

HEALING THE WORLD

England & Wales · Charity number 1199323

Details

Status Registered

Legal form CIO

Registered 2022-06-15

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

Contact

Address 15 Elmwood Court
London
HA0 2NT

Phone +447903857333

Email info@positivehealingtherapy.com

Website <https://positivehealingtherapy.com/healing-the-world>

Activities

Objects: TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AT RISK OF EXPERIENCING STRESS OR EMOTIONAL INSTABILITY OR POOR MENTAL HEALTH, THEIR FAMILIES AND CARERS, FOR THE PUBLIC BENEFIT, BY PROVIDING SERVICES IN MEDITATION, LIFE COACHING AND REIKI HEALING AND BY TEACHING SUCH PEOPLE MEDITATION TECHNIQUES AND PRACTICES.

Activities: Healing the World:-Delivers projects that improve the mental/ emotional health of children and adults, so they can be motivated to make positive changes and realise their potential-Works with individuals, educational establishments, community groups, in person or online-Uses Healing, Meditation, self awareness activities to develop emotional stability, self-esteem, focus, raise aspirations.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-04	£0	£12,268	-	-
2024-04-04	£14,760	£4,830	-	-
2023-04-04	£0	£586	-	-

Trustees

Name	Role	Appointed
Dr Naheed Ali	Chair	2021-03-22
Munaqebah Jaffrey		2023-03-22
Tasneem Shah		2021-03-22

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Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 5	Month April	Year 2024		Day 4	Month April	Year 2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

15 Elmwood Court	
Wembley	
Middlesex	
Postcode	HA0 2NT

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	Tasneem Shah			
2	Naheed Ali			
3	Munaqebah Jaffrey			
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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)	Foundation model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed by first charity trustees

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

To relieve the needs of people experiencing or at risk of experiencing stress or emotional instability or poor mental health, their families and carers, for the public benefit, by providing services in meditation, coaching and Reiki Healing and by teaching such people meditation techniques and practices.

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)

Healing the World delivers projects that improve the mental/ emotional health of children and adults, so they can be motivated to make positive changes and realise their potential. We work with individuals, educational establishments, community groups, in person or online. We use Healing, Meditation, self-awareness activities to develop emotional stability, self-esteem, focus, raise aspirations. We work with all ages regardless of personal background, faith, gender or circumstances.

The trustees have had regard to the Charity Commission's guidance on public benefit when planning events and determining how best to utilise funds.

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

In its second year, Healing the World continued to expand its services to include adjacent boroughs of Brent and Hillingdon, as well as Harrow. We completed the 6 month programme of regular Healing Meditation sessions for Dementia / mental health patients and their Carers, funded by Awards for All. The feedback from participants was very positive so, once the funding had ended, we continued with the sessions, at our own expense.

Healing Meditation Programmes delivered 5 April 2024 – 4 April 2025:

(Regular weekly sessions)

Barham Memory Lounge – Dementia patients and their carers (April 2024 – December 2024)

Barham ladies sewing club (June 2024 – November 2024)

The Cove Hillingdon – Mental health centre for adult patients (October 2024 – December 2024)

St Mary's Church, Harrow – Adults and older children (May 2024 - April 2025)

In all groups, participants who were experiencing anxiety, stress, mental health issues, and attended the sessions regularly, said they felt calmer and better able to cope after the Healing Meditation.

Section E

Financial review

Brief statement of the charity's policy on reserves

Healing the World uses Metro Bank for safe keeping of its funds. Reserves not currently held, as any amounts paid to the charity are not relied upon for ongoing costs. Any deficit in spending on charitable activities is made up through self-funding.

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.

Healing the World CIO

Our main source of funding is from grants and small donations.

Receipts and payments account for the year ended 4 April 2024

Receipts

Donations and Grants received £0

Total receipts £0

Payments

(£9960 pending from last year)

Costs of additional charitable activities £2135

Costs of generating funds £173

Total payments £12268

Net receipts/(payments) £0

Cash funds at start of this period £9930

Cash funds at end of this period -£2338

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)		
Full name(s)	Naheed Ali	Tasneem Shah

Position (eg Secretary, Chair, etc)	Trustee	
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Date	11/01/2026
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HEALING THE WORLD

England & Wales - Charity number 1199323

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 5	Month April	Year 2023		Day 4	Month April	Year 2024

Section A Reference and administration details

Charity name	Healing the World
Other names charity is known by	n/a
Registered charity number (if any)	1199323
Charity's principal address	15 Elmwood Court
	Wembley
	Middlesex
	Postcode HA0 2NT

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)
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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)	Foundation model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed by first charity trustees

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

To relieve the needs of people experiencing or at risk of experiencing stress or emotional instability or poor mental health, their families and carers, for the public benefit, by providing services in meditation, coaching and Reiki Healing and by teaching such people meditation techniques and practices.

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)

Healing the World delivers projects that improve the mental/ emotional health of children and adults, so they can be motivated to make positive changes and realise their potential. We work with individuals, educational establishments, community groups, in person or online. We use Healing, Meditation, self-awareness activities to develop emotional stability, self-esteem, focus, raise aspirations. We work with all ages regardless of personal background, faith, gender or circumstances.

The trustees have had regard to the Charity Commission's guidance on public benefit when planning events and determining how best to utilise funds.

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

From April 2023 to March 2024 we continued to build on our experience and learning from the previous year. With the help of a “small grant” from Young Harrow Foundation / John Lyon Charity we were able to acquire additional training and administrative skills. This helped us to continue publicising our services and the benefits of Healing Meditation; and build additional contacts and partnerships with other organisations, including in adjacent boroughs of Brent and Hillingdon. We were thus able to deliver Healing Meditation trials to several organisations, including a “mini-pilot” of daily Healing Meditation sessions to children aged 12 – 16 during a week’s summer camp.

We acquired funding from Young Harrow Foundation to deliver a 12 week Healing Meditation pilot. As part of this we worked with two groups:

- 1st Roxeth Cub Scouts – a group of 18 children aged 8-11 years. The sessions were delivered weekly/ fortnightly between November 2023 – February 2024.
- During this same time period, we also started our weekly “Connected Families” group (Healing Meditation plus interactive discussion / activities for parents and children).

Children from both groups said they felt calmer after the Healing Meditation and the calmness persisted. Parents and scout leaders also noticed an improvement in behaviour of the children.

As a result, we were approached by Brent Social Services to help with cases of domestic abuse and family conflict. Feedback from participants after receiving 8 sessions of Healing was very positive. They said they felt less stress and more confident to deal with problems.

Similar feedback was obtained from pupils who participated in Healing Meditation at Pinner Park Primary School.

In February 2024 we started weekly Healing Meditation sessions with Dementia patients and their Carers in Brent. Their response was very encouraging so we have continued.

Our application for Lottery funding was successful, to deliver a 6 month programme of regular Healing Meditation sessions to children. However, due to delays with the partnering organisation, we requested a change of beneficiaries: Dementia / mental health patients and their Carers. We will be continuing with this programme from May 2024 onwards.

Section E

Financial review

Brief statement of the charity's policy on reserves

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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:

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Healing the World CIO

Our main source of funding is from grants and small donations.

Receipts and payments account for the year ended 4 April 2024

Receipts

Donations and Grants received £14760
Total receipts £14760

Payments

Costs of charitable activities £3735
Costs of generating funds £1095
Total payments £4830

Net receipts/(payments) £9930

Cash funds at start of this period £0
Cash funds at end of this period £9930

N.B. Pending payment due within 6 months
6 month Healing Meditation Programme (£9960)

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)

	
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Full name(s)	Naheed Ali	Tasneem Shah
Position (eg Secretary, Chair, etc)	Trustee	
Date	19 December 2024	

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England & Wales - Charity number 1199323

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
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Other names charity is known by

Registered charity number (if any)

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Name	Dates acted if not for whole year

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Type of adviser	Name	Address

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

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The trustees have had regard to the Charity Commission's guidance on public benefit when planning events and determining how best to utilise funds.

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

2023 was a foundational year for Healing the World in which we established our newly registered charity and strove to make people in mainstream organisations understand the value of Healing and Meditation in improving mental/ emotional health. Our previous charitable work in Harrow helped us to make new contacts. We learned new skills like writing grant applications and working towards publicising our services in Harrow and building partnerships with local children's organisations.

- Create and distribute publicity materials for our services for young people and their parents/carers.
- Emailing/ phoning schools and organisations; networking/ meetings to form partnerships with organisations in Harrow that serve people with mental health needs. We intend to work with some of these organisations to deliver Healing Meditation sessions.
- Deliver Healing Meditation sessions for children and adults to individuals and community groups .

We continued with our free weekly Healing Meditation classes for adults in the community. The feedback from this was positive. People enjoyed the social contact and said that the Healing Meditation helped them to relax and feel more emotionally settled.

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash in bank on 4th April 2023 was zero. Our activities and expenses were self-funded.
Reserves not held, as any amounts paid to the charity are not relied upon for ongoing costs.

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.

Healing the World CIO

Receipts and payments account for for the year ended 4 April 2023

Receipts

Activities for generating funds £0

Total receipts £0

Payments

Costs of charitable activities £210

Costs of generating funds £376

Total payments £586

Net receipts/(payments) (£586)

Cash funds at start of this period £0

Cash funds at end of this period £0

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)



Full name(s)

Naheed Ali

Tasneem Shah

Position (eg Secretary, Chair, etc)

Trustee

Date

19 December 2023