

# JOG YOUR MIND

England & Wales · Charity number 1217286

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2026-03-19

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

## Contact

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**Address** 14 Long Street  
Wigston  
LE18 2BP

**Phone** 07359402822

**Email** [jogyourmind@hotmail.com](mailto:jogyourmind@hotmail.com)

## Activities

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**Objects:** (1) RELIEF OF NEED AND PROMOTION OF HEALTH TO PROMOTE AND PROTECT THE MENTAL HEALTH OF PEOPLE IN ENGLAND AND WALES, IN PARTICULAR BUT NOT EXCLUSIVELY BY: PROVIDING INFORMATION, ADVICE, AND SIGNPOSTING. DELIVERING COUNSELLING, PEER SUPPORT, AND ADVOCACY SERVICES. SUPPORTING ACCESS TO TREATMENT, REHABILITATION, AND RECOVERY RESOURCES. (2) SUPPORT FOR PEOPLE EXPERIENCING MENTAL ILL HEALTH AND THEIR FAMILIES TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING, OR AT RISK OF EXPERIENCING, MENTAL ILL HEALTH AND ASSOCIATED CONDITIONS, TOGETHER WITH THEIR FAMILIES AND CARERS, THROUGH: PRACTICAL SUPPORT SERVICES. EDUCATIONAL AND SKILLS-BASED WORKSHOPS. OPPORTUNITIES TO REDUCE ISOLATION AND IMPROVE WELLBEING.

## Classification

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- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

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- Leicester City
- Leicestershire

## Trustees

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Name	Role	Appointed
<b>Joseph French</b>	Chair	
Hannah Iqbal		
Mohammed Isa Iqbal		

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