

KNOW THYSELF CHARITABLE TRUST

England & Wales · Charity number 1192919

Details

Status Registered

Legal form Trust

Registered 2020-12-23

Register [View on the Charity Commission register](#)

Contact

Address 22 Oakway
London
22
Oakway

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Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH OF THE PUBLIC THROUGH THE PROVISION OF: A) GRANTS TO ORGANISATIONS WHICH ARE WORKING TO PROMOTE AND PROTECT THE MENTAL HEALTH OF WORKERS EXPERIENCING, OR AT RISK OF POOR MENTAL HEALTH IN THE WORKPLACE; AND B) RAISING AWARENESS OF MENTAL HEALTH CONCERNS WHICH ARISE IN THE WORKPLACE.

Activities: To promote and protect the mental health of the public through the provision of grants to organizations which are working to promote and protect the mental health of workers experiencing, or at risk of poor mental health in the workplace, and raising awareness of mental health concerns which arise in the workplace.

Classification

- **How:** Makes Grants To Organisations, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- United States
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£43,537	£38,400	-	-
2024-03-31	£23,117	£40,103	-	-
2023-03-31	£36,274	£11,968	-	-
2022-03-31	£29,832	£8,349	-	-

Trustees

Name	Role	Appointed
Arthur Morgan		2021-05-20
Daphne Vaughan		2021-01-25
Joseph Michael Cross		2021-05-20
Marina Hopkins		2021-01-25
Nicholas Morgan		2020-12-09
Samuel James Gordon		2022-12-20