

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	6	Jan	2021		1	Sept

Section A Reference and administration details

Charity name	MINDWORKSUK
Other names charity is known by	MW
Registered charity number (if any)	1192998
Charity's principal address	29 GATESIDE RD, LONDON
	Postcode: SW17 7NB

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	Sahar Beg	Chair		
2	Amea Thaker	Trustee		
3	Angela Miller	Trustee / Treasurer		
4				
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10				
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15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Bank	Natwest	Tooting Broadway Branch SW17
Consultant	Saiqa Ali	8 Ryecroft Road, Norbury, SW16 3EG

Name of chief executive or names of senior staff members (Optional information)

Sahar Beg

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution adopted on 2nd January 2021

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Apart from the first charity trustees, every subsequent trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees consider the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- ☐ policies and procedures adopted for the induction and training of trustees;
- ☐ the charity's organisational structure and any wider network with which the charity works;
- ☐ relationship with any related parties;
- ☐ trustees' consideration of major risks and the system and procedures to manage them.

The governing document is the MindworksUK adopted on 6th January 2021 which became recognised by the Charity Commission when the Charitable Incorporated Organisation was registered on 6th January 2021

The operational activities of MindworksUK started in November 2014, when it identified the need to support the community with mental health needs that were towards alleviating mental health within the black, Asian and ethnic minorities. Having established In Wandsworth the work ultimately led to working nationally over the years.

The Trustees held regular meetings during the year. Some operational details for specific projects are delegated to Committees, each of which has terms of reference agreed by the Trustees.

The Trustees work on a voluntary basis and when needed will get paid for work that no one else can do. For example, Sahar Beg can get paid to carry out mental health training and workshops that she has created and offers.

Mindworks UK work has developed to take into account the need throughout the Covid pandemic and also supporting the intake of refugees

into Wandsworth welcomes refugees, Wandsworth early help, partnerships have been established with Tooting Community Kitchen, Southern Women's Aid Network (SWAN), Care4Calais.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

- a) access to counselling and coaching, either in person, online or on the telephone, designed to improve mental and emotional health and wellbeing, build capacity and confidence.
- b) training to counsellors, therapists, and other mental health care practitioners to support the delivery of services which are appropriate to meet their needs.
- c) the provision of a signposting service to external sources of support, relevant information and other advisory services, and the support of other organisations whose work involves assisting marginalised groups or those with mental health needs.

We believe that everyone in our community deserves to feel cared for and valued without prejudice.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning the charity's activities for the year, the Trustees kept in mind the Charity Commission's guidance on public benefit. All Trustees were briefed on the role of Trustees for Mindworks UK CIO, given copies of the governing documents of the charity and referred to the detail on the Charity Commission website related to becoming a trustee and to the guidance on public benefit.

These activities benefit our community to help combat mental health issues as well as other services as and when need arises.

Activities

Prior to CIO registration Mindworks UK was engaging with the local community in many different ways such as:

March 2020

Mindworks UK became part of an alliance with other mental health organisations rolling out monthly webinars to support the wider community as face to face sessions ceased and everything went online. This was the Coronavirus Response Group (CRG) This meant MindworksUK was better able to reach more people further a field and offer the support of counselling via Zoom, Skype and telephone.

Through existing partnerships Mindworks UK started to receive referrals for other items not related to mental health. By being in partnership with Tooting Community Kitchen they were able to help to facilitate the additional needs within the community of Wandsworth. The donations of computer equipment for local families to engage with home learning, having counselling session during the first national lockdown.

From CIO registration:

2nd January 2021

Mindworks UK carried on support people for counselling via Zoom, Skype and telephone. This was the only reachable way to support clients in need.

Ongoing referrals from Wandsworth Council, local churches, mosques, individual requests via social media, more organisations who were overwhelmed by counselling referrals were now and are still referring to Mindworks UK.

17th February 2021

Mindworks UK was invited to attend the Women's Ahmadiyya Associations virtual coffee morning, online over Zoom where Sahar Beg spoke about Mental Health within South Asian communities. Stigmas and dilemmas around accessing services and why South Asian people are not confident about accessing services.

24th February 2021

Thinking Partners Meeting

Attended by Sahar Beg. A networking space and where everyone was able to speak openly about what does their organisations look like now that it is lockdown. How to adapt working online and what online platforms are the best to use within individual organisations. As Mindworks UK was predominantly a face to face counselling organisation we had to think

about the new way of working with clients. Sahar Beg had to carry out training sessions with all the in house counsellors including trainees on best practice. It was recommended in the meeting that we look at the new online counselling training, how to work online safely and effectively.

23rd March 2021

During Lockdown.

Part of the CRG

Mindworks UK carried out a webinar, which was the first series of 10, online via Zoom on Eating Disorders. The audience was nationwide.

24th March 2021

Mindworks UK was invited to take part in a new initiative to support the community with mental health needs and support. The Ethnic and Mental Improvement Project (EMHIP) This was prior to the lockdown in 2019 and due to lockdown, the planning was at a halt but meetings over Zoom and Teams were still maintained.

Mindworks UK was successful in being selected as part of this programme in March 2021 which was to be working primarily in partnership with Wandsworth Community Engagement Network (WCEN) This project is an ongoing project and the first phase estimated to be winter of 2021 withing the Black community.

2nd phase was to be in autumn 2022 where Mindworks UK will be more involved. This would be providing counselling services as part of the programme.

The commissioning body SouthWest London and St Georges Mental Health NHS Trust (SWLSTG) with 2 projects to start with and a total of 7 Mindworks UK has been recognised as an organisation that has built trust and confidence within the community of Wandsworth and is honoured to be part of the development of the EMHIP itself.

Each month MindworksUK attends regular meetings with Wandsworth Thinking Partners, Wandsworth Community Engagement Network and Wandsworth Food partnerships. By attending these meeting regular Mindworks UK is better supported and better informed about the needs in the local community at ground level.

The counselling referrals have almost doubled and it is a busy time for assessments and allocations. Mindworks UK is now applying for grants funding to employ additional staff to help manage the counselling organisation.

6th April 2021

Part of the CRG

Mindworks UK took part in the Ramadan webinar as the 2nd part of a series of 10 webinars.

With lockdown and places of worship were now closed this had a big impact on the Muslim communities. The webinar was open to anyone nationally to attend so that communities were able to discuss their concerns, ways in which to adapt their Ramadan, family and work commitments. Being at home and taking part in their fasting and how this was now very difficult. The space was open to establish how to best support communities and with our counselling team in mind.

26th May 2021

Coping with Change CRG

Sahar Beg was one of the speakers on this webinar carried out online to the wider community and nationally. A space where people could talk and discuss how Lockdown has changed their everyday.

23rd June 2021

Mental Health Webinar CRG

Men's Mental Health and the Role of Fatherhood.

One of Mindworks UK qualified counsellors took part in this webinar

May 2021 and June 2021

During these 2 months

Mindworks UK was very busy with taking counselling referrals. Due to lockdown, there were far more people in need of help and support. Many we had to sign post to specialist agencies especially with legal advice due to more cases on Domestic Abuse

There was no time to carry out projects as we were not able to do the Theatre Therapy project online. This was a face to face project.

6th July 2021

Lockdown restrictions had now been waived and Mindworks UK was invited by The Naz Legacy to attend 10 Downing Street to take part in a roundtable talk on Covid vaccinations and the wider BAME community. Sahar Beg attended in person. The views around the vaccine and why young people were not accessing the health services to get vaccinated.

25th August 2021

Sahar Beg represented Mindworks UK part of the working group with WCEN part of the new initiative EMHIP. Discussing how this new project structure was to be carried out and what is involved in the recruitment of new staff, foster families and logistics. This is an ongoing space where meetings will be held to enable the project to look at best practice.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- ☐ policy on grantmaking;
- ☐ policy programme related investment;
- ☐ contribution made by volunteers.

Having a team of trainee counsellors has greatly helped us to maintain the service at a low cost contribution based service.

We are now looking at delivering more Theatre and Therapy workshops to then further have the course accredited. This will enable us to then train the trainer in this modality of work.

We have an on going counselling service and hope we can remain serving the community. With an intention to establish the refugee counselling project for later in the year of 2022.

The appointment of an accountant has been a very positive experience and has been an education on how to maintain charity accounts and the importance of how we carry on maintaining these appropriately.

Section D

Achievements and performance

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Achievements and performance

Summary of the main achievements of the charity during the year

Over the course of the year from January 2021

Mindworks UK has maintained a consistent work volume with the referrals overall.

Networking has been the one thing that has taken president for Sahar, as she has had to attend all meetings to ensure that a regular wave of referrals come through. That other organisations and Charites are kept up to date on what is offered to their beneficiaries.

Carrying out workshops on various topics, talks and training has taken a lot of time, especially now that people want and can meet face to face. There are still many Zoom/Team meetings happening and this just means we are able to reach more communities nationally to support people for counselling.

Working with refugee families has been success and one that Mindworks UK will carry on with especially with the new refugee counselling project in the pipeline.

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash at bank as at 1st September 2021 £6779.66 in unrestricted funds.

The main financial risk to the charity is a reduction in donations from individuals and grants.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- ☐ the charity's principal sources of funds (including any fundraising);
- ☐ how expenditure has supported the key objectives of the charity;
- ☐ investment policy and objectives including any ethical investment policy adopted.

Our main source of funds has been the contributions from the beneficiaries and two grants.
We continue to actively engage with opportunities to fundraise.

The funds generated also help to pay for the overheads of running the service, such as, webhosting, referral JotForm's
Paying the Supervisors who supervise the clinical practice of the trainees counsellors.
Paying the qualified counsellors.

Section F

Other optional information

Future plans:

We will be applying to Reaching communities grant to help with rentals space and overheads, as we want to expand the service into a small building where we would like to have a few counselling rooms and a training area to host workshops and training.

Once our charity bank account is active, we are going to run campaigns where we can fundraise more affectively such as with our £1 a week campaign for regular donations.

Hosting a fundraising event to help secure donations for counselling sessions for clients who cannot pay for counselling sessions.

Mindworks UK is currently looking to apply for a charity bank account.

Future projects estimated for 2022/23

The setup of the Refugee counselling project in line with co-producing this with Wandsworth Refugee Resettlement team

Set up of a series of 6 week projects for Refugees to learn and build upon interpersonal skills. With groups set up to discuss any matters of concerns, creative ways of thinking, art project and storytelling project.

A series of Theatre with Therapy projects as an alternative to talking therapies. Many whom suffer trauma don't always have words to use or want to talk. So this enables people to use arts and creative arts as a form of therapy to heal.

The counselling service will run alongside these projects.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Sahar Beg</i>	
Full name(s)	SAHAR BEG	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	16 June 2022	



Receipts and payments account

For the period from	Period start date 6th January 2021	To
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Donations	10,262	-	-
Grants	1,750	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	12,012	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	12,012	-	-
A3 Payments			
Bank Charges	192	-	-
Computer Costs	630	-	-
Dues & Subscriptions	190	-	-
Insurances	85	-	-
Office /General Administrative Expenses	1,343	-	-
Professional Services	7,434	-	-
Phone Costs	180	-	-
Client Support	70	-	-
	-	-	-
Sub total	10,124	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	10,124	-	-
Net of receipts/(payments)	1,888	-	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	4,892	-	-

<i>Cash funds this year end</i>	6,780	-	-
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	balance as at 6 January 2021	4,892
	this years net cashflow	1,888
		-
	Total cash funds	6,780
	(agree balances with receipts and payments account(s))	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £
		-
		-
		-
		-
		-
		-
B3 Investment assets	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs
B5 Liabilities	Details	Fund to which liability relates

Signed by one or two trustees on behalf of all the trustees

SignaturePri

<i>Sahar Beg</i>	SA

o (if any)

Accounts

Period end date

1st September 2021

CC16a



Total funds

Last year

to the nearest £

to the nearest £

10,262	-
1,750	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-
12,012	-

-	
-	-
-	-

12,012	-
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192	-
630	-
190	-
85	-
1,343	-
7,434	-
180	-
70	-
-	-
10,124	-

-	
-	
-	-

10,124	-
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1,888	-
-	-
4,892	-

6,780	-
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Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
OK	OK

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

Amount due (optional)	When due (optional)
-	
-	

	-	
	-	
	-	

int Name	Date of approval
HAR BEG	18.06.22