

# **Centred Horseplay**

Charity Number: 1167226

## **Trustees' Annual Report and Financial Statements for the Period 1 June 2022 to 31 May 2023**

March 2024

## Reference & Administration Details

**Charity name:** Centred Horseplay

**Charity number:** 1167226

**Charity's operating address:** Shadywell Farm, Middle Duntisbourne, Cirencester, GL7 7AR

### 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 George	Chairperson	19.05.2016	N/A
2	Jessica Day	Trustee	17.01.2023	N/A
3	Ian Leech	Local Liaison	19.05.2016	N/A
4	Amelia Robbins	Safeguarding Officer	17.01. 2023	N/A
5	Helen French	Trustee	17.01.2023	N/A

### Names & Addresses Bank and Advisors

	<i>Name</i>	<i>Address &amp; Postcode</i>
<b>Bank:</b>	Lloyds Bank	25 Gresham Street, London EC2V 7HN
<b>Independent Examiner:</b>	Ashleigh Dewbery-Lugg	The Entrepreneurs Accountant (Ripple) Limited Kimberley Northwick, Mark, Highbridge, TA9 4PQ

### Names of Senior Staff with Delegated Responsibilities

<i>Name</i>	<i>Role</i>
1 Marie Whitaker (nee Longstaff)	Fundraising and Administration

## Structure, Governance & Management

### **Governing Document:**

Constitution

### **How the Charity is Constituted:**

Charitable Incorporated Organisation

### **Trustee Selection Methods:**

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.

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

### **Induction & Training of new Trustees:**

Post Appointment Induction

CHP provides appropriate induction for all staff and volunteers, including trustees. The induction provides training and information about CHP's safeguarding and child protection policies and procedures.

CHP 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.

### **Safeguarding Training Levels**

Staff, trustees and volunteers with minimal participant contact – CC Approved or in-house Level 1 training.

Staff, trustees and volunteers with occasional unsupervised participant contact – Level 2 training

Staff, trustees and volunteers with a high level of participant contact (e.g. Facilitators/SGO) – Level 3

## 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.

To relieve the needs of adults and children/young people aged 8 and over living in the Gloucestershire area with (either diagnosed or undiagnosed) mental, emotional, or sensory disabilities/disorders/illnesses and/or problematic behaviours, who are not making progress with mainstream talking therapies, through:

- (a) the provision of equine assisted therapy programmes designed to promote their health and wellbeing and rehabilitation and to support them to engage fully in education, training or work through the development of core skills;
- (b) advancing the education of those supporting such people.

### Activities

**Re-start Course** – Our flagship course is usually delivered over 5 consecutive days with 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 sessions, which are 1 to 1 and can provide a lead into the Re-Start course or a top-up for participants who have completed the main course and need a little extra help or on-going support.

**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. During this period, we ran two well supported sessions with Family First and Edge of Care teams at Gloucestershire County Council.

### **Family Support**

Building on the success last year and the help of the National Lottery we were able to continue to offer our ReStart programme to families. This work allowed the young people and their parents to be aware of their own mental health challenges, and each other's. We then were able to teach them strategies to help deal with these and support the family as a whole.

## **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**

The services we provide are based predominantly outside, and as such, the charity has historically closed over the winter months and reopened in April. In May 2022 we successfully completed our relocation to Shadywell Farm, a new facility with a barn area we could use in the winter months. Despite very cold conditions we were able to stay open all year round. The new centre also allows us to have flexibility 7 days a week so we were also able to offer volunteer sessions on the weekend.

During the year we received donations and contributions towards courses amounting to £64,359. One restricted grant from Barnwood Trust contributed towards a full-time salary enabling Marie Whitaker to train as a facilitator, train new facilitators, run the non-verbal sessions, extra top up's and the very valuable weekend sessions.

During the ReStart course we work on 8 core skills that are known to lead to better life choices. Post course reviews are conducted at two 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.

The ReStart addresses 8 core skills: Engagement (confidence as a learner); Taking Responsibility (owning emotions and behaviour); Calmness (in difficult situations); Assertiveness (accepting and setting boundaries appropriately); Realistic Analysis & Planning (think before you act); Focus & Perseverance (working towards goals despite setbacks); Relating to others/Empathy (constructive connections); Communication & Language (emotional literacy).

We are recording a 34% average overall gain across all the above 8 points of the skill star. The following intermediate outcomes are also measure at 2 months post course:

1. Education & Learning - 87% 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 - 92% 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 practised with horses, our participants learn a greater sense of respect and self-esteem, fairness, politeness and begin to see themselves as good citizens.

- 94% of professionals attribute changes in their clients to attendance on our course.
- 47% 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.

The service we provide is truly innovative 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 of £15,034, course contributions of £5,325 and restricted donations of £44,000 a total of £64,359.

Facilitation of the year's courses and course essential payments totalled £13,083. Horse costs were £1,634. Our facility rental has been considerably reduced at £3,000 but we have had to fund the equipment at £8,162. Training costs were £1,854, travel £1,110, Payroll expenses £19,514, Admin and office running costs were £1,042 Insurance and Legal fees were £2,712.

At the end of the financial year, the Charity held unrestricted funds of £6,364 and restricted funds of £23,528. 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):**

  
-----

**Full Name(s):** Selena George

**Position(s):** Chair of Trustee's

**Date:** 26/03/2024

## Independent Examiner's Report on the Accounts

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





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Centred Horseplay

Reg No. 1167226  
1167226

## Receipts and payments accounts

CC16a

For the period  
from

01/06/2022

To

31/05/2023

### 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>					
Big Lottery funding		10,000		10,000	-
Barnwood Trust		20,000		20,000	-
Masonic fund		2,000		2,000	-
Clothworkers fund		5,000		5,000	-
Fundraising / Donations	34			34	-
Part contribution to courses (various)	5,325			5,325	7,200
HSBC		5,000		5,000	-
The Mills Equus Trust	15,000			15,000	15,000
High Sheriff fund		2,000		2,000	2,000
Arena Funding				-	9,591
Covid-19 - Job retention scheme				-	1,288
<b>Sub total (Gross income for AR)</b>	<b>20,359</b>	<b>44,000</b>	<b>-</b>	<b>64,359</b>	<b>35,079</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>20,359</b>	<b>44,000</b>	<b>-</b>	<b>64,359</b>	<b>35,079</b>
<b>A3 Payments</b>					
Course delivery	8,388	4,490		12,877	13,630
Facility Maintenance	4,080	4,082		8,162	-
Charity insurance	998			998	-
Facility hire	2,550	450		3,000	5,250
Printing & Stationery				-	-
Travel Expenses	1,055	55		1,110	30
Bank charges				-	-
Refreshments	51			51	47
Legal and professional fees	1,714			1,714	-
Horse costs	1,634			1,634	1,968
IT	120	300		420	86
Salary costs	2,989	16,525		19,514	10,138
Office Expenses and maintenance	777			777	766
Training & staff costs	1,854			1,854	911
Repayment of Loan				-	10,000
<b>Sub total</b>	<b>26,209</b>	<b>25,902</b>	<b>-</b>	<b>52,111</b>	<b>42,826</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Arena				-	5,509
Toilet Block				-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>5,509</b>
<b>Total payments</b>	<b>26,209</b>	<b>25,902</b>	<b>-</b>	<b>52,111</b>	<b>48,335</b>
<b>Net of receipts/(payments)</b>	<b>- 5,850</b>	<b>18,098</b>	<b>-</b>	<b>12,248</b>	<b>- 13,256</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>12,214</b>	<b>5,430</b>	<b>-</b>	<b>17,644</b>	<b>30,899</b>
<b>Cash funds this year end</b>	<b>6,364</b>	<b>23,528</b>	<b>-</b>	<b>29,892</b>	<b>17,644</b>

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

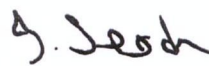
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Lloyds Bank	6,364	23,528	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>6,364</b>	<b>23,528</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Selena George (Chairperson)



26/03/2024

Ian Leech



26/03/2024



The Trustees of Centered Horseplay  
C/o Marie Longstaff  
Stown Cottage  
Crackstone  
Near Minchinhampton  
GL6 9BD

26<sup>th</sup> March 2024

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 2023, 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.





### **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.

*A. Dewbery-Lugg*

**Ashleigh Dewbery-Lugg FCCA**

**Director**

**On behalf of The Entrepreneurs Accountant (Ripple) Limited**

**Date: 26/03/2024**