



**31st
March
2023**



Trustee Annual Report & Accounts





The trustees present their report and the financial statements for the year ended 31st March 2023.

The financial statements comply with current statutory requirements, the charity's constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102. Charity Registration Number 1189445.



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Letter from the Chair



Fabian Lord

The 2022/23 financial year saw greater engagement and in-person attendance throughout education establishments in the UK. Trustee Monty Lord continued to deliver training online to overseas students.

We continued to deliver in-person provision in various schools around the UK.

We have now engaged with schools and education establishments overseas and our online platform now services overseas schools.

Our new online platform has been beta tested and rolled out live.



“Learning never exhausts the mind.”

Leonardo da Vinci



Who we are, what we do and why we do it



Young Active Minds was formed to advance education & mental health awareness throughout all community groups by the promotion of enhanced learning methods and the provision of services and specialist memory training to support the development of all individuals' capabilities, competencies, understanding and skills through school, leisure time and community activities, irrespective of financial background, current attainment levels or cultural diversity.

Children and young people can use these techniques to both further their academic attainment and also in numerous everyday applications. We are open to provide them to all demographics within society and each different age group will have their own benefit of using the different memory techniques.

Our learning methods are available to all, irrespective of attainment levels, cultural or financial background or learning difficulties.

This aims to bring together and foster understanding amongst young people from diverse communities and encourage the goodwill and involvement of the wider community.

By offering training in these new memory techniques to disadvantaged & challenged children, not in mainstream education, it provides opportunities they wouldn't previously have had, supporting the advancement of education, which is recognised as a charitable purpose having public benefit.

We launched the charity during the 75th anniversary of the creation of the United Nations and directly helped to align the charity to support the UN Sustainable Development Goals, specifically SDG4: 'to ensure equitable and quality education for all.'

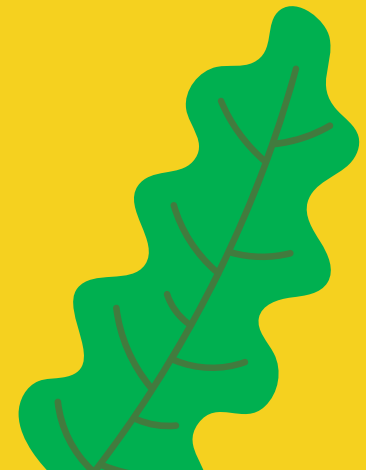


Our year in review

The charity's third year aim was to consolidate the training provision in enhanced memory techniques to schools, colleges and other academic settings through interactive workshops.

We continued to hold several workshops in schools around the UK, focusing on primary schools and early education settings.

We continued to improve our online platform to increase accessibility to all attendees, especially overseas students and those with accessibility issues.



Challenges and lessons learned

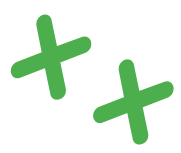


The lack of available funding continued to present challenges in our third year.

We have been continuing to update our online education delivery platform and with the additional access to overseas students, we are having to review methods to address the multi-language provision of our training materials.



Strategy for the year ahead



Developing promotional material

We will be developing a range of promotional materials to explain the benefits of participation in our charity workshops, especially focusing on disadvantaged communities.

Forging closer relationships

We will continue to forge our closer relationships with academic settings.

Taking a blended learning approach

We will continue to develop our programmes to take on a blended-learning approach to accommodate overseas students and those with in-person accessibility issues.

Diversifying training programmes

We will continue to diversify our pre-existing memory training provision to accommodate varying levels with different target audiences and incorporate a language translation service.



Governance and accountability



Charity object

To advance the education of the public, and in particular, but not exclusively, children and young people, in memory techniques and memory skills in order to develop their individual capabilities and capacities through the provision of workshops and other similar sessions.

Public benefit

All of our activities are undertaken to further our purposes for the public benefit, and are overseen by the Trustees to ensure that this is the case.

Name of the charity Young Active Minds

Charity registration number 1189445

Address of the principal office of the charity

23 Old Oak Gardens, Walton Le Dale, Preston, Lancashire, PR5 4BF

Charity Trustees

Trustee 1: Fabian Lord (Chair)

Trustee 2: Marie Gooljar (Treasurer)

Trustee 3: Gabriela Silion

Trustee 4: Montgomery Lord

Trustee 5: Francesca Poulter

Structure & Governance

Young Active Minds is constituted as a Charitable Incorporated Organisation, whose only voting members are its charity trustees. The charity had a board of four trustees.

Trustees are recruited through existing networks of professionals, mentors and partner organisations. Trustee roles are outlined following an audit of the existing skills and resource on the board, and an examination of the key needs of the charity.

Apart from the first charity trustees, every trustee is appointed for a term of three 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 regard to the skills, knowledge and experience needed for the effective administration of the CIO.





Induction and training

All trustees receive training in their role as a trustee and safeguarding. Every trustee receives an induction pack, is invited to mentor and expected to attend at least one mentoring event within their first six months of service to better understand the work of the charity and the impact that it has on the people that we support.

Decision-making and governance

Charity trustees make all spending decisions for the charity. They also agree budgets for each year, including the cost of expanding our programmes into a new region and any associated developmental projects to accommodate this. Trustees make decisions about partnerships or associations that could be deemed a risk to reputation or quality of delivery of the programme, as identified by the board. Trustees handle the running, recruitment and staff management, growth planning and spending decisions that are part of the core business of the charity.

Financial Review: financial activity and financial position

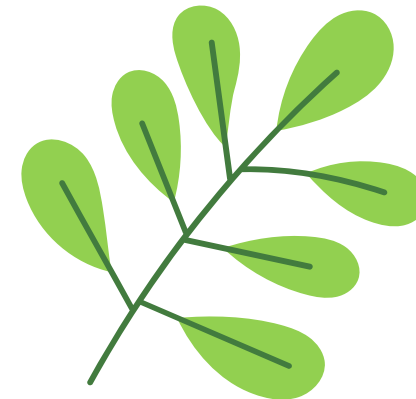
In the financial 2021 to 2022, Young Active Minds had an income of £NIL and an expenditure of £NIL.

There are no funds held by the charity that are materially in deficit.

During the financial period for this annual return, we did not receive any income from grants from central government or local authorities.

Policies on reserves

Young Active Mind's policy on reserves is to aim to achieve 6 months' total reserves (total reserves being unrestricted plus restricted reserves); and to have an aim to achieve a minimum of 3 months' unrestricted reserves. This is to ensure that the charity is able to carry out its work should there be a break in funding. The charity is taking measures to put future funding in place and acknowledges that, in the current financial climate in particular, it is prudent to aim to have 3 months' running costs as a minimum for reserves.





Fundraising compliance

We aim to undertake a range of fundraising activities in support of our charitable aims. Our approach includes:

- partnerships with corporate supporters;
- securing grants from trusts and foundations;
- donations from individuals;
- sponsorship raised by individuals for memory challenge events,
- and sponsorship related to other events.

All of our fundraising activity is managed in-house. We did not engage the services of any professional fundraising agencies to undertake direct response fundraising solicitation or cultivation either by phone or face-to-face, during the year. We are committed to observing the highest possible standards in fundraising. We are required to comply with all relevant law and regulations.

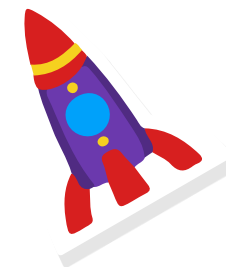
Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as

requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

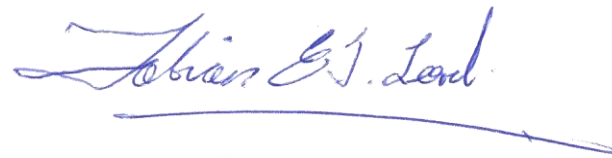


The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Trustees are also responsible for the contents of the Trustees' report and ensuring that there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the Board of Trustees on 14th February, 2024 and signed on their behalf by Fabian Lord, Chair of Trustees.

Signed



Date

14th February, 2024





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Financials



31 34 37 40 43 46 49 52 55



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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
B1 Cash funds	None	0	0	0
		0	0	0
		0	0	0
	Total cash funds	0	0	0
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
B2 Other monetary assets	None	0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	None		0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	None		0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None		0	
			0	
			0	
			0	
			0	

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

Signature	<i>Marie Gooljar</i>	Print Name	Date of approval
	<i>Marie Gooljar</i>	Marie Gooljar (Treasurer)	14/02/2024
	<i>Fabian Lord</i>	Fabian Lord (Chair)	14/02/2024

"Memory isn't predicated on a person's level of intellect. It's something quite separate and unique for each individual."



Monty Lord (18 yrs)





Get in touch

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