

# KALMING MINDS CIO

England & Wales · Charity number 1205993

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-11-30

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

## Contact

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**Address** 23A Dudden Hill Lane  
London  
NW10 2ET

**Phone** 02084518814

**Email** [help@kalmingminds.co.uk](mailto:help@kalmingminds.co.uk)

## Activities

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**Objects:** FOR PUBLIC BENEFIT, TO RECEIVE THE NEEDS AND PROMOTE AND PROTECT THE GOOD HEALTH OF INDIVIDUALS WHO ARE EXPERIENCING POOR MENTAL HEALTH SYMPTOMS LINKED TO TRAUMATIC EVENTS AND EXPERIENCES VIA: A) FREE ACCESS TO SESSIONS WITH AN ACCREDITED THERAPIST WHICH CAN LEAD TO FORMAL DIAGNOSIS OF PTSD. B) THERAPEUTIC INTERVENTIONS WHICH PROVIDE PRACTICAL STRATEGIES TO COPE WITH SYMPTOMS OF PTSD.C) TRAINING FOR ORGANISATIONS TO UNDERSTAND THE IMPACT OF TRAUMATIC EXPERIENCES ON MENTAL HEALTH.

**Activities:** Kalming Minds aims to offer a range of dedicated services to individuals experiencing mental health symptoms linked to PTSD. We will offer access to evidence based, therapy sessions which include routine outcome monitoring; delivered by highly qualified therapists and clinicians.

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-30		£0	£0	-

## Trustees

Name	Role	Appointed
<b>Natalie Hardie</b>	Chair	2023-07-19
Casyo Johnson		2023-07-19
Franklin Asante		2023-07-19
Karin Silverstien		2023-07-19
Karl Wilson		2025-06-20

**KALMING MINDS CIO**

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# Accounts

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**Charity name:** KALMING MINDS CIO  
**Charity number:** 1205993  
**Reporting period:** 30 November 2023 to 30 March 2025

## **TRUSTEES' ANNUAL REPORT**

The trustees present their report for the period ended **30 March 2025**.

### **Objectives and activities**

The charity was established to pursue its charitable objectives as set out in its governing document. The charity's main goal is to provide therapy for people suffering with PTSD that cannot afford to get required help. The charity will work hard to help them find better ways of living with the disorder, which is very common within today's society.

### **Public benefit**

The trustees confirm that they have had regard to the Charity Commission's guidance on public benefit.

### **Achievements and performance**

The CIO was dormant during this period.

### **Financial review**

During the reporting period, the charity had **no income, no expenditure and no financial activity**. No operational or charitable activities were undertaken during this period.

### **Structure, governance and management**

The charity is a Charitable Incorporated Organisation (CIO) governed by its constitution.

### **Trustees**

The trustees who served during the reporting period were:

- Natalie Hardie (Chair)
- Franklin Asante (Trustee)
- Casyo Johnson (Trustee)
- Karin Silverstien (Trustee)

## **STATEMENT OF RECEIPTS AND PAYMENTS**

Total receipts: £0

Total payments: £0

Net receipts / (payments): £0

## **STATEMENT OF ASSETS AND LIABILITIES**

Bank and cash: £0

Liabilities: £0

Net assets: £0

### **Notes to the accounts**

These accounts have been prepared on a **receipts and payments basis**. The charity had no financial transactions during the reporting period.

**Trustees' responsibilities statement**

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom accounting practice.

Approved by the trustees and signed on their behalf.

Signature:  \_\_\_\_\_

Name: Natalie Hardie

Position: Chair

Date: 30/01/2026 \_\_\_\_\_