



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<p>The preservation and protection of good mental health for the public benefit within the UK by:</p> <ul style="list-style-type: none">• providing access to support , advice and education including by organising public workshops and events• working to support the translation of key mental health materials from existing services to be accessible for all
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>Mental Health and Mindfulness Drop in Clinics/Forums:</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>Community Presence-Distribution of The Heera Foundation Mental Health Support Card signposting members of the community</p>
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		<p>for MH support.</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>Phone calls 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>Wellbeing Workshops Streetly: 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>Journaling Workshops : 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 Virtual Community Projects 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</p> <p>Signs you are struggling</p> <p>This too shall pass</p> <p>Grief</p> <p>Your Boundaries</p> <p>Stress Management</p> <p>Invisible Mental Health</p> <p>Lockdown Remedies</p> <p>Young People's mental health</p> <p>12 Days of Christmas- Wellbeing tips</p> <p>Bilingual posts around mental health matters</p> <p>Managing overthinking</p> <p>Supporting someone with their mental health</p> <p>Talking Disorders</p> <p>Self- Injury</p> <p>Cyberbullying</p> <p>Understanding Change</p> <p>Domestic Violence</p> <p>Womens' Mental Health</p> <p>Financial Wellbeing</p> <p>Preparing for Lifting Lockdowns</p> <p>World Mental Health Day</p> <p>World Bipolar Day</p> <p>Suicide Prevention Day</p> <p>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</p> <p>Gender Stereotypes</p> <p>A Baking Live session</p> <p>Domestic Violence</p> <p>Positive Minds</p> <p>Impact of Social Media on mental health</p> <p>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, Muslims). Our audience reach 7K</p> <p>Topics Covered:</p> <p>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"> • Papyrus • MIND • Healthy Brum • My Solution Wellbeing • Mental Health Partnership for Birmingham and Solihull • Sikh Your Mind • Every Mind Matters • Sky Blues - Coventry City Football Club <p>We have continued collaboration with Community Groups:</p> <ul style="list-style-type: none"> • 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 • Ashton Lodge Residential Home • Sanjah Sewa • Sky Blues- Coventry Football Club • Help The Homeless
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>DISTRIBUTION OF CARDS/ LEAFLETS</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"> -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. <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

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Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Names of Persons (or body) entitled to appoint trustee
1	Balbir Kandola			
2	Ranvir Singh			
3	Pavandeep Johal			
4	Pam Dubb		1 March 2020	
5	Bindi Sandhu		1 March 2020	

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

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)		

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 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	
06.07.20 20				5	
06.07.20 20				5	
08.07.20 20				35	
09.07.20 20		5			
09.07.20 20				40	
21.07.20 20				240	
21.07.20 20		20			
29.07.20 20				10	
30.07.20 20				25	
31.07.20 20				35	
03.08.20 20				5	
10.08.20 20				240	
10.08.20 20				5	
10.08.20 20		5			
10.08.20 20				10	
13.08.20 20				25	
17.08.20 20				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