

# WHERE IS YOUR MIND?

England & Wales · Charity number 1199298

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-06-14

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

## Contact

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**Address** 19 Colet Gardens  
London  
W14 9DH

**Phone** 08002465685

**Email** [mylife@whereisyourmind.info](mailto:mylife@whereisyourmind.info)

**Website** [www.whereisyourmind.org](http://www.whereisyourmind.org)

## Activities

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**Objects:** THE OBJECT OF THE CIO IS TO PRESERVE AND PROTECT THE HEALTH OF THE GENERAL PUBLIC THROUGH THE PROVISION OF COUNSELLING, LISTENING AND TALKING THERAPY FOR THOSE EXPERIENCING MENTAL HEALTH DIFFICULTIES.

**Activities:** To Improve Access to Personal Development Coaching.

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31		£0	£0	-
2024-07-31	£150	£6,688	-	-
2023-07-31	£13,280	£6,927	-	-

## Trustees

Name	Role	Appointed
<b>Amy Elston Miss</b>	Chair	2022-06-14
Clive Anthony Bryan		2022-06-14
Isobel Campbell		2022-07-15

**WHERE IS YOUR MIND?**

England & Wales - Charity number 1199298

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# Accounts

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

**Trustees’ Annual Report for the period**

**From 06/2023 To 31/07/2024 Charity name: Where Is Your Mind?**

**Charity registration number: 1199298**

**Objectives and Activities**

Summary of the purposes of the charity as set out in its governing document	THE OBJECT OF THE CIO IS TO PRESERVE AND PROTECT THE HEALTH OF THE GENERAL PUBLIC THROUGH THE PROVISION OF COUNSELLING, LISTENING AND TALKING THERAPY FOR THOSE EXPERIENCING MENTAL HEALTH DIFFICULTIES.
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.	Counselling, coaching, talking therapy and signposting for mental health services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Trustees have had regard to the guidance issued by the charity commission on public benefit.

**Achievements and Performance**

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.	Raising awareness of mental health difficulties and access to services which address this. We have actively donated counselling and coaching sessions to those in need. This has been achieved with numerous clients managing mental health symptoms. We are currently working on building an app based on - demand service to make access easier for volunteers and our clients.
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**Reference and Administrative details:**

Charity name/Registered charity number/Charity’s principal address:

Where Is Your Mind?

1199298

19 Colet Gardens, London, W14 9DH

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

1. Anthony Duckworth
2. Clive Bryan
3. Isobel Campbell
4. Amy Elston

**Declarations:**

**Full name(s)** Amy Elston **Position:** Chair/Trustee

**Date** 30/5/2025

7:38 AM  
06/04/25  
Cash Basis

Where Is Your Mind?  
**UK Balance Sheet - Standard**  
As of July 31, 2024

Jul 31, 24

ASSETS

Current Assets

Cash at bank and in hand

Metro Bank 814.20

Total Cash at bank and in hand 814.20

Total Current Assets 814.20

NET CURRENT ASSETS 814.20

TOTAL ASSETS LESS CURRENT LIABILITIES 814.20

NET ASSETS 814.20

Capital and Reserves

Unrestricted Net Assets 7,352.54

Change -6,538.34

Funds remaining 814.20

7:35 AM  
06/04/25  
Cash Basis

**Where Is Your Mind?**  
**Profit & Loss**  
**August 2023 through July 2024**  
**Aug '23 - Jul 24**

Ordinary Income/Expense	
Income	
Contributions Received	150.00
<b>Total Income</b>	<b>150.00</b>
Expense	
Bank Service Charge	4.19
Computer & Software	834.73
Dues and Subscriptions	893.86
Insurance Expense	811.57
Marketing	1,979.36
Rent Expense	1,524.63
Supervision Administration	640.00
<b>Total Expense</b>	<b>6,688.34</b>
Cash flow	-6,538.34
<b>Cash flow for the year</b>	<b>-6,538.34</b>

**WHERE IS YOUR MIND?**

England & Wales - Charity number 1199298

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# Accounts

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## Trustees' Annual Report for the period

From 06/2022

To

31/07/2023

Charity name: Where Is Your Mind?

Charity registration number: 1199298

### Objectives and Activities

Summary of the purposes of the charity as set out in its governing document	THE OBJECT OF THE CIO IS TO PRESERVE AND PROTECT THE HEALTH OF THE GENERAL PUBLIC THROUGH THE PROVISION OF COUNSELLING, LISTENING AND TALKING THERAPY FOR THOSE EXPERIENCING MENTAL HEALTH DIFFICULTIES.
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.	Counselling, coaching, talking therapy and signposting for mental health services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Trustees have had regard to the guidance issued by the charity commission on public benefit.

### Achievements and Performance

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.	Raising awareness of mental health difficulties and access to services which address this. We have actively donated counselling and coaching sessions to those in need. This has been achieved with numerous clients managing mental health symptoms. We are currently working on building an app based on - demand service to make access easier for volunteers and our clients.
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## Reference and Administrative details

Charity name	Where Is Your Mind?
Registered charity number	1199298
Charity's principal address	19 Colet Gardens, London, W14 9DH

## Names of the charity trustees who manage the charity

	Trustee name
1	Anthony Duckworth
2	Clive Bryan
3	Isobel Campbell
4	Amy Elston

## Declarations

<b>Full name(s)</b>	Amy Elston
<b>Position (eg Secretary, Chair, etc)</b>	Chair/Trustee
<b>Date</b>	23/8/2024

**Where Is My Mind?**  
**Profit & Loss**  
July 2022 through July 2023

Where Is Your Mind? (a Registered Charity)

	<u>Jul '22 - Jul 23</u>
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Contributions Received	14,280.00
<b>Total Income</b>	<u>14,280.00</u>
<b>Expense</b>	
Bank Service Charge	5.55
Computer & Software	1,897.85
Consultant Expenses	330.00
Dues and Subscriptions	896.89
Event Expense	406.26
Insurance Expense	19.94
Marketing	1,327.47
Office Expense	41.00
Rent Expense	1,461.33
Supervision Administration	90.00
Training	407.70
Utilities	43.47
<b>Total Expense</b>	<u>6,927.46</u>
<b>Net Ordinary Income</b>	<u>7,352.54</u>
<b>Profit for the Year</b>	<u><u>7,352.54</u></u>

9:04 AM  
08/09/24  
Cash Basis

**Where Is My Mind?**  
**UK Balance Sheet - Standard**  
As of July 31, 2023

Balance sheet End July 2023  
Where Is Your Mind? (a Registered Charity)

	<u>Jul 31, 23</u>
<b>ASSETS</b>	
<b>Current Assets</b>	
Cash at bank and in hand	
Metro Bank	7,352.54
Total Cash at bank and in hand	<u>7,352.54</u>
Total Current Assets	7,352.54
<b>NET CURRENT ASSETS</b>	<u>7,352.54</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>7,352.54</u>
<b>NET ASSETS</b>	<u>7,352.54</u>
<b>Capital and Reserves</b>	
Unrestricted Net Assets	1,000.00
Profit for the Year	6,352.54
<b>Shareholder funds</b>	<u>7,352.54</u>