



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	31	12	2022		31	12	2023

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			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Consitution
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.

--

Section C Objectives and activities

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

Subsidising/supplementing private mental heathcare for the disadvantaged through funds raised from physical challenges.

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

Signature(s)

Robin Mudford

Full name(s)

Robin Mudford

Position (eg Secretary, Chair, etc)

Chair

Date

10/12/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

PUSH4THEMIND

No (if any)

Receipts and payments accounts

CC16a

For the period
from

31/12/2022

To

31/12/2023

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					
	Total cash funds - £0 due	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	Total cash funds - £0 due	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	Total cash funds - £0 due	-	-	-	-
Total receipts	Total cash funds - £0 due	-	-	-	-
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	Total cash funds - £0 due	-	-	-	-
Net of receipts/(payments)	Total cash funds - £0 due	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	Total cash funds - £0 due	-	-	-	-

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	0	0	0
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	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	