

Trustees' Annual Report for the period

From		Period start date		To		
		2nd	September			
		2022		Period end date		
				1st	September	2023

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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6				
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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

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Bank	Natwest	Tooting Boradway 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 2 nd 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 2nd January 2021 which became recognised by the Charity Commission when the Charitable Incorporated Organisation was registered on 2nd January 2021.

The operational activities of MindworksUK started in November 2014, when it identified the need to support the community with mental health, particularly alleviating mental health distress within the black, Asian and ethnic minorities. Having established ourselves in Wandsworth initially, we now work nationally.

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.

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.

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.

Here follows a summary of activity.

September 2022

Our quietest time in the year for clients, however we attended the online launch of the SW London NHS integrated Care System and the Voluntary Sector Forum - Integrated care system. It is very important to be part of these meetings as it leads onto the SW London NHS Investment Fund. Voluntary groups providing services to the community that are linked to physical and mental health wellbeing are being invited to apply for funds, a key part of our work behind the scenes.

Sahar continues to be a representative on The London Muslim Community Forum IAG Pan London Met committee and attended as part of the advisory board on any situational events affecting the muslim community. She also ran a support session for the Wandsworth Refugee Resettlement Scheme at the Yvonne Carr centre.

October, November, December 2022

After much hard work, we were delighted to be awarded £2000 by the Tudor Trust in November 2022. To support our longer-term vision of growth, we also met with BiCC (Back in Control Consultancy) to discuss applying jointly for Reaching Communities Fund to fund salaries and premises.

Continuing to amplify our profile in the community, Sahar was invited to join Tooting Police Ward monthly meetings, attended Social Climate

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)

Change Wandsworth and the annual Healing Our Broken Village Conference. She also attended the Wandsworth Council Refugee dinner.

Our expertise was sought by Sahar being interviewed for Saba Ahmads Doctorate who is researching the experience of second generation Pakistani men seeking and receiving psychological therapy.

Sahar and Miranda, also of MindworksUK, delivered alongside Assya Dadabhoy a peri and post-natal workshop at WCEN (Wandsworth Community Empowerment Network) premises.

Additionally, Sahar alongside Myrah Khan (Myrah Khan Counselling) and Rehana Sidat – (Jamilla Legacy) ran an online zoom workshop - Navigating the mental health field. Sahar also delivered a workshop on relationships and communication for TPA (Turning Point Academy)

In December 2022 the MindworksUK Women's Netball Team started weekly netball sessions at Al - Risala Secondary School Sports Hall. Mothers were invited to attend with daughters proving to be very popular with two evening sessions weekly. It is still going strong and is a well-attended activity to enable women to engage in self-care, sport and promotes positive mental health in the community.

January, February, March 2023

Following a focus on fundraising throughout the year, we were delighted to be successful in obtaining further support from our local community.

The Wimbledon Foundation awarded £7560 to pay for supervision for up to 12 student counsellors on placement and for 12 clients to receive counselling from qualified counsellors. Project scheduled to begin 01/07/23 and end on 31/12/23.

We were awarded NHS Community Grant of £2,483.75 for Pilates+ project. This enabled us to provide 12 weekly sessions of 1 hour pilates and 1 hour social time facilitated by a qualified counsellor to direct conversation around physical and mental well-being, hot drinks and healthy snacks provided. Pilates+ is aimed at elders of the Tooting community and is scheduled to begin 6th April 2023

Further networking opportunities were provided by MW attending monthly meetings with Maslaha and The Lantern Initiative - the meetings are in order to discuss the development of a holistic counselling service for ex-prisoners. Launch of the project later in 2023.

We continue to network and build relationships with Wandsworth Council as well as attending Interfaith Meetings at St Georges Hospital to be part of discussion around community cohesion.

April 2023

MindworksUK was awarded a grant to set up Pilates + project that started 6th April. The fund was for 12 people (aimed at the elders' community of Tooting) for 12 sessions to participate in a Pilates session for one hour, the Pilates was facilitated by a qualified Pilates instructor. Then followed by one hour's social time facilitated by a qualified counsellor, to enable conversations around health and well-being and alleviate loneliness. The programme was successful with 15 attendees.

May 2023

On 31st May we were successful in being awarded a grant from Wimbledon Community Fund to provide counselling with qualified counsellors for 12 clients with more complex needs. In addition, the fund paid for supervision for 9 trainee counsellors on placement for 6 months, delivering counselling for up to 54 clients. The fund is delivering counselling for a total of up to 66 clients in 6 months.

June 2023 / July 2023 / August 2023

Due to the success of the Pilates + project, Tooting Community Kitchen funded an additional 12 sessions.

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.

Mindworks UK had a successful year in terms of new partnerships and funding. We are continuing to work on our social media campaigns to raise awareness of the charity and encourage new referrals, as well as refining our skills in grant applications. We continue to reach people in need in our community and aim to alleviate their mental health issues with professional support, kindness and compassion. The search for more permanent premises continues.

We would like to acknowledge the enormous contribution made by Miranda Taggart and Mary-Lou Al Saedy, without whom the charity could not function.

Section D

Achievements and performance

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Summary of the main achievements of the charity during the year

Over the course of the year from January 2022 Mindworks UK has maintained a consistent work volume with the referrals overall.

Number Of Clients	
September 2022 -December 2022	44
January - Sept 2023	80
	124

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

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash at bank on 1st September 2023, £10,324 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 this year has been the contributions from the grants detailed above as well as individual contributions to counselling services.

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 trainee counsellors and paying the qualified counsellors.

Section F

Other optional information

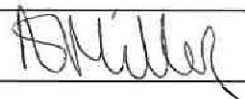
Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

ANGELA MILLER

Position (eg Secretary, Chair, etc)

TRUSTEE & TREASURER

Date

10/5/24



CHARITY COMMISSION
FOR ENGLAND AND WALES

Mindworks (UK)

1192998

CC16a

Receipts and payments accounts

For the period from	Period start date 2nd September 2022	To	Period end date 1st September 2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	15,026		-	15,026	20,068
Government Grants		5,299	-	5,299	1,500
Grants	-	10,860	-	10,860	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,026	16,159	-	31,184	21,568
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,026	16,159	-	31,184	21,568
A3 Payments					
Bank Charges	229	-	-	229	272
Charitable Activities		2,024	-	2,024	-
Dues & Subscriptions	198	-	-	198	190
Insurances	184	-	-	184	268
Office /General Administrative Expenses	4,543	-	-	4,543	3,434
Professional Services	4,362	12,770	-	17,132	19,169
Room/Hall Hire		1,365	-	1,365	-
Client Support	130	-	-	130	71
	-	-	-	-	-
Sub total	9,645	16,159	-	25,804	23,405
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,645	16,159	-	25,804	23,405
Net of receipts/(payments)	5,381	0	-	5,381	- 1,837
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,943	-	-	4,943	6,780
Cash funds this year end	10,324	0	-	10,324	4,943

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance b/f 1st September 2021	4,943	-	-
	This years net funds	5,381	-	-
		-	-	-
	Total cash funds	10,324	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Sahar Beg	SAHAR BEG	28/04/2024



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mindworks (UK)

On accounts for the year
ended

1st September 2023

Charity no
(if any)

1192998

Set out on pages

1 - 2

(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 **01/ 09/ 2023**.

Responsibilities and
basis of report

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 am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) 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 to enable a proper understanding of the accounts to be reached.

Signed:

Date:

02/05/2024

Name:

Zubair Hussain

Relevant professional qualification(s) or body (if any):

Association of Chartered Certified Accountants

Address:

10 Lockwood House, Lockwood Park, Huddersfield, HD4 6EN

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.