

# THE HEERA FOUNDATION

England & Wales · Charity number 1183640

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-05-29

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 15 Hall Drive  
Burton-On-The-Wolds  
Loughborough  
LE12 5AD

**Phone** 0300 102 1524

**Email** [hello@theheerafoundation.org.uk](mailto:hello@theheerafoundation.org.uk)

**Website** <https://www.theheerafoundation.org.uk>

## Activities

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**Objects:** THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH FOR THE PUBLIC BENEFIT IN THE UK BY:A) PROVIDING ACCESS TO SUPPORT, ADVICE, AND EDUCATION INCLUDING BY ORGANISING PUBLIC WORKSHOPS AND EVENTS;B) WORKING TO SUPPORT THE TRANSLATION OF KEY MENTAL HEALTH MATERIALS FROM EXISTING SERVICES TO BE ACCESSIBLE FOR ALL.

**Activities:** The Heera Foundation's Objectives are:The preservation and protection of good health for the public benefiting the UK by:-Providing access to support, advice and education by organising workshops and events-Working to support the translation of key mental health materials from existing services to be accessible for all

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£44,640	£25,562	-	-
2024-04-05	£4,085	£6,319	-	-
2023-04-05	£28,575	£25,968	-	-
2022-04-05	£17,872	£14,144	-	-
2021-04-05	£2,338	£3,651	-	-

## Trustees

Name	Role	Appointed
PAVANDEEP JOHAL	Chair	2019-05-31
BALBIR KANDOLA		2019-05-31
Sarbjit Singh Bisla		2021-10-21
Simran Kaur Batth		2023-01-18

**THE HEERA FOUNDATION**

England & Wales - Charity number 1183640

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# Accounts

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## Trustees' Annual Report for the period

From The Heera Foundation  
Period start date: 6th April 2024  
Period end date: 5th April 2025

Charity name: The Heera Foundation

Charity registration number: 1183640

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The preservation and protection of good mental health for the public benefit within the UK by:</p> <ul style="list-style-type: none"><li>• providing access to support , advice and education including by organising public workshops and events</li><li>• working to support the translation of key mental health materials from existing services to be accessible for all</li></ul>
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	<p>Summary of the activities in relation to The Heera Foundation purpose from 6th April 2024- 5th April 2025:</p> <p>Throughout this year, we have continued to work and deliver community based projects supporting community members, families, organisations and groups with mental health support. We organised a charity Bollywood Event, which raised awareness of mental health, supported individuals and gave us the opportunity to share our mental health toolkits and support cards to over 1000 people. Further examples are below:</p> <p>Women' s workshops removing barriers relating to anxiety, depression and challenges to successful next steps and progress</p> <p>Children's Workshops- focussing on support for Children and their parents around mental health issues and conditions.</p>

		<p>Open Men's forum- collaboration with Taraki- Men's Mental health- training team members to be able to support others</p> <p>We continue to network with Healthy schools and continue to share our resources- wellbeing toolkit and emotional literacy journals across schools in the Midlands</p> <p>Presentations undertaken at GP surgeries around mental health and suicide prevention as well as the opportunity to work</p> <p>Presentations on mental health matters in Sutton Coldfield community groups, presentations in schools too.</p> <p>Wellbeing Workshops in places of worship</p> <p>Podcats and radio shows with community groups around mental health</p> <p>Student Reflection Workshops for University students</p> <p>Presentations with Warwick University Students around mental health matters</p> <p>Workshops for Dorcas- FGM charity on abuse and domestic Violence</p> <p>Continued collaboration with Atraki- Mental health group- planning and running presentations and support groups.</p> <p>Our social media posts have been bilingual through our social media too in languages such as Panjabi, Urdu and Hindi so that we can translate key information for ethnic minority groups. Wellbeing and mental health matters posts across the year around various mental health themes.</p> <p>The Heera Foundation Support Card shared throughout the year, signposting to various organisations.</p>
<p>Statement confirming whether the trustees have had regard to the guidance</p>	<p>Para 1.18</p>	<p>This statement confirms that the Trustees of The Heera Foundation have had regard to the guidance issued by the Charity Commission on public benefit</p>

issued by the Charity Commission on public benefit		
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
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 continue to actively engage and work with communities in relation to mental health education, suicide prevention, mindfulness and signposting individuals for the support that they require. We listen, signpost and support individuals on an ongoing basis and we have adapted our methods of communication and reach well to actively support our community. At every occasion, we work to our objects, distribute our mental health education, support card and signpost ensuring that anyone struggling and reaches out to us has the support that they need. We are now able to assist with both free services as well as directing individuals who ask to paid services as well. Our team itself is very knowledgeable in this field and able to provide additional support. Running the #ME projects and initiating The No JudgeMENT for male mental health has gained a lot of support and engagement. Equally, our focus on children's mental health is going superbly too.</p> <p><b>DISTRIBUTION OF CARDS/ LEAFLETS</b></p>

		<p>Our networking, activities, events and social media platforms have enabled us to constantly work towards achieving our main aims which are:</p> <ul style="list-style-type: none"> <li>-To raise awareness of mental health and mindfulness within our community by enabling access to existing services</li> <li>-To support existing organisations to influence and educate our community in ensuring that physical and emotional well-being is a priority for everyone.</li> </ul> <p>We regularly receive very positive and encouraging feedback from the community. Members of the public have informed us they were able to get help and support from numbers provided by The Heera Foundation and thank us for making them aware of services available to them.</p> <p>We have reached out to as many people as possible and spread the message that 'it's o.k not to be o.k' and encouraged people to talk openly about mental health issues and have helped remove the stigma of shame associated with Mental Health.</p> <p>We have received a great response towards our social media platforms such as facebook, instagram and twitter and our followers are growing rapidly. We regularly give the public information on self-care and wellbeing as well as promote the mental health services that are available.</p> <p>Our Social Media is developing its followership and our innovative approaches continue to reach out to all communities.</p> <p>We have undertaken workshops and presentations on mental health matters and been given great positive feedback on the knowledge shared and imparted.</p> <p>We have supported members of the community who now volunteer as they too wish to help others.</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	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	From 6th April 2024-5th April 2025
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have projects planned that will use our reserves to benefit the wellbeing of community members
Amount of reserves held	Para 1.22	1000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties

### 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	Fundraising and donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	No
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	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	Trustee Election at AGM

### 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	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	The Heera Foundation
Other name the charity uses	N/A

Registered charity number	1183640
Charity's principal address	15 Hall Drive Burton on the Wolds Loughborough Leicestershire LE12 5AD



## 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

N/A


## 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): Pavandeep Johal

Position: Trustee of The Heera Foundation

Date: 28th January 2026

The Heera Foundation Statement

For Period of 6th April 2024-5th April 2025

Balance in Bank 06.04.24	Total Income	Expenditure	Balance in bank 05.04.25	Commentary
£12,628.31	£44,640.43	£25,562.62	£31,706.12	as per bank statement on 06.04.25
			£31,706.12	
			£0.00	diff

## Income

1		Name	Details	;/Fundrais	Other	Total
2						
3						
4	9th April 2024	Balbir Kandola	Donation	10		£10.00
5	9th May 2024	Balbir Kandola	Donation	10		£10.00
6	10th June 2024	Balbir Kandola	Donation	10		£10.00
7	24th June 2024	Very Vegetarian	Event	450		£450.00
8	1st July 2024	Give as you live	Donation	10		£10.00
9	1st July 2024	Just Giving	Donation	63.36		£63.36
10	8th July 2024	DRAS Property LTD	Event	450		£450.00
11	8th July 2024	Marketing Voice LTD	Event	250		£250.00
12	9th July 2024	Balbir Kandola	Donation	10		£10.00
13	15th July 2024	Gill Jaswant	Event	675		£675.00
14	15th July 2024	Ali Sand R	Event	225		£225.00
15	15th July 2024	Kinsey Cattrysse	Event	90		£90.00
16	18th July 2024	Matto + BBCB	Event	450		£450.00
17	1st August 2024	P Johal	Event	450		£450.00
18	5th August 2024	Perfreccion C Charity	Event	950		£950.00
19	5th August 2024	Gita Chima	Event	270		£270.00
20	8th August 2024	Onboard Corrugated BC	Event	450		£450.00
21	9th August 2024	Balbir Kandola	Donation	10		£10.00
22	12th August 2024	Bhogal & Deol	Event	90		£90.00
23	12th August 2024	Gita Chima	Event	180		£180.00
24	16th August 2024	S Tayeb	Event	90		£90.00
25	19th August 2024	Stefanczuk	Event	45		£45.00
26	27th August 2024	The Education Suite	Event	250		£250.00
27	27th August 2024	P Johal	Event	250		£250.00
28	2nd Sep 2024	Balbir Kandola	Event	450		£450.00
29	3rd Sep 2024	Just Giving	Donation	34.13		£34.13

30	3rd Sep 2024	Sungu GK	Event	45	£45.00
31	5th Sep 2024	Gill Jaswant	Event	45	£45.00
32	6th Sep 2024	Samar DJ	Event	90	£90.00
33	9th Sep 2024	Bahia SNK	Event	450	£450.00
34	9th Sep 2024	Lewis ZA	Event	45	£45.00
35	9th Sep 2024	Sangha Simran	Event	450	£450.00
36	9th Sep 2024	Balbir Kandola	Donation	10	£10.00
37	10th Sep 2024	Gill Jaswant	Event	135	£135.00
38	12th Sep 2024	Darshan Khaira	Event	405	£405.00
39	19th Sep 2024	Miss DK Rai	Event	450	£450.00
40	20th Sep 2024	Miss DK Rai	Event	450	£450.00
41	30th Sep 2024	Give as you live	Donation	18.4	£18.40
42	1st Oct 2024	Sarovar Corporation	Event	250	£250.00
43	2nd Oct 2024	Rupinder Cheema	Event	450	£450.00
44	2nd Oct 2024	Kaur H Harkeerat	Event	45	£45.00
45	2nd Oct 2024	Nisha Loey	Event	90	£90.00
46	2nd Oct 2024	Sandhu B Bal Sandhu	Event	250	£250.00
47	3rd October 2024	Western	Event	180	£180.00
48	4th Oct 2024	Balwant Droch	Event	180	£180.00
49	7th October 2024	Sandhar's Sharon Kaur	Event	90	£90.00
50	7th October 2024	Gill Jaswant	Event	225	£225.00
51	7th October 2024	Balbir Kandola	Donation	10	£10.00
52	9th October 2024	R Dhillon	Event	180	£180.00
53	9th October 2024	R Desai	Event	90	£90.00
54	9th October 2024	Falcon U LTD	Event	450	£450.00
55	11th October 2024	Inspire	Event	250	£250.00
56	14th October 2024	Inspire	Event	450	£450.00
57	14th October 2024	Puri Rikki	Event	405	£405.00

58	14th October 2024	Gill Jaswant	Event	180	£180.00
59	14th October 2024	Puri Rikki	Event	45	£45.00
60	15th October 2024	Call a Car	Event	450	£450.00
61	15th October 2024	Singh Ranbir	Event	90	£90.00
62	15th October 2024	T wilkhu	Event	180	£180.00
63	16th October 2024	Sandhu B Bal Sandhu	Event	90	£90.00
64	17th October 2024	Gill Jaswant	Event	90	£90.00
65	17th October 2024	Puri Riki	Event	135	£135.00
66	17th October 2024	Five Rivers	Event	250	£250.00
67	21st October 2024	S Cheema	Event	135	£135.00
68	21st October 2024	Just Giving	Donaton	83.08	£83.08
69	22nd October 2024	F/Flow Liberty	Event	450	£450.00
70	22nd October 2024	Bimla Khumb	Event	45	£45.00
71	23rd October 2024	Mehav	Event	45	£45.00
72	23rd October 2024	Mehav	Event	45	£45.00
73	28th October 2024	H Johal	Event	450	£450.00
74	28th October 2024	Sehjal	Event	450	£450.00
75	28th October 2024	Atherton	Event	45	£45.00
76	29th October 2024	Johal PK	Event	450	£450.00
77	30th October 2024	D Gill	Event	90	£90.00
78	30th October 2024	Batth SK	Event	450	£450.00
79	31st October 2024	Miss S Narda	Event	90	£90.00
80	1st November 2024	Professional	Event	250	£250.00
81	1st Nove 2024	Jersey Tex	Event	450	£450.00
82	1st Nove 2024	DB Capital S LTD	Event	250	£250.00
83	1st Nove 2024	Johal PS	Event	1000	£1,000.00
84	1st Nove 2024	Very Vegetarian	Event	90	£90.00

85	1st Nove 2024	Senghera R	Event	225	£225.00
86	1st Nove 2024	G Kaur	Event	315	£315.00
87	1st Nove 2024	Bosworth	Event	405	£405.00
88	1st Nove 2024	Bosworth	Event	45	£45.00
89	1st Nove 2024	Bosworth	Event	90	£90.00
90	1st Nove 2024	Bosworth	Event	225	£225.00
91	1st Nove 2024	Johal T	Event	90	£90.00
92	1st Nove 2024	Jennings	Event	45	£45.00
93	1st Nove 2024	S Tayeb	Event	135	£135.00
94	11th November 2024	Rupinder Cheema	Event	45	£45.00
95	11th November 2024	Balbir Kandola	Donation	10	£10.00
96	11th November 2024	Sembi J S	Event	135	£135.00
97	11th November 2024	Just Giving	Donation	420.63	£420.63
98	12th Novemeber 2024	Reade Buray	Event	180	£180.00
99	12th Novemeber 2024	Sembi JS	Event	90	£90.00
100	12th November 2024	F/Flow Onboard Cor	Event	45	£45.00
101	12th November 2024	Biran Homes LTD TAV	Event	450	£450.00
102	12th November 2024	Chahal H + J Roopy	Event	450	£450.00
103	13th November 2024	Ram B RE Boota Pardesi	Event	135	£135.00
104	13th November 2024	K Jha Ball tickets Komal	Event	135	£135.00
105	13th November 2024	Rajesh Mair Raj mair	Event	270	£270.00
106	13th November 2024	Matto M+B BBCB	Event	45	£45.00
107	13th November 2024	Sehjal JS/KD BCCB	Event	315	£315.00
108	14th November 2024	Parmjit Rana	Event	135	£135.00
109	14th November 2024	Singh Mal Amarpree	Event	90	£90.00
110	14th November 2024	Johal PK TKTS RP	Event	270	£270.00
111	15th November 2024	Bhatti - Jones A + T	Event	270	£270.00
112	15th November 2024	Reginal Homes LTD	Event	225	£225.00

113	15th November 2024	Cooper Ian Charity	Event	45	£45.00
114	15th November 2024	Rajinder Bahia Charity	Event	90	£90.00
115	15th November 2024	N Mehay Jit	Event	270	£270.00
116	18 November 2024	Marketing voice LT	Event	90	£90.00
117	18th November 2024	Perfection C CharityHF	Event	450	£450.00
118	18th November 2024	Sehjal JS/KD BCCB	Event	45	£45.00
119	18th November 2024	Puri Rikki BCCB	Event	45	£45.00
120	18th November 2024	Akshay Kanda The	Event	135	£135.00
121	18th November 2024	Sehjal JS/KD BCCB	Event	45	£45.00
122	18th November 2024	AK Events Ltd AK Events	Event	90	£90.00
123	18th November 2024	Casa Fashion LTD Binda	Event	180	£180.00
124	18th November 2024	R Lallie Tavy 2 Extra	Event	90	£90.00
125	18th November 2024	Just giving The Heera	Donation	77.88	£77.88
126	18th November 2024	Uppal J Tickets	Event	180	£180.00
127	18th November 2024	Simran Bahia Simran	Event	45	£45.00
128	18th November 2024	Bimla Khumb	Event	90	£90.00
129	18th November 2024	Balbir Kandola Gala	Event	45	£45.00
130	19th November 2024	The richlist trave from	Event	90	£90.00
131	19th November 2024	Eclat detalining It 3	Event	135	£135.00
132	19th November 2024	Nixon K Katie Nixon	Event	45	£45.00
133	20th November 2024	Club Vaal LTD T/A	Event	90	£90.00
134	20th November 2024	S Rehal Charity Event	Event	90	£90.00
135	21st November 2024	Mohit Suri Mohit	Event	45	£45.00
136	21st November 2024	D Kaur Surinder	Event	90	£90.00
137	22nd November 2024	Kuldip Ludhar Charity	Event	45	£45.00
138	25th November 2024	V Chandler	Event	90	£90.00
139	25th November 2025	Puri Rikki BCCB	Event	90	£90.00
140	25th November 2024	Dhodys LTD Charity	Event	45	£45.00

141	25th November 2024	Give As You Live L Give	Donation	265	£265.00
142	25th November 2024	SUMUP payments ACC	Event	4.9	£4.90
143	26th November 2024	Just Giving The Heera	Donation	365.25	£365.25
144	26th November 2024	SUMUP payments ACC	Event	0.98	£0.98
145	26th November 2024	J Kumar BCCB	Event	135	£135.00
146	26th November 2024	Grewal HCS H/S Grewal	Event	90	£90.00
147	28th November 2024	Darshan Khaira BCCB	Event	45	£45.00
148	29th November 2024	Jaspal Johal Rohan	Event	45	£45.00
149	2nd December 2024	J kumar BCCB Jag	Event	45	£45.00
150	2nd December 2024	Johal PK Bollywood	Event	1500	£1,500.00
151	2nd December 2024	Just Giving The Heera	Donation	284.35	£284.35
152	2nd December 2024	SUMUP payments ACC	Event	3727.03	£3,727.03
153	3rd December 2024	Biran Homes LTD TAV	Event	1000	£1,000.00
154	3rd December 2024	Five Rivers Equity	Event	4000	£4,000.00
155	4th December 2024	Baljinder Dutt Kuki	Event	682	£682.00
156	9th December 2024	Balbir Kandola	Donation	10	£10.00
157	11th December 2024	Just Giving The Heera	Donation	1900.45	£1,900.45
158	12th December 2024	Balbir Kandola	Donation	250	£250.00
159	12th December 2024	Bahia SNK Cash Banked	Event	2798.2	£2,798.20
160	16th December 2024	Just Giving The Heera	Donation	151.15	£151.15
161	23rd December 2024	Just Giving The Heera	Donation	19.32	£19.32
162	7th January 2025	Give as You Live L Give	Event	25	£25.00
163	9th January 2025	Balbir Kandola	Donation	10	£10.00
164	3rd Febuary 2025	Just Giving The Heera	Donation	19.32	£19.32
165	4th Febuary 2025	One multi Academie	Event	300	£300.00
166	10th Febuary 2025	Balbir Kandola	Donation	10	£10.00
167	10th March 2025	Balbir Kandola	Donation	10	£10.00
168					

## Expenditure

2				
3	1st May 2024	Alpha Works	Rent of Room for Men's Project	£60.00
4	17th May 2024	One Broker	Insurance	£263.25
5	28th May 2024	Anita Sohal	Men's Mental Health Group Travel	£44.89
6	28th May 2024	Anita Sohal	Men's Mental Health Group Work	£90.00
7	28th May 2024	Rajvinder Johal	Social Media	£30.00
8	28th May 2024	Alpha Works	Rent of Room for Men's Mental Health Project	£60.00
9	28th May 2024	Jasbir Johal	Group Work Dorcas	£450.00
10	28th May 2024	Pavandeep Johal	Facebook Adverts	£42.00
11	17th June 2024	Anita Sohal	Men's Mental Health Group Travel	£144.90
12	27th June 2024	Alpha Works	Rent of Room for Men's Mental Health Project	£60.00
13	22nd July 2024	Hostinger UK	Website	£149.18
14	29th July 2024	A Sohal	Men's Mental Health Group	£91.62
15	29th July 2024	Alpha Works	Rent of Room for Men's Mental Health Project	£60.00
16	29th July 2024	A Sohal	Men's Mental Health Group	£20.00
17	1st August 2024	Rajvinder Johal	Social Media	£30.00
18	1st August 2024	Rajvinder Johal	Social Media	£30.00
19	1st August 2024	My Solution Wellbeing	Counselling	£240.00
20	1st August 2024	Simran Kaur	Expenses	£25.00
21	5th August 2024	A Sohal	Men's Mental Health Group	£16.85
22	5th August 2024	HCA	Rent of Room for Men's Mental Health Project	£70.00
23	28th August 2024	Simran Kaur	Expenses	50
24	17th Sep 2024	A Sohal	Men's Mental Health Group	£151.10
25	17th September 2024	Rajvinder Johal	Social Media	£30.00
26	30th Sep 2024	Matthew Skinner	Website	£280.00
27	1st Oct 2024	Alpha Works	Rent of Room for Men's Mental Health Project	£60.00
28	3rd October 2024	HCA	Rent of Room for Men's Mental Health Project	£135.00
29	7th October 2024	A Sohal	Expenses Men's Project	£13.85

30	18th October 2024	My Solution Wellbeing	Counselling	£240.00
31	18th October 2024	Rajvinder Johal	Social Media	£30.00
32	21st October 2024	My Solution Wellbeing	Counselling	£240.00
33	11th November	A Sohal	Expenses Men's Project	£67.09
34	11th November	Mandeep Singh	Expenses Men's Project	£4.40
35	11th November	SK Batth	Social Media Gala	£50.00
36	18th November	J Bhogal		
37	18th November	J Bhogal	Warwick Presentaion	£187.50
38	18th November	Rajvinder Johal	Social Media	£30.00
39	20th November	Pavandeep Johal	Facebook Ads , Preparation for Event	£355.32
40	20th November	Alpha Works	Rent of Room for Men's Mental Health Project	£60.00
41	22nd November	Sumup paym cd	Fee	£46.80
42	25th November	J Bhogal	Mental health presentation	£50.00
43	25th November	Navraj Dhesei	No Judgement Group Expenditure	£232.00
44	25th November	Miss M L Flower	LED	£135.00
45	25th November	Master AS Rai	Dhol Players	£150.00
46	25th November	Burmingham crew DJ	DJ Services	£700.00
47	25th November	Brijaani Entertainment	Entertainment	£300.00
48	25th November	WS10 LTD	Event Catering	£16,500.00
49	25th November	Gilson Group Ente	Charity Photobooth	£150.00
50	25th November	Sardara Singh	Entertainment	£600.00
51	26th November	Helloprint United CD	Printed Resources	£52.18
52	28th November	Taylors Florist CD	Flowers for event	£120.00
53	3rd december 2024	Alpha Works	Room Hire	£60.00

54	17th December 2024	HCA	Room Hire	£52.50
55	23rd December 2024	Alpha Works	Room Hire	£60.00
56	23rd December 2024	Rajvinder Johal	Social Media	£30.00
57	23rd December 2024	A Sohal	No Judgement Group Expenditure	£8.14
58	14th January 2025	Rajvinder Johal	Social Media	£30.00
59	14th January 2025	A Sohal	No Judgement Group Expenditure	£40.86
60	14th January 2025	HCA	Room hire	£157.50
61	14th January 2025	J Bhogal	Admin Blog	£75.00
62	23rd January 2025	J Bhogal	Admin Blog	£50.00
63	23rd January 2025	J Bhogal	Admin Blog	£75.00
64	27th January 2025	My Solution Wellbeing	Counselling	£540.00
65	27th January 2025	J Bhogal	Admin Blog	£65.00
66	29th January 2025	Alpha Works	Room hire	£60.00
67	10th February 2025	J Bhogal	Admin	£50.00
68	17th February 2025	Bodycot Bookkeeping	Bookkeeping	£75.00
69	17th February 2025	J Bhogal	Admin	£65.00
70	19th February 2025	Rajvinder Johal	Social media	£30.00
71	19th February 2025	A Bains	Mental health presentation	£127.70
72	20th February 2025	J Bhogal	Admin	£100.00
73	3rd March 2025	J Bhogal	Admin	£50.00
74	3rd March 2025	J Bhogal	Holistic Event	£120.00
75	24th March 2025	J Bhogal	Holistic Event	£100.00
76	24th March 2025	J Bhogal	Admin	£50.00
77	1st April 2025	Jenstein insurance	Insurance	£275.49
78	3rd April 2025	Alpha Works	Room hire	£60.00
79	3rd April 2025	HCA	Room Hire	£157.50
80				
81				
82				£25,562.62



Section A Independent Examiner's Report

<b>Report to the trustees</b>	Charity Name The Heera Foundation		
<b>On accounts for the year ended</b>	06/04/2024	<b>Charity no (if any)</b>	1183640
<b>Set out on pages</b>	1-2 <small>(remember to include the page numbers of additional sheets)</small>		

**Responsibilities and basis of report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 06/04/2024.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

<b>Signed:</b>	Laura Bodycot	<b>Date:</b>	31/01/2025
<b>Name:</b>	Laura Bodycot BSc (Hons), AATQB		
<b>Relevant professional qualification(s) or body (if any):</b>	Member of the Association of Accounting Technicians		
<b>Address:</b>	32 Syston Road, Queniborough, Leicester, LE7 3FX		



**THE HEERA FOUNDATION**

England & Wales - Charity number 1183640

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# Accounts

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## Trustees' Annual Report for the period

From The Heera Foundation  
Period start date: 7h April 2022  
Period end date: 6th April 2023

Charity name: The Heera Foundation

Charity registration number: 1183640

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The preservation and protection of good mental health for the public benefit within the UK by: <ul style="list-style-type: none"><li>• providing access to support , advice and education including by organising public workshops and events</li><li>• working to support the translation of key mental health materials from existing services to be accessible for all</li></ul>
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	<p>Summary of the activities in relation to The Heera Foundation purpose from 7th April 2023- 6th April 2024:</p> <p>Throughout this year,w e have continued to work and deliver community based projects supporting community members, families, organisations and groups with mental health support.</p> <p>Examples are below:</p> <p>Womens' workshops removing barriers relating to anxiety, depression and challenges to successful next steps and progress</p> <p>Children's Workshops- focussing on support for Children and their parents around mental health issues and conditions.</p> <p>Open Men's forum- collaboration with Taraki- Men's Mental health- training team members to be able to support others</p>

		<p>We continue to network with Healthy schools and continue to share our resources- wellbeing toolkit and emotional literacy journals across schools in the Midlands</p> <p>Presentations undertaken at GP surgeries around mental health and suicide prevention</p> <p>Presentations on mental health matters in Sutton Coldfield community groups</p> <p>Mental health packages to support Camhs inpatients</p> <p>Stalls at football associations</p> <p>Wellbeing Workshops in places of worship</p> <p>Podcats and radio shows with community groups around mental health</p> <p>Student Reflection Workshops for University students</p> <p>Mental health packs for the homeless in collaboration with MLSS</p> <p>Presentations with Warwick University Students around mental health matters</p> <p>Workshops and presentation- Combat academy</p> <p>We supported pilates classes for community members to support mental wellbeing. This was in collaboration with Nirmal Pure Mind. Very positively received.</p> <p>Workshops for Dorcas- FGM charity on abuse and domestic Violence</p> <p>Our social media posts have been bilingual through our social media too in languages such as Panjabi, Urdu and Hindi so that we can translate key information for ethnic minority groups. Wellbeing and mental health matters posts across the year around the following themes:</p>
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Developing Healthy Habits  
Releasing stored anxiety  
Art Therapy  
Aromatherapy  
Using less social media  
Signs of burnout  
Motivation  
How to stop Negative thinking  
Physical Ways to reduce stress  
Thought spiralling  
Self-Harm Awareness  
World Suicide Awareness and prevention  
Taking Time to Pause  
Kindness and Compassion  
Imposter Syndrome awareness  
Coping with cyberbullying  
Coping with change  
Changing mindsets  
insight and knowledge into toxic positivity and genuine support  
Insight into understanding pressures and how to cope with expectation and manage your own wellbeing.  
Positive affirmations  
Managing Stress  
Reframing Thoughts  
Understanding Trauma  
Insight into World Bipolar Day  
Dissociation signs and symptoms  
Tackling Procrastination  
Maintaining a healthy relationship  
About Men's Mental Health  
Empowering Skills for Self-Growth  
Individual Stories on Male Mental Health from No- JudgeMENT team  
Self Invalidation and Self Validation  
YOU Matter  
Overcoming Imposter Syndrome  
When your Healing is Valid  
Self-Love Checklist

The Heera Foundation Support Card shared throughout the year, signposting to various organisations

**Phone calls** and conversations amount to over 1000. Ongoing discussions, signposting to mental health organisations or counselling.

We continue to link and network with key organisations and enhance partnerships for Mental Health support with:

		<ul style="list-style-type: none"> <li>● Papyrus</li> <li>● MIND</li> <li>● Healthy Brum</li> <li>● My Solution Wellbeing</li> <li>● Mental Health Partnership for Birmingham and Solihull</li> <li>● Sikh Your Mind</li> <li>● Every Mind Matters</li> <li>● Wellbeing Therapies</li> </ul> <p>We have continued collaboration with Community Groups:</p> <ul style="list-style-type: none"> <li>● SSCCUK</li> <li>● Nirmal Pure Mind</li> <li>● Midland Langar Seva Society</li> <li>● Streetly Parish Church Community</li> <li>● Various BAME religious institutions</li> <li>● SafsCare</li> <li>● Panjab 2000</li> <li>● Dharam Seva</li> <li>● Jet Trust</li> <li>● Taraki</li> <li>● Dorcas</li> <li>● Your Saheli</li> <li>● Panjabi Womens SOBS Group</li> <li>● Mini Asians</li> <li>● Sanjah Sewa</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	This statement confirms that the Trustees of The Heera Foundation have had regard to the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
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 continue to actively engage and work with communities in relation to mental health education, suicide prevention, mindfulness and signposting individuals for the support that they require. We listen, signpost and support individuals on an ongoing basis and we have adapted our methods of communication and reach well to actively support our community. At every occasion, we work to our objects, distribute our mental health education, support card and signpost ensuring that anyone struggling and reaches out to us has the support that they need. We are now able to assist with both free services as well as directing individuals who ask to paid services as well. Our team itself is very knowledgeable in this field and able to provide additional support. Running the #ME projects and initiating The No JudgeMENT for male mental health has gained a lot of support and engagement. Equally, our focus on children's mental health is going superbly too.</p> <p><b>DISTRIBUTION OF CARDS/ LEAFLETS</b> Our networking, activities, events and social media platforms have enabled us to constantly work towards achieving our main aims which are:</p> <ul style="list-style-type: none"> <li>-To raise awareness of mental health and mindfulness within our community by enabling access to existing services</li> <li>-To support existing organisations to influence and educate our community in ensuring that physical and emotional well-being is a priority for everyone.</li> </ul> <p>We regularly receive very positive and encouraging feedback from the community. Members of the public have informed us they were able to get help and support from numbers provided by The Heera Foundation and thank us for making them aware of services available to them. We have reached out to as many people as possible and spread the message that 'it's o.k not to be o.k'</p>

		<p>and encouraged people to talk openly about mental health issues and have helped remove the stigma of shame associated with Mental Health.</p> <p>We have received a great response towards our social media platforms such as facebook, instagram and twitter and our followers are growing rapidly.</p> <p>We regularly give the public information on self-care and wellbeing as well as promote the mental health services that are available.</p> <p>Our Social Media is developing its followership and our innovative approaches continue to reach out to all communities.</p> <p>We have undertaken workshops and presentations on mental health matters and been given great positive feedback on the knowledge shared and imparted.</p> <p>We have supported members of the community who now volunteer as they too wish to help others.</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	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	From 6th April 2021-5th April 2022
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have projects planned that will use our reserves to benefit the wellbeing of community members
Amount of reserves held	Para 1.22	1000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties

### 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	Fundraising and donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	No
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	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	Trustee Election at AGM

### 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	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	The Heera Foundation
Other name the charity uses	N/A

Registered charity number	1183640
Charity's principal address	15 Hall Drive Burton on the Wolds Loughborough Leicestershire LE12 5AD





## 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

N/A

## 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) *P. Johal*

Full Name(s): Pavandeep Johal

Position: Trustee of The Heera Foundation

Date: 4th February 2025

## The Heera Foundation Statement

For Period of 7th April 2023 - 6th April 2024

Income 06.04.24	Balance in Bank 06.04.23	Total Income	Expenditure	Total Expenditure	Balance in bank	Commentary
£4,085.32	£14,862.24	£4,085.32	£6,319.25	£6,319.25	£12,628.31	as per bank statement on 06.04.24
					£12,628.31	
					£0.00	diff

### Income

Date	Name	Details	itions/Fundr	Other	Total		
11th April	Balbir Kandola		5				
24th April	Amazon		13.69				
9th May	Just Giving		1141.58				
9th May	Balbir Kandola		5				
15th May	Just Giving		805.1				
19th May	Amazon		35.73				
22nd May	Just Giving		108.8				
9th June	Balbir Kandola		5				
3rd July	De Monfort University	Presentation on Wellbeing	500				
3rd July	Just Giving		24.32				
5th July	Give as you live		639.68				
10th July	Balbir Kandola		5				
9th August	Balbir Kandola		5				
11th Sep	Balbir Kandola		5				
20th Sep	Give as you live		267.12				
4th Oct 2023	Give as you live		40				
9th Oct 2023	Balbir Kandola		5				
11th Oct	Give as you live		395.68				
9th	Balbir Kandola		5				
11th	Balbir Kandola		5				
27th	Just Giving		28.62				
4th Jan 2024	Give as you live		20				
9th Jan 2023	Balbir Kandola		5			Grand Total	£4,085.32
9th Feb	Balbir Kandola		5				
11th March	Balbir Kandola		10				

## Expenditure

	A	B	C	D
	Date	What	Cost	Sheet
1				
2				
3	24th April 2024	Social Media	£31.18	
4	23rd May 2024	Insurance	£263.26	
5	23rd May 2024	Children's Project	£188.93	
6	23rd May 2024	Policy work	£121.98	
7	23rd May 2024	Expenses	£12.00	
8	25th May 2024	Counselling Support	£240.00	
9	6th June 2023	Resources for Event	£929.00	
10	6th June 2024	T-Shirts for Mental Health Project	£60.00	
11	31st July 2024	Rent for room for Mental Health project	£102.00	
12	2nd Oct 2023	Rent for room for Mental Health project	£96.00	
13	25th Oct 2023	Peer Support Project Expenses	£75.00	
14	25th. Oct 2023	Peer Support Project Expenses	£12.00	
15	14th November 2023	Christmas Stall	£25.00	
16	14th November 2023	Rent for room for Mental Health project	£96.00	
17	18th December 2023	Rent for room for Mental Health project	£96.00	
18	18th December 2023	Social Media	£30.00	
19	18th December 2023	Helloprint- Resources	£565.76	
20	18th December 2023	Homeless project	£997.10	
21	18th December 2023	Homeless project	£241.68	
22	18th December 2023	Homeless project	£38.04	
23	18th December 2023	Expenses for Event	£28.26	
24	18th December 2023	Expenses for Event	£34.62	
25	18th December 2023	Expenses for Event	£33.72	
26	27th December 2023	Social Media Boosts	£28.72	
27	27th December 2023	Vouchers	£180.00	
28	9th Feb 2024	Social Media	£30.00	
29	9th Feb 2024	Social Media	£60.00	
30	9th Feb 2024	Social Media	£60.00	
31	12th Feb 2024	Student Reflection  project	£15.00	
32	12th Feb 2024	Student Reflection  project	£144.91	
33	12th Feb 2024	Presentaion Mental Health	£87.42	
34	19th Feb 2024	Warwick University Presentation	£69.00	
35	19th Feb 2024	Website Work	£20.00	
36	19th Feb 2024	Travel Expenses- Event	£79.20	
37	19th Feb 2024	Rent for room for Mental Health project	£60.00	
38	11th March 2024	Bollywood event Deposit	£1,000.00	
39	11th March 2024	Rent for room for Mental Health project	£50.00	
40	11th March 2024	Social Media	£30.00	
41	11th March 2024	Leaflets for Mental Health Project	£17.47	
42	11th March 2024	Rent for room for Mental Health project	£10.00	
43	2nd April 2024	Rent for room for Mental Health project	£60.00	
44				
45			£6,319.25	total expenditure
46				
47				



Section A Independent Examiner's Report

<b>Report to the trustees</b>	Charity Name The Heera Foundation		
<b>On accounts for the year ended</b>	06/04/2024	<b>Charity no (if any)</b>	1183640
<b>Set out on pages</b>	1-2 <small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 06/04/2024.

**Responsibilities and basis of report** As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement** I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

**Signed:** Laura Bodycot **Date:** 31/01/2025

**Name:** Laura Bodycot BSc (Hons), AATQB

**Relevant professional qualification(s) or body (if any):** Member of the Association of Accounting Technicians

**Address:** 32 Syston Road, Queniborough, Leicester, LE7 3FX



**THE HEERA FOUNDATION**

England & Wales - Charity number 1183640

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# Accounts

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## Trustees' Annual Report for the period

From The Heera Foundation

Period start date: 6th April 2021

Period end date: 5th April 2022

Charity name: The Heera Foundation

Charity registration number: 1183640

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The preservation and protection of good mental health for the public benefit within the UK by:</p> <ul style="list-style-type: none"><li>• providing access to support , advice and education including by organising public workshops and events</li><li>• working to support the translation of key mental health materials from existing services to be accessible for all</li></ul>
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	<p>Summary of the activities in relation to The Heera Foundation purpose from 6th April 2021- 5th April 2022:</p> <p>#ME Women's Development Programme- Undertaken from from March 2022-September 2022</p> <p>Topics covered:</p> <ul style="list-style-type: none"><li>• Finding Motivation</li><li>• Managing Anxiety and Stress</li><li>• Emotional Self-Regulation</li><li>• Building Resilience</li><li>• Building Confidence</li><li>• We worked with 45 women to support their wellbeing and growth.</li></ul> <p>We worked with experts to develop a programme for 45 women in order to develop skills to remove barriers to progress and development and to help better with psychological distress and adversity. It provided an opportunity for self development, meeting new people and gaining free advice and resource packs from professionals. A safe space provided with in house support and after</p>

		<p>workshop wrap around care.</p> <p>Wellbeing packs for the elderly with punjabi translations and wellbeing activities. We collaborated with Sanje Sewa.</p> <p>Launch of No JudgeMENT- Male Mental Health project- encouraging men to talk openly about mental health, their stories, how they sought support and what they did to support their wellbeing. Group of members from the community formed. Stories shared on our social media. Collaboration with Taraki for training for support groups to create safe places for men to talk about their mental health.</p> <p>#Catching Dreams Project with schools- Packs including our EMotional Literacy Journal, sensory toys and thought jars delivered to a variety of primary schools with workshops on children's mental health.</p> <p>Samosa, Chat and Chai - gathering to talk wellbeing and mental health matters</p> <p>Spartan Challenge- Young Adults presentation on Mental Health and meeting the Challenge</p> <p>Afternoon Cha Sessions- wellbeing discussions Mindset Matters Collaboration and Presentations</p> <p>Winter Movement and Journaling Workshop- engaging community- panjabi/Hindi/Urdu based</p> <p>Presence at other charity events to remote and disseminate our mental health card - Leicester</p> <p>Chit Chat and Chai- Wellbeing group created in Coventry for community members to discuss wellbeing matters</p> <p>#Fightback- Mental Health Awareness sessions  Alcohol Awareness  Suicide prevention  Anxiety Awareness  Depression Awareness  Drug Awareness</p> <p>Wellbeing workshops for Children through various points in the year</p> <p>Managing Emotions Workshops - for adults and children</p>
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		<p>Social Media and Wellbeing Workshops- Understanding anxiety workshop in collaboration with Nirmal Pure Mind</p> <p>Wellbeing and Self-Development Workshops - Leicestershire- Aimed at women: Mindfulness, anxiety awareness, Depression Awareness, Goal Setting, Personal Growth</p> <p>Collaboration with SSCCUK- presentation of The Heera Foundation Story and insight into anxiety, depression and signposting</p> <p>We engaged our audience further through Facebook and Instagram Lives. The Heera Foundation 'Time To Talk' was therefore created covering topics around mental health and mindfulness. We used this as an opportunity to share key messages relating to mental health, to network with existing organisations and to signpost to services who can support with any matters. Some areas around mental health and wellbeing that we covered include:</p> <ul style="list-style-type: none"> <li>Children's Wellbeing</li> <li>Gender Stereotypes</li> <li>A Baking Live session</li> <li>Domestic Violence</li> <li>Positive Minds</li> <li>Impact of Social Media on mental health</li> <li>Respecting boundaries</li> <li>Lockdown Anxieties</li> </ul> <p>We networked with key mental health experts within the community to impart expert knowledge. Our Audience reach was: 2K</p> <p>Our social media posts have been bilingual through our social media too in languages such as Panjabi, Urdu and Hindi so that we can translate key information for ethnic minority groups. Wellbeing and mental health matters posts across the year around the following themes:</p> <ul style="list-style-type: none"> <li>Coping with cyberbullying</li> <li>Coping with change</li> <li>changing mindsets</li> <li>insight and knowledge into toxic positivity and genuine support</li> <li>Insight into understanding pressures and how to cope with expectation and manage your own wellbeing.</li> </ul> <p>The Heera Foundation Support Card shared</p>
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		<p>throughout the year, signposting to various organisations</p> <p>Positive Affirmations</p> <p>Insight into World Bipolar Day</p> <p>Understanding anxiety and Japanese Shiatsu</p> <p>Anxiety- Signs and Symptoms</p> <p>Tackling feelings of inadequacy</p> <p>Accepting and understanding your negative feelings in order to heal and move forwards</p> <p>Reframing the What ifs</p> <p>Your Growth Check</p> <p>Dealing with Intrusive thoughts</p> <p>Depression Signs and Symptoms</p> <p>Focusing on YOU</p> <p>Tips on sleeping better</p> <p>Tips for children within our Emotional Literacy Journal</p> <p>How Nature can benefit your mental health</p> <p>Warning Signs that your Mental Health is declining</p> <p>What Emotional Exhaustion Looks like</p> <p>Insight into how you are worthy despite your imperfections</p> <p>Introduction to team members, their journeys with mental health</p> <p>What your body is trying to tell you.</p> <p>Dissociation signs and symptoms</p> <p>Tackling Procrastination</p> <p>Maintaining a healthy relationship</p> <p>About Men's Mental Health</p> <p>Empowering Skills for Self-Growth</p> <p>Individual Stories on Male Mental Health from No- Judgement team</p> <p>Self Invalidation and Self Validation</p> <p>YOU Matter</p> <p>Overcoming Imposter Syndrome</p> <p>When your Healing is Valid</p> <p>Self-Love Checklist</p> <p>Supporting Yourself Day by Day</p> <p>Checking in with yourself</p> <p>Compliment Yourself</p> <p>Anxiety Mantras</p> <p>Compassion towards You and others</p> <p>Exam Stress support</p> <p>Coping with Major Changes in your life</p> <p>Learning and Visualisation</p> <p>Learn something new to grow...</p> <p>Gratitude</p> <p>Reconnecting After Lockdown</p> <p>Suicide awareness and prevention</p> <p>Reach out for Support</p> <p>Prioritise YOU</p> <p>Mood Boosters</p> <p>Your Triggers</p>
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		<p> You are allowed to- Prioritise YOU  Insight into World Mental Health Day  Promotion of our Wellbeing Toolkit  Supportive things to say to someone with mental difficulties  Self- Criticism and tackling this  Autumn Self-care  Slow Growth is still Growth  What is Self- Love?  How to Cultivate Self- Discipline?  Supporting young people with exam results, exam pressures, stress  Signs you are struggling  This too shall pass  Grief  Your Boundaries  Stress Management  Invisible Mental Health  Lockdown Remedies  Young People's mental health  Bilingual posts around mental health matters  Supporting someone with their mental health  Talking Disorders  Self- Injury  Understanding Change  Domestic Violence  Womens' Mental Health  Financial Wellbeing  Preparing for Lifting Lockdowns  World Mental Health Day  World Bipolar Day  Suicide Prevention Day  Tackling feelings of inadequacy  How to cope with a sudden onset of anxiety...  Dealing with loneliness  Tips for Self-care during holiday seasons  Reflection Journals  Intentions for 2022  Gratitude and Growth  A positive outlook and opportunities  Journal Prompts for 2022  Self-Care- Things to remember  Your Daily Dose- See what you need  Male Mental Health post- It's ok for men to...  Mental Health Check  Facing Vulnerability is Strength  Children's Mental Health awareness Week  How to Support your Child's Mental Health  Ways in which children can look after their well-being  Overthinking - ways to cope with it  Choices for your Wellbeing- this or that  9 steps to positive mental health  Men's Mental Health and Wellbeing Resources </p>
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Self-Care for your bad Mental Health Days  
Grounding Techniques  
Ways to Unwind at the end of the Week

**Phone calls** and conversations amount to over 1000. Ongoing discussions, signposting to mental health organisations or counselling.

We continue to link and network with key organisations and enhance partnerships for Mental Health support with:

- Papyrus
- MIND
- Healthy Brum
- My Solution Wellbeing
- Mental Health Partnership for Birmingham and Solihull
- Sikh Your Mind
- Every Mind Matters
- Wellbeing Therapies

In general, our followership for social media is as follows at present date:

Instagram: 1629

Facebook: 2135

Twitter: 1041

Linked in: unable to measure

Across 2022, we reached 40,000 unique people on our social media platforms

We have continued collaboration with Community Groups:

- SSCCUK
- Nirmal Pure Mind
- Midland Langar Seva Society
- Gabhru Panjab De
- Streetly Parish Church Community
- Various BAME religious institutions
- SafsCare
- Panjab 2000
- Dharam Seva
- Jet Trust
- Taraki
- Your Saheli
- Panjabi Womens SOBS Group
- Mini Asians
- Sanjah Sewa

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	This statement confirms that the Trustees of The Heera Foundation have had regard to the guidance issued by the Charity Commission on public benefit
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	

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

We continue to actively engage and work with communities in relation to mental health education, suicide prevention, mindfulness and signposting individuals for the support that they require. We listen, signpost and support individuals on an ongoing basis and we have adapted our methods of communication and reach well to actively support our community. At every occasion, we work to our objects, distribute our mental health education, support card and signpost ensuring that anyone struggling and reaches out to us has the support that they need. We are now able to assist with both free services as well as directing individuals who ask to paid services as well. Our team itself is very knowledgeable in this field and able to provide additional support. Running the #ME projects and initiating The No JudgeMENT for male mental health has gained a lot of support and engagement. Equally, our focus on children's mental health is going superbly too.

#### **DISTRIBUTION OF CARDS/ LEAFLETS**

Our networking, activities, events and social media platforms have enabled us to constantly work towards achieving our main aims which are:

- To raise awareness of mental health and mindfulness within our community by enabling access to existing services

- To support existing organisations to influence and educate our community in ensuring that physical and emotional well-being is a priority for everyone.

We regularly receive very positive and encouraging feedback from the community. Members of the public have informed us they were able to get help and support from numbers provided by The Heera Foundation and thank us for making them aware of services available to them.

We have reached out to as many people as possible and spread the message that 'it's o.k not to be o.k' and encouraged people to talk openly about mental health issues and have helped remove the stigma of shame associated with Mental Health.

We have received a great response towards our social media platforms such as facebook, instagram and twitter and our followers are growing rapidly.

We regularly give the public information on self-care and wellbeing as well as promote the mental health services that are available.

Our Social Media is developing its followership and our innovative approaches continue to reach out to all communities.

We have undertaken workshops and presentations on mental health matters and been given great positive feedback on the knowledge shared and imparted.

We have supported members of the community who now volunteer as they too wish to help others.

Additional information (optional)

You may choose to include further statements where relevant about:

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

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	From 6th April 2021-5th April 2022
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have projects planned that will use our reserves to benefit the wellbeing of community members
Amount of reserves held	Para 1.22	1000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties

### 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	Fundraising and donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	No
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	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	Trustee Election at AGM

### 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	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	The Heera Foundation
Other name the charity uses	N/A

Registered charity number	1183640
Charity's principal address	15 Hall Drive Burton on the Wolds Loughborough Leicestershire LE12 5AD





## 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

N/A


## 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): Pavandeep Johal

Position: Trustee of The Heera Foundation

Date: 1st February 2023

## The Heera Foundation Statement

For Period of 6th April 2021 - 5th April 2022

Balance Brought Forward: £8527.04

Total Income: £26,399.84

Total Expenditure: £14,144.93

Income 5th April 21 - March 22	Balance in Bank (6th Apr 21')	Total Income	Expenditure 5th April 21 - April 22	Total Expenditure	Balance in bank	Commentary
£17,872.80	£8,527.04	£26,399.84	£14,144.93	£14,144.93	£12,254.91	as per bank statement 05.04.22

### Total Expenditure

Spending from bank	£14,144.93
Total spending	£14,144.93

### Breakdown of Expenditure

Date	What	Cost
20.04.2021	Specialist tender development & writing services	£192.50
28.05.2021	Indemnity Insurance	£260.48
18.05.2021	Mothers Day expenses	£13.47
18.05.2021	Vistaprint	£30.47
18.05.2021	Embroidery Expressions	£162.00
18.05.2021	Catching Dreams	£503.54
18.05.2021	Travel Expenses	£19.92
02.06.2021	#ME Women's Development Project	£215.00
02.06.2021	#ME Women's Development Project	£85.00

05.07.2021	#ME Women's Development Project	£18.00
12.07.2021	#ME Women's Development Project	£633.85
12.07.2021	Catching Dreams	£52.45
12.07.2021	Fundraising Hampers	£107.03
13.08.2021	#ME Women's Development Project	£100.00
13.08.2021	#ME Women's Development Project	£200.00
13.08.2021	#ME Women's Development Project	£75.00
13.08.2021	#ME Women's Development Project	£25.00
13.08.2021	#ME Women's Development Project	£125.00
13.08.2021	#ME Women's Development Project	£25.00
13.08.2021	#ME Women's Development Project	£25.00
13.08.2021	#ME Women's Development Project	£50.00
13.08.2021	Travel Expenses	£102.36
13.08.2021	#ME Women's Development Project	£34.01
24.08.2021	#ME Women's Development Project	£25.00
24.08.2021	#ME Women's Development Project	£25.00
24.08.2021	#ME Women's Development Project	£50.00
24.08.2021	#ME Women's Development Project	£75.00
24.08.2021	#ME Women's Development Project	£50.00
24.08.2021	#ME Women's Development Project	£75.00
27.08.2021	#ME Women's Development Project	£75.00
27.08.2021	#ME Women's Development Project	£200.00
27.08.2021	#ME Women's Development Project	£125.00
27.08.2021	#ME Women's Development Project	£75.00
27.08.2021	#ME Women's Development Project	£75.00
31.8.21	#ME Women's Development Project	£75.00
31.8.21	#ME Women's Development Project	£75.00
31.8.21	#ME Women's Development Project	£75.00
09.09.2021	#ME Women's Development Project	£25.00
09.09.2021	#ME Women's Development Project	£25.00
09.09.2021	#ME Women's Development Project	£2,130.00
09.09.2021	#ME Women's Development Project	£200.00
09.09.2021	#ME Women's Development Project	£75.00
09.09.2021	#ME Women's Development Project	£25.00
09.09.2021	#ME Women's Development Project	£75.00
09.09.2021	#ME Women's Development Project	£150.00
09.09.2021	#ME Women's Development Project	£50.00
09.09.2021	#ME Women's Development Project	£50.00
09.09.2021	#ME Women's Development Project	£75.00
09.09.2021	#ME Women's Development Project	£75.00
09.09.2021	#ME Women's Development Project	£98.47
09.09.2021	Afternoon Cha Expenses	£111.30
09.09.2021	#ME Women's Development Project	£450.00
10.09.2021	#ME Women's Development Project	£225.00
21.09.2021	Travel Expenses	£79.90
04.10.2021	#ME Women's Development Project	£2,500.00
04.10.2021	My Solution Wellbeing Workshop	£50.00

04.10.2021	Wellbeing Toolkits	£516.05
13.10.2021	#ME Women's Development Project	£300.00
27.10.2021	#ME Women's Development Project	£580.60
03.11.2021	RS Creations	£122.13
15.11.2021	Streetly Walking Christmas Tree Festival at Parish Church	£37.00
31.12.2021	Petty Cash	£404.56
31.12.2021	Travel Expenses	£58.39
11.02.2022	Diamond in the Rough	£1,000.00
02.03.2022	Travel Expenses	£84.26
02.03.2022	Workshop Expenses	£321.35
10.03.2022	SSCCUK Travel	£20.40
10.03.2022	Embroidery Expressions	100.44
	<b>Total</b>	<b>£14,144.93</b>

H S Dhillon Accountants

We have verified, without carrying out an audit, the above statements from accounting records produced and explanations supplied to us.

Regards

H S Dhillon Accountants

info@cmcmanagement.co.uk

**THE HEERA FOUNDATION**

England & Wales - Charity number 1183640

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# Accounts

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## Trustees' Annual Report for the period

From The Heera Foundation  
Period start date: 5th April 2020  
Period end date: 31st March 2021

Charity name: The Heera Foundation

Charity registration number: 1183640

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The preservation and protection of good mental health for the public benefit within the UK by: <ul style="list-style-type: none"><li>• providing access to support , advice and education including by organising public workshops and events</li><li>• working to support the translation of key mental health materials from existing services to be accessible for all</li></ul>
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	<p>Summary of the activities in relation to The Heera Foundation purpose from March 2020- April 2021:</p> <p><b>Mental Health and Mindfulness Drop in Clinics/Forums:</b></p> <p>24 Virtual wellbeing sessions arranged through zoom for those struggling with isolation, COVID concerns, lockdown vulnerability, bereavement . Attended by 200 community members. Lead by experts within the team- 'Coffee and Chat.' Our mental health support cards were presented within all sessions presented. Conversations were valuable and well-received based on covid concerns, financial worries, fear and next steps during the pandemic.</p> <p>Elderly project: Networked with Sanjhi Seva and delivered 50 wellbeing packs to community members. packs included wellbeing details, activities relating to art therapy and discussions around mental health, Details translated for the purpose of supporting those where English was a second language- 'Aunty Uncle Ji' projects.</p> <p>Loneliness Project: Networking with Ashton</p>

		<p>House in Leicester and 200 wellbeing packs supporting mental health delivered around Christmas time. These involved activities relating to mental health matters, art therapy kits and activities to promote understanding in relation to tackling loneliness. Many residents had not seen family members due to COVID restrictions-our initiative was supported hugely by staff and residents. We then continued with online activities around Valentine's day, shared our baking footage from our instagram lives to engage and support individuals in combating loneliness in unprecedented times. Our mental health support materials were presented within all packs and delivered to these organisations.</p> <p>Help The Homeless: We created essential packs for 100 members of the homeless community as well as donating clothes, blankets, food and our mental health support cards. These resources again were very well received. We collaborated with Help The Homeless, Leicestershire to support the mental health of those who are vulnerable.</p> <p>Midland Langar: we again created essential packs and networked with The Midland Langar Seva Society within homeless feeds during the pandemic. We delivered 200 packs with our mental health resources within them too.</p> <p>Pilots projects. The Heera Foundation began to plan and pilot sessions relating to anxiety awareness, depression awareness, suicide prevention, self-development, addiction, intrusive, goalsetting, growth mindset, overcoming barriers, wellbeing matters:</p> <p>#ME: Women's development- 30 women involved in this</p> <p>No-JudgeMENT: Men's mental health- 25 men developing this initiative with The Heera Foundation</p> <p>#Catching Dreams: 200 Thought Jars, Emotion Literacy journals and art therapy activities delivered to 3 schools. The Emotional Literacy Journal was created by experts within our team encouraging young children to explore their thoughts and feelings.</p> <p><b>Community Presence-Distribution of The Heera Foundation Mental Health Support Card signposting members of the community</b></p>
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		<p><b>for MH support.</b></p> <p>Community presence limited due to lockdown restrictions. However, The Heera Foundation support card continues to be promoted on social media platforms across Facebook, Instagram, Twitter and LinkedIn and reached over 1K plus audience.</p> <p><b>Phone calls</b> and support regarding signposting/counselling given to 400 members of the community and conversations amount to over 1000. Ongoing discussions, signposting to mental health organisations or counselling.</p> <p><b>Wellbeing Workshops Streetly:</b> Anxiety, Depressions, Personal Development for young people. This was delivered to 30 young people struggling with anxiety. The sessions were well-received and young people were able to openly discuss what they were facing as well as learning about how they could tackle these.</p> <p><b>Journaling Workshops :</b> workshops delivered through Zoom during the pandemic. 40 young people involved and encouraged to discuss their anxieties and worries as well as take on board coping strategies.</p> <p>Various <b>Virtual Community Projects</b> and Competitions were organised during Lockdown. Activities as follows to support wellbeing and creativity: Art Competition- 66 participants Art Therapy sessions/ Workshops- 40 attended Origami Sessions- Virtual - 28 attended Stone Painting Competition - 58 entries Photography Competition- 78 entries</p> <p>Social Media Topics in relation to mental health matters: Posts on social media platforms increased during lockdown around the following topics:</p> <p>Motivation Monday- Positive Affirmations Friday Tips Mothers Day/Fathers Day wellbeing Self-care Self-Love Growth Mindset, your only limit is your mind Gratitude Self-Care Sunday series- Part 1-6 covering various mental health tips and strategies.</p>
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		<p>Supporting young people with exam results, exam pressures, stress  Signs you are struggling  This too shall pass  Grief  Your Boundaries  Stress Management  Invisible Mental Health  Lockdown Remedies  Young People's mental health  12 Days of Christmas- Wellbeing tips  Bilingual posts around mental health matters  Managing overthinking  Supporting someone with their mental health  Talking Disorders  Self- Injury  Cyberbullying  Understanding Change  Domestic Violence  Womens' Mental Health  Financial Wellbeing  Preparing for Lifting Lockdowns  World Mental Health Day  World Bipolar Day  Suicide Prevention Day  Tackling feelings of inadequacy</p> <p>Our social media posts have been bilingual through our social media too in languages such as Panjabi, Urdu and Hindi so that we can translate key information for ethnic minority groups. Topics again have related to: anxiety, depression, addiction, domestic violence, and boundaries.</p> <p>We engaged our audience further through Facebook and Instagram Lives. The Heera Foundation 'Time To Talk' was therefore created covering topics around mental health and mindfulness. We used this as an opportunity to share key messages relating to mental health, to network with existing organisations and to signpost to services who can support with any matters. Some areas around mental health and wellbeing that we covered include:</p> <p>Children's Wellbeing  Gender Stereotypes  A Baking Live session  Domestic Violence  Positive Minds  Impact of Social Media on mental health  Respecting boundaries</p>
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		<p>Lockdown Anxieties</p> <p>We networked with key mental health experts within the community to impart expert knowledge. Our Audience reach was: 2K</p> <p>We lead various Covid 19 Campaigns across our Social Media around the following topics- supporting and educating community members: Tackling and managing anxiety, depression, COVID Conversations, Dealing with Loss, Self-care, isolation, social distancing, COVID Mindset, Staying Connected, finding peace and balance during lockdown, understanding COVID-19 restrictions, dealing with loneliness, being outdoors, wellbeing exercises,</p> <p>We were asked to host 6 sessions on the KTV Television Channel on mental health. The Heera Foundation delivered 6 TV shows for series on Mental Health. This is a Sikh Channel which reaches ethnic minority groups from BAME communities (Sikh, Hindus, Musilims. Our audience reach 7K</p> <p>Topics Covered: Anxiety Depression Grief and Bereavement Drug Addiction Alcohol Abuse Suicide Prevention Awareness</p> <p>We also collaborated with Your Saheli- a community women's group to discuss mental health. The audience reach was 1 K</p> <p>In general, our followership for social media is as follows at present date: Instagram: 1433 Facebook:2045 Twitter:906 Linked in: unable to measure</p> <p>Our Fundraising Events are as follows: Spartan Challenge Vaisakhi wellbeing Papyrus Walk- Wrekin Hampers throughout the year Valentine's Day- creative hampers Marathon- taken on by young men volunteering for HF.</p>
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		<p>We continue to link and network with key organisations and enhance partnerships for Mental Health support with:</p> <ul style="list-style-type: none"> <li>● Papyrus</li> <li>● MIND</li> <li>● Healthy Brum</li> <li>● My Solution Wellbeing</li> <li>● Mental Health Partnership for Birmingham and Solihull</li> <li>● Sikh Your Mind</li> <li>● Every Mind Matters</li> <li>● Sky Blues - Coventry City Football Club</li> </ul> <p>We have continued collaboration with Community Groups:</p> <ul style="list-style-type: none"> <li>● Midland Langar Seva Society, Gabhru Panjab De, Streetly Parish Church Community</li> <li>● Various BAME religious institutions</li> <li>● SafsCare</li> <li>● Panjab 2000</li> <li>● Dharam Seva</li> <li>● Jet Trust</li> <li>● Taraki</li> <li>● Your Saheli</li> <li>● Panjabi Womens SOBS Group</li> <li>● Mini Asians</li> <li>● Ashton Lodge Residential Home</li> <li>● Sanjah Sewa</li> <li>● Sky Blues- Coventry Football Club</li> <li>● Help The Homeless</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	This statement confirms that the Trustees of The Heera Foundation have had regard to the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
	Para 1.38	

Policy on social investment including program related investment		
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
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 are actively engaging and working with communities in relation to mental health education, suicide prevention, mindfulness and signposting individuals for the support that they require. We listen, signpost and support individuals on an ongoing basis and the restrictions faced during the outbreak of COVID 19, we have adapted our methods of communication and reach well to actively support our community. At every occasion, we work to our objects, distribute our mental health education, support card and signpost ensuring that anyone struggling and reaches out to us has the support that they need. We are now able to assist with both free services as well as directing individuals who ask to paid services as well.</p> <p><b>DISTRIBUTION OF CARDS/ LEAFLETS</b> Our networking, activities, events and social media platforms have enabled us to constantly work towards achieving our main aims which are:</p> <ul style="list-style-type: none"> <li>-To raise awareness of mental health and mindfulness within our community by enabling access to existing services</li> <li>-To support existing organisations to influence and educate our community in ensuring that physical and emotional well-being is a priority for everyone.</li> </ul> <p>We regularly receive very positive and encouraging feedback from the community. Members of the public have informed us they were able to get help and support from numbers provided by The Heera Foundation and thank us for making them aware of services available to them.</p> <p>We have reached out to as many people as possible and spread the message that 'it's o.k not to be o.k' and encouraged people to talk openly about mental</p>

		<p>health issues and have helped remove the stigma of shame associated with Mental Health.</p> <p>We have received a great response towards our social media platforms such as facebook, instagram and twitter and our followers are growing rapidly.</p> <p>We regularly give the public information on self-care and wellbeing as well as promote the mental health services that are available.</p> <p>Our Social Media is developing its followership and our innovative approaches continue to reach out to all communities.</p> <p>We have undertaken workshops and presentations on mental health matters and been given great positive feedback on the knowledge shared and imparted.</p> <p>We have supported members of the community who now volunteer for us to as they too wish to help others.</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	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	From 5th April 2020-31st March 2021
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have projects planned that will use our reserves to benefit the wellbeing of community members
Amount of reserves held	Para 1.22	1000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties

### 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	Fundraising and donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	No
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	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	Trustee Election at AGM

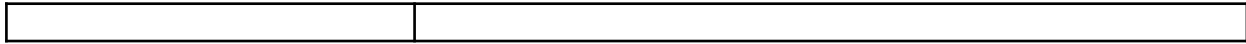
### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	The Heera Foundation
Other name the charity uses	N/A
Registered charity number	1183640
Charity's principal address	15 Hall Drive Burton on the Wolds Loughborough Leicestershire LE12 5AD





## 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

N/A
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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): Pavandeep Johal**

**Position: Trustee of The Heera Foundation**

**Date: 1st February 2022**

## The Heera Foundation Statement

For Period of 5th April 2020- 31st March 2021

**Balance Brought Forward: £9834.62**

**Total Income: £2337.86**

**Total Expenditure: £3650.44**

Breakdown of Income:

Date	Cash	Donations	Fundraising	Counselling	Total
14 04 2020		2			
17 04 2020				5	
07 05 2020				5	
11 05 2020		2			
14 05 2020				40	
28 05 2020				40	
08.06.20				5	
10. 06 2020		2			
15 06 2020				5	
15.06.20				35	
22 06 2020				35	
26 06 2020				40	

29.06.2020				35	
06.07.2020				5	
06.07.2020				5	
08.07.2020				35	
09.07.2020		5			
09.07.2020				40	
21.07.2020				240	
21.07.2020		20			
29.07.2020				10	
30.07.2020				25	
31.07.2020				35	
03.08.2020				5	
10.08.2020				240	
10.08.2020				5	
10.08.2020		5			
10.08.2020				10	
13.08.2020				25	
17.08.2020				5	

17.08.20 20		8.75			
20.08.20 20				5	
24.08.20 20				5	
27.08.20				25	
01.09.20				5	
01.09.20				5	
01.09.20				19.42	
02.09.20 20				5	
09.09.20		5			
11.09.20 20				5	
14.09.20 20				25	
15.09.20 20				5	
21.09.20 20				5	
30.09.20 20				5	
05.10.20 20				25	
09.10.20 20		5			
09.10.20 20				5	
16.10.20 20				5	
20.10.20 20				5	
21.10.20 20				25	

02.11.20 20			558.32		
09.11.20 20		5			
11.11.20 20				5	
16.11.20 20		6.37			
20.11.20 20				5	
30.11.20 20				25	
08.12.20 20				5	
09.12.20 20		5			
24.12.20 20				5	
07.01.20 21				5	
11.01.20 21		5			
25.01.20 21				5	
09.02.20 21		5			
23.02.20 21		125			
24.02.20 21		3			
25.02.20 21		6			
25.02.20 21		21			
25.02.20 21		350			

05.03.20 21		6			
08.03.20 21		3			
08.03.20 21		10			
09.03.20 21		5			
17.03.21		5			
		615.12	558.32	1164.42	£2,337.86

### Total Expenditure

Spending from bank	3650.44
Total spending	3650.44

### Breakdown of Expenditure

Date	What	Cost
03.01.2020	Embroidery Expressions	£71.47
17.01.2020	H.F. Annual Meeting	£11.40
19.01.2020	H.F Annual Meeting	£60.00
24.02.2020	Projector and Screen	£371.98
24.02.2020	Ansvar Charity Protect Insurance	£242.54
04.03.2020	Trustee training session-Voluntary Action Leicestershire	£250.00
01.03.2020	Anxiety Depression Workshop at Streetly Parish Church	£80.00
11.03.2020	Resources for Well Being packsand Mothers Day Hampers	£50.40
11.03.2020	HP Printer Ink	£91.88

16 04 2020	Personal Devt Trg at Streetly- My Solution Wellbeing	£300.00
04.05.2020	Various - see sheet	£152.05
28.04.2020	postage for Marketing and promotional materials	£3.03
28.04. 2020	Meeting at Streetly Parish Church	£22.76
15.06.2020	Expenses- see sheet	£18.38
15.06.2020	Counselling sessions - My Solution Wellbeing	£145.00
07.09.2020	Counselling sessions - My Solution Wellbeing	£150.00
07.09.2020	Counselling sessions - My Solution Wellbeing	£300.00
07.09.2020	Counselling sessions - My Solution Wellbeing	£425.00
17.11.2020	Bags for Elderly Project	£25.00
30.11.2020	Resources for Well Being packsand Mothers Day Hampers	£233.59
30.11.20	ktv shows	£241.56
30.11.2020	1 and 4 All Vouchers	£200.00
30.11.2020	JD vouchers for volunteers	£250.00
15. 12 2020	Resources for Homeless project-see sheet	£861.12
15.12.2020	Counselling sessions - My Solution Wellbeing	£80.00
03.02.2021	Embroidery Expressions Limited	£165.94
03.02.2021	Valentines's day fundraiser items	£127.80
04.03.2021	Thought Jar stickers	£30.47
08. 03.2021	1st and 2nd class stamps	£14.47
	Total	£3,650.44