



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **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

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

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

**Where Is Your Mind? (a Registered Charity)**

	<b><u>Jul '22 - Jul 23</u></b>
<b>Ordinary Income/Expense</b>	
Income	
Contributions Received	14,280.00
Total Income	14,280.00
Expense	
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
Total Expense	6,927.46
Net Ordinary Income	7,352.54
Profit for the Year	7,352.54

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)

Jul 31, 23

**ASSETS**

Current Assets

Cash at bank and in hand

Metro Bank 7,352.54

Total Cash at bank and in hand 7,352.54

Total Current Assets 7,352.54

**NET CURRENT ASSETS** 7,352.54

**TOTAL ASSETS LESS CURRENT LIABILITIES** 7,352.54

**NET ASSETS** 7,352.54

Capital and Reserves

Unrestricted Net Assets 1,000.00

Profit for the Year 6,352.54

**Shareholder funds** 7,352.54