

# Pause

England & Wales · Charity number 1207018

## Details

---

**Other names** SUPAWT

**Status** Registered

**Legal form** CIO

**Registered** 2024-02-14

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

## Contact

---

**Address** Pause  
119 Old Christchurch Road  
Bournemouth  
BH1 1EP

**Phone** 01202240194

**Email** [hello@pausecharity.org](mailto:hello@pausecharity.org)

**Website** [www.pausecharity.org](http://www.pausecharity.org)

## Activities

---

**Objects:** THE FOLLOWING OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT AND WILL BE FURTHER BY MAKING GRANTS TO REGISTERED CHARITIES (ACCORDING TO THE LAW OF ENGLAND AND WALES) AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION SEE FIT:-TO PROMOTE FOR THE BENEFIT OF THE PUBLIC THE CONSERVATION PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT;TO PROMOTE HUMANE BEHAVIOUR TOWARDS ANIMALS BY PROVIDING APPROPRIATE CARE, PROTECTION, TREATMENT AND SECURITY FOR ANIMALS WHICH ARE IN NEED OF CARE AND ATTENTION BY REASON OF SICKNESS, MALTREATMENT, POOR CIRCUMSTANCES OR ILL USAGE AND TO EDUCATE THE PUBLIC IN MATTERS PERTAINING TO ANIMAL WELFARE IN GENERAL AND THE PREVENTION OF CRUELTY AND SUFFERING AMONG ANIMALS; AND TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH BY ASSISTING IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, THROUGH ANIMAL ASSISTED THERAPY.

**Activities:** Mission: To nurture healing bonds between people, animals and Earth. To advance such charitable purposes (according to the law of England and Wales) as the trustees see fit, for the public benefit, by making grants to and promoting registered charities with charitable purposes the same as or similar to those of the charity.

## Classification

---

- **How:** Makes Grants To Organisations
- **What:** Disability, Animals, Environment/conservation/heritage
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

---

- Throughout England And Wales

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,718	£0	-	-

## Trustees

---

Name	Role	Appointed
<b>Ben Woodhouse</b>	Chair	2024-02-14
Jaya Da Costa		2024-08-01
Judith James		2024-08-01
Karen Watts		2024-08-01
Martin Simpson		2024-08-01
Matthew Fenn		2024-02-14
Robin Stubbs		2024-02-14
Susan Gandaa		2024-08-01

**Pause**

England & Wales - Charity number 1207018

---

# Accounts

---

## Trustees' Annual Report for the period

From Period start date: 14/02/2024

To Period end date: 31/12/2024

The trustees present their annual report and financial statements of the charity for the year ended 31/12/2024. These have been prepared in accordance with the accounting policies set out in the Statement of Recommended Practice: Accounting and Reporting by Charities published in 2005 using the pro forma provided by the Charity Commission and comply with our charity's constitution and the Charities Act 2011.

### Section A Reference and administration details

Charity name: Pause

Other names charity is known by: Pause Charity

Registered charity number: 1207018

Charity's principal address:

Pause Charity

119 Old Christchurch Road

Bournemouth

Postcode: BH1 1EP

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year
Ben Woodhouse	Chair	
Robin Stubbs		
Matthew Fenn		
Karen Watts		Appointed 1st August 2024
Martin Simpson		Appointed 1st August 2024
Judith James		Appointed 1st August 2024
Susan Gandaa		Appointed 1st August 2024
Jaya Da Costa		Appointed 1st August 2024

Name of person (or body) entitled to appoint trustee (if any) N/A

Names of the trustees for the charity, if any, (for example, any custodian trustees) N/A

Names and addresses of advisers N/A

Name of chief executive or names of senior staff members N/A

## **Section B            Structure, governance and management**

Description of the charity's trusts

Type of governing document: 'Foundation' model constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods:

Appointed by a resolution passed at a properly convened meeting of the charity trustees having regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Pause Support, a Company Limited by Guarantee with no shareholders and no individuals receiving profit from it, is a trading subsidiary of Pause Charity. Pause Support operates a cafe premises offering training placements for people with support needs.

## **Section C            Objectives and activities**

Summary of the objects of the charity set out in its governing document

1. To promote for the benefit of the public the conservation protection and improvement of the physical and natural environment;
2. To promote humane behaviour towards animals by providing appropriate care, protection, treatment and security for animals which are in need of care and attention by reason of sickness, maltreatment, poor circumstances or ill usage and to educate the public in matters pertaining to animal welfare in general and the prevention of cruelty and suffering among animals; and
3. To preserve and protect physical and mental health by assisting in the treatment and care of persons suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, through animal assisted therapy.

The Charity carries out these Objects by:

Making grants to registered charities (according to the law of England and Wales) as the trustees in their absolute discretion see fit.

Sharing and promotion of the work of, volunteering for and promotion of volunteering for, other registered charities whose work or specific projects further our charity's Objects.

The Charity is also preparing to provide supported training placements for people with additional needs including sensory limitations, learning difficulties, autism spectrum disorders, depression and anxiety to learn skills in hospitality, animal care and more with guidance from trained support workers, via the trading subsidiary Pause Support.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities and setting the grant making policy for the year.

## **Section D                    Achievements and performance**

Summary of the main achievements of the charity during the year

The first ten months since formation have involved completion of administrative tasks to enable running of the charity and laying the foundations for our future growth. Key achievements include: Due diligence in production of policies and procedures; Financial infrastructure including opening a bank account and online payment processing for donations, registering with HMRC for Gift Aid and as an employer for PAYE; Implementation of administrative tools and regulatory bodies such as ICO registration, CRM, software, emails and data storage; Development of marketing tools such as logos, website, social media. The progress has been made without cost, thanks to donations of time from kind volunteers and by researching available free-use softwares and opportunities. The charity has begun to build initial foundations of fundraising by starting to build a supporter base, and by joining fundraising services such as Easyfundraising and BH Coastal Lottery. Small donations have started to come in from these efforts, mainly via the trustees, their personal connections and from visitors to the trading subsidiary Pause Support. Training has been undertaken by our trustees via our local council for voluntary services, CAN, Emergency First Aid, and in Animal Assisted Therapy which is particularly relevant to our charity's Objects. This should enable our charity to make a difference to the circumstances of our beneficiaries and wider benefits to society as a whole, going forward. The charity intends to work collaboratively with other registered charities and as such, trustees have dedicated time to forging connections and networking. A lot has been accomplished in a relatively short period of time and the trustees look forward to continuing achievements in line with objectives set.

## **Section E                    Financial review**

Statement of the charity's policy on reserves

The Trustees intend to build up a sufficient level of reserve to enable ongoing stability for the running of the charity, hence having held off on any expenditure so far while administrative framework is laid. Trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The Trustees consider that this level will provide sufficient funds to respond to any applications for grants and ensure that there are sufficient funds available to cover support and governance costs. The balance held as unrestricted funds at 31 December 2024 was £1,718, of which all are regarded as free reserves, against a projected six month spend of £5,000. The current level of reserves is therefore not yet sufficient and will continue to be built up over the coming year.

No funds are materially in deficit. The charity's principal source of funds to date was voluntary donations. There has been no expenditure during this first financial period of ten months since formation.

**Declarations**

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

Signed on behalf of the charity's trustees

Signature:

A handwritten signature in black ink, appearing to read 'Jaya Da Costa', written in a cursive style.

Full name: Jaya Da Costa

Position: Trustee

Date: 27/10/25



## Receipts and payments accounts

For the period from	Period start date 14/02/2024	To	Period end date 31/12/2024
---------------------	---------------------------------	----	-------------------------------

### 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 £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	1,265	-	-	1,265	-
Charitable activities	450	-	-	450	-
Other trading activities	-	-	-	-	-
Investments	-	-	-	-	-
Other (fundraising)	3	-	-	3	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>1,718</b>	<b>-</b>	<b>-</b>	<b>1,718</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,718</b>	<b>-</b>	<b>-</b>	<b>1,718</b>	<b>-</b>
<b>A3 Payments</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>1,718</b>	<b>-</b>	<b>-</b>	<b>1,718</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>1,718</b>	<b>-</b>	<b>-</b>	<b>1,718</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash in bank	1,718	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,718</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account (s))	OK	OK	OK

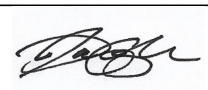
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jaya Da Costa	20 Oct 2025