

Charity number: 1177800

The Mindfulness Network

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2025

The Mindfulness Network
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For the year ended 31 March 2025

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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

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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 14:00:29 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 |
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-  Document created by Caroline Clarke (carolinec@andrewwells.co.uk)
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