

Registered Charity: 1165035

Annual Report and Accounts 2023 - 2024

empowering
conversations
on mental health.

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Trademark number: UK00003983037



Contents

Acknowledgements and Year in Numbers	4
Co-Founders Foreword	5-6
Chair of Trustees Foreword	7
Clinical Lead Foreword	9
Core Programmes	10-11
Other Programmes	12
Case Study: Jamie	13
Change Makers and Youth Committee	14
Year in Review	16-20
Where we have been	21
Outlook for 2024-25 and Beyond	22
Management Committee's Annual Report	23-25
Independent Examiners Report	26-27
Receipts and Payments Account	28
Statement of Assets and Liabilities	29
Notes to the Accounts	30

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.

2,883,910
young people

have a probable mental health
problem in England and Wales.



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

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

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





Only 33%
young people
are comfortable talking about
their mental health/wellbeing.

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.

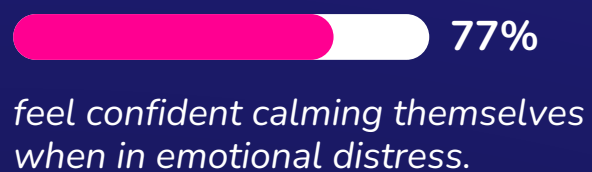
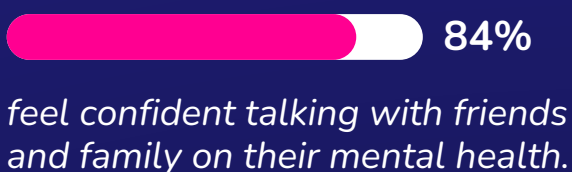


Core Programmes



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:



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.

Other Programmes

The logo for Forward Focus, with 'FORWARD' in white and 'FOCUS' in green, overlaid on a background image of three young people sitting around a table in a classroom setting.

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.

The logo for Inner Canvas, with 'Inner' in a yellow script font and 'Canvas' in a yellow serif font, overlaid on a background image of a hand painting with a brush.

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.



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.

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 a 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





40,000+
young people

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

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.

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.

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.

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.

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.





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

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

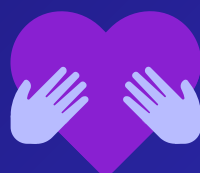
Whole-school, skill building mental health workshops

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.

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

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:

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

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

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.

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

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

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
		<u>31,896</u>	<u>4,720</u>
Current Liabilities			
Creditors	4	2,298	
Net current assets		<u>29,598</u>	<u>4,720</u>
Net assets		29,598	4,720
Charity Funds			
Unrestricted		29,330	4,720
Restricted		268	
		<u>29,598</u>	<u>4,720</u>

Assets retained for Charities own use

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

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

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.

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