

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2018	To	31	12	2018

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				
10				
11				
12				
13				
14				
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. An organisational Risk Register is in place and is regularly reviewed. Risk Assessments are conducted for all activities with children. All professional staff and Trustees have been DBS checked and all staff have 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 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’, tracked through our Happiness Index wellbeing measurement tool. Inside Out is working towards a school-wide culture of wellbeing through developing our Inside Out Award.

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, Training 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 roll-out of 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.

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.

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.

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 10 'Magical Days Out' to 100 primary school children across Berkshire and Oxfordshire.

Completed a successful pilot of the 'Happiness Index' wellbeing measurement tool with partner schools and initial findings were positive: sustained increase in 'Overall Happiness'; notable improvement in children's ability to 'Look Inside'; average 'Happiness Index Score' of 80/100; increase in children 'making good progress'.

Expanded the Inside Out team. Experienced Headteacher who championed Inside Out in her school for 3 years was inspired to join the Inside Out team as a freelance consultant, starting in January 2019. Created new internship programme. First Inside Out Intern completed extensive research project to develop new school partnerships, in December 2018.

Presenter at the Royal Wootton Bassett Academy 'Empowering Young People to Change the World' Teacher Conference.

Continued work on an Inside Out School Award, the first wellbeing quality mark of its kind, to help schools put wellbeing at the heart of school life. Our '2020 Vision' aims to support 2500 children by celebrating the first 8 schools to receive the Inside Out Award.

Section D

Achievements and performance

As preparation for the Inside Out Award, one of Inside Out's partner schools re-designed their whole-school PSHE (Personal, Social, Health and Economic Education) curriculum to focus on Inside Out's '5 Keys to Happiness' approach and dedicated an entire year to embedding Inside Out into their school life. Another school continued to base their School Improvement Plan (School Strategy Plan) on it.

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

Deputy Headteacher said:

"I am so pleased that Inside Out really is now at the heart of our school curriculum! Thank you for creating it."

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees monitor the level of reserves annually. In 2018, 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
- In-kind support from volunteers

Inside Out for Children would like to thank the following for their support in 2018:

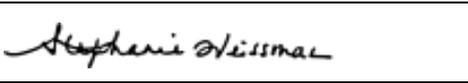
Hagbourne CE Primary School
 Polio and Children in Need Charity
 Ranikhet Academy
 Ridgeway Primary School
 Thameside Primary School

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	15/09/19	



Receipts and payments accounts

CC16a

For the period from	01/01/2018	To	31/12/2018
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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	15,511		-	15,511	16,733
Grants		2,650		2,650	14,900
Charitable Activities	4,850	-	-	4,850	5,500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	20,361	2,650	-	23,011	37,133
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,361	2,650	-	23,011	37,133
A3 Payments					
Fundraising Costs	4,819	-	-	4,819	4,516
Costs of Charitable Activities	13,268	8,677	-	21,945	25,544
Governance Costs	809	-	-	809	809
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,896	8,677	-	27,573	30,868
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,896	8,677	-	27,573	30,868
Net of receipts/(payments)	1,466	- 6,027	-	- 4,562	6,264
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,794	6,027	-	20,822	14,558
Cash funds this year end	16,260	-	-	16,260	20,822

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	16,260	-	-
		-	-	-
		-	-	-
	Total cash funds	16,260	-	-

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

OK OK OK

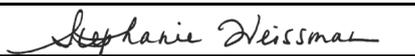
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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	15/09/2019



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Inside Out for Children

**On accounts for the year
ended**

31/12/2018

**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 / 2018**.

**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:

16/9/2019

Name:

Andrew Wells

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

FMAAT

Address:

99 Western Road

Lewes

East Sussex BN7 1RS

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.