



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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>
Statement confirming whether the trustees have had regard to the guidance	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

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.</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 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



### 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		Ended term Jan 2025	
3	Pavandeep Johal			
4	Sarbjit Bisla			
5	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: 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	Perfrection 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 Amarpreet	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	Balbair 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	Balbair Kandola	Donation	10	£10.00
157	11th December 2024	Just Giving The Heera	Donation	1900.45	£1,900.45
158	12th December 2024	Balbair 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	Balbair 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	Balbair Kandola	Donation	10	£10.00
167	10th March 2025	Balbair 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 Dhesi	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	Burmington 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

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)

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

