

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 Accomodation	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