

Trustees Annual Report - 24 GURUS - MENTAL HEALTH

For the Year Ended [April-2023-March-2024]

Introduction

The trustees are delighted to present this year's Annual Report for our Mental Health Support charity. This year has been a transformative one for our organisation, marked by significant progress in securing grants and expanding our reach to promote mental well-being. These accomplishments have allowed us to continue our mission to support individuals on their journey toward mental health and resilience.

Objectives and Activities

Our primary objective remains to support and improve mental health and well-being within the community. This year, we enhanced our services through various activities, ensuring the efficient and impactful use of grants received.

Key activities delivered during the year included:

1. **Mental Health Support Groups:** Hosting sessions where individuals could share experiences, learn coping mechanisms, and access peer support in a safe and welcoming environment.
 2. **Meditation and Mindfulness Programs:** We successfully conducted meditation and mindfulness workshops designed to help individuals reduce stress, build confidence, and improve emotional resilience. Feedback from participants highlighted the profound positive impact of these sessions on their mental well-being.
 3. **Yoga for Well-Being:** Our yoga classes were tailored to all ages and abilities, offering not only physical benefits but also fostering a deeper sense of inner peace and connection.
 4. **Workshops on Stress Management and Resilience:** These workshops were developed to equip attendees with practical tools to navigate daily stressors and challenges.
 5. **Community Engagement Events:** Hosting open events such as "Well-Being Days" that included guided relaxation, nutritional advice, and introductory mental health support sessions to encourage broader participation and awareness.
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Achievements and Performance

This year, we secured several grants. These funds were strategically allocated to ensure maximum impact across our activities:

- **Grant Utilisation:** All grants were utilised effectively to fund operational costs, hire experienced facilitators, and provide necessary resources to support our activities.
 - **Expanded Reach:** With the additional funding, we were able to extend our services to underserved areas, bringing support to individuals who had previously faced barriers to accessing mental health care.
 - **Increased Participation:** Participation rates across our activities grew compared to the previous year. This growth reflects the increasing need for our services and the trust the community places in our charity.
 - **Positive Feedback:** Participants reported a noticeable improvement in their mental health and overall well-being after attending our programs.
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Financial Review

The trustees are pleased to report that the charity's financial position is strong, thanks to the generous grants and donations received throughout the year.

Key financial highlights:

- **Total Income:** £38,280
- **Total Expenditure:** £37,902

Every pound spent was directed towards activities that align with our mission to promote mental well-being. The trustees have ensured careful and transparent financial management throughout the year.

Plans for the Future

Looking ahead, we aim to:

- Continue to grow our activities, particularly in areas of meditation, yoga, and stress management.
- Establish partnerships with other organisations to create a more integrated approach to mental health support.
- Explore new funding opportunities to further expand our reach and impact.

- Develop innovative programs to address emerging mental health challenges within the community.
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Conclusion

The trustees would like to extend heartfelt thanks to all funders, partners, and volunteers who have supported the charity this year. Your contributions have made a meaningful difference in the lives of many. As we move forward, we remain committed to promoting mental well-being and creating a community where everyone has access to the support they need.

Signed on behalf of the Board of Trustees,
Jay Punjani

Date: 22-Jan-25

Following is the financial transaction during for the period of 01/04/2023 - 31/03/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

24 Gurus - Mental Health

No (if any)

Receipts and payments accounts

CC16a

For the period
from

01/04/2023

To

31/03/2024

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					
Income	38,280	-	-	38,280	-
Less Materials	- 280	-	-	- 280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,000	-	-	38,000	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,000	-	-	38,000	-
A3 Payments					
Office Costs	1,505	-	-	1,505	-
Licenses and Permits	250	-	-	250	-
Miscellaneous	22	-	-	22	-
Auto Expenses	88	-	-	88	-
Meals	1,203	-	-	1,203	-
Advertising and Promotion	1,200	-	-	1,200	-
Leasing Payments	13	-	-	13	-
Consultancy Fees	29,960	-	-	29,960	-
Charitable Donations	3,449	-	-	3,449	-
Travel	212	-	-	212	1
Sub total	37,902	-	-	37,902	1
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	37,902	-	-	37,902	1
Net of receipts/(payments)	98	-	-	98	1
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	98	-	-	98	1



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's
report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
24 GURUS - MENTAL HEALTH

On accounts for the year
ended

31/03/2024

Charity no
(if any)

1195580

Set out on pages

(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 31 / 03 / 2024.

Responsibilities and
basis of report

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

10/01/2025

Name:

ABDUL SHAHID

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

ACCA

Address:

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FINSBURY PARK

N4 3EG