CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/12/2024 To 30/11/2025

Charity name: Power of the Mind Networks

Charity registration number: 1192367

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote social inclusion for the public benefit by preventing women in particular widowed from African BAME community in the Northampton and surrounding areas from becoming socially excluded due to their current circumstances and relief of poverty by providing advice and support and meet the need of these women who are socially excluded to integrate into the community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17	During the financial year ending 30 November 2025, Power of the Mind Networks delivered two main project streams designed to prevent social exclusion, relieve poverty, promote health and wellbeing and foster community integration among BAME and migrant communities in Northamptonshire and surrounding areas. **1. Domestic Abuse Awareness and Support Project (*Ubuntu Healthy Happy Relationships 2*)** Funded by The National Lottery Community Fund, this 12-month initiative delivered weekly community group activities, structured education, therapeutic interventions and specialist advice services: ● **Health and Wellbeing Sessions:** Weekly gatherings featuring visiting healthcare professionals delivering guidance on disease management (including cancer, dementia and heart disease), light exercise, dance and relationship advice. ● **Arts and Crafts Tuesdays:** Creative skills workshops covering pattern cutting, dress sewing with *Chitenje* fabric, macrame, bag painting,

		jewellery making, winter knitting, digital inclusion support and peer support. ● **Online Wine and Chat:** Weekly virtual discussion forums addressing topics such as menopause, co-parenting, domestic abuse legislation and relationship dynamics, including dedicated joint sessions for men and women. ● **Cookery Sessions:** Culinary workshops focused on preparing traditional African dishes, promoting nutritional awareness, facilitating intergenerational bonding and providing an informal, safe space for domestic abuse discussions (480 total ● **The Freedom Programme:** Structured recovery cohorts (one 10-week and one 12-week course) facilitated by a relationship coach, incorporating guest speaker survivor stories and guidance from local community leaders (55 total participants). ● **Specialist Advice and Referrals:** Direct referral pathways providing tailored 1-to-1 support, including 23 individuals referred for specialist legal immigration advice, 18 referred for professional counselling and 15 referred for individual relationship coaching. ● **Public Awareness Events:** Community outreach events, including an International Women's Day project launch (82 attendees) and a 16 Days of Activism event addressing night safety in collaboration with the Wellingborough African Caribbean Association (35 attendees). **2. Cultural Heritage and Community Cohesion Project** A dedicated cultural initiative aimed at celebrating heritage, reducing isolation and strengthening local community connections: ● **Muchongoyo Traditional Dance:** Regular rehearsal sessions and public performances at local community events, sharing cultural traditions and encouraging cross-cultural dialogue. ● **Museum Research Visit:** An educational trip to the Birmingham Museum to review existing African

		heritage exhibits and assess cultural representation. ● **Oral History Collection:** Conducting structured interviews with community members to record, preserve and share their personal stories and lived experiences. ● **Community Cohesion Activities:** Using shared heritage activities to bring generations together, reduce social isolation and build mutual understanding across diverse community groups in Northamptonshire.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees are aware of the guidance on public benefit.

Additional information (optional)
You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a		**Difference Made to Beneficiaries** Through culturally tailored support and education, the charity achieved tangible improvements in the safety, emotional resilience and independence of its service users: ● **Improved Awareness of Non-Physical Abuse:** 91% of project participants reported a clearer understanding of domestic abuse, moving beyond traditional perceptions of physical violence to identify coercive control, financial exploitation and emotional manipulation. ● **Increased Beneficiary Empowerment:** 73% of participants felt equipped and confident to offer peer support and signpost vulnerable individuals in their networks to professional support services. ● **Crucial Specialist Interventions:** Direct referrals provided vital relief for complex crises, enabling 23 individuals to access specialist legal immigration advice, 18 to receive professional counselling and 15 to undertake dedicated relationship coaching. ● **Inclusion of Men in Prevention:** By creating safe online discussion spaces, the charity achieved 40% male attendance in targeted virtual sessions, successfully involving men in conversations regarding healthy family dynamics and challenging abusive norms. ● **Restored Identity and Confidence:** Through the Muchongoyo heritage project, 15 participants recorded their oral histories, building personal self-esteem, preserving cultural traditions and overcoming feelings of displacement among newly arrived migrants. **Beneficiary Transformation** The life-changing impact of the charity's holistic model is demonstrated by a beneficiary who fled domestic abuse to settle in Northampton without personal belongings. Through emergency material relief, housing coordination, recovery programmes and peer support, she rebuilt her independence, completed job training, gained employment

		and now actively serves as a community volunteer. **Wider Benefits to Society as a Whole** The charity's work delivers significant social value across the wider Northamptonshire area and supports local public infrastructure: ● **Fostering Community Cohesion:** Public Muchongoyo dance showcases, joint cookery workshops and collaborative events with organisations such as the Wellingborough African Caribbean Association (WACA) brought diverse ethnic and generational groups together, breaking down cultural barriers and promoting integration. ● **Strengthened Cross-Agency Partnerships:** The charity achieved a 50% increase in referrals from external partners, serving as a vital culturally competent partner for West Northamptonshire Council, local police services and mainstream voluntary organisations. ● **Lightening the Demand on Public Resources:** Early intervention, domestic abuse prevention and support for newly arrived immigrants (including those on Certificate of Sponsorship visas) reduce long-term crisis intervention demands on policing, local authority housing and emergency healthcare services. ● **Long-Term Family and Social Impact:** Educating families on domestic abuse laws and fostering violence-free home environments protects children from trauma, promoting healthier upbringing and contributing to safer, more stable communities.

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income for the period was £117,300 Expenditure was £105,218 Net income was £12,082 Cash at bank at the year-end was £27,228
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	There is no specific policy on holding reserves
Amount of reserves held	Para 1.22	As above
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by Trustee Board.

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Trustees are appointed based on their skill sets, community knowledge and commitment to the charity's charitable objects. New trustees receive an induction covering legal duties under charity law, operational procedures, governance responsibilities and charity policies (including Safeguarding, Volunteer Management, Complaints and Social Media).
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Board of Trustees provides governance oversight and strategic direction. Day-to-day operations for specific projects are led by dedicated part-time project staff supported by a team of active volunteers.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Power of the Mind Networks
Other name the charity uses	
Registered charity number	1192367

Charity's principal address	40a The Manor Billing Garden Village The Causeway Great Billing NORTHAMPTON NN3 9EX

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	Yvonne Shamiso Marawo	Chair		
2	Racheal Nokutura Reeves	Trustee		
3	Elizabeth Mudadadzi	Trustee		
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Additional information (optional)

Names and addresses of advisers (Optional information)

	Type of adviser	Name	Address

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

Exemptions from disclosure

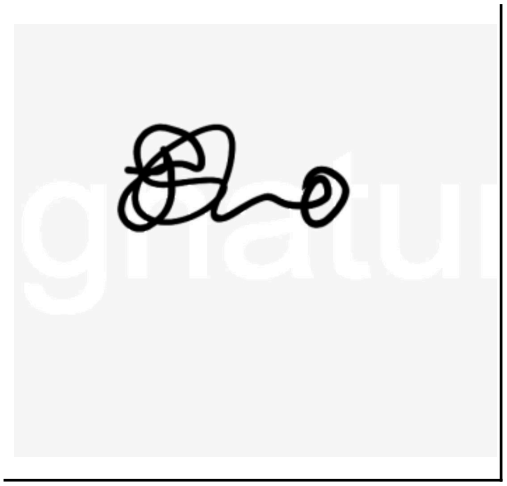
Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature	
Full name	Yvonne Shamiso Marawo
Position (eg Secretary, Chair, etc)	Chair
Date	29/9/2026



Balance Sheet

	As at 30/11/25	As at 30/11/24
Fixed assets	£0	£0
	£0	**£0**
Current assets		
Debtors	£0	£0
Cash at bank	£27,228	£11,822
	£27,228	£11,822
Creditors, within 1 year	-£3,324	£0
Net current assets/(liabilities)	**£23,904**	**£11,822**
Creditors, after 1 year	£0	£0
Total net assets/(liabilities)	**£23,904**	**£11,822**
Funds of the Charity		
General funds	£23,904	£11,822
	£23,904	**£11,822**

POWER OF THE MIND NETWORKS STORYTELLING COMMUNITY		
	Period ended 30/11/25	**Period ended 30/11/24**
Income and Expenditure Report		
Income		
Grants	£116,319	£129,551
Other income	£982	£547
Total income	**£117,300**	**£130,098**
Expenditure		
Service Delivery	£87,800	£98,456
Premises	£6,647	£14,773
Admin	£2,918	£4,531
Insurance	£277	£277
Marketing	£3,870	£2,559
Travel costs	£2,296	£2,051
Volunteer expenses	£1,411	£2,212
Total expenditure	**£105,218**	**£124,859**
Income less expenditure	**£12,082**	**£5,239**

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name Power of the Mind Networks		
On accounts for the year ended	30/11/2025	**Charity no (if any)**	1192367
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/11/2025.**

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention ~~(other than that disclosed below *)~~ in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:		**Date:**	29/09/2026
Name:	Rebecca Fennelly		

Relevant professional qualification(s) or body (if any):	Chartered Institute of Management Accountants
Address:	29 Hessel Road
	London
	W13 9ER

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.