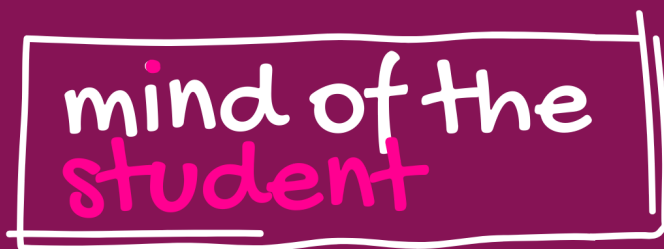


Registered Charity: 1165035

Annual Report

2021/22



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 outlines 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 trialed the new workshop content at Paddington Academy, which was met with praise and extremely positive feedback by students, teachers and pastoral, at the school.

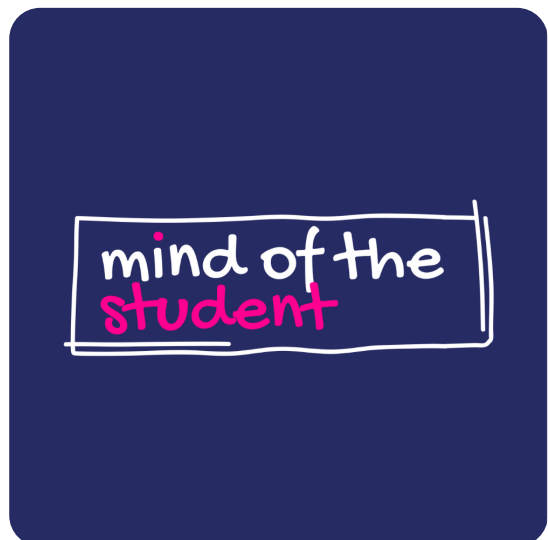
It also allowed MOTS to measure the need of improved mental health education in schools. Mind of the Student is currently working with it's partners to measure this data and feedback from students, which will be published in due course.

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: | <p>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.</p> <p>The main risks that the trustees have identified and the plans to manage those risks are:</p> <p>Reputation</p> <p>The charity's success is built on its reputation for the well-being of our volunteers and staff.</p> |

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 managed 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

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mind of the Student

No (if any)
1165035

Receipts and payments accounts

CC16a

For the period
from

Period start date
05-Jan-21

To

Period end date
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 |
| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B4 Assets retained for the charity's own use | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| 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 |
| | | | |