



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 17/11/2020 **Period start date** **To 30/11/2021** **Period end date**

Charity name: Power of the Mind Networks

Charity registration number: 1192367

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote social inclusion for the public benefit by preventing women, in particular widows from the African BAME community in Northampton and the surrounding areas from becoming socially excluded due to their current circumstances. Relief of poverty by providing advice and support and meeting the needs of these women who are socially excluded to integrate into the community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Hosting events to promote social inclusion, both online and in person. Online Afro dance exercise classes. Providing culturally appropriate food parcels to support families experiencing poverty. Afro-infusion cookery classes, with discussions on domestic abuse awareness and happy, healthy relationships.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees are aware of the guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	As a charity our main aim is to promote social inclusion amongst black women through story telling. We recognise that people share their stories in different ways, and we provide a variety of activities to cater for different preferences and interests. From December 2020 until March 2021, we ran online exercises for older adults which we called Ubuntu Afro dance exercises. These were needed because older adults were under instructions to isolate as it was at the height of covid-19. Some of them were scared to come out of their houses and some were going through different health issues. These exercises were ideal because they could participate in the comfort of their houses. There was maximum engagement with this project and participants were very committed and attendance was 90%, We started off with 10 women and ended up with 25 women. Participants shared that mobility improved through these exercises and some of them said exercises were enabling them to socialise with other people. They exchanged numbers and were phoning each other outside the exercises. We were also able to form trust bonds with participants and they opened up and asked for further support. We managed to sign post some of them to mainstream service providers. From March 2021 until December 2021, we ran a food parcels project where we were buying foodstuffs from African shops and delivering them to beneficiaries. Most of our beneficiaries come from economically disadvantaged communities and are unable to buy the groceries they desire. It is difficult for them to access culturally appropriate foodstuffs which they are traditionally used to. We provided an important service of making these foodstuffs available to our beneficiaries. Apart from foodstuffs we managed to engage face to face with our beneficiaries and find out more about what they required from us as an organisation and how we could tailor make our services to their needs. Children were fed healthy meals that had been freshly cooked thereby enabling them to thrive in other areas of their lives.

		The last main project we carried out was between September 2021 and November 2021, was the cooking of Afro-infusion meals. Our beneficiaries said they were not very confident on cooking the foodstuffs that we were delivering to them as food parcels. We engaged a chef in African cuisine to teach us how to cook meals of African background. This was carried out on Zoom and each week we prepared a different dish. We also engaged two older women to train people on the preparing of these meals. There was good inter-generational interaction and sharing of knowledge. At the end of the session, we talked about domestic abuse and having healthy relationships for the last 10 minutes of the session. Women who started off as being quiet and withdrawn ended up sharing a lot about their personal experiences. This project imparted a skill to 10 women, it also boosted their confidence. We managed to bring awareness to the issue of domestic abuse and how to access support. Families were able to have freshly cooked dinners that were healthy and tasty. We provided a chat room for women to share their lived experiences.
--	--	--

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income for the period was £37,334 Expenditure for the period was £28,750 Net income was +£8,584
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	There is no specific policy on holding reserves.
Amount of reserves held	Para 1.22	As above
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by Trustee Board

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Power of the Mind Networks
Other name the charity uses	
Registered charity number	1192367
Charity's principal address	11 FULLERBURN COURT NORTHAMPTON NN3 8HF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Yvonne Shamiso Marawo	Chair		
2	Racheal Nokutura Reeves	Trustee		
3	Mavis Munderwa	Trustee		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mavis Mundiwa	
Position (eg Secretary, Chair, etc)	Trustee	

Date	18/8/2022
------	-----------



POWER OF THE MIND
NETWORKS
 STORYTELLING COMMUNITY

Income and Expenditure Report for the period ended 30/11/21

Income

Grants	£37,164
--------	---------

Other income	£170
--------------	------

Total income	£37,334
---------------------	----------------

Expenditure

Service Delivery	£23,685
------------------	---------

Admin	£935
-------	------

Advisory	£1,440
----------	--------

Evaluation	£350
------------	------

Insurance	£534
-----------	------

Marketing	£964
-----------	------

PPE	£338
-----	------

Travel costs	£381
--------------	------

Volunteer expenses	£122
--------------------	------

Total expenditure	£28,750
--------------------------	----------------

Income less expenditure	£8,584
--------------------------------	---------------



POWER OF THE MIND
NETWORKS
 STORYTELLING COMMUNITY

Balance Sheet as at 30/11/21

Fixed assets	£0	
	£0	
Current assets		
Debtors	£0	
Cash at bank	£9,079	
	£9,079	
Creditors, within 1 year	£0	
Net current assets/(liabilities)	£9,079	
Creditors, after 1 year	£0	
Total net assets/(liabilities)	£9,079	
Funds of the Charity	£9,079	
	£9,079	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
POWER OF THE MIND NETWORKS

On accounts for the year
ended

30/11/21

Charity no
(if any)

1192367

Set out on pages

Number of pages of the accounts (if applicable)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/11/2021

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]] - Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

R. Fennelly

Date:

4-8-22

Name:

REBECCA FENNELLY

Relevant professional
qualification(s) or body
(if any):

CHARTERED INSTITUTE OF MANAGEMENT
ACCOUNTANTS

Address:

7: REDWOOD GR. LONDON, W54 8Z

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.