

# The How Mental Foundation

England & Wales · Charity number 1192989

## Details

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Other names	SIDEKICK COMMUNITY LIMITED, How Mental, How Mental Community
Status	Registered
Legal form	Charitable company
Company number	<a href="#">12560653</a>
Registered	2021-01-05
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	18 Sulgrave Road London W6 7RP
Phone	07751533609
Email	<a href="mailto:george@howmental.com">george@howmental.com</a>
Website	<a href="https://www.howmental.com">https://www.howmental.com</a>

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD HEALTH BY PROVIDING INFORMATION AND/OR SERVICES TO THE PUBLIC.

**Activities:** For the public benefit, the preservation and protection of good health by providing information and/or services to the public

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability, Other Charitable Purposes
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30		£554	£534	-
2024-04-30		£306	£526	-
2023-04-30		£70	£4,288	-
2022-04-30		£331	£792	-

## Trustees

Name	Role	Appointed
George Emad Taktak		2022-10-14
James Eric Andrew Bramley		2024-01-01
Sandra Georges Taktak		2024-01-01