

# SHIFTING YOUR MINDSET

England & Wales · Charity number 1215862

## Details

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**Status** Registered

**Legal form** Charitable company

**Company number** [13208334](#)

**Registered** 2025-11-20

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

## Contact

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**Address** 830 Woodborough Road  
Nottingham  
NG3 5QQ

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**Website** <https://www.shiftingyourmindset.co.uk/>

## Activities

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**Objects:** TO RELIEVE PEOPLE WHO ARE IN NEED BY REASON OF THEIR YOUTH, AGE, DISABILITY, ILL HEALTH (BOTH PHYSICAL AND MENTAL), HOMELESSNESS, SOCIALLY EXCLUDED OR OTHER SOCIAL AND ECONOMIC DISADVANTAGE, PARTICULARLY BUT NOT EXCLUSIVELY BY THE PROVISION OF:-FREE FOOD ASSISTANCE THROUGH A COMMUNITY KITCHEN AND FOOD HAMPER DISTRIBUTION. TEMPORARY AND TRANSITIONAL ACCOMMODATION TO PREVENT HOMELESSNESS AND SUPPORT INDIVIDUALS IN HOUSING CRISIS. PROVIDING SAFE, SUPPORTIVE ACCOMMODATION FOR MEN AND FATHERS AFFECTED BY HOMELESSNESS, DOMESTIC ABUSE, OR MENTAL HEALTH CHALLENGES. COLLABORATING WITH STATUTORY BODIES, VOLUNTARY ORGANISATIONS, AND COMMUNITY NETWORKS TO IMPROVE ACCESS TO RESOURCES AND SUPPORT. DELIVERING WORKSHOPS, MENTORING, AND TRAINING PROGRAMMES THAT EQUIP INDIVIDUALS WITH PARENTING SKILLS, CONFLICT RESOLUTION TECHNIQUES, AND EARLY CHILDHOOD DEVELOPMENT KNOWLEDGE. PROVIDING VOCATIONAL LEARNING OPPORTUNITIES AND EMPLOYABILITY TRAINING TO IMPROVE FINANCIAL STABILITY AND CAREER PROSPECTS. RAISING AWARENESS AND EDUCATING THE PUBLIC ON ISSUES AFFECTING FAMILIES, SOCIAL INCLUSION, AND GENDER EQUALITY. TO PROMOTE THE PHYSICAL AND MENTAL WELL-BEING OF INDIVIDUALS AND COMMUNITIES, PARTICULARLY THOSE AT RISK OF ISOLATION, MENTAL HEALTH CHALLENGES, OR ECONOMIC DISADVANTAGE, BY: PROVIDING PEER-LED SUPPORT GROUPS, MENTAL HEALTH ADVOCACY, AND ACCESS TO THERAPEUTIC INTERVENTIONS. OFFERING EARLY INTERVENTION SERVICES AND OUTREACH SUPPORT FOR FATHERS, YOUNG PEOPLE, AND FAMILIES EXPERIENCING CRISIS. RUNNING COMMUNITY WELL-BEING INITIATIVES, INCLUDING HEALTHY EATING, FITNESS, AND MENTAL RESILIENCE PROGRAMMES.

**Activities:** Shifting Your Mindset supports people facing homelessness, poverty and social exclusion through a community kitchen, food distribution, supported accommodation, mentoring, mental health support and employability programmes across Nottingham, helping individuals and families rebuild their lives and achieve long-term stability.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Nottingham City
- Nottinghamshire

## Trustees

Name	Role	Appointed
<b>Mutsa Makaka</b>	Chair	
Amy Meera Gill		
Welcome Bhebhe		