



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	01	2016		31	12	2016

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			
5				
6				
7				
8				
9				
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11				
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15				
16				
17				
18				
19				
20				

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 th 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 may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<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"> - Child Protection Policy - Safeguarding Children Procedures - Code of Behaviour Policy - Whistleblowing Policy - Emergency Procedures / Lost Child Policy - Acceptable Use Policy <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.

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.

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 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. 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. ‘Teacher Training’ that supports teachers and teaching assistants to learn about the Inside Out for Children approach including the

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)

methodology and application of it through the Toolbox and its contents in order to embed the programme into the curriculum.

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 3 expert volunteer advisors with recognised professional expertise in Mindfulness and Outdoor Education.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Delivered 15 'Magical Day Out' workshops to 150 primary school children in Berkshire and Oxfordshire - 150% increase from 2015.

Delivered 3 'School Toolboxes' to benefit over 100 students.

Delivered 8 'Teacher Training' workshops in schools, which included for the first time mindfulness training and class work for Foundation Year teachers and children, extending the reach of Inside Out for Children.

Hired a consultant with extensive research, charity and educational experience to develop a '2020 Vision: Roots for Growth' Strategy Plan and help with fundraising.

Initiated the '2020 Vision' Strategy Plan to support the long-term stability and growth of Inside Out for Children concurrent with fundraising work. The '2020 Vision' will include a 3-year fundraising strategy to meet our goals through diverse sources and an impact evaluation framework to measure, assess and systematically report the impact of the programme on children.

Featured presenter at the annual Bracknell Primary Headteachers' Association Conference.

Section D

Achievements and performance

The Inside Out for Children programme has had 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. Conquered fears through interaction with horses

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

Children said:

"It's about playing and learning and getting over your fears."

"In my whole 8 ½ year life, it was the best day I ever had."

"It made me calm and it was cool to learn how your mind worked."

Teacher said:

'Seeing how the children change throughout the day. Confidence, focus, empathy, sensitivity, are only a few of those feelings they discover.'

Headteacher said:

"Inside Out is not something I would do if I did not believe it has a positive effect on those children who need to be more engaged in their own learning – especially those who have challenging behavior and are at risk of exclusion at some stage of their education, or who are passive and have little or no aspirations."

Parent said:

"What an amazing day the Inside Out day must have been!! My daughter has shared her experiences and favourite activities with me, which was magical. The day clearly made a huge impression on her and she thinks you should do it once a fortnight."

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees monitor the level of reserves annually. In 2016, 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: Roots for Growth' Strategy Plan 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
- Contributions from participating partner schools
- In-kind support from volunteers

Inside Out for Children would like to thank the following for their support in 2016:

Jennifer and Toby Greenbury
 Caversham Park Primary School
 Hagbourne CE Primary School
 John Blandy Primary School
 The Palmer Academy
 The Ridgeway Primary School
 Thameside Primary School
 Windmill Primary School

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

Signature(s)		
Full name(s)	Stephanie Weissman	
Position (eg Secretary, Chair, etc)	Chair	
Date	08/09/2017	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Inside Out for Children

Charity No 1160856

Receipts and payments accounts

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For the period from	01/01/16	To	31/12/16
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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 £
A1 Receipts					
Voluntary Receipts - Donations	28,018	-	-	28,018	11,183
Charitable Activities	4,478	-	-	4,478	1,000
Other Receipts	-	-	-	-	65
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,496	-	-	32,496	12,248
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,496	-	-	32,496	12,248
A3 Payments					
Fundraising Costs	1,231	-	-	1,231	-
Costs of Charitable Activities	23,354	-	-	23,354	4,837
Governance Costs	383	-	-	383	381
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	24,968	-	-	24,968	5,218
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	24,968	-	-	24,968	5,218
Net of receipts/(payments)	7,528	-	-	7,528	7,030
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,030	-	-	7,030	-
Cash funds this year end	14,558	-	-	14,558	7,030

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	CAF Bank	14,558	-	-
			-	-
		-	-	-
	Total cash funds	14,558	-	-
	(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 £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

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

Signature	Print Name	Date of approval
	Stephanie Weissman	08/09/17



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Inside Out for Children

On accounts for the year
ended

31/12/2016

Charity no (if
any)

1160856

Set out on pages

Page 1 - Section A

Respective responsibilities of
trustees and examiner

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

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the 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

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. 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; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act
 have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

12 September 2017

Name:

Andrew M Wells

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

FMAAT

Address:

99 Western Road

Lewes

East Sussex

BN7 1RS