

## Trustees' Annual Report for the period

From 30/11/2021 Period start date To 01/08/2022 Period end date

Charity name: Mind Health For Medical students

Charity registration number: 1196846

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objectives of the CIO, for the public benefit, are to promote and protect the mental health of medical students by means of but not limited to the provision of educational mental health workshops as well as the provision of mental health and wellbeing online resources.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The main activities of the CIO, for the public benefit, are the provision of educational mental health workshops across universities in the UK as well as the provision of mental health and wellbeing online resources.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
--	----------------	--

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<p>The volunteers of Mind Health For Medical Students have made a remarkable contribution to the organisation's activities over the past year. Each volunteer has played a unique role and has contributed to the success of different initiatives.</p> <p>The team leading the well-being resources and campaigns has dedicated their time and expertise to creating valuable content and engaging campaigns. They have developed resources, such as the online well-being survival guide, which has provided essential information and support to individuals seeking mental health guidance. Their efforts have helped raise awareness and promote mental well-being among medical students and the wider community.</p> <p>Another group of volunteers has focused on coordinating collaborations with universities and societies. Their role involves reaching out to various institutions and organisations to establish partnerships and expand the charity's reach. Through these collaborations, Mind Health For Medical Students has been able to connect with more students and deliver impactful workshops and talks. The coordination</p>

		<p>efforts of this team have significantly contributed to the charity's mission of supporting medical students' mental health.</p> <p>Fundraising and sponsorship are crucial aspects of sustaining the charity's operations and initiatives. The volunteers involved in these areas have worked diligently to secure financial support and partnerships with sponsors such as the MDU and The Saturday Hospital Fund. Their efforts have ensured the availability of necessary resources, enabling the charity to continue its important work sustainably and make a difference in the lives of medical students.</p> <p>Local engagement officers play a vital role in representing Mind Health For Medical Students at their respective universities. These volunteers act as ambassadors for the charity, spreading awareness, and organising local events. Their involvement has helped establish a presence at different universities, enabling direct engagement with students and fostering a sense of community and support.</p> <p>Collectively, the volunteers of Mind Health For Medical Students have made significant contributions in various capacities. Their dedication, expertise, and passion have been instrumental in driving the organisation's activities forward. Through their collective efforts, they have helped empower and support medical students, promote mental well-being, and create positive change within the medical school community.</p>
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The charity has achieved significant milestones in its efforts to support and empower medical students to positively manage their well-being and mental health, particularly due to the challenges of medical school. Through our online campaigns on Instagram, they have built a thriving community of over 1300 people, fostering interaction, support, and growth. This online platform has provided a safe space for individuals to share their experiences and find solidarity in their struggles.</p> <p>In addition to our online presence, the charity has conducted impactful workshops in five different universities across the UK, specifically targeting medical students from their first to fourth year. These workshops have received excellent feedback and have positively impacted the lives of over 60 students, equipping them with valuable tools to navigate their mental well-being.</p> <p>Recognizing the importance of personal interaction, the charity has also delivered in-person talks to more than 200 students at universities nationwide. These talks have raised awareness about mental health issues and encouraged open discussions, reducing stigma and promoting a more supportive environment for students.</p> <p>Furthermore, the charity's commitment to education and resource dissemination is evident in our creation of an online well-being survival guide, which is freely available on our website. This comprehensive guide offers practical advice and strategies for maintaining mental well-being, reaching a wide audience and providing valuable resources to those in need.</p>

		<p>The charity's impact extends beyond their direct beneficiaries, as they have actively collaborated with various colleagues and societies to expand our reach and make a difference in the lives of medical students. By forging partnerships and engaging with different communities, the charity has contributed to the wider societal benefit of promoting mental health awareness and fostering a culture of support and understanding.</p> <p>Overall, through their online campaigns, workshops, talks, resource creation, and collaborations, the charity has made a tangible difference in the circumstances of its beneficiaries. They have created a supportive community, provided crucial tools for mental well-being, and actively worked towards reducing stigma and promoting mental health in society.</p>
--	--	--

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity's financial position at the end of the period is £10
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	During this period we were in the planning and trial phase of the activities we do as a charity including establishing our fundraising and sponsorship team. The £10 donation was made upon opening our charity bank account by one of our trustees. Mind Health For Medical Students follows a policy for holding reserves to ensure the financial stability and long-term sustainability of the organisation. Reserves are funds set aside by the charity to provide funds that are to be used only for the charity objectives as stated above.
Amount of reserves held	Para 1.22	£10

Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	From this period onwards we have further secured grants and sponsorships which will be made available in the next Trustee's annual report.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	

Other		
-------	--	--

## Structure, Governance and Management

Description of charity's trusts:		CIO
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution document
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>At every annual general meeting of the members of the CIO, one-third of the charity trustees shall retire from office. If the number of charity trustees is not three or a multiple of three, then the number nearest to one-third shall retire from office, but if there is only one charity trustee, he or she shall retire;</p> <p>The charity trustees to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. If any trustees were last appointed or reappointed on the same day those to retire shall (unless they otherwise agree among themselves) be determined by lot;</p> <p>The vacancies so arising may be filled by the decision of the members and the trustees remaining at the annual general</p>



		<p>meeting; any vacancies not filled at the annual general meeting may be filled as provided in sub-clause (5) of this clause;</p> <p>The members or the charity trustees may at any time decide to appoint a new charity trustee, whether in place of a charity trustee who has retired or been removed in accordance with clause [15] (Retirement and removal of charity trustees), or as an additional charity trustee, provided that the limit specified in clause [12(3)] on the number of charity trustees would not as a result be exceeded;</p> <p>A person so appointed by the members of the CIO shall retire in accordance with the provisions of sub-clauses (2) and (3) of this clause. A person so appointed by the charity trustees shall retire at the conclusion of the next annual general meeting after the date of his or her appointment, and shall not be counted for the purpose of determining which of the charity trustees is to retire by rotation at that meeting.</p>
--	--	--

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Policies and procedures adopted for the induction and training of trustees</p>	<p>Para 1.51</p>	
---	------------------	--

The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	Mind Health for Medical Students
Other name the charity uses	N/A
Registered charity number	1196846
Charity's principal address	2 HOLTON ROAD HORFIELD BRISTOL BS7 0EP

--	--

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Dr Christine Muhota	N/a	N/a	N/a
2	Miss Emma Boxley	N/a	N/a	N/a
3	Dr Oliver Griffiths	N/a	N/a	N/a
4				
5				
6				
7				
8				
9				
10				
11				
12				

13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

<b>Director name</b>		
<b>N/A</b>		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

**Additional information (optional)**

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
N/A		

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

CEO - Dr Christine Muhota Design and branding coordinator - Vidyaah Seth Events coordinator - Dr Oliver Griffiths Campaigns coordinator - Avi Miller Operations coordinator - Emma Boxley Outreach coordinator - Dr Jacob Bloor
--

**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

N/A
-----

**Other optional information**

--

Declarations

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

Signed on behalf of the charity’s trustees

Signature(s)	<table border="1"><tr><td>O Griffiths</td><td></td></tr></table>	O Griffiths	
O Griffiths			

Full name(s)	<table border="1"><tr><td>Oliver Griffiths</td><td></td></tr></table>	Oliver Griffiths	
Oliver Griffiths			

Position (eg Secretary, Chair, etc)	<table border="1"><tr><td>Trustee</td><td></td></tr></table>	Trustee	
Trustee			

Date	<table border="1"><tr><td>6/6/23</td></tr></table>	6/6/23
6/6/23		