MOTS

Annual Report

25 / 26

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Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk

Year in numbers

+40%

Increase in mental health literacy

Supporting metrics

50,000+
Young people reached

70+
Programme deliveries

397
Volunteer hours

Outcomes

+31%
Knew where to get help

+39%
Confidence to support a friend

+47%
Started using a new mental health technique



Acknowledgements

Funders

- Goyal Foundation/Inner Spark
- National Lottery Reaching Communities
- The Forte Charitable Foundation
- The Leathersellers Foundation
- MariaMarina Foundation
- The Albert Hunt Trust
- Compass Wellbeing
- Hackney Innovation
- Islington Giving
- The ROSCA Trust
- Essex Community Foundation
- SG Padel
- Ultimate Pool Group

Partners

- YourStance CIC
- HQ Therapy
- Ardleigh Green Family Centre
- Blenheim Family Centre
- Bower Park Academy
- The Big Helping
- Pro Bono Economics (PBE)
- AnyVan Business
- NHS Greater Manchester

Chair of Trustees foreword

As Chair of Trustees, I am delighted to reflect on another year of growth, opportunity and impact for Mind of the Student.

Young people's mental health remains one of the most significant challenges facing our communities. At a time when demand for support continues to grow, I am incredibly proud of how Mind of the Student has responded, not only by reaching more young people, but by strengthening the quality, sustainability and long-term vision of our work. This year, we reached almost 50,000 young people through our programmes, supported by the dedication of an exceptional team. Behind these numbers are thousands of young people who are now better equipped to understand their mental health, access support when needed, and support those around them. The evidence of impact is encouraging, with significant improvements in mental health literacy, confidence and help-seeking behaviours demonstrating the value of early intervention.

As Trustees, one of our key responsibilities is ensuring the charity remains focused on its mission while building the foundations required for sustainable growth. This year has seen important progress in both areas. We have strengthened our governance, supported the development of a refreshed organisational strategy, invested in our people and overseen the expansion of innovative programmes such as Empowering Young Minds and the Ambassador Award. These developments not only increase our reach today but create opportunities to support many more young people in the years ahead.

What continues to inspire me most is the collaborative spirit that sits at the heart of Mind of the Student. Our impact is only possible because of the commitment of our staff, volunteers, trustees, funders, partners and supporters who share a belief that every young person deserves access to high-quality mental health education and support. Together, we are helping to create environments where young people can thrive, supported by informed adults, empowered peers and connected communities.

On behalf of the Board of Trustees, I would like to thank everyone who has contributed to our success



this year. Your support enables us to continue growing our reach, deepening our impact and pursuing our vision of a future where every young person has the knowledge, confidence and support they need to look after their mental health.

The achievements within this report give us every reason to be optimistic about the future. While challenges remain, so too does our determination to create meaningful and lasting change for young people. We look forward to building on this momentum in the year ahead.

Eddie Aylett
Chair of Trustees
Mind of the Student

Director of Charity foreword

Young people's mental health continues to be one of the biggest challenges facing our society. Across the UK, demand for support is growing, yet too many young people are still waiting months for the help they need. While specialist services are an essential part of the picture, we know they cannot do it alone. We need to do more to help young people understand their mental health earlier, build resilience and feel confident asking for support before problems become more serious.

That belief has shaped everything we've done at Mind of the Student this year.

We reached more than 52,000 young people through around 70 programmes, but what makes me most proud is not the number of young people we've reached. It's how we've continued to evolve as an organisation.

Over the past year, we've refreshed our strategy and taken an important step towards the future we want to build. Our ambition is to become much more than a charity delivering workshops in schools. We want to create communities where young people are surrounded by adults and peers who understand mental health and know how to support one another. That means supporting not only students, but also parents, teachers and the wider community through our 360° approach and our growing Local Networks.

One thing that has always set Mind of the Student apart is our willingness to do things differently.

We don't believe innovation happens by standing still. We are always asking ourselves what more we can do, what gaps still exist and how we can better support young people. Sometimes that means trying something new.



Sometimes it means changing direction when something isn't having the impact we'd hoped for. We are comfortable challenging ourselves because we know that real progress comes from learning, adapting and continually improving.

If we want to change the conversation around young people's mental health, we have to be prepared to challenge the way things have always been done.

That mindset can be seen throughout this year's achievements.

We expanded Empowering Young Minds, alongside YourStance and St Giles, helping more young people affected by serious youth violence build practical skills, emotional resilience and confidence. We also launched our Ambassador Award, giving students the confidence to recognise when a friend may be struggling, listen without judgement and encourage them to seek support. These programmes reflect our belief that young people themselves can play a powerful role in creating healthier school communities.

This year also marked the launch of our refreshed brand and website, made possible through the incredible support of The Big Helping. While our look has changed, our purpose has not. The rebrand gives us a stronger platform to reach more young people, engage new partners and better communicate the impact of our work as we continue to grow.

None of this would have been possible without the organisations and individuals who continue to believe in what we do. I would like to thank The Goyal Foundation, Inner Spark, YourStance, St Giles, The Big Helping, HQ Therapy, our schools, funders, supporters and every organisation that has chosen to work alongside us. Partnerships have always been one of our greatest strengths, and they will continue to shape the future of Mind of the Student.

The charity sector is facing increasing challenges. Demand for services continues to rise, funding is becoming more competitive and organisations are being asked to achieve more with fewer resources. Against that backdrop, we have remained focused on building a strong and sustainable charity. We have invested in our team, strengthened our governance, grown our partnerships and continued to diversify our income so that we can support more young people, not just next year, but for many years to come.

As we look ahead, we will continue to ask difficult questions, test new ideas and build on what we've learned. We won't get everything right first time, and that's okay. What matters is that we never stop listening, learning and improving. Young people deserve organisations that are prepared to innovate, take informed risks and keep pushing for better ways to improve mental health.

Finally, thank you to our trustees, staff, facilitators, volunteers, partners, funders and supporters for everything you have contributed this year. Your belief in our mission makes this work possible.

Most importantly, thank you to every young person who has trusted us, challenged us and inspired us. You are, and always will be, at the heart of everything we do.

Kieran Goodwin
Co-Founder and Charity Director

Director of Programmes foreword

As we reflect on another year at Mind of the Student, it is clear that the need for early mental health support for young people has never been greater. Schools continue to face increasing demand for wellbeing provision and are seeking more targeted, preventative and longer term support rather than one off awareness sessions. Alongside this, we are seeing a growing connection between mental health, adverse childhood experiences and youth violence, reinforcing the importance of intervening early before challenges escalate.

Over the past year, we have continued to develop our programmes to ensure they meet the changing needs of young people. We were proud to fully launch our Empowering Young Minds programme in partnership with YourStance, delivering the programme across Tower Hamlets and Barking and Dagenham. We also launched our new Ambassador Award, designed to empower young people to become mental health champions within their schools and communities, following a successful pilot in Manchester. Alongside programme expansion, we invested in our delivery team through additional facilitator training, focusing on presentation skills, engagement techniques and understanding what young people want to see from mental health education today. This investment ensures our facilitators continue to deliver sessions that are relevant, engaging and impactful.

One of our greatest strengths is listening to the voices of the young people we support. Throughout the year, we worked closely with students, including those attending Alternative Provision settings, to shape and refine our programmes. Their feedback directly influenced activities, language and delivery methods, ensuring our content remains accessible, engaging and meaningful. Every programme also underwent a comprehensive review to ensure it reflects current evidence, responds to emerging issues and continues to meet the needs of young people in an ever changing world.



Quality remains at the heart of everything we do. Throughout the year, we worked closely with our Clinical Lead, Annette, to continuously review and strengthen our programmes. Every cohort provided valuable learning that informed ongoing programme refinement, ensuring our content remains evidence informed, clinically appropriate and responsive to the experiences of

the young people we work with. This commitment to continuous improvement allows us to provide the highest quality mental health education possible.

This year also marked an important milestone as we published our first Mental Health Literacy Impact Report. Using data from more than 1,100 students, the report demonstrated that just over 40 percent of young people improved their mental health literacy following our workshops, with nearly one in three showing strong improvements. The findings also highlighted the importance of early intervention, with Year 7 students demonstrating the greatest gains in mental health knowledge, while helping us better understand how we can continue refining our programmes to maximise impact.

Alongside this research, we are incredibly proud of what we achieved throughout the year. Together, we delivered 70 programmes and reached more than 52,078 young people, ensuring that thousands more children and young people had access to high quality mental health education, practical coping strategies and the confidence to seek support when they need it most.

Looking ahead, our ambition is clear. We will continue to scale our proven programmes across our local networks, enabling even more young people to benefit from early mental health support. We are committed to strengthening our evidence base through continued research and evaluation, expanding the Ambassador Award into more schools and communities, and building even stronger partnerships with schools, local authorities and community organisations. Most importantly, we will continue placing young people at the centre of programme development through genuine co-production, ensuring everything we deliver reflects their experiences, needs and aspirations.

As our reach continues to grow, our commitment remains unchanged: to provide accessible, evidence informed mental health education that empowers every young person, regardless of their background, to understand their mental health, build resilience and know where to turn for support.

On behalf of everyone at Mind of the Student, thank you to our young people, schools, partners, supporters, volunteers and funders. Your continued trust and belief in our mission make this work possible, and together we are creating a future where every young person has the knowledge, confidence and support they need to thrive.

Jaylan Sesli
Director of Programmes
and Co-Founder



Understanding the need

Young people's mental health remains one of the most significant challenges facing the UK. Demand for support continues to grow, placing increasing pressure on young people, families, schools and specialist mental health services.

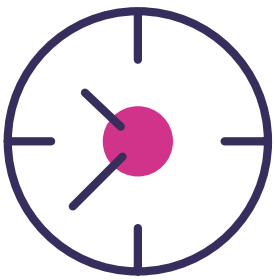
The latest national analysis from the Children's Commissioner found that 1,048,965 children in England had an active referral to Children and Young People's Mental Health Services during 2024/25 – around one in ten children and almost double the number recorded in 2018/19. Referrals increased by almost 10% in just one year, demonstrating the continuing growth in demand for specialist support (Children's Commissioner for England, 2026).

Despite more children receiving treatment, services are struggling to keep pace. At the end of March 2025, 35% of children referred were still waiting for treatment, while more than 60,000 had been waiting for over two years. Children who remained without treatment had been waiting an average of 224 days (Children's Commissioner for England, 2026).

Schools are increasingly experiencing this pressure first-hand. In 2026, the Children's Commissioner reported that access to children and young people's mental health services was among school leaders' greatest local concerns, identified by seven in ten primary school



At the end of March 2025, 35% of children referred were still waiting for treatment, while more than 60,000 had been waiting for over two years.





leaders and more than three quarters of secondary school leaders. Schools are often among the first places where changes in a young person's mental health become visible and where young people turn for support (Children's Commissioner for England, 2026).

There has been important progress in expanding support within education. As of June 2026, Mental Health Support Teams were working across almost 11,800 schools and colleges in England, providing access to support for nearly six million children and young people.

However, growing referrals to specialist services demonstrate that significant need remains and reinforce the importance of prevention alongside treatment (Department for Education, Department of Health and Social Care & NHS England, 2026).

The latest comprehensive NHS prevalence survey also provides important context for the scale of the challenge. In 2023, 20.3% of children aged 8–16 had a probable mental disorder, compared with 12.5% in 2017 (NHS England, 2023). While newer comparable prevalence data has not yet been published, the continuing rise in referrals demonstrates the sustained pressure on young people's mental health and the services supporting them.

While specialist and clinical services remain essential, they cannot provide the entire response. Young people should not have to reach crisis point before receiving support. There is a clear need for earlier, preventative approaches that give young people the knowledge and practical skills to understand their mental health, recognise when they or someone around them may be struggling, develop healthy coping strategies and know when and where to seek further help.

This is where the work of Mind of the Student is particularly important. By providing accessible mental health education and early intervention within schools and communities, we aim to reach young people earlier – building mental health literacy, reducing stigma, strengthening practical coping skills and increasing confidence to seek and access support before difficulties become more serious.

In 2023, 20.3% of children aged 8–16 had a probable mental disorder, compared with 12.5% in 2017



Mental health workshops delivered in partnership with Inner Spark

During the 25/26 academic year, Mind of the Student delivered 50 school workshops supporting thousands of young people to build confidence, develop practical coping strategies, and engage in open conversations about mental health. Feedback from 30 schools produced an average score of 95%, with 18 workshops receiving a perfect 100% and 83% scoring 90% or above.

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Schools consistently praised the interactive and engaging delivery. One teacher described the session as 'easily one of the best I have had for mental health', while another shared, 'The workshop was interactive, students were able to participate. Great examples and concrete strategies to take away'. These outcomes demonstrate the impact of our work, and thanks to Inner Spark's support, we are able to deliver these sessions free of charge, ensuring more students can access the mental health education they deserve.

Feedback

"The workshops offered relatable and insightful knowledge about mental health and wellbeing. Cannot wait to welcome MOTS back for further work with our school." (Wardle Academy)

"Interactions with pupils was superb, set up of props real engaged the students. Material in powerpoint was relevant to the subject... Keep up the good work. Nathan and Emily were amazing, completely at the correct pace for the students." (Thomas More Catholic School)

"The most organised external company we have worked with. The speakers were outstanding. Alisha was the star of the show, she had all students engaged, especially the older ones which is impressive." (Queensmead School)

"The workshop was upbeat and engaging despite the heavy topics... Our students found it very useful and staff were really pleased with what MOTS offered during the workshop and what additional support is offered following the visit." (Harlington School)

"The way the facilitators interacted with the pupils was engaging... The time was an hour but it didn't feel rushed. Information covered in each topic was sufficient for KS3 pupils." (Holte School)

18 workshops receiving a perfect 100% and 83% scoring 90% or above.





EmpowerU

Mind of the Student delivered two EmpowerU cohorts in Basildon and Aylesbury, generously supported by Essex Community Foundation, The ROSCA Trust and The Forte Charitable Foundation. The need for early mental health support for young people remains significant. More than one in five (22.6%) 11–16-year-olds in England had a probable mental disorder in 2023, according to NHS England. Among 8–16-year-olds, the proportion increased from 12.5% in 2017 to 20.3% in 2023, highlighting the growing importance of reaching young people early with practical, preventative support.

EmpowerU is our six-week early intervention programme, designed to give young people the knowledge, confidence and practical tools they need to better understand and manage their mental health and wellbeing. Through a supportive small-group environment, the programme helps young people explore their emotions, develop healthier coping strategies, build resilience and feel more confident seeking support when they need it.

Across the two cohorts, 30 young people took part in the programme. Our impact evaluation has shown positive improvements in young people's confidence and understanding, including increased awareness of where to access support, greater confidence talking about their mental health and an increased ability to use practical strategies to help themselves feel calm and manage everyday challenges.

Over six weeks, young people explore a wide range of topics including mental health and emotions, online safety, bullying, self-care, healthier choices, resilience and accessing support. Each young person also works towards developing their own personalised wellbeing plan, helping them take what they have learnt beyond the programme and into their everyday lives.

EmpowerU is delivered by our experienced team of facilitators, bringing together backgrounds and experience across psychology, mental health, education and youth work. Sessions are designed to be interactive, engaging and accessible, creating a safe environment where young people can learn, ask questions and talk openly without judgement.



Impact

73% felt more confident handling everyday challenges

66% built at least two new healthy daily wellbeing habits

What young people told us

"The sessions made it easier to understand what's going on in my head and what to do when my mood drops. I've started using the tools without even thinking about it now."

Young person, Basildon (Essex)

What parents told us

"The EmpowerU programme has had a profoundly positive impact on my child. It has equipped them with essential strategies to manage stress, build emotional resilience, and foster a deeper sense of self-awareness. I have observed noticeable improvements in their overall wellbeing, confidence, and ability to navigate challenges."

Parent, Aylesbury (Buckinghamshire)



Ambassador Award

Mind of the Student piloted the Ambassador Training element of its new Ambassador Award at Bower Park Academy, Buile Hill Academy, Oulder Hill Leadership Academy and Eden Girls' Leadership Academy, Manchester, ahead of the full programme launching in September 2026.

We believe young people should have a meaningful voice in shaping the support, culture and wellbeing initiatives within their schools.

Yet Department for Education research found that only 64% of Key Stage 4 pupils felt they belonged at their school every day or most days, meaning more than one in three did not consistently experience that sense of belonging.

The MOTS Ambassador Award has been developed to help address this by putting young people at the heart of positive change within their school communities. Rather than simply asking students what they think, the Award gives them the skills, structure and opportunity to identify wellbeing needs, have their voices heard by school leaders and turn their ideas into meaningful action.

The MOTS Ambassador Award is a student-led programme and a follow-on to our fully funded whole-school workshops, creating an opportunity for students to take what they have learnt further and play an active role in improving mental health and wellbeing within their school.

The initial Ambassador Training equips young people with greater mental health knowledge alongside practical listening, communication and signposting skills, helping them understand how to have safe and supportive conversations with their peers while recognising the boundaries of their role.

From September 2026, participating schools will begin the full Ambassador Award journey. Students will progress from their initial training to raising awareness, carrying out student-led research, identifying wellbeing priorities within their school, presenting recommendations to senior leaders and developing their own school-wide wellbeing initiative.

Through the Award, students will have opportunities to develop skills in leadership, communication, teamwork, research, data analysis, public speaking and active citizenship, while ensuring that student voice plays a meaningful role in shaping wellbeing within their school.



Impact

91% feel confident signposting peers to mental health support

86% feel confident being a safe and active listener

The full MOTS Ambassador Award launches in September 2026. Schools interested in taking part can find out more at mots.org.uk.

What students told us

> The Ambassador Training helped me feel more confident talking about mental health and supporting my friends. I learned what to say, what not to say, and when to get help from an adult. I feel proud to be someone others can come to now."

Student, Bower Park Academy

What teachers told us

> Booking the Ambassador Training programme for our students was one of the best decisions we made this year. The sessions were engaging, practical, and gave our pupils real confidence to support their peers. We have already seen students stepping up with empathy, leadership, and responsibility across the school."

Teacher, Bower Park Academy

Year in review

Fundraising



STEPUP4 Mental Health 2025 at Queen Elizabeth Olympic Park

On 12 July 2026, Mind of the Student hosted our annual STEPUP4 Mental Health 5K and 10K event at the Queen Elizabeth Olympic Park in Stratford, East London. In partnership with RunThrough and Run for Charity, our incredible supporters took on the challenge in soaring temperatures, raising an outstanding £10,578 to support our work with young people. Every mile completed will help more children and young people access vital mental health education and early intervention in schools. We are incredibly grateful to everyone who took part, donated and supported the event, making another successful STEPUP4 Mental Health possible.



Charity football match between Bright Boots and Run Free

On 3 August 2025, Mind of the Student was honoured to be the charity partner for a fundraising football match between Run Free and Bright Boots Coaching at Billericay Town FC's New Lodge. The match featured Southend United manager Kevin Maher, former Southend United player James Lawson, content creator Alexis Cassar, and Chris Phillips, alongside players from both teams. Together, the event raised an incredible £1,500 to help more young people access vital mental health support and education.



Charity padel tournament at Club Kingswood in Basildon

In September, Club Kingswood hosted its first-ever charity padel tournament in support of Mind of the Student, welcoming more than 40 competitors for a day of sport, friendly competition and fundraising. Players battled through a series of knockout rounds before competing in the final, creating a fantastic atmosphere throughout the event. Thanks to the generosity of everyone involved, and sponsorship from SG Padel, the tournament raised an incredible £1,300. We are incredibly grateful to everyone who helped make the inaugural event such a success.



Co-Founder runs London Marathon

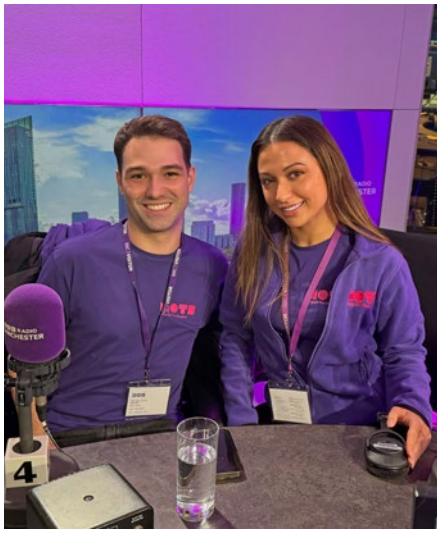
In April, our Co-Founder and Director of Programmes, Jaylan, took on the TCS London Marathon in support of Mind of the Student. Completing the 26.2-mile challenge in just over five hours, Jaylan raised an incredible £2,500 to help fund our mental health programmes for young people. Her dedication, alongside the generosity of everyone who donated, will enable us to reach more children and young people with early mental health education and support.
The challenge was a fantastic example of the passion and commitment that drives our mission beyond day-to-day programme delivery.

Year in review

Milestones







Growing our team, meet Gabriela Tanaka and Emily Light

Thanks to the incredible fundraising efforts of our supporters, we were able to grow our team and welcome two new part-time members of staff, Gabriela and Emily. Gabriela (Gabi) joined as our Project Coordinator. With a background in counselling and currently training as a counsellor, Gabriela has led the coordination of our work with secondary schools, supporting schools from booking through to delivery. Emily joined as our Project Lead, bringing a background in psychology and youth work. She has led the delivery of our community-based programmes, including EmpowerU and Empowering Young Minds, working directly with young people and strengthening partnerships across our communities. Their appointments have increased our capacity, enabling us to support more young people through both our school and community programmes.

BBC Manchester interview for Children's Mental Health Week

During Children's Mental Health Week 2026, our Co-Founders, Kieran and Jaylan, joined BBC Radio Manchester live from MediaCity for an interview with Michelle Dignan. The discussion highlighted the importance of early intervention, the work of Mind of the Student, and practical ways schools and families can support young people's mental health, helping to raise awareness of the challenges facing young people and the value of accessible, preventative support.



Empowering Young Minds programme expansion

Thanks to the generous support of Islington Giving, Hackney Innovation and Compass Wellbeing, Mind of the Student and YourStance have expanded the Empowering Young Minds programme to reach more young people across London. Designed to help prevent serious youth violence, the six-week programme combines violence reduction, CPR and bleed control training, mental wellbeing education, emotional resilience and mental health first aid, equipping young people with the knowledge, confidence and practical skills to make safer choices and access support when they need it. We are incredibly proud of our partnership with YourStance, whose expertise is central to delivering this unique preventative programme.

Year in review

Milestones

Ambassador training pilot phase

In June, Mind of the Student piloted its new Ambassador Training programme across three secondary schools in Greater Manchester. The pilot provided an excellent opportunity to refine the programme ahead of a wider rollout, while equipping students with the confidence and skills to recognise when a friend may be struggling, listen without judgement and signpost them to appropriate support. Feedback from both students and staff was overwhelmingly positive, with many reporting increased confidence in supporting their peers and recognising the importance of early intervention.





Research and impact report with Goyal Foundation and Inner Spark UK

During the year, we partnered with The Goyal Foundation and Inner Spark to produce our first Research and Impact Report, evaluating the effectiveness of our whole-school mental health workshops. Using pre- and post-programme data from 1,171 secondary school students, the report demonstrated a positive and measurable impact on young people's mental health literacy, with over 40% of students showing improved understanding following a single workshop. The findings also highlighted the value of early intervention, providing robust evidence to strengthen our programmes, inform future development, and demonstrate the impact of our work to schools, funders and partners.

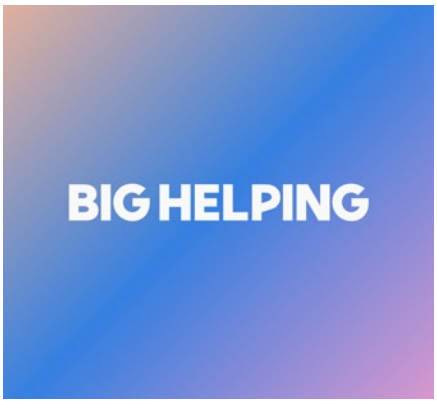
Year in review

Partnerships



Who Cares Wins Conference Wellbeing Zone

In March, Mind of the Student attended the Who Cares Wins Conference at The Oval, where we championed the importance of young people's mental health and wellbeing. Throughout the event, we hosted a dedicated Wellbeing Zone, featuring beanbags, calming mood lighting, and guided meditation sessions using interactive headphones and eye masks. The space provided young people with a chance to pause, relax and experience practical wellbeing techniques they could continue using beyond the event.



Rebrand supported by The Big Helping

During the year, we partnered with The Big Helping to undertake a comprehensive rebrand of Mind of the Student. Working closely together, we developed a refreshed brand identity, strengthened our messaging, and redesigned our website to better reflect our mission and values. The creative approach centred on representing young people in an inclusive and relatable way, ensuring our communications resonate with a broad audience while supporting our continued growth and impact.

Partnership with HQ Therapy for World Mental Health Day

For World Mental Health Day, Mind of the Student partnered with HQ Therapy to produce a series of educational videos tackling some of the most common myths surrounding mental health. The campaign encouraged open conversations, challenged stigma and misinformation, and highlighted the importance of seeking support when needed. By promoting facts over fear, the collaboration aimed to help more people recognise the signs of poor mental health and feel confident accessing the support available to them.

Where have we been

We are continuing to build strong foundations in Havering and Southend-on-Sea through the introduction of our first Mind of the Student Local Networks. These networks will strengthen connections between our programmes, local services and community partners, helping ensure that more young people, alongside the trusted adults around them, can access the support they need.

Alongside this growing local presence, our national reach has continued to expand. This year, Mind of the Student in partnership with Inner Spark has delivered workshops and programmes in communities across the country. Take a look at where we've been:

North West England

- Bolton
- Bury
- Cheshire West and Chester
- Manchester
- Oldham
- Rochdale
- Salford
- Wigan

South East England

- Buckinghamshire
- Kent
- Medway
- Surrey

West Midlands

- Birmingham

London

- Barking and Dagenham
- Barnet
- Brent
- Croydon
- Ealing
- Hammersmith and Fulham
- Havering
- Hillingdon
- Hounslow
- Merton
- Redbridge
- Sutton
- Tower Hamlets
- Waltham Forest

Our future plans

Looking ahead, our focus is on building a stronger, more sustainable model of support around young people. Central to our 2025–28 strategy is our 360° approach, recognising that lasting change comes from equipping young people while also strengthening the knowledge and confidence of the parents, teachers and communities around them.

Over the coming year, we will focus on three key areas:

1

Upskilling the Education Workforce

We will develop our support for teachers and school staff, providing practical mental health training and resources that strengthen their confidence to support young people while also recognising the importance of their own wellbeing.



2

Expanding the Ambassador Award

Following our successful pilot, we will expand the MOTS Ambassador Award into more schools, giving young people the skills, structure and opportunity to support their peers, strengthen student voice and lead meaningful wellbeing initiatives within their school communities.

3

Growing Local Networks

We will continue developing our Local Networks, bringing together schools, family centres, community organisations and local services to create a more connected approach to mental health support. Through these networks, we aim to make programmes for young people, parents and teachers more accessible while building strong local partnerships that can create lasting impact. Alongside this growth, we will continue strengthening the quality and evidence behind our work, listening to the people we support and building the partnerships and sustainable funding needed to ensure Mind of the Student can continue making a difference for many years to come.

Registered charity number
1165035

Mind of the Student

Annual Report and Financial Statements

4 July 2026

Mind of The Student
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Mind of the Student
Management Committee's Annual Report
For the Year Ended 4 July 2026

Full Name	Mind of The Student
Registered charity number	1165035
Principal Address	Mind of The Student, Havering Road, Romford RM1 4YY

Management Committee

Eddie Aylett NPQSL	Chairperson — appointed 05 January 2016
Richard Wing	Treasurer — appointed 17 January 2025
Tola Johnson	Trustee — appointed 10 January 2024
Aoife Healy	Trustee — appointed 14 October 2024
Nora Strasser-Burke	Trustee — appointed 14 October 2024
Matthew Frenchman	Trustee — appointed 18 December 2024

Senior Staff Members

Kieran Goodwin	Director of Charity
Jaylan Sesli	Director of Programmes

Govering Document

The Charity is operated under the rules of its constitution adopted more recently amended 27 February 2023.

Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

Bankers

Metro Bank Community Account- One Southampton Row London WCIB SHA

United Trust Bank, 1 Ropemaker St, London, EC2Y 9AW

Independent Examiner

Stephen Farra Associates Ltd
Chartered Certified Accountants
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

Aims and Organisation

The principal objects of the Charity are:

To equip young people at school and within the community, with knowledge, confidence and skills to address their mental health needs.

In addition the CIO's objectives are : .

1. Advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals; and,

2. Advancing education

Reports

Mind of the Student has continued to grow and develop over the past year, strengthening its programmes, partnerships and foundations for the future.
As demand for mental health support increases, the charity remains focused on helping young people understand their mental health, build practical coping skills and feel confident seeking help before difficulties escalate.

During 2025/26, the charity delivered 70 programmes and reached 52,078 young people. Behind these figures are opportunities for young people to better understand their emotions, recognise when support may be needed and develop the confidence to support those around them.

A refreshed organisational strategy has set a clear direction for the charity's next stage of development. This extends beyond delivering workshops in schools towards a more connected approach involving young people, parents, teachers and wider communities. Through its 360° approach and growing Local Networks, Mind of the Student aims to create environments where mental health is understood and support is easier to access.

Programme development has been central to this progress. Empowering Young Minds, delivered with YourStance and St Giles, combines practical emergency response skills with emotional resilience and confidence building for young people affected by serious youth violence. Following a successful pilot in Manchester, the Ambassador Award was also launched, equipping students to recognise when a friend may be struggling, listen without judgement and encourage appropriate help-seeking.

Alongside this expansion, the charity invested in additional facilitator training, strengthening presentation skills, engagement techniques and understanding of what young people need from mental health education. Programmes underwent comprehensive reviews, with input from Clinical Lead Annette O'Connor, to keep content evidence informed, clinically appropriate and responsive to emerging needs.

Young people's feedback directly shaped activities, language and delivery methods. Contributions from students, including those attending Alternative Provision settings, helped ensure that sessions remained accessible, relevant and meaningful. Learning from each cohort informed further improvements, supporting a culture of listening, testing and adapting.

The publication of the charity's first Mental Health Literacy Impact Report marked an important step in strengthening its evidence base. Drawing on data from more than 1,100 students, the report found that just over 40% improved their mental health literacy following workshops, with nearly one in three showing strong improvements. Year 7 students demonstrated the greatest gains in mental health knowledge, reinforcing the value of reaching young people early and helping identify where delivery can be refined.

Organisational development has supported these programme achievements. The charity strengthened its governance, invested in its team and continued to diversify its income in a challenging funding environment. A refreshed brand and website, developed with support from The Big Helping, have also provided a stronger platform for communicating

impact, engaging partners and reaching new audiences.

These achievements reflect the commitment of staff, facilitators, volunteers, trustees, funders and partners. Support from the Goyal Foundation, Inner Spark and the charity's wider network has enabled thousands of young people to access mental health education and practical support. The contribution of young people themselves has been equally valuable, shaping the work through their experiences, ideas and feedback.

In the year ahead, priorities include expanding proven programmes through Local Networks, extending the Ambassador Award to more schools and communities, and strengthening partnerships with local authorities and community organisations. Continued research, evaluation and co-production will guide this growth, ensuring that quality and young people's needs remain central to every development.

Mind of the Student's long-term ambition is for every young person to enter adulthood with the confidence, skills and support to look after their mental health. By intervening early and strengthening the networks around them, the charity aims to make a lasting difference to how young people manage challenges, support one another and seek help throughout their lives. The goal is to give more young people the foundations to thrive now and in the years ahead.

Kieran Goodwin
Co-Founder and Director Of Charity

Jaylan Sesli
Co-Founder and Director Of Programmes

The Charity's Policy on Reserves

Mind of The Student policy is to keep in reserve approximately three months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed……… **Date**…28/10/2026……

Eddie Aylett NPQSL Chairperson

Mind of the Student
Independent Examiners Report

Respective responsibilities of Trustees and Examiner:

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to :

- Examine the Accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether paticular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act; and to prepare:
   - Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 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.

Signed Robert Copeland Date 29 October 2026

R J Copeland FFA/FIPA
Stephen Farra Associates Ltd
Accountants and Tax Advisors
98 Hornchurch Road
Hornchurch Essex
RM11 1JS

Mind of the Student
Receipts and Payments Account
Year Ended 4 July 2026

	Note	Unrestricted £	Restricted £	2026 £	2025 £
Receipts					
Grants & Donations	2	19,520	53,009	**72,529**	35,290
Fundraising		31,512	-	**31,512**	19,116
Corporate partnership		3,938	-	**3,938**	8,375
Generated Income	3	87,793	-	**87,793**	64,844
Gift Aid		4,815	-	**4,815**	2,571
Bank Interest		483	-	**483**	166
Other income		7,489		**7,489**	4,724
		155,550	**53,009**	**208,559**	**135,085**
Payments					
Wages, NI & Pensions		69,053	41,769	**110,822**	76,081
Freelance Staff		1,038		**1,038**	660
Staff, Committee Expenses		1,402	2,870	**4,272**	1,386
Bookkeeping & Payroll Services		3,156		**3,156**	3,275
Rent, Room Hire & Service Charges		505		**505**	-
Insurance		1,070		**1,070**	846
Telephone		917		**917**	447
Printing, Postage & Stationery		334	1,302	**1,636**	4,869
Advertising & Marketing		2,051	637	**2,688**	3,756
Equipment, Repairs & Renewal		12,045		**12,045**	8,507
IT Software & Maintenance		5,611		**5,611**	5,485
Travel & Subsistence		6,669	348	**7,016**	5,447
Hospitality & Refreshments		8,191		**8,191**	4,715
Independent Examination		600		**600**	600
Entertainment		343		**343**	-
Fundraising Expenses		127		**127**	4,928
Subscriptions		257		**257**	1,287
Depreciation		-		**-**	36
Legal & Consultancy fees		2,336		**2,336**	-
Accountancy		1,269		**1,269**	1,516
Bank Charges		220		**220**	5
Sundry Payments		193		**193**	100
		117,386	46,926	**164,312**	123,946
Net Receipts / Payments		38,164	6,083	44,246	11,139
Funds at the start of this period		37,583	3,154	**40,737**	29,598
Fund Transfers				**-**	
Funds at the end of this period		75,747	9,237	**84,983**	40,737

Mind of The Student
Statement of Assets and Liabilities
as at 4 July 2026

	Notes	4 July 2026		4 July 2025	
		£	£	£	£
Fixed Assets					
Computer Equipment		2,322		109	
Current Assets					
Trade debtors		147		5,638	
Cash at bank and in hand		86,740		41,274	
		86,887		46,912	
Current Liabilities					
Creditors	5	4,226		6,284	
Net current assets			84,983		40,737
Net assets			**84,983**		**40,737**
Charity Funds					
Unrestricted			75,747		37,583
Restricted			9,237		3,154
			84,983		**40,737**

Assets retained for Charities own use

The charity also retains some general equipment for its own use.

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Signed on its behalf by the chairperson.

Approved by the chairty on 28/10/2026

Mind of the Student
Notes to the Accounts

1 Receipts and Payments Accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2 Grants & Donations

	Unrestricted £	Restricted £	2026 £	2025 £
Essex Community Foundation	-	-	-	4,000
Forte Charitable Foundation	-	4,796	4,796	-
Community Foundation For Surrey	-	-	-	6,500
Young Futures Fund	-	-	-	3,956
Your Stance CIC	-	48,213	48,213	13,491
Westfield Health		-	-	1,500
Sundry Grants & Donations	19,520	-	19,520	5,843
	19,520	53,009	72,529	35,290

3 Generated income

	Unrestricted £	Restricted £	2026 £	2025 £
The Goyal Foundation	87,793	-	87,793	64,844
	87,793	-	87,793	64,844

4 Funds Analysis

	Opening Balance £	Income £	Expenditure £	Fund Transfers £	Closing Balance £
Your Stance Partnership	3,154	48,213	41,889		9,477
Forte Charitable Foundation	-	4,796	5,037		(241)
Summary					
Restricted Funds	3,154	53,009	46,926	-	9,237
Unrestricted Funds	37,583	155,550	117,386	-	75,747
Total funds	40,737	208,559	164,312		84,983

5 Creditors: amounts falling due within one year

	2026 £	2025 £
PAYE	1555	3,588
Pension	507	50
Accrued Expenses	2,114	1,814
Trade creditors	50	832
	4,226	6,284