



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)
1	Tasneem Shah			
2	Naheed Ali			
3	Munagebah 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

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

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 £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	