



The Lotus Mental Health

THE LOTUS MENTAL HEALTH

[Document subtitle]



The Lotus Mental Health

The Lotus Mental Health: Charity Number 1178502

Charity Address:

Detailed within this document:

- How the charity is managed
- Charity aims.
- Charity objectives
- Review of charity achievements
- Future plans for the charity
- Finances
- Risk management
- Recruitment of Trustees
- Trustees

How the charity is managed:

The trustees take responsibility for the charity, with one trustee – Carla Whittaker, managing the day to day running of the charity. As part of this role, Ms Whittaker is responsible for the development, creation and distribution of the materials that belong to the charity, including the books, teaching materials and information leaflet.

All decisions regarding the materials – such as final drafts and distribution of materials, are approved by the charity trustees, before they are released.

Our aims:

The aims of the charity are to provide mental health education and support to children, young people, parents, carers and teaching staff, using a variety of methods and materials, including, but not limited to:

- Several children's book series
- Children's self-help journals
- Information leaflets for parents/carers
- Information leaflets for children/young people
- Teacher mental health training
- Pupil mental health training
- A dedicated website
- Drop – in centre for parents and carers.
- Online activities for children

Through these means, we aim to help tackle the negative stigmas surrounding mental health, by ensuring that an understanding of mental health is taught and nurtured from a young age.

Our objectives:

Due to the current pandemic, the objectives of the charity have altered slightly, to fit with the current climate. As a result, much of the work carried out for the charity has been solely focused on the mental health of children, and their understanding of the coronavirus pandemic. These are as follows:

- Story book, that is available on the charity website, explaining what coronavirus is.
- Story on the website, explaining how life is being affected by coronavirus.
- Activity worksheets that contain information about coronavirus.
- Explanation of the concepts surrounding coronavirus – for example:
 - o Social distancing
 - o Home learning
 - o The roles of key workers
 - o Lockdown restrictions – what they are and what they mean

Review of charity Achievements:

Continued from the last year, the charity continues to provide free story books to local children and local primary schools.

Due to the current restrictions that are in place, visits to schools are no longer possible. However, these will be picked up and continued once the lockdown restrictions are no longer in place and it safe to do so.

The charity have also developed teacher training programmes for primary and secondary schools, delivering psychoeducation. These will be ready to release within the next 12-18 months.

Future plans for the charity:

The charity aim to provide teacher training materials to as many schools as possible. The roll out of this, will start once current government guidelines allow us to do so.

In the meantime, the charity is working on the development of classroom worksheets, that can be completed alongside of the story books, therefore helping young children to grasp a basic understanding of mental health.

There will also be further book series written and illustrated – explaining mental health from the perspective of older children.

We also plan to begin the development of the drop-in centre, which will offer support, advice, guidance and conversations with the parents and carers of children and young people who are struggling with their mental health.

Finances:

The Lotus Mental Health
Statement of Financial Activities (including Income & Expenditure Account) for the year ended April 1st,

		Unrestricted Funds 202	Restricted Funds 202
	Notes	£	£
Incoming resources			
Incoming resources from generated funds:			
<i>Voluntary income:</i>			
Donations and grants	1	0	-
Total incoming resources		0	-
 Resources expended			
Costs of generating funds			
Costs of generating voluntary income	2	0	-
Charitable Activities	2	0	-
Governance costs	2	-	-
Total resources expended		0	-
 Net income for the year. (Net incoming resources before other recognised gains)		0	-
 Other recognised gains			
Gain on revaluation of investments		-	-
 Reconciliation of funds			
Total funds brought forward		191	-
Total funds carried forward		191	-

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The Lotus Mental Health
Statement of Financial Activities (including Income & Expenditure Account) for the year ended 1st April

	202	
Notes	£	£
Fixed Assets		
Tangible assets		-
Investments		-
		-
Current Assets		
Stock		60
Debtors		-
Cash in hand		191
		251
Creditors: amounts falling due within one year		-
Net Current Assets		251
Net Assets		251
Unrestricted funds		
Designated funds		-
Revaluation funds		-
General funds		251
		251
Restricted funds		-
Total Funds		251

Approved by the management committee on the 28 March 2022 and signed on its behalf by:
C. Whittaker, Treasurer

Notes forming part of the Financial Statements for the year ended 1st April 2022

1. Donations

	Unrestricted	Restricted	2021 Total
	£	£	£
Donations	0	-	0
	0	-	0

2. Total Resources Expended

		Basis of Allocation	Charity Fundraising	Mental Health Awareness	2021 Total
			£	£	£
Costs Directly Allocated to Activities					
Fundraiser Supplies	Direct		-	-	0
Educational Supplies	Direct		-	-	0
Travel	Direct		-	-	0
Total resources expended			0	0	0

Recruitment of Trustees:

The trustees of The Lotus Mental Health are recruited by having an interest in mental health and by wanting to help eradicate the negative stigmas surrounding mental health, using the aims and objectives of the charity. If someone is interested in becoming a trustee, they should contact the charity directly.

Trustees:

- Carla Whittaker
- Christopher Monk
- Danielle Berry
- Paul Mironiuk
- Christine Mironiuk
- Kirsty Mironiuk