

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024**

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
(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER 1155949

DATE OF REGISTRATION 27th February 2014

START OF FINANCIAL YEAR 1st January 2024

END OF FINANCIAL YEAR 31st December 2024

TRUSTEES AT 31ST DECEMBER 2024 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.

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London
E17 8NG

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

INDEPENDENT EXAMINERS Castle View Accounting Ltd
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53 High Street
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INSPIRITED MINDS
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**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2024**

Reflecting on 2024, we begin with gratitude to Allah (SWT) and compassion for those suffering in Palestine, Lebanon, Sudan, Myanmar, Afghanistan, and across the world. It has been a year of both challenge and growth, and with the continued support of our community, Inspired Minds has been able to expand its reach and impact in line with our mission and vision to support those facing mental health challenges from a faith and culturally sensitive perspective.

Our communications team made great strides, releasing three new episodes of The Mindful Muslim Podcast featuring inspiring guests, despite the absence of a video editor. They also created valuable resources on suicidal ideation, including a crisis plan template for Muslims and educational infographics, while reaching over 46,000 people across social media. The team also amplified research within the Muslim community by sharing over fifteen studies and encouraging greater collaboration and awareness.

The research team completed an in-depth qualitative study exploring the lived experiences of Muslims with Religious OCD and continued to analyse data for our ongoing study on suicidal ideation within Muslim communities. Internal research structures were also established to ensure that our services remain effective, evidence-based, and responsive to the needs of our community.

Through workshops, events, and training, we engaged with Muslims across the UK on a range of vital topics such as postpartum experiences, loss and bereavement, trauma, anxiety, depression, domestic abuse, and stress management. We also delivered CPD-accredited training for Imams and community leaders to strengthen understanding and response to Muslim mental health challenges. Our counselling service continued to grow, providing over 1,300 sessions to individuals seeking faith-informed mental health support.

As we look ahead to 2025, our focus will turn to the theme of trauma within Muslim communities. Guided by the feedback shared during our consultations, we plan to develop trauma-focused resources, events, and therapeutic support, alongside powerful new episodes of The Mindful Muslim Podcast.

We end the year with deep gratitude to our supporters, volunteers, and partners for helping us move closer to a world where every Muslim facing mental health challenges feels validated, supported, and empowered. May Allah (SWT) accept our efforts and allow us to continue this work with sincerity, compassion, and purpose.

INSPIRITED MINDS
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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2024

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.

22/10/2025

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 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £	TOTAL 2023 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	86,112	-	86,112	31,729
Charitable Activities	3b	28,568	-	28,568	15,655
Investment Income	3c	-	-	-	-
Activities for Generating Funds	3d	1,698	-	1,698	3,965
Other Incoming Resources	3e	494	-	494	615
TOTAL INCOMING RESOURCES		116,872	-	116,872	51,964
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	72,753	-	72,753	60,137
Governance Costs	4b	2,792	-	2,792	2,297
TOTAL RESOURCES EXPENDED		75,545	-	75,545	62,434
NET INCOMING (OUTGOING) RESOURCES		41,327	-	41,327	(10,470)
Funds Brought Forward		40,500	-	40,500	50,970
TOTAL FUNDS CARRIED FORWARD		81,827	-	81,827	40,500

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.

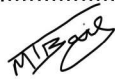
INSPIRITED MINDS
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BALANCE SHEET
AS AT 31ST DECEMBER 2024

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Dec-24 £	TOTAL 31-Dec-23 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	82,727	-	82,727	41,340
Total Current Assets		82,727	-	82,727	41,340
Creditors: Amounts falling due within one year	9	900	-	900	840
NET CURRENT ASSETS		81,827	-	81,827	40,500
TOTAL ASSETS less current liabilities		81,827	-	81,827	40,500
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		81,827	-	81,827	40,500
Funds of the Charity					
General Funds		81,827	-	81,827	40,500
Restricted Funds	5	-	-	-	-
Total Funds		81,827	-	81,827	40,500

22/10/2025

Approved by the Trustees on

Signed on their behalf by Trustee 

Printed Name: TALAT BAIG

INSPIRITED MINDS
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024**

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 2024

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 2024 : None
31st December 2023 : None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2024

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £	TOTAL 2023 £
a) Donations, Grants & Legacies				
Gifts & Donations	10,382	-	10,382	19,629
Grants Received	75,730	-	75,730	12,100
	86,112	-	86,112	31,729
b) Charitable Activities				
Counselling Income	28,568	-	28,568	15,655
	28,568	-	28,568	15,655
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Activities for Generating Funds				
Event Tickets	1,698	-	1,698	3,965
	1,698	-	1,698	3,965
e) Other Incoming Resources				
Sundry Income	494	-	494	615
	494	-	494	615

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2024

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £	TOTAL 2023 £
a) Cost of Charitable Activities					
Activities & Events		157	-	157	1,265
Advertising & Publicity		2,874	-	2,874	705
Contract Services		4,427	-	4,427	1,835
Fundraising Costs		230	-	230	208
Licenses & Subscriptions		-	-	-	120
Office Costs		908	-	908	1,376
Rent & Rates		2,056	-	2,056	1,451
Staff Costs	12	61,606	-	61,606	52,528
Sundry Expenses		14	-	14	13
Training Costs		-	-	-	300
Travel & Subsistence		481	-	481	336
		72,753	-	72,753	60,137

b) Governance Costs

Independent Examiners Fees	9	900	-	900	840
Legal & Professional Fees		1,892	-	1,892	1,457
		2,792	-	2,792	2,297

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2024

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-24 £	TOTAL 31-Dec-23 £
Cash at Bank & in Hand	82,727	-	82,727	41,340
	82,727	-	82,727	41,340

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Dec-24 £	TOTAL 31-Dec-23 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Dec-24 £	TOTAL 31-Dec-23 £
Independent Examiners Fees	900	-	900	840
	900	-	900	840

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-24 £	TOTAL 31-Dec-23 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	81,827	-	81,827	40,500
Long Term Liabilities	-	-	-	-
	81,827	-	81,827	40,500

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2024

12. STAFF COSTS AND NUMBERS

	TOTAL 2024 £	TOTAL 2023 £
Gross Wages, Salaries & Fees	61,606	52,528
Employer's National Insurance Costs	-	-
Pension Contributions	-	-
	61,606	52,528

Employees who were engaged in each of the following activities:

	TOTAL 2024	TOTAL 2023
Charitable Activities	3	3

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 (2023:None).

13. TRUSTEES AND OTHER RELATED PARTIES

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
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Inspired Minds on the accounts for the year ended 31st December 2024 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
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Date: 28th October 2025