



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mindworks (UK)

**On accounts for the year
ended**

1st September 2025

**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/ 2025**.

**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: 04/09/2026

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.



CHARITY COMMISSION
FOR ENGLAND AND WALES

ndworks (UK)

1192998

Receipts and payments accounts

CC16a

For the period from	Period start date 2nd September 2024	To	Period end date 1st September 2025
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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	30,406	1,000	-	31,406	13,903
Government Grants			-	-	500
Grants		26,900	-	26,900	22,605
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	30,406	27,900	-	58,306	37,008
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,406	27,900	-	58,306	37,008
A3 Payments					
Bank Charges	86	-	-	86	191
Charitable Activities		6,544	-	6,544	1,155
Dues & Subscriptions	-	-	-	-	-
Insurances	395	-	-	395	184
Office /General Administrative Expenses	5,044	-	-	5,044	2,709
Professional Services	-	12,805	-	12,805	20,364
Room/Hall Hire	-	-	-	-	510
Client Support	-	-	-	-	111
Salary	8,049	8,400	-	16,449	9,480
Sub total	13,575	27,749	-	41,324	34,704
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	13,575	27,749	-	41,324	34,704
Net of receipts/(payments)	16,831	151	-	16,982	2,304
A5 Transfers between funds					
A6 Cash funds last year end	12,628	-	-	12,628	10,324
Cash funds this year end	29,459	151	-	29,610	12,628

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 202	12,628	-	-
	This years net funds	16,831	151	-
		-	-	-
	Total cash funds	29,459	151	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		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	16/05/2025	



Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	Day	Month	Year		Day	Month

Section A

Reference and administration details

Charity name	MindworksUK
Other names charity is known by	
Registered charity number (if any)	1192998
Charity's principal address	29 Gateside Road
	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)
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1 Sahar Beg	Chair		
2 Mary-Lou AlSaedy	Treasurer		
3 Arshad Daud			
4 Ameer Thaker			
5 Sana Jafri			
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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
Consultant	Saiqa Ali	8 Ryecroft Road, Norbury, SW16 3EG
Policy Consultant	Peter Hein	4 Manor Avenue, London, SE4 1PD

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

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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, we have appointed an trustee 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 considers 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. MindworksUK is established in Wandsworth London however this year we have acquired an office/counselling room in Aldgate East London through an organisation TUAID (Temporary Use Aid). We anticipate tenancy for at least one year. We can provide our low cost counselling service nationally (upon request) by online counselling.

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 no one else can do. For example, Sahar Beg can be paid to carry out mental health training 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 counsellors, therapists and other mental health care practitioners to support the delivery of services and 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 Commissions's guidance on public benefit. All Trustees were briefed on the role of Trustees for MindworksUK CIO, given copies of the governing documents of the charity and referred to the details 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 the need arises.

Here follows a summary of activity.

September 2024

- 1, Ongoing delivery of counselling services
- 2, 10th - 14th September Sahar Beg invited to attend The Masters Series - Europe's Largest Trauma and Mental Health Conference at Oxford University.

October 2024

- Ongoing delivery of counselling services
- 1, Meeting and SLA agreement with Wimbledon foundation
- 2, Sahar attended a Tooting town anywhere event about services within the area and how these might be affected in 40 years time
- 2, Sahar and Miranda viewed a new office based in Bloomsbury, London for offices/counselling spaces with TUAID. We have been delivering counselling form this space which has been very successful

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.

November 2024

- 1, Ongoing delivery of counselling services
- 2, Sahar attended the conference, can u see me, Wandsworth cancer conference. Establishing good partnerships for the counselling service
- 3, Sahar attended the women's leadership summit, navigating challenges, inspiring change

December 2024

- 1, Ongoing delivery of the counselling service
- 2, Autism action plan event with Taiba Bajar – this was really useful as we work towards better relationships within the neurodiversity psychological area of our work

January 2025

- 1, Ongoing delivery of counselling services
- 2, WIT (Women's Inclusion Team) Counselling project begins. Delivering counselling for six women once a week for twelve weeks.
- 3, Planning the delivery of a Research Cafe.
- 4, Mirand and Mary-Lou attended initial monthly meetings for the new collaboration under the saferoots partnership- Domestic Abuse Safe Accommodation (DASA) MindworksUK part of the bigger funding application under the London community fund to deliver theatre within therapy groups and creative arts sessions

February 2025

- 1, Ongoing delivery of counselling services
- 2, Miranda Taggart applied for our second Wimbledon Foundation Grant.

March 2025

- 1, Ongoing delivery of counselling services
- 2, Planned and delivered a Ramadan food program to 35 refugee families
- 3, Planning Eid Family Funday for Refugee Families within Wandsworth

April 2025

- 1, Ongoing delivery of counselling services
- 2, MindworksUK successfully gained funds from Wimbledon Foundation for a second year in a row.
- 2, MindworksUK and Balham Mosque and Tooting Islamic Centre organised and delivered an Eid Family Funday for Refugee Families living in hotels and temporary housing.

May 2025

- 1, Ongoing delivery of counselling services
- 2, Sahar attended the Muslim young peoples conference in Cambridge to look at how we can bridge the gap to counselling form families coming from a disadvantage background

June 2025

- 1, Ongoing delivery of counselling services
- 2, Balham and Tooting community Association (BATCA) MindworksUK took part in the family funday delivering creative arts sessions to families

July 2025

- 1, Ongoing delivery of counselling services

August 2025

1, Ongoing delivery of counselling services

September 2025

1, Ongoing delivery of counselling services

2, Sahar was is invited to join the forum for Tooting Transitions to meet the challenges Tooting will face due climate change, economics and social changes looking at how it can affect Tooting. How will Tooting look in 2064?

Networking:

In order to best serve our clients with outside sources of information and to signpost to organisations that can meet our clients practical needs we continue to participate in various forums.

Forums MindworksUK is a member of:

- Muslim Mental Health Alliance
- HNS Muslim Women's Network
- Ihsaan Project – West Midlands
- BATCA – Balham and Tooting Community Alliance
- Wandsworth Sanctuary Forum
- Black Psychotherapy Network
- NHS SWLondon Thinking Partners Forum
- Wandsworth Carers Centre
- Wandsworth Refugee Forum
- Wandsworth Food Partnership
- Transitions Tooting Town
- CEN (Community Empowerment Network) BME Mental Health Forum
- Wandsworth Community Alliance
- Muslim Counselling Directory
- Masala Organisation – Coming Home Project

Self referrals:

- Directly from members of the Wandsworth and Merton community, also via our Instagram and website.

Referrals from Organisations:

- Muslim Youth Helpline
- Estate Arts Roehampton
- TPA (Turning Point Academy)
- Balham Mosque and TIC
- Tooting Works Wandsworth
- Talk Wandsworth - Noel Brown Well Being Lead
- SWAN (South Women's Asian Network)
- Muslim Counselling Directory
- Muslim Mental Health Alliance
- Wandsworth Refugee Resettlement
- Wandsworth Early Help Team
- WIT (Women's Inclusion Team)

Referrals from outside London:

- Berkshire Women's Aid
- Trauma Healing Collective

Summary of the main achievements of the charity during the year

MindworksUK has had a good year as we secured funding from the Wimbledon foundation.

We were awarded funding from SWL NHS ICB Wandsworth for a grant to support a migration program for group work.

We also moved into our new premises in Tooting Works and now have a office for face to face clients sessions. Our other premises: an office and counselling room in Bloomsbury through TUAID (Temporary Use AID). We feel very fortunate to be working with TUAID and appreciate the opportunity to have a dedicated space from which to deliver our services and support our community.

We continue to strengthen and develop our relationships with grassroots, statutory, and non-statutory organisations. These partnerships enable us to receive referrals for our counselling service while also ensuring we can refer or signpost our clients to other appropriate services when needed.

MindworksUK continues to reach people within our community, helping to alleviate mental health challenges through professional support, kindness, and compassion.

Fundraising remains a vital part of our work, and we are continually refining our skills in this area. Without sustainable funding, we would not be able to deliver our counselling services to those who need them most.

MindworksUK continues to sponsor women's netball at Tooting Islamic Centre (TIC). The sessions are extremely well attended, taking place two evenings each week with two sessions per evening. We are especially grateful to Maliya Beg, who continues to run these sessions on a voluntary basis.

We would also like to acknowledge the enormous contribution of one of our Trustees, Mary-Lou Al-Saedy. Mary-Lou is a highly experienced therapist whose expertise is invaluable, particularly in supporting our funding applications and providing ongoing guidance to the charity.

Our sincere thanks also go to Saiqa Ali, CEO of Southern Women's Asian Network (SWAN), who consistently offers MindworksUK valuable advice, support, and encouragement.

Finally, we would like to thank Peter Hein, a retired psychotherapist and long-standing friend of MindworksUK, who has generously volunteered his time to assist with policy development and research to strengthen our grant applications.

Section E

Financial review

Brief statement of the charity's policy on reserves

Details of any funds materially in deficit

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.

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)

Sahar Beg

Full name(s)

Sahar Beg

Position (eg Secretary, Chair, etc)

Chair of trustees 30.07.2026

Date