



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 | <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 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> |

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|--|--|---|
| | | <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 domestice 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> |
|--|--|---|

| | | |
|--|--|--|
| | | <p> 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 </p> <p> The Heera Foundation Support Card shared throughout the year, signposting to various organisations </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> |
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| | | |
|--|-----------|--|
| | | <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>We have continued collaboration with Community Groups:</p> <ul style="list-style-type: none"> • SSCCUK • Nirmal Pure Mind • Midland Langar Seva Society • Streetly Parish Church Community • Various BAME religious institutions • SafsCare • Panjab 2000 • Dharam Seva • Jet Trust • Taraki • Dorcas • 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 |

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>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'</p> |

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| | | <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

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|--|-----------|---|
| 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 | | |
| | | |
| | | |
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Name of trustees holding title to property belonging to the charity

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

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 |
|-----------------|------|---------|
| | | |
| | | |
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| | | |

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: 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 | ions/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

Report to the trustees

Charity Name
The Heera Foundation

On accounts for the year
ended

06/04/2024

Charity no
(if any)

1183640

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

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.

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

