



THE LOTUS MENTAL HEALTH

Trustee Report – Year ending April 2023

APRIL 1, 2023

THE LOTUS MENTAL HEALTH
Charity Number: 1178502

The Lotus Mental Health:

Registered charity number: 1178502

Detailed within this document:

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

How the charity is managed:

The trustees take responsibility for the charity, with one trustee – Carla Mironiuk (previously known as Carla Whittaker), managing the day to day running of the charity. As part of this role, Ms Mironiuk is responsible for managing the day to day running of The Lotus Mental Health. As part of this role, Ms Mironiuk is responsible for the development, creation, distribution, and implementation of the materials that belong to the charity, including but not limited to:

- Story books
- Self-Help journals
- Teaching training materials
- Pupil training materials
- Information leaflets
- Coping mechanism leaflets
- Running of the mental health support sessions – AKA The Drop-In Centres
- Social media
- Website development and content
- Online worksheets

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

Our Aims

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

- Several book series:
- The Lotus Series One
- The Lotus Series Two
- Me and My Mind Self-Help Journals

- Information leaflets for parents and carers
- Coping mechanism leaflets for parents and carers
- Teacher mental health training for schools
- Pupil mental health awareness
- A dedicated website that is updated and reviewed regularly
- Drop-in centre/mental health support for parents and carers who are concerned about their child's mental health
- 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 natured from a young age.

Our Objectives:

This year, we have been planning the opening of the drop-in centres and mental health support for parents and carers who are concerned about their child's mental health, and for parents and carers who have a child/adolescent with mental health issues.

Initially, we aim to open one drop-in centre per week, with the hope to expand as.

As per the previous charity report, we have strived to work on the following over the year:

- Completion of teacher training materials
- Completion of pupil mental health awareness programme for schools
- Overhaul of the website including but not limited to:
 - Pages dedicated to parents and carers, schools, children, and young people
 - Pages with downloadable mental health information leaflets
 - Pages with downloadable mental health coping mechanism leaflets
 - Gallery page
 - News and updates page
- Completion of the Me and My Mind Journal Series
- Planning of the drop-in centre/mental health support sessions for parents and carers
- Preparation for the next series of books – Me and My Child's Mind book series – a book series that work alongside (or independently) the Me and My Mind self-help journal series. These books will talk about specific mental health conditions, signs, and symptoms, coping strategies, as well as covering wellbeing and self-care

Review of charity achievements

The Lotus Mental Health are very proud to have achieved the majority of the objectives.

The Me and My Mind Self-Help Journal series is now complete and available for purchase through our website. Any proceeds from the book sales will go directly to the charity bank account and put back into maintaining the charity.

All of the teaching programmes have now been completed. We have completed teacher training for primary and secondary schools. The teacher training programmes can be delivered by myself – providing it is sustainable based on geographical demographics. Alternatively, as part of the mental health awareness presentation, I have written a script for teachers to use, so they can use the training programmes independently.

We have also completed the pupil mental health awareness programmes. These can be delivered in the same way as the teacher training programmes – either by myself, or teachers can follow the pre-written script that will be provided alongside the training materials.

The primary school mental health awareness program also comes with worksheets that use the characters that are used in The Lotus Series One story books. The worksheets focus on recognising emotions, understanding how emotions can affect us and our friends.

All of these training materials can be accessed by schools upon request.

The parent and carers self-help journals; Me and My Child's Mind are now well underway. The first book in this series – 'Me and My Child's Mind: Generalised Anxiety Disorder' has been published and available through our website. Again, all proceeds go directly to The Lotus Mental Health bank account.

The Lotus Mental Health have also started making plans for the Drop-in Centre/Mental Health Support Sessions to start Autumn, 2023.

Future plans for the charity

The charity aims to provide teacher training and pupil awareness of mental health training to those who wish to use it. As stated previously, these mental health awareness programmes can be delivered by myself or by the schools using a pre-written script for the teaching staff to work from.

We also plan to encourage and provide schools with classroom activity worksheets, talking about mental health and the emotions associated with mental health.

More information leaflets and coping mechanisms leaflets will be made available covering topics such as Gender Identity, LGBTQIA+ community, refugees and asylum seekers, and substance misuse.

We are also in the early planning stages of further programmes that will be delivered in schools, in particularly focusing on Self-Care, Wellbeing, and Self-Esteem.

Our main focus and objective for the upcoming year is the opening of the Drop-in Centre/Mental Health Support Sessions for parents and carers who are concerned about their child's mental health. We have researched this area and looked at what support is available, and assessed what, if any, services are available to support these parents and carers of children, adolescents, and young people who are struggling with their mental health.

We found that there are some wonderful online resources that offer information, advice, and signposting, however, there is nowhere for the parents and carers to physically go to speak to someone about how they are feeling too. The Lotus Mental Health have therefore noticed a huge gap in mental health services, and it is a gap that we strive to help fill.

We are planning to apply for funding grants and opportunities to make this a reality.

Finances

The Lotus Mental Health

Statement of Financial Activities (including Income & Expenditure Account) for the year ended 1st April 2023

		Unrestricted Funds 2023	Restricted Funds 2023
	Notes	£	£
Incoming resources			
Incoming resources from generated funds:			
<i>Voluntary income:</i>			
Donations and grants	1	0	-
Total incoming resources		<u>0</u>	<u>-</u>
Resources expended			
Costs of generating funds			
Costs of generating voluntary income	2	0	-
Charitable Activities	2	0	-
Governance costs	2	-	-
Total resources expended		<u>0</u>	<u>-</u>
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		<u>191</u>	<u>-</u>

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 2023

	Notes	2023 £	£
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 10th of January 2023 and signed on its behalf by:

C. Mironiuk, Treasurer

Notes forming part of the Financial Statements for the year ended 1st April 2023

1. Donations

	Unrestricted £	Restricted £	2023 Total £
Donations	0	-	0
	0	-	0

2. Total Resources Expended

		Basis of Allocation	Charity Fundraising	Mental Health Awareness	2023 Total
			£	£	£
Costs Directly Allocated to Activities					
Fundraiser Supplies	Direct		-	-	0
Educational Supplies	Direct		-	-	0
Travel	Direct		-	-	0
Total resources expended			0	0	0

Note about finances

Aside from the initial fundraising launch event, The Lotus Mental Health has managed to be self-funded. However, with the future plans of the charity, namely the drop-in centre/mental health support, we are aware that being self-funded is unlikely to be sustainable. Funding will be applied for as and when it is required.

Recruitment of Trustees

The trustees of The Lotus Mental Health all have an interest in mental health and want to have a part in helping to reduce the negative stigmas and stereotypes that are still plaguing mental health, by addressing the issues that need tackling, and helping with the implementation of the aims and objectives of the charity.

We encourage individuals who are interested in becoming a trustee of our charity to contact the charity directly.

Trustees

The trustees are as follows:

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