

RESET MH

England & Wales - Charity number 1194051

Details

Status Registered

Legal form CIO

Registered 2021-04-09

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

Contact

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Activities

Objects: THE RELIEF AND PRESERVATION OF MENTAL HEALTH AMONG INDIVIDUALS OF AFRICAN-CARIBBEAN HERITAGE IN PARTICULAR, BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF INDIVIDUAL AND GROUP THERAPY SESSIONS.

Activities: - Individual therapy sessions- Group therapy sessions- MHFA training

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-10	£11,000	£10,640	-	-
2024-01-10	£288,093	£166,644	-	-
2023-01-10	£24,500	£22,500	-	-
2022-01-10	£22,500	£22,500	-	-

Trustees

Name	Role	Appointed
Kathryn Tingle		2021-04-01
Rosemarie Phillip		2021-04-01
Sharde Cummings		2021-04-01

RESET MH

England & Wales - Charity number 1194051

Accounts



RESET MH

ANNUAL REPORT AND ACCOUNTS
for the year ended 10 January 2025

REGISTERED CHARITY NO: 1194051

LEGAL & AMINISTRATIVE INFORMATION

CHARITY NUMBER - 1194051

START OF FINANCIAL YEAR – 11 January 2024

END OF THE FINANCIAL YEAR – 10 January 2025

TRUSTEES THAT SERVED DURING THE 12 MONTHS TO 10 JANUARY 2025:

- Kathryn Tingle
- Sharde Cummings
- Rosemarie Phillip

REGISTERED ADDRESS:

RESET MH
PO BOX 77343
LONDON
E16 9FR

DATE OF REGISTRATION – 9 April 2021

ORGANISATION TYPE - CIO

BANKERS:

Lloyds Bank
25 Gresham Street
London
EC2V 7HN

TRUSTEE REPORT

1.1. MISSION

RESET MH aims to improve the accessibility of mental health support services in the Black community. In doing so we work alongside these communities to create services that are truly beneficial to their needs and are culturally appropriate. We aim to create services that remove the barriers of waiting times and costs.

1.2. SUMMARY OF OBJECTIVES

RESET MH focuses on four key objectives:

1.2.1. Free Mental Health Services

One of the key objectives of RESET MH is to provide free, culturally appropriate mental health services to Black communities, addressing the significant barriers of cost, waiting times, and the lack of culturally competent care. This service is essential because mental health issues often go untreated due to limited access. By offering free therapy sessions, both individual and group formats, RESET MH ensures that individuals can seek help without the fear of financial strain or long waitlists, which are common challenges in traditional mental health care systems.

The need for culturally competent care is especially critical for Black communities, as mental health issues are often compounded by the additional stressors of racism, discrimination, and generational trauma. These factors are not always recognized or addressed by traditional mental health services, making culturally specific programs even more vital. By removing financial barriers and long waiting times, RESET MH helps ensure that people have timely access to appropriate care. The availability of tailored therapy allows individuals to receive support that resonates with their lived experiences, increasing the likelihood of a positive therapeutic outcome.

1.2.2. Grants/Financial Support

RESET MH provides financial relief to individuals and families facing economic hardships, particularly with essential living costs such as food, utilities, and other necessities. Mental health challenges often go hand-in-hand with financial strain, and the added burden of not being able to cover basic living expenses can exacerbate stress, anxiety, and depression. The grants offered by RESET MH serve as an immediate intervention to relieve some of this pressure, allowing people to focus on their mental health recovery.

Financial insecurity is a common barrier to accessing mental health care in the Black community, and the added stress of not being able to pay for essentials like food or utilities can intensify mental health issues. By providing financial support, RESET MH not only helps alleviate immediate economic distress but also reduces a significant stressor that could otherwise impede an individual's ability to fully engage in mental health care. Our tailored approach supports the idea that mental health cannot be addressed in isolation, but rather in the context of the whole person, including their financial stability and overall well-being.

1.2.3. Food Donations

Food insecurity is a pressing issue in many communities, including Black communities, where individuals may struggle to meet basic needs. We have worked alongside Neighbourly (platform that connects charities to companies such as Marks & Spencer's, who donate their surplus food), to help support families and individuals who are struggling with daily living expenses through food donations.

The connection between food insecurity and mental health is well-documented; lack of access to nutritious food can lead to or exacerbate mental health problems such as depression, anxiety, and stress. In Black communities, food insecurity often intersects with other systemic issues, such as poverty and unemployment, further exacerbating mental health challenges. By providing food donations, RESET MH helps to mitigate these additional stressors, enabling individuals to focus on their mental health without the added burden of worrying about their next meal.

1.2.4. Training: Free Mental Health First Aid Courses

RESET MH offers free Mental Health First Aid training to members of the Black community, empowering them with the skills needed to recognise mental health crises, offer initial support, and refer individuals to appropriate services. This training equips individuals with the tools to serve as mental health first responders in their own communities, making mental health care more accessible and less stigmatized.

In many communities, especially in the Black community, mental health issues can carry a significant stigma, making individuals hesitant to seek help. Training more people in mental health first aid breaks down this stigma by normalising conversations about mental health and creating a network of individuals who are knowledgeable and capable of offering support when needed. This can help people identify early signs of mental health struggles in others, intervene before issues escalate, and connect them with professional care. It also fosters a sense of community solidarity, where people feel empowered to look out for one another's well-being. By offering this training for free, RESET MH ensures that cost is not a barrier to those who wish to make a positive impact on mental health in their community.

2. KEY ACHIEVEMENTS AND IMPACT

In the last year RESET MH has four main achievements listed below.

2.1. Achievement 1: Reset Young Black Minds (RYBM) Project

One of our key achievements this year was completing our Reset Young Black Minds (RYBM) project which we started last year using the funding from the Jingle Jam Fund (gaming event raising fund for charities). The initiative was specifically designed to improve the mental well-being of young adults aged 18-25 from underfunded and underserved Black communities. Given the increasing mental health challenges faced by young Black people, particularly in areas where access to culturally competent mental health services is limited, this project sought to address the gap in support.

The RYBM project focused on providing culturally appropriate, accessible, and free mental health support tailored to the needs of Black young adults. We delivered therapy sessions that were designed to build trust, reduce stigma around mental health, and create a safe space for young Black individuals to address their challenges.

Thanks to the funding we received from Jingle Jam, we were able to offer 50 young Black adults up to a year of free therapy. In total, we delivered over 800 hours of free therapy. These sessions not only provided essential emotional and psychological support but also contributed to breaking down barriers that often prevent individuals from seeking help, such as fear of discrimination or lack of culturally relevant care.

The impact of the RYBM project has been profound. Participants reported significant improvements in their mental well-being, self-esteem, and overall resilience. Many have expressed that this project was life-changing, offering them the tools and confidence they needed to navigate the complexities of mental health, particularly within the context of their identities as young Black individuals in today's society.

2.2. Achievement 2: Food Donations to Families in Need

In response to the ongoing socio-economic challenges faced by many in our community, Reset MH also focused on providing essential support in the form of food donations to families in need. Over the last financial year, we distributed food donations to approximately 25 families, ensuring they had access to nutritious meals during times of financial hardship.

The food donations were particularly important in addressing food insecurity, which disproportionately affects Black communities due to systemic inequalities and economic challenges. Many of the families we supported

are from backgrounds where access to fresh and healthy food can be limited, and the donations helped to alleviate some of the stress and pressure these families faced.

This initiative not only helped to meet immediate physical needs but also provided emotional support to families, offering a sense of hope and solidarity in difficult times. Our efforts were made possible through partnerships with Neighbourly, an online platform that provides charities to surplus food from organisations such as Marks & Spencer's, helped us support those in need.

2.3. Achievement 3: Funding Raised for Mental Health Services for Young Black Adults

A significant milestone for Reset MH last year was raising £281,822 in funding (carrying over £123,312.84), a vital achievement that has allowed us to continue and expand our services. This funding was specifically designated to support the delivery of free mental health services for Black communities, with a focus on addressing the unique mental health challenges faced by individuals in these communities.

Thanks to this funding, we were able to provide services to approximately over 80 service users, each of whom received tailored, culturally competent therapy delivered by a team of 10 qualified counsellors. The therapy services were made available at no cost to the service users, breaking down financial barriers to mental health care and making it possible for individuals to access the support they desperately needed.

The impact of this funding has been far-reaching. Beyond the immediate therapeutic support provided to individuals, the funding also allowed us to expand our outreach efforts, increasing awareness about the importance of mental health within Black communities and reducing the stigma associated with seeking help. This funding has played a key role in ensuring that Reset MH can continue to provide a lifeline to those who may otherwise have gone without vital mental health support.

2.4. Achievement 4: Continued Partnership with Wagamama Restaurants for Black Men's Support Group

A milestone partnership this year was with Wagamama Restaurants, which helped to establish a welcoming and supportive space for our Black Men's Support Group. Through this partnership, we have been able to host monthly meet-up sessions for Black men, providing a safe, inclusive environment where they can come together to discuss their mental health, share experiences, and support one another.

This partnership has been invaluable in fostering a sense of community and belonging among Black men, a group that often faces unique mental health challenges, such as racial stereotyping, cultural expectations, and isolation. By hosting these meet-ups in a relaxed, neutral space like Wagamama restaurants, we were able to reduce the stigma around mental health discussions and encourage more men to participate.

These sessions have had a profound impact on participants, many of whom have expressed that attending the group has helped them develop a better understanding of their own mental health and the importance of self-care. Through open dialogue and peer support, the Black Men's Support Group has not only strengthened individual well-being but has also fostered a sense of collective resilience, empowering participants to become advocates for their own mental health and that of their communities.

BREAKDOWN

Overall, we have been able to truly invest in the black communities we serve and here is a further breakdown of our achievements:

- Delivered over 1000 free therapeutic sessions which were delivered by registered therapists. This includes 774 individual therapy sessions and 250 group therapy sessions.
- Donated over £3,000 to families and individuals to support them with the effects of the cost-of-living crises specifically food.
- Donated over 10,000 items of surplus food through our partnerships. Alongside this we also offered additional help by donating vouchers and over £5000 of further financial support.

3. KEY CHALLENGES

Following the increase in funding received last year, RESET MH were able to increase our service offerings which meant more service users to support and engage with. Subsequently, we had to adapt our services and processes to meet these needs of a larger user base.

This resulted in some delays in the delivery of our services while we were recruiting more therapists to meet the increased demand. Going forward we have learnt from this and have put procedures and practices in place that will allow us to be more flexible to adapt to ongoing changes.

4. FINANCIAL REVIEW

The financial year ending 10 January 2025 has been a successful one for our charity there has been an increase in our income and also in the delivery of our free support services.

4.1. Income

The total income over this financial year ending on 10 January 2025 was **£11,000.00** In total the income available to deliver our services was **£134,312.84** which included **£123,321.84** of funding from the last financial year, please find the breakdown for this below:

- **£123,321.84 – restricted funding** for the project carried over from the Jingle Jam fund from the previous financial year - used to run our RYBM project.
- **£11,000.00** – this was restricted funding that was additional funds that was used towards delivering our free services.

4.2. Expenditure

The total expenditure for the year was **£133,944.74** most of which was used towards the payment of certified therapist in the delivery of our free services. Below is a further breakdown of how the expenditure was broken down:

- **£5,133.95** – used on charity expenses this included travel and food
- **£5,434.32** – used in donations towards our clients to provide them with financial support for essential items and bills.
- **£3,550.26** – used to assist families with food donations throughout the year
- **£19,470.00**– used towards the payment of certified therapists to deliver 250 group therapy sessions
- **£54,165.00** – used towards the payment of certified therapists in delivering 774 individual therapy sessions
- **£2,744.46** – used towards rent payment for office space for the charity
- **£43,446.80** – used towards the running of the RYBM project

Our free services are dependent on the grants and donations we received, and we continue to work hard to ensure we have the correct resources to do so. The financial position is kept under constant review by management and trustees.

4.3. RESERVES

The trustees have established a **reserves policy** that aims to ensure the charity maintains sufficient financial resources to cover its operations in the event of unforeseen circumstances. The policy is to hold **unrestricted reserves equal to at least four months of operational expenditure**, which provides a financial buffer for the charity to continue delivering its services without disruption.

We also maintain **restricted reserves** which are designated for specific projects, such as the youth outreach program and mental health workshops, as per the terms of donor agreements. These funds must be used exclusively for the purposes for which they were given.

5. SAFEGUARDING

The charity continues to improve our safeguarding standards with the aim of establishing excellence on all levels. The trustees has reviewed its policies and procedures and continues to prioritise this area of work along with the need to maintain a high standard of duty of care towards those who engage with our work.

6. PLANS FOR FUTURE PERIOD

As we look ahead to 2025 and beyond, we are excited about the opportunities and challenges that lie ahead. The year 2024 has laid a strong foundation for our charity, and we are now focused on expanding our impact, improving our services, and building greater financial sustainability

In order to achieve this obtaining sustainable funding will be importance to us achieving our goals. RESET MH will continue to investigate all possibilities for increasing our incoming resources. This will cover exploration of new partnerships, exploring more funding opportunities and fundraising events. These will allow RESET MH to further extend and provide more valuable mental health support to black communities.

7. Trustees' Responsibilities for RESET MH

The trustees of RESET MH are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable UK charity law, the Charities Act 2011, and United Kingdom Accounting Standards.

Specifically, trustees must ensure that the financial statements provide a true and fair view of the charity's state of affairs, including its incoming resources and the application of those resources over the financial period. These statements must comply with the relevant legal and regulatory frameworks governing charities in England and Wales.

In preparing these financial statements, the trustees are required to:

- Select and consistently apply suitable accounting policies.
- Follow the methods and principles outlined in the Charities SORP (FRS 102), making judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards have been followed, and disclose any material departures from these standards, explaining them in the financial statements.
- Prepare the financial statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.
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The trustees are also responsible for maintaining proper accounting records that provide reasonable accuracy regarding the charity's financial position, which enables them to ensure compliance with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the trust deed governing RESET MH. This includes safeguarding the charity's assets by taking reasonable steps to prevent and detect fraud and other irregularities.

Approved by the Board of Trustees



Edwin Duah
Chairman

STATEMENT OF FINANCIAL ACTIVITIES

for the period ended 10 January 2025

Notes	2024	2025
	£	£
Incoming resources		
Donations and grants	0	11,000
Large grants	288,093	0
Activities for generating funds:		
Fundraising events	0	0
Money carried over	0	123,312.84
Total resources	288,093	134,312.84

Expenditure on charitable activities

Direct costs	£
Charity Expenses	5,133.95
Client Donation	5,434.32
Food Donation	3,550.26
Group Therapy Sessions	19,470.00
Individual Group Sessions	54,165.00
Office Rent	2,744.46
Project Costs (RYBM Project)	43,446.80
Total Expenditure	133,944.79
Total Funds at 10 January 2025	368.05

The financial statements were approved by the Board on 10/10/2025 and signed on its behalf by:



Edwin Duah
Founder