

Trustees' Report and Accounts  
for the period from 1<sup>st</sup> April 2022 to 31<sup>st</sup> March 2023  
for  
Gaming the Mind  
Registered charity no. 1186983

Date of approval: 18<sup>th</sup> January 2024

Report of the Trustees  
for the Year Ended 31<sup>st</sup> March 2023

1. OBJECTIVES, ACTIVITIES AND PERFORMANCE

**Objectives and activities**

Gaming the Mind's purpose is the promotion of mental health among people who play video games or work in the video game industry.

During this financial year, we have provided input to a number of public events and conferences aimed at people who play video games and/or work in the games industry. We have provided a range of inputs including staffing quiet spaces and booths, promoting mental health awareness, providing original written resources on mental health, signposting to other sources of support and engaging in psychoeducation to increase awareness of mental illness and decrease stigma.

In terms of other mental health promotion activities, Gaming the Mind has continued to work with game developers and video game design students to advise on game content with the aim of furthering the charity's aims, held journal clubs for mental health professionals and students, produced resources on mental health and gaming and engaged via media outlets to promote psychoeducation and mental wellbeing in the video games community. These activities were undertaken alongside Gaming the Mind regularly creating and disseminating targeted and relevant content via social media, podcasts and its website to raise mental health awareness, decrease stigmatisation and increase support for the video games community.

**Achievements and performance**

The charity has received positive verbal and written feedback from event attendees and consumers of the charity's outputs, and has continued to grow its presence within the video games community and amongst professionals as a resource for those interested in mental wellbeing and/or wishing to learn about mental illness.

**Explanation of finances, income and expenditure**

The charity has a current account and has continued to operate charity accounts with Amazon Smile, Paypal and Tiltify in order to facilitate and maximise fundraising via these commercial entities according to their written terms and conditions.

During the relevant financial period the charity received various donations as well as monies received from commercial partners in connection with Gaming the Mind engaging in charitable activities. Expenditure during the period was for costs associated with these activities as well as general running costs of the charity (e.g. website costs, printing costs and relevant insurance).

**Public benefit**

By carrying out our activities pursuant to our objectives the trustees consider that they have complied with the Charity Commission's public benefit guidance when exercising any powers and duties to which the guidance is relevant.

**Trustees**

The five trustees in place at the end of the previous financial year (2021/2022) continued their roles into the next financial year. Dr Sachin Shah stepped down as trustee on 21<sup>st</sup> February 2023 and was

thanked for his work as trustee since the charity was founded; Dr Shah will now focus on his key operational role in the charity. Two new trustees, Dr Atheeshaan Arumham and Dr Marcus Tan, were appointed by the trustees on 23<sup>rd</sup> February 2023 and are welcomed in providing additional relevant skills and experience to the running of the charity.

### **Fundraising and future plans**

As in the previous year, to date Gaming the Mind's fundraising has primarily been via collaborations with relevant organisations, however direct fundraising from the public has continued to grow year on year. As the charity's profile continues to grow the trustees continues to review sources of fundraising and new opportunities.

Future plans for funds raised include:

- Creating further original materials and resources aimed at those who make and play video games in order to promote education and awareness of mental illness and mental wellbeing;
- Providing equipment to facilitate therapeutic gaming experiences to improve the mental health of those experiencing physical and/or mental ill-health;
- Ultimately employing a person to manage day-to-day charity matters including engaging with the public and industry.

### **Training**

All volunteers involved in the charity's events and projects are provided with training relevant to their specific role and are supervised by one or more of the trustees. The trustees reassess the training and support needs of volunteers on an ongoing basis, taking into account feedback from volunteers and other stakeholders.

## **2. FINANCIAL REVIEW**

The charity had a cash surplus for the year of £9,953. At the end of the financial period this is added to the surplus brought forward giving a figure to carry forward of £10,784 which is available for use to achieve the charity's objectives. There are no issues with the charity's ability to continue as a going concern.

No major events have occurred since the end of the reporting period.

## **3. STRUCTURE, GOVERNANCE AND MANAGEMENT**

Gaming the Mind is a Charitable Incorporated Organisation (CIO) and its governing document is its constitution dated 28<sup>th</sup> November 2019. At the beginning of the financial year there were five trustees of Gaming the Mind, with one trustee stepping down from their role in February 2023. The remaining four trustees had been in position since the charity was founded on 17<sup>th</sup> December 2019, and continued to act throughout this financial year. During the financial year, two new trustees were appointed by the board (as described above) leaving a total of six trustees in place as at 31<sup>st</sup> March 2023.

#### 4. REFERENCE AND ADMINISTRATIVE DETAILS

**Registered charity name/number (England & Wales):**

Gaming the Mind  
1186983

**Principal office:**

Institute of Psychiatry  
PO63 16 DE CRESPIGNY PARK  
LONDON  
SE5 8AF

**Trustees (as at 31<sup>st</sup> March 2023):**

Dr Atheeshaan Arumuham  
Dr Frances Debell  
Dr Stephen Kaar  
Dr Hamilton Morrin  
Dr Donald Servant  
Dr Marcus Tan

(Dr Sachin Shah stepped down as trustee on 21<sup>st</sup> February 2023.)

No trustees have ever held title to property belonging to the charity.

This report has been prepared in accordance with the Statement of Recommended Practice (FRS 102).

Approved by the board of trustees on 18<sup>th</sup> January 2024 and signed on its behalf by:





Dr Frances Debell – Trustee

Dated: 18<sup>th</sup> January 2024

## Accounts

for the Year Ended 31<sup>st</sup> March 2023

 CHARITY COMMISSION FOR ENGLAND AND WALES	Gaming the Mind			1186983		CC16a
	Receipts and payments accounts					
	For the period from	01/04/2022	To	31/03/2023		
Section A Receipts and payments						
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £	
A1 Receipts						
Donations/grants	292	-	-	292	95	
Charitable activities	11,509	-	-	11,509	999	
Other		-	-		-	
	-	-	-	-		
	-	-	-	-		
	-	-	-	-	-	
	-	-	-	-	-	
Sub total (Gross income for AR)	11,801	-	-	11,801	1,094	
A2 Asset and investment sales, (see table).						
	-	-	-	-		
	-	-	-	-	-	
Sub total	-	-	-	-	-	
Total receipts	11,801	-	-	11,801	1,094	
A3 Payments						
Charitable activities	1,235	-	-	1,235		
Charity running costs	613			613	579	
Sub total	1,848	-	-	1,848	579	
A4 Asset and investment purchases, (see table)						
	-	-	-	-		
	-	-	-	-		
Sub total	-	-	-	-	-	
Total payments	1,848	-	-	1,848	579	
Net of receipts/(payments)	9,953	-	-	9,953	515	
A5 Transfers between funds	-	-	-	-	-	
A6 Cash funds last year end	831	-	-	831	316	
Cash funds this year end	10,784	-	-	10,784	831	

Section B Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Nat West Bank: Current Account	10,784	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	10,784	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Dr Frances Debell		18/01/2024