



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	15	June	2022		4	April	2023

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)
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

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