

# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	01	01	2020		31	12	2020

## Section A Reference and administration details

<b>Charity name</b>	Inside Out for Children		
<b>Other names charity is known by</b>			
<b>Registered charity number (if any)</b>	1160856		
<b>Charity's principal address</b>	25 Well Walk		
	Flat 4		
	London		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 2px;">NW3 1BY</td> </tr> </table>	<b>Postcode</b>	NW3 1BY
<b>Postcode</b>	NW3 1BY		

### 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	Stephanie Weissman	Chair		
2	Mark Ellis			
3	Eilish McGuinness			
4	Julie Carr			
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year


**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

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

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution, dated 16 <sup>th</sup> February 2015
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity Trustees.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>As part of their induction and training, all Trustees receive a copy of the organisation's Constitution and the Charity Commission's CC3 guidance, "The Essential Trustee, what you need to know, what you need to do." Each Trustee is given the opportunity to experience the Inside Out for Children programme in action and to engage with staff and children, to gain a direct understanding of the charity's work.</p> <p>Inside Out for Children has policies and procedures in place to ensure the protection and safe working of beneficiaries, staff and volunteers which are reviewed annually by Trustees:</p> <ul style="list-style-type: none"> <li>- Child Protection Policy</li> <li>- Safeguarding Children Procedures</li> <li>- Code of Behaviour Policy</li> <li>- Whistleblowing Policy</li> <li>- Emergency Procedures / Lost Child Policy</li> <li>- Acceptable Use Policy</li> </ul> <p>The Trustees have ensured that the charity maintains risk management systems and that appropriate actions have been taken to mitigate risks properly. Risk Assessments are conducted for all activities with children. All professional staff and Trustees have been DBS checked and all staff has child protection training. There is always a staff member on site that has first aid training.</p>
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Charity’s organisational structure:  
 The Board of Trustees has the responsibility for the governance and strategic direction of the organisation, ensuring that the charity upholds its ethos and values and delivers its objectives. Daily operational management is delegated by the Trustees to the Founder and Chair.

**Section C Objectives and activities**

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

“To act as a resource for children and young people by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

- (a) advancing in life and helping children and young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
- (b) advancing education;
- (c) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.”

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

For the public benefit, we encourage all children to take part in our activities that are designed to improve wellbeing and learning.

Inside Out for Children is an innovative education charity created to improve the wellbeing of young children.

Our mission is to inspire every child we work with to be happy, inside and out, because happy children learn better and because happy children are more likely to fulfil their potential and grow into happy adults.

We imagine a world where the happiness of children is as important as their academic achievement. Towards this vision, Inside Out offers ‘Magical Days Out’, ‘School Toolbox’ resources and ‘Teacher Training’, working towards a school-wide culture of wellbeing through our ‘Inside Out Award’.

Main activities:

1. ‘Magical Day Out’ workshops for young children that take place during term time at Checkendon Equestrian Centre, a British Horse Society Approved Riding School and Livery Yard, Where to Train and Examination Centre in the Oxfordshire Chilterns, an Area of Outstanding

Natural Beauty with 65 horses and 70 acres of privately owned natural woodlands. Through a blend of experiential activities around horses, nature and mindfulness, children get the opportunity to:

- Ride and care for a horse
- Explore and discover the natural world
- Gain an appreciation for the natural environment and their role in it
- Create nature art
- Practice mindful breathing and sensing

These transformational experiences act as catalysts for rolling out the Inside Out for Children programme in schools.

2. 'Toolboxes' for schools that enable the programme to be shared more widely allowing a greater number of children to benefit. Each Toolbox contains a teacher-friendly guide with a range of activities complementing a school's curriculum and activity progress cards, posters, and stickers for individual and class work. Online resources include lessons and assemblies based on the '5 Keys to Happiness' for whole-school use.

3. 'Teacher Training' that supports teachers and teaching assistants to learn about the Inside Out for Children approach including the methodology and application of it through the Toolbox and its contents in order to embed the programme into the curriculum.

4. 'Happiness Index' wellbeing measurement tool based on the '5 Keys to Happiness' to track, assess and systematically report the impact of the Inside Out programme on children.

5. 'Inside Out Award' that recognises and celebrates schools for their exceptional commitment to the happiness and wellbeing of their children.

Inside Out for Children's '5 Keys to Happiness' – Look Inside. Move Outside. Share More. Be Curious. Be Kind – provide an evidence-based approach for all 'Magical Day Out' activities and language for wellbeing education back at school. They are based on the New Economic Foundation's '5 Ways to Wellbeing', scientifically proven to improve wellbeing.

The organisation's Trustees have complied with their duty to have due regard to the Charity Commission's guidance on public benefit in exercising their duties or powers.

### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The charity benefits from the support of an advisor with a wealth of experience in wellbeing, innovation and mindfulness coaching.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Pivoted from our fully-booked, flagship off-site ‘Magical Days Out’ which had to be postponed because of Covid-19 to develop online programmes including family-friendly Wellbeing Guides to benefit 2000+ children weekly. Meeting schools’ acute, increased call for help.

Created home-learning resources and small-group sessions for vulnerable children to prevent disengagement.

Developed digitised lessons and assemblies for whole-school use and to help children reintegrate safety when they returned to school.

Expanded our social media reach exponentially, establishing our voice within the wellbeing education community.

Initiated creation of a new ‘School Toolbox’ – a fully digitised website platform, where existing and new unique resources and frameworks will be easily available to existing and potential partner schools in one centralised place.

The Inside Out for Children programme continued to have an inspirational and lasting effect on children. Benefits linked to the ‘5 Keys to Happiness’ have included:

Key 1 / Look Inside - Improved self-esteem, resilience, emotional language needs; decreased anxiety. Learned to self-calm, focus and relate to emotions through mindfulness techniques

Key 2 / Move Outside – Learned about local species, habitats and wildlife through nature exploration; experienced non-competitive outdoor play

Key 3 / Share More - Improved social interactions, teamwork, communication and relationship building

Key 4 / Be Curious - Opened minds to exciting and wide experiences.

Key 5 / Be Kind – Improved positivity. Learned responsibility, consideration, kindness and respect

“We have 400 children who have gone through trauma in a sense and we are dealing with that. Inside Out is helping us hugely to support the children and deal with all the emotions they are feeling.” (Deputy Headteacher)

## Section D

## Achievements and performance

“The 5 Keys to Happiness are preparing children for life, the ups/downs and challenges, and challenges don’t come much bigger than now.”  
(Headteacher)

## Section E

## Financial review

### Brief statement of the charity’s policy on reserves

The Trustees monitor the level of reserves annually. In 2020, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary.

The charity’s ‘2020 Vision’ includes the calculation of the required level of reserves as an integral part of the charity’s planning and budget.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity’s principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity’s activities were funded by:

- Individual donations
- Grants
- Contributions from participating partner schools

Inside Out for Children would like to thank the following for their support in 2020:

Adrian Baker  
Jillian DeVaney  
Million Dollar Round Table Foundation  
Postgate Charitable Trust  
Postcode Local Trust  
Ranikhet Academy  
Thameside Primary School  
South Moreton Primary School  
Harriet and Paul Weissman  
Woodcote Community School

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**Section F Other optional information**

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**Section G Declaration**

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Stephanie Weissman</i>	
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	27/07/21	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

Charity No 1160856

CC16a

## Receipts and payments accounts

For the period from	01/01/2020	To	31/12/2020
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### 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>					
Voluntary Receipts	17,028	-	-	17,028	16,241
Grants	1,000	32,637	-	33,637	39,000
Charitable Activities	2,153	-	-	2,153	9,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>20,182</b>	<b>32,637</b>	<b>-</b>	<b>52,818</b>	<b>64,241</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>20,182</b>	<b>32,637</b>	<b>-</b>	<b>52,818</b>	<b>64,241</b>
<b>A3 Payments</b>					
Fundraising Costs	4,672	900	-	5,572	6,169
Costs of Charitable Activities	19,140	18,057	-	37,196	57,152
Governance Costs	831	-	-	831	820
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>24,643</b>	<b>18,957</b>	<b>-</b>	<b>43,600</b>	<b>64,141</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>24,643</b>	<b>18,957</b>	<b>-</b>	<b>43,600</b>	<b>64,141</b>
<b>Net of receipts/(payments)</b>	<b>- 4,462</b>	<b>13,680</b>	<b>-</b>	<b>9,218</b>	<b>100</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,860	1,500	-	16,360	16,260
<b>Cash funds this year end</b>	<b>10,398</b>	<b>15,180</b>	<b>-</b>	<b>25,578</b>	<b>16,360</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>	CAF Bank	10,398	15,180	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>10,398</b>	<b>15,180</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK

OK

OK

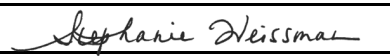
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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
	Stephanie Weissman	27/07/2021



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Inside Out for Children

**On accounts for the year  
ended**

31/12/2020

**Charity no  
(if any)**

1160856

**Set out on pages**

Pages 1&2 – Section A

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2020**.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 Trust'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  
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:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

**Signed:**



**Date:**

6 September 2021

**Name:**

Andrew Michael Wells

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

FMAAT

**Address:**

99 Western Road

Lewes

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material 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.**