

# PEACE OF MIND PROJECT LIMITED

England & Wales - Charity number 1146551

## Details

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**Other names** PEACE OF MIND PROJECT

**Status** Registered

**Legal form** Charitable company

**Company number** [07866507](#)

**Registered** 2012-03-23

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Flat 7  
Cleland House  
Sewardstone Road  
London  
E2 9JW

**Phone** 02089804760

**Email** [info@londonmeditationproject.org](mailto:info@londonmeditationproject.org)

**Website** [www.londonmeditationproject.org/veterans](http://www.londonmeditationproject.org/veterans)

## Activities

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**Objects:** THE OBJECTS OF THE PEACE OF MIND PROJECT ARE TO USE APPLICATIONS OF THE BUDDHA'S TEACHING FOR THE PUBLIC BENEFIT BY THE PROVISION OF MEDITATION AND MINDFULNESS-BASED ACTIVITIES TO RELIEVE MENTAL AND PHYSICAL SUFFERING AND TO PROMOTE PHYSICAL AND MENTAL HEALTH AND WELL-BEING. IN FURTHERANCE OF THESE OBJECTS, THE COMPANY AIMS TO: A) ADVANCE THE EDUCATION OF THE PUBLIC IN MEDITATION AND MINDFULNESS-BASED ACTIVITIES THROUGH MEETINGS, CLASSES, RETREATS AND TRAINING COURSES; B) UNDERTAKE RESEARCH INTO MEDITATION AND MINDFULNESS-BASED ACTIVITIES; AND C) PUBLISH, ISSUE AND CIRCULATE SUCH PAPERS, BOOKS OR OTHER PUBLICATIONS (IN WHATEVER MEDIA) AS SHALL FURTHER THE SAID OBJECTS

**Activities:** The object of the peace of mind project are to use applications the Buddha's teaching for the public benefit by the provision of meditation and mindfulness-based activities to relieve mental and physical suffering and to promote physical and mental health and well-being

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups, The General Public/mankind

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-11-30	£9,475	£7,091	-	-
2024-11-30	£4,640	£4,508	-	-
2023-11-30	£13,520	£12,408	-	-
2022-11-30	£5,450	£7,442	-	-
2021-11-30	£2,519	£494	-	-

## Trustees

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Name	Role	Appointed
CATHERINE POWELL		2011-12-23
EDWARD TOMBS		2011-12-23