MOVE THE MIND FOUNDATION CIO

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st DECEMBER 2025

Charity Number 1197860

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YEAR ENDED 31 DECEMBER 2025

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MOVE THE MIND FOUNDATION CIO
REFERENCE AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31 DECEMBER 2025

Status
Move the Mind Foundation is a Charitable Incorporated Organisation and has been granted charitable status by the Charity Commission registration number 1197860.

Trustees
Colonel Peebles
Dr Daniel Huntley (appointed 13th June 2026)
Dr Emily Bodey (appointed 10th December 2025)
Stuart Smith
Raymond Smith
Thomas Long (Appointed on 10th September 2025)

Registered Address
55 Park Road
Bath
BA1 3EE

Bankers
The Co-Operative Bank
PO Box 250
Skelmersdale
WN8 6WT

Independent Examiner
Joshua Kingston BSc, FCA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

The trustees present their report and the unaudited financial statements for the year ended 31 December 2025.

Structure, Governance and Management

Move the Mind Foundation CIO is a charitable incorporated organisation registered with the Charity Commission on 10th February 2022 and governed by its constitution. Its only voting members are its charity trustees.

Trustees are recruited with regard to the skills, knowledge and experience required for the effective administration of the CIO. Vacancies are considered by the Board and appointments are made in accordance with the charity's constitution.

During 2025 the trustees actively considered succession. Thomas Long was appointed as a trustee on 10th September 2025 and Dr Emily Bodey was appointed as a trustee on 10th December 2025. Josephine Ahmed stepped down as a trustee with effect from 10th September 2025 in order to volunteer regularly with the charity. Dr Daniel Huntley was appointed as a trustee on 13th June 2026.

Objectives

The charity's objective is to relieve the needs of children and young people with disabilities, autism, ADHD, neurological conditions, anxiety and other mental health conditions in South-West England and surrounding areas by providing animal-assisted therapy and equine therapy, including riding and sensory work with horses.

The charity provides a calm, low-sensory farm environment in which children and young people can interact with horses and other animals in ways adapted to their individual needs. Activities may include riding, grooming, leading, feeding, sensory work and practical farm activities. The approach is person-centred and is intended to support regulation, communication, confidence, independence and engagement.

Public benefit

In planning the charity's activities, the trustees have had regard to the Charity Commission's guidance on public benefit. The trustees consider that the activities described in this report further the charity's purposes for the public benefit by providing specialist support to children and young people with additional needs and their families.

Activities

The main activities which Move the Mind Foundation undertakes to meet the charitable purposes set out above are:

- Animal assisted therapy
- Equine therapy including riding
- Sensory work with horses

Animal assisted therapy can form all or part of a child or young person's time at Move the Mind.

Sessions can include spending time with all of the animals on the farm, which is designed to be a calming sanctuary and purposefully a low sensory trigger environment.

Children and young people are able to interact with cats, guinea pigs, tortoises, ducks, chickens, sheep, pigs, goats and horses as much or as little as suit their needs at the time. Activities include feeding, grooming, leading, cuddling, egg collecting and much more. For older children and young people, undertaking various jobs around the farm offers the opportunity to learn valuable skills, increase independence and develop self-confidence.

Equine therapy is used by Move the Mind to enable regulation and relaxation in the children and young people during and after their sessions. Interacting with our highly trained horses whether through riding or caring for them through grooming or feeding is of immense benefit to autistic children and young people as well as those with other neurodivergent conditions, medical needs and disabilities. Many of the children who attend are non-verbal and find the pressure to communicate in words is removed when they are with the horses. This helps promote the development of self-expression in a relaxed environment.

The Move the Mind herd contains horses of every size, shape and age ensuring that the requirements of each individual child or young person can be met. Move the Mind is not like a traditional riding school. Many of the children and young people we work with do learn to ride but there is no expectation to do so. There are many ways in which the children and young people we support can interact with and benefit from time with the horses. They might jump over fences in the arena themselves on foot with a horse or pony following them, or spend time plaiting a mane and decorating it by weaving in wild flowers which they have gathered from the farm.

The Move the Mind approach to sensory work is inspired and informed by the work of Rupert Isaacson who devised The Movement Method. This unique approach, used by Rupert with his own non-verbal autistic son, uses the movement of the horse to neutralise anxiety and place the brain into the optimum state for learning and development. The method focuses on developing a unique relationship between child and horse which helps to heal sensory dysfunction and promote self-expression.

Therapy sessions are organised by the hour, with each session lasting 50 minutes to allow time for a smooth handover. On average 70 sessions run every week in term time. Sessions are funded in one of two ways; either privately by the family of the child or young person, or; through Local Authority funding allocated alternative/therapeutic provision as part of an Education Health and Care Plan (EHCP). Children and young people are encouraged to attend regularly during term time to maintain continuity and foster the development of positive relationships with animals and staff.

Children and young people are supported during their sessions by the specially trained team of staff and volunteers who are skilled at adapting their approach to the unique requirements of the individual. This positive and creative method of working is central to the Move the Mind ethos and a key reason for our success. In order to facilitate our flexible, person centered sessions, Move the Mind operates a child to staff ratio of at least 1:1 or 1:2 for every session.

We offer regular training sessions to our staff and volunteers, including sessions with Rupert Isaacson.

Achievements during 2025

The main achievements of Move the Mind during 2025 were as follows:

Growth in therapy provision

Demand for Move the Mind's services continued to grow during 2025. Therapy sessions generated £174,947 of income, making them the charity's principal source of income for the year. The staffing structure was reorganised during the year following a staff departure, with additional volunteers and staff joining to strengthen capacity and resilience as demand increased.

Horses, facilities and site development

The charity invested in the therapy herd and site infrastructure. A new horse, Ginge, was purchased for £5,500 and was reported to be working successfully, while loan horse Sammy also settled into the programme successfully. New fencing cost £5,364. The arena was resurfaced during the year, and the trustees also considered plans for a round pen, including the option of reusing materials from the arena to reduce costs.

Training, safeguarding and safety

The charity continued to invest in staff and volunteer development. A further training day with Rupert Isaacson was planned for June, alongside health and safety training around horses. Training expenditure for the year was £3,004. Electrical equipment was also tested during the year, with items passing except for an old washing machine which was identified for replacement.

Fundraising and grants

The charity received £8,730 in grant income and £1,341 in donations during 2025. Fundraising activity continued, including a fundraising day planned for 31st May. The trustees also monitored progress towards a Gift Aid claim.

Development opportunities and trustee oversight

During the year an opportunity was identified to respond to demand from local authorities and head teachers for tailored one-to-one education for pupils unable to access appropriate mainstream education. The trustees considered whether the vacant log cabin and adjacent area might support such provision alongside the existing equine and animal-assisted activities. Because the proposal raised questions about the charity's objects and a potential conflict of interest, the trustees agreed that professional advice should be obtained before any arrangement proceeded. This reflected the Board's commitment to appropriate governance and management of conflicts of interest.

Financial review

For the year ended 31 December 2025, total income was £186,184 (2024: £178,504). Total expenditure amounted to £181,711 (2024: £202,743), resulting in a net surplus of £4,473 (2024: deficit of £24,239). During the year, the charity invested £25,270 in capital purchases. Cash at bank and in hand at 31 December 2025 was £28,577 (2024: £24,104).

2025 financial summary	Amount
Income from therapy sessions	£174,947
Grant income	£8,730
Donations	£1,341
Cabin rent	£833
Interest received	£333
Total income	£186,184
Total expenditure	£181,711
Net surplus	£4,473

Staff and volunteer costs were £71,844, including £44,070 of staff costs and £21,810 of volunteer costs. Farm expenditure was £33,462, animal costs were £24,637, veterinary costs were £3,445, and car and trailer costs were £11,103.

Capital costs incurred during the year included the following; purchase of a horse (£5,500), a muck trailer (£3,000), new fencing (£5,364), improved arena surface (£10,186) and further costs on the new stable (£1,220).

Reserves

The charity's stated policy is to aim to hold between two and three months of expenditure as reserves. Total charity funds at year end were £28,577. The trustees continue to monitor reserves in the context of operating commitments, staffing, animal welfare obligations and the need to maintain safe and suitable facilities.

Plans for the future

The trustees intend to continue developing the charity's capacity to meet demand while maintaining safe, high-quality and person-centred provision. Priorities include maintaining a resilient staff and volunteer team, continuing appropriate training, completing and improving site facilities, supporting the welfare and suitability of the therapy herd, strengthening fundraising and income generation, and ensuring that any new activities are consistent with the charity's objects and supported by appropriate professional advice.

Statement of trustees' responsibilities

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed/constitution. 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.

Signed on behalf of the charity's trustees on 28 October 2026

Raymond Smith

Raymond Smith

Trustee

MOVE THE MIND FOUNDATION CIO
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31 DECEMBER 2025

Independent examiner's report to the trustees of Move the Mind Foundation CIO

I report to the trustees on my examination of the accounts of Move the Mind Foundation CIO (the Charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity trustees of the Charity 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 Charity'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 giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do 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.

Joshua Kingston

Josh Kingston FCA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 28 October 2026

MOVE THE MIND FOUNDATION CIO

RECEIPTS AND PAYMENTS ACCOUNT

YEAR ENDED 31 DECEMBER 2025

	Note	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec 2025	Year Ended 31-Dec 2024
		£	£	£	£
Receipts					
Income from therapy sessions		170,897	4,050	174,947	139,862
Grants		-	8,730	8,730	34,780
Donations		1,341	-	1,341	2,910
Fundraising - income generated from events		-	-	-	631
Cabin Rent		833	-	833	-
Interest received		333	-	333	321
Total receipts		173,404	12,780	186,184	178,504
Payments					
Rent		10,523	-	10,523	10,414
Property costs		13,635	-	13,635	9,068
Animal feed/ supplies/medication		24,637	-	24,637	25,249
Livestock		604	-	604	1,309
Veterinary costs		3,445	-	3,445	3,859
Utilities and farm supplies		15,778	-	15,778	22,901
Car and trailer costs		11,103	-	11,103	11,910
Staff and volunteer costs		71,844	-	71,844	57,225
Capital purchases		25,270	-	25,270	56,918
Accountancy costs		4,872	-	4,872	2,926
Other costs		-	-	-	964
Total payments		181,711	-	181,711	202,743
Net receipts/(payments)		(8,307)	12,780	4,473	(24,239)
Cash funds as at start of year		24,104	-	24,104	48,343
Cash funds as at the end of year	**2**	15,797	12,780	28,577	24,104

MOVE THE MIND FOUNDATION CIO

STATEMENT OF ASSETS AND LIABILITIES

AT 31 DECEMBER 2025

	Note	2025	2024
		£	£
Fixed assets			
Property, plant and equipment	1	109,908	105,560
		109,908	105,560
Cash Reserves			
Cash at bank		28,577	24,104
		28,577	24,104
Liabilities			
Accountancy accrual		1,848	1,680
Bank loan		5,662	10,394
		7,510	12,074
Funds Reserves	2		
Brought forward		24,104	48,343
Net receipts/(payments) for the year		4,473	(24,239)
Carried forward		28,577	24,104

Signed on behalf of the trustees on 28 October 2026

Raymond Smith

Raymond Smith
Trustee

1 Accounting policies

Tangible fixed assets
Fixed assets are held at cost less accumulated depreciation. Assets costing less than £1,000 are not capitalised. Depreciation is calculated so as to write off the cost of an asset, less its estimated ultimate residual value, over the useful life of that asset as follows:

Land, buildings & building improvements	- over 10 years; straight line
Motor vehicles	- over 10 years; straight line
Equipment	- over 5 years; straight line

2 Movement in funds

	At 1 Jan 2025	Income	Expenditure	Transfers	At 31 Dec 2025
Restricted funds					
Somerset Council	-	12,780	-	-	12,780
Somerset Community	-	-	-	-	-
Festival Medical Services	-	-	-	-	-
	-	12,780	-	-	12,780
Unrestricted funds					
General funds	24,104	173,404	(181,711)	-	15,797
Designated funds					
	24,104	173,404	(181,711)	-	15,797
Total funds	24,104	186,184	(181,711)	-	28,577

Somerset Council
This fund represents a grant from Somerset Council towards therapy sessions.

Somerset Community
This fund represents a grant from Somerset Community towards therapy sessions.

Festival Medical Services
This fund represents a grant from Festival Medical Services towards costs of the stable build.

3 Related party transactions

During the year the charity paid rent amounting £10,523 (2024: £10,414) to Nicole Gillard (Founder) and Mathew Gillard who own the site where the charity operates. As the year end no balances where owed by the charity.