

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2022**

INSPIRITED MINDS

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1155949

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

INSPIRITED MINDS
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INSPIRITED MINDS
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LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER 1155949

DATE OF REGISTRATION 27th February 2014

START OF FINANCIAL YEAR 1st January 2022

END OF FINANCIAL YEAR 31st December 2022

TRUSTEES AT 31ST DECEMBER 2022 Shahrina Ahmed
Shafeek Caunhye
Saeed Nasser
Talat Baig

LEGAL STATUS Charitable Incorporated Organisation

GOVERNING INSTRUMENT CIO - Foundation Registered 27th February 2014

OBJECTS

The relief of sickness and the preservation of health among sufferers of mental illness specifically in the Muslim community, in particular but not exclusively the provision of Islamic advice, spiritual healing, medical advice, counselling and legal advice where required, as well as support via support workers.

CORRESPONDENCE ADDRESS 175 Boundary Road
London
E17 8NG

PRIMARY BANKERS Barclays Bank Plc
1 Churchill Place
London
E14 5HP

INDEPENDENT EXAMINERS Castle View Accounting Ltd
New Barn
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Chichester
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PO18 8TS

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**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2022**

Objectives and Activities

1. Putting the needs of those affected by mental health problems first and supporting them in their recovery through services informed by Islamic principles.

2. Engage, educate and empower communities with regards to mental health and wellbeing.

3. Drive research, innovation and technology to enhance mental health support and education.

Provided advice or counselling to clients regarding mental health.

Have events and workshops to raise mental health awareness and reduce stigma.

Produced research and materials to raise mental health awareness.

Carried out online campaigns getting the public involved in raising awareness about mental health.

Achievements and Performance

- Our counselling service received more than 250 referrals and conducted over 900 sessions in 2022.
- We conducted 8, 2 part webinars on topics like Domestic Abuse and Violence, Addictions and Jinn Possession and Mental Health with the aim of improving mental health and wellbeing for Muslim communities. These were received well by the community and engaged with positively, mashAllah.
- In addition to the webinars, we received a total of 24 workshop requests from Mosques, community centres and schools to host independent trainings and workshops! You can send your request in [here](#).
- We had a combined number of over 500 attendees for all of our outreach activities this year, with all attendees providing us a rating of 8 or above on a scale of 10. More than 80% also said that it had improved their perception of mental health and would recommend the training to their friends and family. Additional comments included the request for more discussion times, more topic ideas, and more case studies: All of which point in the right direction that conversations are being created and mental health is becoming a priority for our community.
- We launched an online shop to provide easy access to our resources which has sold more than 200 of our booklets in 2022. In addition to our self-care booklets we also released 2 reflective faith-based planners:
 - i) - A Ramadan Planner – which sold out in the first week of Ramadan.
 - ii) - A Daily Companion – which you can still get for yourself [here](#).
- Through your support this Ramadan, we were able to fund 54 webinar sessions, 16 mindful boxes and raise £200 towards making our resources more accessible through our 5k/10k fasted walk challenges, which had a total of 15 participants.
- We successfully released 11 episodes of The Mindful Muslim Podcast and obtained 8000+ views across all our platforms.
- We collaborated with Papyrus UK, releasing a 2-part podcast and featuring on their #ToMyFellow campaign for #WorldMentalHealthDay2022 in prioritising suicide awareness and support for all. This feature actually resulted in our highest viewed reel of all time.
- We conducted our first post-pandemic, in-person, SOLD-OUT event called Normal-ish to normalise conversations around mental health. Thanks to our humble torchbearers, generous donors and supporters, in 2022 we raised a total of £26,255.

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2022

Trustees' Responsibilities

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

18/09/2023

Approved by the Trustees on

Signed on their behalf by Trustee 

Printed Name: TALAT BAIG

INSPIRITED MINDS
(Charitable Incorporated Organisation)

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2022**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	70,830	-	70,830	62,293
Charitable Activities	3b	26,992	-	26,992	19,831
Investment Income	3c	-	-	-	-
Activities for Generating Funds	3d	4,873	-	4,873	1,067
Other Incoming Resources	3e	352	-	352	9
TOTAL INCOMING RESOURCES		103,047	-	103,047	83,200
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	104,242	-	104,242	68,313
Governance Costs	4b	1,678	-	1,678	1,953
TOTAL RESOURCES EXPENDED		105,920	-	105,920	70,266
NET INCOMING (OUTGOING) RESOURCES		(2,873)	-	(2,873)	12,933
Funds Brought Forward		53,843	-	53,843	40,910
TOTAL FUNDS CARRIED FORWARD		50,970	-	50,970	53,843

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 8 to 13 form part of these financial statements.

INSPIRITED MINDS
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BALANCE SHEET
AS AT 31ST DECEMBER 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Dec-22 £	Total 31-Dec-21 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	51,670	-	51,670	54,443
Total Current Assets		51,670	-	51,670	54,443
Creditors: Amounts falling due within one year	9	700	-	700	600
NET CURRENT ASSETS		50,970	-	50,970	53,843
TOTAL ASSETS less current liabilities		50,970	-	50,970	53,843
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		50,970	-	50,970	53,843
Funds of the Charity					
General Funds		50,970	-	50,970	53,843
Restricted Funds	5	-	-	-	-
Total Funds		50,970	-	50,970	53,843

Approved by the Trustees on 18/09/2023

Signed on their behalf by Trustee 

Printed Name: TALAT BAIG

INSPIRITED MINDS
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2022**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2022

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st December 2022 : None
31st December 2021 : None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2022

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
a) Donations, Grants & Legacies				
Gifts & Donations	17,213	-	17,213	26,255
Grants Received	53,617	-	53,617	36,038
	70,830	-	70,830	62,293
b) Charitable Activities				
Counselling Income	26,992	-	26,992	19,831
	26,992	-	26,992	19,831
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Activities for Generating Funds				
Event Tickets	3,350	-	3,350	1,067
Shop Sales	1,523	-	1,523	-
	4,873	-	4,873	1,067
e) Other Incoming Resources				
Sundry Income	352	-	352	9
	352	-	352	9

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2022

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
a) Cost of Charitable Activities					
Activities & Events		1,418	-	1,418	1,480
Advertising & Publicity		873	-	873	920
Contract Services		11,398	-	11,398	9,680
Fundraising Costs		222	-	222	216
Licenses & Subscriptions		100	-	100	-
Office Costs		3,900	-	3,900	2,289
Rent & Rates		1,198	-	1,198	-
Staff Costs	12	83,776	-	83,776	52,067
Sundry Expenses		84	-	84	219
Training Costs		1,273	-	1,273	1,443
		104,242	-	104,242	68,313
b) Governance Costs					
Independent Examiners Fees	9	700	-	700	600
Legal & Professional Fees		978	-	978	1,353
		1,678	-	1,678	1,953

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2022

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial year.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Cash at Bank & in Hand	51,670	-	51,670	54,443
	51,670	-	51,670	54,443

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Independent Examiners Fees	700	-	700	600
	700	-	700	600

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 31-Dec-22 £	Total 31-Dec-21 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	50,970	-	50,970	53,843
Long Term Liabilities	-	-	-	-
	50,970	-	50,970	53,843

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2022

12. STAFF COSTS AND NUMBERS

	TOTAL 2022 £	TOTAL 2021 £
Gross Wages, Salaries & Fees	83,776	51,875
Employer's National Insurance Costs	447	-
Pension Contributions	604	-
	<u>84,827</u>	<u>52,067</u>

Employees who were engaged in each of the following activities:

	TOTAL 2022	TOTAL 2021
Charitable Activities	2	2

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000. The Charity also employs members of staff on a self employed basis under a Contract for Services and is therefore not liable for Tax and National Insurance Payments for these contracts.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial period Trustee Saeed Nasser received £550 for providing supervision session services for Inspired Minds in furtherance of the Charity's objects.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

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INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Inspired Minds on the accounts for the year ended 31st December 2022 set out on pages 6 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
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Date: 20th September 2023