



Trustees' Annual Report for the period

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

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

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	
Date	11/01/2026	