

THE COMPASSIONATE MIND FOUNDATION

England & Wales · Charity number 1120364

Details

Status	Registered
Legal form	Charitable company
Company number	05888231
Registered	2007-07-31
Register	View on the Charity Commission register

Contact

Address	Compassionate Mind Foundation Markeaton Lodge University of Derby Markeaton Street Derby DE22 3AW
Phone	01332423376
Email	hello@compassionatemind.co.uk
Website	www.compassionatemind.co.uk

Activities

Objects: TO PROMOTE THE PRESERVATION AND PROTECTION OF GOOD HEALTH THROUGH THE SCIENTIFIC UNDERSTANDING AND APPLICATION OF COMPASSION AND, IN ADDITION, TO INTRODUCE THE THEORY AND PRACTICE OF COMPASSIONATE MIND TRAINING FOR SHAME BASED DIFFICULTIES.

Activities: The Foundation promotes wellbeing through the scientific understanding and application of Compassion Focused Therapy and compassionate mind training. It supports research and provides trainings (including workshops, conferences and diploma) as well as resources and opportunities for professional community networking and general public support.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE DERBYSHIRE
- Scotland
- Birmingham City
- Derbyshire
- Gloucestershire
- Hertfordshire
- Leicestershire
- Manchester City
- Northamptonshire
- Nottinghamshire
- Oxfordshire
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£938,507	£956,059	£239,539	14
2024-07-31	£861,404	£915,027	£257,091	14
2023-07-31	£635,445	£771,110	£310,714	14
2022-07-31	£634,649	£545,948	£446,379	12
2021-07-31	£557,602	£351,305	£357,678	7

Trustees

Name	Role	Appointed
Kirsten McEwan	Chair	2017-01-11
Diane Rosalind Woollands		2013-04-01
Dipen Shah		2019-07-15
JEAN GILBERT		2007-07-27
Judith Forrest		2020-09-28

THE COMPASSIONATE MIND FOUNDATION

England & Wales - Charity number 1120364

Accounts

Company registration number: 05888231
Charity registration number: 1120364

**THE COMPASSIONATE MIND FOUNDATION
TRUSTEES' REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2025**

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Co.

The Compassionate Mind Foundation

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The Compassionate Mind Foundation
Company No. 05888231
Trustees' Report For The Year Ended 31 July 2025

The trustees present their report and the financial statements for the year ended 31 July 2025.

Objectives and Activities

Aims and Objectives

The Compassionate Mind Foundation (CMF) is a charity which promotes wellbeing through facilitating the scientific understanding and application of an evolution informed biopsychosocial approach to compassion which forms the basis of a psychotherapy (Compassion Focused Therapy, CFT) and Compassionate Mind Training (CMT). The Foundation:

- Supports research and teaching of an evolution informed and biopsychosocial compassion focused approach to human difficulties.
- Provides workshops, conferences, diploma and a number of different resources for clinicians and individuals to support their work and personal practice.
- Facilitates open discussion on how to further promote a compassionate focus in many domains of human activity.
- Supports dissemination of the flow of compassion whereby we are able to be compassionate to others, open to the compassion from others, and compassionate to ourselves.

Management

The responsibility to ensure appropriate management of the Charity is vested in the Board of Trustees.

Most Trustees are already familiar with the practical work of the Charity. However, new Trustees are encouraged to visit the Charity's offices, website, etc. and attend meetings and events to familiarise themselves with the Charity and the context in which it operates. Staff and Trustees are provided with an induction process and guidance.

Risk Management

The Board has agreed a risk management structure for the organisation and has identified the major risks to which the organisation is exposed. Where appropriate, systems and procedures have been established to mitigate the risks faced by the Charity. Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects.

Public Benefit

The Compassionate Mind Foundation promotes wellbeing through the scientific understanding and application of compassion, Compassion Focused Therapy (CFT), and Compassionate Mind Training (CMT).

This is carried out through various activities, including training, research, and resource development, all intended to benefit professionals, researchers, community groups, and the wider public.

The Foundation offers a wide range of training and personal practice opportunities, including workshops, a diploma, an international conference, and personal practice sessions. This supports and widens access to professional and personal development.

Through interviews, outreach initiatives, and collaborations, the Foundation works to raise awareness of the scientific understanding of compassion. The Foundation offers freely accessible guided practices, meditations, and materials through its website to support individuals.

The Foundation maintains an active research programme, working with national and international collaborators to advance understanding of CFT and CMT across a variety of settings and contexts. By making research findings and scales freely accessible, the Foundation contributes to ongoing developments in compassion science.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

The Compassionate Mind Foundation Trustees' Report (continued) For The Year Ended 31 July 2025

Achievements and Performance

Charitable Activities

The Foundation delivered a wide-ranging programme of trainings in 2024–2025, marked by the continued success of the BPS-approved Diploma in Compassion Focused Therapy, which has now trained 123 clinicians across three years and attracted strong international engagement and excellent participant feedback. Alongside this, 35 online workshops, an in-person retreat, and the 13th annual CFT conference reached nearly 2,850 attendees. In addition, personal practice mediation sessions for the general public were provided on a donation basis. Bespoke organisational trainings continued to grow as a valued strand of activity. Community membership remained another key area of the Foundation as well as 16 active Special Interest Groups and 18 international affiliates contributing to a vibrant global network. Marketing efforts expanded through targeted professional advertising and digital campaigns, helping to increase visibility and sustain registrations across the Diploma, workshops and conference. The Foundation also advanced several research projects this year, including a study exploring healthcare professionals' experiences of COVID-19, the development of a new scale tapping into tendencies to wait or hope for rescue versus self-reliance, service evaluation of group Compassion Focused Therapy, and Compassionate Mind Training for teachers and students.

1. Diploma in Compassion Focused Therapy, BPS Approved Training

The Diploma is a ten-month course that has been developed to meet the growing interest, research, and practice of Compassion Focused Therapy (CFT). This course offers a unique opportunity to be part of a growing international community of people who are working with CFT. Compassion Focused Therapy (CFT) seeks to help those experiencing transdiagnostic problems like shame, self-criticism and trauma, and more specific mental health difficulties, such as depression and anxiety. Please refer to our website for further details of this training:

<https://www.compassionatemind.co.uk/compassion-focused-therapy-diploma>

The course is designed to facilitate learning and experience by creating a balance of theory and practice elements. This balance ensures that learning is meaningful to everyday practice, and we hope to provide a supportive learning environment. We have been working on setting up and testing our new learning platform, Mighty Networks for the new cohort of 2025–2026.

This is the third year running for the CFT Diploma. 44 trainees participated on the course; making a total of 123 therapists have completed the training in three years (2022–2023: 35, 2023–2024: 44, 2024–2025: 44). The course attracted trainees from the following countries: UK, Northern Ireland, Ireland, Switzerland, Germany, Chile, USA, Brazil, Dubai, Russia, Turkey, Greece, Australia, Vietnam, Singapore and Kenya.

Feedback from course evaluation forms was overwhelmingly positive about the quality and relevance of the materials, the way the course was presented (workshops, masterclasses and reflective spaces), the trainers, the support they received, the length and pace of the course, supervision and relevance to practice. Trainees would also recommend the course to their colleagues.

2025/2026 may be a challenging year due to reduction in funds from the NHS, and we have seen an increased number of requests for EDIF (Equality Diversity & Inclusivity Fund) including NHS staff, not just lower income countries. We are continually monitoring the applications and the expected funding streams; we intend to regularly meet with the advertising team to increase awareness of the CFT Diploma across more populations.

2. Events

We hosted 35 workshops from September 2024 to July 2025 including trainings to give an overview of CFT and its application in different areas such as depression, cancer, shame, vulnerable children, ecopsychology, psychosexual and many self-practice opportunities including an in-person retreat in York. Approximately 1,950 people attended workshops in 2024–2025. Given the interest, most workshops were online, allowing delegates from a wider international audience to access our trainings. The plan for 2025/2026 is to increase the number of workshops and add 5 additional workshops. This includes personal practice workshops and retreats as well as several meditation series for the general public. We will be largely focused on online trainings due to low interest for in-person trainings so far but are keen to offer hybrid options where possible.

Full list of current workshops can be found here: <https://www.compassionatemind.co.uk/training>

In October 2024, our 13th annual Compassion Focused Therapy (CFT) conference was held at Birmingham, Millenium Point and livestreamed. The theme was "Compassion and the Harmful Mind". Topics included working with trauma, shame, suicidal behaviours, difficult emotions, forensics and more. Over 200 people from around the world attended each day in person and it was well received.

Organisations have continued to seek bespoke training which we have delivered throughout the year with support of internal and external specialist trainers. This allows organisations to tailor the training to their budgets and needs. This year has seen requests from ½ -day to 4-days with the focus ranging from forensics, introduction to CFT, clinical skills, physical health, chronic fatigue, children & young people to perinatal and many more. We have also provided group supervision sessions to bespoke teams. By the end of the previous financial year 2023–2024, we delivered 27 bespoke training workshops and 17 bespoke training workshops in financial year 2022–2023, compared to 22 bespoke workshops as of this financial year 2024–2025. Over the last 7 years, we have trained over 3,067 attendees under the bespoke training. We have received very positive feedback from attendees and hope to grow this area.

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The Compassionate Mind Foundation Trustees' Report (continued) For The Year Ended 31 July 2025

Charitable Activities - continued

3. Community Membership, Special Interest Groups (SIGs) and Affiliates

Another key area of the Foundation is community development. We offer a community membership designed to support and inspire compassion focused practice. Community membership is an endeavour to build a community of members who will have access to a range of resources such as roleplays. All income raised helps to support the Foundation and the work that we do. In 2024-2025, we had 686 community members, and this remains stable to 2023-2024, with 680 community members.

We have 16 Special Interest Groups (SIGs) this year, compared to 14 last year, and each are led by experienced and dedicated members of our community. They have been established to support and cultivate the application of Compassion Focused Therapy and Compassionate Mind Training within a particular field or area. Each SIG has its own discussion list, where members share recent publications, explore clinical or practical issues, come together to discuss certain topics or share practice. These are free to join. These SIGs are intended for professional use and aimed at those working in healthcare. Last year, a key investment made was moving the management of the SIGs from Google Groups to Gagglemail, all groups successfully migrated to Gagglemail.

Since 2006, the Compassionate Mind community has expanded internationally, and we are delighted that so many of our global colleagues have set up their own centres and communities (18 so far). You can explore and connect with our International Affiliates via our website, where they are split by regions/countries.

We have continued to work on co-ordinating several SIGs and affiliate groups. We are also working on building an 'international library of guided practices and resources' which will offer materials in a few different languages. We hope members of our affiliate groups will contribute. This will fall under the Equality, Inclusivity and Diversity aims of the Foundation, which is continually being developed by the team.

4. Marketing

2024/2025 saw a continuation of raising awareness of the Foundation, with a focus on reaching UK and International audiences, using a variety of media channels including – advertising to members of professional bodies such as the BPS, BACP and BABCP via their printed magazines, growing our social media presence on Facebook, Instagram and LinkedIn (note we have relinquished our presence on X - formerly Twitter). Our partnership with a Digital Marketing agency enabled us to set the foundations for delivering paid social media advertising as well as exploring Pay-Per-Click advertising via Google and Bing Ads.

Through investing time and resource in planning and organising and with the help of additional support tools we delivered a consistent weekly programme of advertising for our Workshops, Conference and Diploma training across a range of media, helping to ensure a steady increase in registrations.

5. Research

One of the main aims of the Foundation is to support research. We have continued working on a number of projects including:

Studies relating to the impact of COVID-19. One study included exploring the experiences of healthcare professionals (HCPs) working with COVID-19 patients. While their experiences have been studied regarding stresses and fear-based traumas, HCPs also witnessed and experienced these trauma, in terms of tragedy. We developed a survey to explore different dimensions and patterns of HCPs' experiences with a focus on issues of sadness, grief and tragedy. Focusing on the tragic elements of a trauma invites a different narration, language and way of working through trauma in comparison to fear-based trauma. We are working on writing up the results for publication.

Another study developed a new self-report scale to explore people's experiences of hoping and waiting to be rescued. There is anecdotal evidence that some people find it difficult to engage with self-help for life difficulties. So, our study sought to develop a self-report scale to explore these experiences. The scale was completed by a total of 445 people alongside measures of emotion dysregulation, reassurance seeking, depression, anxiety, stress, self-other relating, social comparison, social safeness, early memories and parental bonding. Analyses revealed a scale with good factor structure that separated into two key themes:

1. Hoping and waiting for rescue from others and
2. Self-reliance. Hoping and waiting for rescue was negatively correlated with self-reliance. It was also correlated with parental over-protection (but not care), lack of feeling socially safe, higher reassurance-seeking, depression, anxiety, stress, and emotion dysregulation. The scales demonstrated good test-retest reliability and internal consistency. The study suggests that individuals who feel they need others to rescue them are less oriented to self-reliance and self-help. Moreover, this coping style is associated with a range of mental health difficulties. Therapists can be alert to these difficulties regarding why clients might not engage in self-help and help clients address them, including linking them to other issues such as unprocessed emotions associated with early attachment difficulties. For more information see: <https://bpspsychub.onlinelibrary.wiley.com/doi/10.1111/papt.12588>

We also supported therapists at Derbyshire Healthcare NHS Foundation Trust and visiting Associate Professor from the Brigham Young University to develop a 11-week Compassion Focused Therapy (CFT) group. We helped design, supervise and evaluate the group. Ten clients were invited to the group; one withdrew before the group started because of work and personal commitments and another attended five sessions, improved, and was able to obtain employment and left. The remaining eight clients attended eleven 2-hour sessions of group CFT. Preliminary feedback suggests that the group was well received, and we are working on analysing and writing up the results of the evaluation for publication.

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The Compassionate Mind Foundation Trustees' Report (continued) For The Year Ended 31 July 2025

Charitable Activities - continued

The Foundation has continued to work with colleagues from the University of Derby and University of Coimbra, Portugal to develop Compassionate Mind Training for teachers and students. To date, studies have also involved 600 school staff across England, Wales and Portugal. Results show significant decreases in anxiety, depression and stress, improved job satisfaction and physiological health (as measured by heart rate variability). Trials have involved over 400 students across the Midlands and northwest of England. This has led to studies of how Compassionate Mind Training can have epigenetic and other physiological impacts. For more information, please see:

<https://link.springer.com/article/10.1007/s12671-024-02360-3>

<https://link.springer.com/article/10.1007/s12671-019-01185-9>

<https://link.springer.com/article/10.1007/s12671-024-02303-y>

<https://link.springer.com/article/10.1007/s12671-021-01778-3>

The Foundation also supported a small number of projects with grants. This included a study exploring the impact of compassionate mind training intervention for teachers on indicators of mental, physical, and professional wellbeing, and biophysiological and epigenetic markers. For more information see

<https://www.cambridge.org/core/journals/european-psychiatry/article/can-compassion-impact-us-on-a-cellular-level-preliminary-findings-on-the-effects-of-a-compassion-focused-intervention-on-immunological-markers-and-ctra-gene-expression/92BC42D48DD54677F689FBFA56C2E2E2>

Financial Review

Financial Position

Given the rapid growth of the Charity, there are plans to reinvest funds into the development of training provisions, ensuring a flexible blend of hybrid and online delivery. Following the previous financial year, which focused on investment in infrastructure and the recruitment of additional staff to support increased levels of activity, the current year centred on maintaining this development while strengthening cost control and managing any associated financial risks.

The Charity is continuously trying to raise funds to further expand activities, including the development of new workshops, raising the Charity's profile to a wider international audience, development of self-help programmes and the introduction of a non-therapist Compassion Focused Therapy (CFT) Diploma. Funds will also be used to support research projects and the continued development of high-quality resources to support training and personal practice.

The Charity will also continue to offer more scholarships via our Equality, Diversity, Inclusivity Funding Grant (EDIF discount) and award free places on the training programmes, workshops, and conferences.

Reserves Policy

The policy of the Trustees is to generate funds from training activities, conference, CFT Diploma, membership subscriptions and charitable donations in order to facilitate the work of the Foundation. This is to increase the understanding and application of an evolution informed biopsychosocial approach to compassion. We are developing a fund from training events to cover the costs of running the Charity, undertaking research, maintaining the website, and paying trainers.

The Trustees have reviewed their reserves policy and decided to amend the calculation for the required reserve amount. Previously set at six months of running costs, it is now based on three months of running costs, aligned with contractual obligations and relevant costs.

Hence, the Trustees estimate that a reserve amount of £116,500 is required to cover three months running costs of the Charity. The financial statements currently show an unrestricted reserve of £232,689 for the Charity as of 31st July 2025. The Trustees will continue to monitor the reserves policy.

Structure, Governance and Management

Governing Document

The Compassionate Mind Foundation is a Company limited by guarantee and a Registered Charity (collectively referred to as the "Charity"). The Charity was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Charity being wound up, the Trustees are required to contribute an amount not exceeding £10.

The Board is in the process of updating the Memorandum and Articles.

**The Compassionate Mind Foundation
Trustees' Report (continued)
For The Year Ended 31 July 2025**

Organisational Structure

The Charity is managed by the Board of Trustees, who are supported by the employees and a number of committees, who represent a variety of professional backgrounds relevant to the work of the Charity. The employees meet with the Trustees on a quarterly basis to discuss the future strategy and policy of the Charity in an advisory capacity.

The final decision-making process is the responsibility of the Trustees.

**The Compassionate Mind Foundation
Trustees' Report (continued)
For The Year Ended 31 July 2025**

Reference and Administrative Details

Trustees

J Gilbert - Trustee
Dr K McEwan - Chair
J Forrest - Trustee
D Shah - Trustee
D R Woollands - Trustee
P T Schroder - Trustee

Other Personnel

Prof. P Gilbert - President

Charity Number

1120364

Company Number

05888231

Registered Office

Markeaton Lodge
University of Derby
Markeaton Street
Derby
DE22 3AW

Independent Examiner

Neil King FCCA
Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
DE22 3AG

Bankers

The Co-operative Bank
PO Box 250
Delf House
Skelmersdale

**The Compassionate Mind Foundation
Trustees' Report (continued)
For The Year Ended 31 July 2025**

Statement of Trustees' Responsibilities

The trustees (who are also the directors of The Compassionate Mind Foundation for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statement unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP (Statement of Recommended Practice);
- make judgments and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The trustees' report was approved by the board of trustees and signed on its behalf by:



Dr K McEwan

Trustee

Date 24/02/26

The Compassionate Mind Foundation
Independent Examiner's Report to the Trustees of The Compassionate Mind Foundation
For The Year Ended 31 July 2025

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2025.

Responsibilities and Basis of Report

As the charity trustees of the Company (and also its directors for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

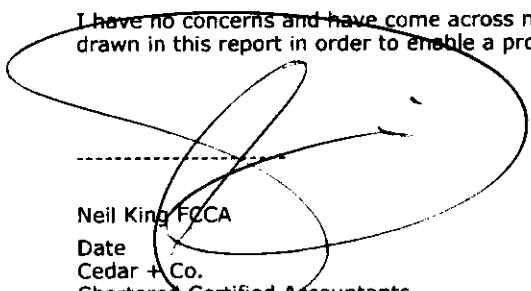
Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



Neil King F2CA

Date

Cedar + Co.

Chartered Certified Accountants

The Greenhouse

106-108 Ashbourne Road

Derby

DE22 3AG

The Compassionate Mind Foundation
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 July 2025

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	3,566	-	3,566	3,293
Charitable activities	4	934,941	-	934,941	858,111
		<u>938,507</u>	<u>-</u>	<u>938,507</u>	<u>861,404</u>
EXPENDITURE ON:					
Charitable activities	5	(956,059)	-	(956,059)	(915,027)
NET EXPENDITURE		<u>(17,552)</u>	<u>-</u>	<u>(17,552)</u>	<u>(53,623)</u>
NET MOVEMENT IN FUNDS		<u>(17,552)</u>	<u>-</u>	<u>(17,552)</u>	<u>(53,623)</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		250,241	6,850	257,091	310,714
TOTAL FUNDS CARRIED FORWARD	12	<u>232,689</u>	<u>6,850</u>	<u>239,539</u>	<u>257,091</u>

The notes on pages 13 to 17 form part of these financial statements.

The Compassionate Mind Foundation
Comparative Statement of Financial Activities (including Income and Expenditure
Account)
For The Year Ended 31 July 2025

		Unrestricted funds	Restricted funds	2024 Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	3,293	-	3,293
Charitable activities	4	858,111	-	858,111
		<u>861,404</u>	<u>-</u>	<u>861,404</u>
EXPENDITURE ON:				
Charitable activities	5	(912,527)	(2,500)	(915,027)
NET EXPENDITURE		<u>(51,123)</u>	<u>(2,500)</u>	<u>(53,623)</u>
NET MOVEMENT IN FUNDS		<u>(51,123)</u>	<u>(2,500)</u>	<u>(53,623)</u>
RECONCILIATION OF FUNDS:				
Total funds brought forward		301,364	9,350	310,714
TOTAL FUNDS CARRIED FORWARD	12	<u>250,241</u>	<u>6,850</u>	<u>257,091</u>

The notes on pages 13 to 17 form part of these financial statements.

**The Compassionate Mind Foundation
Statement of Financial Position
As At 31 July 2025**

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	8	8,502	-	8,502	17,415
		8,502	-	8,502	17,415
CURRENT ASSETS					
Stocks	9	191	-	191	254
Debtors	10	73,021	-	73,021	117,419
Cash at bank and in hand		360,741	6,850	367,591	515,558
		433,953	6,850	440,803	633,231
Creditors: Amounts Falling Due Within One Year	11	(209,766)	-	(209,766)	(393,555)
NET CURRENT ASSETS (LIABILITIES)		224,187	6,850	231,037	239,676
TOTAL ASSETS LESS CURRENT LIABILITIES		232,689	6,850	239,539	257,091
NET ASSETS		232,689	6,850	239,539	257,091
FUNDS OF THE CHARITY					
Restricted Funds				6,850	6,850
Unrestricted Funds				232,689	250,241
TOTAL FUNDS	12			239,539	257,091

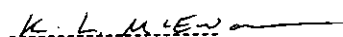
For the year ending 31 July 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

On behalf of the board



Dr K McEwan

Trustee

Date 24/02/26

The notes on pages 13 to 17 form part of these financial statements.

The Compassionate Mind Foundation
Statement of Cash Flows
For The Year Ended 31 July 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Net cash (used in)/generated from operations	1	(146,885)	43,758
Net cash (used in)/generated from operating activities		<u>(146,885)</u>	<u>43,758</u>
Cash flows from investing activities			
Purchase of tangible assets		<u>(1,082)</u>	<u>(7,584)</u>
(Decrease)/increase in cash and cash equivalents		<u>(147,967)</u>	<u>36,174</u>
Cash and cash equivalents at beginning of year	2	515,558	479,384
Cash and cash equivalents at end of year	2	<u>367,591</u>	<u>515,558</u>

The Compassionate Mind Foundation
Notes to the Statement of Cash Flows
For The Year Ended 31 July 2025

1. Reconciliation of expenditure to cash (used in)/generated from operations

	2025	2024
	£	£
Net expenditure	(17,552)	(53,623)
<i>Adjustments for:</i>		
Depreciation of tangible assets	9,995	11,782
<i>Movements in working capital:</i>		
Decrease in stocks	63	84
Decrease/(increase) in trade and other debtors	44,398	(37,875)
(Decrease)/increase in trade and other creditors	(183,789)	123,390
Net cash (used in)/generated from operations	<u>(146,885)</u>	<u>43,758</u>

2. Cash and cash equivalents

Cash and cash equivalents, as stated in the Statement of Cash Flows, relates to the following items in the Balance Sheet:

	2025	2024
	£	£
Cash at bank and in hand	<u>367,591</u>	<u>515,558</u>

3. Analysis of changes in net funds

	As at 1 August 2024	Cash flows	As at 31 July 2025
	£	£	£
Cash at bank and in hand	<u>515,558</u>	<u>(147,967)</u>	<u>367,591</u>

The Compassionate Mind Foundation

Notes to the Financial Statements

For The Year Ended 31 July 2025

1. General Information

The Compassionate Mind Foundation is a company limited by guarantee, incorporated in England & Wales, registered number 05888231 and registered charity number 1120364. The registered office is Markeaton Lodge, University of Derby, Markeaton Street, Derby, DE22 3AW.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared under the historical cost convention, and in accordance with applicable accounting standards and the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

The charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

2.3. Resources Expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity, compliance with constitutional and statutory requirements and the reasonable costs of Trustees attending Charity meetings, conferences and workshops

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Office Equipment	25% straight line
Website	25% straight line

2.5. Stocks and Work in Progress

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost represents the purchase price of items and is calculated on a first in first out basis.

3. Income from Donations and Legacies

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Donations and gifts	3,566	3,293

4. Income from Charitable Activities

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Bespoke training	126,139	146,046
Conference	115,531	85,850
Diploma	174,575	168,850
		...CONTINUED

The Compassionate Mind Foundation
Notes to the Financial Statements (continued)
For The Year Ended 31 July 2025

Memberships	44,607	44,278
Other	2,357	2,721
Workshops	471,733	410,366
	<u>934,942</u>	<u>858,111</u>

5. Analysis of Expenditure

2025

	Activities undertaken directly	Support costs	Total
	£	£	£
Direct costs	407,498	-	407,498
Staff costs	364,329	-	364,329
Other costs	174,237	-	174,237
Depreciation	-	9,995	9,995
	<u>946,064</u>	<u>9,995</u>	<u>956,059</u>

2024

	Activities undertaken directly	Support costs	Total
	£	£	£
Direct costs	394,880	-	394,880
Staff costs	352,157	-	352,157
Other costs	156,208	-	156,208
Depreciation	-	11,782	11,782
	<u>903,245</u>	<u>11,782</u>	<u>915,027</u>

6. Staff Costs

Staff costs were as follows:

On average the Charity had 14 employees (10 Full-time Equivalent) during the year. The total amount of staff costs for the year was £364,329. Last year, the comparable information was 14 employees (10 Full-time Equivalent), amounting to total staff costs of £352,157.

No employees or trustees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

7. Average Number of Employees

Average number of employees during the year was: 14 (2024: 14)

The Compassionate Mind Foundation
Notes to the Financial Statements (continued)
For The Year Ended 31 July 2025

8. Tangible Assets

	Office Equipment	Website	Total
	£	£	£
Cost			
As at 1 August 2024	72,756	32,463	105,219
Additions	1,082	-	1,082
As at 31 July 2025	<u>73,838</u>	<u>32,463</u>	<u>106,301</u>
Depreciation			
As at 1 August 2024	59,481	28,323	87,804
Provided during the period	7,826	2,169	9,995
As at 31 July 2025	<u>67,307</u>	<u>30,492</u>	<u>97,799</u>
Net Book Value			
As at 31 July 2025	<u>6,531</u>	<u>1,971</u>	<u>8,502</u>
As at 1 August 2024	<u>13,275</u>	<u>4,140</u>	<u>17,415</u>

9. Stocks

	2025	2024
	£	£
Stock	<u>191</u>	<u>254</u>

10. Debtors

	2025	2024
	£	£
Due within one year		
Trade debtors	47,950	78,176
Other debtors	25,071	39,243
	<u>73,021</u>	<u>117,419</u>

11. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Trade creditors	4,654	26,011
Other creditors	11,713	10,102
Accruals and deferred income	193,399	357,442
	<u>209,766</u>	<u>393,555</u>

The Compassionate Mind Foundation
Notes to the Financial Statements (continued)
For The Year Ended 31 July 2025

12. Movement in Funds

	As at 1 August 2024	Income	Expenditure	As at 31 July 2025
	£	£	£	£
Unrestricted funds				
Designated:				
Unrestricted Funds	250,241	938,507	(956,059)	232,689
Restricted funds				
Restricted funds	6,850	-	-	6,850
Total funds	257,091	938,507	(956,059)	239,539

	As at 1 August 2023	Income	Expenditure	As at 31 July 2024
	£	£	£	£
Unrestricted funds				
Designated:				
Unrestricted Funds	301,364	861,404	(912,527)	250,241
Restricted funds				
Restricted funds	9,350	-	(2,500)	6,850
Total funds	310,714	861,404	(915,027)	257,091

A balance of £6,850 was brought forward from the previous year. No amount was spent in the year. (2024: £2,500).

13. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

No trustee expenses have been incurred.

14. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

15. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

Accounts



**The Compassionate Mind Foundation
Annual Report and Financial Statements
for the Year Ended 31 July 2024**

**Charity number: 1120364
Company number: 05888231**

The Compassionate Mind Foundation

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for the year ended 31 July 2024**

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Balance sheet	13
Cash Flow statement	14
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Notes to the financial statements	16 to 20

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

The Trustees are pleased to present their report together with the financial statements of the Charity for the year ended 31 July 2024.

Reference and administrative information

Trustees and Directors

The Directors of The Compassionate Mind Foundation, a charitable company (the "Charity") are its Trustees for the purpose of Charity Law and throughout this report are collectively referred to as the Trustees.

The Trustees serving during the year and at the year-end are as follows:

Board of Trustees:

Dr K McEwan (Chairperson)
Ms S Dowd – resigned 05/08/2024
Mrs J Forrest
Mrs J Gilbert
Dr T A Schroder
Mr D Shah
Mrs D Woollands

President: Prof. P Gilbert

Charity number: 1120364

Company number: 5888231

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

Registered office:

Markeaton Lodge
University of Derby
Markeaton Street
Derby
Derbyshire
DE22 3AW

Accountants:

Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
Derbyshire
DE22 3AG

Bankers:

The Co-operative Bank
PO Box 250
Delf House
Skelmersdale
WN8 6WT

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

Structure, Governance and Management

Governing Document

The Compassionate Mind Foundation is a Company limited by guarantee and a Registered Charity (collectively referred to as the "Charity"). The Charity was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Charity being wound up, the Trustees are required to contribute an amount not exceeding £10. The Board is in the process of updating the Memorandum and Articles.

Objectives of the Charity

The Compassionate Mind Foundation (CMF) is a charity which promotes wellbeing through facilitating the scientific understanding and application of compassion. It is underpinned by the theories put forward in the compassion focused therapy literature and research, including compassionate mind theory.

- The Foundation supports research and teaching of an evolution and contemplative informed compassion focused approach to human difficulties.
- The Foundation provides workshops, conferences, and a number of different resources for clinicians and individuals (including a community member's only site) to support their work and personal practice, facilitate the open discussion on how to promote compassionate motives and behaviors across all domains.
- The Foundation supports dissemination of the flow of compassion whereby we are able to be compassionate to others, open to the compassion from others, and compassionate to ourselves.

Management

The responsibility to ensure appropriate management of the Charity is vested in the Board of Trustees.

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024
Induction and Training of Trustees

Most Trustees are already familiar with the practical work of the Charity. However, new Trustees are encouraged to visit the Charity's offices, website, etc. and attend meetings and events to familiarise themselves with the Charity and the context in which it operates. Staff and Trustees are provided with an induction process and guidance.

Risk Management

The Board has agreed a risk management structure for the organisation and has identified the major risks to which the organisation is exposed. Where appropriate, systems and procedures have been established to mitigate the risks faced by the Charity. Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects.

Organisational Structure

The Charity is managed by the Board of Trustees, who are supported by the employees and a number of committees, who represent a variety of professional backgrounds relevant to the work of the Charity. The employees meet with the Trustees on a quarterly basis to discuss the future strategy and policy of the Charity in an advisory capacity.

The final decision-making process is the responsibility of the Trustees.

Summary of Activities

Given the growth in activities in previous years, one of the key developments in 2023-2024 was development of infrastructure. Several new staff members were recruited to support activities and plans for future developments. Roles included: Personal & HR Assistant, Finance Assistant, Marketing Assistant and Events Manager. In July 2023, we also moved from two rented offices in Riverside Chambers, Derby to Markeaton Lodge, a building owned by the University of Derby, containing 7 offices, meeting rooms, a kitchen and communal area. This has provided more space for the growing team and feedback has been positive as staff feel more settled and able to come together with more communal spaces. The space also allows small events to be hosted with minimal costs.

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

1. Diploma in Compassion Focused Therapy, BPS Approved Training

The Diploma is a ten-month course that has been developed to meet the growing interest, research, and practice of CFT. This course offers a unique opportunity to be part of a growing international community of people who are working with CFT. CFT seeks to help those experiencing transdiagnostic problems like shame, self-criticism and trauma, and more specific mental health difficulties, such as depression and anxiety. Please refer to our website for further details of this training: <https://www.compassionatemind.co.uk/compassion-focused-therapy-diploma>

The course is designed to facilitate learning and experience by creating a balance of theory and practice elements. This balance ensures that learning is meaningful to everyday practice, and we hope to provide a supportive learning environment.

This is the second year running for the CFT Diploma and 44 trainees participated in this year's training, of this, 9 EDIF (discounted Equality, Diversity and Inclusivity Fund places) were offered. The course has attracted trainees from the following countries: Brazil, Spain, Ireland, Dubai, Australia, Germany, Ukraine, Greece, Hong Kong, Argentina, Scotland, Wales, Canada, USA, Norway, Switzerland and England. Over the past two years, we have enrolled 78 therapists on our Diploma course.

Feedback from course evaluation forms is overwhelmingly positive about the quality and relevance of the materials, the way the course was presented (workshops, masterclasses and reflective spaces), the trainers, the support they received, the length and pace of the course, supervision and relevance to practice. Trainees would also recommend the course to a colleague.

2. Events

We hosted 32 workshops from September 2023 to July 2024 including trainings to give an overview of CFT and its application in different areas such as staff support, grief, pain management, eating disorders and more. Approximately 1,920 people joined the workshops in 2023-2024. Given the interest, most workshops were online, allowing delegates from a wider international audience to access our trainings. The plan for 2024/2025 is to increase the number of workshops and add 10 additional workshops compared to last year. This includes personal practice workshops and retreats as well as a number of meditation series for the general public. We will be largely focused on online trainings but are keen to offer more in-person and hybrid options where possible. This is due to the change in how people access training, finances and other factors. Please visit our website for more information: <https://www.compassionatemind.co.uk/training>

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

In October 2023, our 12th annual conference was held at Birmingham, Millenium Point and livestreamed. The theme was Compassion Through Life's Journey. Topics included working with trauma, children, young people, teachers, parents, physical health and more. Over 180 people from around the world attended each day and it was well received.

Organisations have continued to seek bespoke training which we have delivered throughout the year with support of external specialist trainers. This allows organisations to tailor the training to their budgets and needs. This year has seen requests from 1-day to 4-days with the focus ranging from forensics, compassionate leadership, staff support, physical health, pain management, grief, children & young people to perinatal and many more. By the end of the previous financial year 2022-2023, we delivered 17 bespoke training workshops compared to 27 bespoke workshops as of this financial year 2023-2024. Over the last 6 years, we have trained over 2,750 attendees under the bespoke training. We have received very positive feedback from attendees and hope to grow this area.

3. Community Membership, Special Interest Groups (SIGs) and Affiliates

Another key area of the Foundation is community development. We offer a community membership designed to support and inspire compassion focused practice. Community membership is an endeavour to build a community of members who will have access to a range of resources such as roleplays. All income raised helps to support the Foundation and the work that we do. In 2023-2024, we had 680 community members.

We have 14 Special Interest Groups (SIGs), and each are led by experienced and dedicated members of our community. They have been established to support and cultivate the application of Compassion Focused Therapy and Compassionate Mind Training within a particular field or area. Each SIG has its own discussion list, where members share recent publications, explore clinical or practical issues, come together to discuss certain topics or share practice. These are free to join. These SIGs are intended for professional use and aimed at those working in healthcare. A key investment made was moving the management of the SIGs from Google Groups to Gagglemail due to continual problems with Google Groups which seems to be going well.

Since 2006, the Compassionate Mind community has expanded internationally, and we are delighted that so many of our global colleagues have set up their own centres and communities (18 so far). You can explore and connect with our International Affiliates via our website, where they are split by regions/countries.

We have continued to work on co-ordinating several SIGs and affiliate groups. We are also working on building an 'international library of guided practices and resources' which will offer materials in a few different languages. We hope members of our affiliate groups will contribute. This will fall under the Equality, Inclusivity and Diversity aims of the Foundation, which is being developed by the team.

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

4. Marketing

We have continued to try and raise the profile and work of the Foundation both within the UK and internationally. One of focuses has been to promote training workshops, events and the Diploma through the following marketing channels: print advertising, social media (Facebook, X/Twitter, Instagram & LinkedIn), and email lists. We have posted regularly, and our social media audience (followers) has grown from approx. 16.5K followers in 2022/3 to over 20K by August 2024. We have invested in marketing tools to help support our work.

In July 2024, we appointed a digital marketing agency to help develop the website and digital marketing with the aim of raising awareness of our work and reaching a wider audience within the UK and internationally.

5. Research

One of the aims of the Foundation is to support research. In 2023-2024, a key project we worked on was a collaboration with colleagues in Italy aimed at exploring the effectiveness of CFT. A systematic search of six databases was conducted, focusing on randomized controlled trials (RCTs) and controlled pilot/feasibility studies of CFT. 47 studies from the past 14 years with a total of 7,875 participants from 17 different countries were included. Results suggest that CFT is effective in reducing symptoms of depression, anxiety, and self-criticism and improving compassion-based outcomes across a range of clinical and nonclinical samples with medium to large effect sizes. For more information, please see: <https://psycnet.apa.org/fulltext/2024-33588-001.html>. We have tried to raise the profile of CFT within the NICE guidelines committee which, if successful, may have an impact on our trainings.

We were also involved in several projects focusing on COVID-19 in 2023-2024. One of the projects explored people's fears about COVID-19 and reports in the media surrounding the virus in relation to symptoms of anxiety, depression and stress. The results suggest people were most concerned about passing COVID onto others, rather than catching it themselves, and that people struggled with the media's contradictory advice as well as exploitation of suffering. These findings are useful for informing methods of presenting information on threat and tragic events. For more information see: <https://repository.derby.ac.uk/item/9x70z/how-messages-about-covid-19-may-have-affected-people-s-sense-of-threat-and-mental-health>

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

Another project explored whether compassion has a protective role against the harmful impact of perceived COVID-19 threat on mental health and social safeness in a sample of 4,057 adults across 21 countries. The results suggest that self-compassion and compassion from others were linked with lower psychological distress and higher social safeness, and compassion for others was related with decreased depressive symptoms. For more information see: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8724602/>

In 2023-2024, we also followed up a group that was part of a project that explored the impact of a 25 session CFT group tailored to helping individuals diagnosed with bipolar affective disorder. The results from the study suggested that four out of the total six people who took part had consistent improvements in anxiety, depression, social compassion, social safeness and compassion engagement. Heart rate variability significantly improved over the course of the therapy. Qualitative data from three focus groups suggested participants found CFT gave them helpful insight into: how evolution has given rise to a number of difficult problems for emotion regulation (called tricky brain) which is not one's fault; an evolutionary understanding of the nature of bipolar disorders; development of a compassionate mind and practices of compassion focused visualisations, styles of thinking and behaviours; addressing issues of self-criticism; and building a sense of a compassionate identity as a means of coping with life difficulties. For more information, please see: <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.841932/full> At the follow up meeting, the people who took part in the study maintained how helpful the therapy had been and said it was 'life-changing'.

We have also been involved in several studies exploring Compassionate Mind Training in educational settings in the UK and Portugal. These have explored CMT with pupils, teachers and higher education students. Work with teachers, staff and educators has involved 700 participants. Results show significant decreases in anxiety, depression and stress, improved job satisfaction and physiological health (as measured by heart rate variability), compared with staff who did not take the course. CMT-Pupils has been trialled with over 300 pupils in the UK with promising results. For more information, please see:

<https://link.springer.com/article/10.1007/s12671-019-01185-9>
<https://link.springer.com/article/10.1007/s12671-024-02303-y>
<https://link.springer.com/article/10.1007/s12671-021-01778-3>

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

We also published results from studies exploring the impact of an energising compassion practice which was well-received (<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1150592/full>) and a study developing a measure to explore difficulties in engaging in mindfulness (<https://link.springer.com/article/10.1007/s12671-023-02171-y#citeas>).

The Foundation also supported a small number of projects with grants. This included a study exploring the impact of compassionate mind training intervention for teachers on indicators of mental, physical, and professional wellbeing, and biophysiological and epigenetic markers.

Financial Review

Given the rapid growth, the Charity plan to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities as shown in the current years' accounts. Funds will also be used for research projects as well as developing resources.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

Given the rapid growth, the Charity plan to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities as shown in the current years accounts. Funds will also be used for research projects as well as developing resources such as freely available video series like the 'Compassion and Safe Relating' series developed during the pandemic.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

Reserves Policy

The policy of the Trustees is to generate funds from training events and charitable donations in order to facilitate the work of the Foundation. This is to increase the awareness and use of Compassion Focused Therapy in a variety of psychological and social domains. In addition, the Charity will fund research into compassion focused social and psychological research. We are developing a fund from training events to cover the costs of running the Charity, undertaking research, maintaining the website, and paying trainers.

In order to do this, the Trustees estimate that a reserve of £247,500 is required to cover six months running costs of the Charity. The financial statements currently show an unrestricted reserve of £250,241 for the Charity as at 31 July 2024. The Trustees will continue to monitor the reserves policy.

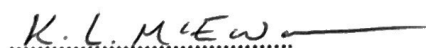
Trustees responsibilities in relation to the financial statements

Company Law requires the Trustees to prepare financial statements that give a true and fair view of the state of the affairs of the Charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the Charity will not continue in business.

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Dr K McEwan

DATE: 24 March 2025

The Compassionate Mind Foundation

Independent examiner's report to the Trustees of the Compassionate Mind Foundation

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2024.

Responsibilities and basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

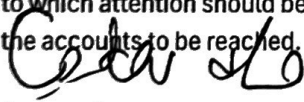
Independent examiner's statement

Since the Company's gross income exceeded £250,000. I confirm that I am qualified to undertake the examination because I am member of Association of Chartered Certified Accountants, which is one of the listed bodies.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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


Cedar + Co.

Chartered Certified Accountants

The Greenhouse

106-108 Ashbourne Road

Derby DE22 3AG

DATE 25 March 2025.

The Compassionate Mind Foundation

Statement of Financial Activities
Income and Expenditure Account
for the year ended 31 July 2024

	Note	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total 2024 £	Total 2023 £
Incoming resources					
Income from activities	2	0	858,111	858,111	632,948
Donations		0	3,293	3,293	2,497
Marmot Grant		0	0	0	0
Total incoming resources		0	861,404	861,404	635,445
Resources expended					
Marmot Grant		2,500	0	2,500	0
Costs of activities	3	0	747,661	747,661	648,514
Governance costs	4	0	164,866	164,866	122,596
Total resources expended	5	2,500	912,527	915,027	771,110
Net incoming resources		(2,500)	(51,123)	(53,623)	(135,665)
Fund balance brought forward at 01 August 2023		9,350	301,364	310,714	446,379
Fund balance carried forward at 31 July 2024	10,11	6,850	250,241	257,091	310,714

The Compassionate Mind Foundation
Balance sheet as at 31 July 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	6	17,415	21,614
		<u>17,415</u>	<u>21,614</u>
Current assets			
Stock		254	338
Debtors	7	117,419	79,544
Cash at bank and in hand		515,557	479,384
		<u>633,231</u>	<u>559,266</u>
Creditors	8	393,555	270,166
Net current assets		239,676	289,100
Net assets		<u>257,091</u>	<u>310,714</u>
Capital Funds			
Restricted funds	9	6,850	9,350
Unrestricted funds	10	250,241	301,364
		<u>257,091</u>	<u>310,714</u>

For the year ending 31 July 2024 the charity is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The Board of Trustees have not required the company to obtain an audit of its financial statements for the year ended 31 July 2024 in accordance with Section 476 of the Companies Act 2006.

The Board of Trustees acknowledge their responsibility for complying with the requirements of the Act with regards to the accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 24 March 2025 and signed on its behalf by:


 Dr K McEwan

The notes form part of these financial statements

The Compassionate Mind Foundation
Cash Flow Statement
For the year ended 31 July 2024

	2024	2023
Cash flows from operating activities		
Cash generated from operations	43,757	(56,557)
Net cash (used in) / provided by operating activities	43,757	(56,557)
Cash flows from investing activities		
Purchase of tangible fixed assets	(7,584)	(12,004)
Interest received		
Net Cash used in investing activities	(7,584)	(12,004)
Change in cash and cash equivalents in the reporting period	36,174	(68,561)
Cash and cash equivalents at the beginning of the reporting period	479,384	547,945
Cash and cash equivalents at the the end of the reporting period	515,558	479,384

The Compassionate Mind Foundation
Notes to the Cash Flow Statement
For the Year Ended 31 July 2024

1 Reconciliation of Net (Expenditure) / Income to Net Cash flow from operating activities

	2024	2023
Net (Expenditure) / Income for the reporting period	(53,623)	(135,665)
Adjustments for:		
Depreciation	11,782	13,609
Interest received		
(Increase) / decrease in stocks	84	112
(Increase) / decrease in debtors	(37,875)	(58,235)
Movement in creditors	123,389	123,622
Net cash (used in) / provided by operations	<u>43,757</u>	<u>(56,557)</u>

2 Analysis of Changes in Net Funds

	At 1.8.23	Cashflow	At 31.7.24
Net cash			
Cash at Bank	479,384	36,174	515,558
Total	<u>479,384</u>	<u>36,174</u>	<u>515,558</u>

The Compassionate Mind Foundation

Notes to the financial statements for the year ended 31 July 2024

1 Accounting policies

a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with applicable accounting standards and the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

b) Company status

The charity is limited by guarantee and every member undertakes to contribute such an amount, not exceeding £10, as may be required in the event of the charity being wound up while he is a member, or within one year after he ceases to be a member, for payment of the debts and liabilities of the company.

c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

e) Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost represents the purchase price of items and is calculated on a first in first out basis.

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

f) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity, compliance with constitutional and statutory requirements and the reasonable costs of Trustees attending Charity meetings, conferences and workshops.

g) Tangible fixed assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life:

Website -	25% on a straight-line basis
Office equipment -	25% on a straight-line basis

2) Sources of Income

	2024	2023
Bespoke	146,046	76,750
Conference	85,850	55,949
Diploma	168,850	110,900
Memberships	44,278	37,975
Other	2,721	2,452
Workshops	410,366	339,572
Marmot Grant - Restricted		9,350
	858,111	632,948

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

3 Cost of activities

	Direct 2024 £	Staff costs 2024 £	Other 2024 £	Total 2024 £
Activities	394,880	352,157	624	747,661
	Direct 2023 £	Staff costs 2023 £	Other 2023 £	Total 2023 £
Activities	365,733	278,400	4,381	648,514

Direct costs are those associated with providing the activity, for example, room hire and travel costs.
Other costs include support costs and other indirect costs.

4 Governance costs

	Other 2024 £	Depreciation 2024 £	Total 2024 £
Governance costs	153,084	11,782	164,866
	Other 2023 £	Depreciation 2023 £	Total 2023 £
Governance costs	108,987	13,609	122,596

Other governance costs represent administration and accountancy fees.

5 Total resources expended

	2024 £	2023 £
Total resources expended	915,026	771,110

Included in the above is depreciation totalling £11,783 (2023: £13,609)

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

6 Staff costs and Trustee remuneration

On average the Charity had 14 employees (10 Full-time Equivalent) during the year. The total amount of staff costs for the year was £352,157. Last year, the comparable information was 14 employees (10 Full-time Equivalent), amounting to total staff costs of £278,400.

No Trustees were paid any remuneration during the year. Reasonable costs for Trustees to attend Charity meetings, conferences and workshops were paid by the Charity.

No staff member earned in excess of £60,000 during the year

7 Tangible fixed assets

	Website £	Office Equipment £	Total £
Cost			
At 1 August 2023	31,028	66,607	97,635
Additions	1,435	6,149	7,584
At 31 July 2024	32,463	72,756	105,219
Depreciation			
At July 31 2023	25,064	50,957	76,021
Depreciation	3,259	8,524	11,783
	28,323	59,481	87,804
Net book value			
At 31 July 2024	4,140	13,275	17,415
At 31 July 2023	5,964	15,650	21,614

8 Debtors

	2024 £	2023 £
Trade Debtors	78,176	54,196
Prepayments	39,243	25,348
	117,419	79,544

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

9 Creditors

	2024	2023
	£	£
Trade creditors	26,012	25,526
Accruals	4,400	2,650
Deferred income	353,042	232,715
Other creditors	10,101	9,275
	<u>393,555</u>	<u>270,166</u>

Deferred income relates to the collection of income on account of events that occur following the year end and will be released to the Income statement in the period to which they relate.

10 Restricted funds

Marmot Grant

A balance of £9,350 was brought forward from the previous year. Costs in the year of £2,500 were incurred. The balance carried forward to next year is £6,850. Last year £Nil was expended to the profit and loss account.

11 Unrestricted funds

	2024
	£
At 31 July 2023	301,364
Net incoming resources in the year	<u>(51,123)</u>
At 31 July 2024	<u>250,241</u>

Accounts

The Compassionate Mind Foundation
Annual Report and Financial Statements
for the Year Ended 31 July 2023

Charity number: 1120364

Company number: 05888231

The Compassionate Mind Foundation

Contents of the Annual Report and Financial Statements for the year ended 31 July 2023

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The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2023

The Trustees are pleased to present their report together with the financial statements of the Charity for the year ended 31 July 2023.

Reference and administrative information

Trustees and Directors

The Directors of The Compassionate Mind Foundation, a charitable company (the “Charity”) are its Trustees for the purpose of Charity Law and throughout this report are collectively referred to as the Trustees.

The Trustees serving during the year and at the year-end are as follows:

Board of Trustees:

Dr K McEwan (Chairperson)
Ms S Dowd – appointed 17/10/2022
Mrs J Forrest
Mrs J Gilbert
Dr T A Schroder
Mr D Shah
Mrs D Woollands

President: Prof. P Gilbert

Charity number: 1120364

Company number: 05888231

Registered office: Markeaton Lodge
University of Derby
Markeaton Street
Derby
Derbyshire
DE22 3AW

Accountants: Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
Derbyshire
DE22 3AG

Bankers: The Co-operative Bank
PO Box 250
Delf House
Skelmersdale
WN8 6WT

The Compassionate Mind Foundation

Report of the Trustees for the year ended 31 July 2023

Structure, Governance and Management

Governing Document

The Compassionate Mind Foundation is a Company limited by guarantee and a Registered Charity (collectively referred to as the "Charity"). The Charity was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Charity being wound up, the Trustees are required to contribute an amount not exceeding £10.

The Board is in the process of updating the Memorandum and Articles.

Objectives of the Charity

The Compassionate Mind Foundation (CMF) is a charity which promotes wellbeing through facilitating the scientific understanding and application of compassion. It is underpinned by the theories put forward in the compassion focused therapy literature and research, including compassionate mind theory.

- The Foundation supports research and teaching of an evolution and contemplative informed compassion focused approach to human difficulties.
- The Foundation provides workshops, conferences, and a number of different resources for clinicians and individuals (including a community member's only site) to support their work and personal practice, facilitate the open discussion on how to promote compassionate motives and behaviors across all domains.
- The Foundation supports dissemination of the flow of compassion whereby we are able to be compassionate to others, open to the compassion from others, and compassionate to ourselves.

Management

The responsibility to ensure appropriate management of the Charity is vested in the Board of Trustees.

Induction and Training of Trustees

Most Trustees are already familiar with the practical work of the Charity. However, new Trustees are encouraged to visit the Charity's offices, website, etc. and attend meetings and events to familiarise themselves with the Charity and the context in which it operates. Staff and Trustees are provided with an induction process and guidance.

Risk Management

The Board has agreed a risk management structure for the organisation and has identified the major risks to which the organisation is exposed. Where appropriate, systems and procedures have been established to mitigate the risks faced by the Charity. Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects.

The Compassionate Mind Foundation

Organisational Structure

The Charity is managed by the Board of Trustees, who are supported by the employees and a number of committees, who represent a variety of professional backgrounds relevant to the work of the Charity. The employees meet with the Trustees on a quarterly basis to discuss the future strategy and policy of the Charity in an advisory capacity.

The final decision-making process is the responsibility of the Trustees.

Financial Review

Since the Charity had changed their approach to delivering their planned workshops and conference from F2F to Online and Hybrid, allowing both in-person and online attendance. Due to the cost of living rises, we are noticing a drop in F2F attendance, but an increase in online sales. This greatly expanded the reach of the training, allowing delegates from across the world to join. Alongside this, given the nature of training (working with human difficulties) and the suffering caused by the pandemic, this extended the interest and demand for CFT training. The Charity, therefore, provided a greater number of workshops online, which increased income, but were undertaken at relatively low costs to run compared to face-to-face events in previous years.

Given the rapid growth, the Charity plan to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities as shown in the current years accounts. Funds will also be used for research projects as well as developing resources such as freely available video series like the 'Compassion and Safe Relating' series developed during the pandemic.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

Reserves Policy

The policy of the Trustees is to generate funds from training events and charitable donations in order to facilitate the work of the Foundation. This is to increase the awareness and use of Compassion Focused Therapy in a variety of psychological and social domains. In addition, the Charity will fund research into compassion focused social and psychological research. We are developing a fund from training events to cover the costs of running the Charity, undertaking research, maintaining the website, and paying trainers.

In order to do this, the Trustees estimate that a reserve of £232,924 is required to cover six months running costs of the Charity. The financial statements currently show an unrestricted reserve of £301,364 for the Charity as at 31 July 2023. The Trustees will continue to monitor the reserves policy. The shift in the Charities activities following the pandemic will result in larger operating costs going forwards, this was a strategic decision made by the trustees, by offering wider training events creating higher revenue streams moving forward and enable the foundation to meet its growth targets.

Trustees responsibilities in relation to the financial statements

Company Law requires the Trustees to prepare financial statements that give a true and fair view of the state of the affairs of the Charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the Charity will not continue in business.

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:

.....
Dr K McEwan

23 April 2024

The Compassionate Mind Foundation
Independent examiner's report to the Trustees of the Compassionate Mind Foundation

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2023.

Responsibilities and basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.
Independent examiner's statement

Since the Company's gross income exceeded £250,000. I confirm that I am qualified to undertake the examination because I am member of Association of Chartered Certified Accountants, which is one of the listed bodies.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
DE22 3AG

24 April 2024

**The Compassionate Mind
Foundation
Statement of Financial Activities
Income and Expenditure Account
for the year ended 31 July 2023**

	Note	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total 2023 £	Total 2022 £
Incoming resources					
Income from activities		-	632,948	632,948	622,836
Donations		-	2,497	2,497	1,713
Marmot Grant		-	-	-	10,100
Total incoming resources		-	635,445	635,445	634,649
Resources expended					
Reed Foundation Schools project		-	-	-	8,273
Marmot Grant		-	-	-	5,000
Costs of activities	2	-	648,514	648,514	446,048
Governance costs	3	-	122,596	122,596	86,627
Total resources expended	4	-	771,110	771,110	545,948
Net incoming resources		-	(135,665)	(135,665)	88,701
Fund balance brought forward at 1 August 2022		9,350	437,029	446,379	357,678
Fund balance carried forward at 31 July 2023	9,10	9,350	301,364	310,714	446,379

The Compassionate Mind Foundation
Balance sheet as at 31 July 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	6	21,614	23,219
		21,614	23,219
Current assets			
Stock		338	450
Debtors	7	79,544	21,309
Cash at bank and in hand		479,384	547,945
		559,266	569,704
Creditors	8	270,166	146,544
Net current assets		289,100	423,160
Net assets		310,714	446,379
Capital funds			
Restricted funds	9	9,350	9,350
Unrestricted funds	10	301,364	437,029
		310,714	446,379

For the year ending 31 July 2023 the charity is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The Board of Trustees have not required the company to obtain an audit of its financial statements for the year ended 31 July 2023 in accordance with Section 476 of the Companies Act 2006.

The Board of Trustees acknowledge their responsibility for complying with the requirements of the Act with regards to the accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 23 April 2024 and signed on its behalf by:

.....
Dr K McEwan

The notes form part of these financial statements

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2023

1 Accounting policies

a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with applicable accounting standards and the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

b) Company status

The charity is limited by guarantee and every member undertakes to contribute such an amount, not exceeding £10, as may be required in the event of the charity being wound up while he is a member, or within one year after he ceases to be a member, for payment of the debts and liabilities of the company.

c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity, compliance with constitutional and statutory requirements and the reasonable costs of Trustees attending Charity meetings, conferences and workshops.

f) Tangible fixed assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life:

Website	- 25% on a straight-line basis
Office equipment	- 25% on a straight-line basis

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2023

2 Cost of activities

	Direct 2023 £	Staff costs 2023 £	Other 2023 £	Total 2023 £	Total 2022 £
Activities	365,733	278,400	4,381	648,514	446,048

Direct costs are those associated with providing the activity, for example, room hire and travel costs.

Other costs include support costs and other indirect costs.

3 Governance costs

	Other 2023 £	Depreciation 2023 £	Total 2023 £	Total 2022 £
Governance costs	108,987	13,609	122,596	86,627

Other governance costs represent administration and accountancy fees.

4 Total resources expended

	2023 £	2022 £
Total resources expended	771,110	545,948

Included in the above is depreciation totaling £13,609 (2022: £12,370)

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2023

5 Staff costs and Trustee remuneration

On average the Charity had 14 employees (10 Full-time Equivalent) during the year. The total amount of staff costs for the year was £278,400. Last year, the comparable information was 11 employees (6 Full-time Equivalent), amounting to total staff costs of £198,281.

No Trustees were paid any remuneration during the year. Reasonable costs for Trustees to attend Charity meetings, conferences and workshops were paid by the Charity.

6 Tangible fixed assets

	Website £	Office Equipment £	Total £
Cost			
At 1 August 2022	27,009	58,622	85,631
Additions	4,019	7,985	12,004
At 31 July 2023	31,028	66,607	97,635
Depreciation			
At 1 August 2022	21,559	40,853	62,412
Charge for year	3,505	10,104	13,609
At 31 July 2023	25,064	50,957	76,021
Net book value			
At 31 July 2023	5,964	15,650	21,614
At 31 July 2022	5,450	17,769	23,219

7 Debtors

	2023 £	2022 £
Trade debtors	54,196	20,014
Prepayments	25,348	1,295
	<u>79,544</u>	<u>21,309</u>

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2023

8	Creditors	2023 £	2022 £
	Trade creditors	25,526	15,162
	Accruals	2,650	2,580
	Deferred income	232,715	123,999
	Other creditors	9,274	4,803
		<u>270,165</u>	<u>146,544</u>

9 **Restricted funds**

Marmot Grant

A balance of £9,350 was brought forward from the previous year and there was no movement during the year. The balance carried forward to next year is £9,350. Last year £5,000 was expended to the profit and loss account.

10	Unrestricted funds	2023 £
	At 1 August 2022	437,029
	Net incoming resources in the year	<u>(135,665)</u>
	At 31 July 2023	<u>301,364</u>

THE COMPASSIONATE MIND FOUNDATION

England & Wales - Charity number 1120364

Accounts

The Compassionate Mind Foundation
Annual Report and Financial Statements
for the Year Ended 31 July 2022

Charity number: 1120364

Company number: 05888231

The Compassionate Mind Foundation

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The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2022

The Trustees are pleased to present their report together with the financial statements of the Charity for the year ended 31 July 2022.

Reference and administrative information

Trustees and Directors

The Directors of The Compassionate Mind Foundation, a charitable company (the "Charity") are its Trustees for the purpose of Charity Law and throughout this report are collectively referred to as the Trustees.

The Trustees serving during the year and at the year-end are as follows:

Board of Trustees:

Mrs D Woollands

Dr K McEwan (Chairperson)
Mrs J Forrest
Mrs J Gilbert
Dr T A Schroder
Mr D Shah

President: Prof. P Gilbert

The Charity has the following Committees:

Committees: International Training Committee
International Research Committee
Strategic and Planning Committee

Charity number: 1120364

Company number: 05888231

Registered office: Office 29
Riverside Chambers
Full Street
Derby
Derbyshire
DE1 3AF

Accountants: Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
Derbyshire
DE22 3AG

Bankers: The Co-operative Bank
PO Box 250
Delf House
Skelmersdale
WN8 6WT

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2022

Structure, Governance and Management

Governing Document

The Compassionate Mind Foundation is a Company limited by guarantee and a Registered Charity (collectively referred to as the "Charity"). The Charity was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Charity being wound up, the Trustees are required to contribute an amount not exceeding £10.

The Board is in the process of updating the Memorandum and Articles.

Objectives of the Charity

The Compassionate Mind Foundation (CMF) is a charity which promotes wellbeing through facilitating the scientific understanding and application of compassion. It is underpinned by the theories put forward in the compassion focused therapy literature and research, including compassionate mind theory.

- The Foundation supports research and teaching of an evolution and contemplative informed compassion focused approach to human difficulties.
- The Foundation provides workshops, conferences, and a number of different resources for clinicians and individuals (including a community member's only site) to support their work and personal practice, facilitate the open discussion on how to promote compassionate motives and behaviors across all domains.
- The Foundation supports dissemination of the flow of compassion whereby we are able to be compassionate to others, open to the compassion from others, and compassionate to ourselves.

Management

The responsibility to ensure appropriate management of the Charity is vested in the Board of Trustees.

Induction and Training of Trustees

Most Trustees are already familiar with the practical work of the Charity. However, new Trustees are encouraged to visit the Charity's offices, website, etc. and attend meetings and events to familiarise themselves with the Charity and the context in which it operates. The Charity has a handbook in place for Staff. Staff and Trustees are provided with an induction process and guidance.

Risk Management

The Board has agreed a risk management structure for the organisation and has identified the major risks to which the organisation is exposed. Where appropriate, systems and procedures have been established to mitigate the risks faced by the Charity. Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects.

The Compassionate Mind Foundation

Organisational Structure

The Charity is managed by the Board of Trustees, who are supported by the employees and a number of committees, who represent a variety of professional backgrounds relevant to the work of the Charity. The employees meet with the Trustees on a quarterly basis to discuss the future strategy and policy of the Charity in an advisory capacity.

The final decision-making process is the responsibility of the Trustees.

Financial Review

Since the Pandemic, the Charity had changed their approach to delivering their planned workshops and conference from F2F to Online and Hybrid, allowing both in-person and online attendance. Due to the cost of living rises, we are noticing a drop in F2F attendance, but an increase in online sales. This greatly expanded the reach of the training, allowing delegates from across the world to join. Alongside this, given the nature of training (working with human difficulties) and the suffering caused by the pandemic, this extended the interest and demand for CFT training. The Charity, therefore, provided a greater number of workshops online, which increased income, but were undertaken at relatively low costs to run compared to face-to-face events in previous years.

Given the rapid growth, the Charity plan to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities. Funds will also be used for research projects as well as developing resources such as freely available video series like the 'Compassion and Safe Relating' series developed during the pandemic.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

Reserves Policy

The policy of the Trustees is to generate funds from training events and charitable donations in order to facilitate the work of the Foundation. This is to increase the awareness and use of Compassion Focused Therapy in a variety of psychological and social domains. In addition, the Charity will fund research into compassion focused social and psychological research. Currently, we are developing a fund from training events to cover the costs of running the Charity, undertaking research, maintaining the website, and paying trainers.

In order to do this, the Trustees estimate that a reserve of £350,000 is required to cover six months running costs of the Charity. The financial statements currently show an unrestricted reserve of £437,029 for the Charity as at 31 July 2022. The Trustees will continue to monitor the reserves policy. as the last 2 years have been a shift in a Charity's activities due to the Pandemic and may incur large running costs going forward.

Trustees responsibilities in relation to the financial statements

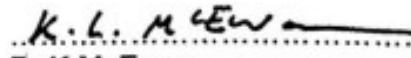
Company Law requires the Trustees to prepare financial statements that give a true and fair view of the state of the affairs of the Charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the Charity will not continue in business.

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are

also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:


.....
Dr K McEwan

20th February 2023

The Compassionate Mind Foundation
Independent examiner's report to the Trustees of the Compassionate Mind Foundation

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
DE22 3AG

20th February 2023

**The Compassionate Mind
Foundation
Statement of Financial Activities
Income and Expenditure Account
for the year ended 31 July 2022**

	Note	Restricted Funds 2022 £	Unrestricted Funds 2022 £	Total 2022 £	Total 2021 £
Incoming resources					
Income from activities		-	622,836	622,836	546,026
Donations		-	1,713	1,713	1,476
Marmot Grant		10,100	-	10,100	10,100
Total incoming resources		10,100	624,549	634,649	557,602
Resources expended					
Reed Foundation Schools project		3,358	4,915	8,273	2,255
Marmot Grant		5,000	-	5,000	5,850
Costs of activities	2	-	446,048	446,048	287,824
Governance costs	3	-	86,627	86,627	55,376
Total resources expended	4	8,358	537,590	545,948	351,305
Net incoming resources		1,742	86,959	88,701	206,297
Fund balance brought forward at 1 August 2021		7,608	350,070	357,678	151,381
Fund balance carried forward at 31 July 2022	9,10	9,350	437,029	446,379	357,678

The Compassionate Mind Foundation
Balance sheet as at 31 July 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	6	23,219	15,898
		23,219	15,898
Current assets			
Stock		450	500
Debtors	7	21,309	21,936
Cash at bank and in hand		547,945	428,746
		569,704	451,182
Creditors	8	146,544	109,401
Net current assets		423,160	341,781
Net assets		446,379	357,679
Capital funds			
Restricted funds	9	9,350	7,608
Unrestricted funds	10	437,029	350,070
		446,379	357,679

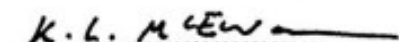
For the year ending 31 July 2022 the charity is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The Board of Trustees have not required the company to obtain an audit of its financial statements for the year ended 31 July 2022 in accordance with Section 476 of the Companies Act 2006.

The Board of Trustees acknowledge their responsibility for complying with the requirements of the Act with regards to the accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 20th February 2023 and signed on its behalf by:


 Dr K McEwan

The notes form part of these financial statements

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2022

1 Accounting policies

a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with applicable accounting standards and the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

b) Company status

The charity is limited by guarantee and every member undertakes to contribute such an amount, not exceeding £10, as may be required in the event of the charity being wound up while he is a member, or within one year after he ceases to be a member, for payment of the debts and liabilities of the company.

c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity, compliance with constitutional and statutory requirements and the reasonable costs of Trustees attending Charity meetings, conferences and workshops.

f) Tangible fixed assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life:

Website	- 25% on a straight-line basis
Office equipment	- 25% on a straight-line basis

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2022

2 Cost of activities

	Direct 2022 £	Staff costs 2022 £	Other 2022 £	Total 2022 £	Total 2021 £
Activities	238,902	198,281	8,865	446,048	287,824

Direct costs are those associated with providing the activity, for example, room hire and travel costs.

Other costs include support costs and other indirect costs.

3 Governance costs

	Other 2022 £	Depreciation 2022 £	Total 2022 £	Total 2021 £
Governance costs	74,257	12,370	86,627	55,376

Other governance costs represent administration and accountancy fees.

4 Total resources expended

	2022 £	2021 £
Total resources expended	545,948	351,195

Included in the above is depreciation totaling £12,370 (2021: £9,923)

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2022

5 Staff costs and Trustee remuneration

On average the Charity had 11 employees (6 Full-time Equivalent) during the year. The total amount of staff costs for the year was £198,281.

No Trustees were paid any remuneration during the year. Reasonable costs for Trustees to attend Charity meetings, conferences and workshops were paid by the Charity.

6 Tangible fixed assets

	Website £	Office Equipment £	Total £
Cost			
At 1 August 2021	24,009	41,931	65,940
Additions	3,000	16,691	19,691
At 31 July 2022	27,009	58,622	85,631
Depreciation			
At 1 August 2021	18,109	31,933	50,042
Charge for year	3,450	8,920	12,370
At 31 July 2022	21,559	40,853	62,412
Net book value			
At 31 July 2022	5,450	17,769	23,219
At 31 July 2021	5,900	9,998	15,898

7 Debtors

	2022 £	2021 £
Trade debtors	20,014	15,820
Prepayments	1,295	6,116
	<u>21,309</u>	<u>21,936</u>

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2022

	2022	2021
	£	£
8 Creditors		
Trade creditors	15,162	12,443
Accruals and deferred income	126,579	93,661
Other creditors	4,803	3,297
	<u>146,544</u>	<u>109,401</u>

9 Restricted funds

Marmot Grant

A balance of £4,250 was brought forward from the previous year and an additional £10,100 was received during the year. A total of £5,000 was expended in the current year, meaning a balance carried forward to next year of £9,350.

10 Unrestricted funds	2022
	£
At 1 August 2021	350,070
Net incoming resources in the year	<u>86,959</u>
At 31 July 2022	<u>437,029</u>

Accounts

The Compassionate Mind Foundation
Annual Report and Financial Statements
for the Year Ended 31 July 2021

Charity number: 1120364

Company number: 05888231

The Compassionate Mind Foundation

Contents of the Annual Report and Financial Statements for the year ended 31 July 2021

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Trustees' report	1 – 3
Accountants' report	4
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Balance sheet	6
Notes to the financial statements	7 – 10

The Compassionate Mind Foundation

Report of the Trustees for the year ended 31 July 2021

The Trustees are pleased to present their report together with the financial statements of the Charity for the year ended 31 July 2021.

Reference and administrative information

Trustees and Directors

The Directors of The Compassionate Mind Foundation, a charitable company (the "Charity") are its Trustees for the purpose of Charity Law and throughout this report are collectively referred to as the Trustees.

The Trustees serving during the year and at the year-end are as follows:

Board of Trustees: Mrs D Woollands (*Chairperson- resigned 24th March 2021*)
Mrs J Gilbert
Dr T A Schroder
Dr K McEwan (*appointed Chairperson 24th March 2021*)
Mr D Shah
Mrs J Forrest (*Appointed 28th September 2020*)

President: Prof. P Gilbert

The Charity has the following Committees:

Committees: International Training Committee
International Research Committee
Strategic and Planning Committee

Charity number: 1120364

Company number: 05888231

Registered office: Office 29
Riverside Chambers
Full Street
Derby
Derbyshire
DE1 3AF

Accountants: Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
Derbyshire
DE22 3AG

Bankers: The Co-operative Bank
PO Box 250
Delf House
Skelmersdale
WN8 6WT

The Compassionate Mind Foundation

Report of the Trustees for the year ended 31 July 2021

Structure, Governance and Management

Governing Document

The Compassionate Mind Foundation is a Company limited by guarantee and a Registered Charity (collectively referred to as the "Charity"). The Charity was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Charity being wound up, the Trustees are required to contribute an amount not exceeding £10.

The Board has recently commenced the process of updating the Memorandum and Articles.

Objectives of the Charity

The Compassionate Mind Foundation (CMF) is a charity which promotes wellbeing through facilitating the scientific understanding and application of compassion via: Supporting research and teaching of an evolution and bio-psycho-social informed compassion focused approach to human difficulties, which now forms the basis of a psychotherapy, Compassion Focused Therapy (CFT) and Compassionate Mind Training (CMT).

- Liaising with those with specific interests in the scientific study of compassion and its underlying processes and facilitate communication and interchange between them.
- Facilitating open discussion on how to further promote a compassionate focus in many domains of human activity.

The Foundation provides workshops, conferences, and a number of different resources for clinicians and individuals (including a community member's only site) to support their work and personal practice, facilitate the open discussion on how to promote compassionate motives and behaviors across all domains.

Management

The responsibility to ensure appropriate management of the Charity is vested in the Board of Trustees.

Induction and Training of Trustees

Most Trustees are already familiar with the practical work of the Charity. However, new Trustees are encouraged to visit the Charity's offices, website, etc. and attend meetings and events to familiarise themselves with the Charity and the context in which it operates. The Charity is currently in the process of creating a handbook for Staff and Trustees which will include an induction process and guidance.

Risk Management

The Board has agreed a risk management structure for the organisation and has identified the major risks to which the organisation is exposed. Where appropriate, systems and procedures have been established to mitigate the risks faced by the Charity. Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects.

The Compassionate Mind Foundation

Organisational Structure

The Charity is managed by the Board of Trustees, who are supported by the employees and a number of committees, who represent a variety of professional backgrounds relevant to the work of the Charity. The employees meet with the Trustees on a quarterly basis to discuss the future strategy and policy of the Charity in an advisory capacity.

The final decision-making process is the responsibility of the Trustees.

Financial Review

During the pandemic, the Charity had to change their approach to delivering their planned workshops and conferences from face to face to online. This greatly expanded the reach of the training, allowing delegates from across the world to join. Alongside this, given the nature of training (working with human difficulties) and the suffering caused by the pandemic, this extended the interest and demand for CFT training. The Charity, therefore, provided a greater number of workshops online, which significantly increased income, but with relatively low costs to run compared to face-to-face events in previous years.

Given the rapid growth, the Charity plans to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities. Funds will also be used for research projects as well as developing resources such as freely available video series like the 'Compassion and Safe Relating' series developed during the pandemic.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

Reserves Policy

The policy of the Trustees is to generate funds from training events and charitable donations in order to facilitate the work of the Foundation. This is to increase the awareness and use of Compassion Focused Therapy and Compassionate Mind Training in a variety of psychological and social domains. In addition, The Trustees have agreed that 25% of the funds of the Charity will be used to fund research projects into compassion focused social and psychological research. Currently, we are developing a fund from training events to cover the costs of running the Charity, maintaining the website, and paying trainers.

In order to do this, the Trustees estimate that a reserve of £235,000 is required to cover six months running costs of the Charity. The financial statements currently show £357,678 in reserves for the Charity as at 31 July 2021. The Trustees will continue to monitor the reserves policy as the last 2 years have been a shift in the Charity's activities due to the Pandemic and may incur larger running costs going forward.

Trustees' responsibilities in relation to the financial statements

Company Law requires the Trustees to prepare financial statements that give a true and fair view of the state of the affairs of the Charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the Charity will not continue in business.

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity and enables them to

ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:

X K. L. McEwan

Dr K McEwan
1st February 2022

The Compassionate Mind Foundation

Independent examiner's report to the Trustees of the Compassionate Mind Foundation

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
DE22 3AG

Date: 01.02.2022

The Compassionate Mind Foundation

**Statement of Financial Activities
Income and Expenditure Account
for the year ended 31 July 2021**

	Note	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total 2020 £
Incoming resources				
Income from activities			546,026	381,645
Donations			1,476	92
Marmot Grant		10,100		
Reed Foundation Schools project				35,640
Big Lottery Funding				4,432
Total incoming resources		10,100	547,502	421,809
Resources expended				
Reed Foundation Schools project		2,255		30,027
Big Lottery Funding				4,432
Marmot Grant		5,850		
Costs of activities	2		287,824	331,713
Governance costs	3		55,376	39,997
Total resources expended	4	8,105	343,200	406,169
Net incoming resources		1,995	204,302	15,640
Fund balance brought forward at 1 August 2020		5,613	145,768	135,741
Fund balance carried forward at 31 July 2021	9	7,608	350,070	151,381

The Compassionate Mind Foundation

Balance sheet as at 31 July 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	6	15,898	14,758
			14,758
Current assets			
Stock		500	610
Debtors	7	21,936	41,155
Cash at bank and in hand		428,746	230,100
		451,182	271,865
Creditors	8	109,401	135,242
Net current assets		341,781	136,623
Net assets		357,679	151,381
Capital funds			
Restricted funds	9	7,608	5,613
Unrestricted funds	10	350,070	145,768
		357,678	151,381

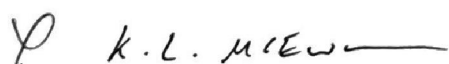
For the year ending 31 July 2021 the charity is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The Board of Trustees have not required the company to obtain an audit of its financial statements for the year ended 31 July 2021 in accordance with Section 476 of the Companies Act 2006.

The Board of Trustees acknowledge their responsibility for complying with the requirements of the Act with regards to the accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board on 1 February 2022 and signed on its behalf by:

 K. L. McEwan

Dr K McEwan (Chairperson)

The Compassionate Mind Foundation

Notes to the financial statements for the year ended 31 July 2021

1 Accounting policies

a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with applicable accounting standards and the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

b) Company status

The charity is limited by guarantee and every member undertakes to contribute such an amount, not exceeding £10, as may be required in the event of the charity being wound up while he is a member, or within one year after he ceases to be a member, for payment of the debts and liabilities of the company.

c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity, compliance with constitutional and statutory requirements and the reasonable costs of Trustees attending Charity meetings, conferences and workshops.

f) Tangible fixed assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life:

Website	- 25% on a straight line basis
Office equipment	- 25% on a straight line basis

The Compassionate Mind Foundation

Notes to the financial statements for the year ended 31 July 2021

2 Cost of activities

	Direct 2021 £	Staff costs 2021 £	Other 2021 £	Total 2021 £	Total 2020 £
Activities	149,396	135,916	2,512	287,824	331,713

Direct costs are those associated with providing the activity, for example, trainer fees, room hire and travel costs.

Other costs include support costs and other indirect costs.

3 Governance costs

	Other 2021 £	Depreciation 2021 £	Total 2021 £	Total 2020 £
Governance costs	45,453	9,923	55,376	339,997

Other governance costs represent administration and accountancy fees.

4 Total resources expended

	2021 £	2020 £
Total resources expended	351,195	406,169

Included in the above is depreciation totaling £9,923 (2020: £8,194)

The Compassionate Mind Foundation

Notes to the financial statements for the year ended 31 July 2021

5 Staff costs and Trustee remuneration

On average the Charity had 7 employees (5 Full-time Equivalent) during the year. The total amount of staff costs for the year was £135,916.

No Trustees were paid any remuneration during the year. Reasonable costs for Trustees to attend Charity meetings, conferences and workshops were paid by the Charity.

6 Tangible fixed assets

	Website £	Office Equipment £	Total £
Cost			
At 1 August 2020	18,209	36,667	54,876
Additions	5,800	5,264	11,064
At 31 July 2021	24,009	41,931	65,940
Depreciation			
At 1 August 2020	14,320	25,799	37,367
Charge for year	3,789	6,134	9,923
At 31 July 2021	18,109	31,933	50,042
Net book value			
At 31 July 2021	5,900	9,998	15,898
At 31 July 2020	3,889	10,868	14,758

7 Debtors

	2021 £	2020 £
Trade debtors	15,820	12,428
Prepayments and deferred expenses	6,116	28,727
	21,936	41,155

The Compassionate Mind Foundation

Notes to the financial statements for the year ended 31 July 2021

	2021 £	2020 £
8 Creditors		
Trade creditors	12,443	11,420
Accruals and deferred income	93,661	122,310
Other creditors	3,297	1,512
	<u>109,401</u>	<u>135,242</u>

9 Fund balances

Restricted funds

Reed Schools Project

The Charity received funding of £71,280 in 2020. a balance of the fund brought forward was £5,613 and £2,255 was expended in the year ended 31 July 2021. There is a further payment of £2,230 expenses on 5th November 2021. We will be able to fully expend the balance at 31st July 2022

Marmot Grant

A £10,100 grant was received in 2021 towards a project exploring Compassion in Politics, a project focusing on developing a Compassion Act. £5,850 expended in the current year and the balance of £4,250 was carried forward in the year ended 31 July 2021.

Designated funds

The charity received a Donation of £10,000 from Slimming World in the financial year ended 31 July 2019. A balance of £1,172 was carried forward as at 31 July 2020. During the year these funds are fully expended and the balance at 31 July 2021 amounted to £Nil

10 Unrestricted funds

	2021 £
At 1 August 2020	145,768
Designated funds (Slimming World/Bipolar)	-
Other incoming resources	<u>204,302</u>
At 31 July 2021	<u>350,070</u>