Trustees' Annual Report for the period

	Period start date				Period end date		
From	1	9	2025	**To**	31	08	2026

Section A Reference and administration details

Charity name Balance of the Mind

Other names charity is known by

Registered charity number (if any) 1205980

Charity's principal address

Unit 14
Duck Farm Court, Station Way West
Aylesbury, Buckinghamshire
Postcode HP20 2SQ

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	Zachariah Isaac	Chair Trustee		
2	Wasif Hussain	Trustee		
3	Addnan Qadir	Trustee		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

14

15

16

17

18

19

20

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

Name	Dates acted if not for whole year
Zachariac Isaac	
Wasif Hussain	
Addnan Qadir	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable incorporated organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by trustees

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.

As part of our dedication to promoting mental well-being, education, research, and community support, we have established robust governance policies and collaborative partnerships to ensure the charity's effective management and sustainable growth.

1. Induction & Training for Trustees

To equip trustees with the knowledge and skills required for their roles, we have implemented a structured induction and training program, which includes:

- **Comprehensive Introduction:** New trustees receive an overview of the charity's mission, core activities, governance framework, and legal responsibilities.
- **Training Workshops:** Regular sessions cover topics such as charity regulations, financial management, ethical fundraising, and risk management.
- **Ongoing Development:** Trustees are encouraged to engage in external training opportunities and stay informed about the latest developments in mental health research, education, and advocacy.

2. Organisational Structure & Partnerships

Our charity operates under the leadership of a board of trustees, who provide strategic oversight and governance.

- A dedicated management team ensures the effective implementation of programs, financial oversight, and daily operations.
- We collaborate with a broad network of partners, including:
  - Mental health professionals and healthcare providers for program development and delivery.
  - Universities and research institutions to advance mental health studies and evidence-based interventions.
  - Local and international non-profit organizations working in mental health advocacy and community support.
  - Government agencies to contribute to policy discussions and public mental health initiatives.

3. Ethical Partnerships & Transparency

We maintain ethical and transparent relationships with funding bodies, corporate sponsors, research institutions, and government organizations.

- A strict conflict-of-interest policy ensures accountability, requiring trustees and key staff to disclose any affiliations with organizations that interact with the charity.
- Clear governance procedures are in place to uphold integrity in all financial and operational decisions.

4. Risk Management & Compliance

The board of trustees regularly assesses potential risks that could impact the charity's operations, ensuring proactive management through:

- **Financial Security:** Diversifying funding sources and maintaining strong financial oversight to ensure long-term sustainability.
- **Operational Resilience:** Implementing data security measures, compliance monitoring, and safeguarding policies to protect service users and stakeholders.
- **Reputation Management:** Upholding ethical fundraising practices, transparent reporting, and community engagement to maintain public trust.
- **Regulatory Compliance:** Adhering to the regulations set by the Charity Commission and following governance best practices.

To mitigate these risks, we have established:

- Routine risk assessments conducted by trustees and senior management.
- Financial audits and oversight to maintain compliance and financial health.
- Crisis response plans to effectively manage unforeseen challenges.

Through these governance measures, we ensure operational excellence, ethical accountability, and the continued success of our mental health initiatives.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	To protect and promote good mental health among people who are experiencing mental health conditions, or those who are at risk of developing mental health conditions, through the provision of counselling sessions and sessions which provide advice, guidance, peer-to-peer support and activities which are designed to promote good mental health and recovery which they could not otherwise afford.

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)

Summary of Key Activities for Public Benefit

In alignment with our charitable mission, we have undertaken various initiatives to enhance public health, mental well-being, education, research, and related areas:

Public Health Awareness Efforts

- Hosted community workshops and online sessions to educate individuals on disease prevention, nutrition, and healthy living.
- Developed and distributed accessible educational resources through digital platforms and local outreach initiatives.

Mental Health Education and Support

- Conducted awareness campaigns to challenge stigma and improve public understanding of mental health.
- Collaborated with experts to provide guidance on stress management, mindfulness, and emotional resilience.
- Promoted mental health support services through social media, community programs, and educational events.

Health Education Programs

- Created and shared informative content with schools, workplaces, and community organizations on various health-related subjects.
- Delivered training sessions for healthcare professionals and community workers to enhance service delivery.

Research and Development

- Supported and conducted studies focused on mental health and broader public health concerns to advance knowledge and improve care.
- Partnered with healthcare organizations, universities, and researchers to foster evidence-based solutions.
- Published findings and reports to influence healthcare policies and support community initiatives.

Commitment to Public Benefit

The trustees affirm that they have considered the guidance provided by the Charity Commission regarding public benefit and have ensured that all initiatives align with the charity's goal of improving overall health and well-being.

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.

Support for Our Mission

In line with our commitment to promoting public health, mental well-being, education, research, and related initiatives, we actively engage in the following areas:

Grant-Making Policy

Our charity provides grants to support projects that align with our mission, including:

- Funding research efforts focused on mental health and other public health concerns.

Programme-Related Investment (PRI) Policy

We explore programme-related investments that advance our charitable objectives by:

- Supporting research and innovation aimed at improving public health knowledge and practices.
- Partnering with academic institutions, healthcare organizations, and technology developers to drive advancements in mental health care.

Volunteer Contributions

Volunteers are essential to the success of our charity, contributing through:

- Assisting in the planning and delivery of health education initiatives and awareness campaigns.
- Supporting research efforts by gathering data, conducting surveys, and aiding in analysis.
- Providing administrative and technical assistance for digital resources and outreach programs.
- Offering peer support and mentorship to individuals affected by mental health challenges.

We greatly value the commitment of our volunteers and continually offer training and development opportunities to enhance their contributions.

Section D Achievements and performance

Section D Achievements and performance

Summary of the main achievements of the charity during the year

During the financial year **1 September 2025 to 31 August 2026**, Balance of the Mind made significant progress in supporting mental health awareness, education and assistance. Our key achievements included:

1. Free Therapy & Mental Health Support

Offered up to **20 complimentary therapy sessions** per person to individuals from low-income backgrounds and those receiving benefits, addressing **stress, anxiety and depression**.

Provided over **1,453 hours of free therapy**, ensuring essential mental health care remained accessible to those in need.

Engaged with more than **3,028 individuals** through face-to-face interactions and social media outreach to promote mental well-being.

Partnered with various organisations to deliver **mental health workshops**, equipping workplaces and communities with valuable tools for emotional resilience.

2. Awareness & Education Initiatives

Delivered mental health awareness programmes, encouraging positive conversations around mental well-being.

Hosted webinars and interactive sessions covering coping mechanisms, stress relief techniques and mental wellness strategies.

Expanded our online mental health resources to improve accessibility to information and support.

3. Advocacy & Collaborative Efforts

Worked with mental health specialists to design and implement **counselling programmes and resilience training**.

Strengthened collaborations with **local businesses, community groups and partner organisations** to extend mental health support.

Delivered awareness campaigns aimed at **reducing stigma and promoting early intervention** for mental health challenges.

4. Research & Development

Conducted research into mental health challenges and effective support strategies.

Collaborated with academic institutions and healthcare professionals to support evidence-based approaches to mental health care.

5. Community Engagement & Volunteer Impact

Mobilised **21 dedicated volunteers**, who played an important role in community education, research assistance and peer mentoring.

Strengthened relationships with mental health practitioners, educational institutions and support networks to **broaden our reach and impact**.

Overall Impact

Through these efforts, Balance of the Mind continued to improve access to mental health services, increase awareness and provide essential support to individuals and communities in need.

Section E Financial review

Brief statement of the charity's policy on reserves	Our charity's policy on reserves is to maintain a financial buffer of up to 10 months of operational expenses. This ensures we can continue to deliver our services and fulfill our mission in the event of unexpected financial challenges or fluctuations in income.
Details of any funds materially in deficit	

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.

As part of our dedication to enhancing public health, including mental health, education, and research, we ensure that our financial resources are managed efficiently to deliver maximum public benefit. Our funding comes from a variety of sources, including contributions for specialized therapy and donations from those we serve, allowing us to provide essential services.

1. Main Sources of Funding

Our charity receives financial support from several key channels:

- **Grants & Donations**: Assistance from government agencies, health organizations, and individual donors.
- **Fundraising Efforts**: Community events, sponsorship opportunities, and online donation campaigns.
- **Research & Institutional Support**: Partnerships with universities, medical institutions, and research organizations.
- **Corporate Partnerships**: Contributions from businesses aligned with our values, supporting targeted health programs.
- **Specialized Therapy Funds & Beneficiary Contributions**: Donations from those receiving mental health support, ensuring the sustainability of our services.

2. How Funds Have Supported Our Mission

Our expenses are carefully directed to achieve our key objectives, focusing on the following areas:

- **Health Education & Outreach**: Supporting workshops, digital content, and community programs to raise awareness of mental health, diabetes, and general well-being.
- **Mental Health & Therapy Services**: Offering specialized counseling and therapy, funded by donations and dedicated funding for mental health services.
- **Research & Innovation**: Funding research projects aimed at improving mental health care and developing new treatment approaches.
- **Volunteer & Community Engagement**: Providing training and resources to volunteers who assist in delivering our programs and supporting our goals.

3. Investment Strategy & Ethical Practices

We follow a responsible investment strategy, ensuring that funds are managed with integrity and sustainability in mind.

- **Ethical Investment**: Our investments align with our values, avoiding sectors that conflict with public health and mental health objectives.
- **Long-Term Financial Security**: We focus on ensuring financial stability to maintain uninterrupted service delivery to those who need it most.
- **Supporting Health & Social Causes**: We prioritize investments that contribute to our mission of promoting mental health and other public health initiatives.

Through careful financial management, we continue to grow our impact, helping to improve mental health and overall well-being in the communities we serve.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)			
Full name(s)	Zachariah isaac	Wasif hussain	Addnan Qadir
Position	Trustee	Trustee	Trustee
Date	07/10/2026	08/10/2026	08/10/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Name	No (if any)
NCE OF THE MIND	1205980

Receipts and payments accounts

CC16a

For the period from	Period start	To	Period end
	01/09/2025		31/08/2026

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
DONATIONS	- 0	-	-	-	-
INCOME	23,117	-	-	23,117	31,660
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total(Gross income for AR)	23,117	-	-	23,117	31,660
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	23,117	- 0	- 0	23,117	31,660
A3 Payments					
STAFF COST	20,272	-	-	20,272	14,874
AD-HOC CLINIC RENTAL	1,009	-	-	1,009	17,253
SUBSCRIPTIONS	2,541	-	-	2,541	2,782
RENT	379	-	-	379	30
TELEPHONE	96	-	-	96	104
BANK FEES	77	-	-	77	35
VISION EXPRESS	76	-	-	76	-
ACOUNTANCY	- 0	-	-	-	600
	- 0	-	-	-	-
Sub total	24,450	-	-	24,450	35,678
A4 Asset and investment purchases, (see table)					
APPLE EQUIPMENT	1,580	- 0	- 0	1,580	2,102
	- 0	- 0	- 0	-	
Sub total	1,580	- 0	- 0	1,580	- 0
Total payments	26,030	- 0	- 0	26,030	37,780
Net of receipts/(payments)	- 2,913	-	-	- 2,913	- 6,120
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	4,068	-	-	4,068	10,188
Cash funds this year end	1,155	-	-	1,155	4,068

Section B Statement of assets and liabilities at the end of the per

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £

B1 Cash funds	BANK ACCOUNT	1,155	-	-
		-	-	-
		-	-	-
	Total cash funds	**1,155**	**-**	**-**
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	**Restricted funds**	**Endowment funds**
	Details	**to nearest £**	**to nearest £**	**to nearest £**
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	**Fund to which asset belongs**	**Cost (optional)**	**Current value (optional)**
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	**Fund to which asset belongs**	**Cost (optional)**	**Current value (optional)**
B4 Assets retained for the charity's own use	APPLE MAC BOOK LAPTOP / IPHONE	Unrestricted funds	**3,682**	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	**Fund to which liability relates**	**Amount due (optional)**	**When due (optional)**
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	L. Isaac	ZACHARIAH ISAAC		07/10/2026