

RCN: 1165035

Annual Report

2024/25

empowering
conversations
on mental health.



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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



397 volunteer hours dedicated to supporting young people's mental health

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 and 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



A background image showing a group of students in a workshop setting. Two female students in the foreground are looking at a booklet. They are wearing green lanyards with 'Mind of the Student' and 'Healthcare' text. Other students are visible in the background, also wearing lanyards. The image is overlaid with a dark blue gradient and a thick pink curved line on the right side.

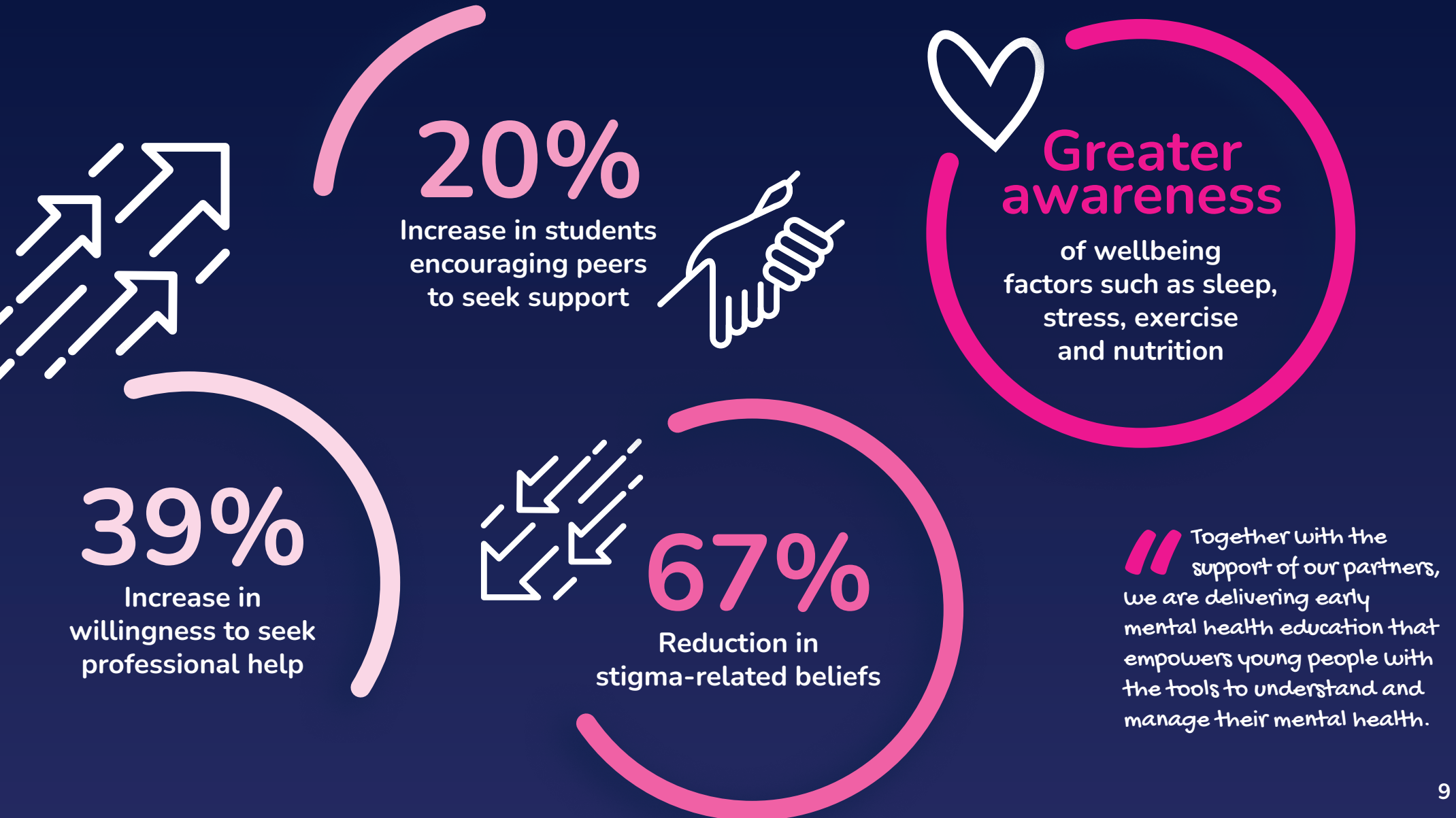
Mental Health Workshops Delivered in Partnership with Inner Spark

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:



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.

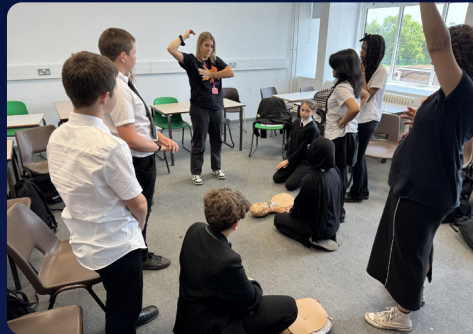
North of England Targeted Delivery (Manchester, Cheshire and Newcastle)

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.



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



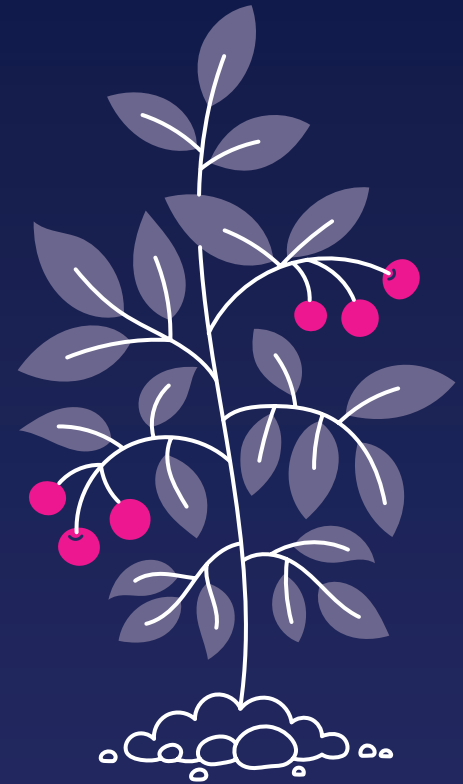
2026–27: Expansion

- 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

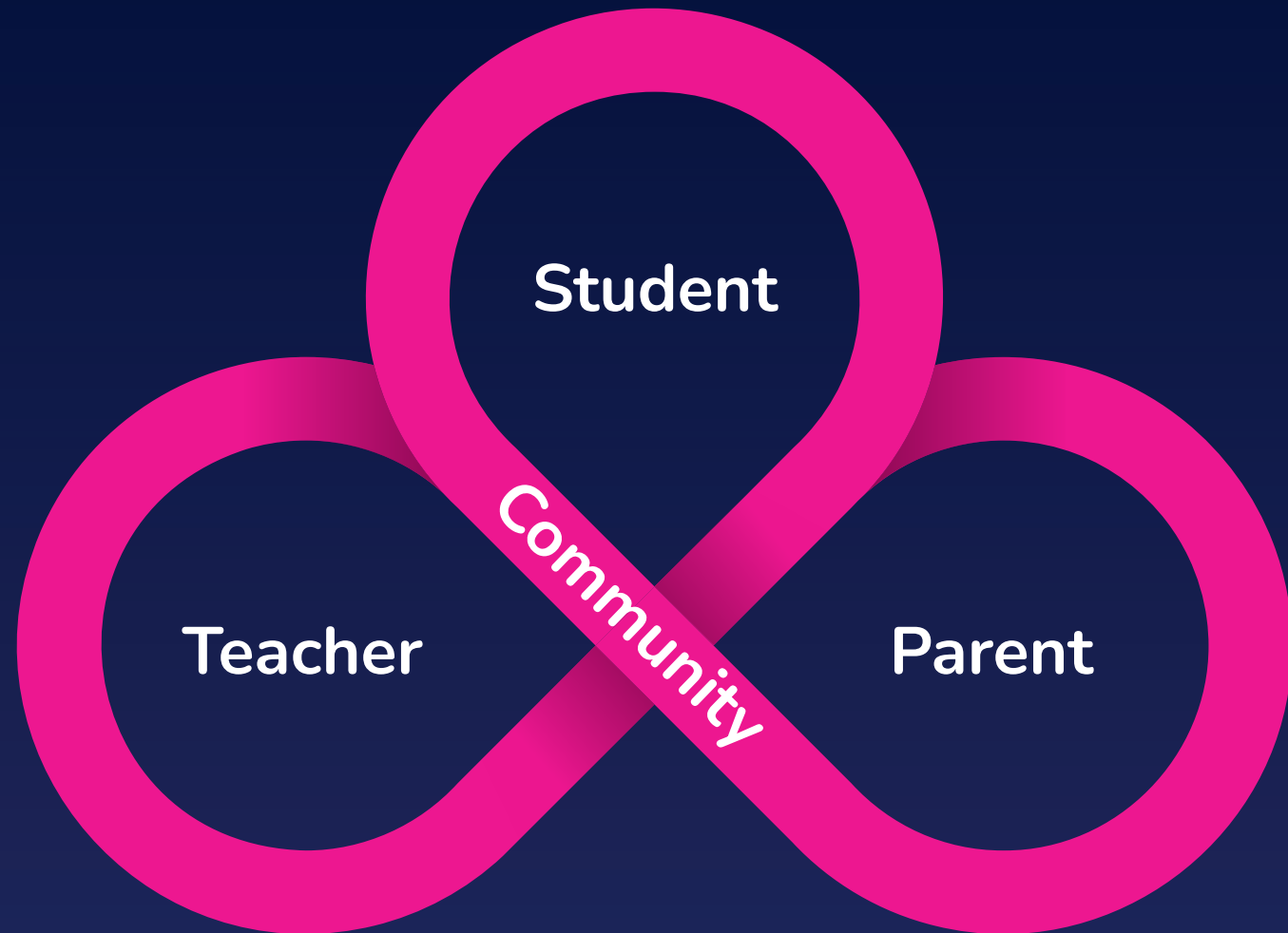


Our Future Outlook

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.

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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 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.

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

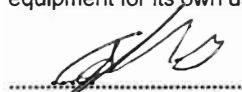
	Note	Unrestricted £	Restricted £	2025 £	2024 £
Receipts					
Grants & Donations	2	5,843	29,447	35,290	32,027
Fundraising		19,116	-	19,116	12,529
Corporate partnership		8,375	-	8,375	105
Generated Income	3	64,844	-	64,844	37,200
Gift Aid		2,571	-	2,571	354
Bank Interest		166	-	166	-
Other income		4,724	-	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		<u>41,274</u>		<u>31,896</u>	
		46,912		31,896	
Current Liabilities					
Creditors	5	6,284		2,298	
Net current assets			40,737		29,598
Net assets			<u>40,737</u>		<u>29,598</u>
Charity Funds					
Unrestricted			37,583		29,330
Restricted			3,154		268
			<u>40,737</u>		<u>29,598</u>

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 2/11/25

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	