

Trustees' Report and Accounts
for the period from 1st April 2024 to 31st March 2025
for
Gaming the Mind
Registered charity no. 1186983

Date of approval: 21st January 2026

Report of the Trustees
for the Year Ended 31st March 2025

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 again provided input to public events 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 bespoke 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 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.

During the period Gaming the Mind planned its inaugural conference for September 2025, with the aim of bringing together a range of speakers in order to share learning and experience on the intersection of gaming and mental health, and further the charity's mental health promotion aims.

Gaming the Mind has also continued to donate video game hardware and software for therapeutic use by patients.

Achievements and performance

The charity has continued to receive positive verbal and written feedback from event attendees and consumers/recipients of the charity's outputs, and 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. This has enabled greater collaboration and liaison with relevant professionals and individuals which has helped to further the charity's aims.

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 donations as well as income from commercial partners in connection with Gaming the Mind's charitable activities (facilitating spaces for mental health promotion and wellbeing at gaming events). Expenditure during the period was for costs associated with these activities, general running costs of the charity (e.g. website costs, printing costs and relevant insurance), donated items and expenses associated with planning the charity's first conference.

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 six trustees in place at the end of the previous financial year (2023/2024) continued their roles into the next financial year.

Fundraising and future plans

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

Future plans for using funds raised include:

- Creating further bespoke 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;
- Expanding the provision of equipment to facilitate therapeutic gaming experiences to improve the mental health of those experiencing physical and/or mental ill-health;
- Hosting a regular conference on the intersections between gaming and mental health, with aims of learning, development and mental health promotion;
- 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 £4,508. At the end of the financial period this is added to the surplus brought forward giving a figure to carry forward of £25,896 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 28th November 2019. During the financial year 2024/25 there were six trustees of Gaming the Mind, four of whom have been in position since the charity was founded on 17th December 2019.

4. REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name/number (England & Wales):

Gaming the Mind
1186983

Principal office:

62 Strathyre Avenue
London SW16 4RG

Trustees (as at 31st March 2025):

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

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 21st January 2026 and signed on its behalf by:




Dr Frances Debell – Trustee

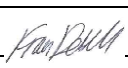
Dated: 21st January 2026

Accounts

for the Year Ended 31st March 2025

 <div>CHARITY COMMISSION FOR ENGLAND AND WALES</div>	Gaming the Mind			1186983		CC16a
	Receipts and payments accounts					
	For the period from	01/04/2024	To	31/03/2025		
Section A Receipts and payments						
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year	
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £	
A1 Receipts						
Donations/grants	419	-	-	419	847	
Charitable activities	10,060	-	-	10,060	13,800	
Other	-	-	-	-	-	
	-	-	-	-	-	
	-	-	-	-	-	
	-	-	-	-	-	
	-	-	-	-	-	
	-	-	-	-	-	
Sub total (Gross income for AR)	10,479	-	-	10,479	14,647	
A2 Asset and investment sales, (see table).						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
Total receipts	10,479	-	-	10,479	14,647	
A3 Payments						
Charitable events costs	1,596	-	-	1,596	1,597	
Items for charitable activities (console donation etc.)	228			228	1,896	
Charity running costs	497			497	551	
Conference expenses (charitable activity)	3,650			3,650	-	
Sub total	5,971	-	-	5,971	4,044	
A4 Asset and investment purchases, (see table)						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
Total payments	5,971	-	-	5,971	4,044	
Net of receipts/(payments)	4,508	-	-	4,508	10,603	
A5 Transfers between funds	-	-	-	-	-	
A6 Cash funds last year end	21,388	-	-	21,388	10,784	
Cash funds this year end	25,896	-	-	25,896	21,387	

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 £
B1 Cash funds	Nat West Bank: Current Account	25,896	-	-
		-	-	-
		-	-	-
	Total cash funds	25,896	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Dr Frances Debell	21/01/2026	