



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/12/2021 To 30/11/22

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 widowed from African BAME community in the Northampton and surrounding areas from becoming socially excluded due to their current circumstances and relief of poverty by providing advice and support and meet the need 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. Exercise and weight management activity, incorporating culturally appropriate activities such as Afro dance. Providing culturally appropriate food parcels to support families experiencing poverty. Activities to promote awareness of domestic abuse and happy, healthy relationships. This includes workshops and support from domestic abuse experts and therapists; and we have continued to incorporate discussions on domestic abuse and healthy happy relationships into a range of our activities, including our Afro-infusion cookery classes.
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 among black women through storytelling. We recognise that people share their stories in different ways, and we provide a variety of activities to cater for different interests and preferences. In September 2021 we ran a project called Afro infusion meals where we trained women on cooking meals of African cuisine. This project was funded by Northamptonshire Community Foundation and ran for 3 months. We took the opportunity to socially include women who were isolated during the pandemic. It was an online activity. Women would network and socialise and exchange numbers and call each other outside the activity. Aside from learning a new skill we also did domestic abuse awareness talks at the end of each session. In October 2021 we ran a Domestic abuse awareness project funded by Northamptonshire Black Communities Together. Our coach MaryOlga Broewer talked about healthy happy relationships and what this means in relationships.

		In October 2021 we also hosted our 4th Black History event in celebration of the achievements of immigrants. Our guest speaker was Cllr Rufia who talked about empowering women to achieve higher positions in jobs. She talked about how she had risen to become Mayor of Northampton. Our Black History event is where we celebrate our heritage, provide a platform for women to come together and network and form friendships. We eat foods of African heritage. From November 2021 up to April 2022 we ran a Climate Change programme funded by National Lottery. This project made a huge impact on our young people as they took charge and presented on what they wanted us to learn about climate change and climate preservation. We went litter picking in the park with the young people to educate them about correct litter disposal. We also had presentations on the eating of insects as a way of reducing climate change. The above project was called Climate Conversations. From February 2022 until July 2022, we ran a Weight Management project funded by Public Health Northamptonshire. This was a study to find out the effects of exercise on body weight and in particular black women. This project included exercises and talks around nutrition. This was a great project because it introduced fitness to the lives of participants. Women became conscious of what they ate and how they looked. They put effort at exercising at least twice a week. We also downloaded an App to measure steps covered per day and post on our WhatsApp group. It became a competitive exercise to see who covered the greatest number of steps. From April 2022 until October 2022, we ran a Sport England project called Back to Play after the pandemic. We played netball, did exercises and Muchongoyo dance. On the 4th of June we hosted an event around the platinum jubilee. We danced to Muchongoyo music and ate food of African cuisine. The community had a chance to come together and network face to face.
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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 £45,477 Expenditure was £41,661 Net income was +£3,816
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	c/o The Spring Charity Spring Lane NORTHAMPTON NN1 2JW

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 Mundirwa	Trustee		
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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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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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	18/9/2023	



**POWER OF THE MIND
NETWORKS**
STORYTELLING COMMUNITY

	Period ended 30/11/22	Period ended 30/11/21
Income and Expenditure Report		
Income		
Grants	£45,150	£37,164
Other income	£327	£170
Total income	£45,477	£37,334
Expenditure		
Service Delivery	£37,407	£25,475
Admin	£592	£935
Insurance	£267	£534
Marketing	£2,181	£964
PPE	£0	£338
Travel costs	£748	£381
Volunteer expenses	£466	£122
Total expenditure	£41,661	£28,750
Income less expenditure	£3,816	£8,584

 POWER OF THE MIND NETWORKS STORYTELLING COMMUNITY		
Balance Sheet		
	As at 30/11/22	As at 30/11/21
Fixed assets	£0	£0
	£0	£0
Current assets		
Debtors	£0	£0
Cash at bank - account 1	£0	£5,179
Cash at bank - account 2	£12,895	£3,900
Cash at bank	£12,895	£9,079
	£12,895	£9,079
Creditors, within 1 year	£0	£0
Net current assets/(liabilities)	£12,895	£9,079
Creditors, after 1 year	£0	£0
Total net assets/(liabilities)	£12,895	£9,079
Funds of the Charity		
General funds	£12,895	£9,079
	£12,895	£9,079



Section A

Independent Examiner's Report

Report to the trustees

Power of the Mind Networks

On accounts for the year
ended

30/11/2022

Charity no
(if any)

1192367

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30 / 11 / 2022**.

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

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:

30/9/23

Name:

Rebecca Fennelly

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

Chartered Institute of Management Accountants

Address:

7 Redwood Grove, London, W5 4SZ

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.

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