

SIKH YOUR MIND

England & Wales · Charity number 1183752

Details

Other names SYM

Status Registered

Legal form CIO

Registered 2019-06-06

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

Contact

Address 173 Oakham Road
Tividale
Oldbury
West Midlands
B69 1PZ

Phone 03332101021

Email info@sikhyourmind.com

Website www.sikhyourmind.com

Activities

Objects: FOR THE PUBLIC BENEFIT THE PROMOTION AND PROTECTION OF GOOD MENTAL HEALTH OF PEOPLE BY REDUCING STIGMA AROUND MENTAL HEALTH PARTICULARLY, IN THE SIKH COMMUNITY BY; PROVIDING PEOPLE WITH A BETTER UNDERSTANDING AND AWARENESS OF MENTAL HEALTH AND INTERVENTIONS THAT ARE AVAILABLE; ENCOURAGING A CULTURE OF SELF CARE, COMPASSION TOWARDS SELF AND OTHERS AND HEALTHY WAYS OF UNDERSTANDING AND MANAGING EMOTIONS AND RELATIONSHIPS; PROMOTING AWARENESS OF AND ACCESS TO SUPPORT OPTIONS AVAILABLE FOR THOSE EXPERIENCING MENTAL HEALTH ISSUES AND THEIR FAMILIES/CARERS; WORKING WITH THE WIDER SYSTEM (E.G. OTHER ORGANISATIONS) IN PROMOTING MENTAL WELLBEING AND MEETING THE NEEDS OF THOSE EXPERIENCING MENTAL HEALTH ISSUES AND CONTRIBUTING TO THE PAUCITY OF LITERATURE PUBLISHED AROUND SIKH MENTAL HEALTH AND CONTRIBUTING TO INDEPENDENT AND/PRIVATE ORGANISATIONS (E.G. NHS AND OTHER COMMUNITY BASED SERVICES) THINKING AROUND THESE ISSUES.

Activities: Sikh your Mind was founded in 2015 (registered formally in 2019) to offer psychological support to the Sikh and Punjabi community. We have been supporting the community via our telephone helpline, live chat, virtual women's group as well as in person workshops. We also teach on various postgraduate programmes and continue to publish on the mental health needs of the Sikh and Punjabi community.

Classification

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

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£14,984	£9,363	-	-
2024-01-31	£6,781	£13,437	-	-
2023-01-31	£16,179	£15,837	-	-
2022-01-31	£12,731	£35,245	-	-
2021-01-31	£46,878	£19,220	-	-

Trustees

Name	Role	Appointed
Dr Gobinderjit Kaur	Chair	2015-06-09
Harjit Dhillon		2024-01-29

SIKH YOUR MIND

England & Wales - Charity number 1183752

Accounts

SI2155/SM/DG/PC

22 September 2025

PRIVATE & CONFIDENTIALDr G Kaur
Sikh Your Mind
165 New Road
Birmingham
B69 2JT

Dear Dr Kaur

Accounts for the year ended 31 January 2025

I enclose the Charity's full financial statements for the year ended 31 January 2025 which are for filing at the Charity Commission by 31 October 2025.

These financial statements are for review by the trustees and if they are approved, I would be grateful if they could be signed and dated on the Balance Sheet on page 6 and also the Trustees' Report on page 2 as indicated. Once I receive the signed copies, I will let you have a copy of the accounts for your records.

Also enclosed is a Letter of Representation based on the accounts; if you agree the contents, I would be grateful if it could also be signed and dated and returned to us for our files.

If you have any queries, please do not hesitate to contact me.

Kind regards

Yours sincerely



S MORRIS

Enc

Tel: 01905 794 504 Fax: 01905 795 281 Email: mail@ballardsllp.com Web: www.ballardsllp.com

Ballards LLP is a limited liability partnership registered in England with registered no: **OC302548**

A list of the members is displayed at the registered office, together with a list of those non-members who are designated as partners. We use the word 'partner' to refer to a member of the LLP, or an employee with equivalent standing and qualifications.

Registered to carry out audit work in the UK and regulated for a range of investment business activities by the Institute of Chartered Accountants in England & Wales

Ballards LLP
Chartered Accountants
Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Dear Sirs

The following representations are made on the basis of enquiries of management and staff with relevant knowledge and experience such as we consider necessary in connection with your report on the charity's financial statements for the year ended 31 January 2025. These enquiries have included inspection of supporting documentation where appropriate. All representations are made to the best of our knowledge and belief.

GENERAL

1. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK and Ireland) and that you do not express an audit opinion.
2. We confirm that the charitable company qualifies as small in accordance with the conditions set out in chapter 1 of part 15 of the Companies Act 2006.
3. We confirm that the charity was entitled to exemption under section 144 of the Charities Act 2011 the requirement to have its financial statements for the financial year ended 31 January 2025 audited. We also confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in accordance with section 476 of the Companies Act 2006.
4. We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter under the Charities Act 2011, for preparing financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice), for being satisfied that they give a true and fair view.
5. All the transactions undertaken by the charity have been properly reflected and recorded in the accounting records.
6. All the accounting records and related financial information, including minutes of all management and trustee meetings and correspondence with The Charity Commission have been made available to you for the purpose of your work.

ASSETS AND LIABILITIES

7. The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed as applicable in the notes to the financial statements.
8. All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as applicable.
9. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.

LOANS AND ARRANGEMENTS

10. The charity has not granted any advances or credits to, or made guarantees on behalf of, trustees other than those disclosed in the financial statements.

LEGAL CLAIMS

11. We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for and disclosed as applicable in the financial statements.

LAWS AND REGULATIONS

12. We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.

RELATED PARTIES

13. Related party relationships and transactions have been appropriately accounted for and disclosed as applicable in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with the requirements of company and charity law or accounting standards.

SUBSEQUENT EVENTS

14. All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed as applicable.

GOING CONCERN

15. We believe that the charity's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charity's needs. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the financial statements.

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GRANTS AND DONATIONS

17. All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

RESTRICTED GRANTS AND DONATIONS

18. Restricted grants and donations are as follows / listed overleaf:

You Sikh Mind


.....
Signed on behalf of the board of trustees

DATE
01 Oct 2025

Company registration number: CE017732
Charity registration number: 1183752

Sikh Your Mind

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Sikh Your Mind

Reference and Administrative Details

Chairman	Dr G Kaur
Trustees	Mrs S Kaur (appointed 31 March 2024) Mrs S Kaur (resigned 31 August 2024) Mrs H Dhillon
Principal Office	173 Oakham Road Oldbury B69 1PZ
Company Registration Number	CE017732
Charity Registration Number	1183752
Independent Examiner	Ballards LLP Oakmoore Court 11C Kingswood Road Hampton Lovett Droitwich Worcestershire WR9 0QH

Sikh Your Mind

Trustees' Report

Objectives and activities

Public benefit

Sikh Your Mind continued to facilitate online women's groups and offered workshops and talks at various events across the UK. The Women's virtual support group continued for its 5th year. The charity celebrated its 10 year anniversary.

We continue to offer support on our telephone line every evening and have updated our website to provide more resources. We were also fortunate to be a recipient of donations via an organised sponsored walk and a New York Marathon participant.

We have published a paper on satisfaction following the use of the telephone helpline and have submitted another around the demographics of telephone users.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

The annual report was approved by the trustees of the charity on 01 Oct 2025 and signed on its behalf by:


.....
Dr G Kaur
Chairman

Sikh Your Mind

Statement of Trustees' Responsibilities

The law applicable to charities in England and Wales requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps to prevent and detect fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and the financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 01 Oct 2025 and signed on its behalf by:


.....
Dr G Kaur
Chairman

Sikh Your Mind

Independent Examiner's Report to the trustees of Sikh Your Mind

I report on the accounts of the charity for the year ended 31 January 2025 which are set out on pages 5 to 13.

Respective responsibilities of trustees and examiner

The trustees of the CIO are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act.
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Ben Powell MSci ACA
Ballards LLP

Oakmoore Court
11C Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Date:.....

Sikh Your Mind

Statement of Financial Activities for the Year Ended 31 January 2025
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2025 £
Income and Endowments from:			
Donations and legacies	3	14,984	14,984
Total Income		<u>14,984</u>	<u>14,984</u>
Expenditure on:			
Raising funds		(1,448)	(1,448)
Charitable activities	4	(7,915)	(7,915)
Total Expenditure		<u>(9,363)</u>	<u>(9,363)</u>
Net income		5,621	5,621
Net movement in funds		5,621	5,621
Reconciliation of funds			
Total funds brought forward		2,189	2,189
Total funds carried forward	11	<u>7,810</u>	<u>7,810</u>
	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Donations and legacies	3	6,781	6,781
Total Income		<u>6,781</u>	<u>6,781</u>
Expenditure on:			
Raising funds		(45)	(45)
Charitable activities	4	(13,392)	(13,392)
Total Expenditure		<u>(13,437)</u>	<u>(13,437)</u>
Net expenditure		(6,656)	(6,656)
Net movement in funds		(6,656)	(6,656)
Reconciliation of funds			
Total funds brought forward		8,845	8,845
Total funds carried forward	11	<u>2,189</u>	<u>2,189</u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2024 is shown in note 11.

Sikh Your Mind

(Registration number: CE017732)
Balance Sheet as at 31 January 2025

	Note	2025 £	2024 £
Current assets			
Cash at bank and in hand		8,824	3,143
Creditors: Amounts falling due within one year	10	(1,014)	(954)
Net assets		<u>7,810</u>	<u>2,189</u>
Funds of the charity:			
Restricted funds			
		-	-
Unrestricted income funds			
Unrestricted funds		7,810	2,189
Total funds	11	<u>7,810</u>	<u>2,189</u>

On 20 February 2025, the financial statements on pages 5 to 13 were approved by the trustees, and authorised for issue on behalf of the charity, and signed on their behalf by:


.....
Dr G Kaur
Chairman

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2025

1 Charity status

The charity is a charitable incorporated organisation and consequently does not have share capital.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sikh Your Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity is exempt from preparing a cash flow statement.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Notes to the Financial Statements for the Year Ended 31 January 2025

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Notes to the Financial Statements for the Year Ended 31 January 2025

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

3 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2025 £	Total 2024 £
Donations and legacies:			
Donations from individuals	14,984	14,984	6,781
	<u>14,984</u>	<u>14,984</u>	<u>6,781</u>

4 Expenditure on charitable activities

	Note	Unrestricted funds		
		General £	Total 2025 £	Total 2024 £
Psychology services		5,352	5,352	1,907
Governance costs	5	2,563	2,563	11,485
		<u>7,915</u>	<u>7,915</u>	<u>13,392</u>

£7,915 (2024 - £13,392) of the above expenditure was attributable to unrestricted funds and £nil (2024 - £nil) to restricted funds.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2025

5 Analysis of governance and support costs

Governance costs

	Unrestricted funds		Total 2024 £
	General £	Total 2025 £	
Accountancy fees	1,074	1,074	954
Legal fees	-	-	319
Other governance costs	1,489	1,489	10,212
	<u>2,563</u>	<u>2,563</u>	<u>11,485</u>

6 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

7 Auditors' remuneration

	2025 £	2024 £
Audit of the financial statements	<u>1,074</u>	<u>954</u>

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2025

9 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 February 2024	<u>70</u>	<u>70</u>
At 31 January 2025	<u>70</u>	<u>70</u>
Depreciation		
At 1 February 2024	<u>70</u>	<u>70</u>
At 31 January 2025	<u>70</u>	<u>70</u>
Net book value		
At 31 January 2025	<u>-</u>	<u>-</u>
At 31 January 2024	<u>-</u>	<u>-</u>

10 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals	<u>1,014</u>	<u>954</u>

11 Funds

	Balance at 1 February 2024 £	Incoming resources £	Resources expended £	Balance at 31 January 2025 £
Unrestricted funds				
General				
Unrestricted funds	<u>2,189</u>	<u>14,984</u>	<u>(9,363)</u>	<u>7,810</u>
	Balance at 31 January 2023 £	Incoming resources £	Resources expended £	Balance at 31 January 2024 £
Unrestricted funds				
General				
Unrestricted funds	<u>8,845</u>	<u>6,781</u>	<u>(13,437)</u>	<u>2,189</u>

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2025

12 Analysis of net funds

	At 1 February 2024 £	Cash flow £	At 31 January 2025 £
Cash at bank and in hand	3,143	5,681	8,824
Net debt	<u>3,143</u>	<u>5,681</u>	<u>8,824</u>

13 Related party transactions

There were no related party transactions in the year.

Sikh Your Mind

Detailed Statement of Financial Activities for the year ended 31 January 2025

	Unrestricted funds £	Total 2025 £
Income and Endowments from:		
Appeals and donations	<u>14,984</u>	<u>14,984</u>
Total Income	<u>14,984</u>	<u>14,984</u>
Expenditure on:		
Raising funds	1,448	1,448
Counselling/help line payments	5,352	5,352
Insurance	550	550
Trade subscriptions	310	310
Accountancy fees	1,074	1,074
Telephone and fax	<u>629</u>	<u>629</u>
Total Expenditure	<u>9,363</u>	<u>9,363</u>
Net income	<u>5,621</u>	<u>5,621</u>
Net movement in funds	5,621	5,621
Reconciliation of funds		
Total funds brought forward	<u>2,189</u>	<u>2,189</u>
Total funds carried forward	<u>7,810</u>	<u>7,810</u>

SIKH YOUR MIND

England & Wales - Charity number 1183752

Accounts

SI2155/SM/AM/LJ

22 October 2024

PRIVATE & CONFIDENTIAL

Dr G Kaur
Sikh Your Mind
165 New Road
Birmingham
B69 2JT

Dear Dr Kaur

Accounts for the year ended 31 January 2024

I enclose three copies of the company's full financial statements for the year ended 31 January 2024 which are for filing at the Charity Commission by 31 October 2024.

These financial statements are for review by the trustees and if they are approved, I would be grateful if they could be signed (**in black ink**) and dated on the Balance Sheet on page 6 and also the Trustees' Report on page 2 as indicated. Once I receive the signed copies, I will let you have a copy of the accounts for your records.

I will also send you an electronic version of a Letter of Representation based on the accounts; if you agree the contents, I would be grateful if it could be copied onto your headed paper, signed and dated and returned to us for our files.

If you have any queries, please do not hesitate to contact me.

Yours sincerely

A handwritten signature in black ink, appearing to read 'S Morris', written in a cursive style.

S MORRIS

Enc

Ballards LLP
Chartered Accountants
Kingswood Road
Hampton Lovett
Droitwich
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WR9 0QH

Dear Sirs

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Yours faithfully


.....
Signed on behalf of the board of trustees

22 October 2024

Company registration number: CE017732

Charity registration number: 1183752

Sikh Your Mind

A charitable incorporated organisation

Annual Report and Financial Statements

for the Year Ended 31 January 2024

Sikh Your Mind

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Sikh Your Mind

Reference and Administrative Details

Chairman	Dr G Kaur
Trustees	Dr S K Bilkhu (resigned 21 October 2023) Dr S K Bhogal (resigned 21 October 2023) Mrs S Kaur (appointed 31 March 2024) Mrs S Kaur (appointed 31 January 2024 and resigned 31 August 2024) Mrs H Dhillon (appointed 29 January 2024)
Principal Office	173 Oakham Road Oldbury B69 1PZ
Company Registration Number	CE017732
Charity Registration Number	1183752
Independent Examiner	Ballards LLP Oakmoore Court 11C Kingswood Road Hampton Lovett Droitwich Worcestershire WR9 0QH

Sikh Your Mind

Trustees' Report

Objectives and activities

Public benefit

Sikh Your Mind continued to facilitate online women's groups and offered workshops and talks at various events across the UK. The Women's virtual support group continued for its 4th year.

We continue to offer support on our telephone line every evening and have recruited a number of new paid telephone call handlers this year. We were also fortunate to be a recipient of donations via a comedy event in London.

New Trustees joined in January 2024 following the change of 2 existing Trustees departing from the role. Whilst 3 Trustees were recruited, 2 have remained on. We have submitted a research paper to an academic journal and have another planned using the data collected. We hope that publishing our findings will help promote the need for culturally sensitive support for the Sikh and Punjabi community.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

24 Oct 2024

The annual report was approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Statement of Trustees' Responsibilities

The law applicable to charities in England and Wales requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps to prevent and detect fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and the financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

24 Oct 2024

Approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Independent Examiner's Report to the trustees of Sikh Your Mind

I report on the accounts of the charity for the year ended 31 January 2024 which are set out on pages 5 to 14 .

Respective responsibilities of trustees and examiner

The trustees of the CIO are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Ben Powell MSci ACA
Ballards LLP

Oakmoore Court
11C Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Date:.....

Sikh Your Mind

Statement of Financial Activities for the Year Ended 31 January 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Donations and legacies	3	6,781	6,781
Total Income		6,781	6,781
Expenditure on:			
Raising funds		(45)	(45)
Charitable activities	5	(13,392)	(13,392)
Total Expenditure		(13,437)	(13,437)
Net expenditure		(6,656)	(6,656)
Net movement in funds		(6,656)	(6,656)
Reconciliation of funds			
Total funds brought forward		8,845	8,845
Total funds carried forward	12	2,189	2,189
	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Donations and legacies	3	11,371	11,371
Charitable activities	4	4,808	4,808
Total Income		16,179	16,179
Expenditure on:			
Charitable activities	5	(15,837)	(15,837)
Total Expenditure		(15,837)	(15,837)
Net income		342	342
Net movement in funds		342	342
Reconciliation of funds			
Total funds brought forward		8,503	8,503
Total funds carried forward	12	8,845	8,845

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2023 is shown in note 12.

Sikh Your Mind

(Registration number: CE017732)
Balance Sheet as at 31 January 2024

	Note	2024 £	2023 £
Current assets			
Cash at bank and in hand		3,143	9,799
Creditors: Amounts falling due within one year	11	(954)	(954)
Net assets		2,189	8,845
Funds of the charity:			
Restricted funds			
		-	-
Unrestricted income funds			
Unrestricted funds		2,189	8,845
Total funds	12	2,189	8,845

24 Oct 2024 The financial statements on pages 5 to 14 were approved by the trustees, and authorised for issue on and signed on their behalf by:



 Dr G Kaur
 Chairman

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

1 Charity status

The charity is a charitable incorporated organisation and consequently does not have share capital.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sikh Your Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity is exempt from preparing a cash flow statement.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

3 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2024 £	Total 2023 £
Donations and legacies;			
Donations from individuals	6,781	6,781	11,371
	6,781	6,781	11,371

4 Income from charitable activities

	Total 2024 £	Total 2023 £
Ticket Sales	-	4,808

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

5 Expenditure on charitable activities

		Unrestricted funds	Total 2024	Total 2023
	Note	General £	£	£
Psychology services		1,907	1,907	7,290
Governance costs	6	11,485	11,485	8,547
		<u>13,392</u>	<u>13,392</u>	<u>15,837</u>

£13,392 (2023 - £15,837) of the above expenditure was attributable to unrestricted funds and £nil (2023 - £nil) to restricted funds.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

6 Analysis of governance and support costs

Governance costs

	Unrestricted funds	Total 2024	Total 2023
	General	2024	2023
	£	£	£
Accountancy fees	954	954	1,033
Legal fees	319	319	555
Other governance costs	10,212	10,212	6,959
	<u>11,485</u>	<u>11,485</u>	<u>8,547</u>

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

8 Auditors' remuneration

	2024	2023
	£	£
Audit of the financial statements	<u>954</u>	<u>1,033</u>

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 February 2023	70	70
At 31 January 2024	70	70
Depreciation		
At 1 February 2023	70	70
At 31 January 2024	70	70
Net book value		
At 31 January 2024	-	-
At 31 January 2023	-	-

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals	954	954

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2024

12 Funds

	Balance at 1 February 2023 £	Incoming resources £	Resources expended £	Balance at 31 January 2024 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	8,845	6,781	(13,437)	2,189
	Balance at 31 January 2020 £	Incoming resources £	Resources expended £	Balance at 31 January 2023 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	8,503	16,179	(15,837)	8,845

13 Analysis of net funds

	At 1 February 2023 £	Cash flow £	At 31 January 2024 £
Cash at bank and in hand	9,799	(6,656)	3,143
Net debt	9,799	(6,656)	3,143

14 Related party transactions

There were no related party transactions in the year.

Sikh Your Mind

Detailed Statement of Financial Activities for the year ended 31 January 2024

	Unrestricted funds £	Total 2024 £
Income and Endowments from:		
Appeals and donations	6,781	6,781
Total Income	<u>6,781</u>	<u>6,781</u>
Expenditure on:		
Raising funds	45	45
Counselling/helpline payments	1,907	1,907
Insurance	529	529
Trade subscriptions	1,456	1,456
Accountancy fees	954	954
Management fees	7,493	7,493
Legal and professional fees	319	319
Room hire	197	197
Telephone and fax	537	537
Total Expenditure	<u>13,437</u>	<u>13,437</u>
Net expenditure	<u>(6,656)</u>	<u>(6,656)</u>
Net movement in funds	(6,656)	(6,656)
Reconciliation of funds		
Total funds brought forward	<u>8,845</u>	<u>8,845</u>
Total funds carried forward	<u><u>2,189</u></u>	<u><u>2,189</u></u>

SIKH YOUR MIND

England & Wales - Charity number 1183752

Accounts

Ballards LLP
Chartered Accountants
Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Dear Sirs

The following representations are made on the basis of enquiries of management and staff with relevant knowledge and experience such as we consider necessary in connection with your report on the charity's financial statements for the year ended 31 January 2023. These enquiries have included inspection of supporting documentation where appropriate. All representations are made to the best of our knowledge and belief.

GENERAL

1. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK and Ireland) and that you do not express an audit opinion.
2. We confirm that the charitable company qualifies as small in accordance with the conditions set out in chapter 1 of part 15 of the Companies Act 2006.
3. We confirm that the charity was entitled to exemption under section 144 of the Charities Act 2011 the requirement to have its financial statements for the financial year ended 31 January 2023 audited. We also confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in accordance with section 476 of the Companies Act 2006.
4. We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter under the Charities Act, for preparing financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice), for being satisfied that they give a true and fair view.
5. All the transactions undertaken by the charity have been properly reflected and recorded in the accounting records.
6. All the accounting records and related financial information, including minutes of all management and trustee meetings and correspondence with The Charity Commission have been made available to you for the purpose of your work.

ASSETS AND LIABILITIES

7. The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed as applicable in the notes to the financial statements.
8. All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as applicable.
9. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.

LOANS AND ARRANGEMENTS

10. The charity has not granted any advances or credits to, or made guarantees on behalf of, trustee other than those disclosed in the financial statements.

LEGAL CLAIMS

11. We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for and disclosed as applicable in the financial statements.

LAWS AND REGULATIONS

12. We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.

RELATED PARTIES

13. Related party relationships and transactions have been appropriately accounted for and disclosed as applicable in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with the requirements of company and charity law or accounting standards.

SUBSEQUENT EVENTS

14. All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed as applicable.

GOING CONCERN

15. We believe that the charity's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charity's needs. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the financial statements.

GRANTS AND DONATIONS

16. All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

RESTRICTED GRANTS AND DONATIONS

17. Restricted grants and donations are correctly recorded in the financial statements.

Yours faithfully



.....
Signed on behalf of the board of trustees

Date:

30 Oct 2023

Company registration number: CE017732

Charity registration number: 1183752

Sikh Your Mind

A charitable incorporated organisation

Annual Report and Financial Statements

for the Year Ended 31 January 2023

Sikh Your Mind

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Sikh Your Mind

Reference and Administrative Details

Chairman	Dr G Kaur
Trustees	Dr S K Bilkhu (resigned 21 October 2023) Dr S K Bhogal (resigned 21 October 2023)
Principal Office	173 Oakham Road Oldbury B69 1PZ
Company Registration Number	CE017732
Charity Registration Number	1183752
Independent Examiner	Ballards LLP Oakmoore Court 11C Kingswood Road Hampton Lovett Droitwich Worcestershire WR9 0QH

Sikh Your Mind

Trustees' Report

Objectives and activities

Public benefit

Sikh your Mind continued the collaboration with Taraki in facilitating student spaces. Collaborations with other mental health organisations to support drop-in clinics. The Women's virtual support group continued for its 3rd year.

We have been part of focus group discussions with Faith Action for suicide awareness support and have had team members facilitate teaching on spirituality and mental health on Doctorate for Clinical Psychology programmes.

We have been fortunate to be the recipients of donations via a comedy event in London. We continue to offer support on our telephone line every evening and are in the process of recruiting for further support with this.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

30 Oct 2023

The annual report was approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Statement of Trustees' Responsibilities

The law applicable to charities in England and Wales requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps to prevent and detect fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and the financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

30 Oct 2023

Approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Independent Examiner's Report to the trustees of Sikh Your Mind

I report on the accounts of the charity for the year ended 31 January 2023 which are set out on pages 5 to 14 .

Respective responsibilities of trustees and examiner

The trustees of the CIO are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Ben Powell MSci ACA
Ballards LLP

Oakmoore Court
11C Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Date:.....30 October 2023.....

Sikh Your Mind

Statement of Financial Activities for the Year Ended 31 January 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	11,371		11,371
Charitable activities	4	<u>4,808</u>		<u>4,808</u>
Total Income		<u>16,179</u>		<u>16,179</u>
Expenditure on:				
Charitable activities	5	<u>(15,837)</u>		<u>(15,837)</u>
Total Expenditure		<u>(15,837)</u>		<u>(15,837)</u>
Net income		<u>342</u>		<u>342</u>
Net movement in funds		342		342
Reconciliation of funds				
Total funds brought forward		<u>8,503</u>		<u>8,503</u>
Total funds carried forward	13	<u>8,845</u>		<u>8,845</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	11,585	-	11,585
Charitable activities	4	<u>1,146</u>	-	<u>1,146</u>
Total Income		<u>12,731</u>	-	<u>12,731</u>
Expenditure on:				
Charitable activities	5	(11,460)	(23,762)	(35,222)
Other expenditure	6	<u>(23)</u>	-	<u>(23)</u>
Total Expenditure		<u>(11,483)</u>	<u>(23,762)</u>	<u>(35,245)</u>
Net income/(expenditure)		<u>1,248</u>	<u>(23,762)</u>	<u>(22,514)</u>
Net movement in funds		1,248	(23,762)	(22,514)
Reconciliation of funds				
Total funds brought forward		<u>7,255</u>	<u>23,762</u>	<u>31,017</u>
Total funds carried forward	13	<u>8,503</u>	-	<u>8,503</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 13.

Sikh Your Mind

(Registration number: CE017732)
Balance Sheet as at 31 January 2023

	Note	2023 £	2022 £
Current assets			
Cash at bank and in hand		9,799	9,307
Creditors: Amounts falling due within one year	12	<u>(954)</u>	<u>(804)</u>
Net assets		<u>8,845</u>	<u>8,503</u>
Funds of the charity:			
Restricted funds		-	-
Unrestricted income funds			
Unrestricted funds		<u>8,845</u>	<u>8,503</u>
Total funds	13	<u>8,845</u>	<u>8,503</u>

The financial statements on pages 5 to 14 were approved by the trustees, and authorised for issue on 30 Oct 2023... and signed on their behalf by:

.....
Dr G Kaur
Chairman

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

1 Charity status

The charity is a charitable incorporated organisation and consequently does not have share capital.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sikh Your Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity is exempt from preparing a cash flow statement.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

3 Income from donations and legacies

	Unrestricted funds	Total 2023	Total 2022
	General £	£	£
Donations and legacies;			
Donations from individuals	11,371	11,371	10,085
Grants, including capital grants;			
Grants from other charities	-	-	1,500
	<u>11,371</u>	<u>11,371</u>	<u>11,585</u>

4 Income from charitable activities

	Unrestricted funds	Total 2023	Total 2022
	General £	£	£
Ticket Sales	<u>4,808</u>	<u>4,808</u>	<u>1,146</u>

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

5 Expenditure on charitable activities

		Unrestricted funds	Total 2023	Total 2022
	Note	General £	£	£
Psychology services		7,290	7,290	31,539
Governance costs	7	8,547	8,547	3,683
		15,837	15,837	35,222

£15,837 (2022 - £11,460) of the above expenditure was attributable to unrestricted funds and £nil (2022 - £23,762) to restricted funds.

6 Other expenditure

	Total 2023	Total 2022
	£	£
Depreciation, amortisation and other similar costs	-	23
	-	23

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds	Total 2023	Total 2022
	General	2023	2022
	£	£	£
Accountancy fees	1,033	1,033	804
Legal fees	555	555	1,450
Other governance costs	6,959	6,959	1,429
	<u>8,547</u>	<u>8,547</u>	<u>3,683</u>

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

9 Auditors' remuneration

	2023	2022
	£	£
Audit of the financial statements	<u>1,033</u>	<u>804</u>

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 February 2022	70	70
At 31 January 2023	70	70
Depreciation		
At 1 February 2022	70	70
At 31 January 2023	70	70
Net book value		
At 31 January 2023	-	-
At 31 January 2022	-	-

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals	954	804

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2023

13 Funds

	Balance at 1 February 2022 £	Incoming resources £	Resources expended £	Balance at 31 January 2023 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	8,503	16,179	(15,837)	8,845
	<u>8,503</u>	<u>16,179</u>	<u>(15,837)</u>	<u>8,845</u>
	Balance at 31 January 2020 £	Incoming resources £	Resources expended £	Balance at 31 January 2022 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	7,255	12,731	(11,483)	8,503
Restricted funds				
Restricted funds	23,762	-	(23,762)	-
	<u>23,762</u>	<u>-</u>	<u>(23,762)</u>	<u>-</u>
Total funds	<u>31,017</u>	<u>12,731</u>	<u>(35,245)</u>	<u>8,503</u>

14 Analysis of net assets between funds

15 Analysis of net funds

	At 1 February 2022 £	Cash flow £	At 31 January 2023 £
Cash at bank and in hand	9,307	492	9,799
Net debt	<u>9,307</u>	<u>492</u>	<u>9,799</u>

16 Related party transactions

There were no related party transactions in the year.

Sikh Your Mind

Detailed Statement of Financial Activities for the year ended 31 January 2023

	Unrestricted funds £	Total 2023 £
Income and Endowments from:		
Appeals and donations	11,371	11,371
Charitable activities	4,808	4,808
Total Income	<u>16,179</u>	<u>16,179</u>
Expenditure on:		
Counselling/helpline payments	7,290	7,290
Insurance	476	476
Accountancy fees	1,033	1,033
Management fees	5,695	5,695
Legal and professional fees	555	555
Room hire	119	119
Telephone and fax	669	669
Total Expenditure	<u>15,837</u>	<u>15,837</u>
Net income	<u>342</u>	<u>342</u>
Net movement in funds	342	342
Reconciliation of funds		
Total funds brought forward	<u>8,503</u>	<u>8,503</u>
Total funds carried forward	<u><u>8,845</u></u>	<u><u>8,845</u></u>

SIKH YOUR MIND

England & Wales - Charity number 1183752

Accounts

Company registration number: CE017732

Charity registration number: 1183752

Sikh Your Mind

A charitable incorporated organisation

Annual Report and Financial Statements

for the Year Ended 31 January 2022

Sikh Your Mind

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Sikh Your Mind

Reference and Administrative Details

Chairman	Dr G Kaur
Trustees	Dr S K Bilkhu Dr S K Bhogal
Principal Office	173 Oakham Road Oldbury B69 1PZ
Company Registration Number	CE017732
Charity Registration Number	1183752
Independent Examiner	Ballards LLP Oakmoore Court 11C Kingswood Road Hampton Lovett Droitwich Worcestershire WR9 0QH

Sikh Your Mind

Trustees' Report

Objectives and activities

Public benefit

This year the Sikh Your Mind team have been involved in a number of virtual events for Sikh Students in collaboration with Taraki, several virtual cohorts of the Mental Health & Sikhi groups have been facilitated and we are coming to the end of 2 years of the women's virtual support group. Sikh your Mind has hired to paid members to support the operational and clinical processes within the team. We continue to offer support on our telephone line every evening and are looking to recruit more volunteers in the foreseeable future.

We have been able to publish qualitative research looking at how Sikhs coped during the Covid-19 Pandemic in the Journal of Religion & Health.

Most recently we received a certificate of recognition from the London Faith & Community Awards.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

29 Nov 2022

The annual report was approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Statement of Trustees' Responsibilities

The law applicable to charities in England and Wales requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps to prevent and detect fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and the financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

29 Nov 2022

Approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Independent Examiner's Report to the trustees of Sikh Your Mind

I report on the accounts of the charity for the year ended 31 January 2022 which are set out on pages 5 to 14 .

Respective responsibilities of trustees and examiner

The trustees of the CIO are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Ben Powell MSci ACA
Ballards LLP

Oakmoore Court
11C Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Date:.....

Sikh Your Mind

Statement of Financial Activities for the Year Ended 31 January 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	11,585	-	11,585
Charitable activities	4	1,146	-	1,146
Total Income		<u>12,731</u>	<u>-</u>	<u>12,731</u>
Expenditure on:				
Charitable activities	6	(11,460)	(23,762)	(35,222)
Other expenditure	7	(23)	-	(23)
Total Expenditure		<u>(11,483)</u>	<u>(23,762)</u>	<u>(35,245)</u>
Net income/(expenditure)		<u>1,248</u>	<u>(23,762)</u>	<u>(22,514)</u>
Net movement in funds		1,248	(23,762)	(22,514)
Reconciliation of funds				
Total funds brought forward		<u>7,255</u>	<u>23,762</u>	<u>31,017</u>
Total funds carried forward	14	<u>8,503</u>	-	<u>8,503</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	3	4,338	-	4,338
Other trading activities	5	-	42,540	42,540
Total Income		<u>4,338</u>	<u>42,540</u>	<u>46,878</u>
Expenditure on:				
Charitable activities	6	(419)	(18,778)	(19,197)
Other expenditure	7	(23)	-	(23)
Total Expenditure		<u>(442)</u>	<u>(18,778)</u>	<u>(19,220)</u>
Net income		<u>3,896</u>	<u>23,762</u>	<u>27,658</u>
Net movement in funds		3,896	23,762	27,658
Reconciliation of funds				
Total funds brought forward		<u>3,359</u>	<u>-</u>	<u>3,359</u>
Total funds carried forward	14	<u>7,255</u>	<u>23,762</u>	<u>31,017</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 14.

Sikh Your Mind

**(Registration number: CE017732)
Balance Sheet as at 31 January 2022**

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	-	23
Current assets			
Cash at bank and in hand		9,307	31,798
Creditors: Amounts falling due within one year	13	<u>(804)</u>	<u>(804)</u>
Net current assets		<u>8,503</u>	<u>30,994</u>
Net assets		<u>8,503</u>	<u>31,017</u>
Funds of the charity:			
Restricted funds		-	23,762
Unrestricted income funds			
Unrestricted funds		<u>8,503</u>	<u>7,255</u>
Total funds	14	<u>8,503</u>	<u>31,017</u>

The financial statements on pages 5 to 14 were approved by the trustees, and authorised for issue on 29 Nov 2022 and signed on their behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

1 Charity status

The charity is a charitable incorporated organisation and consequently does not have share capital.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sikh Your Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity is exempt from preparing a cash flow statement.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds	Total 2022	Total 2021
	General	2022	2021
	£	£	£
Donations and legacies;			
Donations from individuals	10,085	10,085	3,338
Grants, including capital grants;			
Grants from other charities	1,500	1,500	1,000
	<u>11,585</u>	<u>11,585</u>	<u>4,338</u>

4 Income from charitable activities

	Unrestricted funds	Total 2022	Total 2021
	General	2022	2021
	£	£	£
Ticket Sales	<u>1,146</u>	<u>1,146</u>	<u>-</u>

5 Income from other trading activities

	Total 2022	Total 2021
	£	£
Lottery funding	<u>-</u>	<u>42,540</u>
	<u>-</u>	<u>42,540</u>

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

6 Expenditure on charitable activities

	Note	Unrestricted funds		Total 2022 £	Total 2021 £
		General £	Restricted funds £		
Psychology services		8,536	23,003	31,539	17,598
Governance costs	8	2,924	759	3,683	1,599
		<u>11,460</u>	<u>23,762</u>	<u>35,222</u>	<u>19,197</u>

£11,435 (2021 - £419) of the above expenditure was attributable to unrestricted funds and £23,762 (2021 - £18,778) to restricted funds.

7 Other expenditure

	Note	Unrestricted funds	Total 2022 £	Total 2021 £
		General £		
Depreciation, amortisation and other similar costs		23	23	23
		<u>23</u>	<u>23</u>	<u>23</u>

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	General £	£	£	£
Accountancy fees	804	-	804	804
Legal fees	1,280	170	1,450	458
Other governance costs	840	589	1,429	337
	<u>2,924</u>	<u>759</u>	<u>3,683</u>	<u>1,599</u>

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

10 Auditors' remuneration

	2022 £	2021 £
Audit of the financial statements	<u>804</u>	<u>804</u>

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 February 2021	70	70
At 31 January 2022	70	70
Depreciation		
At 1 February 2021	47	47
Charge for the year	23	23
At 31 January 2022	70	70
Net book value		
At 31 January 2022	-	-
At 31 January 2021	23	23

13 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals	804	804

14 Funds

	Balance at 1 February 2021 £	Incoming resources £	Resources expended £	Balance at 31 January 2022 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	7,255	12,731	(11,483)	8,503
Restricted funds				
Restricted funds	23,762	-	(23,762)	-
Total funds	31,017	12,731	(35,245)	8,503

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2022

	Balance at 31 January 2020 £	Incoming resources £	Resources expended £	Balance at 31 January 2021 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	3,359	4,338	(442)	7,255
Restricted funds				
Restricted funds	-	42,540	(18,778)	23,762
Total funds	3,359	46,878	(19,220)	31,017

15 Analysis of net assets between funds

16 Analysis of net funds

	At 1 February 2021 £	Cash flow £	At 31 January 2022 £
Cash at bank and in hand	31,798	(22,491)	9,307
Net debt	31,798	(22,491)	9,307

17 Related party transactions

There were no related party transactions in the year.

Sikh Your Mind

Detailed Statement of Financial Activities for the year ended 31 January 2021

	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:			
Appeals and donations	10,085	-	10,085
Grants - other agencies	1,500	-	1,500
Charitable activities	1,146	-	1,146
	<u>12,731</u>	<u>-</u>	<u>12,731</u>
Expenditure on:			
Counselling/helpline payments	8,536	-	8,536
Counselling/helpline payments	-	23,003	23,003
Insurance	-	471	471
Accountancy fees	804	-	804
Legal and professional fees	1,280	-	1,280
Legal and professional fees	-	170	170
Telephone and fax	840	-	840
Telephone and fax	-	118	118
Depreciation of office equipment	23	-	23
	<u>11,483</u>	<u>23,762</u>	<u>35,245</u>
Net income/(expenditure)	<u>1,248</u>	<u>(23,762)</u>	<u>(22,514)</u>
Net movement in funds	1,248	(23,762)	(22,514)
Reconciliation of funds			
Total funds brought forward	<u>7,255</u>	<u>23,762</u>	<u>31,017</u>
Total funds carried forward	<u><u>8,503</u></u>	<u><u>-</u></u>	<u><u>8,503</u></u>

SIKH YOUR MIND

England & Wales - Charity number 1183752

Accounts

Company registration number: CE017732

Charity registration number: 1183752

Sikh Your Mind

A charitable incorporated organisation

Annual Report and Financial Statements

for the Year Ended 31 January 2021

Sikh Your Mind

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Sikh Your Mind

Reference and Administrative Details

Chairman	Dr G Kaur
Trustees	Dr S K Bilkhu Dr S K Bhogal
Principal Office	165 New Birmingham Road Oldbury B69 2JT
Company Registration Number	CE017732
Charity Registration Number	1183752
Independent Examiner	Ballards LLP Oakmoore Court 11c Kingswood Road Hampton Lovett Droitwich Worcestershire WR9 0QH

Sikh Your Mind

Trustees' Report

Objectives and activities

Public benefit

This year the Sikh Your Mind team have been involved in a number of virtual events due to the pandemic including events with other Sikh organisations as well as financial institutions and Universities across the UK. We have also been able to offer 68 individuals free short-term counselling due to funding from The National Lottery. Alongside this we continue to facilitate a fortnightly virtual women's group (in Punjabi and English) and have rolled out a one of a kind Mental Health and Sikhi course. Due to The Lottery Funding we were also able to offer a free and confidential telephone helpline and live web chat which served over 100 people.

We have also conducted research to investigate how Sikhs coped during the Covid-19 pandemic and hope to publish this soon.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

The annual report was approved by the trustees of the charity on and signed on its behalf by:

23 Sep 2021



.....
Dr G Kaur
Chairman

Sikh Your Mind

Statement of Trustees' Responsibilities

The law applicable to charities in England and Wales requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps to prevent and detect fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and the financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

23 Sep 2021

Approved by the trustees of the charity on and signed on its behalf by:



.....
Dr G Kaur
Chairman

Sikh Your Mind

Independent Examiner's Report to the trustees of Sikh Your Mind

I report on the accounts of the charity for the year ended 31 January 2021 which are set out on pages 5 to 14 .

Respective responsibilities of trustees and examiner

The trustees of the CIO are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Ben Powell MSci ACA
Ballards LLP

Oakmoore Court
11c Kingswood Road
Hampton Lovett
Droitwich
Worcestershire
WR9 0QH

Date:.....23/09/2021.....

Sikh Your Mind

Statement of Financial Activities for the Year Ended 31 January 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 31 January 2021 £
Income and Endowments from:				
Donations and legacies	3	4,338	-	4,338
Other trading activities	4	-	42,540	42,540
Total Income		<u>4,338</u>	<u>42,540</u>	<u>46,878</u>
Expenditure on:				
Charitable activities	5	(419)	(18,778)	(19,197)
Other expenditure	6	(23)	-	(23)
Total Expenditure		<u>(442)</u>	<u>(18,778)</u>	<u>(19,220)</u>
Net income		<u>3,896</u>	<u>23,762</u>	<u>27,658</u>
Net movement in funds		3,896	23,762	27,658
Reconciliation of funds				
Total funds brought forward		<u>3,359</u>	-	<u>3,359</u>
Total funds carried forward	13	<u>7,255</u>	<u>23,762</u>	<u>31,017</u>
	Note	Unrestricted funds £	Restricted funds £	Total 31 January 2020 £
Income and Endowments from:				
Donations and legacies	3	<u>4,665</u>	-	<u>4,665</u>
Total Income		<u>4,665</u>	-	<u>4,665</u>
Expenditure on:				
Charitable activities	5	(1,283)	-	(1,283)
Other expenditure	6	(23)	-	(23)
Total Expenditure		<u>(1,306)</u>	-	<u>(1,306)</u>
Net income		<u>3,359</u>	-	<u>3,359</u>
Reconciliation of funds				
Total funds carried forward	13	<u>3,359</u>	-	<u>3,359</u>

All of the charity's activities derive from continuing operations during the above two periods.


The funds breakdown for 2020 is shown in note 13.

Sikh Your Mind

(Registration number: CE017732)
Balance Sheet as at 31 January 2021

	Note	31 January 2021 £	31 January 2020 £
Fixed assets			
Tangible assets	11	23	47
Current assets			
Cash at bank and in hand		31,798	4,092
Creditors: Amounts falling due within one year	12	<u>(804)</u>	<u>(780)</u>
Net current assets		<u>30,994</u>	<u>3,312</u>
Net assets		<u>31,017</u>	<u>3,359</u>
Funds of the charity:			
Restricted funds			
		23,762	-
Unrestricted income funds			
Unrestricted funds		<u>7,255</u>	<u>3,359</u>
Total funds	13	<u>31,017</u>	<u>3,359</u>

~~23 Sep 2021~~ The financial statements on pages 5 to 14 were approved by the trustees, and authorised for issue on and signed on their behalf by:


.....
Dr G Kaur
Chairman

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

1 Charity status

The charity is a charitable incorporated organisation and consequently does not have share capital.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Sikh Your Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity is exempt from preparing a cash flow statement.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds	Total 31 January 2021	Total 6 June 2019 to 31 January 2020
	General	31 January 2021	6 June 2019 to 31 January 2020
	£	£	£
Donations and legacies;			
Donations from individuals	3,338	3,338	2,665
Grants, including capital grants;			
Grants from other charities	1,000	1,000	2,000
	4,338	4,338	4,665

4 Income from other trading activities

	Restricted funds	Total 31 January 2021
	£	£
Lottery funding	42,540	42,540
	42,540	42,540

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

5 Expenditure on charitable activities

		Unrestricted funds		Total 31 January 2021 £	Total 6 June 2019 to 31 January 2020 £
	Note	General £	Restricted funds £		
Psychology services		275	17,323	17,598	360
Governance costs	7	144	1,455	1,599	923
		419	18,778	19,197	1,283

£419 (2020 - £1,283) of the above expenditure was attributable to unrestricted funds and £18,778 (2020 - £NIL) to restricted funds.

6 Other expenditure

		Unrestricted funds		Total 31 January 2021 £	Total 6 June 2019 to 31 January 2020 £
	Note	General £			
Depreciation, amortisation and other similar costs		23		23	23
		23		23	23

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds		Total 31 January 2021 £	Total 6 June 2019 to 31 January 2020 £
	General £	Restricted funds £		
Audit fees				
Accountancy fees	-	-	-	780
Accountancy fees	-	804	804	-
Legal fees	-	458	458	-
Other governance costs	144	193	337	143
	<u>144</u>	<u>1,455</u>	<u>1,599</u>	<u>923</u>

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

9 Auditors' remuneration

	Year ended 31 January 2021 £	6 June 2019 to 31 January 2020 £
Audit of the financial statements	<u>804</u>	<u>780</u>

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 February 2020	70	70
At 31 January 2021	70	70
Depreciation		
At 1 February 2020	23	23
Charge for the year	24	24
At 31 January 2021	47	47
Net book value		
At 31 January 2021	23	23
At 31 January 2020	47	47

12 Creditors: amounts falling due within one year

	31 January 2021 £	31 January 2020 £
Accruals	804	780

13 Funds

	Balance at 1 February 2020 £	Incoming resources £	Resources expended £	Balance at 31 January 2021 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	3,359	4,338	(442)	7,255
Restricted funds				
Restricted funds	-	42,540	(18,778)	23,762
Total funds	3,359	46,878	(19,220)	31,017

Sikh Your Mind

Notes to the Financial Statements for the Year Ended 31 January 2021

	Incoming resources £	Resources expended £	Balance at 31 January 2020 £
Unrestricted funds			
<i>General</i>			
Unrestricted funds	4,665	(1,306)	3,359

14 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds £
Tangible fixed assets	23	-	23
Current assets	8,012	23,786	31,798
Current liabilities	(804)	-	(804)
Total net assets	7,231	23,786	31,017

15 Analysis of net funds

	At 1 February 2020 £	Cash flow £	At 31 January 2021 £
Cash at bank and in hand	4,092	27,706	31,798
Net debt	4,092	27,706	31,798

16 Related party transactions

There were no related party transactions in the year.

Sikh Your Mind

Detailed Statement of Financial Activities for the year ended 31 January 2021

	Unrestricted funds £	Restricted funds £	Total 31 January 2021 £
Income and Endowments from:			
Appeals and donations	3,338	-	3,338
Grants - other agencies	1,000	-	1,000
Lottery funding	-	42,540	42,540
	4,338	42,540	46,878
Expenditure on:			
Psychology Services	275	-	275
Counselling/helpline payments	-	17,323	17,323
Sundry expenses	90	-	90
Accountancy fees	-	804	804
Legal and professional fees	-	458	458
Telephone and fax	54	-	54
Telephone and fax	-	193	193
Depreciation of office equipment	23	-	23
	442	18,778	19,220
Total Expenditure	442	18,778	19,220
Net income	3,896	23,762	27,658
Net movement in funds	3,896	23,762	27,658
Reconciliation of funds			
Total funds brought forward	3,359	-	3,359
Total funds carried forward	7,255	23,762	31,017