Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2025	**To**	31	12	2025

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		Until 16-02-2025	
3	Eilish McGuinness		Until 16-02-2025	
4	Emma Mamo		Until 22-11-2025	
5	Marc Ramis Castelltort		01-01-2025 onwards	
6	Hayley Leonard		01-01-2025 onwards	
7	David Marsh		01-01-2025 onwards	
8	Laura Burbedge		01-01-2025 onwards	
9	Theresa Rynard		01-01-2025 onwards	
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)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution, dated 16th 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)

You **may choose** to include additional information, where relevant, about:

- 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.

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.

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:

- Safeguarding Policy
- Safeguarding Procedures
- Code of Behaviour Policy
- Whistleblowing Policy
- Emergency Procedures
- Photography and Filming Policy
- Equality and Diversity Policy
- Privacy Notice

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, as necessary. There is always a staff member

on site that has first aid training.

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 CEO.

Section C Objectives and activities

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."

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)

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 VISION

Children will be equipped to deal with the ups and downs of life and flourish in an ever-changing world.

OUR MISSION

To inspire all children to develop life skills and strategies to look after their own mental wellbeing.

Because happy children learn better and are more likely to fulfil their potential, grow into happy adults, and contribute positively to society.

Children in the UK are suffering from low mental health. Covid has made this crisis worse.

There is a call to action from the Government for schools to adopt a whole-school approach which has a stronger focus on mental health promotion and the prevention of mental health problems, alongside early interventions for children who have existing or emerging mental health problems to prevent these problems from escalating and the need for specialist support. Teachers understand the need to make mental wellbeing a priority, but they are already overwhelmed and overworked.

Our unique, interconnected provision based on our **5 Keys to Happiness** is designed specifically to improve mental wellbeing, develop essential life skills and increase engagement among children and to de-stress busy teachers by making it easier for them to make a difference. We offer:

1. **Universal support** for all children to promote mental wellbeing and prevent mental health problems - through our online **Activity Library** of 200+ activities, **Wellbeing Programme** with 2 years of assemblies and lessons that cover Relationships Education and Health Education statutory objectives, and **INSIDE OUT Award** which enables schools to implement a culture where the happiness of children is at the heart of school life.

2. **Targeted interventions** exclusively for vulnerable and underperforming children who are at risk of not reaching their full potential - through our offsite **Magical Days Out** at Checkendon Equestrian Centre in the Oxfordshire Chilterns, an Area of Outstanding Natural Beauty with 55 horses and 70 acres of privately owned 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
    - Create nature art
    - Practice mindful breathing and sensing

Children revisit core learning back at school in a developmentally appropriate way through our Activity Library and Wellbeing Programme.

Our **5 Keys to Happiness** evidence-based framework Look Inside, Move Outside, Share More, Be Curious, Be Kind – is relevant and engaging for children to learn and simple for teachers to teach back at school. It is 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 the support of one advisor with a wealth of experience in wellbeing, innovation and mindfulness coaching.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Completed the first year of a new 2025-2029 strategy to 'step up the magic', setting a clear direction to become more relevant and relatable to children than ever before and to put children at the heart of shaping our work.

Created a Theory of Change to underpin our strategy, sharpening strategic focus and clarifying the change we want to see in the world.

Featured '5 Keys to Happiness' resources, created and curated by our student intern to support children's wellbeing and amplify young voices in our work.

Delivered targeted 'Magical Day Out' interventions for primary school children in Berkshire and Oxfordshire at Checkendon Equestrian Centre, supporting vulnerable and underperforming children at risk of not reaching their full potential.

One of our dedicated partner schools created a permanent INSIDE OUT room inspired by their 'Magical Days Out' providing a calming, immersive space for children - particularly quieter 'internalisers' - and staff to reset and reflect, with early positive impact.

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.

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

Here is feedback gathered through our impact and evaluation process with

teachers and children across our partner schools:

A Deputy Headteacher reflected on their INSIDE OUT room, saying, “I feel it is truly a magical room.” Children added, “It makes me feel calm because of nature,” and gave it a double thumbs up.

Our mission to inspire children to develop a ‘toolkit’ of life skills and strategies to support their mental wellbeing remains at the heart of everything we do. In 2025, our partner schools continued to bring this to life in practice, with inspectors taking note:

“Caring leadership drives a strong culture of nurturing ... This fosters high aspirations across the school community, with a strong emphasis on mental health and wellbeing support, empowering pupils to thrive." (SIAMS, October 2025)

“The school also focuses on providing pupils with the tools to support their own mental health and well-being." (Ofsted, April 2025)

When asked “My Magical Day Out helped me…”, children shared clear evidence of growing confidence, curiosity, connection and resilience:

- 92% – Try new things
- 85% – Be brave
- 85% – Use my imagination
- 69% – Explore the outdoors
- 69% – Appreciate the wonder of the world
- 62% – Feel good about myself

“The child’s involvement in the INSIDE OUT experiences has contributed to improved self-esteem and sense of competence, empowering them to feel confident, capable, and valued. This has had a noticeable and positive ripple effect on their wellbeing, relationships, and engagement back at school.” (Excerpt from a Deputy Headteacher’s case study following a Magical Day Out of one primary-aged child with significant Social, Emotional and Mental Health (SEMH) needs, who finds it difficult to form and sustain relationships with peers.)

Section E Financial review

Brief statement of the charity's policy on reserves	The Trustees monitor the level of reserves annually. In 2025, the charity did not have any capital commitments and was able to be flexible on the amount of reserves necessary. The charity's 'Annual Budget' includes the calculation of the required level of reserves as an integral part of the charity's planning.
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

Inside Out for Children would like to thank the following for their support in 2025:

Thameside Primary School
St Peter's CE Primary School
Voluntary income includes donations totalling £49,995 in support from related parties.

The charity has confirmed individual, unrestricted donations for the next 12 months in order for it to continue carrying out its activities.

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)	Stephanie Weissman	
Full name(s)	Stephanie Weissman	
Position (eg Secretary, Chair, etc)	Chair	

Date 18/09/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Inside Out for Children	1160856

Receipts and payments accounts

CC16a

For the period from	1/1/2025	To	12/31/2025

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	62,494	-	-	62,494	59,994
Charitable Activities	2,000	-	-	2,000	1,500
Other	69	-	-	69	39
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total**(Gross income for AR)*	64,563	-	-	64,563	61,533
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	64,563	-	-	64,563	61,533
A3 Payments					
Fundraising Costs	6,128	-	-	6,128	9,145
Costs of Charitable Activities	44,360	-	-	44,360	48,127
Governance Costs	1,005	-	-	1,005	989
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	51,493	-	-	51,493	58,261
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	51,493	-	-	51,493	58,261
Net of receipts/(payments)	13,070	-	-	13,070	3,272
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	29,673	-	-	29,673	26,401
Cash funds this year end	42,743	-	-	42,743	29,673

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	42,743	-	-
		-	-	-
		-	-	-
	Total cash funds	42,743	-	-
	(agree balances with receipts and payments account (s))	OK	OK	OK

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

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

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

	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	Stephanie Weissman	18/09/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

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	31/12/2025	**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 **31/12/2025**.

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:**	18 September 2026
Name:	Andrew Michael Wells		
Relevant professional qualification(s) or body (if any):	FMAAT		
Address:	23 St Leonards Road, Bexhill, East Sussex TN40 1HH		

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).
Give here brief details of any items that the examiner wishes to disclose.	