

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2023

The Mindfulness Network
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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
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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

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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