



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From Period start date To 01/04/2022

Period end date 31/03/2023

Charity name: Psyche Well-Being

Charity registration number: 1182620

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none"><li>1. The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in Uganda.</li><li>2. To advance the education of the public in health care by the provision of lectures, workshops and educational projects devoted to healthcare, particularly mental health.</li></ol>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ul style="list-style-type: none"><li>- Workshops carried out in the communities, schools and universities, they include presentations and exercises to engage the audience.</li><li>- Psycho-education sessions; educating individuals about specific mental health disorders, signs and symptoms and ways to manage such signs and symptoms and also ways to seek support and advice.</li><li>- To facilitate interactive activities involving quizzes to promote mental well-being.</li><li>- -To carry out lectures or talks on mental health - aim to make the</li></ul>

		lectures as interactive as possible and get the audience involved. Leaflets to be handed out at the end of every workshop or lecture.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All charity trustees have ensured that all purposes of the charity are for the public benefit only and also follow guidance by the charity Commission making sure all purposes are charitable.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	The charity has 5 volunteers in Uganda, all graduate students at Makerere University and in the community. The volunteers have been involved in sensitisation and mobilisation in some communities and schools in Uganda to educate the public and students on mental health and healthy lifestyles to promote positive mental wellbeing. The volunteers have also been involved in online workshops held to promote mental health awareness and wellbeing , focusing on the impact of the pandemic.
Other		n/a

### Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We have continued to carry out online workshops and presentations which involved psycho-education; educating individuals about specific mental health disorders, signs and symptoms and ways to manage such signs and symptoms and also ways to seek support and advice.</p> <p>Carried out zoom workshops on World Mental Health Day exploring and discussing impact on the pandemic, challenges and how to cope with it. This allowed beneficiaries especially young people to discuss their concerns , challenges and feelings related to schools being closed in Uganda , impact on lack of social contact and employment.</p>
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#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	n/a
Performance of fundraising activities against objectives set	Para 1.41	n/a
Investment performance against objectives	Para 1.41	n/a
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	No finances granted or received by the charity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	£0
Reasons for holding zero reserves	Para 1.22	Have applied for a few grants but deemed unsuccessful. Also, it's been challenging since the pandemic to hold any fund-raising events.
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The charity continues to face risks of being unable to carry out some of the charitable purposes as effectively due to lack of funding/grants. Also , since the pandemic , sensitization and mobilisation in the communities has been difficult due to restrictions.
Other		n/a

## Structure, Governance and Management

Description of charity's trusts:		CIO
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>All current named trustees are involved in the selection and recruitment of new trustees. We aim to refer to the Trustee Recruitment Policy – Model for UK Community Foundations  <a href="https://www.ukcommunityfoundations.org/wp-content/uploads/2017/01/Trustee-Recruitment-Policy_Example.pdf">https://www.ukcommunityfoundations.org/wp-content/uploads/2017/01/Trustee-Recruitment-Policy_Example.pdf</a></p> <p>Moreover, rigorous checks will be carried out if a trustee is eligible including Disclosure and Barring service (DBS) checks and at least two references with expectations to follow charity commission guidelines and procedures.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>We are have worked on the policies and procedures for the induction and ensured that all Trustees received:</p> <ul style="list-style-type: none"> <li>- An organisational chart</li> <li>- Outline of current boards skills and experience</li> <li>- A copy of the previous year's annual report and financial report</li> <li>- A copy of the previous board meeting minutes (once agreement for appointment has been made by the Trustees)</li> <li>- Charity Commission CC3 – The essential trustee: What you need to know</li> <li>- Charity Commission CC60 – The Hall marks of an Effective Charity</li> </ul> <p>All trustees will also receive ongoing training opportunities, support and guidance and policy according to Charity Commission.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a

Relationship with any related parties	Para 1.51	n/a
Other		

## Reference and Administrative details

Charity name	Psyche Well-being
Other name the charity uses	
Registered charity number	1182620
Charity's principal address	Ware Road HERTFORD SG13 7ES

### **Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Shamilah Serwanga Nakiyemba		19/01/2019	
2	Barbra Ekstowicz		03/05/2019	
3	Jane Gracelyn Frederick		19/01/2019	
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Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Shamilah Serwanga Nakiyemba

Position (eg Secretary,  
Chair, etc)

Chair Trustee

Date

31/01/2023



Charity Name: Psyche Well-being			Charity No (if any)	1182620	CC17a
Annual accounts for the period					
Period start date	01/04/2024	To	Period end date	31/03/2026	

## Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
Incoming resources from generated funds	0		-	-	-	-	-
Voluntary income	0	S01	-	-	-	-	-
Activities for generating funds	Community sensen	S02	-	-	-	-	-
Investment income	0	S03	-	-	-	-	-
Incoming resources from charitable activities	0	S04	-	-	-	-	-
Other incoming resources	0	S05	-	-	-	-	-
<b>Total incoming resources</b>		S06	-	-	-	-	-
<b>Resources expended (Notes 4-8)</b>							
Costs of Generating Funds	0		-	-	-	-	-
Costs of generating voluntary income	0	S07	-	-	-	-	-
Fundraising trading costs	0	S08	-	-	-	-	-
Investment management costs	0	S09	-	-	-	-	-
Charitable activities	educational	S10	-	-	-	-	-
Governance costs	0	S11	-	-	-	-	-
Other resources expended	0	S12	-	-	-	-	-
<b>Total resources expended</b>		S13	-	-	-	-	-
<b>Net incoming/(outgoing) resources before transfers</b>		S14	-	-	-	-	-
<b>Gross transfers between funds</b>		S15	-	-	-	-	-
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>		S16	-	-	-	-	-
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
<b>Net movement in funds</b>		S19	-	-	-	-	-
<b>Total funds brought forward</b>		S20	-	-	-	-	-
<b>Total funds carried forward</b>		S21	-	-	-	-	-