

Additions

At 30 September 2024

**Land and
Buildings
£**

5,250

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**

£

General

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)

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)

Rhythmic Health

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16 July 2025

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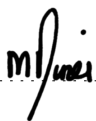
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 Trustee
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Rhythmic Health
Notes to the Financial Statements Continued
For the year ended 30 September 2024

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Cost or valuation

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At 30 September 2024

Net book values

At 30 September 2024

**Land and
Buildings**

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8. Movement in funds

Unrestricted Funds

**Incoming
resources**

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**Outgoing
resources**

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**Balance at
30/09/2024**

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General

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[Enter Note]

Rhythmic Health
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Rhythmic Health
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