

MINDSHINE

England & Wales · Charity number 1209426

Details

Status Registered

Legal form CIO

Registered 2024-08-05

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

Contact

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Activities

Objects: Objects The objects of the CIO are: 1. The relief of mental sickness of children and young people aged 5?18 years old living in London, including those with Special Educational Needs (SEN), autism, or behavioural challenges, by the provision of therapeutic support, one-to-one counselling, mental health coaching, and related interventions delivered by suitably qualified practitioners, whether in schools, community settings, or elsewhere. 2. To preserve and protect the mental health of children aged 5?18 years old living in London by educating them and their parents on mindfulness techniques and ways to reduce the risk of mental health issues. Nothing in this constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with the Charities Act 2011.

Activities: Our organization is committed to enhancing the mental health of children and parents by offering specialized support services. We provide individualized therapy, psychological counseling, and coaching sessions tailored to families and children facing mental health challenges. Additionally, we organize workshops and seminars to promote mental health awareness within communities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Recreation
- **Who:** Children/young People, The General Public/mankind

Geography

- Throughout England

Trustees

Name	Role	Appointed
Afsaneh Bazooband	Chair	2024-10-04
Ali Taimoory		2024-10-04
Golnaz Gholipour		2025-09-26
Zahra Gheysari		2024-10-04