



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.
---	---

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
Total Income	150.00
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
Total Expense	6,688.34
Cash flow	-6,538.34
Cash flow for the year	-6,538.34