

Trustees Annual Report – 24 GURUS – MENTAL HEALTH

For the Year Ended 31 March 2025

Introduction

The trustees present their Annual Report for 24 Gurus – Mental Health for the financial year ended 31 March 2025. During this year, the charity has continued to focus on maintaining its mission to support mental health and well-being within the community, while navigating a more challenging funding environment compared to the previous year.

Although grant income has reduced significantly during the year, the trustees remain committed to sustaining the charity's purpose and ensuring prudent financial management while exploring future funding opportunities.

Objectives and Activities

The charity's primary objective continues to be the promotion and improvement of mental health and emotional well-being within the community. The trustees remain focused on delivering supportive, preventative, and wellbeing-focused activities, subject to available funding.

During the year, activities were necessarily more limited due to reduced grant income. However, the charity continued to prioritise planning, engagement, and readiness to deliver mental health support services when funding allows. Key focus areas included:

- Maintaining the charity's operational readiness and governance framework
- Planning future mental health support initiatives, including mindfulness, meditation, and wellbeing programmes
- Engaging with potential partners and grant providers
- Ensuring responsible use of funds in line with charitable objectives

Achievements and Performance

The year saw a reduction in overall activity compared to the previous period, primarily due to a decline in grant funding. A number of previous donors chose not to continue their support, and despite ongoing efforts, new donors have not yet been secured.

Key highlights include:

- **Grant Income Management:** All grant income received during the year was managed carefully and applied towards essential operational and charitable costs.
- **Cost Control:** Trustees took a cautious and responsible approach to expenditure, ensuring costs were tightly controlled and aligned with the charity's objectives.
- **Governance and Compliance:** The trustees continued to meet regularly and ensured that governance, financial oversight, and regulatory responsibilities were upheld.
- **Future Readiness:** Despite reduced activity, the charity remains well-positioned to scale its programmes once funding improves.

Financial Review

The trustees report a modest surplus for the year, reflecting careful financial stewardship in a period of reduced income.

Key financial highlights for the year ended 31 March 2025:

- **Total Income:** £15,450
- **Total Expenditure:** £15,384
- **Retained Surplus for the Year:** £66

The decrease in income compared to the previous year (2023–2024) reflects a reduction in grant funding. Several past donors did not continue their support, and the charity has not yet been successful in securing replacement donors or new grant streams. As a result, overall income and expenditure both reduced significantly during the year.

Expenditure primarily related to essential administrative and consultancy costs required to maintain the charity's operations and future programme planning.

Plans for the Future

Looking ahead, the trustees are focused on:

- Actively seeking new grant funding and donor opportunities
- Re-engaging with funding bodies and building new partnerships
- Gradually restarting and expanding mental health support activities as funding allows
- Continuing to operate with strong financial discipline and governance
- Developing sustainable funding strategies to reduce reliance on a small number of donors

The trustees strongly believe that securing new grants will be critical to the charity's growth and long-term sustainability.

Conclusion

The trustees acknowledge that 2024–2025 has been a challenging year financially for 24 Gurus – Mental Health. However, the charity remains resilient, well-governed, and committed to its mission. With continued effort, strategic planning, and the pursuit of new funding opportunities, the trustees are confident that the charity can rebuild momentum and expand its impact in future years.

The trustees would like to thank all supporters, donors, and volunteers who continue to believe in the charity's vision and purpose.

Signed on behalf of the Board of Trustees

Jay Punjani
Chairperson

Date: 22 January 2026