



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' annual report (including Directors' report) for the period

From: 16/1/2024

To: 31/3/2025

Charity name:

Vital Beats CIO

Company number:

1206569

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To relieve the needs of women, in particular but not exclusively women held in prisons in England who have experienced physical, sexual or mental abuse, or those who have otherwise suffered trauma or who are at risk, through the provision of support, education and practical advice. For the public benefit to advance education (including social and physical training) in particular but not exclusively for women held in prisons in England in such ways as the charity trustees think fit, including by providing their education (including the study of music or other arts) to prepare for entry to any occupation, trade or profession on leaving the establishment, and by developing their mental, physical and moral capabilities through leisure time activities.
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 charity's employees and consultants attend prisons (in particular women's prisons), institutions and half-way houses to provide therapy sessions as defined by professionals. The sessions include arts, music, and discussion groups. The target audiences are particularly women who have been acknowledged by the professionals as having suffered trauma which has led to behavioural issues.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Confirmed

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No grants are made by the charity

Policy on social investment including program related investment	Para 1.38	The charity provides programmes of support for traumatised women (and sometimes men) to assist them into society, to the benefit of the beneficiaries and of all of society.
Contribution made by volunteers	Para 1.38	So far, only the Trustees are volunteers
Other		

Achievements and performance

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	Since Vital Beats was approved as a charity in January 2024, it has worked with some 600 people. It also launched a training program for new facilitators and re-established performance groups. Funded by ACE, NHS and other partners, Vital Beats is established as a key stake holder in social prescription modelling for women in the Criminal Justice System (CJS). Through therapy sessions, alongside sessions run by professionals, the beneficiaries are assisted in moving on from their past traumas and finding their place in society. This is believed to reduce re-offending rates.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The charity has met its main objectives for the provision of services and for growth.
Performance of fundraising activities against objectives set	Para 1.41	The charity has been very successful in achieving grants and negotiating contracts for its charitable purposes, with the result that it is growing and so offering such services to additional groups.

Investment performance against objectives	Para 1.41	Not applicable
Other		

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	The charity spends its grant income on the provision of services for its beneficiaries. The costs matched the income for the period.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity has a policy of holding reserves of 10% of its annual income, to provide a degree of security against any potential temporary issues in the flow of income. However, in its first year it has not yet enjoyed a surplus and so does not yet have reserves.
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	The charity spends all of its income on providing charitable services and has not yet created surpluses to hold reserves. Fundraising efforts are increasing to improve this situation.
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The charity's income and expenditure are balanced, so the Trustees do not anticipate a going-concern issue.

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	Not applicable
	Para 1.46	

A description of the principal risks facing the charity		
Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees
How is the charity constituted? for example limited company , 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	The charity selects Trustees to cover the skill-base needed to support its charitable aims. In addition to a qualified professional accountant and solicitor, it benefits from a number of Trustees who have qualifications and experience in the provision of support to its client base.

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	The charity works with the NHS, the Prison Service and with charities such as Nelson Trust.
Relationship with any related parties	Para 1.51	None
Other		

Reference and administrative details

Charity name	Vital Beats CIO
Other name the charity uses	
Registered charity number	1206569
Charity's principal address	7 Durham Road, Bristol BS2 9QZ

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	Andrew Baker			
2	Daniel Redstone			
3	Ruth Pitter			
4	Florence Headlam			
5	Deborah Pringle			
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Corporate trustees – names of the directors at the date the report was approved

Director name	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)

Paula Kirby, Chloe Laing

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

The company has taken advantage of the small companies’ exemption in preparing the report above.

The trustees declare that they have approved the trustees’ report (including directors’ report) above.

Signed on behalf of the charity’s trustees/directors

Signature(s)		
Full name(s)	Andrew Baker	
Position (for example Secretary, Chair, etc)	Trustee	
Date	28/01/2026	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Vital Beats CIO

No (if any)
1206569

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	16-Jan-24		31-Mar-25

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Grant Income	-	60,556	-	60,556
Sales Income	22,182	-	-	22,182
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	22,182	60,556	-	82,738
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	22,182	60,556	-	82,738
A3 Payments				
Direct Costs	2,109	5,758	-	7,867
Fees for charitable services	16,171	44,147	-	60,318
Travel and overheads	3,446	9,408	-	12,854
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	21,726	59,313	-	81,039
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	21,726	59,313	-	81,039
Net of receipts/(payments)	456	1,243	-	1,699
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	456	1,243	-	1,699

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Bank account	26,847	73,293
		-	-
		-	-
	Total cash funds	26,847	73,293
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error
		Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets			-
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Fixed Assets: computers, instruments	Restricted	1,771
		Unrestricted	649
		Total	2,420
			-
			-
			-
			-
			-
			-
B5 Liabilities	Accruals	Restricted	73,307
		Unrestricted	26,853
		Total	100,160
			-
			-
Capital and Reserves		Restricted	1,243
		Unrestricted	455
		Total	1,698

Signed by one or two trustees on behalf of all the trustees
CCXX R2 accounts (SS)

Signature

Print Name

Andrew Peter Baker

Andrew Baker

CC16a



Last year
to the nearest £

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**Endowment
funds**

to nearest £

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OK

**Endowment
funds**

to nearest £

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-
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**Current value
(optional)**

-
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-

**Current value
(optional)**

1,257
461
1,718
-
-
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-
-
-

**When due
(optional)**

Date of approval |

23-Jan-26



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Vital Beats CIO

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1206569

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Charity") for the period ended 31 March 2025.

**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 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

David Saunders

Date:

24 Jan 2026

Name:

David N Saunders

**Relevant professional
qualification(s) or body
(if any):**

Address:

41 Berlington Court

Redcliff Mead Lane

Bristol BS1 6FB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.