



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/12/2023 To 30/11/2024

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. Health and wellbeing activities, incorporating awareness sessions from health professionals, and culturally appropriate activities such as Muchongoyo 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. 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 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.
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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	This has been a very busy year for us at Power of the Mind Networks. On Tuesdays we carried out Art and Crafts activities which included knitting, jewellery making, and sewing. On Thursdays we held health and wellbeing sessions where we invited Professionals from different organisations. Their talks were about bringing awareness to different health conditions and diseases. They gave information on where to seek treatment and support. We hosted cancer awareness workshops and mental health awareness workshops as well as physical exercises. For some health and wellbeing sessions we did cultural dance of Zimbabwean origin called Muchongoyo dance. This was well received by our Participants as it connected them to their African heritage.

		We gave out food parcels to the elderly, low-income families and those going through health challenges. Food poverty is the greatest need according to a survey of our members that we carried out in the January of the year 2024. We participated in a 60 Miles project where we sat down as a group and talked about our lives in Northampton and what led us to settle in Northampton. As part of networking, we hosted three events which were International Women's Day, Father's Day, and Black History event. As a storytelling community we invited members to come and share their lived experiences so as to empower and inspire others. We carried out domestic abuse awareness sessions which included the Freedom Programme for survivors of domestic abuse. We also held Ladies chat sessions on Zoom where we discussed issues related to domestic abuse as well as ways to create healthy happy relationships. We are thankful for having received funding to buy food parcels for the elderly from the King's Fund. Overall, it was a very successful year as we managed to tackle loneliness and isolation through the different activities that we carried out throughout the year. We supported new immigrants with integration into the community and reduced food poverty by handing out food parcels to struggling families.
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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 £130,098 Expenditure was £124,859 Net income was £5,239 Cash at bank at the year-end was £11,822
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	40a The Manor Billing Garden Village The Causeway Great Billing NORTHAMPTON NN3 9EX

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 Mudirwa	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)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

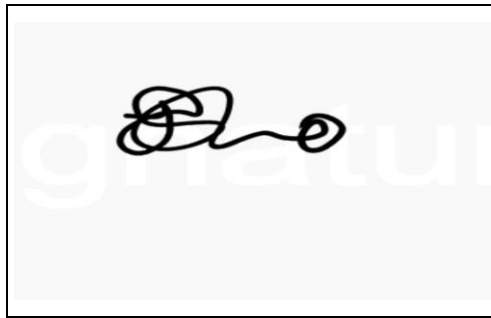
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Declarations

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

Signed on behalf of the charity's trustees

Signature

A rectangular box containing a handwritten signature in black ink. The signature is stylized and appears to be 'Yvonne'. A faint, large watermark 'gnatui' is visible in the background of the box.

Full name

Yvonne Shamiso Marawo

Position (eg Secretary,
Chair, etc)

Chair

Date

28/9/2025



Balance Sheet

	As at 30/11/24	As at 30/11/23
Fixed assets	£0	£0
	£0	£0
Current assets		
Debtors	£0	£0
Cash at bank	£11,822	£6,583
	£11,822	£6,583
Creditors, within 1 year	£0	£0
Net current assets/(liabilities)	£11,822	£6,583
Creditors, after 1 year	£0	£0
Total net assets/(liabilities)	£11,822	£6,583

Funds of the Charity

General funds	£11,822	£6,583
	£11,822	£6,583

				
			30/11/24	30/11/23
Income and Expenditure Report				
Income				
Grants		£129,551	£69,937	
Other income		£547	£636	
Total income		£130,098	£70,573	
Expenditure				
Service Delivery		£98,456	£67,045	
Premises		£14,773	£3,566	
Admin		£4,531	£2,141	
Insurance		£277	£267	
Marketing		£2,559	£1,492	
Travel costs		£2,051	£1,050	
Volunteer expenses		£2,212	£1,324	
Total expenditure		£124,859	£76,885	
Income less expenditure		£5,239	-£6,312	



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**

30/11/2024

**Charity no
(if any)**

1192367

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/11/2024**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date: 26/09/2025

Name:

Rebecca Fennelly

	Relevant professional qualification(s) or body (if any):	Chartered Institute of Management Accountants

Address:	29 Hessel Road
	London
	W13 9ER

Section B	Disclosure
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Only complete if the examiner needs to highlight 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.