



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **02/08/2022** Period start date TO **01/08/2023** 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 using but not limited to the provision of educational mental health workshops as well as the provision of mental health and well-being 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	<p>The main activities of the CIO, conducted for the public benefit, are aligned with our ethos of empowering, equipping, and supporting medical students across the UK to improve their mental health and well-being. We are aiming to do this by engaging in several key activities. We work to integrate mental health and well-being teaching into medical education by developing and advocating for specialized modules and collaborating with academic institutions in the United Kingdom. Additionally, we also collaborate on events and look to form partnerships with other charities and governing bodies to create lasting, impactful change.</p> <p>Our projects and services include providing workshops, seminars, and training sessions focused on mental health awareness and self-care strategies, developing, and distributing tailored mental health toolkits, and conducting research to identify the mental health needs of medical students and effective intervention strategies. Through these efforts, we aim to foster a supportive environment that prioritizes the mental health of medical students, enabling them to be supported so that they feel safe for help when required, know where to signpost others, and create a culture where students prioritize their mental health whilst at medical school and beyond.</p> <p>Please see our 2021 – 2023 Impact report for more detail: https://rb.gy/bjejk5</p>
Statement confirming whether the trustees have had regard to the	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

guidance issued by the Charity Commission on public benefit		
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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>Over the past year, volunteers of Mind Health For Medical Students have made remarkable contributions, each playing a unique role in various initiatives. The team leading the well-being resources and campaigns has created valuable content, including the online well-being survival guide, providing essential mental health support and raising awareness among medical students and the wider community.</p> <p>Our Instagram page, curated by current medical students and doctors, offers practical insights based on personal experiences, though it is not a substitute for professional medical advice. On the Instagram page @mindhealthuk we also signpost, share resources, recommend podcasts, books and give well-being advice.</p> <p>Another group of volunteers has focused on coordinating collaborations with universities and societies, facilitating impactful workshops and talks that expand the charity's reach and connect with more students.</p> <p>Fundraising and sponsorship efforts, led by dedicated volunteers, have secured financial support and partnerships with sponsors such as the Medical Defence Union and The Saturday Hospital Fund, ensuring the sustainability of our operations.</p> <p>Our local engagement officers, acting as ambassadors at their respective eight universities, have organized local events, spread awareness and fostering a sense of community and support. We have been included into the curriculum at three UK medical schools.</p> <p>Collectively, these volunteers, through their dedication, expertise, and passion, have empowered and supported medical students, promoted mental well-being, and driven positive change within the medical school community.</p> <p>Our continued success depends on the efforts of all volunteers, supporting colleagues, campaigners, talk and workshop participants, and sponsors. We remain</p>

		committed to sharing resources and services that help medical students overcome challenges and maintain good well-being.
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>Mind Health For Medical Students has made significant strides in improving the mental well-being of medical students across the UK, addressing critical issues highlighted in recent studies.</p> <p>The 2023 General Medical Council (GMC) survey indicated that two-thirds of trainees are at high or moderate risk of burnout, emphasizing the need for proactive mental health interventions among medical students. Additionally, the GMC's 2013 guidance underscored the importance of fostering an environment in medical schools where mental health is openly discussed to reduce stigma.</p> <p>Achievements and Impact:</p> <ol style="list-style-type: none"> Awards and Recognition: <ul style="list-style-type: none"> Best Medical Student Mental Health Organisation 2023 – UK by Global Health Pharma. Best Student Mental Health Charity 2023 – Bristol by Acquisition International. Community Engagement and Online Presence: <ul style="list-style-type: none"> Instagram Campaign: The charity has built a thriving online community with over 1,365 followers, posting 243 pieces of content, including 59 community stories, 80 tips and advice posts, 26 book and podcast recommendations, and signposting 50 events and charities. Their posts have garnered 6,672 impressions as of December 2023. The social media campaigns on Instagram, Facebook, and LinkedIn have been instrumental in providing ongoing support and information tailored to the mental health needs of medical students. Workshops and Talks:

		<ul style="list-style-type: none"> • Talks and Workshops: Conducted in seven universities nationwide, reaching over 200 students. The charity offers a tailored, engaging 1.5-hour talk titled 'Valuing Your Well-being,' followed by Q&A sessions. These talks are designed to emphasize the importance of self-care, self-awareness, and proactive mental health management. Feedback from these sessions indicates a positive impact, with 90.4% of students feeling more equipped to manage their well-being, 93.9% finding the talks engaging, and 94.4% suggesting the talks should be included in the medical school curriculum. • The charity has run these talks nationally and is working directly with seven medical schools, continuing to collaborate with several others to integrate well-being into the curriculum. The talks provide practical, actionable tips and advice for managing challenges specific to different years of medical students, both in university and life outside. • Workshops: Small group sessions that follow on from the tailored talks have been conducted across several prominent medical schools, including the University of Birmingham, Cardiff University, Bristol University, University of Sheffield, and Imperial College London. These workshops, facilitated by trained Mind Health volunteers, have been attended by over 200 students and provide valuable support, fostering mental well-being and promoting open discussions about mental health challenges. <p>4. Resource Creation:</p> <ul style="list-style-type: none"> • Online Well-being Survival Guide: Published in December 2021, this guide offers practical advice and strategies for maintaining mental well-being. It includes tips and insights from individuals who have navigated the challenges of medical school, aiming to empower students to manage their mental health effectively. • Upcoming Resources: The charity is also developing a nutritional guide
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		<p>and cookbook to further support students' overall well-being.</p> <p>5. Collaborations and Wider Impact:</p> <ul style="list-style-type: none"> The charity has actively collaborated with various medical schools and organizations, enhancing its reach and impact. By fostering partnerships and engaging with different communities, they have contributed to the broader societal goal of promoting mental health awareness and reducing stigma. <p>Safeguarding and Support:</p> <p>The charity places a strong emphasis on safeguarding, working in collaboration with university student support and well-being teams to ensure a staff member is present during talks and workshops. This ensures appropriate internal signposting for students if needed.</p> <p>Testimonials and Feedback:</p> <p>Students who attended the workshops and talks provided positive feedback, noting the relevance and practical value of the sessions. They highlighted the importance of taking breaks for mental well-being, the benefits of mindfulness, and the supportive environment created by the facilitators. Such testimonials underscore the charity's effectiveness in addressing the mental health challenges faced by medical students.</p> <p>Through its comprehensive approach, including online campaigns, workshops, talks, resource creation, and collaborations, Mind Health For Medical Students has made a tangible difference in the lives of its beneficiaries. The charity has successfully created a supportive community, provided crucial tools for mental well-being, and actively worked towards reducing stigma and promoting mental health within the medical student population and the broader society.</p>
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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		
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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 £2209
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	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. These funds are in a business account that is for the charity and only used for charity objectives and approved by the Trustees.
Amount of reserves held	Para 1.22	£2209
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	
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	Para 1.25	Constitution document
How is the charity constituted?	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; There will always be three trustees and if only three in position, a trustee cannot retire from the position until another is appointed.</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; The vacancies so arising may be filled by the decision of the members and the trustees remaining at the annual general 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:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network	Para 1.51	

with which the charity works		
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Mind Health for Medical Students
Other name the charity uses	'Mind Health'
Registered charity number	1196846
Charity's principal address	2 HOLTON ROAD HORFIELD BRISTOL B32 2HP

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)
1	Dr Christine Muhota	N/A	N/A	N/A
2	Dr Jacob Bloor	N/A	N/A	N/A
3	Miss Emma Boxley	N/A	N/A	N/A

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

Director name		
N/A		

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)

The charity is run entirely by volunteers, there are no paid staff members
Chief Executive Officer - Dr Christine Muhota
Design and branding coordinator - Vidyaah Seth
Events coordinator - Dr Christine Muhota
Campaigns coordinator - Avi Miller, Caitlin Fong
Trustee and operations officer - Emma Boxley
Trustee and Recruitment lead - Dr Jacob Bloor
Finance lead – Ellie Chilcott, Sam Gold

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

Please see our 2021 – 2023 Impact report for more detail on our charity work:
<https://rb.gy/bjejk5>

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	Christine Muhota
Full name(s)	Christine Wanjiru Muhota
Position (eg Secretary, Chair, etc)	Trustee, Chief Executive Officer

Date 30/05/2024