

Sakoon Mind



Find Your Missing Peace

Annual Trustees Report

REPORTING PERIOD
1ST APRIL 2025 TO 31ST MARCH 2026



SCOTTISH MENTAL HEALTH CHARITY
CHARITY NUMBER: SCO52896

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Chair's Welcome

Dear Friends and Supporters,

This past year has been a truly special chapter in the Sakoon Mind journey. Every session, every conversation, and every moment of connection has reminded us why we do what we do — to help people find their missing peace.

Thanks to our amazing team, dedicated volunteers, and generous supporters, we've been able to support over **500 individuals**, run **10 workshops** and **3 events**, and build new partnerships that will shape the future of mental well-being in our community.

As we move forward, we're excited to keep growing, learning, and reaching even more people with compassion and creativity.

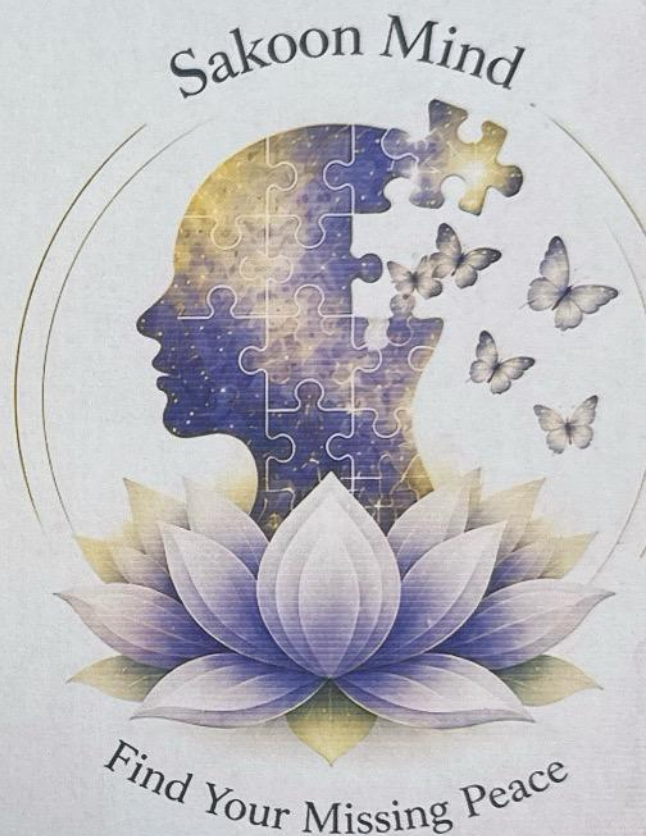
Thank you for believing in us, standing with us, and inspiring us to dream bigger every day.

WITH HEARTFELT GRATITUDE,

Taj Kooner



CHAIR OF TRUSTEES
SAKOON MIND





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Who We Are

Sakoon Mind is a mental health and wellbeing charity dedicated to creating safe, compassionate, and empowering spaces for individuals to heal, connect, and grow.

While our work began with a strong focus on supporting South Asian communities and addressing the cultural stigma surrounding mental health, over the past year Sakoon Mind has evolved into a multicultural charity where everyone is welcome — regardless of background, culture, faith, age, or life experience.



We are all about lived experiences.

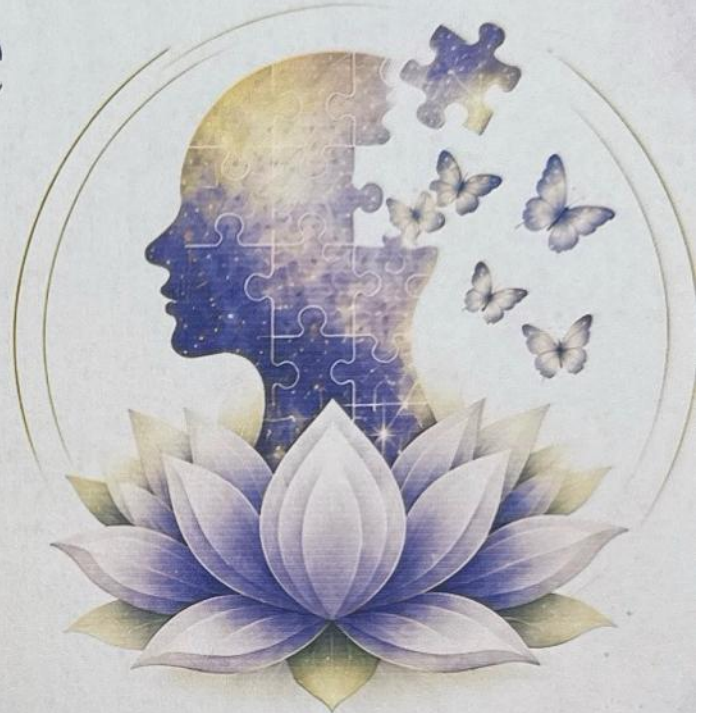
Much of our work is shaped by real stories, personal journeys, and a deep understanding of the challenges many individuals face in silence. We believe that healing often begins when people feel genuinely understood, seen, and heard by others who can relate to their experiences with empathy and compassion.



Through workshops, wellbeing events, support sessions, creative healing activities, and community outreach, we aim to reduce isolation, encourage open conversations, and help people find their missing peace.



We believe mental wellbeing should be accessible, inclusive, culturally sensitive, and community-led. Our mission is to create environments where every individual feels valued, supported, empowered, and connected — no matter who they are or where they come from.





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Our Mission

At Sakoon Mind, our mission is to promote mental health and wellbeing for all by creating safe, inclusive, and empowering spaces where individuals can heal, grow, and thrive.

Through lived experiences, community connection, and compassionate support, we break the stigma, raise awareness, and help people find their missing peace.



Our Values

Our values guide everything we do. They are at the heart of our work and how we support our community.



COMPASSION

We lead with kindness, empathy, and understanding in everything we do.



INCLUSION

We welcome everyone and celebrate diversity. Our spaces are for all, without judgment.



RESPECT

We honour every individual's story, culture, and experience with dignity and respect.



INTEGRITY

We are honest, transparent, and accountable in our actions and decisions.



EMPOWERMENT

We empower individuals to build resilience, confidence, and hope for the future.



COMMUNITY

We believe in the power of connection and working together to create change.



Together, we create spaces to heal, grow and find peace.





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Our Impact

Every session. Every conversation. Every connection.
Together, they create change.

Over the past year, with the support of our community, volunteers, and partners, we have been able to reach more people, deliver more support, and create more spaces for healing and hope.

Here's the impact we've made together.



500+

INDIVIDUALS
SUPPORTED

Through our workshops, events, and 1:1 support.



10

WORKSHOPS
DELIVERED

Covering a range of mental health and wellbeing topics.



3

COMMUNITY
EVENTS

Bringing people together to connect, learn and grow.



100+
HOURS OF
SUPPORT

Provided through sessions, check-ins, and community outreach.



DIVERSE &
INCLUSIVE

A multicultural community where everyone is welcome and valued.



SAFE SPACES
CREATED

For open conversations, lived experiences and emotional wellbeing.



COUNTLESS
LIVES
TOUCHED

Through compassion, listening, and understanding.



WHAT OUR COMMUNITY SAYS

“



“Sakoon Mind gave me a space where I felt truly seen and understood. It changed my perspective on so many things.”

– Workshop Participant



“The sessions are always so meaningful. I leave feeling lighter, more confident, and not alone.”

– Community Member



“A safe, inclusive space for everyone. The work you do is so needed.”

– Event Attendee



REAL PEOPLE. REAL STORIES. REAL CHANGE.

We measure impact not just in numbers, but in the stories shared, the confidence built, the connections made, and the lives that continue to move forward.

Thank you for being part of this journey.

Together, we are building a stronger, kinder, more mentally healthy community. ♥

Community Outreach

At Sakoon Mind, we believe that real change happens in community. Our outreach work ensures that support, connection and wellbeing are accessible to everyone.

Through events, workshops and partnerships, we create safe, inclusive spaces where people can connect, share and feel truly seen.

MAKING AN IMPACT TOGETHER



BUILDING CONNECTIONS

Bringing people together to reduce isolation and strengthen bonds.



RAISING AWARENESS

Breaking stigma and encouraging open conversations about mental health.



CREATING SAFE SPACES

Offering welcoming environments where everyone feels heard and valued.



PROMOTING WELLBEING

Providing tools, activities and support to nurture mental wellbeing.



WORKING TOGETHER

Collaborating with local groups, partners and volunteers to reach more people.



CELEBRATING DIVERSITY

Honouring cultures and ensuring our spaces are inclusive for all.

OUR OUTREACH IN ACTION

- ✓ Wellbeing workshops and creative activities
- ✓ Community events and awareness sessions
- ✓ Peer support and safe space conversations
- ✓ Partnerships with local organisations
- ✓ Volunteer-led outreach and engagement
- ✓ Culturally sensitive support for diverse communities



Thank you to everyone who supports our mission and helps us build a stronger, kinder, more mentally healthy community.

Together, we create spaces to heal, grow and find peace. ♥





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Creative Healing

At **Sakoon Mind**, we believe creativity has the power to heal, inspire and transform. Our creative healing sessions offer a safe, supportive space where individuals can express themselves freely, explore their emotions, and reconnect with their inner strength.

Through art, mindfulness and self-expression, we help people reduce stress, build confidence, and nurture their mental and emotional wellbeing.

No experience is needed—just a willingness to show up, be yourself, and create.

THE POWER OF CREATIVE HEALING



EMOTIONAL EXPRESSION

Helps release emotions that are hard to put into words.



REDUCES STRESS & ANXIETY

Creative activities promote calm, relaxation and mindfulness.



BUILDS CONFIDENCE

Encourages self-belief and a sense of achievement.



COMMUNITY & CONNECTION

Brings people together in a supportive and non-judgemental environment.



INSPIRES GROWTH

Supports personal reflection, healing and positive transformation.



NURTURES WELLBEING

Supports mental wellbeing and overall emotional balance.



“Being creative helps me slow down, release what I’m carrying and focus on the present. I always leave feeling lighter and calmer.”

— Workshop Participant



Creative healing is a reminder that it's okay to pause, reflect and nurture yourself. Together, we create, we heal, we grow.

Together, we create spaces to heal, grow and find peace.



OUR CREATIVE HEALING ACTIVITIES INCLUDE:



ART & PAINTING

Explore colours, creativity and emotion through art.



MINDFUL CRAFTING

Gentle, mindful activities to promote relaxation and focus.



JOURNALING & WRITING

Express thoughts, feelings and reflections through words.



NATURE INSPIRED CREATION

Drawing inspiration from nature to spark creativity.



GROUP CONNECTION

Creative activities that build connection, trust and community.



MIXED MEDIA & MORE

A variety of materials and mediums to explore and enjoy.





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Looking Ahead



As **Sakoon Mind** continues to grow, we remain committed to creating safe, inclusive, and empowering spaces where individuals can access support, build connections, and improve their mental wellbeing.



Over the past year, much of our work and many of our workshops have taken place across **North Lanarkshire**, where we have built strong community relationships and created welcoming spaces for open conversations, wellbeing support, and creative healing.



Looking ahead, one of our key goals is to expand our outreach and impact across the wider **Central Belt**, including **Glasgow and Edinburgh**, allowing us to reach more individuals and communities who may benefit from culturally sensitive, lived-experience-led mental health support.

OVER THE COMING YEAR, WE AIM TO:



Deliver more workshops and wellbeing events across **Glasgow and Edinburgh**.



Expand **community outreach and partnership working**.



Increase **creative healing and wellbeing activities**.



Strengthen **volunteer and community engagement**.



Create more **safe, inclusive, and supportive spaces**.



Reach more individuals through **multicultural and community-led** programmes.



Continue **breaking stigma** surrounding mental health through conversation and connection.

EXPANDING OUR IMPACT ACROSS THE CENTRAL BELT



From North Lanarkshire to Glasgow & Edinburgh – reaching more communities, creating more connections, and supporting more lives.



We hope to continue building strong partnerships with local organisations, community groups, and professionals to ensure support remains **accessible, compassionate, and community-focused**.



At **Sakoon Mind**, we believe every conversation has the power to create change. Through **compassion, collaboration, and lived experiences**, we hope to continue building stronger and more mentally healthy communities across Scotland.



Together, we create spaces to heal, grow and find peace.





FINANCIAL BREAKDOWN

OPENING BALANCE 4135.94

INCOME

The National Lottery	20000
VANL	14850
Carers	3000
Robertsons	1000
Robertsons	1250
NLC	1000
Cashbacks/Returns	381.01

41481.01

EXPENDITURE

Rent	4920
Wifi/ Internet	300
British Gas	264.16
Water	104.06
Insurance	130.19
Chat GPT	215.95
Fees/ Charges	155
Facilitators	750.49
Venue Hire	350
Events	5033.5
Volunteers	1000
Meetings	1512.64
Printing/ Design	160
Petrol/ Parking	716.24
Marketing	312.53
Misc	195.05
Training	935.21
Office Equipment	1272.28
Digital	134.99
Catering	2290.16
Refreshments	1350.42
Workshops	3789.56
Total Expenses	25892.43

25892.43

15588.57

15588.57

Closing Balance

19724.51

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Every contribution helps us create safe spaces, offer support, and bring hope to our community.



FINANCIAL HIGHLIGHTS



Total Income
£41,481.01



Total Expenditure
£25,892.43



Closing Balance
£19,724.51



Thank you for believing in Sakoon Mind and supporting our mission.

Date: 24/07/2026

Signed: Sandy Kur

Signed: H. Cur



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GOVERNANCE & RISK



Sakoon Mind is governed by a voluntary Board of Trustees who provide strategic direction, oversight, and accountability for the organisation's activities and operations.



The Board works to ensure that Sakoon Mind continues to operate in line with its charitable purposes, values, and legal responsibilities while maintaining a strong commitment to integrity, transparency, and community impact.



The trustees meet regularly to review organisational progress, financial performance, safeguarding responsibilities, operational matters, and future planning. Day-to-day activities are supported through collaboration between trustees, volunteers, facilitators, and community partners.



As a growing community-led charity, Sakoon Mind recognises the importance of maintaining effective governance structures and risk management processes to support the safe delivery of services and activities.



The organisation regularly reviews potential risks that may impact operations, including:



Financial sustainability



Health and safety



Safeguarding and wellbeing



Data protection and confidentiality



Volunteer capacity



Operational and reputational risks



Measures are in place to reduce and manage these risks wherever possible, including regular policy reviews, safeguarding procedures, financial monitoring, partnership working, and ongoing communication between trustees and volunteers.



Sakoon Mind remains committed to continuous learning, good governance, and strengthening organisational practices to support future growth and long-term sustainability.



Strong governance helps ensure that the charity continues to deliver safe, inclusive, and meaningful support for the communities it serves.



GOOD GOVERNANCE. MANAGED RISKS. STRONGER COMMUNITIES.

Together, we create lasting impact.



Independent Examiner's Statement



In the course of 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 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

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.

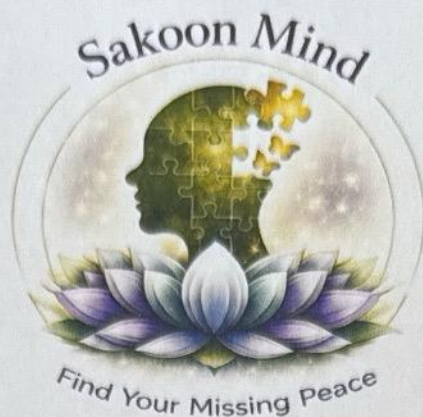
Signed: Angela O'Hare

Name: Angela O'Hare

Date: 22nd July 2026

Address: 32E Hunter Street
Airdrie ML6 6NR

Telephone: 07793886062



CONTACT DETAILS



We'd love to hear from you. Whether you have a question, would like to get involved, or want to learn more about our work, please get in touch.

We are here to help.



ADDRESS

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REGISTERED CHARITY

Registered Charity No: SC052896



SCAN ME

Scan to visit our website



Sakoon Mind is a community-led mental health charity supporting wellbeing, connection and hope.

TOGETHER, WE CREATE LASTING IMPACT.



Thank you for supporting

Sakoon Mind.

Together, we create
a kinder, stronger
community.

