

ADVANCING MENTAL HEALTH EDUCATION AND LEADERSHIP

England & Wales · Charity number 1206203

Details

Other names AMEL

Status Registered

Legal form CIO

Registered 2023-12-14

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

Contact

Address Hoxton Mix Ltd
86-90 Paul Street
London
EC2A 4NE

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Activities

Objects: THE OBJECT OF THE CIO IS TO PRESERVE AND PROTECT MENTAL HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT NOT EXCLUSIVELY OF YOUNG PEOPLE WITHIN THE MUSLIM COMMUNITY, BY ENGAGING SMALL GROUPS OF YOUTH LEADERS IN DISCUSSIONS, SHARED EXPERIENCES, AND THE PRESENTATION OF AND TRAINING IN A SPECIALLY DEVELOPED TOOLKIT TAILORED TO THE NEEDS, CULTURAL AND RELIGIOUS EXPERIENCES, AND SENSITIVITIES OF YOUNG BRITISH MUSLIMS, TO PROVIDE YOUTH LEADERS WITH THE SKILLS TO BE THE FIRST POINT OF CONTACT FOR A YOUNG PERSON POTENTIALLY STRUGGLING WITH THEIR MENTAL HEALTH, ENSURING THAT THEIR CONCERNS ARE APPROPRIATELY RESPONDED TO, AND SIGNPOSTED IF NECESSARY. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, Other Charitable Purposes
- **Who:** Children/young People, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01		£0	£0	-

Trustees

Name	Role	Appointed
Mohammed Abou Daya	Chair	2023-12-14
Dr Khaled Abid		
Halima Sadia Khan		
Mouadh Nemri		
Nora Nagi		
Saeed Nasser		
Salaheddin Aboulgasem		

Accounts



Trustees' Annual Report for the period

From 14/12/2023 **To** 01/04/2025

Charity name: AMEL (Advancing Mental Health Education and Leadership)

Charity registration number: 1206203

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The purpose of AMEL (Advancing Mental Health Education and Leadership) is to preserve and protect mental health for the public benefit. The charity focuses in particular, but not exclusively, on supporting young people within the Muslim community by equipping youth leaders with the skills, knowledge and confidence to respond appropriately to mental health concerns. This includes enabling youth leaders to act as a first point of contact for young people who may be experiencing mental health difficulties and ensuring that concerns are responded to appropriately and signposted to relevant support where necessary.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>During the reporting period, the charity undertook a range of activities designed to further its charitable purposes and deliver public benefit.</p> <p>The trustees completed a research report to identify existing mental health support available to young Muslims in the UK and to highlight gaps in provision. This work informed the charity's strategic direction and ensured that subsequent interventions were evidence-based and responsive to identified needs.</p> <p>The charity also carried out a survey of youth groups, including parents responding on behalf of young people and young Muslims themselves. The findings identified mental health and wellbeing as one of the two highest priority areas for both groups, reinforcing the relevance and necessity of the charity's work.</p> <p>Building on this evidence base, AMEL completed the development of a culturally</p>

		<p>and religiously informed mental health toolkit for youth leaders. The toolkit is designed to support youth leaders in recognising mental health concerns, responding appropriately, engaging in effective communication, and signposting young people to further support.</p> <p>Delivery of the toolkit was planned during the reporting period and forms a key component of the charity's current programme of work.</p> <p>These planned activities are intended to benefit young Muslims by strengthening early mental health support within community settings and improving access to appropriate guidance and signposting to further support.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The trustees have had due regard to the Charity Commission's guidance on public benefit in carrying out the charity's activities. The trustees consider that the charity's work provides public benefit by improving awareness, understanding and early support for mental health and wellbeing among young people, especially within the Muslim community, and by supporting those who work directly with them to respond effectively and appropriately.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During the reporting period, the trustees made significant progress in establishing a strong foundation for the charity's future delivery and impact.</p> <p>A key achievement was the completion of a research report examining the current landscape of mental health support available to young Muslims in the UK and identifying gaps in provision. This work has improved understanding of the challenges faced by young Muslims and those supporting them, and has enabled the charity to define a clear, evidence-based focus for its activities.</p> <p>The charity also carried out a survey of youth groups, including both young Muslims and parents responding on behalf of young people. The findings identified mental health and wellbeing as one of the two highest priority concerns for both groups. This provided further validation of the charity's charitable focus and helped ensure that planned activities are aligned with the needs and priorities of beneficiaries.</p> <p>Building on this evidence, the trustees completed the development of a culturally and religiously informed mental health toolkit for youth leaders. While delivery of the toolkit had not commenced by the end of the reporting period, its completion represents an important milestone in enabling future support for young Muslims through early intervention, appropriate responses, and effective signposting within community settings.</p> <p>Together, these achievements have strengthened the charity's readiness to deliver meaningful benefit to young Muslims and to contribute more widely to improved awareness and understanding of mental health and wellbeing within faith-based youth settings.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives	Para 1.41	

set		
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the reporting period, the charity had not yet received income and had not incurred material expenditure. The charity therefore held no cash balances and had no restricted or unrestricted funds at the reporting date. The trustees consider the charity to be in a stable position as an early-stage organisation focused on establishing its programmes and seeking funding to support delivery in future periods.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The trustees have considered the charity's need for reserves in light of its current stage of development. As the charity had not yet commenced funded delivery during the reporting period, the trustees have not established a formal reserves policy at this stage.
Amount of reserves held	Para 1.22	At the end of the reporting period, the charity held nil reserves.
Reasons for holding zero reserves	Para 1.22	The charity is in its initial development phase and has not yet generated income. As such, it has not been necessary or possible to hold reserves during the reporting period. The trustees intend to review and establish an appropriate reserves policy once the charity begins to receive funding and incurs ongoing operational expenditure.
Details of fund materially in deficit	Para 1.24	The charity did not hold any funds that were materially in deficit at the end of the reporting period.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p>The trustees have considered the charity's ability to continue as a going concern. While the charity had not yet received income during the reporting period, it has no outstanding liabilities and operates with minimal ongoing costs. The trustees are actively engaging with potential funders and partners to secure funding to support future activities and delivery.</p> <p>On this basis, the trustees are satisfied that the charity is able to continue operating as a going concern for the foreseeable future and that there are no material uncertainties that would cast significant doubt on the charity's ability to continue.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

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The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is governed by a constitution adopted on 14/12/2023, which establishes AMEL (Advancing Mental Health Education and Leadership) as a Charitable Incorporated Organisation.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	AMEL is constituted as a Charitable Incorporated Organisation (CIO). The charity operates under the "foundation" model, in which the charity's members are also its trustees.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>The charity is managed by its trustees, who are appointed in accordance with the provisions set out in the charity's constitution. The constitution provides that there must be a minimum of three and a maximum of twelve trustees.</p> <p>The first trustees were appointed at the time of the charity's formation.</p> <p>Subsequent trustees are appointed for fixed terms by resolution of the existing trustees at a properly convened meeting.</p> <p>In selecting new trustees, the trustees have regard to the skills, knowledge and experience required for the effective administration of the charity.</p> <p>The constitution provides for the appointment of a Chair by resolution of the trustees. No external individual or organisation is entitled to appoint trustees.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	

Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	AMEL (Advancing Mental Health Education and Leadership)
Other name the charity uses	AMEL
Registered charity number	1206203
Charity's principal address	Hoxton Mix Ltd 86-90 Paul Street LONDON EC2A 4NE

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	Mohammed Abou Daya	Chair		
2	Dr Khaled Abid	Trustee		
3	Halima Sadia Khan	Trustee		
4	Mouadh Nemri	Trustee		
5	Salaheddin Aboulgasem	Trustee		
6	Nora Nagi	Trustee		
7	Saeed Nasser	Trustee		
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	The charity did not act as a custodian or holding trustee for any assets on behalf of other charities or organisations during the reporting period. Accordingly, the charity did not hold any assets in this capacity, and no arrangements for the safe custody or segregation of such assets were required.
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

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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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	
Full name(s)	Mohammed Abou Daya
Position (eg Secretary, Chair, etc)	Chair
Date	30/01/2026

Receipts and Payments Accounts

Charity name: AMEL (Advancing Mental Health Education and Leadership)

Charity registration number: 1206203

Reporting period: 14/12/2023 To 01/04/2025

Receipts and Payments Statement

Receipts	£
Donations and grants	0
Other income	0
Total receipts	0

Payments

Charitable activities	0
Governance costs	0
Total payments	0
Net receipts / (payments)	0

Statement of Assets and Liabilities

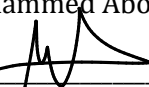
Assets and liabilities	£
Cash at bank and in hand	0
Other assets	0
Creditors	0
Net assets	0

Trustee Approval

These accounts were approved by the trustees and signed on their behalf.

Name: Mohammed Abou Daya

Role: Chair

Signature: 

Date: 29/01/2026