MIND OF THE STUDENT

England & Wales · Charity number 1165035

Details

Other names	WORLD YOUTH ORGANIZATION, WYO, WYO Educate, MOTS
Status	Registered
Legal form	CIO
Registered	2016-01-05
Register	View on the Charity Commission register

Contact

Address	Mind of the Student Havering Road Romford RM1 4YY
Phone	07891187883
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Website	https://mindofthestudent.org.uk/

Activities

Objects: TO ACT AS A RESOURCE FOR YOUNG PEOPLE UP TO THE AGE OF 25 BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF: (A) ADVANCING IN LIFE AND HELPING 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) RELIEVING UNEMPLOYMENT

Activities: EDUCATIONAL WORKSHOPS TARGETING SECONDARY SCHOOLS, HIGHER AND FURTHER EDUCATION, AND UNIVERSITIES. EDUCATIONAL WORKSHOPS ON MENTAL HEALTH.EDUCATION AROUND MENTAL HEALTH.WORK PLACEMENT OPPORTUNITIES TO RELIEVE UNEMPLOYMENT AND ADVANCE YOUNG PEOPLE.INTERNSHIP OPPORTUNITIES TO RELIEVE UNEMPLOYMENT AND ADVANCE YOUNG PEOPLE.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-04	£135,085	£123,946	-	-
2024-07-04	£82,215	£57,337	-	-
2023-07-04	£20,708	£16,218	-	-
2022-07-04	£1,070	£840	-	-
2021-01-04	£0	£0	-	-

Trustees

Name	Role	Appointed
Eddie Aylett NPQSL	Chair	2016-01-05
Aoife Healy		2024-10-14
Matthew Frenchman		2024-12-18
Nora Strasser-Burke		2024-10-14
Richard Wing		2025-01-17
Tola Johnson		2024-01-10

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MIND OF THE STUDENT

England & Wales - Charity number 1165035

Accounts

RCN: 1165035

Annual Report

2024/25

empowering
conversations
on mental health.

mind of the student

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Mind of the Student is a charity registered in England and Wales (1165035).
Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom.
For all general correspondence, please email enquiries@mindofthestudent.org.uk.

Acknowledgements

This year's impact has only been possible thanks to the generous support of our funders, partners and supporters. Their commitment has enabled us to expand our programmes, pilot new initiatives and reach more young people with vital mental health education. We are grateful to everyone who has contributed to our mission.

Funders

- Goyal Foundation/Inner Spark
- National Lottery Reaching Communities
- Essex Community Foundation
- Community Foundation for Surrey
- Essex Community Foundation
- Young Futures Fund
- Genesis Risk Solutions Ltd
- Get Set UK
- C2C
- Omnia Therapy
- Mind Data

Partners

- YourStance
- Working Options in Education
- Bower Park Academy
- Metal Potato Websites
- Business in the Community (BITC)
- Ardleigh Green Family Centre
- Southcourt Family Centre

Year in Numbers



54

New school and community partners



Over **200** runners fundraised for MOTS at STEPUP4 Mental Health

4 New programmes launched

(Mind of the Parent, EmpowerU 6-week, Ambassador Training and Empowering Young Minds)

Over **50,000** young people received a MOTS programme/service



Co-Founders Foreword

As we reflect on the past twelve months, we are filled with pride for how far Mind of the Student has come and determination for the work that still lies ahead. This year has been one of meaningful growth, greater impact and powerful community support. Looking back on our own time in school, we often say how much we would have valued an organisation like this - a place where young people could learn about mental health without fear or judgment, where they could feel seen, heard and supported. To now provide that for tens of thousands of students is something that humbles us every day.

In 2024–25, Mind of the Student delivered mental health education to over 50,000 young people across 57 schools from London to the North of England and into South Wales. This impact was made possible thanks to the outstanding support of our partner Inner Spark and funder, Goyal Foundation, who funded over 90% of all workshop deliveries during this period. Their commitment to early intervention and equitable access to mental health education has enabled us to reach schools in areas of high need and ensure that no young person is left behind due to financial barriers. This year, Pro Bono Economics supported us in analysing our workshop outcomes, producing our first independent impact report. The findings showed a 39 percent increase in students' willingness to seek help for mental health concerns and a 67 percent reduction in stigma-related beliefs, confirming the powerful role of early intervention.

A milestone achievement was the development and piloting of EmpowerU, our six-week small-group programme that offers deeper emotional support for young people who need more than a one-off workshop. Piloted in Aylesbury and Basildon, EmpowerU has already helped more than 40 young people build emotional awareness and coping strategies, supported by the new EmpowerU Workbook, a 60-page reflective mental health resource designed in-house and now used in every session. The overwhelmingly positive feedback confirmed what we knew: mental health support in schools must go beyond awareness; it must be sustained, practical and personal.

We also continued to innovate through collaboration, launching major partnerships that strengthened our mission. With YourStance, we co-developed Empowering Young Minds, a trauma-informed mental health and youth violence prevention programme launching in October 2025, funded by The National Lottery Reaching Communities Fund. We also partnered with Working Options in Education to create a digital mental health advice series featuring NHS clinicians, reaching thousands of young people online with free self-help tools. A generous product donation from RØDE Microphones has further strengthened our ability to amplify youth voice through high-quality digital content.

Our expansion this year included 20 targeted workshops across Manchester, Cheshire and Newcastle and 10 more across South Wales, reaching communities where access to mental

health support is limited. Teachers described our delivery as honest and essential, while students told us they finally felt understood. We also took a step beyond schools to strengthen support within families. This year we soft-launched Mind of the Parent, a new emotional support initiative for parents and carers. In partnership with John Morris MBE, we piloted this at the Ardleigh Green Family Centre in East London. The strong demand for this programme has shown how vital family-based support is, and we plan to launch the full version in 2026.

Alongside programme delivery, this was a year of powerful community action. Over 200 people took part in STEPUP4 Mental Health at Victoria Park in East London, raising £10,000 to fund early intervention work. We were also inspired by Chris Phillips' Rally Together Challenge, which raised over £17,000 in Southend and helped raise local awareness of mental health needs. These efforts reflect the growing movement behind our mission.

Behind the scenes, we have strengthened organisational foundations to meet increasing demand. We expanded our delivery team, invested in safeguarding and training, grew our volunteer base and built new partnerships with organisations including Business in the Community, C2C and Get Set UK. We also delivered Student Ambassador training in Basildon and installed a mental health notice board outside our office to provide everyday support to the local community.

We remain acutely aware of the wider context. The cost of living crisis continues to place pressure on families, and youth mental health services are overstretched. Too many young people are struggling in silence, and that is why our work must continue to grow. Mental health education and early intervention are not optional; they are essential.

Looking ahead, our priority is to strengthen long-term impact through our new Local Networks model, which brings together schools, local services and community partners to create joined-up and sustainable mental health support for young people. Through this approach, we will expand school partnerships, embed EmpowerU and Mind of the Parent within local communities, and launch Empowering Young Minds across Alternative Provision settings to ensure inclusive access. We will also continue to strengthen regional delivery in the North of England, enhance programme evaluation and safeguarding, and ensure that youth voice shapes every stage of our development and delivery.

To every student who trusted us, every school who welcomed us, every partner who believed in us and every supporter who stood with us this year, thank you. You are helping us build a future where no young person feels alone with their mental health.

Kieran Goodwin
Co-Founder and Charity Director

Jaylan Sesli
Co-Founder and Head of Programmes



Chair of Trustees Foreword

This year has been one of growth, consolidation, and renewed purpose for Mind of the Student. The organisation has reached more young people than ever before, while strengthening its foundations to ensure that impact is both measurable and sustainable.

As Trustees, our focus has been on governance, accountability and safeguarding the integrity of our mission. We have worked closely with the Co-Founders and delivery team to oversee the charity's expansion, ensuring that every new programme remains rooted in quality, safety and evidence. The development of EmpowerU and Mind of the Parent reflects this commitment—programmes that go beyond awareness to provide genuine, practical emotional support for young people and families.

We have also seen the power of collaboration this year. Partnerships with YourStance, Working Options in Education, and Pro Bono Economics have extended our reach and sharpened our impact. The Empowering Young Minds project and the first independent impact report mark important milestones in demonstrating that early mental health education changes lives. Our financial health remains stable, thanks to the generosity of funders including the Goyal Foundation, The National Lottery Reaching Communities, and several regional community foundations. We continue to ensure that every pound spent delivers direct benefit to young people.

The Trustees have prioritised strengthening governance and compliance. We have reviewed safeguarding policy, risk management, data protection, and impact reporting frameworks. We are confident that Mind of the Student continues to operate to a high standard of transparency and accountability, underpinned by a clear strategy for future growth.

Looking ahead, our priorities are to:

- Embed EmpowerU and Mind of the Parent in more communities.
- Expand national delivery into new schools and regions.
- Continue improving evaluation a nd safeguarding frameworks.
- Champion the voice of young people in shaping all programme development.

On behalf of the Board, I thank our Co-Founders, delivery team, partners, funders, and the schools that continue to believe in this work. Most of all, I thank the young people who have trusted us to be part of their journey.

Eddie Aylett
Chair of Trustees
Mind of the Student



> "Mind of the Student is built on belief—the belief that with understanding, education and early help, every young person can thrive. As we look to 2025–26, we remain united in that belief and determined to ensure no young person faces mental health challenges alone.

Clinical Lead Foreword

This year, I have been delighted to join Mind of the Student as the new Community Clinical Lead. From the moment I stepped into this role, I have been inspired by the charity's commitment to early intervention and their unwavering belief that every young person deserves access to practical and compassionate mental health support.

My focus this year has been on supporting the organisation in a holistic way, ensuring that our clinical practice remains safe, evidence based and rooted in the real experiences of young people and their families.
A key part of this has been expanding our offer beyond the school setting to include parents and carers.
Mental health does not exist in isolation, and when we strengthen the support network around a young person, we strengthen their future.

I led on the development of Mind of the Parent, a new six week emotional wellbeing programme designed to equip parents with the confidence, language and strategies to support their child through the challenges of anxiety, stress and emotional overwhelm. The pilot programme has demonstrated how deeply parents value a safe space to learn, be heard and gain reassurance from professionals and from one another.

Watching parents leave each session feeling more empowered and less alone has been one of the most rewarding parts of this year. I look forward to continuing to shape programmes that place wellbeing, compassion and community at the centre of everything we do. Together, we are building a culture where young people and their families feel supported, confident and hopeful about the future.

> "I look forward to continuing to shape programmes that place wellbeing, compassion and community at the centre of everything we do.

Annette O'Connor
Community Clinical Lead





Mental Health Workshops Delivered in Partnership with Inner Spark

In 2024–25, Mind of the Student delivered mental health education to over 50,000 young people across 57 schools from London to the North of England and into South Wales. This work was made possible through the support of our long-term partner Inner Spark and funder Goyal Foundation, who together funded over 90% of all workshop deliveries. Their commitment to tackling inequality in mental health access ensured we were able to prioritise schools in areas of high need.

We also extend our thanks to Working Options in Education, who acted as our national booking provider throughout the year. Their logistical support and school outreach enabled us to streamline delivery and reach more schools than ever before. In addition, we are grateful to the Community Foundation for Surrey, Essex Community Foundation and Kent Community Foundation, whose funding supported the remaining workshop days. Our full-day workshops provide students with a foundational understanding of mental health and practical strategies to support their wellbeing. Evidence-based and interactive by design, they build emotional resilience, reduce stigma and encourage help-seeking behaviour.

Evaluation results from thousands of students demonstrated:

20%
Increase in students encouraging peers to seek support

Greater awareness
of wellbeing factors such as sleep, stress, exercise and nutrition

39%
Increase in willingness to seek professional help

67%
Reduction in stigma-related beliefs

"Together with the support of our partners, we are delivering early mental health education that empowers young people with the tools to understand and manage their mental health.

EmpowerU

This year, Mind of the Student launched EmpowerU, a six-week community based early intervention mental health programme designed for young people who need targeted emotional support beyond a one-off workshop. Delivered in small groups, EmpowerU focuses on building emotional resilience, self-awareness, coping strategies and healthy help-seeking behaviours in a safe, guided environment.

This year, Mind of the Student launched EmpowerU, a six-week community based early intervention mental health programme designed for young people who need targeted emotional support beyond a one-off workshop. Delivered in small groups, EmpowerU focuses on building emotional resilience, self-awareness, coping strategies and healthy help-seeking behaviours in a safe, guided environment.

Between January and April, we developed the EmpowerU Workbook, a 60-page reflective resource co-designed with mental health practitioners, educators and young people. It includes emotional regulation tools, journaling pages, resilience exercises and practical psychoeducation, helping students apply learning beyond each session and continue developing their wellbeing independently.

The programme was successfully piloted in Aylesbury and Basildon, working with over 40 young people through partnerships with local family centres. Feedback showed increased emotional confidence, better self-expression and improved understanding of how to access support. Staff reported increased engagement from quieter students and those at risk of disengagement. The pilot phase enabled us to refine programme structure, safeguarding, facilitator training and wellbeing evaluation methods.

Following the success of the pilots, EmpowerU will expand to Havering and Southend in late 2025 and early 2026, with delivery in community settings such as Family Centres.
Our long-term vision is for EmpowerU to become a core programme embedded within local communities, offering sustained emotional education and early intervention support for young people across the areas we serve.



> "Staff reported increased engagement from quieter students and those at risk of disengagement.



Mind of the Parent

In January 2025, Mind of the Student introduced Mind of the Parent, a new community programme supporting the emotional wellbeing of parents and carers. The programme was soft launched in East London as small group sessions focused on emotional resilience, managing stress and supporting children's mental health at home. Delivered by healthcare professionals, the programme offers practical guidance in a safe, accessible space for families.

The pilot was developed in collaboration with John Morris MBE, whose support helped make the launch possible at the Ardleigh Green Family Centre. Early engagement showed strong demand from parents seeking mental health support for themselves and their families. A full rollout is planned for early 2026, with the aim of embedding the programme within local communities and strengthening the support around young people beyond schools.

Case Study: Sophie

When Sophie joined the EmpowerU six-week course, she was struggling with anxiety, low confidence, and feeling isolated at school. She rarely spoke in class and often avoided social situations.

In the early sessions, Sophie was quiet but engaged with the reflective activities in her EmpowerU Workbook. As the weeks progressed, she began contributing to discussions and opening up about how she managed stress. The supportive group environment helped her realise she wasn't alone and that others felt the same way.

By the end of the course, Sophie was actively participating, encouraging others, and sharing ideas for maintaining her wellbeing. Her parents later said she was more confident, happier to attend school, and starting to explore new friendships and hobbies.

> "Sophie's progress shows the impact of EmpowerU — giving young people a safe space to grow in confidence, connect with others, and strengthen their mental health.





Ambassador Training & Youth Committee

This year, we welcomed a new group of young people to our Youth Committee, ensuring our work remains current, inclusive, and reflective of real student experiences. Members contributed ideas, co-designed campaigns, and provided feedback on new projects such as Empowering Young Minds and Mind of the Parent.

We also delivered Student Ambassador Training in Basildon, equipping students with skills to recognise when peers may be struggling and how to offer safe, supportive conversations.
One ambassador shared, “I feel more confident now knowing how to talk to a friend who might be going through something.” These ambassadors now act as positive role models within their schools, helping to build open, stigma-free environments.

Year in Review

STEPUP4 Mental Health

In July, we brought together more than 200 supporters at Victoria Park in London for our annual STEPUP4 Mental Health charity run. Together, we raised £10,000 to fund mental health programmes for young people in schools and community settings. The event united students, families and corporate teams in a powerful display of community spirit and shared purpose. Many participants took part in honour of a young person who had struggled with mental health, making the day both personal and meaningful. STEPUP4 Mental Health strengthened awareness of our mission to build emotional resilience early and reduce stigma around mental health.





Rally Together Fundraiser

In June, Southend Echo reporter Chris Phillips completed a 10-hour “Rally Together” racket sport challenge in Southend, playing five disciplines back-to-back to raise funds for Mind of the Student and spotlight local mental health needs. Community backing was outstanding, with donations surpassing £17,000, helping us expand support for young people in schools and community settings. The challenge generated strong local engagement and conversation around early help, reinforcing our mission to build resilience and encourage help-seeking among young people.

Partnership with Working Options – Youth Mental Health Advice Series

In September, we collaborated with Working Options in Education to produce a series of mental health advice videos featuring qualified clinicians. The series was created to provide practical self-help guidance for young people across our social media platforms, covering topics such as anxiety and emotional regulation. This partnership helped us reach thousands of young people online, especially those who may not currently access mental health support at school or through services. By making trusted advice freely available, we continued our commitment to early prevention and accessible support.

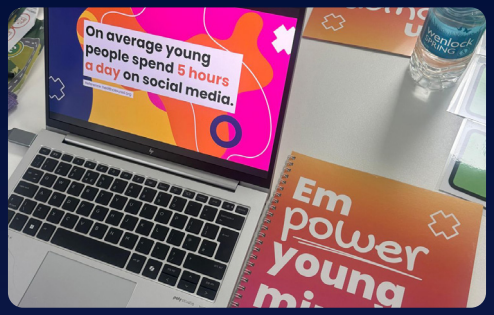


Year in Review

Product Donation from RØDE

We were grateful to receive a generous product donation from RØDE Microphones as part of their Giving Tuesday campaign. The donation included professional lapel clips on microphones which now support the delivery of our digital resources for young people. This contribution has strengthened our ability to amplify youth voice and create engaging, high-quality content. Partnerships like this help us continue making mental health education accessible and relatable for young people.





Empowering Young Minds with YourStance

(6-Week Programme)

In January, we were awarded funding from The National Lottery Reaching Communities Fund to co-develop Empowering Young Minds, a 6-week cross-curriculum mental health and youth violence prevention programme created in partnership with YourStance. From January to June, our teams designed the curriculum, trauma-informed safeguarding approach and delivery framework, working closely with young people in Alternative Provision (AP) and community settings to ensure the content reflects their real experiences. The programme combines emotional regulation and resilience tools with practical first aid and youth violence prevention training, giving young people the skills to stay safe, manage difficult emotions and seek help earlier. Empowering Young Minds will officially launch in September 2025 across AP and youth organisation settings, providing targeted early intervention for young people who are often overlooked by mainstream mental health support.

North of England Targeted Delivery

(Manchester, Cheshire and Newcastle)

As part of our commitment to reaching young people beyond London and the South East, we delivered 20 workshops across Manchester, Cheshire and Newcastle, engaging more than 20,000 young people in partnership with Inner Spark. This formed part of our targeted North of England delivery, prioritising schools in communities that experience higher barriers to accessing mental health support. The workshops focused on emotional resilience, understanding stress, building healthy coping strategies and knowing when and how to seek help. Teachers described the sessions as “honest, engaging and needed”, while students told us they felt more confident talking about their emotions and supporting their friends. By delivering in areas where provision is often limited or overwhelmed, we helped ensure that mental health education is accessible to the young people who need it most.

Year in Review

Wales Outreach Expansion

We expanded our outreach into South Wales for the first time, delivering 10 workshops to over 8,000 young people. Feedback from schools highlighted the impact of our delivery style, with one teacher saying, “The facilitators were incredibly open and relatable. The visual activities made the messages stick with our learners.” Another added, “Our students were fully engaged throughout. It gave them tools they can use every day.” This work has created strong partnerships in the region, laying the foundation for long-term delivery to support Welsh schools and community programmes.





Pilot Delivery at Bower Park Academy and Saffron Valley Collegiate

This year, we piloted early versions of Empowering Young Minds content at Bower Park Academy in Havering and Saffron Valley Collegiate in Croydon. These pilots allowed us to test trauma-informed delivery, targeted resilience-building exercises and peer-led discussions with young people who face higher levels of vulnerability and social disadvantage. Students described the sessions as “real and relatable”, while staff said the content “opened up conversations many of our young people usually avoid.” These pilots were essential in shaping the final design of the programme ahead of its full rollout in Alternative Provision and youth settings in late 2025.

EmpowerU Booklet Development

Between January and April, our team designed and produced the EmpowerU workbook, a 60-page reflective learning resource that supports the EmpowerU programme. The booklet includes emotional resilience tools, journaling pages, psychoeducation activities and self-reflection exercises to help young people develop long-term coping strategies. Created with input from mental health practitioners, educators and young people, the resource is now used during programme delivery and taken home by students to continue learning in their own time. The EmpowerU workbook is a core part of our mission to equip young people with practical skills that last beyond a single workshop or programme delivery.



Year in Review

EmpowerU Pilot – Aylesbury and Basildon

This year we piloted EmpowerU, our 6-week early intervention mental health programme, in Aylesbury and Basildon, working with over 40 young people in small group sessions focused on emotional awareness, resilience and help-seeking. The pilot was delivered in partnership with local family centres and allowed us to refine the programme structure, safeguarding framework and facilitation approach ahead of wider rollout. Feedback was highly positive, with young people reporting increased confidence in managing emotions and staff noting that the programme "created space for young people who normally stay quiet to open up." The learning from these pilots directly shaped the final delivery model launching in 2025.





Student Ambassador Training in Basildon

We delivered Student Ambassador Mental Health Training at a secondary school in Basildon, empowering a team of young peer wellbeing leaders to promote positive mental health within their school community. The training focused on emotional literacy, active listening, supportive conversations and recognising when someone may need further help. Staff described the programme as a meaningful leadership opportunity for students, while ambassadors shared that they felt more confident supporting their peers and encouraging open conversations about mental health. This peer-led model strengthens our goal of building sustainable, student-led wellbeing support in education settings.

Mind of the Parent – Soft Launch

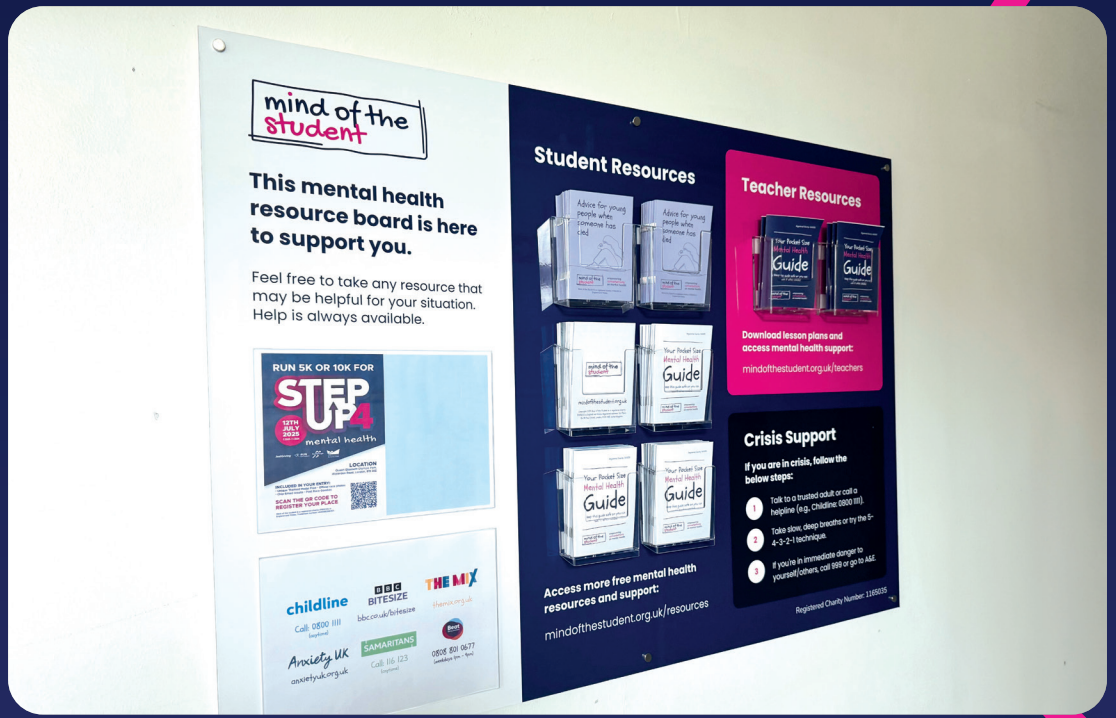
This year we introduced Mind of the Parent, a new community initiative designed to support the emotional wellbeing of parents and carers. The programme was soft launched in East London through a series of small group sessions and early community conversations. Mind of the Parent focuses on parental mental health, emotional resilience and how to support children through difficult feelings, delivered with compassion and real-life guidance from healthcare professionals. Early engagement has shown strong demand, particularly from families who feel they have limited access to mental health support. A full programme launch is planned for early 2026, as we continue to build support networks around young people, not just in schools, but within families and local communities.



Year in Review

New Mental Health Notice Board

To strengthen our visibility and day-to-day impact in the community, we installed a mental health notice board outside our office space in East London. The board provides free mental health information, practical coping tools and takeaway resources for young people and families passing by. It has quickly become a local wellbeing hub, helping people access small but important pieces of support such as self-care ideas, helpline numbers and motivational reminders. This simple project reflects our belief that support should be accessible in everyday spaces, not only in formal services.



PBE Economics to improve lives

ProBono Economics Impact Data Analysis

This year we were supported by Pro Bono Economics, who partnered with Mind of the Student to analyse the impact of our mental health workshop programme. Their team of volunteer economists and data analysts helped us evaluate pre- and post-workshop data from thousands of students across the UK, resulting in our first independent impact report. The findings showed clear evidence of positive change, including a 39% increase in students' willingness to seek professional help, a 67% reduction in stigma-related beliefs, and significant improvements in mental health literacy and emotional understanding. Pro Bono Economics' expertise has strengthened our ability to measure progress, demonstrate outcomes to funders and partners, and shape future programme development.
Their support has been invaluable in helping us build a strong evidence base for early intervention in schools.



Where we have been

Over the past year, Mind of the Student has grown from strength to strength - reaching new schools, families, and communities across the country. From local pilot programmes to national collaborations, every step has helped us build a stronger foundation for young people's mental health and wellbeing.

North East

- Darlington
- Gateshead
- Newcastle upon Tyne
- Sunderland

North West

- Bolton
- Manchester
- Oldham
- Rochdale
- Salford
- Cheshire West and Chester

Wales

- Bridgend
- Caerphilly
- Cardiff
- Newport
- Rhondda Cynon Taf
- Swansea
- Torfaen

South East

- Thurrock
- Essex
- Surrey

West Midlands

- Staffordshire

London

- Barking and Dagenham
- Bexley
- Enfield
- Hackney
- Havering
- Newham
- Redbridge

Our Future Outlook

Building resilient communities through the Mind of the Student 360° Model

Over the next three years, we're shaping a future where every young person is supported by confident parents, teachers, and communities. Our focus is simple: strengthen foundations, expand locally, and grow sustainably.

2025–26: Foundation

- Launch first **Local Network** in Havering
- Pilot **EmpowerU**, **Mind of the Parent**, and **Ambassador Training**
- Introduce **MOTS** Flow, our new digital system
- Strengthen partnerships with councils, MATs, and family hubs

2026–27: Expansion

- Extend **Local Networks** to new regions
- Enhance **digital toolkits** for students, parents, and teachers
- Grow **school subscriptions** and evaluate programme impact
- Broaden partnerships and funding reach

2027–28: Sustainability

- Scale the **Local Network model nationally**
- Embed **quality and evaluation standards**
- Build **academic partnerships** and a **commercial arm** for income growth
- Prioritise **staff wellbeing** and volunteer development

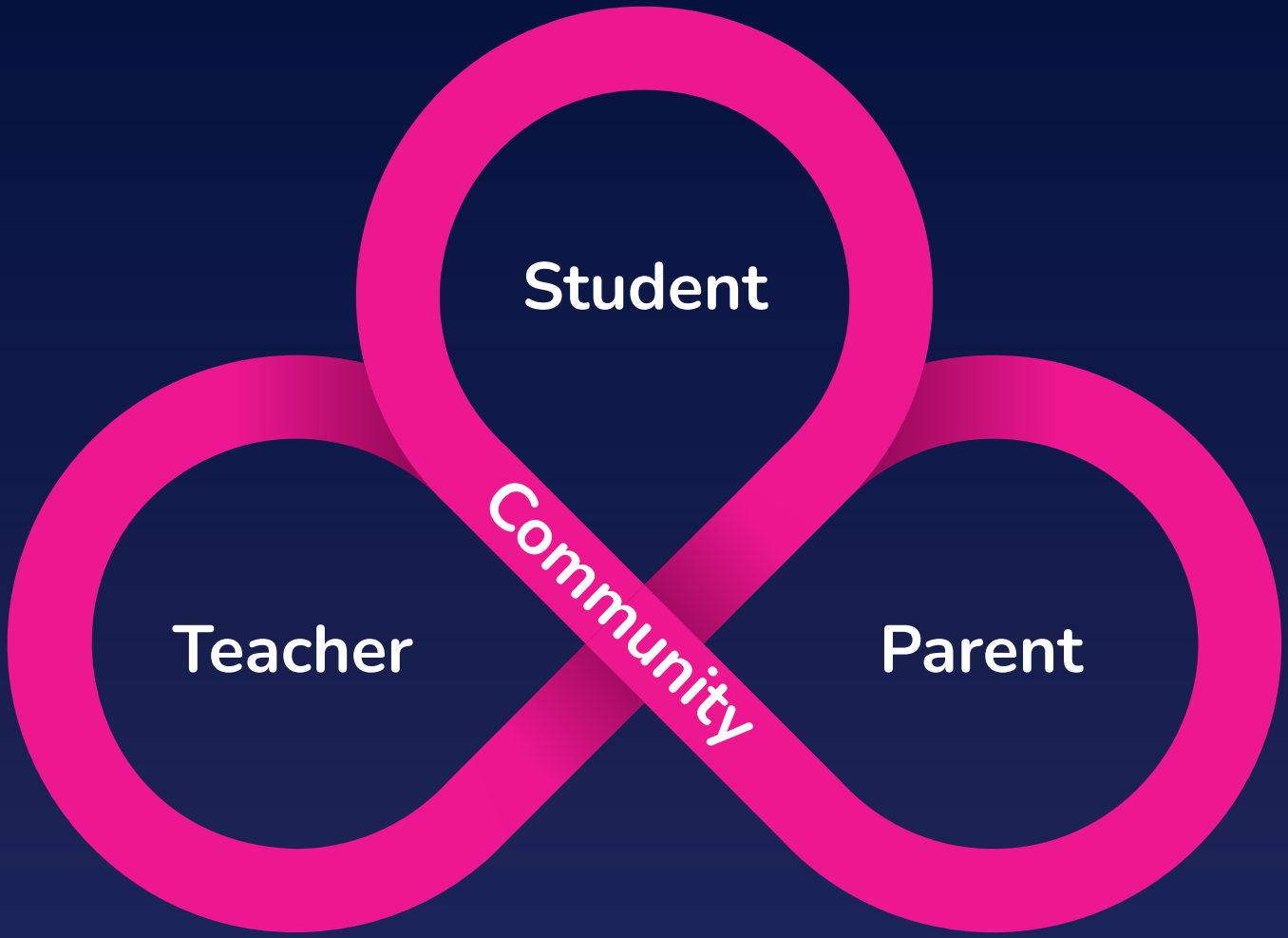


Our Future Outlook

Our Vision

A connected network where:

- Every student is supported to thrive
- Parents and teachers have the tools to care for themselves and others
- Communities champion mental wellbeing together



> Our future isn't just about growth — it's about deepening our roots in every community we serve.

– Mind of the Student Leadership Team

Registered charity number
1165035

Mind of the Student

Annual Report and Financial Statements

4 July 2025

Mind of The Student
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Mind of The Student
Management Committee's Annual Report
For the Year Ended 4 July 2025

Full Name	Mind of The Student
Registered charity number	1165035
Principal Address	Mind of The Student, Havering Road, Romford RM1 4YY

Management Committee

Eddie Aylett NPQSL	Chairperson (appointed 2 December 2024)
Richard Wing	Treasurer (appointed 17 January 2025)
Tola Johnson	Trustee
Aoife Healy	Trustee (appointed 14 October 2024)
Nora Strasser-Burke	Trustee (appointed 14 October 2024)
Matthew Frenchman	Trustee (appointed 18 December 2024)
Darren McCabe	Trustee (resigned 27 March 2024)
Brian Mc Gee	Chairman (resigned 1 December 2024)
Chinelo Chizea	Trustee (resigned 13 January 2025)
Suzanne Maskrey	Trustee (resigned 21 February 2025)

Senior Staff Members

Kieran Goodwin	- CEO/Director
Ceylan Sesli	- Head of Programs

Governing Document

The Charity is operated under the rules of its constitution adopted more recently amended 27 February 2023. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

Bankers

Metro Bank Community Account- One Southampton Row London WC1B 5HA

Independent Examiner

Stephen Farra Associates Ltd
Chartered Certified Accountants
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS.

Aims and Organisation

The principal objects of the Charity are:

To equip young people at school and within the community, with knowledge, confidence and skills to address their mental health needs. In addition the CIO's objectives are :

1. Advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals; and,

2. Advancing education.

Reports

As we reflect on the past twelve months, we are filled with pride for how far Mind of the Student has come and determination for the work that still lies ahead. This year has been one of meaningful growth, greater impact and powerful community support. Looking back on our own time in school, we often say how much we would have valued an organisation like this - a place where young people could learn about mental health without fear or judgment, where they could feel seen, heard and supported. To now provide that for tens of thousands of students is something that humbles us every day.

In 2024–25, Mind of the Student delivered mental health education to over 50,000 young people across 57 schools from London to the North of England and into South Wales. This impact was made possible thanks to the outstanding support of our partner Inner Spark and funder, Goyal Foundation, who funded over 90% of all workshop deliveries during this period. Their commitment to early intervention and equitable access to mental health education has enabled us to reach schools in areas of high need and ensure that no young person is left behind due to financial barriers. This year, Pro Bono Economics supported us in analysing our workshop outcomes, producing our first independent impact report. The findings showed a 39 percent increase in students' willingness to seek help for mental health concerns and a 67 percent reduction in stigma-related beliefs, confirming the powerful role of early intervention.

A milestone achievement was the development and piloting of EmpowerU, our six-week small-group programme that offers deeper emotional support for young people who need more than a one-off workshop. Piloted in Aylesbury and Basildon, EmpowerU has already helped more than 40 young people build emotional awareness and coping strategies, supported by the new EmpowerU Workbook, a 60-page reflective mental health resource designed in-house and now used in every session. The overwhelmingly positive feedback confirmed what we knew: mental health support in schools must go beyond awareness; it must be sustained, practical and personal.

We also continued to innovate through collaboration, launching major partnerships that strengthened our mission. With YourStance, we co-developed Empowering Young Minds, a trauma-informed mental health and youth violence prevention programme launching in October 2025, funded by The National Lottery Reaching Communities Fund. We also partnered with Working Options in Education to create a digital mental health advice series featuring NHS clinicians, reaching thousands of young people online with free self-help tools. A generous product donation from RØDE Microphones has further strengthened our ability to amplify youth voice through high-quality digital content.

Our expansion this year included 20 targeted workshops across Manchester, Cheshire and Newcastle and 10 more across South Wales, reaching communities where access to mental health support is limited. Teachers

described our delivery as honest and essential, while students told us they finally felt understood. We also took a step beyond schools to strengthen support within families. This year we soft-launched Mind of the Parent, a new emotional support initiative for parents and carers. In partnership with John Morris MBE, we piloted this at the Ardleigh Green Family Centre in East London. The strong demand for this programme has shown how vital family-based support is, and we plan to launch the full version in 2026.

Alongside programme delivery, this was a year of powerful community action. Over 200 people took part in STEPUP4 Mental Health at Victoria Park in East London, raising £10,000 to support our early intervention work. We were also inspired by Chris Phillips' Rally Together Challenge, which raised significant funds for Mind of the Student and helped to increase local awareness of mental health needs in Southend.

Behind the scenes, we have strengthened organisational foundations to meet increasing demand. We expanded our delivery team, invested in safeguarding and training, grew our volunteer base and built new partnerships with organisations including Business in the Community, C2C and Get Set UK. We also delivered Student Ambassador training in Basildon and installed a mental health notice board outside our office to provide everyday support to the local community.

We remain acutely aware of the wider context. The cost of living crisis continues to place pressure on families, and youth mental health services are overstretched. Too many young people are struggling in silence, and that is why our work must continue to grow. Mental health education and early intervention are not optional; they are essential.

Looking ahead, our priority is to strengthen long-term impact through our new Local Networks model, which brings together schools, local services and community partners to create joined-up and sustainable mental health support for young people. Through this approach, we will expand school partnerships, embed EmpowerU and Mind of the Parent within local communities, and launch Empowering Young Minds across Alternative Provision settings to ensure inclusive access. We will also continue to strengthen regional delivery in the North of England, enhance programme evaluation and safeguarding, and ensure that youth voice shapes every stage of our development and delivery.

To every student who trusted us, every school who welcomed us, every partner who believed in us and every supporter who stood with us this year, thank you. You are helping us build a future where no young person feels alone with their mental health.

Kieran Goodwin
Co-Founder and Charity Director

Jaylan Sesli
Co-Founder and Head of Programmes

The Charity's Polity on Reserves

Mind of The Student policy is to keep in reserve approximately three months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed ..... **Date** 7/11/25

Eddie Aylett NPQSL, Chairperson

Mind of the Student
Independent Examiners Report

Respective responsibilities of Trustees and Examiner:

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to :

- Examine the Accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether paticular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act; and to prepare:
   - Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 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.

Signed _____ Date 6/11/25

R J Copeland FFA/FIPA
Stephen Farra Associates Ltd
Accountants and Tax Advisors
98 Hornchurch Road
Hornchurch Essex
RM11 1JS

Mind of the Student
Receipts and Payments Account
Year Ended 4 July 2025

	Note	Unrestricted £	Restricted £	2025 £	2024 £
Receipts					
Grants & Donations	2	5,843	29,447	**35,290**	32,027
Fundraising		19,116	-	**19,116**	12,529
Corporate partnership		8,375	-	**8,375**	105
Generated Income	3	64,844	-	**64,844**	37,200
Gift Aid		2,571	-	**2,571**	354
Bank Interest		166	-	**166**	-
Other income		4,724		**4,724**	-
		105,638	**29,447**	135,085	82,215
Payments					
Wages, NI & Pensions		54,405	21,676	**76,081**	41,583
Freelance Staff		660	-	**660**	611
Staff, Committee Expenses		1,321	64	**1,386**	-
Bookkeeping & Payroll Services		3,275	-	**3,275**	-
Rent, Room Hire & Service Charges		-	-	-	83
Insurance		846	-	**846**	685
Telephone		447	-	**447**	233
Printing,Postage & Stationery		2,972	1,897	**4,869**	3,485
Advertising & Marketing		2,084	1,672	**3,756**	3,668
Equipment, Repairs & Renewal		8,507	-	**8,507**	1,723
IT Software & Maintenance		5,485	-	**5,485**	257
Travel & Subsistence		4,195	1,252	**5,447**	1,228
Hospitality & Refreshments		4,715	-	**4,715**	321
Independent Examination		600	-	**600**	1,440
Fundraising Expenses		4,928	-	**4,928**	300
Subscriptions		1,287	-	**1,287**	567
Depreciation		36	-	**36**	-
Accountancy		1,516	-	**1,516**	-
Bank Charges		5	-	**5**	3
Sundry Payments		100	-	**100**	1,150
		97,385	26,561	**123,946**	57,337
Net Receipts / Payments		8,253	2,886	11,139	24,878
Funds at the start of this period		29,330	268	**29,598**	4,720
Fund Transfers					
Funds at the end of this period		37,583	3,154	**40,737**	29,598

Mind of The Student
Statement of Assets and Liabilities
as at 4 July 2025

	Notes	4 July 2025		4 July 2024	
		£	£	£	£
Fixed Assets					
Computer Equipment		109			
Current Assets					
Trade debtors		5,638			
Cash at bank and in hand		41,274		31,896	
		46,912		31,896	
Current Liabilities					
Creditors	5	6,284		2,298	
Net current assets			40,737		29,598
Net assets			**40,737**		**29,598**
Charity Funds					
Unrestricted			37,583		29,330
Restricted			3,154		268
			40,737		**29,598**

Assets retained for Charities own use

The charity also retains some general equipment for its own use.

.....

Signed on its behalf by the chairperson.

Approved by the chairty on 7/11/25

Mind of the Student
Notes to the Accounts

1 Receipts and Payments Accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2 Grants & Donations

	Unrestricted £	Restricted £	2025 £	2024 £
Essex Community Foundation	-	4,000	4,000	2,400
Big Local Broad Green	-	-	-	1,927
Jack Petchey Foundation	-	-	-	1,200
The 4814 Trust	-	-	-	25,000
Kent Community Foundation	-	-	-	1,500
Community foundation for Surrey	-	6,500	6,500	-
Young Futures Fund	-	3,956	3,956	-
Your stance CIC	-	13,491	13,491	-
Westfield Health		1,500	1,500	-
Sundry Grants & Donations	5,843	-	5,843	-
	5,843	29,447	35,290	32,027

3 Generated income

	Unrestricted £	Restricted £	2025 £	2024 £
The Goyal Foundation	64,844	-	64,844	37,200
	64,844	-	64,844	37,200

4 Funds Analysis

	Opening Balance £	Income £	Expenditure £	Fund Transfers £	Closing Balance £
Essex Community foundation	268	4,000	4,268		-
Your stance partnership		13,491	10,337		3,154
Community foundation for Surrey		6,500	6,500		-
Young futures fund (Buckinghamshire)		3,956	3,956		-
Westfield Health		1,500	1,500		-
Summary					
Restricted Funds	268	29,447	26,561	-	3,154
Unrestricted Funds	29,330	105,638	97,385	-	37,583
Total funds	29,598	135,085	123,946		40,737

5 Creditors: amounts falling due within one year

	2025 £	2024 £
PAYE	3588	858
Pension	50	-
Accrued Expenses	1,814	1,440
Trade creditors	832	-
	6,284	2,298

MIND OF THE STUDENT

England & Wales - Charity number 1165035

Accounts

Registered Charity: 1165035

Annual Report and Accounts 2023 - 2024

empowering conversations on mental health.

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Trademark number: UK00003983037

mind of the student

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This report was designed and produced by our in-house creative team. Mind of the Student is a registered charity (1165035) in England and Wales.

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2,883,910

young people

have a probable mental health problem in England and Wales.



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Acknowledgements and Year in Numbers

Funders

Goyal Foundation / Inner Spark
4814 Trust
Essex Community Foundation
Kent Community Foundation
Big Local Broad Green
Koyani Education
Child Protection Training UK
General Public / Fundraising

Partners

Working Options in Education
YourStance CIC
Empower Learning Academy Trust
Bower Park Academy
Metal Potato Websites
Business in the Community (BITC)



30,305 students

have received a Mind of the Student mental health workshop



33 schools

MOTS has visited between Jul 23 - June 24



150+ hours

contributed to the charity by volunteers



98%

of teachers recommend our services



14 partners

which includes sponsors and school partners



4 programmes

School workshops, Young Listeners, Inner Canvas and Forward Focus

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Co-Founders Foreword

As we reflect on the past year at Mind of the Student (MOTS), we are filled with a profound sense of pride and gratitude.

What began as a shared vision between two individuals who struggled with mental health in school has grown into a dynamic organisation dedicated to empowering young people to speak openly about their mental health.

Our vision is clear: we exist so that every young person feels empowered to speak about their mental health in school. To achieve this, our mission is to equip young people at school and within the community with the knowledge, confidence, and skills to address their mental health needs. This annual report is a testament to the strides we have made towards fulfilling this mission.

The inception of MOTS is rooted in our personal experiences. In year 10, I (Kieran) experienced severe panic attacks and generalised anxiety, which affected my academic performance and body image, leading to isolation. Similarly, I (Jaylan) faced cyber bullying in year 9, resulting in depression and hopelessness, making my school years a challenging period. The lack of support from friends and school inspired us to create a platform that ensures no student feels alone in their mental health struggles.

This past year has been filled with significant milestones and achievements that have further solidified our mission. July 2023 saw the launch of our first annual fundraiser, STEPUP4 Health 10K charity run/walk at Victoria Park in East London. Partnering with YourStance CIC, we successfully raised over £5,000. This event not only generated financial support but also fostered a sense of community engagement around the importance of mental health.

In our ongoing efforts to improve our programmes, we conducted focus groups with local schools, engaging students from years 7 to 11. Their invaluable feedback led to the creation of the Young Listeners Programme, a new initiative that supports young people with active listening skills to effectively support their peers. This program aims to build empathy, understanding, and trust within student communities.

Our continued partnership with the Goyal Foundation (GF) and their Inner Spark Programme has been instrumental in our success. This collaboration funded 26 mental health workshops, significantly expanding our reach and impact. We are grateful for GF's support, which underscores the power of collaboration in addressing crucial social issues.

We also forged new partnerships with notable organisations such as Your Stance CIC, Jack Petchey Foundation, Essex Community Foundation, Kent Community Foundation, and Big Local Broad Green. These collaborations have been pivotal in our growth, providing

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valuable resources and expanding our reach. We deeply appreciate these partnerships, recognising their importance in sustaining and advancing the charity's mission as it continues to evolve and make a greater impact.

September 2023 marked the commencement of Mind of the Student's updated school programmes. This period was crucial for introducing new materials, resources, and programme content to young people across the country.

By providing free mental health programmes to UK schools, MOTS continues its mission to equip students with the knowledge, confidence, and skills to address their mental health needs.

Additionally, the collaboration with Working Options in Education has been instrumental in expanding MOTS's reach, assisting with bookings and information dissemination, thereby enhancing the charity's ability to support more communities.

Looking ahead, we are excited to continue our journey of growth and impact. Our plans include delivering programmes and services to 35 new schools in 2024-25 and expanding service provision at existing MOTS partner schools by introducing counselling services, high-impact programmes such as Young Listeners, and creative programmes like Inner Canvas (art therapy workshops).

We also aim to expand our operations in the North of England, starting programme delivery there, and growing our volunteer base and placement opportunities for students. Additionally, we plan to recruit additional staff to support our expanding initiatives.

As we move forward, we remain steadfast in our dedication to creating a supportive environment for students, breaking down stigma, and fostering a compassionate community. Together, we can ensure that every young person feels empowered to speak about their mental health and access the support they need.

With gratitude,
Kieran Goodwin & Jaylan Sesli
Co-Founders, Mind of the Student



Chair of Trustees Foreword

This has been an exceptional year for Mind of the Student.

I know I speak for the whole team on the Board in congratulating Kieran and Jaylan for the astonishing pace of development and delivery of such high-quality mental health information for young people. MOTS workshops reached 30,306 young people in 2023/24 which is an incredible achievement for a small young charity.

This success is based on partnerships. Our core partnership with the Hemraj Goyal Foundation and their inspirational Inner Spark programme has enabled the team to establish a core base of delivery, with 26 funded mental health workshops delivered in the local area.

This joined-up approach to improving the lives of young people makes such an impact on our work and we are very grateful to all of our partners for their continuing support. We are also much indebted to the wonderful team at 4814 Trust, both for their significant funding to support delivery of workshops, but also their invaluable support on developing our brand identity. Particular mention needs to be made of the direct personal support of the Chair, Chris Bedwell, who has offered such focused advice to improve our reach, such a critical part of creating a successful and impact in a digital age. Thank you, Chris.

Far from resting on their laurels, Kieran and Jaylan have been keeping an eye on future development, with plans for the creation of a Young Listeners Programme, to follow on from the initial workshops with peer-led active listening training, ensuring that the impact of the initial workshops is not lost. Kieran and Jaylan have also been an increasing presence on local radio and have developed a podcast, 'Mind Matters at School', to spread the word further.

The future looks bright in the hands of our executive team and, as I pass on the baton to a new Chair in September, I am so proud of the work that has been achieved in such a short time and look forward to hearing of future successes.

Brian McGee
Chair of Trustees
Mind of the Student



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Only 33% young people

are comfortable talking about their mental health/wellbeing.

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Clinical Lead Foreword

It is with great pride that I reflect on the remarkable progress Mind of the Student has made over the past year.

We have expanded our reach while deepening our commitment to nurturing young people's mental health and wellbeing, equipping them to thrive in a challenging world.

One of the most rewarding aspects of our work is witnessing the transformation that occurs when young people engage with mental health. Often a taboo subject, mental health is shrouded in stigma. Our goal is to break down these barriers by creating safe spaces where conversations about mental health are normalized through our workshops and resources.

Our partnership with the Hemraj Goyal Foundation and their Inner Spark Programme enabled us to deliver 26 additional mental health workshops, reaching even more young people. Support from Working Options in Education, the Jack Petchey Foundation, and other community foundations has further expanded our impact across the UK.

With gratitude,
Dr Chukwuemeka "Chuks" Nwuba
Clinical Lead, Mind of the Student

These free workshops are central to our mission, providing students with the knowledge, confidence, and tools to manage their mental health.

This year, our social media educational videos broadened our digital presence, reaching more young people with accessible mental health advice. In collaboration with local schools, we've conducted focus groups with students, guiding the creation of our Young Listeners Programme and inspiring new resources tailored to their evolving needs.

Since launching our first annual fundraiser, Step Up 4 Mental Health 10K, in July 2023—raising over £5,000 with the support of our partner, Your Stance—we have continued to grow. We've educated more than 30,000 young people in 2023/2024 alone.

Together, we are creating a brighter, healthier future for young people across the UK, where mental health is understood, valued, and nurtured from an early age. Thank you.



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Core Programmes



Whole-School Mental Health Workshops

Workshop topics:

Depression | Anxiety | Exam Stress | Confidentiality

Our mental health whole-school workshops are designed to equip young people with knowledge, skills, and confidence, catalysing conversations not just at school but at home as well.

Impact so far, post-programme:

84%

feel confident talking with friends and family on their mental health.

77%

feel confident calming themselves when in emotional distress.

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Core Programmes



Young Listeners Training Programme

Programme Topics:

Understanding Emotions | Self-Care | Active Listening

The Young Listeners programme will give young people active listening skills, increased empathy, and the opportunity to learn invaluable tools for managing their own mental wellbeing.

Impact so far, post-programme:

82%

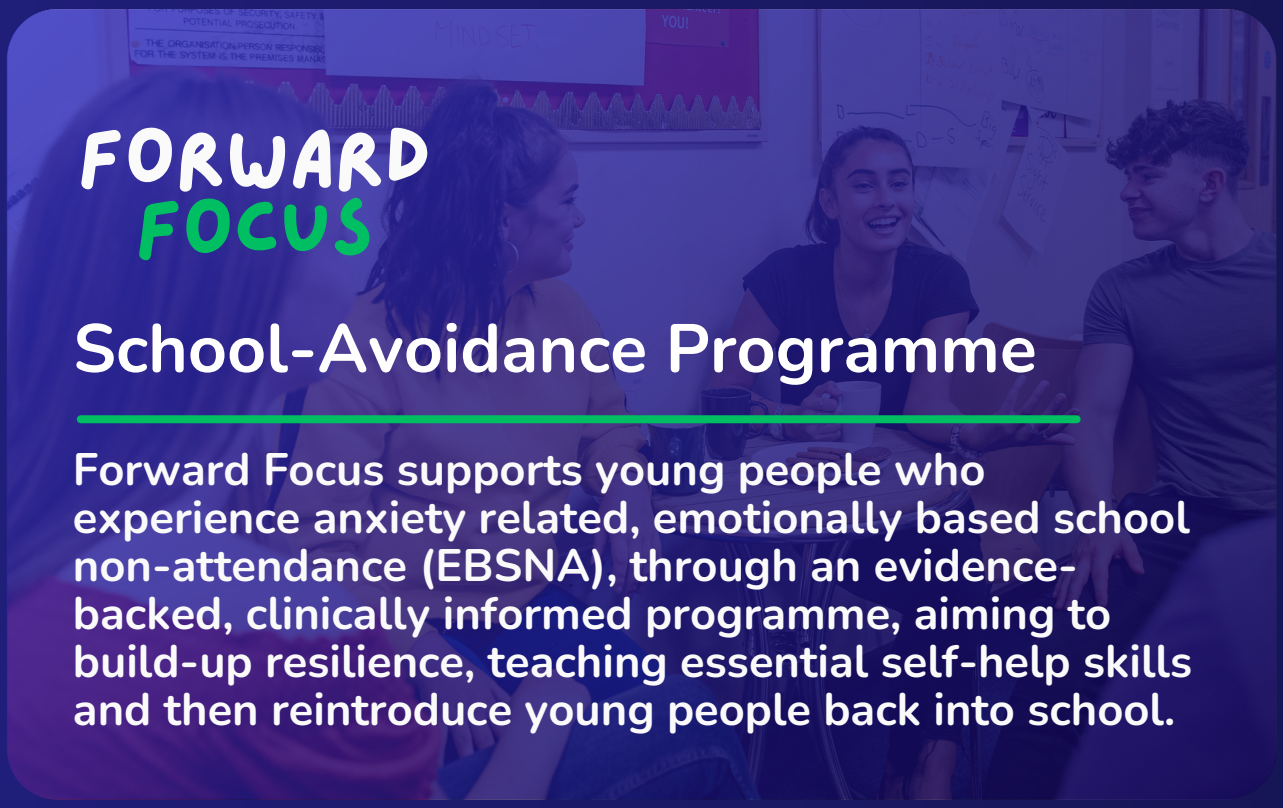
have used active listening skills to help someone in emotional distress.

79%

feel more confident administering self-care in school and at home.

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Other Programmes



FORWARD FOCUS

School-Avoidance Programme

Forward Focus supports young people who experience anxiety related, emotionally based school non-attendance (EBSNA), through an evidence-backed, clinically informed programme, aiming to build-up resilience, teaching essential self-help skills and then reintroduce young people back into school.



Inner Canvas

Art Therapy Workshops

Inner Canvas workshops aim to enhance emotional expression, increase self-awareness, improve coping skills, reduce stress and anxiety, strengthen interpersonal relationships, and better self-esteem. Inner Canvas workshops are delivered by trained Art Therapists alongside experienced volunteers.

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Case Study: Jamie

Jamie, a 16-year-old secondary school student, had been struggling with anxiety and stress due to the pressures of preparing for exams.

The overwhelming workload and the fear of failure began affecting Jamie's sleep, concentration, and relationships with friends and family.

Unsure of how to manage these feelings, Jamie often felt isolated and unsure of where to turn for support. That's when the school introduced the Mind of the Student mental health workshop, designed to help students like Jamie develop practical tools to cope with exam stress.

After attending the workshop, Jamie began to see a positive change. The sessions taught valuable techniques such as mindfulness, time management, and how to reframe negative thoughts. Jamie learned to break tasks down into manageable pieces, which reduced the sense of overwhelm.

With newfound confidence, Jamie was able to tackle revision more effectively, maintain a better balance between schoolwork and personal time, and feel more in control. This not only improved Jamie’s academic performance but also restored a sense of wellbeing and calm during a previously stressful period.

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Programmes built by young people

CHANGE MAKERS

MOTS ChangeMakers are made up of a dynamic community of young people committed to transforming the conversation on mental health in school.

ChangeMakers play an key part in shifting change in schools on mental health. They campaign locally for improved services, launch wellbeing clubs, host podcasts and are offered additional training in peer listening and peer support.

YOUTH committee

The Youth Committee help shape services and programmes Mind of the Student deliver in secondary schools based in both England and Wales.

The Youth Committee ensures that the charity remains youth-focused. Members receive training, participate in Trustee Board meetings, visit MOTS-affiliated schools, and are involved in event planning and fundraising activities.

"Joining the Youth Committee has helped improve my communication skills. It has also been rewarding working with a charity close to my heart."

Muhammed Choudary , Year 12 Student

"Since becoming a Change Maker, my school has improved it's support for my friends and their mental health. Thank you MOTS"

Emily Green, Year 8 Student

"I'm grateful for learning how to become a better active listener, so I can better support my friends who might be struggling with their mental health."

Elena Prescott, Year 10 Student

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40,000+

young people

have benefited from a Mind of the Student service since 2023.

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2023-24 in Review



STEPUP4 Mental Health 2023

In July 2023, Mind of the Students held its first annual fundraiser, the Step Up 4 Mental Health 10K charity run/walk, at Victoria Park in East London.

The event, organized in partnership with Your Stance, raised over £5,000 to support mental health awareness.

This milestone event not only generated financial support but also fostered community engagement around an important cause, highlighting the charity's commitment to promoting mental wellbeing.



Focus Groups

Mind of the Students conducted focus groups with local schools, engaging students from years 7 to 11 to gather feedback on their mental health workshops.

This valuable input led to the creation of the Young Listeners Programme, which focuses on supporting young people after the initial workshops by empowering them with active listening skills to support their peers.

The programme aims to foster empathy, understanding, and trust within student communities, providing a sustainable approach to mental health support beyond the initial workshops.

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2023-24 in Review

Goyal Foundation Partnership

The 2023/2024 period marked another successful year of partnership with the Hemraj Goyal Foundation (HGF) and their Inner Spark Programme.

HGF funded 26 mental health workshops, significantly expanding Mind of the Students' reach and impact.

This support has been crucial to the success of MOTS mental health programmes, promoting mental wellbeing among youth and exemplifying the power of collaboration in addressing crucial social issues.

Other Partnerships



Mind of the Students has significantly expanded its support network, forging partnerships with notable organisations such as Working Options, Your Stance, the Jack Petchey Foundation, Essex Community Foundation, Kent Community Foundation, and Big Local Broad Green.

These collaborations have been crucial in the charity's growth and development, providing valuable resources and expanding its reach.

MOTS deeply appreciates these partnerships, recognising their importance in sustaining and advancing the charity's mission as it continues to evolve and make a greater impact.

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2023-24 in Review



School Workshops

In September 2023, Mind of the Students launched its updated school programmes, introducing new materials and content to students nationwide.

By providing free mental health programmes, MOTS equips students with the knowledge, confidence, and skills to address their mental health needs. The collaboration with Working Options in Education has been instrumental in expanding MOTS's reach, assisting with bookings and information dissemination, and enhancing the charity's ability to support more communities.



MOTS Fundraising Dinner 2023

On 1 December 2023, Inner Spark and the Goyal Foundation hosted a successful fundraising dinner for Mind of the Student, raising over £6,000.

The event, held at Tandoor Lounge in Hornchurch, Essex, featured mental health-focused activities, a live auction, and a charity quiz. Highlights included speeches from Anita Goyal MBE, Chair of the Goyal Foundation, and MOTS Co-Founders Kieran Goodwin and Jaylan Sesli, who shared insights into the charity's inception and future plans.

This event not only raised funds but also significantly increased awareness of MOTS's impactful work.

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2023-24 in Review



Creating Content and Resources with Dr Chuks

This year saw a fruitful collaboration with clinical lead Dr Chuks, focusing on creating educational content and resources.

The team produced informative videos on mental health and overall wellbeing for social media platforms, enhancing MOTS's digital presence. Dr Chuks also contributed to developing additional resources for schools, designed to support students' mental health between MOTS visits. This initiative demonstrates the charity's commitment to providing continuous, accessible mental health support to CYP.



Change Makers on on the radio

Mind of the Student featured on Phoenix FM, showcasing the charity's mission and discussing Children's Mental Health Week.

Students from Bower Park Academy joined MOTS representatives to talk about the new podcast, 'Mind Matters at School', and shared tips on managing anxiety and exam stress.

This media appearance highlighted the charity's engagement with young people and its efforts to provide practical mental health advice through various platforms, demonstrating MOTS's multifaceted approach to youth mental health support. The charity plans to officially launch their podcast in early September 2024.

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2023-24 in Review

4814
for better...

Brand Identity and the 4814 Trust

The partnership with the 4814 Trust marked a significant milestone for Mind of the Student in 2023/2024.

The Trust's substantial funding will support MOTS in improving and expanding its services to schools. Beyond financial support, Chris Bedwell, Chair of the 4814 Trust, has been instrumental in expanding MOTS's brand identity.

This collaboration has enabled the charity to refine its public image, potentially increasing its visibility and impact.

30,306 Young People Reached



Mind of the Student concludes the year having educated 30,306 young people through its mental health programmes.

This impressive reach underscores MOTS's significant impact on youth mental wellbeing. The organisation remains committed to early intervention and education as key strategies for promoting mental health among young people.

By visiting schools and openly addressing mental health, MOTS aims to create a supportive environment for students, break down stigma, and foster a more compassionate community. This achievement reflects the charity's dedication to equipping young people with essential mental health knowledge and tools.

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Where we have been

In the past year, Mind of the Student has made significant progress in addressing students' mental health needs, particularly among those facing deprivation and isolation.

We primarily work in areas where there is high levels of deprivation reported. The charity also focus its efforts in rural communities, where mental health resources are limited.

London

Havering
Barking and Dagenham
Redbridge
Enfield
Bromley
Croydon
Lambeth
Tower Hamlets
Bexley
Greenwich
Newham

Essex

Chelmsford
Basildon
Braintree
Wickford
Witham

Other Areas

Hertfordshire
Surrey
Staffordshire

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Outlook for 2024-25 and beyond...

Looking ahead to 2024-25 and beyond, Mind of the Student have set some exciting targets, that will ensure more young people are supported with their mental health.

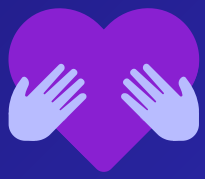
Our Strategic Programmes

AWARE: Advancing Wellbeing & Recognising Emotions	School staff are better equipped to recognise and support young people with mental health needs
Young Listeners: Active listening and peer support training	Young people can better support their peers through improved active listening skills
Whole-school, skill building mental health workshops	Young people are able to better manage emotional wellbeing and address their mental health needs

Strategic Outcomes



Young people use self-care strategies for mental health.



Young people feel more supported in school



Tier 2 CAMHS wait times drop from 12 to 2 weeks.

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Independent Examination and Accounts

Prepared by

R J Copeland FFA/FIPA
Stephen Farra Associates Ltd
Accountants and Tax Advisors
98 Hornchurch Road, Hornchurch Essex RM11 1JS

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Mind of the Student
Management Committee's Annual Report
For the Year Ended 4 July 2024

Full Name	Mind of the Student
Other names the Charity is known by	-
Registered charity number	1165035
Principal Address	3rd Floor 86-90 Paul Street London EC2A 4NE

Management Committee

Brian Eamonn Mc Gee	Chairperson
Tola Johnson	Trustee appointed 10 January 2024
Suzanne Louise Maskrey	Trustee
Chinelo Nwabundo Chizea	Trustee
Eddie Aylett NPQSL	Trustee
Darren McCabe	Trustee

Senior Staff Members

Kieran Goodwin	CEO/Director
Ceylan Sesli	Head of Programmes

Governing Document

The Charity is operated under the rules of its constitution adopted more recently amended 27 February 2023. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

Bankers

Metro Bank Community Account - One Southampton Row London WC1B 5HA

Independent Examiner

R.J. Copeland, Stephen Farra Associates Ltd, 98 Hornchurch Road, Hornchurch Essex RM11 1JS.

Aims and Organisation

To advance mental health education in secondary schools across London , Essex and Kent through a range of means including workshops and learning resources. In addition the CIO's objectives are:

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1. Advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals; and,
2. Advancing education.

The Charity's Policy on Reserves

Mind of the Student policy is to keep in reserve approximately three months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed.....  .....**Date**.....**10/10/2024**.....
Brian Eamonn Mc Gee, Chairperson

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Mind of the Student
Independent Examiners Report

Respective responsibilities of Trustees and Examiner:

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to:

- Examine the Accounts (under section 145 of the 2011 Act)

- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act; and to prepare:

- Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 Act have not been met.

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

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Mind of the Student
Independent Examiners Report

Signed.....R J Copeland.....**Date**.....10/10/2024.....

R J Copeland FFA/FIPA
Stephen Farra Associates Ltd
Accountants and Tax Advisors
98 Hornchurch Road
Hornchurch Essex
RM11 1JS

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Mind of the Student
Receipts and Payments Account
Year Ended 4 July 2024

	Note	Unrestricted £	Restricted £	2024 £	2023 £
Receipts					
Grants & Donations	2	29,627	2,400	**32,027**	20,458
Fundraising		12,529		**12,529**	
Corporate Partnership		105		**105**	
Generated Income		37,200		**37,200**	250
Gift Aid		354		**354**	
		79,815	2,400	**82,215**	20,708
Payments					
Wages, NI & Pensions		39,576	2,007	**41,583**	10,401
Freelance Staff		611		**611**	268
Staff, Committee Expenses				**-**	1,402
Rent, Room Hire & Service Charges		83		**83**	136
Insurance		685		**685**	800
Telephone		233		**233**	28
Printing, Postage & Stationery		3,485		**3,485**	518
Advertising & Marketing		3,668		**3,668**	1,753
Equipment, Repairs & Renewal		1,723		**1,723**	282
IT Software & Maintenance		257		**257**	106
Travel & Subsistence		1,203	25	**1,228**	213
Hospitality & Refreshments		321		**321**	131
Independent Examination		1,440		**1,440**	-
Fundraising Expenses		300		**300**	
Subscriptions		567		**567**	180
Bank Charges		3		**3**	
Sundry Payments		1,050	100	**1,150**	
		55,205	2,132	**57,337**	16,218
		24,610	268	**24,878**	4,490
Net Receipts / Payments					
Funds at the start of this period		4,720	-	4,720	230
Fund Transfers					
Funds at the end of this period		29,330	268	29,598	4,720

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Mind of the Student
Statement of Assets and Liabilities
Year Ended 4 July 2024

	Note	31 March 2024	31 March 2023
Current Assets			
Cash at bank and in hand		31,896	4,720
		31,896	
Current Liabilities			
Creditors	4	2,298	
Net current assets		29,598	4,720
Net assets		**29,598**	**4,720**
Charity Funds			
Unrestricted		29,330	4,720
Restricted		268	
		29,598	**4,720**

Assets retained for Charities own use

The charity also retains some general equipment for its own use.

Signed.....Brian McGee.....**Date**.....**10/10/2024**.....
Brian Eamonn Mc Gee, Chairperson

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Mind of the Student
Notes to the Accounts

1 Receipts and Payments Accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2 Grants & Donations

	Unrestricted £	Restricted £	2024 £	2023 £
Essex Community Foundation	-	2,400	2,400	-
Big Local Broad Green	1,927		1,927	
Jack Petchey Foundation	1,200		1,200	
The 4814 Trust	25,000			
Kent Community Foundation	1,500		1,500	
Sundry Grants & Donations			-	20,458
	29,627	2,400	32,027	20,458

3 Funds Analysis

	Opening Balance £	Income £	Expenditure £	Funds Transfer £	Closing Balance £
Restricted Funds		2,400	2,132		268
					-
				-	-
					-
					-
					-
					-
Sundry Grants & Donations					-
Restricted Funds	-	2,400	2,132	-	268
Unrestricted Funds	4,720	79,815	55,205	-	29,330

4 Creditors: amounts falling due within one year

	2024 £
PAYE	858
Accrued Expenses	1,440
	2,298

… we are facing a mental health epidemic right now!

Don’t turn your back.

Talk to us | Donate | Volunteer
mindofthestudent.org.uk

This report was designed and produced by our in-house creative team. Mind of the Student is a registered charity (1165035) in England and Wales.

Trademark number: UK00003983037.
Registered address: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom.

MIND OF THE STUDENT

England & Wales - Charity number 1165035

Accounts

Registered Charity: 1165035

Annual Report
2022/23

mind of the student

Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk.

Advancing mental health education

About Mind of the Student

Mind of the Student is a registered charity, breaking down stigma associated with mental ill-health through educational workshops, online learning resources and classroom activities.

Our Vision

Our Vision is to provide high-quality clinically-informed mental health education to all young people in UK schools.

Our Mission

We provide school-based workshops to present key aspects of mental health understanding to whole-school communities in one day. We campaign to build our network of partners so that no child is left without the necessary knowledge and understanding to recognise their own mental health needs and the support pathways available.

2022/23 in Numbers



12,029 students

have received a Mind of the Student mental health workshop



12 schools

MOTS has visited since February 2023



4 doctors

involved in the production of our workshop



92%

of teachers recommend our services



6 partners

which includes sponsors and school partners



8 facilitators

recruited and trained to deliver Mind of the Student workshops

Chief Executive and Chief Operating Officer Foreword

Welcome to our Annual Report 2022/23. We are overjoyed by the progress Mind of the Student has made over the last year, which includes securing funding from The Hemraj Goyal Foundation (HGF) and an exciting new partnership with Working Options in Education who became the charity's official booking provider. This has ensured a fantastic and successful rollout of the charity's mental health awareness programme, taking place in secondary schools, across London, Essex and Bath.

In December 2022, Mind of the Student held its relaunch celebration at the Sir Graham Smith Conference Centre in Westminster, London. The event was a tremendous success, hearing speeches from members of the Trustee Board, along with our Clinical Lead Dr Chuks and other distinguished guests, including leaders in education, mental health professionals, plus students from our partner school, Bower Park Academy. The evening was truly momentous, and kicked off the MOTS journey in a suitably fabulous fashion.

The need for our work is critical and widespread across the localities that Mind of the Student serves. Among the challenges we are working on, reducing teenage suicide is a critical priority. Death by suicide remains one of the leading causes of mortality in young people across the UK, according to recent data published by the Office for National Statistics. In our school workshops, we encourage students to talk about their mental health with one another plus signpost them to crucial, life-saving services which can offer additional support when in crisis.

We also hope to see more students stay in school. Recent findings revealed that 68% of young people reported being absent from school, due to their mental health (2021). Education around this important topic is therefore essential to keeping young people in class and not absent due to deteriorating mental health. We want students to feel comfortable and confident when reaching out for support, and spark conversation with friends and family to breakdown stigma associated with mental health.

Over the last 12 months, we have been working closely with Dr Chuks, who is the charity's Clinical Lead, on pre and post-workshop learning resources. A pre- and post-workshop pack is now offered to all of the schools that Mind of the Student visits. The packs include lesson plans, along with worksheets and questionnaires, which can be completed before MOTS visits a school and delivers the mental health awareness workshop. This helps to embed the information presented and allows students more opportunity to ask

questions in a smaller group, getting conversations going on mental health.

Another key milestone this year was Danny Dyer becoming Mind of the Student's first ambassador, featuring in our 'About Us' video shot by the talented production company, MAJO. Having Danny Dyer's backing was a turning point for MOTS, which has now led to improved visibility for the charity.

As we move into our next financial year, we wanted to highlight the workshops' success. Mind of the Student has delivered its mental health awareness program to over 12,000 young people, equipping them with the know-how to get support with their mental health and how they can help themselves through self-help techniques taught during our workshops.

We look forward to working with our partners, supporters, schools and young people to further our mission to advance mental health education in schools.

If you have any questions regarding Mind of the Student please reach out **enquiries@mindofthestudent.org.uk**.





Kieran Goodwin
Chief Executive

Jaylan Sesli
Chief Operating Officer

Chair of the Board of Trustees Foreword

At a time when young people are encountering more challenges than ever with mental health issues, it has been my absolute pleasure to join the board of Mind of the Student as Chair and to witness first-hand the incredible progress being made by the Executive team in such a short amount of time.

After lying dormant for three years during the pandemic, the relaunch of the charity in late 2022 has been the precursor to a huge amount of hard work, which is already bearing fruit in the many thousands of young people in schools who are now receiving an expert, clinically-informed introduction to mental health issues and how to manage them.

Kieran and Jaylan are on a mission, a mission driven by their own lived experience and awareness of the lack of informed education on mental health issues in schools. Working alongside our wonderful partner schools, Mind of the Student sets the wheels in motion for authentic conversations at whole-school level. The potential value of these initial discussions in avoiding serious crises in later life are immeasurable, making this work not just desirable but essential. Our aim is to make this programme accessible for all schools.

We are grateful to our sponsors and especially our friends at Hemraj Goyal, whose continued support has made all the difference to our success. We look forward to broadening our partnerships in the coming months and years in order to move our mission forward in 2023/24 and beyond.



Brian McGee
Chair of the Board of Trustees

Programme Impact

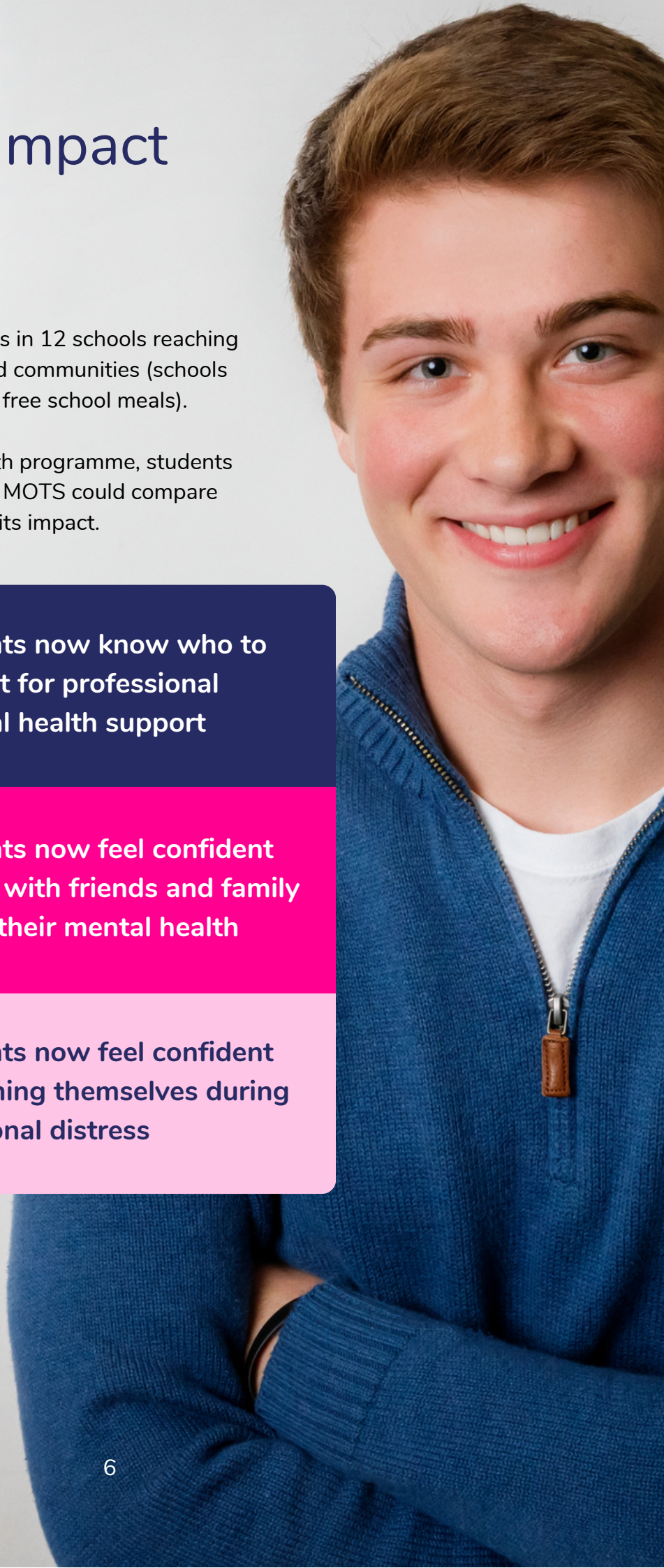
In 2022/23 we held 55 workshops in 12 schools reaching 12,029 students in disadvantaged communities (schools with higher than average rates of free school meals).

Following our school mental health programme, students completed questionnaires so that MOTS could compare pre-workshop data and measure its impact.

9/10 students now know who to contact for professional mental health support

84% students now feel confident to talk with friends and family about their mental health

67% students now feel confident in calming themselves during emotional distress

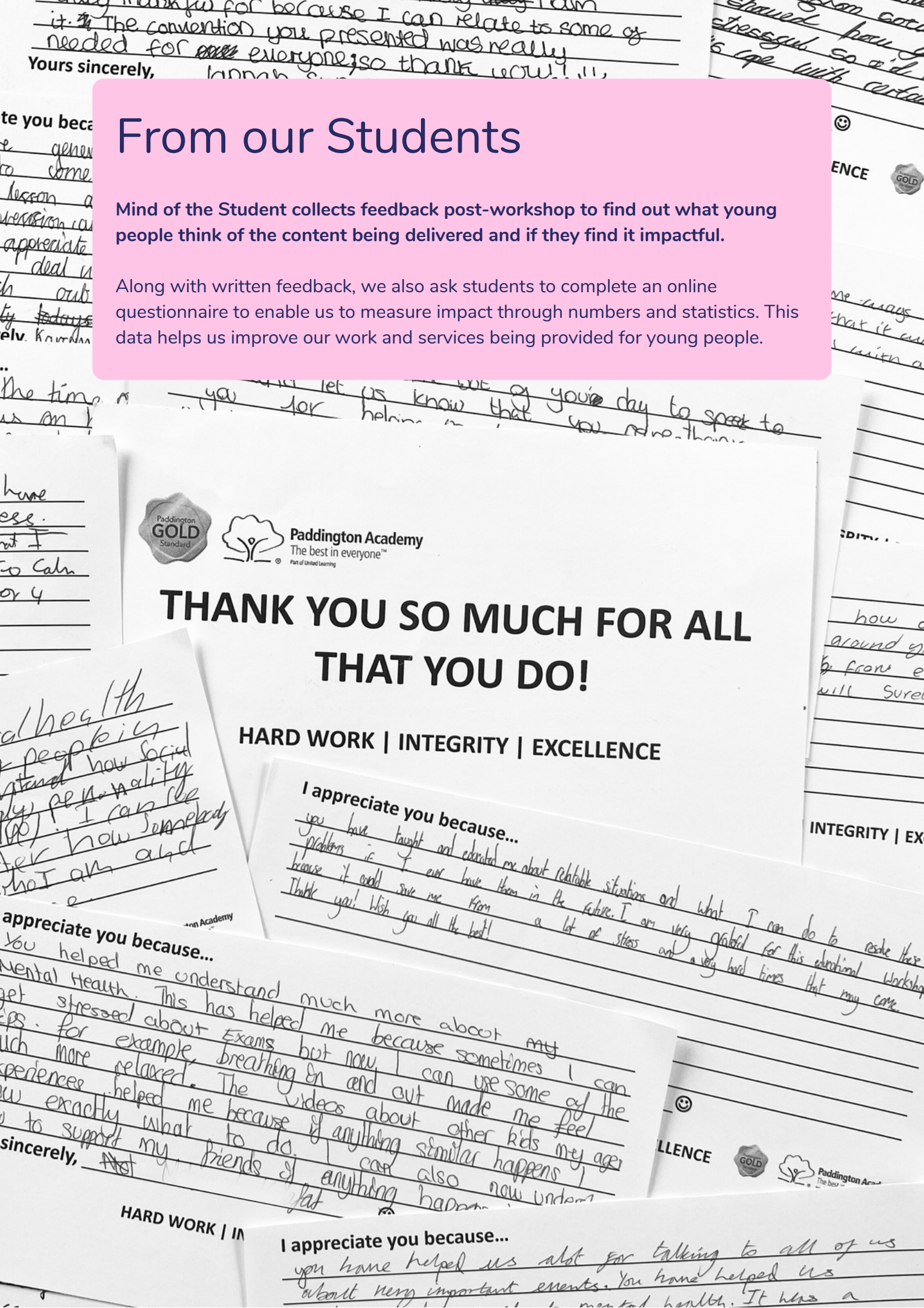


*Data taken from 1090 students during post-workshop focus groups and questionnaires

From our Students

Mind of the Student collects feedback post-workshop to find out what young people think of the content being delivered and if they find it impactful.

Along with written feedback, we also ask students to complete an online questionnaire to enable us to measure impact through numbers and statistics. This data helps us improve our work and services being provided for young people.




mind of the student
CONFERENCE SUITE ONLY
104

Clinical Lead Review by Dr Chuks

As Clinical Lead of Mind of the Student, I am delighted to contribute to our Annual Report which summarises our efforts and achievements in promoting mental health awareness among young people in schools. This report reflects the dedication of our team and the invaluable support we have received from each and every one of you. During a year of achievement and evolution, Mind of the Student met important targets whilst remaining grounded in research- and evidence-based principles. This underpins what we do.

It is disheartening to witness the alarming increase in mental health issues among young people today. Issues including depression and anxiety - driven by exam stresses or weighty phenomena such as climate change have become all too prevalent. It would be remiss to ignore the lingering impact of the COVID-19 pandemic on the mental health of young people. The disruption of routine and social connections, financial instability, reduced access to mental health support, and increased screen time and digital overload, were some of the many reasons for this period being particularly fraught. A recent report, published by the Royal Society for Public Health, highlighted the escalating mental health crisis among young people, underscoring the urgent need for interventions and support systems to safeguard their well-being.

In our pursuit of fostering optimal mental health, at Mind of the Student we acknowledge the vital role played by social determinants in shaping the well-being of our young people. Factors such as education, socioeconomic status, family dynamics, and community support significantly influence mental health outcomes. Being adequately informed by these social determinants, I am pleased that we have been able to create an environment that nurtures the mental well-being of the young people we meet.

At Mind of the Student, we firmly believe that early intervention is paramount to preventing mental health deterioration in young people. Research consistently demonstrates that identifying and addressing mental health issues at an early stage can significantly reduce the long-term impact on an individual's well-being and functioning. We know evidence points to early intervention in schools as being effective in reducing emotional and behavioural difficulties among children and adolescents, ultimately leading to better mental health outcomes later in life.

The statistics we have gathered from our interactions with students are both eye-opening and concerning. They highlight the urgent need for accessible mental health support for our young people. According to our data, 67.1% do not feel

confident in reaching out for professional mental health support. This figure is alarming and indicates a significant gap in the availability of appropriate resources and a lack of awareness among young people about the sources from which help can be sought.

Moreover, our data reveal that 57% do not feel comfortable talking with friends and family about their mental health. This finding emphasises the crucial role schools play in providing a safe and supportive environment for students to express their emotions. By breaking down the stigma surrounding mental health conversations, we can foster a culture of openness and acceptance.

Additionally, we discovered that 48.8% do not feel confident in calming themselves when experiencing emotional distress. This statistic highlights the urgent need for mental health education and the development of coping strategies. By equipping students with the necessary tools to manage their emotions effectively, we can empower them in navigating the inevitable challenges that lie ahead.

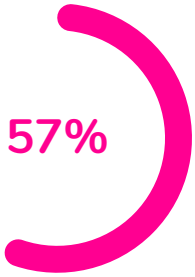
As we reflect on 2022/23 accomplishments, we do so with an eye to an exciting upcoming year full of ambitious goals. Our primary objective is to double the number of schools and young people we reach, expanding our impact across communities. We plan to achieve this through several strategic initiatives, including broader outreach campaigning, programme expansion, training and professional development, and collaboration with stakeholders.

At Mind of the Student, we are guided by Our Long-Term Strategy, a set of values (educate, improve, manage, reduce and maintain) that inspires our devoted efforts to put the needs and well-being of the young people we serve first.

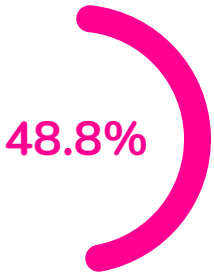
Our journey to improve the mental well-being of students would not be possible without your continued support. Your commitment enables us to make a tangible difference in the lives of the unprecedented number of young people that we meet. Our goal is to empower them to lead healthier, happier lives. Together, we can break down barriers, erase stigmas, and ensure that every young person has access to the knowledge and resources they need to flourish. Let us continue this journey hand in hand, guided by our shared passion. Let us strive forward, creating lasting impact.



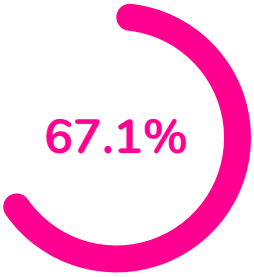
Dr Chuks
Clinical Lead



of students do not feel comfortable talking with friends and family about their mental health



of students do not feel confident in calming themselves when experiencing emotional distress



of students do not feel confident in reaching out for professional mental health support

2022/23 Overview

Mind of the Student Launch Event

December 2022 marked the start of the charity's rebrand from World Youth Organisation to Mind of the Student.

Mind of the Student was launched to help represent the charity's values more clearly and to signify the charity's mission for young people in education.

The event took place at The Home Office in London, and the night included speeches from key individuals in education and mental health sector.



Student Focus Groups

Mind of the Student teamed up with Bower Park Academy to host a student focus group, to determine more ways in which the charity can help support young people.

The focus group consisted of three students from each year group, and involved them discussing what mental health topics were important to them, and techniques they already use to help them with their mental health - this helped us shape our current school workshop programme.



The Hemraj Goyal Foundation

Following extensive talks with The Hemraj Goyal Foundation (HGF), HGF agreed to fund 18 workshops from February 2022, which has led to Mind of the Student reaching over 12,000 young people in London, Essex and Bath through its mental health workshop programme. This boost in funding has catapulted the support that we can now offer students. We thank Hemraj Goyal Foundation for its support. We look forward to our ongoing work together, due to our parallel values on the betterment of children and young people.

HEMRAJ GOYAL FOUNDATION

Facilitator Training



The team at Mind of the Student started the process of training new facilitators, to ensure a successful rollout of their mental health programme.

MOTS facilitators are already trained in areas such as mental health, psychology and nursing, however, in-house training provided them with the tools to excel in facilitating.

Training was conducted over a 2-week period, where facilitators learnt the fundamentals of the MOTS vision and how to engage a large audience.

Working Options in Education Partnership

Working Options in Education is an employability and life skills charity that has been helping young people to aim high and fulfil their potential.

Working Options in Education has been a major support to Mind of the Student's mental health workshops by assisting in the booking process, and providing information on its services to the schools it works work with.

By working collaboratively with another charity, Mind of the Student has been able to expand its resources and reach more communities to provide mental health support for young people.

School Workshop Rollout

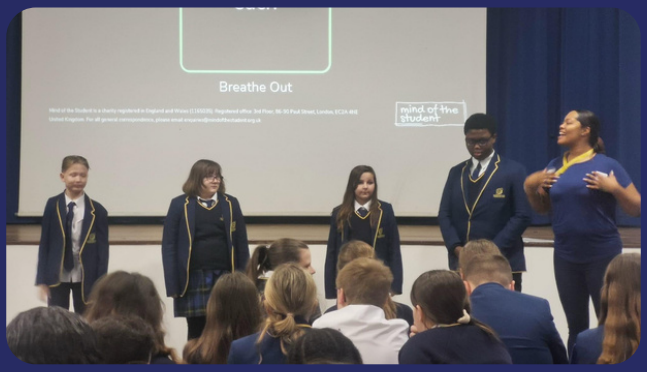
Mind of the Student began rolling out its improved mental health workshops in schools across London, Essex and South of England.

Since the roll out of workshops, Mind of the Student has educated over 12,000 young people on important mental health topics, providing them with the necessary knowledge and understanding to recognise their own mental health needs and the support pathways available.




What helps?
mind of the student
VISITOR


mind of the student


Breathe Out
mind of the student






"Since that day [I opened up about my emotions] it's just been so much easier to live and so much easier to enjoy life."
- Michael Phelps
mind of the student


mind of the student

Promotional Video

In May 2023, Mind of the Student started filming content with MAJO productions for its promotional video. Filming took place at its partner school Bower Park Academy, joined by students and teachers to discuss the impact MOTS has had on their school.

CEO and COO, Kieran and Jaylan were interviewed to discuss why they first started Mind of the Student and why they felt the charity's work was so important for young people right now.

This video has allowed the charity to capture the heart of its mission and the impact that it has had on the young people that it visits.



Danny Dyer becomes Ambassador

East-end actor and mental health advocate Danny Dyer joined Mind of the Student to help promote the charity's work and talk to the students on important mental health topics.

Dyer was also interviewed for the promotional video to talk about his experiences with mental health.

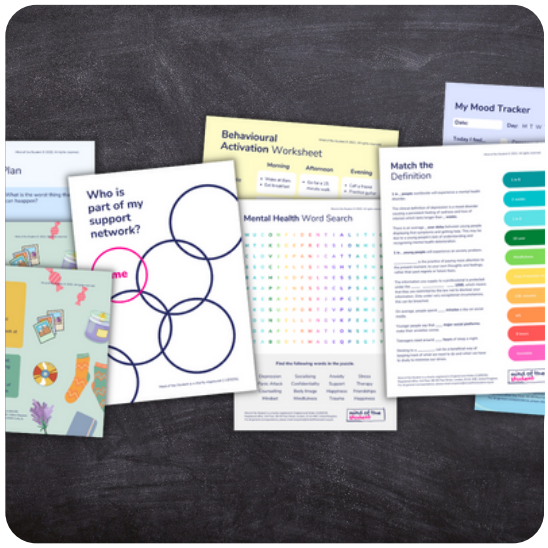
He has been a major supporter of the charity and has assisted its mission in spreading the news on mental health awareness in schools.



Pre-Workshop and Post-Workshop Educational Resources

Mind of the Student has worked continuously to improve its work for the education and development of young people's mental health. During the past six months, MOTS has created over ten resources for young people to use after they have received a workshop.

MOTS has created pre- and post-workshop resources including lesson plans for teachers to use before and after a school visit. This is to ensure that teachers are supported through the workshop process and feel more equipped to deal with the challenging topics that MOTS is addressing at their schools.

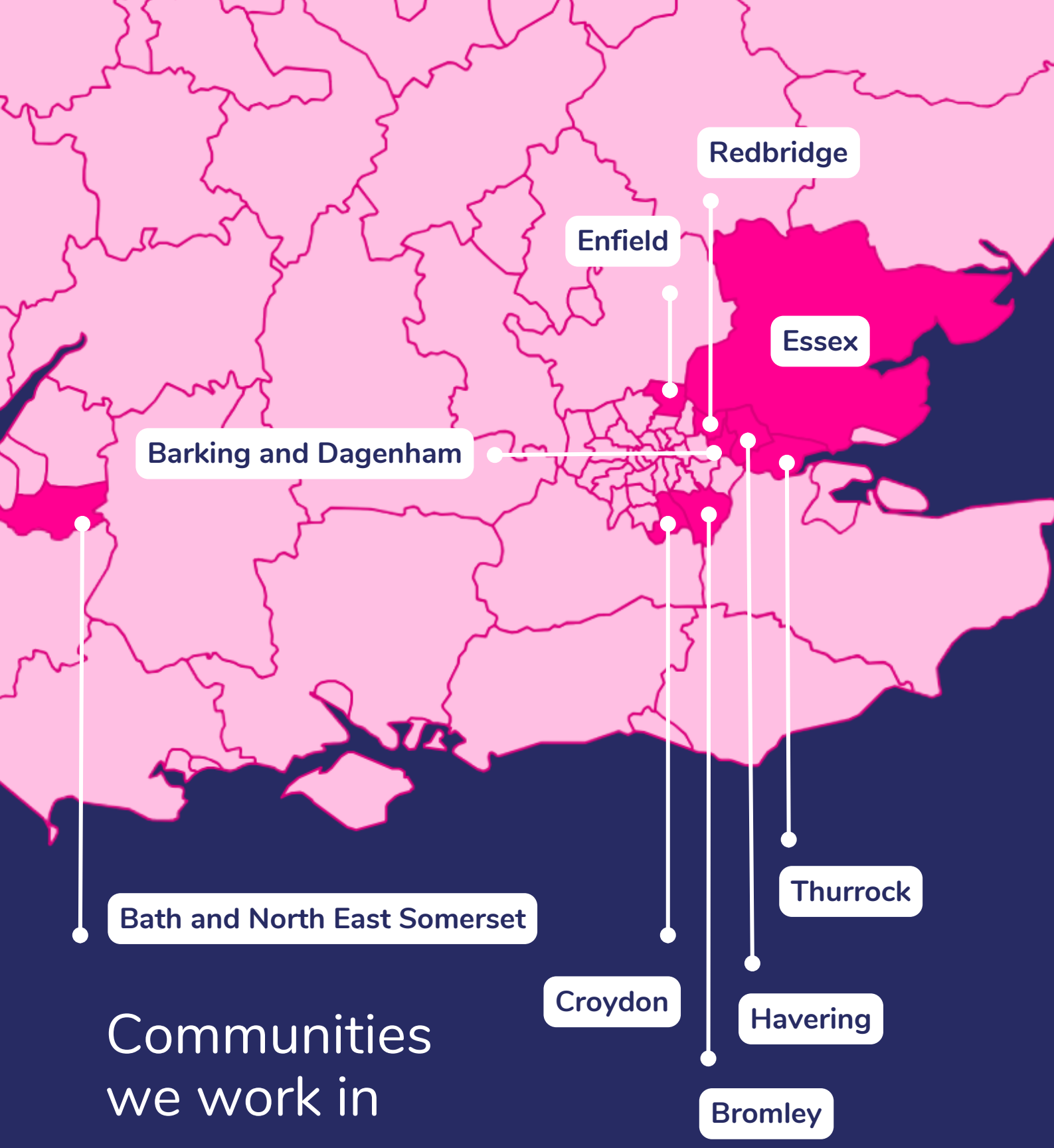


Mind of the Student In The Press

Throughout the year, Mind of the Student has made an impact in the local news and press. COO, Jaylan Sesli, had the opportunity to speak about the current issues young people are facing, and the long waiting times for support on BBC South East Today.



Additionally, CEO, Kieran Goodwin, had an opportunity to speak on Phoenix FM about MOTS impact in schools and provided advice on how young people could support themselves when experiencing ill mental health.



Communities we work in

Since the workshop rollout began, Mind of the Student has visited over 8 different locations across the South of England, spanning from Essex, to Croydon all the way to Bath and North East Somerset.

Young people living in poverty or experiencing financial stress are more likely to develop mental health problems.

Our charity aims to focus efforts in areas with higher than normal levels of deprivation. Mind of the Student compares data from the Indices of Deprivation, Office for National Statistics (ONS), along with the free school meal percentage, to make an evidence-based decision on which school receives our support.

What teachers are saying about us...



Chelmer Valley High School

Really liked how responsive the facilitators were able to answer questions. Really engaging and students were able to listen and partake without losing focus. **Delivered energetic workshops from start to finish!**

Cooper School

The high-quality presentation that was underpinned by NHS doctors. **The use of young people and students in case studies was also great.**

Barking Abbey School

Thank you for coming in. Well done for what you are doing. **If you had been to my school when I was a student, I suspect my experiences would have been a lot different and certainly for the better.**

Gable Hall School

The high-quality presentation that was underpinned by NHS doctors. The use of young people/students in case studies was also great.

Did you know?

92% of teachers would recommend our school mental health programme to a colleague or partner school.

Financial Overview

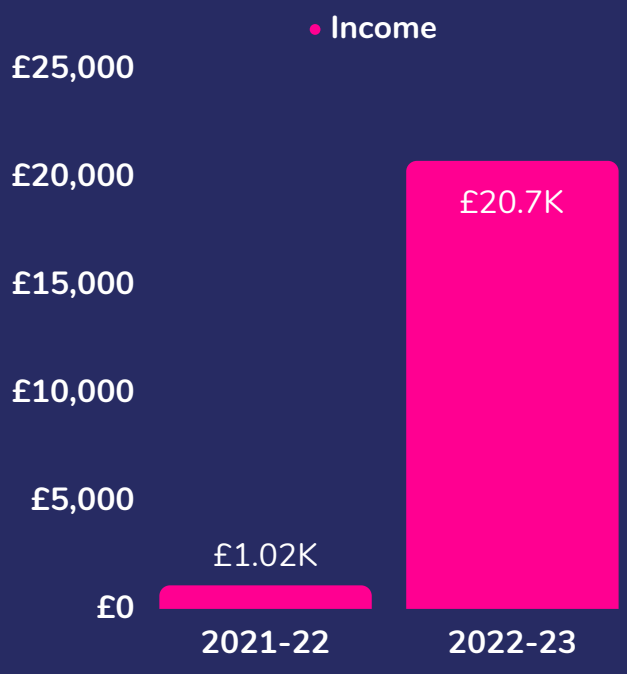
Income

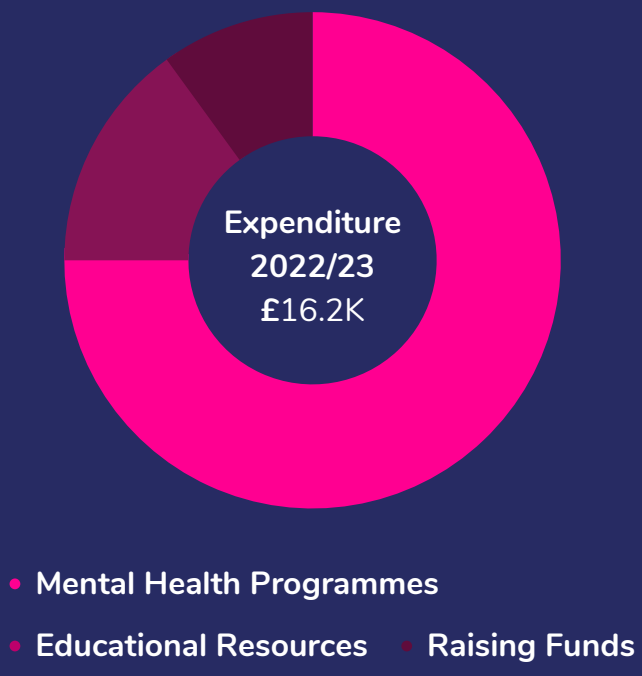
Mind of the Student's income has grown significantly due to The Hemraj Goyal Foundation funding, community partners, donations from the public and fundraising activities in 2022/23.

COVID-19 affected charitable activities at MOTS which therefore led to reduced income in the previous financial year.

Expenditure

As a result of additional funding, expenditure increased. Increased investment was seen in our school mental health programmes, educational resources and online activities including raising funds. Educational resources includes the maintenance of our website along with classroom worksheets and lesson plans.





Reserves

Mind of the Student has £2,000 in reserves to maintain operating expenses up to one month. The charity is working on increasing its reserves to at least a 3 months operating period, to ensure financial stability.

Report of the Trustees

Report of the Trustees

The trustees of Mind of the Student present their annual report and audited accounts for the year ended 04 July 2023 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Charity Number:	1165035
Constitution / Structure Type:	Charitable Incorporated Organisation (CIO)
Start of Financial Year:	05 July 2022
End of Financial Year:	04 July 2023
Trustees at 03 July 2023:	Mr Brain McGee (Chair) Mr Darren McCabe Ms Skylar McKeith Ms Queenie Chizea Mr Eddie Aylett
Trustee Selection Method:	Elected by Trustees
Chief Executive:	Mr Kieran Goodwin
Organisational Management	The trustees determine the general policy of the charity. The day to day running of the charity is delegated to the CEO, supported by senior staff. The Chief Executive undertakes the key leadership role overseeing programs and administrative functions in consultation with staff and volunteers. The day to day administration of charity is undertaken within the policies and procedures approved by the trustees which provide for only significant expenditure decisions and major capital projects to be referred to the trustees for prior approval. The CEO oversees the recruitment of all staff, administrative and volunteers.

Registered Address:	Mind of the Student 3rd Floor, 86-90 Paul Street London, EC2A 4NE United Kingdom
Date of Incorporation:	05 January 2016
Governing Document:	Memorandum and Articles of Association
Bankers:	Metro Bank 117-121 Bishopsgate London EC2M 3TL United Kingdom
Independent Examiner:	Not required as per Charity Commission guidelines due to low income level in this reporting period.
Risk Management:	The trustees are responsible for the overseeing of the risks faced by the charity. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. The main risks that the trustees have identified and the plans to manage those risks are: **Reputation** The charity's success is built on its reputation for the well-being of our volunteers and staff.

We manage this risk through safeguarding policies, staff recruitment policies and active identification and resolution of health and safety related issues through undertaking strict risk management assessments for each activity the charity undertakes.

Money

Our ability to continue is reliant on public donations, corporate support and grant programmes. This risk is managed by marketing activity, having a reputation for national excellence and appropriate cash-flow management.

Programs and Activities

The charity's programs require qualified volunteers and staff to facilitate activities to benefit the public with optimum excellence. We manage this risk by combining attractive benefits and recruiting a diverse workforce to make our charity the most inclusive organisation to work for. All our volunteers and staff undergo initial training and Continual Professional Development (CPD). Prior to employment all applicants are DBS screened (Enhanced).

Through the risk management processes established for the charity, the trustees are satisfied that the major risks identified have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Serious Incidents: No serious incidents were reported.


mind of the
student

Environmental Sustainability Policy:	Mind of the Student commits itself to minimising its impact on the environment through: • Providing a safe and healthful workplace; • Having an environmentally sustainable aware culture, where responsibility is assigned and understood; • Being an environmentally responsible neighbour in its community; • Conserving natural resources by reusing and recycling; • Using, in its own operations, processes that do not adversely affect the environment; • Ensuring the responsible use of energy throughout the organisation; • Participating in efforts to improve environmental protection and understanding; • Taking steps to improve environmental performance continually; • Conducting rigorous audits, evaluations, and self-assessments of the implementation of this policy; • Working with suppliers who promote sound environmental practices; and • Enhancing awareness among our employees, volunteers, and users – educating and motivating them to act in an environmentally responsible manner.
Gifts in Kind:	No gifts in kind have been received during this reporting period.
Reserves:	Mind of the Student has £2,000 in reserves to maintain operating expenses up to one month. The charity is working on increasing its reserves to at least a 3 months operating period, to ensure financial stability.

Financial Position:

We received funds from The Hemraj Goyal Foundation, DNA Insurance, Koyani Education, Child Protection Training UK, Shoot You, Filigrillz, along with fundraising activities collected via JustGiving.

The trustees are continuing their strategy of deploying all net incoming resources to investing in the charitable purposes of Mind of the Student. As a charity, the public, volunteers and staff have the assurance that all the income of the charity must be applied for charitable purposes.

Declaration:

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees:

Mr Brian McGee
Chair

Registered Charity: 1165035

Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk.

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
Mind of the Student	1165035

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	05/07/2022		04/07/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations and legacies	7,018	-	-	7,018	570
Grants	13,440	-	-	13,440	-
Services	250	-	-	250	500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	**20,708**	-	-	**20,708**	**1,070**
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	**20,708**	-	-	**20,708**	**1,070**
A3 Payments					
Wages	10,401	-	-	10,401	-
Insurance	800	-	-	800	-
Freelance staff	268	-	-	268	-
Telephone	28	-	-	28	
Print, postage and stationery	518	-	-	518	
Recruitment & other staff cost	153	-	-	153	-
Advertising & marketing	1,753	-	-	1,753	-
Computer & software	52	-	-	52	-
Internet & website costs	54	-	-	54	-
Travel & subsistence	213	-	-	213	-
Subscriptions	180	-	-	180	-
Training	1,250	-	-	1,250	-
Staff entertaining	131	-	-	131	-
Meeting Room	136	-	-	136	-
Computer equipment	282	-	-	282	-
Sub total	**16,218**	-	-	**16,218**	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	**16,218**	-	-	**16,218**	-
Net of receipts/(payments)	4,490	-	-	4,490	1,070
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	230	-	-	230	-
Cash funds this year end	**4,720**	-	-	**4,720**	**1,070**

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Bank	4,720	-	-
	Cash	-	-	-
		-	-	-
	Total cash funds	**4,720**	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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 asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Brian McGee	Brian McGee	05/07/2023
Eddie Aylett	Eddie Aylett	05/07/2023

MIND OF THE STUDENT

England & Wales - Charity number 1165035

Accounts

Registered Charity: 1165035

Annual Report
2021/22

mind of the student

Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk.

Advancing mental health education...

Chief Executive and Chief Operating Officer Forward

From personal experience, to vision then launch, Mind of the Student was built around our previous school life, which saw us both face mental health issues including MDAD (mixed depressive and anxiety disorder) and panic disorder. We also struggled with body image during our teen years due to emerging pressure from social media platforms and friendship groups.

From this, not so great, school experience we wanted to offer the next generation a different start to their educational journey. We wanted to open up the conversation around mental health in a school setting, remove the stigma and point out that mental health is an integral part of everyone's anatomy.

Education around the topic of mental health is imperative to improve understanding, success in employment, and simply know the varied levels of support available if one’s mental health deteriorates while in school or later life.

Current research suggests the need for some kind of intervention in a school setting. Our vision was not just to target a select few to receive our mental health workshop, but entire school communities.

A blanket method ensures all students receive some form of mental health education while in school. Post-workshop, students will have the know-how on what mental health deterioration looks like, where and who to approach for support and opening up the conversation around the topic amongst friends and family, reducing mental health stigma.

Mind of the Student's journey has just begun, and we understand the immensity of our project, which is why we are so thrilled to plan a relaunch and rebrand for December 2022.

Across 2021/22 we have worked hard to create a program which will be beneficial to the many, on ways to combat mental health problems, and educate the next generation on how and where to get the best support.

No young person should suffer in silence with their mental health. We want to create schools, where students are able to speak freely and openly about their feelings with friends, teachers and family.

That being said, we are so pleased to welcome you to this years Annual Report.

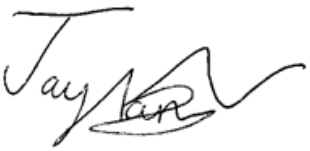
Lastly, we would like to than our partners and Clinical Lead, who has supported us in the creation of our new and improved mental health program for secondary schools across London, Essex and Kent.

If you have any questions regarding Mind of the Student please reach out to us on enquiries@mindofthestudent.org.uk.





Kieran Goodwin, Chief Executive
Mind of the Student



Jaylan Sesli, Chief Operating Officer
Mind of the Student

2021/22 Overview

Facilitator Training Manual

The team at Mind of the Student spent just over 6 months creating the Facilitator Training Manual, a 65 page booklet which outlies the ins and outs of the charity's workshop program, how to deliver the content effectively, while offering tips and advice on keeping young people engaged during workshop delivery.

The manual has received excellent feedback from trainee facilitators who said the layout and information is easy to understand and navigate.



Clinical Advice Videos

Dr Chukwuemeka “Chuks” Nwuba works as an eating disorders doctor in London. He was voted on the list of Powerful Media’s Top 10 Black Future Leaders 2017-18.

In 2022, Dr Chuks joined Mind of the Student as their Clinical Lead advising on mental health and content direction to improve student's understanding on the topics which are being discussed during the MOTS workshops.

A series of videos was filmed by Tim Mcbaj Visuals, which features Dr Chuks discussing the signs and symptoms of depression and anxiety followed with expert advice on what to do when struggling with poor mental health.



Facilitator Training Manual

In June 2022, Mind of the Student trialled the new workshop content at Paddington Academy, which was met with praise and extremely positive feedback by students, teachers and pastoral, at the school.

It also allowed MOTS to measure the need of improved mental health education in schools. Mind of the Student is currently working with it's partners to measure this data and feedback from students, which will be published in due course.

Paddington Academy invited the charity to attend again, in the following year, to educate their new cohort of year 7s.



The Rebrand

Originally, WYO Educate - it was decided by Kieran Goodwin, Chief Executive and Jaylan Sesli, Chief Operating Officer, that the name had to be changed to better reflect Mind of the Student's charitable objectives, which is to advance mental health education and improve conversation/understanding of this topic in schools.

Introducing, Mind of the Student... with our new and refreshed look of navy/pink. More information about our rebrand can be found on the website of MOTS.

Report of the Trustee's

Report of the Trustee's

The trustees of Mind of the Student present their annual report and audited accounts for the year ended 04 January 2021 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Charity Number:	1165035
Constitution / Structure Type:	Charitable Incorporated Organisation (CIO)
Start of Financial Year:	05 January 2021
End of Financial Year:	04 July 2022
Trustees at 04 July 2020:	Mr Ayath Ullah Mr Eddie Aylett Ms Claire Belgard
Trustee Selection Method:	Elected by Trustees
Chief Executive:	Mr Kieran Goodwin
Organisational Management	The trustees determine the general policy of the charity. The day to day running of the charity is delegated to the CEO, supported by senior staff. The Chief Executive undertakes the key leadership role overseeing programs and administrative functions in consultation with staff and volunteers. The day to day administration of charity is undertaken within the policies and procedures approved by the trustees which provide for only significant expenditure decisions and major capital projects to be referred to the trustees for prior approval. The CEO oversees the recruitment of all staff, administrative and volunteers.

Registered Address:	Mind of the Student 3rd Floor, 86-90 Paul Street London, EC2A 4NE United Kingdom
Date of Incorporation:	05 January 2016
Governing Document:	Memorandum and Articles of Association
Bankers:	Direct Business Banking Future Williams & Glyn Team 1 Spinningfields Square Manchester M61 0NH United Kingdom
Independent Examiner:	Not required as per Charity Commission guidelines due to low income level in this reporting period.
Risk Management:	The trustees are responsible for the overseeing of the risks faced by the charity. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. The main risks that the trustees have identified and the plans to manage those risks are: **Reputation** The charity's success is built on its reputation for the well-being of our volunteers and staff.

We manage this risk through safeguarding policies, staff recruitment policies and active identification and resolution of health and safety related issues through undertaking strict risk management assessments for each activity the charity undertakes.

Money

Our ability to continue is reliant on public donations, corporate support and grant programs. This risk is managing by marketing activity, having a reputation for worldwide excellence and cash-flow management.

Programs and Activities

The charity's programs require the most able volunteers and staff to facilitate our activities to benefit the public with optimum excellence. We manage this risk by combining attractive benefits and recruiting a diverse workforce to make our charity the most inclusive organisation to work for. Our all volunteers and staff undergo initial training and Continual Professional Development (CPD). Prior to employment all applicants are DBS screened (Enhanced).

Through the risk management processes established for the charity, the trustees are satisfied that the major risks identified have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Serious Incidents: No serious incidents were reported.


mind of the
student

Environmental Sustainability Policy:	Mind of the Student commits itself to minimising its impact on our environment through: • Providing a safe and healthful workplace; • Having an environmentally sustainable aware culture, where responsibility is assigned and understood; • Being an environmentally responsible neighbour in our community; • Conserving natural resources by reusing and recycling; • Using, in our own operations, processes that do not adversely affect the environment; • Ensuring the responsible use of energy throughout the organisation; • Participating in efforts to improve environmental protection and understanding; • Taking steps to improve environmental performance continually; • Conducting rigorous audits, evaluations, and self-assessments of the implementation of this policy; • Working with suppliers who promote sound environmental practices; and • Enhancing awareness among our employees, volunteers, and users – educating and motivating them to act in an environmentally responsible manner.
Gifts in Kind:	No gifts in kind have been received during this reporting period.
Reserves:	MOTS has not maintained any reserves this financial year due to operational dormancy during previous years caused by the COVID-19 pandemic.

Financial Position:

We received funds from Paddington Academy, Charms and Tings LTD (Small Local Business Partner) and online donations via our website.

The Trustees are continuing their strategy of deploying all net incoming resources to investing in the charitable purposes of Mind of the Student. As a charity - the public, volunteers and staff have the assurance that all the income of the charity must be applied for charitable purposes.

Declaration:

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees:

Mr Eddie Aylett
Vice Chair

Registered Charity: 1165035

Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk.

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
Mind of the Student	1165035

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	05-Jan-21		04-Jul-22

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations, legacies and grants	570	-	-	570	-
Services	500	-	-	500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	1,070	-	-	1,070	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,070	-	-	1,070	-
A3 Payments					
Payroll - Salary & Wages	390	-	-	390	-
Travel Expenses	100	-	-	100	-
Printing and Reproduction	200	-	-	200	-
Videography	150	-	-	150	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	840	-	-	840	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	840	-	-	840	-
Net of receipts/(payments)	230	-	-	230	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	230	-	-	230	-

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	Bank	840	-	-
	Cash	-	-	-
		-	-	-
	Total cash funds	840	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

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

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

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

Categories	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
	Eddie Aylett	Mr Eddie Aylett	18/04/2023

MIND OF THE STUDENT

England & Wales - Charity number 1165035

Accounts



Annual Report

2020/21

WYO educate

WORLD YOUTH ORGANIZATION

advancing education

World Youth Organization is a registered charity in England and Wales (1165035). 'World Youth Organization' is a registered trademark (UK00003148083). WYO Educate is part of the World Youth Organization.

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Charity Contact Details

Mailing address

World Youth Organization
49 Station Road
Polegate. East Sussex
BN26 6EA
United Kingdom

General Enquiries

enquires@worldyo.org

Phone Number

08443510010

This report is a duplicate of the previous report, as the charity was not in operation throughout both periods. Please refer to our website for more information or official social media channels.

Joint message from our Chair and Chief Executive

As you may be aware, the charity has gone quiet since 2019. This was due to a number of factors out of the charity's control, including the ongoing COVID-19 (SARS-CoV-2) pandemic and lack of funds we received due to economic difficulties local businesses, cooperation's and grant giving organisations face. Our reporting to the Charity Commission has therefore lagged.

The World Youth Organization is now back and fully operational. We are ensuring continuity of service will not be interrupted in the future and funds made available to support our important work for young people.

This report will be brief and we hope to have your understanding throughout as we relaunch the charity and our flagship program WYO Educate.

Thank you for taking the time to read our annual report. We look forward to reintroducing you to our charity and continue working towards our aim of advancing education for young people.



Mr Ayath Ullah
Chair



Mr Kieran Goodwin
Chief Executive

Report of the Trustees

The trustees of the World Youth Organization charity present their annual report and audited accounts for the year ended 04 January 2021 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Charity Number:	1165035
Constitution / Structure Type	Charitable Incorporated Organisation (CIO)
Start of Financial Year	05 January 2020
End of Financial Year:	04 January 2021
Trustees at 04 January 2020:	Mr Ayath Ullah (Chair) Mr Eddie Aylett Ms Claire Belgard
Trustee Selection Method	Elected by Trustees
Chief Executive	Mr Kieran Goodwin
Organisational Management	The trustees determine the general policy of the charity. The day to day running of the charity is delegated to the CEO, supported by senior staff. The Chief Executive undertakes the key leadership role overseeing programs and administrative functions in consultation with staff and volunteers. The day to day administration of charity is undertaken within the policies and procedures approved by the trustees which provide for only significant expenditure decisions and major capital projects to be referred to the trustees for prior approval. The CEO oversees the recruitment of all staff, administrative and volunteers.

Registered Address:	World Youth Organization 49 Station Road Polegate East Sussex BN26 6EA
Date of Incorporation:	05 January 2016
Governing Document:	Memorandum and Articles of Association
Bankers:	Direct Business Banking Future Williams & Glyn Team 1 Spinningfields Square Manchester M61 0NH
Independent Examiner:	Not required as per Charity Commission guidelines due to low income level in this reporting period.

Report of Trustees (con'd)

The trustees and directors present their report and accounts for the year ended 04 January 2021.

Objectives and how they are achieved:

Mission

To see a world where all young people can easily transition into adulthood, without the difficulties of stereotypical views, lack of support services and education.

Values

Our core values are driven by the following factors:

- WYO supports young people, through the advancement of education, relief of unemployment, and to allow the growth of a young generation of new leaders.
- WYO mobilizes support and resources to help countries, particularly those of developing countries, ensure an "education for all" and to build their

capacity to form appropriate policies and deliver services for young people which will be maintained for future generations.

- WYO is committed in ensuring all young people have the right to work, and earn a living and not live in poverty due to the lack of opportunities given to them.
- WYO, in everything it's involved with, the most disadvantaged youth and the countries in greatest need to education and opportunity takes priority, always.

Geographic Scope

Our delivery is primarily aimed at children and young people aged 11-25. Our programmes are largely based within the UK, with targeted activities provided in: Central and Greater London. We hope to roll out WYO Educate across England and Wales in 2022.

We do have capacity to expand our operations internationally with previous programs being ran in the United States of America and Guatemala.

Programs, Results of the Year and Achievements

Due to lack of funds and the COVID-19 pandemic, all operations during this reporting period unfortunately ceased. Therefore we have been unable to continue running our WYO Educate program, however this program will be relaunched in 2022, pending funding.

Risk Management

The trustees are responsible for the overseeing of the risks faced by the charity. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis.

The main risks that the trustees have identified and the plans to manage those risks are:

- **Reputation**

  The charity's success is built on its reputation for the well-being of our volunteers and staff. We manage this risk through safeguarding policies, staff recruitment policies and active identification and resolution of health and safety related issues through undertaking strict risk management assessments for each activity the charity undertakes.

- **Money**

Our ability to continue is reliant on public donations, corporate support and grant programs. This risk is managing by marketing activity, having a reputation for worldwide excellence and cash-flow management.

- **Programs and Activities**

  The charity's programs require the most able volunteers and staff to facilitate our activities to benefit the public with optimum excellence. We manage this risk by combining attractive benefits and recruiting a diverse workforce to make our charity the most inclusive organisation to work for. Our all volunteers and staff undergo initial training and Continual Professional Development (CPD). Prior to employment all applicants are DBS screened.

Through the risk management processes established for the charity, the trustees are satisfied that the major risks identified have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Serious Incidents

No serious incidents were reported.

Environmental Sustainability Policy

The World Youth Organization commits itself to minimising its impact on our environment through

- Providing a safe and healthful workplace;
- Having an environmentally sustainable aware culture, where responsibility is assigned and understood;
- Being an environmentally responsible neighbour in our community;
- Conserving natural resources by reusing and recycling;
- Using, in our own operations, processes that do not adversely affect the environment;
- Ensuring the responsible use of energy throughout the organisation;
- Participating in efforts to improve environmental protection and understanding;
- Taking steps to improve environmental performance continually;
- Conducting rigorous audits, evaluations, and self-assessments of the implementation of this policy;
- Working with suppliers who promote sound environmental practices; and
- Enhancing awareness among our employees, volunteers, and users – educating and motivating them to act in an environmentally responsible manner.

Volunteer Help

6 Volunteers

List of volunteer positions at the World Youth Organization:

- Designated Safeguarding Lead (x1)
- International Relations Team Member (x2)
- Social Media Manager (x2)
- Events and Marketing Team Member (x1)

Gifts in Kind

No gifts in kind have been received during this reporting period, as all operations ceased during the COVID-19 pandemic.

Reserves

WYO has not maintained any reserves this financial year.

Partners

8 Partners

List of World Youth Organization partners:

- Child Protection Training UK (Safeguarding Partner)
- Bower Park Academy (School and Educational Partner)
- Metal Potato (Website and Online Partner)
- Hemraj Goyal Foundation (School and Educational Partner)
- Stress Free Print (Printing Partner)
- Google for Work (Website and Online Partner)
- Diversity Travel (Travel Partner)
- Hype Magazine (Media Partner)

Financial position

We received no funds through sponsorship, grants or other monetary donations during this reporting period as all operations ceased during the COVID-19 pandemic.

The Trustees are continuing their strategy of deploying all net incoming resources to investing in the charitable purposes of the World Youth Organization.

As a charity - the public, volunteers and staff have the assurance that all the income of the charity must be applied for charitable purposes.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:



Mr Ayath Ullah
Chair

Some of our partners and sponsors:

Throughout this finanical year, operations ceased due to the COVID-19 pandemic, therefore no income or payments had been reported.

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
World Youth Organization	1165035

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	05/01/2020		04/01/2021

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	-	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	-	-	-	-

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	Bank	161	-	-
	Cash	-	-	-
		-	-	-
	Total cash funds	161	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	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
		Ayath Ullah	**02/01/2022**
		Eddie Aylett	**02/01/2022**