



CHARITY COMMISSION
FOR ENGLAND AND WALES

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">• 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 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">• Finding Motivation• Managing Anxiety and Stress• Emotional Self-Regulation• Building Resilience• Building Confidence• We worked with 45 women to support their wellbeing and growth. <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> <p>Children's Wellbeing Gender Stereotypes A Baking Live session Domestic Violence Positive Minds Impact of Social Media on mental health Respecting boundaries 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>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> <p>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. 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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		<p>Self-Care for your bad Mental Health Days Grounding Techniques Ways to Unwind at the end of the Week</p> <p>Phone calls and conversations amount to over 1000. Ongoing discussions, signposting to mental health organisations or counselling.</p> <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 ● Wellbeing Therapies <p>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</p> <p>We have continued collaboration with Community Groups:</p> <ul style="list-style-type: none"> ● 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
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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	
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<p>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.</p>	<p>Para 1.20</p>	<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>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 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 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

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	Jagroop Chahal			
3	Pavandeep Johal			
4	Sonia Bhangal			
5	Sarbjit Bisla			
6	Simran Barth			

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)

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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
	Total	£14,144.93

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