ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2025

INSPIRITED MINDS

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1155949

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

INSPIRITED MINDS

(Charitable Incorporated Organisation)

CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 6	Trustees' Report
Page 7	Statement of Financial Activities
Page 8	Balance Sheet
Pages 9 to 14	Notes to the Financial Statements
Page 15	Independent Examiner's Report

INSPIRITED MINDS

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1155949
DATE OF REGISTRATION	27th February 2014
START OF FINANCIAL YEAR	1st January 2025
END OF FINANCIAL YEAR	31st December 2025
TRUSTEES AT 31ST DECEMBER 2025	Shahrina Ahmed Shafeek Caunhye Saeed Nasser Talat Baig
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 27th February 2014

OBJECTS

The relief of sickness and the preservation of health among sufferers of mental illness specifically in the Muslim community, in particular but not exclusively the provision of Islamic advice, spiritual healing, medical advice, counselling and legal advice where required, as well as support via support workers.

CORRESPONDENCE ADDRESS	175 Boundary Road London E17 8NG
PRIMARY BANKERS	Barclays Bank Plc 1 Churchill Place London E14 5HP
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

INSPIRITED MINDS

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2025

- **Objectives and Activities**

1. Putting the needs of those affected by mental health problems first and supporting them in their recovery through services informed by Islamic principles.

2. Engage, educate and empower communities with regards to mental health and wellbeing.

3. Drive research, innovation and technology to enhance mental health support and education.

Provided advice or counselling to clients regarding mental health.

Have events and workshops to raise mental health awareness and reduce stigma.

Produced research and materials to raise mental health awareness.

Carried out online campaigns getting the public involved in raising awareness about mental health.

- **2025 In Reflection**

· Another year, Another Reflection, Subhan Allah!

· Reflecting on 2025, our Du'as go out to all those suffering in Palestine, Sudan and all over the world.

· At Inspirited Minds, with your support and the support of Allah (SWT), we have continued to grow our services and improve our support in line with our Mission and Vision.

- **Our Vision**

· We are passionate to build a society where people experiencing mental health challenges are validated and empowered to live fulfilling lives.

- **Our Mission**

· We are an Islamic grassroots charity that raises awareness and provides support and hope from a faith and culturally sensitive perspective to those affected by mental health challenges.

· 2025 was a year of change for the charity. We reset our Board, finalised our three year objectives and began a major two year funded project, while remaining focused on our beneficiaries:

- **Governance**

· Reset the Board in April 2025, filling the Chair role and merging the Advisory Board with the Trustees so that all board members are registered with the Charity Commission.

· Increased Board meetings from 4 to 6 a year, with clear terms of reference, attendance recording, a finance update at every meeting and a risk register reviewed each time.

· Finalised our three year objectives, completed departmental audit meetings and introduced a new OKR structure with monthly one-to-one meetings with managers.

- **Counselling & Psychotherapy**

· Our counselling service continued to see growing demand. In 2025 we:
· Received 230 referrals and delivered 1,169 counselling sessions;

· Formally renamed the service the Counselling & Psychotherapy Service to reflect the breadth of what we offer;

· Hired new therapists to meet demand, and continued to offer funded and discounted sessions to those who could not afford the full cost;

· Re-started formal clinical supervision in October 2025, made it mandatory for all therapists, and introduced mandatory quarterly managerial one-to-ones covering caseload, capacity and safeguarding;

· Made therapist activity and tasks transparent in our management system for accountability, and continued working towards offering therapy to under 16s, with around half of the team already insured to see clients aged 16 and over.

· **Outreach and Community Engagement**

· Alhamdulillah, our community work was supported by two major funded projects this year. We:
· Completed a one year funded project for children and young people that supported over 100 young people through online and in-person workshops and support groups, and produced data to help us design our children and young people's service;

· Began a two year funded project across London and Birmingham for all ages, which includes 35+ events of support groups, workshops, wellbeing events and accredited training;

· Delivered wellbeing events including a brothers' padel tournament, creative arts and Pilates events for sisters, and workshops on Islamic psychology and Muslim mental health, the social and political context of mental health, and understanding trauma;

· Delivered support groups on trauma, ROCD and anxiety;

· Responded to external requests from organisations including Rosebuds, EMHIP, Total Wellbeing Luton, 13 Rivers Trust, Al Misbah Academy and Al Noor Foundation, and Newham Talking Therapies;

· Engaged a branding subcontractor to improve event turnout and started building a core Birmingham and Midlands team.

· **Communications**

· Grew our social media following, including over 5,000 followers on Instagram and 21,800 subscribers on YouTube, with the support of a social media agency.

· Appointed a video editor to clear the backlog of Mindful Muslim Podcast episodes, recruited two new social media officers, and restructured the team so that the podcast and social media each have their own team.

· Proofread and designed a Suicidal Ideation factsheet for the Muslim community and progressed the ROCD booklet to design.

· **Research**

· Completed data analysis for our Suicidal Ideation research project and allocated sections for writing the report, which is being prepared for launch.

· Continued our adapted intervention study, which is now with its second group, although recruitment has remained a challenge.

· **Fundraising and Grants**

· Our Ramadan 2025 campaign raised less than in previous years, and we have taken clear lessons from this, including the need for a dedicated fundraising manager. Our income this year came mainly from grant funding, alongside the following:

· We also received donations, event ticket sales and sponsorship, and shop sales, including partnerships with two university Islamic societies that each raised over £500.

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2025

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable Law and the Generally Accepted Accounting Principles (GAAP) including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus or deficit of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed subject to any material departures disclosed and explained in the financial statements;
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 20/10/2026

Signed on their behalf by Trustee 

Printed Name: TALAT BAIG

INSPIRITED MINDS

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2025

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2025 £	TOTAL 2024 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	**3a**	92,852	-	92,852	86,112
Charitable Activities	**3b**	32,690	-	32,690	28,568
Investment Income	**3c**	-	-	-	-
Activities for Generating Funds	**3d**	4,911	-	4,911	2,192
TOTAL INCOMING RESOURCES		**130,453**	**-**	**130,453**	**116,872**
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	**4a**	128,989	-	128,989	72,753
Governance Costs	**4b**	1,617	-	1,617	2,792
TOTAL RESOURCES EXPENDED		**130,606**	**-**	**130,606**	**75,545**
NET INCOMING (OUTGOING) RESOURCES		**(153)**	**-**	**(153)**	**41,327**
Funds Brought Forward		81,827	-	81,827	40,500
TOTAL FUNDS CARRIED FORWARD		**81,674**	**-**	**81,674**	**81,827**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 14 form part of these financial statements.

INSPIRITED MINDS

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST DECEMBER 2025

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Dec-25 £	TOTAL 31-Dec-24 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	82,724	-	82,724	82,727
Total Current Assets		**82,724**	**-**	**82,724**	**82,727**
Creditors: Amounts falling due within one year	9	1,050	-	1,050	900
NET CURRENT ASSETS		81,674	-	81,674	81,827
TOTAL ASSETS less current liabilities		**81,674**	**-**	**81,674**	**81,827**
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		**81,674**	**-**	**81,674**	**81,827**
Funds of the Charity					
General Funds		81,674	-	81,674	81,827
Restricted Funds	5	-	-	-	-
Total Funds		**81,674**	**-**	**81,674**	**81,827**

Approved by the Trustees on 20/10/2026

Signed on their behalf by Trustee .....

Printed Name: TALAT BAIG

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2025

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted Funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted Funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated Funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st December 2025 : None
31st December 2024 : None

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2025

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	**TOTAL 2025** £	**TOTAL 2024** £
a) Donations, Grants & Legacies				
Gifts & Donations	9,064	-	9,064	10,382
Grants Received	83,788	-	83,788	75,730
	92,852	**-**	**92,852**	**86,112**
b) Charitable Activities				
Counselling Income	32,690	-	32,690	28,568
	32,690	**-**	**32,690**	**28,568**
c) Investment Income				
Interest	-	-	-	-
	-	**-**	**-**	**-**
d) Activities for Generating Funds				
Event Income	4,286	-	4,286	1,698
Shop Sales	626	-	626	494
	4,911	**-**	**4,911**	**2,192**

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	**TOTAL 2025** £	**TOTAL 2024** £
a) Cost of Charitable Activities					
Activities & Events		6,419	-	6,419	157
Advertising & Publicity		13,901	-	13,901	2,874
Contract Services		13,819	-	13,819	4,427
Fundraising Costs		84	-	84	230
Licenses & Subscriptions		2,087	-	2,087	-
Office Costs		322	-	322	895
Rent & Rates		2,730	-	2,730	2,056
Staff Costs	**12**	86,817	-	86,817	61,606
Sundry Expenses		-	-	-	14
Training Costs		75	-	75	-
Travel & Subsistence		2,123		2,123	481
Website Costs		613	-	613	13
		128,989	**-**	**128,989**	**72,753**
b) Governance Costs					
Independent Examiners Fees	**9**	1,050	-	1,050	900
Legal & Professional Fees		567	-	567	1,892
		1,617	**-**	**1,617**	**2,792**

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial year.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**TOTAL 31-Dec-25 £**	**TOTAL 31-Dec-24 £**
Cash at Bank & in Hand	82,724	-	82,724	82,727
	82,724	**-**	**82,724**	**82,727**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**TOTAL 31-Dec-25 £**	**TOTAL 31-Dec-24 £**
Sundry Debtors	-	-	-	-
	-	**-**	**-**	**-**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**TOTAL 31-Dec-25 £**	**TOTAL 31-Dec-24 £**
Independent Examiners Fees	1,050	-	1,050	900
	1,050	**-**	**1,050**	**900**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**TOTAL 31-Dec-25 £**	**TOTAL 31-Dec-24 £**
Fixed Asset Investments	-	-	-	-
Net Current Assets	81,674	-	81,674	81,827
Long Term Liabilities	-	-	-	-
	81,674	**-**	**81,674**	**81,827**

12. STAFF COSTS AND NUMBERS

	TOTAL 2025 £	TOTAL 2024 £
Gross Wages, Salaries & Fees	86,817	61,606
Employer's National Insurance Costs	-	-
Pension Contributions	-	-
	86,817	**61,606**

Employees who were engaged in each of the following activities:

	TOTAL 2025	TOTAL 2024
Charitable Activities	3	3

The Charity employs members of staff on a self employed basis under a Contract for Services and is therefore not liable for Tax and National Insurance Payments for these contracts. No employees received emoluments in excess of £60,000 (2024:None).

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or ‘aims’ that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

INSPIRITED MINDS

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Inspirited Minds on the accounts for the year ended 31st December 2025 set out on pages 7 to 14.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
   - to keep accounting records in accordance with section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

   have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
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Arundel
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Date: 26th October 2026