



# Trustees' Annual Report for the period

		Period start date			Period end date				
<b>From</b>		01	01	2015	<b>To</b>		31	12	2015

## Section A Reference and administration details

**Charity name**

Inside Out for Children

**Other names charity is known by**

**Registered charity number (if any)**

1160856

**Charity's principal address**

25 Well Walk  
 Flat 4  
 London  
**Postcode** 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		Since October 2015	
5				
6				
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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 has the opportunity to experience the Inside Out for Children programme in action and engage with staff and children to gain an understanding of the charity's work.</p> <p>Policies and Risk Management: Inside Out for Children has policies and procedures in place to ensure the protection and safe working of beneficiaries, staff and volunteers:</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> <p>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.</p>
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**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.”

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

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.

Main activities:

1. ‘Magical Day Out’ workshops for young school 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, art 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 memorable activities act as catalysts for rolling out the Inside Out for Children programme in schools.

2. Physical ‘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.

3. Staff Training for 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.

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.

**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)**

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 3 expert volunteer advisors.

## Section D

## Achievements and performance

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

Gained charitable status in March 2015 having run a successful pilot.

Delivered 5 'Magical Day Out' workshops to 50 primary school children in Berkshire and Oxfordshire that they otherwise would not have had.

Delivered 5 School Toolboxes to benefit over 150 students.

Delivered 3 Staff Training workshops to teachers.

Partnered with NOW Live Events and delivered Inside Out for Children workshops at Deptford Lounge in London and the Wilderness Festival in Oxfordshire for children and their parents.

Chosen as Thameside Primary School's featured case study for the annual Reading Primary Headteachers' Association Conference.

Refreshed the Board with 1 new Trustee.

The Inside Out for Children programme has had an inspirational and lasting effect on children: Benefits have included:

- Improved confidence, self-esteem and resilience
- Supported emotional language needs
- Reduced stress and anxiety
- Widened experiences and opened minds to exciting and different things
- Learned about local species, habitats and wildlife through nature exploration
- Conquered fears through interaction with horses
- Learned to self-calm, focus and relate to emotions through mindfulness techniques
- Improved positivity
- Enhanced communication skills
- Improved social interactions, teamwork and relationship building
- Learned responsibility, consideration, kindness and respect

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The charity does not have a policy on reserves.

**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.

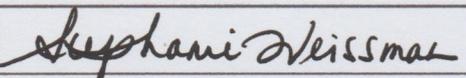
The charity's activities were funded by the Founder, in-kind support from volunteers and private donations.

## Section F Other optional information

## 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>		
<b>Full name(s)</b>	Stephanie Weissman	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	

**Date** 05/07/2016



inside Out for Children Charity No 1160856

**Receipts and payments accounts**

**CC16a**

For the period from 01-Jan-15 To 31/12/15

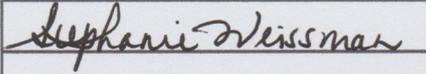
**Section A Receipts and payments**

	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	11,183	-	-	11,183	-
Charitable Activities	1,000	-	-	1,000	-
Other Receipts	65	-	-	65	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>12,248</b>	<b>-</b>	<b>-</b>	<b>12,248</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>12,248</b>	<b>-</b>	<b>-</b>	<b>12,248</b>	<b>-</b>
<b>A3 Payments</b>					
Costs of Charitable Activities	4,837	-	-	4,837	-
Governance Costs	381	-	-	381	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>5,218</b>	<b>-</b>	<b>-</b>	<b>5,218</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>5,218</b>	<b>-</b>	<b>-</b>	<b>5,218</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>7,030</b>	<b>-</b>	<b>-</b>	<b>7,030</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>7,030</b>	<b>-</b>	<b>-</b>	<b>7,030</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>	CAF Bank	7,030		-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>7,030</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Stephanie Weissman	05/07/2016