

Centred Horseplay

Charity Number: 1167226

Trustees' Annual Report and Financial Statements for the Period 1st June 2018 to 31st May 2019

March 2020

Reference & Administration Details

Charity name: Centred Horseplay

Charity number: 1167226

Charity's operating address: Top Barn, Crabtree Lane, Duntisbourne Leer, Glos GL7 7AS

Names of the Charity Trustees who managed the Charity during the report period

	<i>Trustee Name</i>	<i>Office</i>	<i>Appointed</i>	<i>Retired</i>
1:	Selena Ruth George-Jones	Chairperson	19.05.2016	N/A
2:	Clare Beale	Treasurer	19.05.2016	N/A
3:	Ian Leech	Local Liaison	19.05.2016	N/A
3:	Melissa Harrison Porter	Safeguarding Officer	20.06.2017	N/A

Names & Addresses Bank and Advisors

	<i>Name</i>	<i>Address & Postcode</i>
Bank:	Lloyds Bank	25 Gresham Street, London EC2V 7HN
Independent Examiner:	Ashleigh Dewbery-Lugg	Ripple Consultancy Ltd, 5 Simmons Close, Street BA16 0NT

Names of Senior Staff with Delegated Responsibilities

	<i>Name</i>	<i>Role</i>
1:	Jacqueline Evans	Fundraising and Administration

Structure, Governance & Management

Governing Document:	Constitution
How the Charity is Constituted:	Charitable Incorporated Organisation
Trustee Selection Methods:	<p>Apart from the first charity trustees, every trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>In selecting individuals for appointment as charity trustees, the charity trustees must have regards to the skills, knowledge and experience needed for the effective administration of the CIO</p>
Induction & Training of new Trustees:	<p>Post Appointment Induction</p> <p>CH provides appropriate induction for all staff and volunteers, including trustees. The induction provides training and information about CH's safeguarding and child protection policies and procedures.</p> <p>CH provides support to individuals in a way that's appropriate for the role, confirms the conduct expected of staff and provides opportunities for a new member of staff or volunteer to discuss any issues or concerns about their role or responsibilities.</p> <p>Safeguarding Training Levels</p> <p>Staff, trustees and volunteers with minimal participant contact – CC Approved or in-house Level 1 training</p> <p>Staff, trustees and volunteers with occasional unsupervised participant contact – Level 2 training</p> <p>Staff, trustees and volunteers with a high level of participant contact (e.g. Facilitators/SGO) – Level 3</p>

Objectives & Activities

Objectives

The objectives of Centred Horseplay are to promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

Activities

Re-start Course – Our flagship course is usually delivered over 5 consecutive days with a 1 to 1 facilitator support. We teach, rehearse and repeat key resilience skills in an intensive and challenging but fun way. All sessions take place in action with horses selected and trained to provide especially clear and easily observed feedback to participants guided by the facilitator. The course helps to develop positive habits through the following skills;

- Engagement – taking on new challenges and pushing limits, mindful of own confidence
- Responsibility – for own thoughts, emotions and actions
- Calmness – developing a calmness habit and how to create calmness in difficult situations
- Assertiveness – able to be calmly assertive, without aggression or upset
- Realistic Analysis & Planning – think before acting, realistic assessment of situations and planning accordingly
- Focus & Perseverance – working towards goals despite setbacks
- Empathy – being aware other needs, offering care and support, feeling closely connected
- Communication & Language – respectful communications and expression

Each participant has a reflective session with the facilitator looking at their progress in each skills-based area and if successful the participant receives a certificate.

Lighter Touch Sessions – We offer top-up and taster session, which are 1 to 1 and can provide a lead into Re-Start course or a top-up for participants who have completed the main course and need a little extra help.

Non-Verbal Toolbox Training – A course designed for frontline professionals, parents and carers to learn how to engage and relate to difficult clients using non-verbal tools. We teach how to accurately assess emotional status, learn to read the body rather than listen to what is being said and use non-verbal strategies to help clients become calmer and make faster progress.

Achievements & Performance

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Main Achievements for the Year

During the year we received donations and contributions towards courses amounting to £58,558. Funds received have enabled us to provide courses benefitting 61 participants.

Post course reviews are conducted at 2 months by the person making the original referral and we ask that they do not refer to the original referral document when completing this review. During the course we work on 8 core skills that are known to lead to better life choices.

These are, Assertiveness, Focus & Perseverance, Taking Responsibility, Empathy, Calmness, Realistic Analysis & Planning, communication, Engagement/Confidence as a learner.

We are recording a 27% average overall gain across all 8 points of the skill star.

The following intermediate outcomes are also measure at 2 months post course;

1. Education & Learning - 86% of participants show improvement.

Our programme has been shown to increase levels of engagement with education and/or training, we use an action learning process and the magic of the horse to get participants to engage. We are then able to teach them to become confident and effective learners in the horsemanship context.

2. Problem Behaviours - 88% show improvement

Our activities train people how to be calm and focused even in difficult and pressured situations.

3. Improved Relationships - 93% show improvement

Participants learn, first with a horse then one another how to read others and respond

appropriately. This empathy in action creates better relationships.

4. Personal Identity - 87% show improvement

Through the ethos learnt and practiced with horses, our participants learn a greater sense of respect and self-esteem, fairness, politeness and begin to see themselves as good citizens.

- 93% of professionals attribute changes in their clients to attendance on our course
- 43% of referrers 'Strongly' attribute this improvement to participation in our course

Our work has a positive impact on creating stronger communities as our participants re-engage with family, friends and society as a result of improved life skills. Our course works directly on mental health through teaching and rehearsing 8 fundamental skills required for resilience and wellbeing: Calmness, Assertiveness, Focus, Planning, Empathy, Communication, Responsibility and Confidence. As an aside, the course demands physical activity, often helping participants to make the link between physical activity and mental wellbeing.

CH has received the following feedback from professionals completing the reviews. (Participants are referred to by their first initial only).

"There has been significant improvement in school attendance, has also been staying out of arguments at home and has been calm & helpful"

"C enjoyed her time on THC and didn't want it to end, it has changed her mind-set about college and she now wants to go"

"Attendance at school 100% over 7 weeks and has now achieved a permanent place at school"

"J advised me that this was one of the most powerful things she had done whilst in treatment and felt that it had made massive changes in her life"

"Without any doubt J would have remained stuck where he was – staying in his bedroom, not engaging with family, having no aspirations and becoming more isolated and disengaged from the world had it not been for TheHorseCourse"

What we do is new, and it works! We know that 8 out of every 10 young people we work with WILL do better.

Financial Review

Financial Position

During the year the Charity received unrestricted donations and course contributions of £25,638 and restricted donations of £32,920, a total of £58,558. Facilitation of the year's courses and course essential payments totalled £33,343 and admin costs were £11,674.

At the end of the financial year, the Charity held unrestricted funds of £964 and restricted funds of £22,000. The reserves will be used to fund future courses and admin expenses of the Charity.

Policy on Reserves

The Charity's reserve policy aims to hold funds equivalent to 10 courses (£5,000) at the start of the course year. It is the charity's policy not to hold courses if funds are forecast not to be available.

There are no deficits to report and the trustees expect the charity continues as a going concern.

Statutory Notes to the Accounts

Details of Outstanding Guarantee Given by the CIO

None

Details of Any Outstanding Debt

None

Other Information

There are no funds held as custodian trustees on behalf of others.

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):

Cl Beale

Full Name(s): Clare Beale

Position(s): Trustee

Date: 10/03/2020

Independent Examiner's Report on the Accounts

The independent examiners report has been appended to the annual report.

Receipts and payments accounts

CC16a

For the period from	01/06/2018	To	31/05/2019
---------------------	------------	----	------------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Zurich				-	3,800
Henry Smith Charity		6,120		6,120	5,000
Don Hanson Charity	5,000			5,000	5,000
Horse cost funding (various)				-	2,255
Part contribution to courses (various)	9,225			9,225	4,250
Fundraising	663			663	
Gloucestershire Police				-	
Big Lottery funding		8,500		8,500	
Children in need		7,500		7,500	
The Premier League	5,000			5,000	
Wistondale Trust	5,000			5,000	
Howard Psychology	750			750	
County of Gloucester		5,800		5,800	
St James Place		5,000		5,000	
Sub total (Gross income for AR)	25,638	32,920	-	58,558	20,305
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	25,638	32,920	-	58,558	20,305
A3 Payments					
Course delivery	25,431	2,000		27,431	15,945
Paddock maintenance & rental				-	562
Charity insurance	428			428	383
Facility hire	-	4,560		4,560	2,370
Printing & Stationery	167			167	123
Travel Expenses	22	140		162	27
DBS check				-	225
Horse Insurance				-	139
Bank charges	60			60	60
Refreshments	85			85	11
Accountancy	180			180	180
Horse costs	1,352			1,352	2,156
IT	45			45	68
Salary costs	3,755	4,560		8,315	4,500
Event ticket	-			-	100
Maintenance	450			450	-
Office Expenses and maintenance	1,315	160		1,475	-
Office Equipment - Not capitalised	306			306	-
Sub total	33,597	11,420	-	45,017	26,849
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	33,597	11,420	-	45,017	26,849
Net of receipts/(payments)	- 7,959	21,500	-	13,541	6,544
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,923	500	-	9,423	15,966
Cash funds this year end	964	22,000	-	22,964	9,423

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 £
B1 Cash funds	Centred Horse CAF & Lloyds Bank	964	22,000	-
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	964	22,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

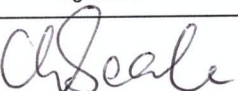
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Payroll Liability		-	
			-	
			-	
			-	
			-	

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

Signature



Print Name

Clare Beale - Trustee

Date of approval

10/03/2020

The Trustees of Centered Horseplay
C/o Mrs Jackie Evans
Priory Cottage
Windsoredge Lane
Nailsworth
Gloucestershire
GL6 0 NP

18 February 2020

Dear Trustees

Independent examiner's report to the charity trustees of Centered Horseplay

I report on the accounts of the Trust for the period ended 31 May 2019, which are set out on pages 1 and 2.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145 (5) (b) of the Charities Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts in accordance with the general directions given by the Charity Commission.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Ripple Consultancy Limited, Chartered and Certified Accountants,
5 Simmons Close, Street, Somerset BA16 0NT
Tel: 01458 446327 • Mob: 07810 200778
enquiries@ripple-consultancy.co.uk • www.ripple-consultancy.co.uk

Director: Mrs Ashleigh Dewbery-Lugg. Registered Office: As above. Registered in England & Wales No: 7484010. VAT Registration No: 128 7111 25





Independent examiner's statement

I have completed my examination and have no concerns. No matter has come to my attention which:

- gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act;
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Ashleigh Dewbery-Lugg FCCA
Director
On behalf of Ripple Consultancy Limited

Date:
