

Registered Charity: 1165035

Annual Report

2022/23



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.

Advancing mental health education

About Mind of the Student

Mind of the Student is a registered charity, breaking down stigma associated with mental ill-health through educational workshops, online learning resources and classroom activities.

Our Vision

Our Vision is to provide high-quality clinically-informed mental health education to all young people in UK schools.

Our Mission

We provide school-based workshops to present key aspects of mental health understanding to whole-school communities in one day. We campaign to build our network of partners so that no child is left without the necessary knowledge and understanding to recognise their own mental health needs and the support pathways available.

2022/23 in Numbers



12,029 students

have received a Mind of the Student mental health workshop



12 schools

MOTS has visited since February 2023



4 doctors

involved in the production of our workshop



92%

of teachers recommend our services



6 partners

which includes sponsors and school partners



8 facilitators

recruited and trained to deliver Mind of the Student workshops

Chief Executive and Chief Operating Officer Foreword

Welcome to our Annual Report 2022/23. We are overjoyed by the progress Mind of the Student has made over the last year, which includes securing funding from The Hemraj Goyal Foundation (HGF) and an exciting new partnership with Working Options in Education who became the charity's official booking provider. This has ensured a fantastic and successful rollout of the charity's mental health awareness programme, taking place in secondary schools, across London, Essex and Bath.

In December 2022, Mind of the Student held its relaunch celebration at the Sir Graham Smith Conference Centre in Westminster, London. The event was a tremendous success, hearing speeches from members of the Trustee Board, along with our Clinical Lead Dr Chuks and other distinguished guests, including leaders in education, mental health professionals, plus students from our partner school, Bower Park Academy. The evening was truly momentous, and kicked off the MOTS journey in a suitably fabulous fashion.

The need for our work is critical and widespread across the localities that Mind of the Student serves. Among the challenges we are working on, reducing teenage suicide is a critical priority. Death by suicide remains one of the leading causes of mortality in young people across the UK, according to recent data

published by the Office for National Statistics. In our school workshops, we encourage students to talk about their mental health with one another plus signpost them to crucial, life-saving services which can offer additional support when in crisis.

We also hope to see more students stay in school. Recent findings revealed that 68% of young people reported being absent from school, due to their mental health (2021). Education around this important topic is therefore essential to keeping young people in class and not absent due to deteriorating mental health. We want students to feel comfortable and confident when reaching out for support, and spark conversation with friends and family to breakdown stigma associated with mental health.

Over the last 12 months, we have been working closely with Dr Chuks, who is the charity's Clinical Lead, on pre and post-workshop learning resources. A pre- and post-workshop pack is now offered to all of the schools that Mind of the Student visits. The packs include lesson plans, along with worksheets and questionnaires, which can be completed before MOTS visits a school and delivers the mental health awareness workshop. This helps to embed the information presented and allows students more opportunity to ask

questions in a smaller group, getting conversations going on mental health.

Another key milestone this year was Danny Dyer becoming Mind of the Student's first ambassador, featuring in our 'About Us' video shot by the talented production company, MAJO. Having Danny Dyer's backing was a turning point for MOTS, which has now led to improved visibility for the charity.

As we move into our next financial year, we wanted to highlight the workshops' success. Mind of the Student has delivered its mental health awareness program to over 12,000 young people,

equipping them with the know-how to get support with their mental health and how they can help themselves through self-help techniques taught during our workshops.

We look forward to working with our partners, supporters, schools and young people to further our mission to advance mental health education in schools.

If you have any questions regarding Mind of the Student please reach out enquiries@mindofthestudent.org.uk.



Kieran Goodwin
Chief Executive



Jaylan Sesli
Chief Operating Officer

Chair of the Board of Trustees

Foreword

At a time when young people are encountering more challenges than ever with mental health issues, it has been my absolute pleasure to join the board of Mind of the Student as Chair and to witness first-hand the incredible progress being made by the Executive team in such a short amount of time.

After lying dormant for three years during the pandemic, the relaunch of the charity in late 2022 has been the precursor to a huge amount of hard work, which is already bearing fruit in the many thousands of young people in schools who are now receiving an expert, clinically-informed introduction to mental health issues and how to manage them.

Kieran and Jaylan are on a mission, a mission driven by their own lived experience and awareness of the lack of informed education on mental health issues in schools. Working alongside our wonderful partner schools, Mind of the Student sets the wheels in motion for authentic conversations at whole-school level. The potential value of these initial discussions in avoiding serious crises in later life are immeasurable, making this work not just desirable but essential. Our aim is to make this programme accessible for all schools.

We are grateful to our sponsors and especially our friends at Hemraj Goyal, whose continued support has made all the difference to our success. We look forward to broadening our partnerships in the coming months and years in order to move our mission forward in 2023/24 and beyond.



Brian McGee
Chair of the Board of Trustees

Programme Impact

In 2022/23 we held 55 workshops in 12 schools reaching 12,029 students in disadvantaged communities (schools with higher than average rates of free school meals).

Following our school mental health programme, students completed questionnaires so that MOTS could compare pre-workshop data and measure its impact.

9/10

students now know who to contact for professional mental health support

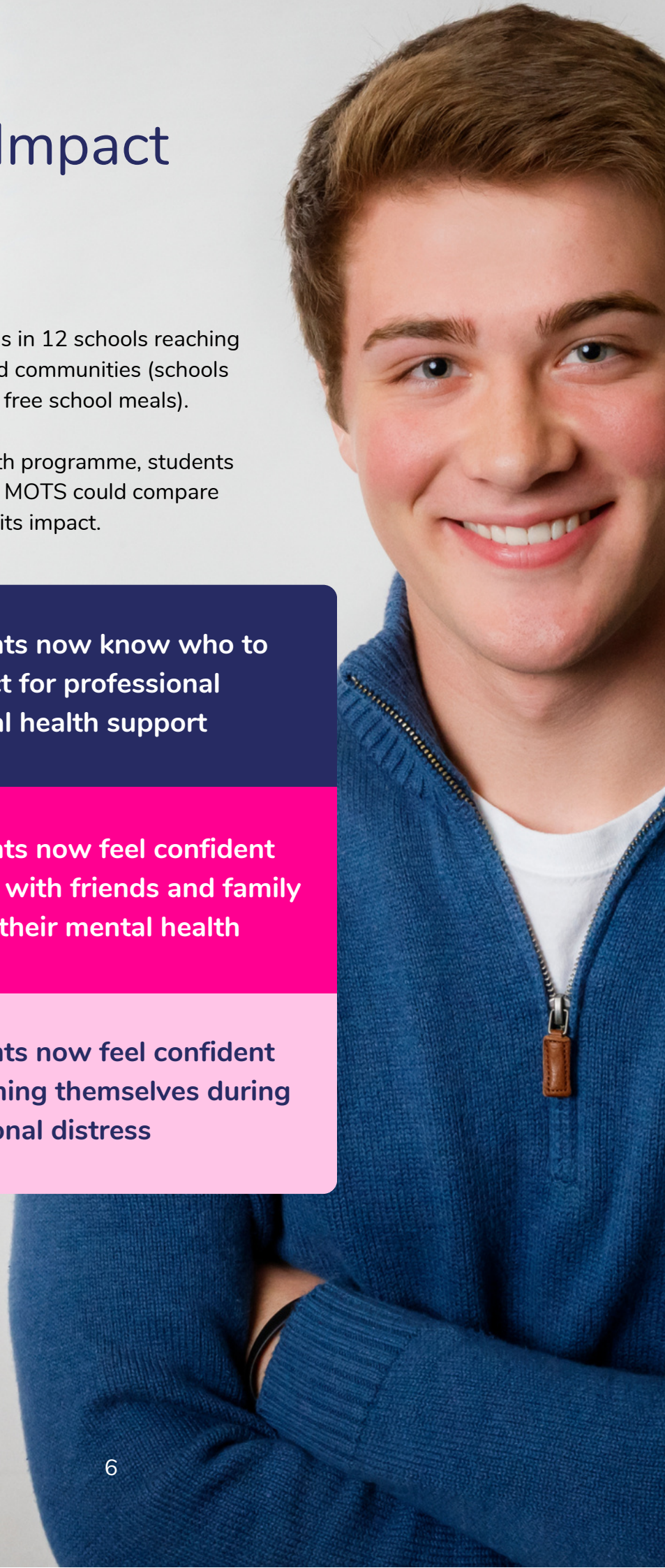
84%

students now feel confident to talk with friends and family about their mental health

67%

students now feel confident in calming themselves during emotional distress

*Data taken from 1090 students during post-workshop focus groups and questionnaires



...very helpful for because I can relate to some of
it. The convention you presented was really
needed for ~~every~~ everyone, so thank you!
Yours sincerely,

From our Students

Mind of the Student collects feedback post-workshop to find out what young people think of the content being delivered and if they find it impactful.

Along with written feedback, we also ask students to complete an online questionnaire to enable us to measure impact through numbers and statistics. This data helps us improve our work and services being provided for young people.



Paddington Academy
The best in everyone™
Part of United Learning

THANK YOU SO MUCH FOR ALL THAT YOU DO!

HARD WORK | INTEGRITY | EXCELLENCE

I appreciate you because...

you have taught and educated me about reliable situations and what I can do to resolve these problems if I ever have them in the future. I am very grateful for this educational workshop because it could save me from a lot of stress and a very hard times that may come. Thank you! Wish you all the best!

I appreciate you because...

You helped me understand much more about my mental health. This has helped me because sometimes I can get stressed about Exams but now I can use some of the tips. For example, breathing in and out made me feel much more relaxed. The videos about other kids my age experiences helped me because if anything similar happens, I now exactly what to do. I can also now understand how to support my friends if anything happens.

HARD WORK | IN

I appreciate you because...

you have helped us alot for talking to all of us about very important events. You have helped us about mental health. It was a



mind of the student

CONFERENCE SUITE ONLY
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Clinical Lead Review by Dr Chuks

As Clinical Lead of Mind of the Student, I am delighted to contribute to our Annual Report which summarises our efforts and achievements in promoting mental health awareness among young people in schools. This report reflects the dedication of our team and the invaluable support we have received from each and every one of you. During a year of achievement and evolution, Mind of the Student met important targets whilst remaining grounded in research- and evidence-based principles. This underpins what we do.

It is disheartening to witness the alarming increase in mental health issues among young people today. Issues including depression and anxiety - driven by exam stresses or weighty phenomena such as climate change have become all too prevalent. It would be remiss to ignore the lingering impact of the COVID-19 pandemic on the mental health of young people. The disruption of routine and social connections, financial instability, reduced access to mental health support, and increased screen time and digital overload, were some of the many reasons for this period being particularly fraught. A recent report, published by the Royal Society for Public Health, highlighted the escalating mental health crisis among young people, underscoring the urgent need for interventions and support systems to safeguard their well-being.

In our pursuit of fostering optimal mental health, at Mind of the Student we acknowledge the vital role played by social determinants in shaping the well-being of our young people. Factors such as education, socioeconomic status, family dynamics, and community support significantly influence mental health outcomes. Being adequately informed by these social determinants, I am pleased that we have been able to create an environment that nurtures the mental well-being of the young people we meet.

At Mind of the Student, we firmly believe that early intervention is paramount to preventing mental health deterioration in young people. Research consistently demonstrates that identifying and addressing mental health issues at an early stage can significantly reduce the long-term impact on an individual's well-being and functioning. We know evidence points to early intervention in schools as being effective in reducing emotional and behavioural difficulties among children and adolescents, ultimately leading to better mental health outcomes later in life.

The statistics we have gathered from our interactions with students are both eye-opening and concerning. They highlight the urgent need for accessible mental health support for our young people. According to our data, 67.1% do not feel

confident in reaching out for professional mental health support. This figure is alarming and indicates a significant gap in the availability of appropriate resources and a lack of awareness among young people about the sources from which help can be sought.

Moreover, our data reveal that 57% do not feel comfortable talking with friends and family about their mental health. This finding emphasises the crucial role schools play in providing a safe and supportive environment for students to express their emotions. By breaking down the stigma surrounding mental health conversations, we can foster a culture of openness and acceptance.

Additionally, we discovered that 48.8% do not feel confident in calming themselves when experiencing emotional distress. This statistic highlights the urgent need for mental health education and the development of coping strategies. By equipping students with the necessary tools to manage their emotions effectively, we can empower them in navigating the inevitable challenges that lie ahead.

As we reflect on 2022/23 accomplishments, we do so with an eye to an exciting upcoming year full of ambitious goals. Our primary objective is to double the number of schools and young people we reach, expanding our

impact across communities. We plan to achieve this through several strategic initiatives, including broader outreach campaigning, programme expansion, training and professional development, and collaboration with stakeholders.

At Mind of the Student, we are guided by Our Long-Term Strategy, a set of values (educate, improve, manage, reduce and maintain) that inspires our devoted efforts to put the needs and well-being of the young people we serve first.

Our journey to improve the mental well-being of students would not be possible without your continued support. Your commitment enables us to make a tangible difference in the lives of the unprecedented number of young people that we meet. Our goal is to empower them to lead healthier, happier lives. Together, we can break down barriers, erase stigmas, and ensure that every young person has access to the knowledge and resources they need to flourish. Let us continue this journey hand in hand, guided by our shared passion. Let us strive forward, creating lasting impact.



Dr Chuks
Clinical Lead



57%

**of students do not feel comfortable talking
with friends and family about their
mental health**



48.8%

**of students do not feel confident in calming
themselves when experiencing
emotional distress**



67.1%

**of students do not feel confident in reaching
out for professional mental
health support**

2022/23 Overview

Mind of the Student Launch Event

December 2022 marked the start of the charity's rebrand from World Youth Organisation to Mind of the Student.

Mind of the Student was launched to help represent the charity's values more clearly and to signify the charity's mission for young people in education.

The event took place at The Home Office in London, and the night included speeches from key individuals in education and mental health sector.



Student Focus Groups

Mind of the Student teamed up with Bower Park Academy to host a student focus group, to determine more ways in which the charity can help support young people.

The focus group consisted of three students from each year group, and involved them discussing what mental health topics were important to them, and techniques they already use to help them with their mental health - this helped us shape our current school workshop programme.



The Hemraj Goyal Foundation

Following extensive talks with The Hemraj Goyal Foundation (HGF), HGF agreed to fund 18 workshops from February 2022, which has led to Mind of the Student reaching over 12,000 young people in London, Essex and Bath through its mental health workshop programme. This boost in funding has catapulted the support that we can now offer students. We thank Hemraj Goyal Foundation for its support. We look forward to our ongoing work together, due to our parallel values on the betterment of children and young people.



Facilitator Training

The team at Mind of the Student started the process of training new facilitators, to ensure a successful rollout of their mental health programme.

MOTS facilitators are already trained in areas such as mental health, psychology and nursing, however, in-house training provided them with the tools to excel in facilitating.

Training was conducted over a 2-week period, where facilitators learnt the fundamentals of the MOTS vision and how to engage a large audience.



Working Options in Education Partnership

Working Options in Education is an employability and life skills charity that has been helping young people to aim high and fulfil their potential.

Working Options in Education has been a major support to Mind of the Student's mental health workshops by assisting in the booking process, and providing information on its services to the schools it works with.

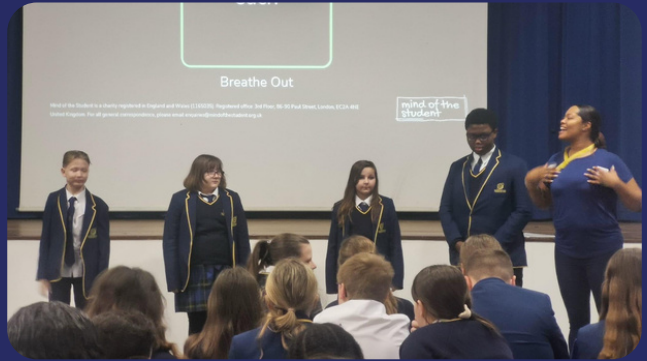
By working collaboratively with another charity, Mind of the Student has been able to expand its resources and reach more communities to provide mental health support for young people.

School Workshop Rollout

Mind of the Student began rolling out its improved mental health workshops in schools across London, Essex and South of England.

Since the roll out of workshops, Mind of the Student has educated over 12,000 young people on important mental health topics, providing them with the necessary knowledge and understanding to recognise their own mental health needs and the support pathways available.





Promotional Video

In May 2023, Mind of the Student started filming content with MAJO productions for its promotional video. Filming took place at its partner school Bower Park Academy, joined by students and teachers to discuss the impact MOTS has had on their school.

CEO and COO, Kieran and Jaylan were interviewed to discuss why they first started Mind of the Student and why they felt the charity's work was so important for young people right now.

This video has allowed the charity to capture the heart of its mission and the impact that it has had on the young people that it visits.

Danny Dyer becomes Ambassador

East-end actor and mental health advocate Danny Dyer joined Mind of the Student to help promote the charity's work and talk to the students on important mental health topics.

Dyer was also interviewed for the promotional video to talk about his experiences with mental health.

He has been a major supporter of the charity and has assisted its mission in spreading the news on mental health awareness in schools.



Pre-Workshop and Post-Workshop Educational Resources

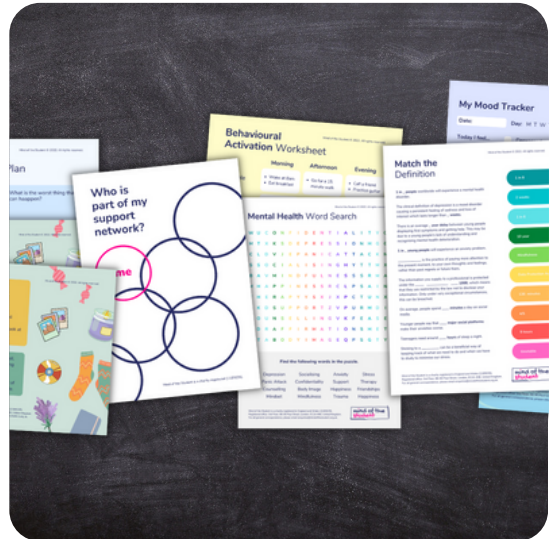
Mind of the Student has worked continuously to improve its work for the education and development of young people's mental health. During the past six months, MOTS has created over ten resources for young people to use after they have received a workshop.

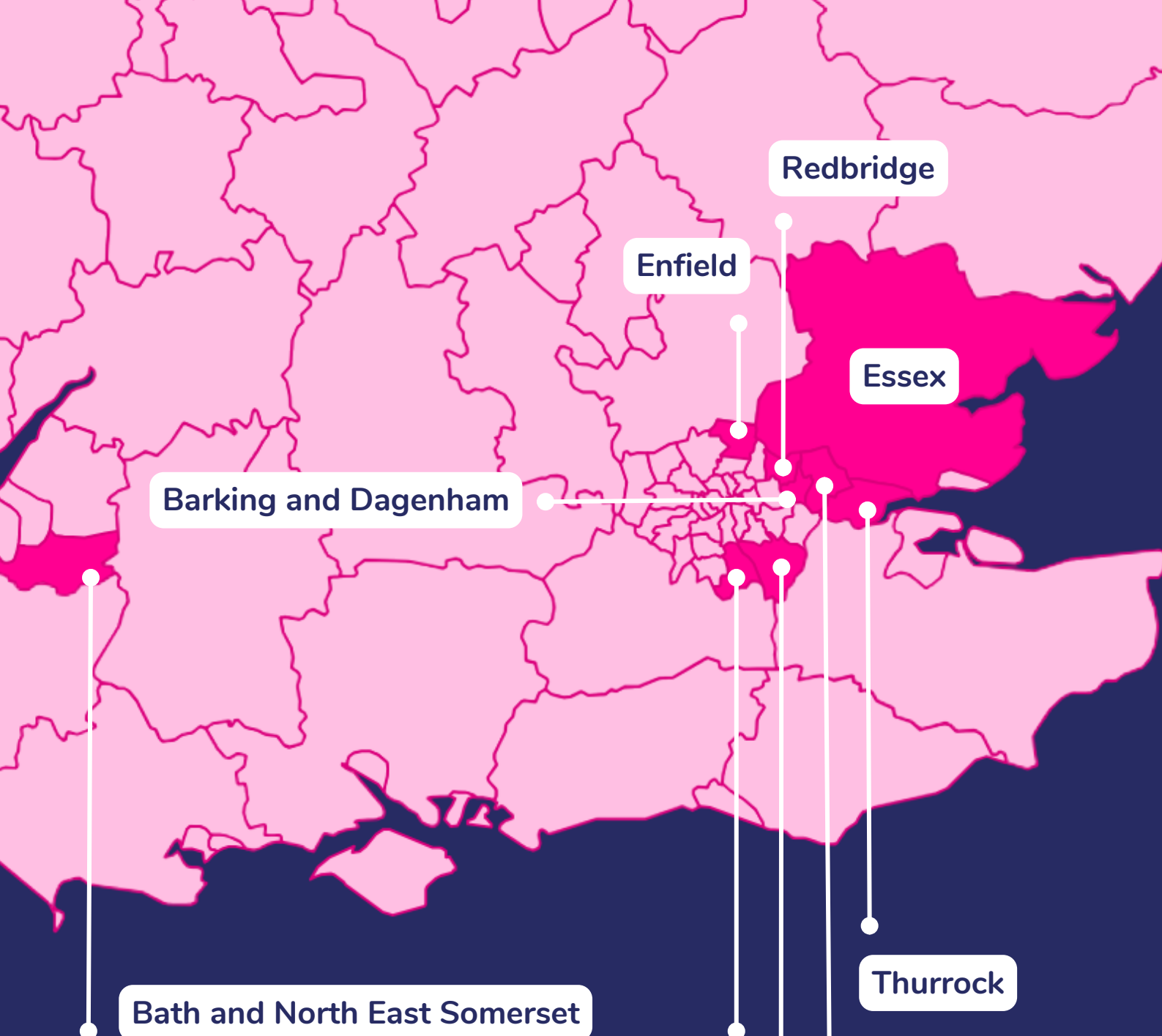
MOTS has created pre- and post-workshop resources including lesson plans for teachers to use before and after a school visit. This is to ensure that teachers are supported through the workshop process and feel more equipped to deal with the challenging topics that MOTS is addressing at their schools.

Mind of the Student In The Press

Throughout the year, Mind of the Student has made an impact in the local news and press. COO, Jaylan Sesli, had the opportunity to speak about the current issues young people are facing, and the long waiting times for support on BBC South East Today.

Additionally, CEO, Kieran Goodwin, had an opportunity to speak on Phoenix FM about MOTS impact in schools and provided advice on how young people could support themselves when experiencing ill mental health.





Communities we work in

Since the workshop rollout began, Mind of the Student has visited over 8 different locations across the South of England, spanning from Essex, to Croydon all the way to Bath and North East Somerset.

Young people living in poverty or experiencing financial stress are more likely to develop mental health problems.

Our charity aims to focus efforts in areas with higher than normal levels of deprivation. Mind of the Student compares data from the Indices of Deprivation, Office for National Statistics (ONS), along with the free school meal percentage, to make an evidence-based decision on which school receives our support.

What teachers are saying about us...



Chelmer Valley High School

Really liked how responsive the facilitators were able to answer questions. Really engaging and students were able to listen and partake without losing focus. **Delivered energetic workshops from start to finish!**

Cooper School

The high-quality presentation that was underpinned by NHS doctors. **The use of young people and students in case studies was also great.**

Barking Abbey School

Thank you for coming in. Well done for what you are doing. **If you had been to my school when I was a student, I suspect my experiences would have been a lot different and certainly for the better.**

Gable Hall School

The high-quality presentation that was underpinned by NHS doctors. **The use of young people/students in case studies was also great.**

Did you know?

92% of teachers would recommend our school mental health programme to a colleague or partner school.

Financial Overview

Income

Mind of the Student's income has grown significantly due to The Hemraj Goyal Foundation funding, community partners, donations from the public and fundraising activities in 2022/23.

COVID-19 affected charitable activities at MOTS which therefore led to reduced income in the previous financial year.



Expenditure

As a result of additional funding, expenditure increased. Increased investment was seen in our school mental health programmes, educational resources and online activities including raising funds. Educational resources includes the maintenance of our website along with classroom worksheets and lesson plans.



Reserves

Mind of the Student has £2,000 in reserves to maintain operating expenses up to one month. The charity is working on increasing its reserves to at least a 3 months operating period, to ensure financial stability.

Report of the Trustees

Report of the Trustees

The trustees of Mind of the Student present their annual report and audited accounts for the year ended 04 July 2023 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Charity Number:	1165035
Constitution / Structure Type:	Charitable Incorporated Organisation (CIO)
Start of Financial Year:	05 July 2022
End of Financial Year:	04 July 2023
Trustees at 03 July 2023:	Mr Brain McGee (Chair) Mr Darren McCabe Ms Skylar McKeith Ms Queenie Chizea Mr Eddie Aylett
Trustee Selection Method:	Elected by Trustees
Chief Executive:	Mr Kieran Goodwin
Organisational Management	<p>The trustees determine the general policy of the charity. The day to day running of the charity is delegated to the CEO, supported by senior staff. The Chief Executive undertakes the key leadership role overseeing programs and administrative functions in consultation with staff and volunteers.</p> <p>The day to day administration of charity is undertaken within the policies and procedures approved by the trustees which provide for only significant expenditure decisions and major capital projects to be referred to the trustees for prior approval. The CEO oversees the recruitment of all staff, administrative and volunteers.</p>

Registered Address:	Mind of the Student 3rd Floor, 86-90 Paul Street London, EC2A 4NE United Kingdom
Date of Incorporation:	05 January 2016
Governing Document:	Memorandum and Articles of Association
Bankers:	Metro Bank 117-121 Bishopsgate London EC2M 3TL United Kingdom
Independent Examiner:	Not required as per Charity Commission guidelines due to low income level in this reporting period.
Risk Management:	<p>The trustees are responsible for the overseeing of the risks faced by the charity. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis.</p> <p>The main risks that the trustees have identified and the plans to manage those risks are:</p> <p>Reputation</p> <p>The charity's success is built on its reputation for the well-being of our volunteers and staff.</p>

We manage this risk through safeguarding policies, staff recruitment policies and active identification and resolution of health and safety related issues through undertaking strict risk management assessments for each activity the charity undertakes.

Money

Our ability to continue is reliant on public donations, corporate support and grant programmes. This risk is managed by marketing activity, having a reputation for national excellence and appropriate cash-flow management.

Programs and Activities

The charity's programs require qualified volunteers and staff to facilitate activities to benefit the public with optimum excellence. We manage this risk by combining attractive benefits and recruiting a diverse workforce to make our charity the most inclusive organisation to work for. All our volunteers and staff undergo initial training and Continual Professional Development (CPD). Prior to employment all applicants are DBS screened (Enhanced).

Through the risk management processes established for the charity, the trustees are satisfied that the major risks identified have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Serious Incidents:

No serious incidents were reported.



mind of the
student

Environmental Sustainability Policy:

Mind of the Student commits itself to minimising its impact on the environment through:

- Providing a safe and healthful workplace;
- Having an environmentally sustainable aware culture, where responsibility is assigned and understood;
- Being an environmentally responsible neighbour in its community;
- Conserving natural resources by reusing and recycling;
- Using, in its own operations, processes that do not adversely affect the environment;
- Ensuring the responsible use of energy throughout the organisation;
- Participating in efforts to improve environmental protection and understanding;
- Taking steps to improve environmental performance continually;
- Conducting rigorous audits, evaluations, and self-assessments of the implementation of this policy;
- Working with suppliers who promote sound environmental practices; and
- Enhancing awareness among our employees, volunteers, and users – educating and motivating them to act in an environmentally responsible manner.

Gifts in Kind:

No gifts in kind have been received during this reporting period.

Reserves:

Mind of the Student has £2,000 in reserves to maintain operating expenses up to one month. The charity is working on increasing its reserves to at least a 3 months operating period, to ensure financial stability.

Financial Position:

We received funds from The Hemraj Goyal Foundation, DNA Insurance, Koyani Education, Child Protection Training UK, Shoot You, Filigrillz, along with fundraising activities collected via JustGiving.

The trustees are continuing their strategy of deploying all net incoming resources to investing in the charitable purposes of Mind of the Student. As a charity, the public, volunteers and staff have the assurance that all the income of the charity must be applied for charitable purposes.

Declaration:

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees:

Mr Brian McGee
Chair

Registered Charity: 1165035



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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Mind of the Student	No (if any) 1165035
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Receipts and payments accounts

For the period from	Period start date 05/07/2022	To	Period end date 04/07/2023
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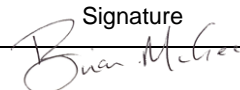
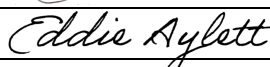
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and legacies	7,018	-	-	7,018	570
Grants	13,440	-	-	13,440	-
Services	250	-	-	250	500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	20,708	-	-	20,708	1,070
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,708	-	-	20,708	1,070
A3 Payments					
Wages	10,401	-	-	10,401	-
Insurance	800	-	-	800	-
Freelance staff	268	-	-	268	-
Telephone	28	-	-	28	-
Print, postage and stationery	518	-	-	518	-
Recruitment & other staff cost	153	-	-	153	-
Advertising & marketing	1,753	-	-	1,753	-
Computer & software	52	-	-	52	-
Internet & website costs	54	-	-	54	-
Travel & subsistence	213	-	-	213	-
Subscriptions	180	-	-	180	-
Training	1,250	-	-	1,250	-
Staff entertaining	131	-	-	131	-
Meeting Room	136	-	-	136	-
Computer equipment	282	-	-	282	-
Sub total	16,218	-	-	16,218	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,218	-	-	16,218	-
Net of receipts/(payments)	4,490	-	-	4,490	1,070
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	230	-	-	230	-
Cash funds this year end	4,720	-	-	4,720	1,070

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	4,720	-	-
	Cash	-	-	-
		-	-	-
	Total cash funds	4,720	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds 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			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	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
	Brian McGee	05/07/2023
	Eddie Aylett	05/07/2023