

THE MINDFULNESS NETWORK

England & Wales · Charity number 1177800

Details

Status Registered

Legal form CIO

Registered 2018-04-03

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

Contact

Address The Mindfulness Network
Ground Floor
66 High Street
Lewes
BN7 1XG

Phone 07909177307

Email info@mindfulness-network.org

Website www.mindfulness-network.org

Activities

Objects: 1) THE ADVANCEMENT OF HEALTH AND WELLBEING OF THE GENERAL PUBLIC BY: A. PROVIDING MEDITATION RETREATS BASED ON SCIENTIFICALLY-PROVED MINDFULNESS-BASED APPROACHES AND; B. ENSURING THERE IS ACCESS TO AN INTERNATIONAL COMMUNITY OF WELL-TRAINED AND WELL-SUPPORTED MINDFULNESS-BASED TEACHERS THROUGH SUPERVISING AND ASSISTING IN THE DEVELOPMENT AND TRAINING OF MINDFULNESS-BASED TEACHERS; AND (2) THE ADVANCEMENT OF EDUCATION BY PROVIDING THE INTERNATIONAL COMMUNITY OF MINDFULNESS-BASED TEACHERS WITH ACCESS TO QUALITY ASSURED MINDFULNESS-BASED TEACHER TRAINING, MINDFULNESS-BASED SUPERVISION AND MINDFULNESS-BASED RETREATS.

Activities: Mindfulness-based supervisionMindfulness-based meditation retreatsMindfulness-based coursesMindfulness-based teacher training and professional development

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£564,166	£592,519	£39,427	12
2024-03-31	£438,850	£436,109	-	-
2023-03-31	£409,134	£421,375	-	-
2022-03-31	£409,720	£357,053	-	-
2021-03-31	£326,478	£305,116	-	-

Trustees

Name	Role	Appointed
Debbie Hu		2023-10-01
Edward Meissner		2023-10-01
Estrella Fernandez		2023-10-01
Nicholas Mark Hammond		2021-04-01

THE MINDFULNESS NETWORK

England & Wales - Charity number 1177800

Accounts

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2025

The Mindfulness Network
Contents Page
For the year ended 31 March 2025

Report of the Trustees	1 to 9
Independent Examiner's Report to the Trustees	10
Statement of Financial Activities	11
Statement of Financial Position	12
Statement of Cashflows	13
Notes to the Financial Statements	14 to 21

The Mindfulness Network

Report of the Trustees

For the year ended 31 March 2025

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 March 2025. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Chair's report

Executive Summary: The Mindfulness Network 2024-25

Our Mission

Connecting you with mindfulness and compassion.

We aim to create a global network that fosters well-being and alleviates human suffering through mindfulness.

Key Activities

- Innovative Training Programs: in partnership with Bangor University, we offer accessible and comprehensive training for mindfulness practitioners and teachers.
- Inclusive Retreats: our retreats, led by experienced teachers, blend ancient wisdom with modern science to support personal and professional growth.
- Compassion Initiatives: we provide specialised training and retreats in Mindfulness-Based Compassionate Living and Mindful Self-Compassion.
- Global Supervision: offering supervision in 11 languages, we ensure mindfulness teachers deliver their work with integrity.
- International Courses: successfully delivered commissioned courses in China, Greece, Spain, and the UK.
- Bursaries and Free Events: committed to inclusivity, we offer financial assistance and free online events to make mindfulness accessible to all.

Achievements

- Over 25 Events Delivered: maintaining our presence as a leading mindfulness organisation.
- Over 15 International Courses: expanding our global reach.
- Over 10 Free Events: plus regular drop-in sessions, fostering community and accessibility.

Financial Highlights

- Income: £564,166.
- Expenditure: £592,519.
- Deficit £28,353.
- Net Funds: £39,427.
- Reserves: £32,425, aiming for £70,000.

Governance

Our dedicated Board of Trustees and Executive Director ensure strategic leadership and effective management, supported by various committees and special interest groups.

Future Plans

- Expand Training Pathways: Continue to grow our innovative training programs.
- Increase Global Reach: Deliver more international courses and host the international conference for Mindfulness in partnership with Bangor University.
- Enhance Accessibility: Expand free services and increase bursaries to support more individuals.

**The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2025**

OBJECTIVES AND ACTIVITIES

Mission

By developing mindfulness and compassion both internally and through our services, the Mindfulness Network has the intention to reduce/alleviate human suffering, promote well-being and create the conditions in which people, communities and the planet, can flourish.

Vision

We aim to be a true network connecting the mindfulness community - students, teachers, practitioners, supervisors, training providers, globally.

Summary of Objectives

The objectives of the charity are the advancement of health and wellbeing of the general public by:

- providing meditation retreats based on scientifically proved mindfulness-based approaches and;
- ensuring there is access to an international community of well-trained and well-supported mindfulness-based teachers in the United Kingdom through supervising and assisting in the development and training of mindfulness-based teachers; and
- the advancement of education by providing the international community of mindfulness-based teachers with access to quality assured mindfulness-based teacher training, mindfulness-based supervision and mindfulness-based retreats.

Summary of Main Activities Undertaken for Public Benefit

The Mindfulness Training Pathway

The Mindfulness Network continues to embed the newly developed training curriculum which offers a more accessible training programme that is suited to those wanting to learn essential skills in delivering mindfulness within a wide range of professional contexts, or for those wanting to embark upon an internationally renowned training pathway to teach one or more mindfulness-based Program, such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) and, for those already trained, that want to hone their skills through continued professional development.

Our training programme is delivered in collaboration with the Mindfulness Centre at Bangor University. Our trainers are senior mindfulness trainers within Bangor University, and Bangor University continues to be the issuing body for certificates of competency. Bangor University and the Mindfulness Network work closely together in the ongoing development and quality assurance of our training events.

Retreats

We offer a range of mindfulness retreats that are inclusive, based on well-researched approaches, and respect differing views and beliefs. Our retreats are informed by both ancient knowledge and modern theories, as well as scientific findings about health and well-being. They are open to people of any and no faith.

Our aim is to provide mindfulness-based practitioners and teachers with a variety of opportunities to deepen their practice, in supportive settings, with the guidance of experienced mindfulness retreat leaders. All of our retreats are led by highly experienced teachers, trained in retreat leadership, who are senior in the field of mindfulness-based interventions.

Compassion

We offer Mindfulness-Based Compassionate Living teacher training and retreat and Mindful Self Compassion retreats which complements the Mindfulness Self Compassion teach training pathway which is delivered in partnership with peer organisations.

In Jan 2024 we combined and appointed the role of Training and Retreat Lead to oversee the development of the Mindfulness and Compassion programme of events that we offer.

Supervision

Individual and group mindfulness-based supervision is offered in the UK and beyond, to support mindfulness-based teachers to deliver their work with the highest levels of integrity. We can now connect mindfulness teachers to supervisors in 11 different languages including Cantonese, Spanish and Hindi.

Our supervisors meet The British Association of Mindfulness-Based Approaches (BAMBA) Good Practice Guidelines for Supervisors and our own requirements. All are deeply experienced mindfulness-based teachers who have had specific training to develop their skills as supervisors.

**The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2025**

Commissioned Courses

We also offer commissioned training courses and work with partner organisations - both in the UK and abroad - to offer either the full Training Pathway or individual training events. This year we have delivered a significant number of commissioned courses through collaborations in internationally as well as organisations in the UK.

Bursaries

The Mindfulness Network is committed to ensuring that our services are as accessible and inclusive as possible. Part of our vision involves removing financial barriers, as much as we can, by offering bursaries so that people from all backgrounds can afford to train to be mindfulness teachers, receive supervision and attend mindfulness retreats. We have a bursary system in place for assisted places across supervision training, retreat and compassion events.

“

Receiving a bursary provided] a great learning experience to meet people from all over the world teaching Mindfulness in China, Hong Kong, Hungary, Canada and several more countries. It has widened my view of the mindfulness world and it has helped me to be a better teacher and supervisor.

”

Mindfulness Network Community Friends

With the support of our volunteer committee, the Mindfulness Network Community Friends, we have continued to offer free online events. We offered monthly evening events celebrating diverse aspects of mindfulness teaching and research plus a range of other offerings including regular drop-in mindfulness sessions, some of which are for specialist groups and opportunities for trainees to practice leading mindfulness practices.

This is an important aspect of charity, offering services without charge, supported by volunteers. Donations are invited, and these are used to support the costs of the free services and to provide bursaries.

Mindfulness Network Community Friends

With the support of our volunteer committee, the Mindfulness Network Community Friends, we have continued to offer free online events. We offered monthly evening events celebrating diverse aspects of mindfulness teaching and research plus a range of other offerings including regular drop-in mindfulness sessions, some of which are for specialist groups and opportunities for trainees to practice leading mindfulness practices.

This is an important aspect of charity, offering services without charge, supported by volunteers. Donations are invited, and these are used to support the costs of the free services and to provide bursaries.

Statement on public benefit

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Significant activities

The charity delivered over 20 publicly offered online and in person events, made up of retreats, mindfulness Training Pathway events and also continuing professional development events including those with a focus on compassion.

Alongside these publicly offered courses the charity also successfully delivered numerous international Commissioned Courses.

During the year over 8 freely offered evening events were also organised. The regular Friday morning drop-in meditation session continues and has regular attendances of approximately 40 people, and we also offered a special interest group for Men, LGBTQ+, those managing fatigue, a Tuesday lunchtime practice drop-in session, and a session in Mandarin all freely offered. We were also able to freely offer 2 one day online retreats which were well attended.

In August, we delivered, in partnership with Bangor University: The International Conference on Mindfulness (ICM:2024). The goal was to provide a space where people could come together to talk, ask questions, and feel inspired. ICM:2024 had an exciting programme (both online/in-person) and a rich range of speakers, partners and sponsors making this a truly collaborative conference with the widest possible reach and impact.

Over 300 people attended in Bangor and, including international hubs, the online access took the number participating to well over 1,000. With 100 research posters and presentations and a diverse set of delegates from all around the world, it felt like a momentous time for the mindfulness field, and a truly inclusive event that reflected its title: Mindfulness in a Changing World.

Future

The more accessible training pathway that has been developed ensures that The Mindfulness Network continues to be a leading provider of mindfulness teacher training in the UK and has seen an ongoing growth of international attendees.

Delivering our commissioned courses internationally continues to be an area of growth providing opportunities for the future and inviting a more global perspective.

The expansion of free services underpins our charitable purpose and widens access to mindfulness-based approaches. The growth in funds for bursaries will help considerably in the next year to make mindfulness teacher training more accessible.

FINANCIAL REVIEW

The charity saw a deficit in the year of £28,353 (down from a surplus of £2,741 in the previous year) and finished with net funds of £39,427 (down from £67,780 in the previous year), of which £7,002 of the funds are restricted.

Review of the Financial Statements for the Year Ended 31 March 2025

During the year, total income was £564,166 (2024: £438,850) of which £9,076 was donations. The increase in total income is due to the International Conference of Mindfulness and commissioned course events that have been delivered which has supported the slowing down of participants on the publicly run courses.

Total expenditure was £592, 519 (2024: £436,109). The total increase in expenditure is due, in large part, to expenditure on the international conference for mindfulness which was delivered in August 2024.

On 31 March 2025 unrestricted funds were £32,425 (2024: £57,287 and restricted funds were £7,002 (2024: £10,493)

The Mindfulness Network Report of the Trustees Continued

For the year ended 31 March 2025

Reserves

The net reserves on 31 March 2025, not counting restricted funds, were £32,425 (2024: £57,287).

The reserves policy is to build and maintain enough funds for three months of operation. As operational costs have grown so this is now approximately £70,000 so there is still some way to go to meet this target. It was decided to retain the bounce back loan of £50,000 obtained under the government scheme and its balance was £12,179 as of 31 March 2025.

Investment Powers and Policy

Under the Governance Document, there are no restrictions of the power of trustees to invest funds. To support the cashflow needs of the organisation, available funds are kept in instant-access savings accounts where interest can be earned when possible.

Risk Management

A risk register is maintained by the Trustees to identify and monitor the likelihood and impact of risks to the charity. Principal risks include:

-Market Fit. It is vital that the central activities undertaken by the charity for the public benefit and meet the needs of the general public. As a recognised leader in its field, the Mindfulness Network is continuously monitoring the marketplace and reviewing its offerings to ensure this and retain its reputation for rigour and excellence.

-Revenue Stability. Financially it is essential that recruitment of events remains high. We are investing in our programme mix and product development to ensure this and respond to trends we identify in bookings.

Going concern

The trustees have considered the charity's ability to continue as a going concern, taking into account its current financial position, cash flow forecasts and known funding commitments for a period of at least 12 months from the date of approval of these financial statements.

The charity is dependent on securing future funding, achieving improvements in income generated from its charitable activities and reducing its costs in order to meet its ongoing expenditure. At the balance sheet date, the charity's level of reserves is limited and there is uncertainty over the timing and level of future income.

These conditions indicate the existence of a material uncertainty which may cast significant doubt on the charity's ability to continue as a going concern.

Nevertheless, the trustees believe that it is appropriate to prepare the financial statements on a going concern basis, having regard to the charity's current cash position, planned cost controls, and the trustees' ongoing actions to secure additional funding and increase income from charitable activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Mindfulness Network is a Charitable Incorporated Organisation (CIO) governed by its Constitution following incorporation on 3 April 2018.

Governance

The Board of Trustees in this financial year is comprised of 12 members with varied backgrounds, experience and skills, all relevant to the work of the charity and meets every 3 months. In addition to this there are Committees and special interest groups to advise and guide on specific areas and projects. These include the Finance Committee, which meets at least every 3 months, and groups for Safeguarding, EDI and specific projects within the charity's remit. These groups report back to the Board.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2025

Recruitment and appointment of trustees

Recruitment and appointment of trustees

Trustee recruitment considers the needs, in terms of expertise, diversity and succession planning, of the charity. Openings are listed on the website and communicated via our newsletter. Applicants are invited to apply in line with the guidance outlined on the website.

Induction and training of trustees

Prior to the appointment of a trustee, applicants are provided with a comprehensive overview of the charity's journey so far to offer contextual understanding, its current position and performance, and its aims going forward.

On appointment, Trustees are given guidance and support to induct them into their new role.

Management

The Board of Trustees appoints an Executive Director to offer strategic leadership and hold day-to-day responsibility for its activities. The Executive Director works closely with the Chair of the Board and the wider Trustee group, as well as the management team and other key stakeholders, to deliver the business strategy.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	The Mindfulness Network
Charity registration number	1177800

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Dr Rebecca Crane
(Resigned: 27 October 2025)
Uz Afzal
(Appointed: 01 April 2021)
(Resigned: 12 May 2025)
Nick Hammond
Paula Watson
(Appointed: 01 April 2021)
(Resigned: 01 May 2025)
Alex Clifton
(Appointed: 01 April 2021)
(Resigned: 06 May 2025)
Avinash Bansode
Ria Wildeboer
(Resigned: 21 October 2025)
Sonia Gadhia
(Resigned: 16 December 2025)
Hayley Dunne
(Resigned: 24 September 2025)
Estrella Fernandez
Debbie Hu
Ted Meissner

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2025

Independent examiner

Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

Approved by the Board of Trustees and signed on its behalf by

Ted Meissner

Ted Meissner (Jan 28, 2026 10:00:29 EST)

Ted Meissner
28 January 2026

The Mindfulness Network
Independent Examiners Report to the Trustees
For the year ended 31 March 2025

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

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity'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 examiners statement

Since the Charity'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 by virtue of my membership of Institute of Chartered Accountants in England and Wales, 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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Caroline Clarke

Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

28 January 2026

The Mindfulness Network
Statement of Financial Activities
For the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 £	2024 £
Income and endowments from:					
Donations and legacies	2	6,003	3,073	9,076	9,664
Charitable activities	3	549,831	-	549,831	425,257
Investments	4	5,259	-	5,259	3,929
Total		561,093	3,073	564,166	438,850
Expenditure on:					
Charitable activities	5/6	(585,955)	(6,564)	(592,519)	(436,109)
Total		(585,955)	(6,564)	(592,519)	(436,109)
Net income/expenditure		(24,862)	(3,491)	(28,353)	2,741
Reconciliation of funds					
Total funds brought forward		57,287	10,493	67,780	65,039
Total funds carried forward		32,425	7,002	39,427	67,780

The Mindfulness Network
Statement of Financial Position
As at 31 March 2025

	Notes	2025 £	2024 £
Current assets			
Debtors	12	53,977	28,483
Cash at bank and in hand		137,289	197,787
		191,266	226,270
Creditors: amounts falling due within one year	13	(139,663)	(136,109)
Net current assets		51,603	90,161
Total assets less current liabilities		51,603	90,161
Creditors: amounts falling due after more than one year	14	(12,176)	(22,381)
Net assets		39,427	67,780
The funds of the charity			
Restricted income funds	15	7,002	10,493
Unrestricted income funds	15	32,425	57,287
Total funds		39,427	67,780

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

Ted Meissner

Ted Meissner (Jan 28, 2026 14:08:19 EST)

Ted Meissner
28 January 2026

The Mindfulness Network

**Cashflow Statement
For the period ended 31 March 2025**

	2025	2024
Cash flow from operating activities		
Cash generated from operations	(60,498)	(51,224)
Dividends, interest and rent from investments		-
Purchase of tangible assets	<u>-</u>	<u>-</u>
	-	-
	(60,498)	(51,224)
Cash and cash equivalents at beginning of year	<u>197,787</u>	<u>249,011</u>
Cash and cash equivalents at end of year	<u>137,289</u>	<u>197,787</u>
 Cash generated from operations		
Net movement in funds	(28,353)	2,741
Adjustments for:		
Depreciation and amortisation of fixed assets	-	-
Dividends, interest and rent from investments	-	-
Movement in working capital		
(Increase)/decrease in debtors	(25,494)	(7,591)
Increase/(Decrease) in creditors	<u>(6,651)</u>	<u>(46,374)</u>
Cash generated from operations	<u>(60,498)</u>	<u>(51,224)</u>

The Mindfulness Network
Notes to the Financial Statements
For the year ended 31 March 2025

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

The Mindfulness Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2025	2024
	£	£	£	£
Donations received	6,003	3,073	9,076	9,664
	6,003	3,073	9,076	9,664

3. Income from charitable activities

	2025	2024
	£	£
Unrestricted funds		
<i>Serving the mindfulness community and to advance the health and well-being of the general public</i>		
Income from charitable activities	549,831	425,257

4. Investment income

	2025	2024
	£	£
Unrestricted funds		
Bank interest receivable	5,259	3,929
	5,259	3,929

5. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2025	2024
	£	£	£	£
Serving the mindfulness community and to advance the health and well-being of the general public	498,795	6,564	505,359	301,265
Support costs	87,160	-	87,160	134,844
	585,955	6,564	592,519	436,109

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

6. Costs of charitable activities by activity type

	Activities undertaken directly £	Support costs £	2025 £	2024 £
Support costs				
Serving the mindfulness community and to advance the health and well-being of the general public	505,359	87,160	592,519	436,109

7. Analysis of support costs

	2025 £	2024 £
Serving the mindfulness community and to advance the health and well-being of the general public		
Management	50,681	96,196
Finance	6,280	5,004
IT	19,270	16,593
Office Costs	7,325	8,619
Travel and Accommodation	52	7,040
Development Fund	2,132	-
Governance costs	1,420	1,392
	87,160	134,844

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2025 £	2024 £
Accountancy fees	1,420	1,392
Staff pension contributions	6,682	6,013

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2025 were:

	2025	2024
	£	£
Salaries and wages	233,760	212,470
Social security costs	12,962	9,853
Pension costs	6,682	6,013
	253,404	228,336

No employee earned more than £60,000 during the year (nil:2024).

The total employee benefits including pension contributions of the key management personnel were £21,435 (2024:£12,836)

	2025	2024
Support Staff	12	13
	12	13

10. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024:£nil).

During the year payments of £2,940 were made to 2 trustees for teaching, supervision and speaker fees (2024:£1,768).

3 trustees received travel expenses of £1,233 (2024:£370)

There were no other related party transactions to disclose for 2025 (2024:none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

11. Comparative for the Statement of Financial Activities

	Unrestricted funds £	Restricted funds £	2024 £
Income and endowments from:			
Donations and legacies	7,804	1,860	9,664
Charitable activities	425,257	-	425,257
Investments	3,929	-	3,929
Total	436,990	1,860	438,850
Expenditure on:			
Charitable activities	(427,341)	(8,768)	(436,109)
Total	(427,341)	(8,768)	(436,109)
Net income/expenditure	9,649	(6,908)	2,741
Reconciliation of funds			
Total funds brought forward	47,638	17,401	65,039
Total funds carried forward	57,287	10,493	67,780

12. Debtors

	2025 £	2024 £
Amounts due within one year:		
Trade debtors	29,977	16,003
Prepayments and accrued income	24,000	10,293
Other debtors	-	2,187
	53,977	28,483

13. Creditors: amounts falling due within one year

	2025 £	2024 £
Other creditors	86,414	131,260
Accruals and deferred income	53,249	4,849
	139,663	136,109

14. Creditors: amounts falling due after more than one year

	2025 £	2024 £
Loans and overdrafts	12,176	22,381
	12,176	22,381

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

15. Movement in funds

Unrestricted Funds

	Balance at 01/04/2024 £	Incoming resources £	Outgoing resources £	Balance at 31/03/2025 £
<i>General</i>				
General	57,287	561,093	(585,955)	32,425
	57,287	561,093	(585,955)	32,425

Unrestricted Funds - Previous year

	Balance at 01/04/2023 £	Incoming resources £	Outgoing resources £	Balance at 31/03/2024 £
<i>General</i>				
General	47,638	436,990	(427,341)	57,287
	47,638	436,990	(427,341)	57,287

Purpose of unrestricted Funds

General

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted Funds

	Balance at 01/04/2024 £	Incoming resources £	Outgoing resources £	Balance at 31/03/2025 £
Bursary funds	5,345	891	(475)	5,761
FOB Legacy	1,964	-	(1,964)	-
MNCF	3,184	2,182	(4,125)	1,241
	10,493	3,073	(6,564)	7,002

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

Restricted Funds - Previous year

	Balance at 01/04/2023	Incoming resources	Outgoing resources	Balance at 31/03/2024
	£	£	£	£
Bursary funds	4,885	1,860	(1,400)	5,345
FOB Legacy	3,876	-	(1,912)	1,964
MNCF	8,640	-	(5,456)	3,184
	17,401	1,860	(8,768)	10,493

Purpose of restricted funds

Bursary funds

Bursarys for retreats and supervision

FOB Legacy

This is a legacy bursary for those who were former members of the Friends of Bangor alumni group for retreats, supervision and training.

MNCF

This is money that is set aside for our Mindfulness Network Community Friends volunteer group to use for donation based events.

16. Analysis of net assets between funds

	Net current assets / (liabilities)	Creditors > one year	Net Assets
	£	£	£
Unrestricted funds			
<i>General</i>			
General	44,601	(12,176)	32,425
Restricted funds			
Bursary funds	5,761	-	5,761
MNCF	1,241	-	1,241
	51,603	(12,176)	39,427

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2025

Previous year

	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
<i>General</i>			
General	79,668	(22,381)	57,287
Restricted funds			
Bursary funds	5,345	-	5,345
FOB Legacy	1,964	-	1,964
MNCF	3,184	-	3,184
	90,161	(22,381)	67,780

Accounts 25

Final Audit Report

2026-01-28

Created:	2026-01-28
By:	Caroline Clarke (carolinec@andrewwells.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAA6RPHQ9uC1ZL6g8KvK4ZREusGbbIDS1ng

"Accounts 25" History



Document created by Caroline Clarke (carolinec@andrewwells.co.uk)

2026-01-28 - 6:01:45 PM GMT- IP address: 5.159.200.147



Document emailed to Ted Meissner (ted@mindfulness-network.org) for signature

2026-01-28 - 6:01:51 PM GMT



Email viewed by Ted Meissner (ted@mindfulness-network.org)

2026-01-28 - 7:06:31 PM GMT- IP address: 76.24.88.86



Document e-signed by Ted Meissner (ted@mindfulness-network.org)

Signature Date: 2026-01-28 - 7:08:19 PM GMT - Time Source: server- IP address: 76.24.88.86



Agreement completed.

2026-01-28 - 7:08:19 PM GMT



Adobe Acrobat Sign

THE MINDFULNESS NETWORK

England & Wales - Charity number 1177800

Accounts

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2024

The Mindfulness Network
Contents Page
For the year ended 31 March 2024

Report of the Trustees	1 to 5
Independent Examiner's Report to the Trustees	6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the Financial Statements	9 to 16

The Mindfulness Network
Report of the Trustees
For the year ended 31 March 2024

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 March 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2024

Executive Summary: The Mindfulness Network 2023-24

Our Mission

Connecting you with mindfulness and compassion.

We aim to create a global network that fosters well-being and alleviates human suffering through mindfulness.

Key Activities

- **Innovative Training Programs:** in partnership with Bangor University, we offer accessible and comprehensive training for mindfulness practitioners and teachers.
- **Inclusive Retreats:** our retreats, led by experienced teachers, blend ancient wisdom with modern science to support personal and professional growth.
- **Compassion Initiatives:** we provide specialised training and retreats in Mindfulness-Based Compassionate Living and Mindful Self-Compassion.
- **Global Supervision:** offering supervision in 11 languages, we ensure mindfulness teachers deliver their work with integrity.
- **International Courses:** successfully delivered commissioned courses in China, Greece, Spain, and the UK.
- **Bursaries and Free Events:** committed to inclusivity, we offer financial assistance and free online events to make mindfulness accessible to all.

Achievements

- **31 Events Delivered:** including 25 online and 6 in-person events.
- **21 International Courses:** expanding our global reach.
- **10 Free Evening Events:** plus regular drop-in sessions, fostering community and accessibility.

Financial Highlights

- **Income:** £438,850.
- **Expenditure:** £436,109.
- **Surplus:** £2,741.
- **Net Funds:** £67,780.
- **Reserves:** £57,287, aiming for £70,000.

Governance

Our dedicated Board of Trustees and Executive Director ensure strategic leadership and effective management, supported by various committees and special interest groups.

Future Plans

- **Expand Training Pathways:** Continue to grow our innovative training programs.
- **Increase Global Reach:** Deliver more international courses and host the international conference for Mindfulness in partnership with Bangor University.
- **Enhance Accessibility:** Expand free services and increase bursaries to support more individuals.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2024

OBJECTIVES AND ACTIVITIES

Mission

By developing mindfulness and compassion both internally and through our services, the Mindfulness Network has the intention to reduce/alleviate human suffering, promote well-being and create the conditions in which people, communities and the planet, can flourish.

Vision

We aim to be a true network connecting the mindfulness community - students, teachers, practitioners, supervisors, training providers, globally.

Summary of Objectives

The objectives of the charity are the advancement of health and wellbeing of the general public by:

- providing meditation retreats based on scientifically proved mindfulness-based approaches and;
- ensuring there is access to an international community of well-trained and well-supported mindfulness-based teachers in the United Kingdom through supervising and assisting in the development and training of mindfulness-based teachers; and
- the advancement of education by providing the international community of mindfulness-based teachers with access to quality assured mindfulness-based teacher training, mindfulness-based supervision and mindfulness-based retreats.

Summary of Main Activities Undertaken for Public Benefit

The Mindfulness Training Pathway

The Mindfulness Network continues to embed the newly developed training curriculum which offers a more accessible training programme that is suited to those wanting to learn essential skills in delivering mindfulness within a wide range of professional contexts, or for those wanting to embark upon an internationally renowned training pathway to teach one or more mindfulness-based Program, such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) and, for those already trained, that want to hone their skills through continued professional development.

Our training programme is delivered in collaboration with the Mindfulness Centre at Bangor University. Our trainers are senior mindfulness trainers within Bangor University, and Bangor University continues to be the issuing body for certificates of competency. Bangor University and the Mindfulness Network work closely together in the ongoing development and quality assurance of our training events.

Retreats

We offer a range of mindfulness retreats that are inclusive, based on well-researched approaches, and respect differing views and beliefs. Our retreats are informed by both ancient knowledge and modern theories, as well as scientific findings about health and well-being. They are open to people of any and no faith.

Our aim is to provide mindfulness-based practitioners and teachers with a variety of opportunities to deepen their practice, in supportive settings, with the guidance of experienced mindfulness retreat leaders. All of our retreats are led by highly experienced teachers, trained in retreat leadership, who are senior in the field of mindfulness-based interventions.

Compassion

We offer Mindfulness-Based Compassionate Living teacher training and retreat and Mindful Self Compassion retreats which complements the Mindfulness Self Compassion teach training pathway which is delivered in partnership with peer organisations.

In Jan 2024 we combined and appointed the role of Training and Retreat Lead to oversee the development of the Mindfulness and Compassion programme of events that we offer.

Supervision

Individual and group mindfulness-based supervision is offered in the UK and beyond, to support mindfulness-based teachers to deliver their work with the highest levels of integrity. We can now connect mindfulness teachers to supervisors in 11 different languages including Cantonese, Spanish and Hindi.

Our supervisors meet The British Association of Mindfulness-Based Approaches (BAMBA) Good Practice Guidelines for Supervisors and our own requirements. All are deeply experienced mindfulness-based teachers who have had specific training to develop their skills as supervisors.

Commissioned Courses

We also offer commissioned training courses and work with partner organisations – both in the UK and abroad – to offer either the full Training Pathway or individual training events. This year we have delivered a significant number of commissioned courses through collaborations in China, Greece, Spain as well as organisations in the UK.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2024

Bursaries

The Mindfulness Network is committed to ensuring that our services are as accessible and inclusive as possible. Part of our vision involves removing financial barriers, as much as we can, by offering bursaries so that people from all backgrounds can afford to train to be mindfulness teachers, receive supervision and attend mindfulness retreats. We have a bursary system in place for assisted places across supervision training, retreat and compassion events. This year we have offered regular donation-based events, and the donations from these events have funded fifty-three (2023:55) bursary offers.

“ *[Receiving a bursary provided] a great learning experience to meet people from all over the world teaching Mindfulness in China, Hong Kong, Hungary, Canada and several more countries. It has widened my view of the mindfulness world and it has helped me to be a better teacher and supervisor.* ”

Mindfulness Network Community Friends

With the support of our volunteer committee, the Mindfulness Network Community Friends, we have continued to offer free online events. We offered monthly evening events celebrating diverse aspects of mindfulness teaching and research plus a range of other offerings including regular drop-in mindfulness sessions, some of which are for specialist groups and opportunities for trainees to practice leading mindfulness practices.

This is an important aspect of charity, offering services without charge, supported by volunteers. Donations are invited, and these are used to support the costs of the free services and to provide bursaries.

Objectives and aims.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

The charity delivered 25 publicly offered online (2023: 28) and 6 in person events (2023: 3), of which 6 were retreats (2023: 9), 15 were mindfulness Training Pathway events (2023:13), and 10 were continuing professional development events including those with a focus on compassion (2023:9)

Alongside these publicly offered courses the charity also successfully delivered 21 Commissioned Courses (2023: 10) in China, Spain, Greece and the UK.

During the year 10 (2023: 10) freely offered evening events were also organised. The regular Friday morning drop-in meditation session continues and has regular attendances of approximately 40 people, and we also offered a special interest group for Men, LGBTQ+, those managing fatigue, a Tuesday lunchtime practice drop-in session, and a session in Mandarin all freely offered. We were also able to freely offer 2 one day online retreats (2023: 1) which were well attended.

Future

The more accessible training pathway that has been developed ensures that The Mindfulness Network continues to be a leading provider of mindfulness teacher training in the UK and has seen an ongoing growth of international attendees.

Delivering our commissioned courses internationally continues to be an area of growth providing opportunities for the future and inviting a more global perspective.

The expansion of free services underpins our charitable purpose and widens access to mindfulness-based approaches. The growth in funds for bursaries will help considerably in the next year to make mindfulness teacher training more accessible.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2024

FINANCIAL REVIEW

The programme of events remains primarily online but we also successfully delivered 6 in-person events. Three of which were grouped together to provide teaching training of the Going Deeper curriculum which had over 70 attendees.

The charity saw a surplus in the year of £2,741 (up from a deficit of £12,241 in the previous year) and finished with net funds of £67,780 (up from £65,039 in the previous year), of which £10,493 of the funds are restricted.

Review of the Financial Statements for the Year Ended 31 March 2022

During the year, total income was £436,706 (2023: £409,134) of which £9,664 was donations. The increase in total income is due to the increase in Commissioned course events that have been delivered which has supported the slowing down of participants on the publicly run courses.

Total expenditure was £436,109 (2023: £421,375). The total increase in expenditure is due, in part, to some initial expenditure on the international conference for mindfulness which will be delivered in August 2024.

On 31 March 2024 unrestricted funds were £57,287 (2023: £47,638) and restricted funds were £10,493 (2023: £17,401)

Reserves

The net reserves on 31 March 2024, not counting restricted funds, were £57,287 (2023: £47,636).

The reserves policy is to build and maintain enough funds for three months of operation. As operational costs have grown so this is now approximately £70,000 so there is still some way to go to meet this target. It was decided to retain the bounce back loan of £50,000 obtained under the government scheme and its balance was £22,405 as of 31 March 2024.

Investment Powers and Policy

Under the Governance Document, there are no restrictions of the power of trustees to invest funds. To support the cashflow needs of the organisation, available funds are kept in instant-access savings accounts where interest can be earned when possible.

Risk Management

A risk register is maintained by the Trustees to identify and monitor the likelihood and impact of risks to the charity.

Principle risks include:

- Market Fit. It is vital that the central activities undertaken by the charity for the public benefit and meet the needs of the general public. As a recognised leader in its field, the Mindfulness Network is continuously monitoring the marketplace and reviewing its offerings to ensure this and retain its reputation for rigour and excellence.

- Revenue Stability. Financially it is essential that recruitment of events remains high. We are investing in our programme mix and product development to ensure this and respond to trends we identify in bookings.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Mindfulness Network is a Charitable Incorporated Organisation (CIO) governed by its Constitution following incorporation on 3 April 2018.

Governance

The Board of Trustees in this financial year is comprised of 12 members with varied backgrounds, experience and skills, all relevant to the work of the charity and meets every 3 months. In addition to this there are Committees and special interest groups to advise and guide on specific areas and projects. These include the Finance Committee, which meets at least every 3 months, and groups for Safeguarding, EDI and specific projects within the charity's remit. These groups report back to the Board.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2024

Recruitment and appointment of trustees

Recruitment and appointment of trustees

Trustee recruitment considers the needs, in terms of expertise, diversity and succession planning, of the charity. Openings are listed on the website and communicated via our newsletter. Applicants are invited to apply in line with the guidance outlined on the website.

Induction and training of trustees

Prior to the appointment of a trustee, applicants are provided with a comprehensive overview of the charity's journey so far to offer contextual understanding, its current position and performance, and its aims going forward.

On appointment, Trustees are given guidance and support to induct them into their new role.

Management

The Board of Trustees appoints an Executive Director to offer strategic leadership and hold day-to-day responsibility for its activities. The Executive Director works closely with the Chair of the Board and the wider Trustee group, as well as the management team and other key stakeholders, to deliver the business strategy.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	The Mindfulness Network
Charity registration number	1177800
Principal address	PO Box 3647 Barnet EN5 9TT

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Dr Rebecca Crane
Uz Afzal
Nick Hammond
Paula Watson
Alex Clifton
Avinash Bansode
Ria Wildeboer
Sonia Gadhia
Hayley Dunne
Estrella Fernandez
Debbie Hu

Independent examiner	Caroline Clarke ACA 66 High Street Lewes East Sussex BN7 1XG
-----------------------------	--

Approved by the Board of Trustees and signed on its behalf by

.....22/1/25.....

Alex Clifton

The Mindfulness Network
Independent Examiners Report to the Trustees
For the year ended 31 March 2024

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

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity'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 examiners statement

Since the Charity'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 by virtue of my membership of Institute of Chartered Accountants in England and Wales, 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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Caroline Clarke

23/1/25

.....
Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

The Mindfulness Network
Statement of Financial Activities
For the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 £	2023 £
Income and endowments from:					
Donations and legacies	2	7,804	1,860	9,664	12,385
Charitable activities	3	425,257	-	425,257	396,541
Investments	4	3,929	-	3,929	208
Total		436,990	1,860	438,850	409,134
Expenditure on:					
Charitable activities	5/6	(427,341)	(8,768)	(436,109)	(421,375)
Total		(427,341)	(8,768)	(436,109)	(421,375)
Net income/expenditure		9,649	(6,908)	2,741	(12,241)
Reconciliation of funds					
Total funds brought forward		47,638	17,401	65,039	77,280
Total funds carried forward		57,287	10,493	67,780	65,039

The Mindfulness Network
Statement of Financial Position
As at 31 March 2024

	Notes	2024 £	2023 £
Current assets			
Debtors	12	28,483	20,892
Cash at bank and in hand		197,787	249,011
		226,270	269,903
Creditors: amounts falling due within one year	13	(136,109)	(172,528)
Net current assets		90,161	97,375
Total assets less current liabilities		90,161	97,375
Creditors: amounts falling due after more than one year	14	(22,381)	(32,336)
Net assets		67,780	65,039
The funds of the charity			
Restricted income funds	15	10,493	17,401
Unrestricted income funds	15	57,287	47,638
Total funds		67,780	65,039

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

Alex Clifton
 22/1/25

Alex Clifton

The Mindfulness Network
Notes to the Financial Statements
For the year ended 31 March 2024

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

The Mindfulness Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2024	2023
	£	£	£	£
Donations received	7,804	1,860	9,664	12,385
	7,804	1,860	9,664	12,385

3. Income from charitable activities

	2024	2023
	£	£
Unrestricted funds		
<i>Serving the mindfulness community and to advance the health and well-being of the general public</i>		
Income from charitable activities	425,257	396,541

4. Investment income

	2024	2023
	£	£
Unrestricted funds		
Bank interest receivable	3,929	208
	3,929	208

5. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2024	2023
	£	£	£	£
Serving the mindfulness community and to advance the health and well-being of the general public	292,497	8,768	301,265	297,468
Support costs	134,844	-	134,844	123,907
	427,341	8,768	436,109	421,375

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2024	2023
	£	£	£	£
Support costs				
Serving the mindfulness community and to advance the health and well-being of the general public	301,265	134,844	436,109	421,375

7. Analysis of support costs

	2024	2023
	£	£
Serving the mindfulness community and to advance the health and well-being of the general public		
Management	96,196	75,097
Finance	5,004	7,056
IT	16,593	15,421
Office Costs	8,619	8,000
Travel and Accommodation	7,040	7,293
Development Fund	-	9,648
Governance costs	1,392	1,392
	134,844	123,907

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2024	2023
	£	£
Accountancy fees	1,392	1,392
Staff pension contributions	6,013	5,664

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2024 were:

	2024	2023
	£	£
Salaries and wages	212,470	213,188
Social security costs	9,853	9,902
Pension costs	6,013	5,664
	228,336	228,754

	2024	2023
Support Staff	13	12
	13	12

No employee earned more than £60,000 during the year (nil:2023).

The total employee benefits including pension contributions of the key management personnel were £12,836.

10. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023:£nil).

During the year payments of £1,768 were made to 3 trustees for teaching, supervision and speaker fees (2023:£364).

2 trustees received travel expenses of £370 (2023:£nil)

There were no other related party transactions to disclose for 2024 (2023:none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

11. Comparative for the Statement of Financial Activities

	Unrestricted funds £	Restricted funds £	2023 £
Income and endowments from:			
Donations and legacies	5,634	6,751	12,385
Charitable activities	396,541	-	396,541
Investments	208	-	208
Total	402,383	6,751	409,134
Expenditure on:			
Charitable activities	(410,712)	(10,663)	(421,375)
Total	(410,712)	(10,663)	(421,375)
Transfers between funds	264	(264)	-
Net movement in funds	(8,065)	(4,176)	(12,241)
Reconciliation of funds			
Total funds brought forward	55,703	21,577	77,280
Total funds carried forward	47,638	17,401	65,039

12. Debtors

	2024 £	2023 £
Amounts due within one year:		
Trade debtors	16,003	17,447
Prepayments and accrued income	10,293	3,445
Other debtors	2,187	-
	28,483	20,892

13. Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	131,260	165,154
Accruals and deferred income	4,849	7,374
	136,109	172,528

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

14. Creditors: amounts falling due after more than one year

	2024	2023
	£	£
Loans and overdrafts	22,381	32,336
	22,381	32,336

15. Movement in funds

Unrestricted Funds

	Balance at 01/04/2023	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2024
	£	£	£	£	£
<i>General</i>					
General	47,638	436,990	(427,341)	-	57,287
	47,638	436,990	(427,341)	-	57,287

Unrestricted Funds - Previous year

	Balance at 01/04/2022	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2023
	£	£	£	£	£
<i>General</i>					
General	55,703	402,383	(410,712)	264	47,638
	55,703	402,383	(410,712)	264	47,638

Purpose of unrestricted Funds

General

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted Funds

	Balance at 01/04/2023	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2024
	£	£	£	£	£
Bursary funds	4,885	1,860	(1,400)	-	5,345
FOB Legacy	3,876	-	(1,912)	-	1,964
MNCF	8,640	-	(5,456)	-	3,184
	17,401	1,860	(8,768)	-	10,493

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

Restricted Funds - Previous year

	Balance at 01/04/2022	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2023
	£	£	£	£	£
Bangor University CMRP/MN	667	-	-	(667)	-
Bursary funds	6,410	2,258	(720)	(3,063)	4,885
Events	-	3,937	(8,819)	4,882	-
FOB Legacy	5,000	-	(1,124)	-	3,876
MNCF	8,084	556	-	-	8,640
Train to Teach	1,416	-	-	(1,416)	-
	21,577	6,751	(10,663)	(264)	17,401

Purpose of restricted funds

Bursary funds

Bursarys for retreats and supervision

Bangor University CMRP/MN

Funds received for a collaborative project.

FOB Legacy

This is a legacy bursary for those who were former members of the Friends of Bangor alumni group for retreats, supervision and training.

MNCF

This is money that is set aside for our Mindfulness Network Community Friends volunteer group to use for donation based events.

Train to Teach

This is a bursary for training events.

Events

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2024

16. Analysis of net assets between funds

	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
<i>General</i>			
General	79,668	(22,381)	57,287
Restricted funds			
Bursary funds	5,345	-	5,345
FOB Legacy	1,964	-	1,964
MNCF	3,184	-	3,184
	90,161	(22,381)	67,780
Previous year			
	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
<i>General</i>			
General	79,974	(32,336)	47,638
Restricted funds			
Bursary funds	4,885	-	4,885
FOB Legacy	3,876	-	3,876
MNCF	8,640	-	8,640
	97,375	(32,336)	65,039

THE MINDFULNESS NETWORK

England & Wales - Charity number 1177800

Accounts

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2023

The Mindfulness Network
Contents Page
For the year ended 31 March 2023

Report of the Trustees	1 to 6
Independent Examiner's Report to the Trustees	7
Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10 to 17

The Mindfulness Network
Report of the Trustees
For the year ended 31 March 2023

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 March 2023. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2023

OBJECTIVES AND ACTIVITIES

OBJECTIVES AND ACTIVITIES

Mission

By developing mindfulness and compassion both internally and through our services, the Mindfulness Network has the intention to reduce/alleviate human suffering, promote well-being and create the conditions in which people, communities and the planet, can flourish.

Vision

We aim to be a true network connecting the mindfulness community - students, teachers, practitioners, supervisors, training providers, globally.

Summary of Objectives

The objectives of the charity are the advancement of health and wellbeing of the general public by:

- providing meditation retreats based on scientifically proved mindfulness-based approaches and;
- ensuring there is access to a community of well-trained and well-supported mindfulness-based teachers in the United Kingdom through supervising and assisting in the development and training of mindfulness-based teachers; and
- the advancement of education by providing the community of mindfulness-based teachers across the International Community of mindfulness teachers with access to quality assured mindfulness-based teacher training, mindfulness-based supervision and mindfulness-based retreats.

Summary of Main Activities Undertaken for Public Benefit

The Mindfulness Training Pathway

The Mindfulness Network undertook a review of the training curriculum and have begun to develop and implement a more accessible training programme that is suited to those wanting to learn essential skills in delivering mindfulness within a wide range of professional contexts, or for those wanting to embark upon an internationally renowned training pathway to teach one or more mindfulness-based Program, such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) and, for those already trained, that want to hone their skills through continued professional development.

Our training programme is delivered in collaboration with the Mindfulness Centre at Bangor University. Our trainers are senior mindfulness trainers within Bangor University, and Bangor University continues to be the issuing body for certificates of competency. Bangor University and the Mindfulness Network work closely together in the ongoing development and quality assurance of our training events.

Compassion

We offer Mindfulness-Based Compassionate Living teacher training and retreats, Mindful Self Compassion retreats, in partnership with peer organisations. These are important complementary trainings and retreats, that supplement the mindfulness Training Pathway

Supervision

Individual and group mindfulness-based supervision is offered in the UK and beyond, to support mindfulness-based teachers to deliver their work with the highest levels of integrity.

Our supervisors meet The British Association of Mindfulness-Based Approaches (BAMBA) Good Practice Guidelines for Supervisors and our own requirements. All are deeply experienced mindfulness-based teachers who have had specific training to develop their skills as supervisors.

Retreats

We offer a range of mindfulness retreats that are inclusive, based on well-researched approaches, and respect differing views and beliefs. Our retreats are informed by both ancient knowledge and modern theories, as well as scientific findings about health and well-being. They are open to people of any and no faith.

Our aim is to provide mindfulness-based practitioners and teachers with a variety of opportunities to deepen their practice, in supportive settings, with the guidance of experienced mindfulness retreat leaders. All of our retreats are led by highly experienced teachers, trained in retreat leadership, who are senior in the field of mindfulness-based interventions.

The Mindfulness Network

Report of the Trustees Continued

For the year ended 31 March 2023

Commissioned Courses

We also offer commissioned training courses and work with partner organisations - both in the UK and abroad - to offer either the full Training Pathway or individual training events. This year we have delivered a significant number of commissioned courses through collaborations in China, Greece, Spain as well as organisations in the UK.

Bursaries

The Mindfulness Network is committed to ensuring that our services are as accessible and inclusive as possible. Part of our vision involves removing financial barriers, as much as we can, by offering bursaries so that people from all backgrounds can afford to train to be mindfulness teachers, receive supervision and attend mindfulness retreats. We have had a supervision bursary for many years and last year we were able to open up applications for bursary-assisted places across all training, retreat and compassion events as standard. This year we have offered regular donation-based events, and the donations from these events have funded fifty-five of bursary offers.

Mindfulness Network Community Friends

With the support of our volunteer committee, the Mindfulness Network Community Friends, we have continued to offer free online events. We offered monthly evening events celebrating diverse aspects of mindfulness teaching and research plus a range of other offerings including regular drop-in mindfulness sessions, some of which are for specialist groups and opportunities for trainees to practice leading mindfulness practices.

This is an important aspect of charity, offering services without charge, supported by volunteers. Donations are invited, and these are used to support the costs of the free services and to provide bursaries.

Statement on public benefit

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

Significant activities

The charity delivered 28 online (2022:49) and 3 in person events (2022:0), of which 9 were retreats (2022:15), 13 were mindfulness Training Pathway events (2022:19), and 9 were continuing professional development events including those with a focus on compassion (2022:15)

Alongside these publicly offered courses the charity also successfully delivered 10 Commissioned Courses (2022:4) in China, Spain, Greece and the UK.

During the year 12 (2022:8) freely offered evening events were organised. The regular Friday morning drop-in meditation session continues and has regular attendances of approximately 40 people, and we also offered a special interest group for Men, as well as regular SITT Groups and a Tuesday lunchtime practice drop-in session, all freely offered. We were also able to freely offer a one day online retreat which was well attended.

Future

The more accessible training pathway that has been developed ensures that The Mindfulness Network continues to be a leading provider of mindfulness teacher training in the UK and has seen an ongoing growth of international attendees.

Delivering our commissioned courses internationally continues to be an area of growth providing opportunities for the future and inviting a more global perspective.

The expansion of free services underpins our charitable purpose and widens access to mindfulness-based approaches. The growth in funds for bursaries will help considerably in the next year to make mindfulness teacher training more accessible.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2023

FINANCIAL REVIEW

The programme of events remained primarily online but we also successfully delivered 3 in-person retreats.

The charity saw a deficit in the year of £12,241 (down from surplus £58,144 in the previous year) and finished with net funds of £65,039 (down from £77,280 in the previous year), of which £17,401 of funds are restricted.

Donations received were £12,385 down from £25,435 in the previous year.

Review of the Financial Statements for the Year Ended 31 March 2023

During the year, total income was £409,134 (2022:£424,092) of which £6,751 was restricted income. The decrease in total income is due to the reduced number of public events and reduced attendance at these events. The income has been supplemented by the increase in Commissioned course events that have been delivered.

Total expenditure was £421,375 (2022:£365,948). The total increase in expenditure is due, in part, to increased expenditure on the development of the new training pathway which is intended to be appealing to a more diverse population and increase participation in events. The additional increase in expenditure is due to an increase to salaries and travel and accommodation for in-person gatherings have also been high compared with the previous years where travelling was more restricted.

On 31 March 2023 unrestricted funds were £47,638 (2022:£55,703) and restricted funds were £17,401 (2022:£21,577).

Reserves

The reserves policy is to build and maintain enough funds for three months of operation. As operational costs have grown so this is now approximately £70,000 so there is still some way to go to meet this target. It was decided to retain the bounce back loan of £50,000 obtained under the government scheme and its balance was £32,336 as of 31 March 2023.

The net reserves on 31 March 2023, not counting restricted funds, were £47,636 (2022: £55,703).

Investment Powers and Policy

Under the Governance Document, there are no restrictions of the power of trustees to invest funds. To support the cashflow needs of the organisation, available funds are kept in instant-access savings accounts where interest can be earned when possible.

Risk Management

A risk register is maintained by the Trustees to identify and monitor the likelihood and impact of risks to the charity. Principle risks include:

- Market Fit. It is vital that the central activities undertaken by the charity for the public benefit and meet the needs of the general public. As a recognised leader in its field, the Mindfulness Network is continuously monitoring the marketplace and reviewing its offerings to ensure this and retain its reputation for rigour and excellence.

- Revenue Stability. Financially it is essential that recruitment of events remains high. We are investing in our programme mix and product development to ensure this and respond to trends we identify in bookings.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Mindfulness Network is a Charitable Incorporated Organisation (CIO) governed by its Constitution following incorporation on 3 April 2018.

Governance

The Board of Trustees in this financial year is comprised of 6 members with varied backgrounds, experience and skills, all relevant to the work of the charity and meets every 3 months. In addition to this there are Committees and Steering Groups to advise and guide on specific areas and projects. These include the Finance Committee, which meets at least every 3 months, and Steering Groups for Safeguarding, EDI and specific projects within the charity's remit. These groups report back to the Board.

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2023

Recruitment and appointment of trustees

Recruitment and appointment of trustees

Trustee recruitment considers the needs, in terms of expertise, diversity and succession planning, of the charity. Openings are listed on the website and communicated via our newsletter. Applicants are invited to apply in line with the guidance outlined on the website.

Induction and training of trustees

Prior to the appointment of a trustee, applicants are provided with a comprehensive overview of the charity's journey so far to offer contextual understanding, its current position and performance, and its aims going forward.

On appointment, Trustees are given guidance and support to induct them into their new role.

Management

The Board of Trustees appoints an Executive Director to offer strategic leadership and hold day-to-day responsibility for its activities. The Executive Director works closely with the Chair of the Board and the wider Trustee group, as well as the management team and other key stakeholders, to deliver the business strategy.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	The Mindfulness Network
Charity registration number	1177800
Principal address	PO Box 3647 Barnet EN5 9TT

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Dr Rebecca Crane
Roya Hekmatpanah
Jawad Al-Nawab
(Resigned: 01 November 2022)
Alon Williams
(Resigned: 23 September 2022)
Uz Afzal
Nick Hammond
Paula Watson
Lynne Wheeler
(Resigned: 30 March 2023)
Alex Clifton
Avinash Bansode

Independent examiner	Caroline Clarke ACA 66 High Street Lewes East Sussex BN7 1XG
-----------------------------	--

The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2023

Approved by the Board of Trustees and signed on its behalf by

Alex Clifton

Alex Clifton

12th January 2024

The Mindfulness Network
Independent Examiners Report to the Trustees
For the year ended 31 March 2023

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

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity'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 examiners statement

Since the Charity'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 by virtue of my membership of Institute of Chartered Accountants in England and Wales, 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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Caroline Clarke

.....
Caroline Clarke ACA

66 High Street

15th January 2024

Lewes

East Sussex

BN7 1XG

The Mindfulness Network
Statement of Financial Activities
For the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 £	2022 £
Income and endowments from:					
Donations and legacies	2	5,634	6,751	12,385	25,432
Charitable activities	3	396,541	-	396,541	398,631
Investments	4	208	-	208	29
Total		402,383	6,751	409,134	424,092
Expenditure on:					
Charitable activities	5/6	(410,712)	(10,663)	(421,375)	(365,948)
Total		(410,712)	(10,663)	(421,375)	(365,948)
Transfers between funds		264	(264)	-	-
Net movement in funds		(8,065)	(4,176)	(12,241)	58,144
Reconciliation of funds					
Total funds brought forward		55,703	21,577	77,280	19,136
Total funds carried forward		47,638	17,401	65,039	77,280

The Mindfulness Network
Statement of Financial Position
As at 31 March 2023

	Notes	2023 £	2022 £
Current assets			
Debtors	12	20,892	22,792
Cash at bank and in hand		249,011	244,004
		269,903	266,796
Creditors: amounts falling due within one year	13	(172,528)	(147,423)
Net current assets		97,375	119,373
Total assets less current liabilities		97,375	119,373
Creditors: amounts falling due after more than one year	14	(32,336)	(42,093)
Net assets		65,039	77,280
The funds of the charity			
Restricted income funds	15	17,401	21,577
Unrestricted income funds	15	47,638	55,703
Total funds		65,039	77,280

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

Alex Clifton

Alex Clifton

12th January 2024

The Mindfulness Network
Notes to the Financial Statements
For the year ended 31 March 2023

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

The Mindfulness Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2023	2022
	£	£	£	£
Donations received	5,634	6,751	12,385	23,740
Grants received	-	-	-	1,692
	5,634	6,751	12,385	25,432

3. Income from charitable activities

	2023	2022
	£	£
Unrestricted funds		
<i>Serving the mindfulness community and to advance the health and well-being of the general public</i>		
Income from charitable activities	396,541	398,631

4. Investment income

	2023	2022
	£	£
Unrestricted funds		
Bank interest receivable	208	29
	208	29

5. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2023	2022
	£	£	£	£
Serving the mindfulness community and to advance the health and well-being of the general public	286,805	10,663	297,468	265,233
Support costs	123,907	-	123,907	100,715
	410,712	10,663	421,375	365,948

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2023	2022
	£	£	£	£
Support costs				
Serving the mindfulness community and to advance the health and well-being of the general public	297,468	123,907	421,375	365,948

7. Analysis of support costs

	2023	2022
	£	£
Serving the mindfulness community and to advance the health and well-being of the general public		
Management	75,097	61,606
Finance	7,056	6,599
IT	15,421	25,133
Legal and Professional Fees	-	455
Office Costs	8,000	4,856
Travel and Accommodation	7,293	674
Development Fund	9,648	-
Governance costs	1,392	1,392
	123,907	100,715

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2023	2022
	£	£
Accountancy fees	1,392	1,392
Staff pension contributions	5,664	5,160

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2023 were:

	2023	2022
	£	£
Salaries and wages	213,188	194,388
Social security costs	9,902	-
Pension costs	5,664	5,160
	228,754	199,548

No employee earned more than £60,000 during the year (nil:2022).

The total employee benefits including pension contributions of the key management personnel were £12,506.

	2023	2022
Support Staff	12	12
	12	12

10. Trustee remuneration and related party transactions

During the year a payment of £364 was made to one of the trustees for EDI training for supervisors.

There were no other related party transactions to disclose for 2023 (2022:none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

11. Comparative for the Statement of Financial Activities

	Unrestricted funds £	Restricted funds £	2022 £
Income and endowments from:			
Donations and legacies	11,060	14,372	25,432
Charitable activities	398,631	-	398,631
Investments	29	-	29
Total	409,720	14,372	424,092
Expenditure on:			
Charitable activities	(357,053)	(8,895)	(365,948)
Total	(357,053)	(8,895)	(365,948)
Transfers between funds	(4,666)	4,666	-
Net movement in funds	48,001	10,143	58,144
Reconciliation of funds			
Total funds brought forward	7,702	11,434	19,136
Total funds carried forward	55,703	21,577	77,280

12. Debtors

	2023 £	2022 £
Amounts due within one year:		
Trade debtors	17,447	11,130
Prepayments and accrued income	3,445	11,662
	20,892	22,792

13. Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	165,154	134,821
Accruals and deferred income	7,374	12,602
	172,528	147,423

14. Creditors: amounts falling due after more than one year

	2023 £	2022 £
Loans and overdrafts	32,336	42,093
	32,336	42,093

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

15. Movement in funds

Unrestricted Funds

	Balance at 01/04/2022 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31/03/2023 £
<i>General</i>					
General	55,703	402,383	(410,712)	264	47,638
	55,703	402,383	(410,712)	264	47,638

Unrestricted Funds - Previous year

	Balance at 01/04/2021 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31/03/2022 £
<i>General</i>					
General	7,702	409,720	(357,053)	(4,666)	55,703
	7,702	409,720	(357,053)	(4,666)	55,703

Purpose of unrestricted Funds

General

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted Funds

	Balance at 01/04/2022 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31/03/2023 £
Bangor University CMRP/MN	667	-	-	(667)	-
Bursary funds	6,410	2,258	(720)	(3,063)	4,885
Events	-	3,937	(8,819)	4,882	-
FOB Legacy	5,000	-	(1,124)	-	3,876
MNCF	8,084	556	-	-	8,640
Train to Teach	1,416	-	-	(1,416)	-
	21,577	6,751	(10,663)	(264)	17,401

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

Restricted Funds - Previous year

	Balance at 01/04/2021	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2022
	£	£	£	£	£
Bangor University CMRP/MN	8,991	-	(8,324)	-	667
Bursary funds	2,443	4,067	-	(100)	6,410
FOB Legacy	-	5,000	-	-	5,000
MNCF	-	3,418	-	4,666	8,084
Train to Teach	-	1,887	(571)	100	1,416
	11,434	14,372	(8,895)	4,666	21,577

Purpose of restricted funds

Bursary funds

Bursarys for retreats and supervision

Bangor University CMRP/MN

Funds received for a collaborative project.

FOB Legacy

This is a legacy bursary for those who were former members of the Friends of Bangor alumni group for retreats, supervision and training.

MNCF

This is money that is set aside for our Mindfulness Network Community Friends volunteer group to use for donation based events.

Train to Teach

This is a bursary for training events.

Events

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2023

16. Analysis of net assets between funds

	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
<i>General</i>			
General	79,974	(32,336)	47,638
Restricted funds			
Bursary funds	4,885	-	4,885
FOB Legacy	3,876	-	3,876
MNCF	8,640	-	8,640
	97,375	(32,336)	65,039
Previous year			
	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
<i>General</i>			
General	97,795	(42,093)	55,702
Restricted funds			
Bangor University CMRP/MN	667	-	667
Bursary funds	6,410	-	6,410
FOB Legacy	5,000	-	5,000
MNCF	8,085	-	8,085
Train to Teach	1,416	-	1,416
	119,373	(42,093)	77,280

THE MINDFULNESS NETWORK

England & Wales - Charity number 1177800

Accounts

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2022

The Mindfulness Network
Contents Page
For the year ended 31 March 2022

Report of the Trustees	1 to 5
Independent Examiner's Report to the Trustees	6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the Financial Statements	9 to 16

The Mindfulness Network

Report of the Trustees for the year ended 31 March 2022

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 March 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and Activities

Mission

By developing mindfulness and compassion both internally and through our services, the Mindfulness Network has the intention to reduce/alleviate human suffering, promote well-being and create the conditions in which people, communities and the planet, can flourish.

Vision

We aim to be a true network connecting the mindfulness community - students, teachers, practitioners, supervisors, training providers, globally.

Summary of Objectives

The objectives of the charity are the advancement of health and wellbeing of the general public by:

- Providing meditation retreats based on scientifically proved mindfulness-based approaches and;
- Ensuring there is access to a community of well-trained and well-supported mindfulness-based teachers in the United Kingdom through supervising and assisting in the development and training of mindfulness-based teachers; and
- The advancement of education by providing the community of mindfulness-based teachers across the United Kingdom with access to quality assured mindfulness-based teacher training, mindfulness-based supervision and mindfulness-based retreats.

Summary of Main Activities Undertaken for Public Benefit

Teacher Training Pathway

The Mindfulness Network offers a robust teacher training programme in collaboration with the Centre for Mindfulness Research and Practice at Bangor University. Our trainers are senior mindfulness trainers within Bangor University, and Bangor University continues to be the issuing body for certificates of competency. Bangor University and the Mindfulness Network work closely together in the ongoing development and quality assurance of our training events. As we have moved online, we have seen a large uptake of training places internationally.

Compassion

We offer Mindfulness-Based Compassionate Living teacher training and retreats, Mindful Self Compassion retreats, in partnership with peer organisations. These are important complementary trainings and retreats, that build on the mainstream Teacher Training Pathway

Supervision

Individual and group mindfulness-based supervision is offered in the UK and beyond, to support mindfulness-based teachers to deliver their work with the highest levels of integrity.

Our supervisors meet The British Association of Mindfulness-Based Approaches (BAMBA) Good Practice Guidelines for Supervisors and our own requirements. All are deeply experienced

The Mindfulness Network

Report of the Trustees for the year ended 31 March 2022

mindfulness-based teachers who have had specific training to develop their skills as supervisors.

We are developing the supervision training programme, which is an important extension of our services, developing the community of practice. This is evolving rapidly and attracts a growing international audience.

Retreats

We offer a range of mindfulness retreats that are inclusive, based on well-researched approaches, and respect differing views and beliefs. Our retreats are informed by both ancient knowledge and modern theories, as well as scientific findings about health and well-being. They are open to people of any and no faith.

Our aim is to provide mindfulness-based practitioners and teachers with a variety of opportunities to deepen their practice, in supportive settings, with the guidance of experienced mindfulness retreat leaders. All of our retreats are led by highly experienced teachers, trained in retreat leadership, who are senior in the field of mindfulness-based interventions.

Commissioned Courses

We deliver our training courses on behalf of other organisations and this work is increasingly taking on a global stance. This year we have delivered commissioned courses for the NHS in the UK, and through collaborations in Iceland and Spain; courses for the next financial year will include online courses for organisations in Greece and China.

Bursaries

The Mindfulness Network is committed to ensuring that our services are as accessible and inclusive as possible. Part of our vision involves removing financial barriers, as much as we can, by offering bursaries so that people from all backgrounds can afford to train to be mindfulness-based teachers, receive supervision and attend mindfulness retreats. This year we have offered a significant number of donation-based events, and the donations will fund a number of bursaries in the next year. We have had a supervision bursary for many years, but due to the increase in donations, this year we have been able to open up applications for bursary-assisted places across all training, retreat and compassion events as standard.

Mindfulness Network Community Friends

A particular success this year has been the establishment of the Mindfulness Network Community Friends. Through the pandemic the appeal of online free events has grown. We offered a range of events celebrating 20 years of Mindfulness Teaching and research at Bangor University, plus a diverse range of other events. These events are usually recorded and made freely available online. Regular drop-in mindfulness sessions are offered, including specialist groups and opportunities for trainees to practice leading mindfulness practices.

This is an important aspect of the charity, offering services without charge, and with people offering sessions at no charge. Donations are invited, and these are used to support the costs of the free services and to provide bursaries.

Statement of Compliance

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Impact and Performance

Significant activities

The charity delivered 49 online events (2021: 32) with 604 booked places (2021: 554)], of which

The Mindfulness Network

Report of the Trustees for the year ended 31 March 2022

15 were retreats (2021: 6), 19 were mindfulness Teacher Training Pathway (TTP) events (2021: 18), and 15 were continuing professional development events including those with a focus on compassion (2021: 11).

During the year 8 freely offered evening events were organised building on the successful freely offered Mindfulness Based Compassionate Living event last year. The regular Friday morning drop-in meditation session continues and has regular attendances of approximately 40 people, and we also offered a special interest group for Men, as well as regular SITT Groups and a Tuesday lunchtime practice drop-in session, all freely offered.

Future

The Mindfulness Network has consolidated its position as a leading provider of mindfulness teacher training in the UK, and as we are now offering the majority of training online there has been a growth of international attendees. The growth of international interest provides opportunities for the future and invites a more global perspective.

The growth of free services underpins our charitable purpose and widens access to mindfulness-based approaches. A major initiative for training people from black, African, Caribbean, and Asian backgrounds was a huge success and provided key learnings that will help us develop our equality, diversity and inclusion agenda, with significant initiatives planned for the next financial year. The growth in funds for bursaries will help considerably in the next year to make mindfulness teacher training more accessible.

This year we have emphasised the importance of collaboration, and initiatives will take place in the next financial year to work with peer organisations to develop the field. That will cover areas of retreats, teacher training, and supervision.

Towards the end of the year recruitment to training events began to tail off, indicating a bulge of training towards the end of 2021, probably driven by the pandemic. This has prompted a review of the curriculum that will be explored in the next financial year, with an aspiration to widen accessibility of trainings.

Financial Review

The fourth full year of the charity's operation was emerging from the COVID-19 pandemic. The programme of events that were primarily in-person pre-pandemic was quickly transformed to an online programme in 2020, and this was largely retained throughout the current year.

The charity achieved a significant surplus in the year of £58,144 (up from £22,192 in the previous year) and finished with net funds of £77,280 (up from £19,136 in the previous year), of which £21,577 of funds are restricted.

Donations received were £23,740 up from £16,187 in the previous year.

Review of the Financial Statements for the Year Ended 31 March 2022

During the year, total income was £424,092 (2021: £327,536) of which £23,730 was donations and £1,692 was the government grant for furlough. The increase in total income was due to the increased number of events that were delivered alongside a price uplift to address inflation.

Total expenditure was £365,948 (2021: £305,343). The total increase in expenditure is due, in part, to increased IT costs to support delivery online and an increase in staff time to support the increased number of events offered.

At 31 March 2022 unrestricted funds were £55,703 (2021: £7,702) and restricted funds were £21,577 (2021: £11,434).

The Mindfulness Network

Report of the Trustees for the year ended 31 March 2022

Reserves

The reserves policy is to build and maintain enough funds for three months of operation, which is approximately £50,000 and this has now been achieved. It was decided to retain the bounce back loan of £50,000 obtained under the government scheme and its balance was £41,700 as of 31 March 2022.

The net reserves on 31 March 2022, not counting restricted funds, were £55,703 (2021: £7,072).

Investment Powers and Policy

Under the Governance Document, there are no restrictions of the power of trustees to invest funds. To support the cashflow needs of the organisation, available funds are kept in instant-access savings accounts where interest can be earned when possible.

Risk Management

A risk register is maintained by the Trustees to identify and monitor the likelihood and impact

of risks to the charity. Principle risks include:

- **Market Fit.** It is vital that the central activities undertaken by the charity for the public benefit meet the needs of the general public. As a recognised leader in its field, the Mindfulness Network is continuously monitoring the marketplace and reviewing its offerings to ensure this and retain its reputation for rigour and excellence.
- **Revenue Stability.** Financially it is essential that recruitment of events remains high. We are investing in our programme mix and product development to ensure this and respond to trends we identify in bookings.

Structure, Governance and Management

Governing document

The Mindfulness Network is a Charitable Incorporated Organisation (CIO) governed by its Constitution following incorporation on 3 April 2018.

Governance

The Board of Trustees in this financial year comprised of 6 members with varied backgrounds, experience and skills, all relevant to the work of the charity and meets every 3 months. In addition to this there are Committees and Steering Groups to advise and guide on specific areas and projects. These include the Finance Committee, which meets at least every 3 months, and Steering Groups for EDI and specific projects within the charity's remit. These groups report back to the Board.

Recruitment and appointment of trustees

Trustee recruitment considers the needs, in terms of expertise, diversity and succession planning, of the charity. Openings are listed on the website and communicated via our newsletter. Applicants are invited to apply in line with the guidance outlined on the website.

On 1 April 2021 we appointed the following trustees: Uz Afzal, Nick Hammond, Paula Watson, Lynne Wheeler, Alex Clifton and Avinash Bansode.

The Mindfulness Network
Report of the Trustees for the year ended 31 March 2022

Induction and training of trustees

Prior to the appointment of a trustee, applicants are provided with a comprehensive overview of the charity's journey so far to offer contextual understanding, its current position and performance, and its aims going forward.

On appointment, Trustees are given guidance and support to induct them into their new role.

Management

The Board of Trustees appoints an Executive Director to offer strategic leadership and hold day-to-day responsibility for its activities. The Executive Director works closely with the Chair of the Board and the wider Trustee group, as well as the management team and other key stakeholders, to deliver the business strategy.

Reference and Administrative Information

Name of Charity	The Mindfulness Network
Charity registration number	117780
Principal address	PO Box 3647 Barnet EN5 9TT

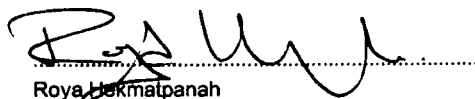
Trustees

The trustees and officers serving during the year and since the year end were as follows:

Dr Kenneth Lunn (Resigned: 30 September 2021)
Dr Rebecca Crane
Roya Hekmatpanah
Jawad Al-Nawab
Alon Williams
Uz Afzal (Appointed: 01 April 2021)
Nick Hammond (Appointed: 01 April 2021)
Paula Watson (Appointed: 01 April 2021)
Lynne Wheeler (Appointed: 01 April 2021)
Alex Clifton (Appointed: 01 April 2021)
Avinash Bansode (Appointed: 01 April 2021)

Independent Examiner: Caroline Clarke ACA
99 Western Road
Lewes
East Sussex
BN7 1RS

Approved by the Board of Trustees and signed on its behalf by:


Roya Hekmatpanah

26 January 2023

The Mindfulness Network
Independent Examiners Report to the Trustees
For the year ended 31 March 2022

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

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity'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 examiners statement

Since the Charity'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 by virtue of my membership of Institute of Chartered Accountants in England and Wales, 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 that in any material respect:

1. Accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. The accounts do not accord with those records; or
3. The accounts do 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.

Caroline Clarke 26th January 2023

Caroline Clarke ACA
99 Western Road
Lewes
East Sussex
BN7 1RS

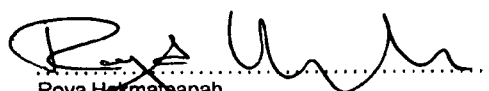
The Mindfulness Network
Statement of Financial Activities
For the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 £	2021 £
Income and endowments from:					
Donations and legacies	2	11,060	14,372	25,432	53,823
Charitable activities	3	398,631	-	398,631	273,696
Investments	4	29	-	29	17
Total		409,720	14,372	424,092	327,536
Expenditure on:					
Charitable activities	5/6	(357,053)	(8,895)	(365,948)	(305,344)
Total		(357,053)	(8,895)	(365,948)	(305,344)
Transfers between funds		(4,666)	4,666	-	-
Net movement in funds		48,001	10,143	58,144	22,192
Reconciliation of funds					
Total funds brought forward		7,702	11,434	19,136	(3,056)
Total funds carried forward		55,703	21,577	77,280	19,136

The Mindfulness Network
Statement of Financial Position
As at 31 March 2022

	Notes	2022 £	2021 £
Current assets			
Debtors	12	22,792	52,881
Cash at bank and in hand		244,004	179,873
		266,796	232,754
Creditors: amounts falling due within one year	13	(147,423)	(163,618)
Net current assets		119,373	69,136
Total assets less current liabilities		119,373	69,136
Creditors: amounts falling due after more than one year	14	(42,093)	(50,000)
Net assets		77,280	19,136
The funds of the charity			
Restricted income funds	15	21,577	11,434
Unrestricted income funds	15	55,703	7,702
Total funds		77,280	19,136

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:



 Roya Hakimipour
 Trustee

26 January 2023

The Mindfulness Network
Notes to the Financial Statements
For the year ended 31 March 2022

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

The Mindfulness Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company and is therefore included in the relevant costs in the Statement of Financial Activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2022	2021
	£	£	£	£
Donations received	9,368	14,372	23,740	16,187
Grants received	1,692	-	1,692	37,636
	11,060	14,372	25,432	53,823

3. Income from charitable activities

	2022	2021
	£	£
Unrestricted funds		
<i>Serving the mindfulness community and to advance the health and well-being of the general public</i>		
Income from charitable activities	398,631	273,696

4. Investment income

	2022	2021
	£	£
Unrestricted funds		
Bank interest receivable	29	17
	29	17

5. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2022	2021
	£	£	£	£
Serving the mindfulness community and to advance the health and well-being of the general public	256,338	8,895	265,233	231,884
Support costs	100,715	-	100,715	73,460
	357,053	8,895	365,948	305,344

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2022	2021
	£	£	£	£
Support costs				
Serving the mindfulness community and to advance the health and well-being of the general public	265,233	100,715	365,948	305,344

7. Analysis of support costs

	2022	2021
	£	£
Serving the mindfulness community and to advance the health and well-being of the general public		
Management	61,606	34,289
Finance	6,599	4,022
IT	25,133	27,561
Legal and Professional Fees	455	-
Office Costs	4,856	5,613
Travel and Accommodation	674	583
Governance costs	1,392	1,392
	100,715	73,460

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2022	2021
	£	£
Accountancy fees	1,392	1,392
Staff pension contributions	5,160	4,629

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2022 were:

	2022	2021
	£	£
Salaries and wages	194,388	166,816
Pension costs	5,160	4,629
	199,548	171,445

No employee earned more than £60,000 during the year (nil:2021).

	2022	2021
Support Staff	12	10
	12	10

10. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totaling £nil (2021: £nil).

There are no related party transactions to disclose for 2022 (2021: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

11. Comparative for the Statement of Financial Activities

	Unrestricted funds £	Restricted funds £	2021 £
Income and endowments from:			
Donations and legacies	52,765	1,058	53,823
Charitable activities	273,696	-	273,696
Investments	17	-	17
Total	326,478	1,058	327,536
Expenditure on:			
Charitable activities	(305,116)	(228)	(305,344)
Total	(305,116)	(228)	(305,344)
Transfers between funds	2,633	(2,633)	-
Net movement in funds	23,995	(1,803)	22,192
Reconciliation of funds			
Total funds brought forward	(16,293)	13,237	(3,056)
Total funds carried forward	7,702	11,434	19,136

12. Debtors

	2022 £	2021 £
Amounts due within one year:		
Trade debtors	11,130	38,125
Prepayments and accrued income	11,662	14,756
	22,792	52,881

13. Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	134,821	163,618
Accruals and deferred income	12,602	-
	147,423	163,618

14. Creditors: amounts falling due after more than one year

	2022 £	2021 £
Loans and overdrafts	42,093	50,000
	42,093	50,000

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

15. Movement in funds

Unrestricted Funds

	Balance at 01/04/2021	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2022
	£	£	£	£	£
<i>General</i>					
General	7,702	409,720	(357,053)	(4,666)	55,703
	7,702	409,720	(357,053)	(4,666)	55,703

Unrestricted Funds - Previous year

	Balance at 01/04/2020	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2021
	£	£	£	£	£
<i>General</i>					
General	(16,293)	326,478	(305,116)	2,633	7,702
	(16,293)	326,478	(305,116)	2,633	7,702

Purpose of unrestricted Funds

General

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted Funds

	Balance at 01/04/2021	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2022
	£	£	£	£	£
Bangor University CMRP/MN	8,991	-	(8,324)	-	667
Bursary funds	2,443	4,067	-	(100)	6,410
FOB Legacy	-	5,000	-	-	5,000
MNCF	-	3,418	-	4,666	8,084
Train to Teach	-	1,887	(571)	100	1,416
	11,434	14,372	(8,895)	4,666	21,577

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

Restricted Funds - Previous year

	Balance at 01/04/2020	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2021
	£	£	£	£	£
Bangor University CMRP/MN	8,991	-	-	-	8,991
Bursary funds	4,246	1,058	(228)	(2,633)	2,443
	13,237	1,058	(228)	(2,633)	11,434

Purpose of restricted funds

Bursary funds

Bursaries for retreats and supervision

Bangor University CMRP/MN

Funds received for a collaborative project.

FOB Legacy

This is a legacy bursary for those who were former members of the Friends of Bangor alumni group for retreats, supervision and training.

MNCF

This is money that is set aside for our Mindfulness Network Community Friends volunteer group to use for donation based events.

Train to Teach

This is a bursary for training events.

16. Analysis of net assets between funds

	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
General			
General	97,795	(42,093)	55,702
Restricted funds			
Bangor University CMRP/MN	667	-	667
Bursary funds	6,410	-	6,410
FOB Legacy	5,000	-	5,000
MNCF	8,085	-	8,085
Train to Teach	1,416	-	1,416
	119,373	(42,093)	77,280

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2022

Previous year

	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
Unrestricted funds			
<i>General</i>			
General	57,732	(50,000)	7,732
Restricted funds			
Bangor University CMRP/MN	8,991	-	8,991
Bursary funds	2,413	-	2,413
	69,136	(50,000)	19,136

THE MINDFULNESS NETWORK

England & Wales - Charity number 1177800

Accounts

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2021

The Mindfulness Network
Contents Page
For the year ended 31 March 2021

Report of the Trustees	1 to 3
Independent Examiner's Report to the Trustees	4
Statement of Financial Activities	5
Statement of Financial Position	6
Notes to the Financial Statements	7 to 13

The Mindfulness Network

Report of the Trustees

For the year ended 31 March 2021

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 March 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The objectives of the charity are the advancement of health and wellbeing of the general public by:

- providing meditation retreats based on scientifically-proved mindfulness-based approaches and;
- ensuring there is access to a community of well-trained and well-supported mindfulness-based teachers in the united kingdom through supervising and assisting in the development and training of mindfulness-based teachers; and
- the advancement of education by providing the community of mindfulness-based teachers across the united kingdom with access to quality assured mindfulness-based teacher training, mindfulness-based supervision and mindfulness-based retreats.

Objectives and aims

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

The third full year of the charity's operation was dominated by the COVID-19 pandemic. The programme of events that were primarily in-person was transformed quickly to an online programme, and remained that way throughout the year. Full advantage was taken of government support, including the taking of a £50,000 bounce back loan and £37,636 from the government funded furlough scheme; to note that loan was not drawn upon but has been retained as a secure reserve during the uncertainties of planning during the pandemic. The charity achieved a significant surplus in the year of £22,192 (up from £1,156 in the previous year), and finished with net funds of £19,136 (up from a deficit of 3,056 in the previous year), of which £14,067 of funds are restricted. By the end of the financial reporting period the charity had developed a new and workable operating model, and forward bookings for events were very healthy. Donations received were £16,187, up from £12,432 in the previous year.

The charity delivered 32 online events with 604 booked places (2020: 554), of which 6 were retreats (2020: 12) and 26 were teacher training or continuing professional development (2020: 18). Although there were fewer retreats, the attendances were higher. During the year a number of freely offered events were organised, including a regular Friday morning drop in meditation session that has regular attendances of approximately 60 people, and one free evening event on Mindfulness Based Compassionate Living that had over 200 attendees.

The charity had a remarkable year in terms of the transformation of its services, leaving it in a much stronger position in terms of operational capacity and finances. Staff, trainers, retreat leads, supervisors and trustees have worked extremely hard and generously to support the charity.

FINANCIAL REVIEW

During the year, total income was £326,461 (2020: £518,758) of which £15,129 was donations and £37,636 was the government grant for furlough. The decline in total income was due to events no longer having an accommodation element, and this is also reflected in reduced costs. Total expenditure was £305,116 (2020: £517,602). At 31 March 2021 unrestricted funds were £7,702 (2020: deficit £16,293) and restricted funds were £11,434 (2020: £13,237).

A transfer was made from restricted reserves to unrestricted of £2,663 for the general bursary fund which is not allocated for a specific spend and should not now be held as restricted funds.

Reserves

The reserves policy is to build and maintain enough funds for three months of operation, which is approximately £50,000. A bounce back loan of £50,000 was obtained under the government scheme, and that will be retained in part or in whole until a secure reserve is in place.

The net reserves on 31 March 2021, not counting restricted funds, were £7,702 (2020: deficit £16,293).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Mindfulness Network is a Charitable Incorporated Organisation (CIO) governed by its Constitution following incorporation on 3 April 2018.

**The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2021**

Recruitment and appointment of trustees

Salah Rahool, Marina Grazier and Sud Ubayasiri stepped down at the end of the financial year (31 March 2021).

On 1 April 2021 we appointed the following trustees: Uz Afzal, Nick Hammond, Paula Watson, Lynne Wheeler, Alex Clifton and Avinash Bansode.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	The Mindfulness Network
Charity registration number	1177800
Principal address	PO Box 3647 Barnet EN5 9TT

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Dr Kenneth Lunn
Dr Rebecca Crane
Sudathshu Ubayasiri
(Resigned: 31 March 2021)
John Godfrey Skrine
Roya Hekmatpanah
Jawad Al-Nawab
Alon Williams
Marina Grazier
(Resigned: 31 March 2021)
Salah Rahool
(Resigned: 31 March 2021)
Uz Afzal
(Appointed: 01 April 2021)
Nick Hammond
(Appointed: 01 April 2021)
Paula Watson
(Appointed: 01 April 2021)
Lynne Wheeler
(Appointed: 01 April 2021)
Alex Clifton
(Appointed: 01 April 2021)
Avinash Bansode
(Appointed: 01 April 2021)

Independent examiner

Caroline Clarke ACA
99 Western Road
Lewes
East Sussex
BN7 1RS

**The Mindfulness Network
Report of the Trustees Continued
For the year ended 31 March 2021**

Approved by the Board of Trustees and signed on its behalf by

Mr. Alon Williams.....

The Mindfulness Network
Independent Examiners Report to the Trustees
For the year ended 31 March 2021

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

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity'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 examiners statement

Since the Charity'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 by virtue of my membership of ICAEW, 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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Caroline Clarke ACA
99 Western Road
Lewes
East Sussex
BN7 1RS

The Mindfulness Network
Statement of Financial Activities
For the year ended 31 March 2021

	Notes	Unrestricted funds	Restricted funds	2021	2020
		£	£	£	£
Income and endowments from:					
Donations and legacies	2	52,765	1,058	53,823	12,432
Charitable activities	3	273,696	-	273,696	506,326
Investments	4	17	-	17	-
Total		326,478	1,058	327,536	518,758
Expenditure on:					
Charitable activities	5/6	(305,116)	(228)	(305,344)	(517,602)
Total		(305,116)	(228)	(305,344)	(517,602)
Transfers between funds		2,633	(2,633)	-	-
Net movement in funds		23,995	(1,803)	22,192	1,156
Reconciliation of funds					
Total funds brought forward		(16,293)	13,237	(3,056)	(4,212)
Total funds carried forward		7,702	11,434	19,136	(3,056)

**The Mindfulness Network
Statement of Financial Position
As at 31 March 2021**

	Notes	2021 £	2020 £
Current assets			
Debtors	12	52,881	103,486
Cash at bank and in hand		179,873	49,618
		232,754	153,104
Creditors: amounts falling due within one year	13	(163,618)	(156,160)
Net current assets		69,136	(3,056)
Total assets less current liabilities		69,136	(3,056)
Creditors: amounts falling due after more than one year	14	(50,000)	-
Net assets		19,136	(3,056)
The funds of the charity			
Restricted income funds	15	11,434	13,237
Unrestricted income funds	15	7,702	(16,293)
Total funds		19,136	(3,056)

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:



.....
Mr Alon Williams
Trustee

The Mindfulness Network
Notes to the Financial Statements
For the year ended 31 March 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

The Mindfulness Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2021

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Donations received	15,129	1,058	16,187	12,432
Grants received	37,636	-	37,636	-
	52,765	1,058	53,823	12,432

3. Income from charitable activities

	2021	2020
	£	£
Unrestricted funds		
<i>Serving the mindfulness community and to advance the health and well-being of the general public</i>		
Income from charitable activities	273,696	506,326

4. Investment income

	2021	2020
	£	£
Unrestricted funds		
Bank interest receivable	17	-
	17	-

5. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Serving the mindfulness community and to advance the health and well-being of the general public	231,656	228	231,884	436,021
Support costs	73,460	-	73,460	81,581
	305,116	228	305,344	517,602

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2021

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2021	2020
	£	£	£	£
Support costs				
Serving the mindfulness community and to advance the health and well-being of the general public	231,884	73,460	305,344	517,602

7. Analysis of support costs

	2021	2020
	£	£
Serving the mindfulness community and to advance the health and well-being of the general public		
Management	34,289	34,012
Finance	4,022	4,024
IT	27,561	24,304
Office Costs	5,613	8,609
Travel and Accommodation	583	9,240
Governance costs	1,392	1,392
	73,460	81,581

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021	2020
	£	£
Accountancy fees	1,392	1,392
Staff pension contributions	4,629	3,902

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2021

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2021 were:

	2021 £	2020 £
Salaries and wages	166,816	166,153
Pension costs	4,629	3,902
	171,445	170,055

No employee earned more than £60,000 during the year (nil:2020).

	2021	2020
Support Staff	10	11
	10	11

10. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2020:£nil).

During the year Sud Ubyasiri, a trustee, provided IT services that were not part of his trustee role. For this he received £1,000 (2020 £9,000). This was approved by the trustees in line with Charity Commission guidance.

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totaling £nil (2020:£127). There are no related party transactions to disclose for 2021 (2020:none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2021

11. Comparative for the Statement of Financial Activities

	Unrestricted funds £	Restricted funds £	2020 £
Income and endowments from:			
Donations and legacies	-	12,432	12,432
Charitable activities	506,326	-	506,326
Total	506,326	12,432	518,758
Expenditure on:			
Charitable activities	(517,345)	(257)	(517,602)
Total	(517,345)	(257)	(517,602)
Net income/expenditure	(11,019)	12,175	1,156
Reconciliation of funds			
Total funds brought forward	(5,274)	1,062	(4,212)
Total funds carried forward	(16,293)	13,237	(3,056)

12. Debtors

	2021 £	2020 £
Amounts due within one year:		
Trade debtors	38,125	62,043
Prepayments and accrued income	14,756	41,443
	52,881	103,486

13. Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors	163,618	156,160
	163,618	156,160

14. Creditors: amounts falling due after more than one year

	2021 £	2020 £
Loans and overdrafts	50,000	-
	50,000	-

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2021

15. Movement in funds

Unrestricted Funds

	Balance at 01/04/2020	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2021
	£	£	£	£	£
<i>General</i>					
General	(16,293)	326,478	(305,116)	2,633	7,702
	<u>(16,293)</u>	<u>326,478</u>	<u>(305,116)</u>	<u>2,633</u>	<u>7,702</u>

Unrestricted Funds - Previous year

	Balance at 01/04/2019	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2020
	£	£	£	£	£
<i>General</i>					
General	(5,274)	506,326	(517,345)	-	(16,293)
	<u>(5,274)</u>	<u>506,326</u>	<u>(517,345)</u>	<u>-</u>	<u>(16,293)</u>

Purpose of unrestricted Funds

General

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted Funds

	Balance at 01/04/2020	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2021
	£	£	£	£	£
Bangor University	8,991	-	-	-	8,991
Bursary funds	4,246	1,058	(228)	(2,633)	2,443
	<u>13,237</u>	<u>1,058</u>	<u>(228)</u>	<u>(2,633)</u>	<u>11,434</u>

Restricted Funds - Previous year

	Balance at 01/04/2019	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2020
	£	£	£	£	£
Bangor University	-	8,991	-	-	8,991
Bursary funds	1,062	3,441	(257)	-	4,246
	<u>1,062</u>	<u>12,432</u>	<u>(257)</u>	<u>-</u>	<u>13,237</u>

The Mindfulness Network
Notes to the Financial Statements Continued
For the year ended 31 March 2021

Purpose of restricted funds

Bursary funds

Bursarys for retreats and supervision

Bangor University

Funds received for a collaborative project.

16. Analysis of net assets between funds

	Net current assets / (liabilities)	Creditors > one year	Net Assets
	£	£	£
Unrestricted funds			
<i>General</i>			
General	57,732	(50,000)	7,732
Restricted funds			
Bangor University	8,991	-	8,991
Bursary funds	2,413	-	2,413
	69,136	(50,000)	19,136

Previous year

	Net current assets / (liabilities)	Creditors > one year	Net Assets
	£	£	£
Unrestricted funds			
<i>General</i>			
General	(16,293)	-	(16,293)
Restricted funds			
Bangor University	8,991	-	8,991
Bursary funds	4,246	-	4,246
	(3,056)	-	(3,056)