



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/12/2022 To 30/11/23

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. We also promote education and skills development, including training up our participants in skills that we specialise in, such as African cuisine, tailoring, jewellery making, macrame and other Arts and Crafts, allowing them to monetise their skills and earn an income. We have run digital inclusion and employability programmes to improve the earning potential of our participants.

		We also campaign and raise awareness of issues around gender and racial inequalities.
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	
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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.	Pceara 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. During the financial year, our main focus was to deliver our Healthy Happy Relationships project, funded by the National Lottery Community Fund. We designed and delivered a culturally appropriate Freedom programme, held activities to support mental health and to encourage peer support, and brought in qualified therapists and counsellors to deliver both one to one and group support. Each week we run an online Wine and Chat group, with different speakers to educate and inform in an informal and safe setting. In October we hosted our Black History event which is now an important annual fixture in the calendar. Our guest of honour was Morcea Walker MBE, former Vice Lieutenant of Northamptonshire who presented our awards. Our Black History event is where we celebrate our heritage, provide a platform for people to come together and network and form friendships. We eat foods of African heritage and showcase our culture. We also give a platform to speakers with a power story or message to share with the community, including authors, lawyers, health experts and other inspiring individuals. We ran a project in conjunction with Northamptonshire Sport to encourage participants to play sport, in particular netball, which encouraged several participants to increase their physical activity. In March 2023 we hosted an event to celebrate the King's Coronation. We danced to Muchongoyo music and ate African cuisine. The community had a chance to come together and network face to face.
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		We celebrated International Women's Day with a very well attended event, celebrating the achievement of women from our community and celebrating our heritage and culture through dance, music, food and talks. We ran a project funded by the Rachael's Fund from Northamptonshire Community Foundation to support families of children with learning disabilities. The funder was impressed with the knowledge and understanding of the issues facing families of children with special needs and disabilities in the Black African community demonstrated by our trustee Yvonne Marawo, based on her own personal experience as parent of a child with learning disabilities. We ran workshops in conjunction with Future Toolbox CIC to help them develop their interpersonal skills, learn mindfulness techniques and build their confidence. During the year, we ran a food parcels project to support families experiencing food poverty. We provided culturally appropriate foodstuffs and signposted beneficiaries to other services provided by our charity. In November 2023, Power of the Mind Networks was very active in the 16 Days of Activism against gender-based violence. We ran several events to campaign and raise awareness about the impact of violence and abuse against women and girls. We ran a food-based project in conjunction with Spring Charity called Seed to Soup, where we collaborated to teach local families from diverse backgrounds about the important of good nutrition, healthy eating, and taught the families how to budget, prepare and cook healthy meals on a budget. Finally, we participated in a Healthy Hearts project to raise awareness of the increased risk of heart disease in the Black community, and to help participants monitor and improve their heart health.
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Additional information (optional)

You may choose to include further statements where relevant about:

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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 £70,573 Expenditure was £76,885 Net income was (£6,312) Cash at bank at the year-end was £6,583
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	32 Spring Lane, Wellingborough NN8 1EY

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	19/9/2024	



Balance Sheet

	As at 30/11/23	As at 30/11/22
Fixed assets	£0	£0
	£0	£0
Current assets		
Debtors	£0	£0
Cash at bank	£6,583	£12,895
	£6,583	£12,895
Creditors, within 1 year	£0	£0
Net current assets/(liabilities)	£6,583	£12,895
Creditors, after 1 year	£0	£0
Total net assets/(liabilities)	£6,583	£12,895
Funds of the Charity		
General funds	£6,583	£12,895
	£6,583	£12,895



POWER OF THE MIND
NETWORKS
STORYTELLING COMMUNITY

Period ended 30/11/23 **Period ended 30/11/22**

Income and Expenditure Report

Income

Grants	£69,937	£45,150
Other income	£636	£327

Total income	£70,573	£45,477
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Expenditure

Service Delivery	£67,045	£37,407
Premises	£3,566	£0
Admin	£2,141	£592
Insurance	£267	£267
Marketing	£1,492	£2,181
Travel costs	£1,050	£748
Volunteer expenses	£1,324	£466

Total expenditure	£76,885	£41,661
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Income less expenditure	-£6,312	£3,816
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Power of the Mind Networks

On accounts for the year
ended

30/11/2023

Charity no
(if any)

1192367

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/11/2023**.

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 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.

Signed:

Date:

R. Fenelly 26/9/24

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.