



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	01	2017		31	12	2017

## 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				
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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 <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> <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.

“British children are among the unhappiest in the developed world.”  
(The Varkey Foundation, February 2017)

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’ resources 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.

## 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)

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.

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 16 'Magical Day Out' workshops to 160 primary school children in Berkshire and Oxfordshire.

Completed the '2020 Vision: Roots for Growth' Strategy Plan centred on 5 organisational goals:

1. Develop our Programme
2. Build our Brand and Community
3. Measure our Impact
4. Strengthen our Team
5. Develop a Sustainable Funding Model

Created an impact measurement tool, a 'Happiness Index', to measure, assess and systematically report the impact of the Inside Out programme on children. A pilot of the Happiness Index is currently underway with partner schools, and initial findings are positive.

Initiated work on an Inside Out School Accreditation, the first wellbeing accreditation of its kind, to help schools put wellbeing at the heart of school life. Our '2020 Vision' aims to support 2500 children in the next 3 years by creating the first 10 Inside Out Accredited Schools.

Engaged a number of schools in the South East committed to Inside Out.

## Section D

## Achievements and performance

Headteachers and Senior Staff offered much time and expertise to developing our programme. One of Inside Out for Children's partner schools started re-designing their whole-school PSHE (Personal, Social, Health and Economic Education) curriculum to focus on Inside Out's '5 Keys to Happiness' approach. Another school based their School Improvement Plan on it. The charity is committed to partnership working and building relationships between schools engaged with Inside Out.

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. Conquered fears through interaction with horses

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

Headteacher reported: "real health and happiness benefits and an immediate impact on concentration and learning."

## Section E

## Financial review

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

The Trustees monitor the level of reserves annually. In 2017, 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

The charity's activities were funded by:

- Individual donations
- Grants
- Contributions from participating partner schools
- In-kind support from volunteers

Inside Out for Children would like to thank the following for their support in 2017:

Berkshire Community Foundation  
Dr Mark Ellis  
The Gordon Palmer Memorial Trust  
Hagbourne CE Primary School

ethical investment policy adopted.

M&C Charitable Trust  
Ranikhet Academy  
The Palmer Academy  
The Sobell Foundation  
Thameside Primary School  
Thames Valley Housing Association Community Trust

## Section F

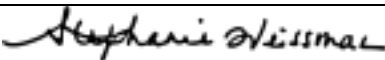
## Other optional information

## 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	03/09/18	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inside Out for Children

Charity No 1160856  
1160856

CC16a


## Receipts and payments accounts

For the period from	01/01/17	To	31/12/17
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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 - Donations	16,733	-	-	16,733	28,018
Grants		14,900		14,900	
Charitable Activities	5,500	-	-	5,500	4,478
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>22,233</b>	<b>14,900</b>	<b>-</b>	<b>37,133</b>	<b>32,496</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>22,233</b>	<b>14,900</b>	<b>-</b>	<b>37,133</b>	<b>32,496</b>
<b>A3 Payments</b>					
Fundraising Costs	4,516	-	-	4,516	1,231
Costs of Charitable Activities	16,671	8,873	-	25,544	23,354
Governance Costs	809	-	-	809	383
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>21,996</b>	<b>8,873</b>	<b>-</b>	<b>30,868</b>	<b>24,968</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>21,996</b>	<b>8,873</b>	<b>-</b>	<b>30,868</b>	<b>24,968</b>
<b>Net of receipts/(payments)</b>	<b>237</b>	<b>6,027</b>	<b>-</b>	<b>6,264</b>	<b>7,528</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>14,558</b>	<b>-</b>	<b>-</b>	<b>14,558</b>	<b>7,030</b>
<b>Cash funds this year end</b>	<b>14,794</b>	<b>6,027</b>	<b>-</b>	<b>20,822</b>	<b>14,558</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	14,794	6,027	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>14,794</b>	<b>6,027</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<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	03/09/18	





Section A

Independent Examiner's Report

Report to the trustees/  
members of

Inside Out for Children

On accounts for the year  
ended

31/12/2017

Charity no  
(if any)

1160856

Set out on pages

Pages 1&2 – Section A

Respective  
responsibilities of  
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed. [The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [named body]].  
*Delete [ ] if not applicable.*

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the 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**

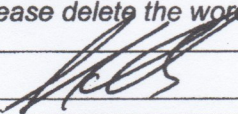
In connection with my examination, no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- 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.

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

**Signed:**



**Date:**

12 September 2018

**Name:**

Andrew Wells

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

FMAAT

**Address:**

99 Western Road

Lewes

East Sussex BN7 1RS

**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).