

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023**

INSPIRITED MINDS

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1155949

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

INSPIRITED MINDS
(Charitable Incorporated Organisation)

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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 2023

END OF FINANCIAL YEAR 31st December 2023

TRUSTEES AT 31ST DECEMBER 2023 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
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

INSPIRITED MINDS
(Charitable Incorporated Organisation)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2023**

Objectives and Activities

- i) - Putting the needs of those affected by mental health problems first and supporting them in their recovery through services informed by Islamic principles.
- ii) - Engage, educate and empower communities with regards to mental health and wellbeing.
- iii) - Drive research, innovation and technology to enhance mental health support and education.
- iv) - Provided advice or counselling to clients regarding mental health.
- v) - Have events and workshops to raise mental health awareness and reduce stigma.
- vi) Produced research and materials to raise mental health awareness.
- vii) Carried out online campaigns getting the public involved in raising awareness about mental health.

Achievements and Performance

- Another year has flown by, SubhanAllah!
- Reflecting on 2023 is by no means easy, considering what has happened and is still happening this year. Our hearts and Du'as go out to all those suffering in Palestine, Sudan, Afghanistan and all over the world.
- With the global atmosphere being harsh and horrific, it can be easy to undermine our small gains. At Inspired Minds, with your support and the support of Allah, we have managed to help so many people with emphasis on our consistency to strive for our mission. Here is a summary of all that we achieved this year!

Outreach

- Alhamdulillah, 2023 was our most successful year in terms of consistency with our Masterclasses, and responding to speaker requests and we also reached tremendous heights with our community engagement this year, mashAllah!
- Conducted 8 out of 11 successful planned masterclasses (1 was cancelled due to team sickness and 2 were cancelled due to the ongoing issues in Palestine and will be rearranged in 2024, In Shaa Allah) with approximately 120 attendees in total.
- Our facilitators were almost always rated as very good or excellent.
- All attendees were either likely or very likely to recommend our workshop to others.
- All attendees felt they are either likely or very likely to use the skills and knowledge learnt in the session
- Received 26 external requests this year, 2 of which were requests to co-design research and sit on advisory boards in the community. 18 out of 26 were accepted and successfully fulfilled, 2 of which are planned for early 2024, In Shaa Allah. We were unable to fulfil 1 request due to team unavailability and the remaining 7 were either cancelled by organisers or the organisers, unfortunately disengaged. We approximate total number of attendees of all of the external requests to be close to 1000 mashAllah!
- Made contact with almost 100 Masaajid in London and Birmingham which has lead to multiple successful and upcoming collaborations.
- Distributed our resources to 18 different community settings, including our leaflets, information about our counselling services, and our toolkits which have been received by approximately 1200 beneficiaries, Alhamdulillah.

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

What people said:

- “Thank you for creating this , may Allah reward you all for making me aware of these topics that I had no knowledge before, Ameen 😊”
- “I loved that it was very interactive. A nice mixture of learnings, videos, case studies, polls and quizzes – very impressive.”
- “Very clear outline and great insight into Islamic perspective on the 12 steps”
- “I loved the fact that there was leaflets highlighting key issues. Structure was very good. Picked out ayahs of Quran and gave their significance and related it back to the topic. Very warm and friendly workshop lead, so the meaning and message was put in a clear and easy to understand manner.”
- “On behalf of myself and my participants, I wanted to express our sincerest gratitude for your participation as a guest speaker at my workshop yesterday. Your contribution was invaluable, and I received positive feedback from my participants. Your experience in working therapeutically and integrating religion in therapy with Muslim clients was inspiring, your presentation was informative, and your insights generated interesting discussion amongst my participants. Again, we are deeply grateful for your time and for sharing your expertise with us. I hope to have the opportunity to work with you again in the future Insha'Allah.”

Support

- 2023 saw the start of our most demanded service yet, our unique support groups that offer Islamic mental health support, perspectives and insight. With special thanks to Islamic Relief UK for providing us with funding to get the project off the ground, we have seen a huge success and a big appetite from the Muslim community for more. This year we:
 - Developed 3 support groups, Depression, ROCD and Generalised Anxiety.
 - Delivered 3 online support groups and 1 in-person, with our ROCD support group being the most popular one yet!
 - Completed the A-Z guide which will be published on our website in 2024.
 - Successfully filtered through all the current questions in the AskIM database, and whilst we will no longer be operating the service in 2024, we will be answering questions that are frequently asked in video format for better accessibility, In Shaa Allah
 - We have managed to support 35 people via our support groups this year mashAllah, and this is what they have said:
 - “(the support group) helped me to feel that I’m not the only one. The Islamic references were very helpful to make sense of things.”
 - “Companionship supportive and the principles I really liked the reflection over the last week that really helped me”
 - “The support group definitely made me feel less alone in terms of my struggles, but in addition to that it’s also provided me with practical limits to help me manage my compulsions and obsessive thoughts”
 - “Safiyah and Khulood were fantastic! Masha Allah. It was a safe space to talk about our own experiences. I felt as if I’m not alone. It’s given me hope that I will be able to overcome my ocd with the help of Allah.”
 - “I honestly don’t think there are any improvements, as it’s helped me so much and has provided me with a supportive community”

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

Communications

- We successfully released 8 episodes of The Mindful Muslim Podcast and obtained 10,000+ views across all our platforms. This year we spoke to many inspiring guests across the board, including:
- Adam Afghan and Humzah Hussain who explored accepting the Qadr of Allah.
- Mostafa Karim who spoke about grief and marriage.
- Zainab Ahmed who shared her lived experiences of OCD.
- Dr Omar Reda who provided insight into trauma and caregiving in Islam.
- Dr Tarek Younis who shared his views on the politics of Muslim mental health in his new book.
- Mostafa Karim who spoke about grief and marriage.
- Dr Hooman Keshavarzi who delved into Religious OCD from an expert point of view and debunked some crazy myths.
- Jamilla Hekmoun who discussed men's mental health and the cost of living crisis.
- Osman Mohammed who shared his experience of Religious OCD and how he went from bedridden to brave!
- We created and released a bunch of resources on our theme of the year: Religious OCD.
- A 2 part factsheet on Religious OCD, including what it is, how to cope with it and what Islam says about it.
- A Khutbah on Religious OCD for Imams and Community leaders to use.
- A Muslim's toolkit on Religious OCD, in collaboration with Khalil Centre (this is still being designed and will be published soon).
- We reached more than 43,000 people across all our social platforms.
- We shared more than 15 research studies in the Muslim community – contact us now to feature your study.
- We collaborated with 3 Muslim artists on limited edition prints with proceeds going towards Muslim mental health! Check them out [here](#).
- Set provisions in place to conduct internal research to ensure efficacy and efficiency in our services.

Research

- We published an article in the September issue of CBT Today, titled: Religious Scrupulosity – Is it a mark of religiosity or disordered thinking?
- Successfully completed a qualitative research study exploring the lived experiences of Muslims with Religious OCD.
- We collaborated with 3 Muslim artists on limited edition prints with proceeds going towards Muslim mental health! Check them out [here](#).
- We launched a free mental health themed book club with our first session taking place in December 2023, gathering over 20 participants.

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

Counselling

- In 2023 we helped more than 2000 individuals receive faith-sensitive therapy and healing. Over the course of the year, we also worked hard to develop and improve our counselling services in the following ways:
- Bringing more than 20 new counsellors and CBT therapists onto the team.
- Revamping our referral system to reduce wait times.
- Collaborating with Khalil Centre USA to provide training for counsellors and CBT therapists in the area of Religious OCD.
- Setting up referral pathways with multiple organisations, charities and the NHS to access faith-sensitive services.

Fundraising

We held multiple fundraising activities during 2023:

- We held "Iftar with Inspired Minds" with the intention of engaging with the local community to raise awareness for our cause. The event, held on the 31st of March 2023 at the Jack Carter Pavilion in Redbridge, was sold out with more than 90 attendees! The speakers shared their knowledge and experience on the subject of mental health, and one of our volunteers shared their lived experience of religious OCD as a powerful example. We are grateful to all our speakers who contributed with their time during this wonderful evening, Alhamdulillah. We received donations of up to £752.
- We also held multiple challenges in order to raise funds during Ramadan, receiving a total of 23 signups and £6,355 raised!
- Fasted Mindful trek of Mount Snowdon.
- Fasted Walk/Run/Cycle.
- 30 Days of Kindness.
- 30-Day Detox.
- Sunnah Suhoor.
- The IM-7-a-side football tournament was held on 13th of August in honour of a family member of brother Taha Varda who passed away due to their battle with mental health. We saw a total of 100 participants on the day! All monies generated were donated towards IM as Sadaqah Ja'ariyah in the name of the deceased – Afridi Mudassir. Thank you to all the participants and organisers! This event raised £1,075.
- We are also working to gather corporate donations from organisations such as Qadr Financial! We've seen a total of 5 new corporate sponsors this year, and gathered a total of £1600.
- We had a total of 234 donors, including our torchbearers, in 2023 and are hoping to increase this number in 2024.

Total amount raised in 2023: £9,781.58

Grants

We applied to the following grants over the course of 2023:

- Sovereign Grant – shortlisted and unsuccessful.
- LHEP Grant.
- GSK Health Inequalities Grant – Kings Fund.
- Happiness Fund Cycle 1 Application.
- LHW Grant.
- Compass Wellbeing.

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

What to look forward to in 2024:

- Lots of content on our theme of the year: Suicide within Muslim communities.
- A huge JazakAllah Khayr to everyone who attended our consultations and shared their feedback on this theme. We hope to take your feedback and create:
 - Suicide-themed resources and booklets.
 - Khutbah on suicidal ideations as a Muslim.
 - Suicide research study in the Muslim community.
 - & more!
- If you did not get a chance to share your ideas, opinions and feedback, please do so here.
- Exciting Podcast Episodes.
- We have an incredible line-up of guest speakers that we cannot wait to publish! We do need a video editor to help our team though, so if you would like to work for a good cause, please apply here.
- Monthly Masterclasses, online and hybrid.
- We aim to deliver monthly masterclasses, excluding Ramadan, and aim to have 4 out of 11 online, and the remaining 7 hybrid. We have invested in better equipment to ensure it is a better experience for all that join in-person and online.
- Accredited training.
- Our team has worked incredibly hard in 2023 to develop a training course for Imams and Community Leaders and healthcare providers as part of their CPD and we are hoping to get it accredited and ready to deliver in mid-late 2024 In Shaa Allah. We are also aiming for another unique and exciting training course that will be readily available for the public also.
- Repeated Support Groups.
- Due to the success and demand of our support groups, we aim to continue to deliver them back to back in 2024 In Shaa Allah, with a mixture of online and in-person ones to cater for all types of audiences and locations. We will be repeating current ones we have and also announcing 2 new ones.
- Exciting New Book Club Sessions.
- Due to the huge interest in our book club, we will be continuing sessions once every 2 months with topical books and features authors as guests. Our next one is in February and features Palestinian Author Jehan Helou who penned a book on the stories of Palestinian women. If you want to feature as an author OR suggest a book, please get in touch.
- Lots of Fundraising Events.
- In an attempt to connect more with local communities, we will be holding more varied and fun events this year, so please do keep checking our socials for more information on this. If you would like to fundraise for a good cause, then reach out to us and we'll get you set up.
- Keep an eye out for us.
- As part of our ongoing community engagement efforts, our community engagement workers will be doubling up their efforts to attend community awareness/health days, community events and getting into more masaaajid. If you want us to attend an event or hold a stall at an upcoming community event, then get in touch.
- And so much more.

From our team to you, we would like to thank you for all your continued support during this difficult year. Insha'Allah, the Almighty blesses this new year with compassion, Shifaa (healing) and Rahma (Mercy) in all your endeavours, Ameen!

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable Law and the Generally Accepted Accounting Principles (GAAP) including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The Charities Act 2011 require 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 or deficit of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed subject to any material departures disclosed and explained in the financial statements;
- 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 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 Governing Document. 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.

1/10/2024

Approved by the Trustees on



Signed on their behalf by Trustee

Printed Name: **Talat Baig**

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2023 £	TOTAL 2022 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	31,729	-	31,729	70,830
Charitable Activities	3b	15,655	-	15,655	26,992
Investment Income	3c	-	-	-	-
Activities for Generating Funds	3d	3,965	-	3,965	4,873
Other Incoming Resources	3e	615	-	615	352
TOTAL INCOMING RESOURCES		51,964	-	51,964	103,047
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	60,137	-	60,137	104,242
Governance Costs	4b	2,297	-	2,297	1,678
TOTAL RESOURCES EXPENDED		62,434	-	62,434	105,920
NET INCOMING (OUTGOING) RESOURCES		(10,470)	-	(10,470)	(2,873)
Funds Brought Forward		50,970	-	50,970	53,843
TOTAL FUNDS CARRIED FORWARD		40,500	-	40,500	50,970

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 12 to 17 form part of these financial statements.

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BALANCE SHEET
AS AT 31ST DECEMBER 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Dec-23 £	Total 31-Dec-22 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	41,340	-	41,340	51,670
Total Current Assets		41,340	-	41,340	51,670
Creditors: Amounts falling due within one year	9	840	-	840	700
NET CURRENT ASSETS		40,500	-	40,500	50,970
TOTAL ASSETS less current liabilities		40,500	-	40,500	50,970
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		40,500	-	40,500	50,970
Funds of the Charity					
General Funds		40,500	-	40,500	50,970
Restricted Funds	5	-	-	-	-
Total Funds		40,500	-	40,500	50,970

1/10/2024

Approved by the Trustees on

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 2023**

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 note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (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 2023

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 2023 : None
31st December 2022 : None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2023 £	TOTAL 2022 £
a) Donations, Grants & Legacies				
Gifts & Donations	19,629	-	19,629	17,213
Grants Received	12,100	-	12,100	53,617
	31,729	-	31,729	70,830
b) Charitable Activities				
Counselling Income	15,655	-	15,655	26,992
	15,655	-	15,655	26,992
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Activities for Generating Funds				
Event Tickets	3,965	-	3,965	3,350
Shop Sales	-	-	-	1,523
	3,965	-	3,965	4,873
e) Other Incoming Resources				
Sundry Income	615	-	615	352
	615	-	615	352

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2023 £	TOTAL 2022 £
a) Cost of Charitable Activities					
Activities & Events		1,265	-	1,265	1,418
Advertising & Publicity		705	-	705	873
Contract Services		1,835	-	1,835	11,398
Fundraising Costs		208	-	208	222
Licenses & Subscriptions		120	-	120	100
Office Costs		1,376	-	1,376	3,900
Rent & Rates		1,451	-	1,451	1,198
Staff Costs	12	52,528	-	52,528	83,776
Sundry Expenses		13	-	13	84
Training Costs		300	-	300	1,273
Travel & Subsistence		336	-	336	-
		60,137	-	60,137	104,242
b) Governance Costs					
Independent Examiners Fees	9	840	-	840	700
Legal & Professional Fees		1,457	-	1,457	978
		2,297	-	2,297	1,678

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

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-23 £	Total 31-Dec-22 £
Cash at Bank & in Hand	41,340	-	41,340	51,670
	41,340	-	41,340	51,670

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-23 £	Total 31-Dec-22 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-23 £	Total 31-Dec-22 £
Independent Examiners Fees	840	-	840	700
	840	-	840	700

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-23 £	Total 31-Dec-22 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	40,500	-	40,500	50,970
Long Term Liabilities	-	-	-	-
	40,500	-	40,500	50,970

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2023

12. STAFF COSTS AND NUMBERS

	TOTAL 2023 £	TOTAL 2022 £
Gross Wages, Salaries & Fees	52,528	83,776
Employer's National Insurance Costs	-	447
Pension Contributions	-	604
	<u>52,528</u>	<u>84,827</u>

Employees who were engaged in each of the following activities:

	TOTAL 2023	TOTAL 2022
Charitable Activities	3	2

The Charity 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. No employees received emoluments in excess of £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial period Trustee Saeed Nasser received £400 (2022: £550) for providing supervision session services for Inspired Minds in furtherance of the Charity's objects.

No payments were made to trustees or any persons connected with them during this financial period. No 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.

INSPIRITED MINDS
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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 2023 set out on pages 10 to 17.

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
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West Sussex
BN18 9AJ



Date: 18th October 2024