

# PUSH4THEMIND

England & Wales · Charity number 1198729

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-04-26

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

## Contact

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**Address** Flat 8  
Infinity  
Infinity 45-47 Boscombe Overcliff  
Bournemouth  
Southbourne

**Phone** 07813443480

**Email** [push4themind@gmail.com](mailto:push4themind@gmail.com)

**Website** [push4themind@gmail.com](mailto:push4themind@gmail.com)

## Activities

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**Objects:** THE OBJECTIVES OF THE CIO ARE: TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT OF PEOPLE FROM ALL SOCIOECONOMIC BACKGROUNDS, IN PARTICULAR BUT NOT EXCLUSIVELY THOSE FROM LESS FINANCIALLY ADVANTAGED BACKGROUNDS, BY: -• FUNDING THE MOST EFFECTIVE AND SUCCESSFUL COURSES OF PRIVATE MENTAL HEALTHCARE AVAILABLE TO ALL PEOPLE SUFFERING FROM MENTAL HEALTH ISSUES, INCLUDING BUT NOT LIMITED TO 6-10 WEEKS OF 1 ON 1 THERAPY SESSIONS WITH A REPUTABLE COUNSELLOR, 4-6 SESSIONS WITH A CONSULTANT PSYCHIATRIST OR RESIDENCY AT A WEEK-LONG INTENSIVE THERAPY RETREAT; AND • ISSUING FREE DOCUMENTS WITH SCIENTIFICALLY-BACKED ADVICE, 'MENTAL TRAINING-PLANS / REGIMES' AND FREE MENTAL HEALTH PACKAGES (INCLUDING CHAMOMILE TEA, CALMING BATH OILS ETC); AND • FUNDING AND PROVIDING SUCH OTHER SUPPORT AS THE TRUSTEES DEEM APPROPRIATE IN RELIEVING THOSE WITH MENTAL HEALTH CONDITIONS.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People

## Geography

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- Scotland
- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31		£0	£0	-
2023-12-31		£0	£0	-
2022-12-31		£0	£0	-

## Trustees

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Name	Role	Appointed
<b>Robin Mudford</b>	Chair	2022-04-26
Matthew Wilson		

**PUSH4THEMIND**

England & Wales - Charity number 1198729

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	31	12	2023		31	12	2024

## Section A Reference and administration details

**Charity name**

PUSH4THEMIND

**Other names charity is known by**

**Registered charity number (if any)**

1198729

**Charity's principal address**

10 Grove Rd  
 HAVANT  
 Postcode: PO9 1AR

### 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	Robin Mudford			
2	Joseph Winterton			
3	Mathew Wilson			
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

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

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

Subsidising/supplementing private mental healthcare for the disadvantaged through funds raised from physical challenges.
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**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The objects of the CIO are threefold; To preserve and protect physical and mental health for the public benefit of people from all socioeconomic backgrounds, in particular but not exclusively those from less financially advantaged backgrounds, by:-

- funding the most effective and successful courses of private mental healthcare available to all people suffering from mental health issues, including but not limited to 6-10 weeks of 1 on 1 therapy sessions with a reputable counsellor, 4-6 sessions with a consultant psychiatrist or residency at a week-long intensive therapy retreat; and
- issuing free documents with scientifically-backed advice, 'mental training-plans / regimes' and free mental health packages (including chamomile tea, calming bath oils etc); and
- funding and providing such other support as the trustees deem appropriate in relieving those with mental health conditions

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

Unfortunately, no achievements (or cashflow) this year - but we hope to record a stronger performance next year.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

No finances in or out.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

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

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>	Robin Mudford	
<b>Full name(s)</b>	Robin Mudford	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	10/12/2025	



## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	0	0	0
	(agree balances with receipts and payments account(s))			
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
	Total cash funds - £0 due	P4TM	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	<b>Signature</b>	<b>Print Name</b>	<b>Date of approval</b>	
	Robin Mudford	Robin Mudford	10/12/2025	

**PUSH4THEMIND**

England & Wales - Charity number 1198729

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	31	12	2022		31	12	2023

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Name	Dates acted if not for whole year

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Type of adviser	Name	Address

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**Brief statement of the charity's policy on reserves**

No finances in or out.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

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<b>Signature(s)</b>	Robin Mudford	
<b>Full name(s)</b>	Robin Mudford	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	10/12/2025	



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Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	0	0	0
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	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Total cash funds - £0 due	P4TM	-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Robin Mudford	Robin Mudford	10/12/2025

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# Accounts

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<b>Signature(s)</b>	Robin Mudford	
<b>Full name(s)</b>	Robin Mudford	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	10/12/2025	



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		-	-	-
	<b>Total cash funds</b>	0	0	0
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	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
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			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Total cash funds - £0 due	P4TM	-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Robin Mudford	Robin Mudford	10/12/2025