

Trustees' Annual Report for the period						
From		Period start date			Period end date	
		2	Sept	2021	1	Sept
		To				

## Section A Reference and administration details

Charity name	MINDWORKSUK
Other names charity is known by	MW
Registered charity number (if any)	1192998
Charity's principal address	29 GATESIDE RD, LONDON
	Postcode: SW17 7NB

### 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	Sahar Beg	Chair		
2	Amea Thaker	Trustee		
3	Angela Miller	Trustee / Treasurer		
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20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
<b>Bank</b>	Natwest	Tooting Broadway Branch SW17
<b>Consultant</b>	Saiqa Ali	8 Ryecroft Road, Norbury, SW16 3EG

**Name of chief executive or names of senior staff members (Optional information)**

Sahar Beg
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## Section B Structure, governance and management

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution adopted on 2 <sup>nd</sup> January 2021
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	<p>Apart from the first charity trustees, every subsequent trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>In selecting individuals for appointment as charity trustees, the charity trustees consider the skills, knowledge and experience needed for the effective administration of the CIO.</p>

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The governing document is the MindworksUK adopted on 6<sup>th</sup> January 2021 which became recognised by the Charity Commission when the Charitable Incorporated Organisation was registered on 6<sup>th</sup> January 2021

The operational activities of MindworksUK started in November 2014, when it identified the need to support the community with mental health needs that were towards alleviating mental health within the black, Asian and ethnic minorities. Having established In Wandsworth the work ultimately led to working nationally over the years.

The Trustees held regular meetings during the year. Some operational details for specific projects are delegated to Committees, each of which has terms of reference agreed by the Trustees.

The Trustees work on a voluntary basis and when needed will get paid for work that no one else can do. For example, Sahar Beg can get paid to carry out mental health training and workshops that she has created and offers.

Mindworks UK work has developed to take into account the need throughout post Covid pandemic and also supporting the intake of refugees into Wandsworth welcomes refugees, Wandsworth early help, partnerships have been established with Tooting Community Kitchen, Southern Women's Aid Network (SWAN), Care4Calais.

## Section C

## Objectives and activities

### Summary of the objects of the charity set out in its governing document

- a) access to counselling and coaching, either in person, online or on the telephone, designed to improve mental and emotional health and wellbeing, build capacity and confidence.
- b) training to counsellors, therapists, and other mental health care practitioners to support the delivery of services which are appropriate to meet their needs.
- c) the provision of a signposting service to external sources of support, relevant information and other advisory services, and the support of other organisations whose work involves assisting marginalised groups or those with mental health needs.

We believe that everyone in our community deserves to feel cared for and valued without prejudice.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

In planning the charity's activities for the year, the Trustees kept in mind the Charity Commission's guidance on public benefit. All Trustees were briefed on the role of Trustees for Mindworks UK CIO, given copies of the governing documents of the charity and referred to the detail on the Charity Commission website related to becoming a trustee and to the guidance on public benefit.

These activities benefit our community to help combat mental health issues as well as other services as and when need arises.

**Activities**

Prior to CIO registration Mindworks UK was engaging with the local community in many different ways such as:  
**March 2020**

Mindworks UK became part of an alliance with other mental health organisations rolling out monthly webinars to support the wider community as face to face sessions ceased and everything went online. This was the Coronavirus Response Group (CRG) This meant MindworksUK was better able to reach more people further a field and offer the support of counselling via Zoom, Skype and telephone.

Through existing partnerships Mindworks UK started to receive referrals for other items not related to mental health. By being in partnership with Tooting Community Kitchen they were able to help to facilitate the additional needs within the community of Wandsworth. The donations of computer equipment for local families to engage with home learning, having counselling session during the first national lockdown.

From CIO registration:

**2<sup>nd</sup> Sept 2021**

Mindworks UK continues to support people for counselling via Zoom, Skype and telephone. This has become the preferred way for some clients to engage in their counselling.

Ongoing referrals from Wandsworth Council, local churches, mosques, individual requests via social media, more organisations who were overwhelmed by counselling referrals were now and are still referring to Mindworks UK.

**Sept 2021 Bi-Monthly meetings**

Thinking Partners Meeting

Attended by Sahar Beg Via Zoom. A networking space and

where everyone was able to speak openly about what does their organisations look like post lockdown. How to adapt working online and what online platforms are the best to use within individual organisations. As Mindworks UK was predominantly a face to face counselling organisation we have had to think about the new way of working with clients which being rolled out successfully. Sahar Beg carried out training sessions with all the in house counsellors including trainees on best practice.

#### 2021 -2022 on going projects

Mindworks UK are now taking part in a new initiative to support the community with mental health needs and support. The Ethnic and Mental Improvement Project (EMHIP) Regular meetings are now taking place at Mushkil Asaan and on line to plan for the launch of this project.

Mindworks UK was successful in being selected as part of this programme in March 2021 which was to be working primarily in partnership with Wandsworth Community Engagement Network (WCEN). The first phase is estimated to be rolled out early 2023 within the Asian community.

The commissioning body SouthWest London and St Georges Mental Health NHS Trust (SWLSTG) with 2 projects to start with and a total of 7

Mindworks UK has been recognised as an organisation that has built trust and confidence within the community of Wandsworth and is honoured to be part of the development of the EMHIP itself.

Mindworks UK is part of the working group with WCEN part of the new initiative EMHIP. Discussing how this new project structure is to be carried out and what is involved in the recruitment of new staff, foster families and logistics. This is an ongoing space where meetings will be held to enable the project to look at best practice.

Each month MindworksUK attends regular meetings with Wandsworth Thinking Partners, Wandsworth Community Engagement Network and Wandsworth Food partnerships and Wandsworth Sanctuary. By attending these meeting regularly, Mindworks UK is better supported and better informed about the needs in the local community at ground level.

<p>The counselling referrals continue to be in demand for assessments and allocations. Mindworks UK continues to apply for grants and funding to employ additional staff to help manage the counselling organisation.</p> <p>Webinars:          Navigating the mental health field as a client.          Round table talk on loneliness          Muslims and suicide preventions</p> <p>Workshops:          Plans for workshops on perinatal and postnatal pregnancy funded by Wandsworth Public Health due to go live in latter part of 2022</p> <p>Game and Gambling – planned for early 2023 to support young people and their parents and caregivers in the community.</p> <p>Theatre therapy – women’s support group planned for 2023</p>
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### Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- ☐ policy on grantmaking;
- ☐ policy programme related investment;
- ☐ contribution made by volunteers.

<p>Having a team of trainee counsellors has greatly helped us to maintain the service at a low cost contribution based service.</p> <p>We are now looking at delivering more Theatre and Therapy workshops to then further have the course accredited. This will enable us to then train the trainer in this modality of work.</p> <p>We have an on going counselling service and hope we can remain serving the community. Our delayed project to establish the refugee counselling service will be launched in 2023</p>
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**Summary of the main achievements of the charity during the year**

Over the course of the year from September 2021 Mindworks UK has continued to maintain a consistent work volume with the referrals overall.

Mindworks UK continues to network and has been raising awareness vis social media campaigns.

Mindworks UK continues to carry out workshops on various topics, talks and training. There are many Zoom/Team meetings happening and this just means we are able to reach more communities nationally to support people for counselling.

Working with refugee families has been success and one that Mindworks UK will carry on with especially with the new refugee counselling project in the pipeline.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

Cash at bank as at **1<sup>st</sup> September 2022 £6779.66** in unrestricted funds.

The main financial risk to the charity is a reduction in donations from individuals and grants.

### Details of any funds materially in deficit

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- ☐ the charity's principal sources of funds (including any fundraising);
- ☐ how expenditure has supported the key objectives of the charity;
- ☐ investment policy and objectives including any ethical investment policy adopted.

Our main source of funds has been the contributions from the beneficiaries and a grant from Tudor Trust. We have been funded for 10 clients to receive 12 sessions of therapy each for those on low income.

We continue to actively engage with opportunities to fundraise.

The funds generated also help to pay for the overheads of running the service, such as, webhosting, referral JotForm's

Paying the Supervisors who supervise the clinical practice of the trainees counsellors.

Paying the qualified counsellors.

## Section F

## Other optional information

Future plans:

We are applying to Reaching communities grant to help with rentals space and overheads, as we want to expand the service into a small building where we would like to have a few counselling rooms and a training area to host workshops and training.

Future projects estimated for 2022/23

The setup of the Refugee counselling project in line with co-producing this with Wandsworth Refugee Resettlement team

Set up of a series of 6 week projects for Refugees to learn and build upon interpersonal skills. With groups set up to discuss any matters of concerns, creative ways of thinking, art project and storytelling project.

A series of Theatre with Therapy projects as an alternative to talking therapies. Many whom suffer trauma don't always have words to use or want to talk. So this enables people to use arts and creative arts as a form of therapy to heal.

The counselling service will run alongside these projects.



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<b>Section G</b>	<b>Declaration</b>
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The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)	Sahar Beg	
Full name(s)	SAHAR BEG	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	15.11.2022	



## Receipts and p

For the period  
from

Period start date  
6th January 2021

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £
<b>A1 Receipts</b>		
Donations	10,262	-
Grants	1,750	-
	-	-
	-	-
	-	-
	-	-
	-	-
<b>Sub total</b> (Gross income for AR)	12,012	-
<b>A2 Asset and investment sales, (see table).</b>		
	-	-
	-	-
<b>Sub total</b>	-	-
<b>Total receipts</b>	12,012	-
<b>A3 Payments</b>		
Bank Charges	192	-
Computer Costs	630	-
Dues & Subscriptions	190	-
Insurances	85	-
Office /General Administrative Expenses	1,343	-
Professional Services	7,434	-
Phone Costs	180	-
Client Support	70	-
	-	-
<b>Sub total</b>	10,124	-
<b>A4 Asset and investment purchases, (see table)</b>		
	-	-
	-	-
<b>Sub total</b>	-	-
<b>Total payments</b>	10,124	-
<b>Net of receipts/(payments)</b>	1,888	-
<b>A5 Transfers between funds</b>	-	-
<b>A6 Cash funds last year end</b>	4,892	-
<b>Cash funds this year end</b>	6,780	-

## Section B Statement of assets and liabilities at the end of the financial year

### Categories

### Details

#### B1 Cash funds

balance as at 6 January 2021
this years net cashflow

#### **Total cash funds**

(agree balances with receipts and payments account(s))

#### B2 Other monetary assets

### Details


#### B3 Investment assets

### Details


#### B4 Assets retained for the charity's own use

### Details


#### B5 Liabilities

### Details


Signed by one or two trustees on behalf of all the trustees


Signature

<i>Sahar Beg</i>

	No (if any)	<b>CC16a</b>
<b>ayments accounts</b>		
<b>To</b>	Period end date <b>1st September 2021</b>	



Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
-	10,262	-
-	1,750	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	12,012	-
-	-	-
-	-	-
-	-	-
-	12,012	-
-	-	-
-	-	-
-	-	-
-	192	-
-	630	-
-	190	-
-	85	-
-	1,343	-
-	7,434	-
-	180	-
-	70	-
-	-	-
-	10,124	-
-	-	-
-	-	-
-	-	-
-	10,124	-
-	1,888	-
-	-	-
-	4,892	-
-	6,780	-

nd of the period

Unrestricted funds	Restricted funds	Endowment funds
to nearest £	to nearest £	to nearest £
4,892	-	-
1,888	-	-
-	-	-
6,780	-	-
OK	OK	OK

Unrestricted funds	Restricted funds	Endowment funds
to nearest £	to nearest £	to nearest £
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-

Fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-
	-	-
	-	-
	-	-
	-	-

Fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

Fund to which liability relates	Amount due (optional)	When due (optional)
	-	
	-	

	-	
	-	
	-	

Print Name	Date of approval
SAHAR BEG	18.06.22