

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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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

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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

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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.

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:.....

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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		12,731	-	12,731
Expenditure on:				
Charitable activities	6	(11,460)	(23,762)	(35,222)
Other expenditure	7	(23)	-	(23)
Total Expenditure		(11,483)	(23,762)	(35,245)
Net income/(expenditure)		1,248	(23,762)	(22,514)
Net movement in funds		1,248	(23,762)	(22,514)
Reconciliation of funds				
Total funds brought forward		7,255	23,762	31,017
Total funds carried forward	14	8,503	-	8,503
	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		4,338	42,540	46,878
Expenditure on:				
Charitable activities	6	(419)	(18,778)	(19,197)
Other expenditure	7	(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	14	7,255	23,762	31,017

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

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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.

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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.

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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 £	£	£
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
	11,585	11,585	4,338

4 Income from charitable activities

	Unrestricted funds	Total 2022	Total 2021
	General £	£	£
Ticket Sales	1,146	1,146	-
	1,146	1,146	-

5 Income from other trading activities

	Total 2022	Total 2021
	£	£
Lottery funding	-	42,540
	-	42,540

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

6 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2022	Total 2021
	Note	General £	£	£	£
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

		Unrestricted funds	Total 2022	Total 2021
	Note	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 2022

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds			
	General	Restricted	Total	Total
	£	funds	2022	2021
		£	£	£
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.

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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

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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	<u>-</u>	<u>42,540</u>	<u>(18,778)</u>	<u>23,762</u>
Total funds	<u>3,359</u>	<u>46,878</u>	<u>(19,220)</u>	<u>31,017</u>

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	<u>31,798</u>	<u>(22,491)</u>	<u>9,307</u>

17 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 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>
Total Income			
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>
Total Expenditure			
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>