

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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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:



.....
Dr G Kaur
Chairman

23 Sep 2021

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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

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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

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

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

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.

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(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

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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.

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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.

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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 6 June 2019 to 31 January 2020 £
	General £	Total 31 January 2021 £	
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

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

5 Expenditure on charitable activities

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

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

6 Other expenditure

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

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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.

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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

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

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

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	<u>(804)</u>	<u>-</u>	<u>(804)</u>
Total net assets	<u>7,231</u>	<u>23,786</u>	<u>31,017</u>

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	<u>4,092</u>	<u>27,706</u>	<u>31,798</u>

16 Related party transactions

There were no related party transactions in the year.

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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
Total Income	<u>4,338</u>	<u>42,540</u>	<u>46,878</u>
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
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	<u><u>7,255</u></u>	<u><u>23,762</u></u>	<u><u>31,017</u></u>