

**The Mindfulness Initiative**

**Trustees' Report and Financial Statements  
For the year ended 31 December 2023**

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## The Mindfulness Initiative

### Trustees' and charity information

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#### Trustees

Katie White OBE (Chair up to 3<sup>rd</sup> October 2023)  
Patricia Bartley (Chair from 3<sup>rd</sup> October 2023)  
Edmund Halliwell (resigned 5 December 2023)  
Pauline Gibbs  
Angela McCusker (resigned 12<sup>th</sup> March 2024)  
David Crook (appointed 4 August 2023)  
James Godfrey (appointed 5 December 2023)  
Kareen Griffiths (appointed 5 December 2023)

#### Registered address

The Mindfulness Initiative  
International House  
101 King's Cross Road  
London  
WC1X 9LP

#### Charity number

1179834

#### Independent examiner

Caroline Clarke  
Clarke + Wells  
66 High Street  
Lewes  
BN7 1XG

#### Bankers

Unity Trust Bank	The Charity Bank Limited
PO Box 7193	Fosse House
Planetary Road	182 High Street
Willenhall	Tonbridge
WV1 9DG	TN9 1BE

## **The Mindfulness Initiative**

### **Trustees' report**

**For the year ended 31 December 2023**

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The trustees present their annual report and financial statements of the charity for the year ended 31 December 2023.

#### **Legal status and constitution**

The charitable incorporated organisation (CIO) is incorporated under the Charities Act 2011 and is governed by its constitution document dated 29 August 2018.

The CIO was registered with the Charities Commission on 6 September 2018 and its registration number is 1179834

#### **Objectives and activities**

The Mindfulness Initiative is an independent and secular think tank working to advance education for the public benefit in the practice and science of mindfulness and compassion training, and in furthering this to:

- Supply education, research and other services to members of the UK parliament and civil service to help them inquire into the practice, science and benefits of mindfulness and compassion training within public services and policy making, and extend such education, research and other services to the legislative systems of other countries.
- Educate leaders, professionals and service commissioners about the practice, science and benefits of mindfulness and compassion training in all sectors.
- Promote education and research into mindfulness and compassion training programmes of all kinds and make this research and training accessible to the public.
- Support the further development of mindfulness, compassion and other contemplative mind-training programmes by cooperating with mindfulness organisations, academics and practitioners internationally, including by convening and facilitating conferences, seminars and other gatherings to share information and coordinate research.

In order to achieve its objectives, the Mindfulness Initiative carried out the following activities:

- working closely with the Mindfulness All-Party Parliamentary Group (MAPPG) and UK parliament to put on events that advanced the education of policy makers on current research and practice relating to the science and benefits of mindfulness and compassion training
- working to extend education on mindfulness beyond the UK parliament to other legislative systems across the globe
- influencing policy work through sector-specific research, briefing papers and events
- organising and participating in events to expand the reach of mindfulness and compassion-based approaches
- supporting the development of mindfulness programmes

The Mindfulness Initiative works to ensure that its programmes are inclusive and responsive to the needs of those who may benefit from its work.

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## **The Mindfulness Initiative**

### **Trustees' report (continued)**

**For the year ended 31 December 2023**

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#### **Achievements and performance**

2023 was a busy year for the Mindfulness Initiative. The Charity launched its Mindfulness in Westminster: Reflections from UK Politicians report in the Speakers Rooms in Westminster, launched a set of workplace infographics, held an Innovations in Mindfulness Film Screening, and began work on its Climate Youth Resilience Programme.

In its sector work, the Mindfulness Initiative:

- published the protocol paper in the British Medical Journal, BMJ Open: Mindfulness based programmes and 'bigger than self' issues: protocol for a scoping review.
- held an Innovations in Mindfulness Film Screening.
- worked with HSBC to produce some infographics on mindfulness in the workplace, which were released in early 2023.

Mindfulness Initiative staff and consultants have continued to work remotely and in different locations, and the charity has continued to conduct a lot of its day-to-day business and meetings online.

Richard Edwards was appointed to lead the Charity as Director, taking over from Ruth Ormston, who was the Co-director with Jamie Bristow until she took over as Director in April 2023. Ruth left the organisation at the end of October 2023. Richard is supported by Eileen Clark, who is employed as Operations Manager to the Mindfulness Initiative.

#### **Working with the Mindfulness All-Party Parliamentary Group (MAPPG) and UK Civil Service**

The Mindfulness Initiative acts as clerk to the MAPPG who continued to hold meetings online and in-person, including an AGM, during 2023. A large part of the focus for the MAPPG in 2023 was the development of the Mindfulness in Westminster report and adaptation to the changes to the rules on APPGs. The MAPPG had presentations from the Centre for Humane Technology, and Mindful Peak Performance.

The launch of the report Mindfulness in Westminster: Reflections from UK Politicians was held in the Speakers Rooms in Parliament and was hosted and introduced by Sir Lindsay Hoyle, Speaker of the House of Commons. Speeches at the event included contributions from MI's Director – Ruth Ormston, Chris Ruane – former MP and Lead on MI's Global Network, Jess Morden MP and Tim Loughton MP – co-Chairs of the MAPPG, Caroline Lucas MP, Tessa Watt – Awaris, and Josie Lazenby – Head of the Parliamentary Health & Wellbeing Service.

Subsequently an online launch was held, for a wider and more global audience, with presentations from former US Senator Tim Ryan and MPs Caroline Lucas and Tim Loughton. The report was covered in an article in The Guardian newspaper and in an article for The Parliamentarian, the journal of the Commonwealth Parliamentary Association. The dataset of interviews with politicians that formed the basis of the report was also used to produce an academic study, published in May.

## The Mindfulness Initiative

### Trustees' report (continued)

For the year ended 31 December 2023

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#### International Work

Chris Ruane leads the Mindfulness Initiative's global network and the MI continues to convene a network of voluntary representatives from legislatures from around 30 other countries, arranging regular peer support calls. The Mindfulness Initiative has supported advocates in over 10 countries to introduce training in their national parliaments and has also supported particular nations who are looking to translate the UK's *Mindful Nation* report into their own language and conduct their own policy inquiries.

#### Sector-specific education about the benefits of mindfulness and compassion training

Publications, leading thought-pieces, and presentations at events and conferences are the primary outlets The Mindfulness Initiative uses to achieve its charitable purposes in advancing the education of policy makers.

Conferences attended during 2023 include Ruth Ormston's panel appearance at the Tergar conference in Edinburgh alongside other key figures in the mindfulness world, and Chris Ruane's contribution at Sussex Mindfulness Centre Conference, again in highly esteemed company.

The approach of The Mindfulness Initiative to its sector-specific work has been to appoint leading experts in the field to work with the charity on a consultancy basis, with the small central executive of the charity coordinating, directing, and helping to produce the output of these workstreams. This continued to be the case throughout 2023.

The annual accounts show the consultancy costs incurred in engaging experts, as well as the production of publications and attendance at events. To ensure an efficient use of its funds, the experts that are engaged by The Mindfulness Initiative continue to be contracted on a time-limited basis.

By working with those who are already highly expert and well-connected in these fields, the Mindfulness Initiative is able to maximise its impact, ensuring output is of a consistently excellent standard and that the charity is a trusted voice for those working in the sector, as well as relevant policy makers. This is a "top-down" approach – by targeting those working in, and making the policy for, these sectors, the Mindfulness Initiative aims to have a positive impact on sector structures and practices, thereby delivering public benefit.

#### *Mindfulness and Education*

Due to time and funding constraints, there has not been as much progress in the mindfulness and education sector work for the Mindfulness Initiative as hoped. The Executive and Trustee Board continue to look for grant funding to support this element of the charity's work.

#### *Mindfulness and Health*

Former chief executive of the Mental Health Foundation, Jenny Edwards CBE has continued to lead the Mindfulness Initiative's work in health. In July we published a joint paper on Health Promotion and Mindfulness, produced by Jenny with the Institute of Health Promotion and Education (IHPE). The paper outlines the ways in which mindfulness can help achieve widely-recognised objectives for public health promotion, as well as providing policy recommendations aimed at improving accessibility and funding. The paper was shared with all Directors of Public Health.

## **The Mindfulness Initiative**

### **Trustees' report (continued)**

**For the year ended 31 December 2023**

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In March, Jamie Bristow, a policy lead for the MI, published Mindfulness-based programmes and 'bigger than self' issues: protocol for a scoping review in the British Medical Journal. This publication recognised that mindfulness-based programmes (MBPs) have an established, growing evidence base as interventions to optimise health, well-being and performance of individual participants. Emerging evidence suggests that MBPs also enhance prosociality, encouraging individuals to contribute to positive social change.

#### *Mindfulness and the Workplace*

Funded by HSBC, MI launched a set of workplace infographics in January 2023. These provide an overview of mindfulness at work – what it means, how it can be beneficial, and its reference to NICE workplace wellbeing guidance. They also provide guidance on what best practice questions employers can consider when implementing a mindfulness programme within their workplace. Addressing some of the common myths around mindfulness, specifically in a workplace context, they cover some common pitfalls that organisations could encounter when choosing or implementing a mindfulness programme in the workplace.

The launch was supported by a webinar held with the Mindful Workplace Community, and a video introduction hosted on our website.

#### *Mindfulness and the Justice System*

Due to time and funding constraints, there has not been as much progress in the criminal justice sector work for the Mindfulness Initiative as hoped. The Executive and Trustee Board continue to look for grant funding to support this element of the charity's work.

#### *Mindfulness and Society*

As a result of on-going advocacy work in 2023, the Reconnection report, launched in the Spring of 2022, has become a key reference text in the discourse around the inner dimension of the climate crisis, facilitated by personal recommendations from senior policymakers to their colleagues. Champions of the work include Laurell Patterson, the Director responsible for the Sustainable Development Goals (SDGs) at UNDP.

Organic sharing has been supported through events and podcasts, including at Climate Week in New York, for the Woman's Climate Congress, the Global Compassion Coalition, the International Conference of Environmental Mindfulness, All That We Are podcast and Inner Green Deal podcast.

The Reconnection report has been included on the reading list of courses in at least three universities, including Harvard and Oxford, and is being translated into several languages.

The report has generated interest amongst politicians in the Australian Parliament, where interested MPs presented a summary of the report to a sustainability minister.

In 2023, the MI was pleased to begin work on its Climate Youth Resilience programme, funded by the Robert Ho Foundation for two years. This work begins exploring the impact of mindfulness and compassion in relation to the climate crisis, by undertaking a mapping and engagement project specifically focusing on youth climate resilience.

## **The Mindfulness Initiative**

### **Trustees' report (continued)**

**For the year ended 31 December 2023**

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#### **Supporting the development of the mindfulness sector**

Following the Mindfulness Initiative and the Hart Knowe Trust holding their inaugural Innovations in Mindfulness Awards in 2022, the four pioneering projects chosen as finalists were, as part of their prize, offered the chance to make a video showcasing their work. In January 2023, the four short films were shown to an online audience, and a question and answer session was held with each of the project teams. The premiere was hosted by Ruth Ormston, Menka Sanghvi, and Vin Harris.

In December, we convened an online knowledge-sharing and networking event, to support the development of the community of innovators. Attendance was strong and an engaged audience heard a presentation from experts in innovation and finalists from the 2022 Awards, before taking part in workshops on their own projects.

We are pleased that the relationship with the Hart Knowe Trust is continuing with planning taking place to update the Innovations Fieldbook, develop an Innovations in Mindfulness microsite, and prepare for the next Innovations in Mindfulness Awards in 2024.

#### **Contribution made by volunteers**

The volume and quality of work that The Mindfulness Initiative produces would not be possible without the input from a key number of stakeholders and experts who offer their insights and wisdom on a voluntary basis. Often to ensure that this resource is capitalised on, sector-working groups are established by the policy lead or co-lead in a particular sector. At other times, contributions are sought on a more ad-hoc project-by-project basis. Speakers at Mindfulness Initiative webinars give their time and expertise on a voluntary basis, and several reviewers and contributors to the *Reconnection* policy report also gave their time on a voluntary basis. In April, Vidyamala Burch and Mark Williams spoke at a half-day fundraising workshop titled 'Politics, Policy and Planet'.

The trustees are incredibly grateful to its network of advisors and experts for the generous value they bring to the charity's work.

#### **Financial Review**

The charity generated income of £72,310 in the year (2022: £244,372). Total expenditure was £164,569 (2022: £171,206) resulting in a deficit of £92,259 (2022: surplus of £73,166) for the year.

At the year end the charity held free reserves of £36,241 (2022: £92,978). This falls below the reserves target set by the trustees which were set in 2023 of at least £50,000.

The trustees and the executive team review the finances, budget and spend of The Mindfulness Initiative against projections as part of effective compliance and governance.

Following contingency planning, continual financial monitoring and assessing the ability and costs to the organisation of working on voluntary rather than paid staff capacity, the Trustees do not consider there to be a material uncertainty that risks the ability of the charity to continue to meet its essential commitments as a going concern. Focus is being given during 2024 to reviewing the strategy of the organisation, to ensure its immediate and ongoing financial sustainability.



## **The Mindfulness Initiative**

### **Trustees' report (continued)**

**For the year ended 31 December 2023**

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#### **Reserves policy**

The trustees agreed in 2023 to have free reserves of at least £50,000 in order to ensure the charity can continue to operate, meet its core staff costs and general expenditure for a period of time, and also have some unrestricted funds to respond effectively where there might be an urgent need for mindfulness-based research or education in a particular policy area, or in response to a public need. In 2024, the trustees are reviewing their reserves policy in line with the financial commitments identified through contingency planning based upon the organisation being unable to continue to directly employ core staff and continuing to operate on a reduced or voluntary basis.

#### **Structure, governance and management**

Trustees are recruited and appointed or re-appointed in accordance with the charity's governing document and with relevant legislation.

The Trustees who were in office during the year were:

Trish Bartley	Ed Halliwell (resigned December 2023)
Pauline Gibbs	Angela McCusker (resigned March 2024)
Katie White OBE	David Crook (from August 2023)
Kareen Griffiths (From December 2023)	James Godfrey (from December 2023)

In planning the activities of the charity, the Trustees have given due regard to the Charity Commission's guidance on public benefit. The Trustees believe that the activities of the charity in the period confirm its ability to provide current and on-going benefit to the public.

Major decisions relating to strategies and policies are made by the trustees as a board. The board hold trustee meetings at least twice a year to carry out their functions – in 2023 it held 5 meetings. The day-to-day work of carrying out The Mindfulness Initiative's objectives has been delegated by the Trustees to the Director. The Charity also employs an operations manager as part of its core team, and a diversity, equity and inclusion policy officer as a consultant.

The Director is supported by a core team of sector-specific consultants, and a number of volunteer stakeholders and advisers in the field.

This year the Board of Trustees continued to keep its policies and procedures under review, including its Code of Conduct, safeguarding and sexual harassment policies—up to date copies of these policies are all available on the charity's website.

The trustees and the executive will keep the balance of the trustee board under review to ensure that it is representative of the mindfulness sector and is comprised of individuals who will be well-placed to help the charity with strategy and oversight in meeting its charitable objectives. Because of the organisation's work, the trustees all need to be experienced mindfulness practitioners.

All of the above trustees act in an individual capacity and are unpaid. There are no corporate trustees, and none of the trustees hold title to property belonging to the charity.

## **The Mindfulness Initiative**

### **Trustees' report (continued)**

**For the year ended 31 December 2023**

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#### **Future plans**

In 2024, The Mindfulness Initiative intends to continue to expand the work it has done on the role of mindfulness in underpinning agency and better decision-making, and its impact in political and public life.

A large part of the work in 2024 will be around developing a new three-year strategic plan for the organisation, looking at its future direction and building its financial sustainability into the future.

Work in 2024 will be focused on reconstituting the Mindfulness All-Party Parliamentary Group following the anticipated general election, hosting the 2024 Innovations in Mindfulness Awards, developing a new Innovations microsite, and updating the Innovations Fieldbook. Work will also continue on the Climate Youth Resilience Programme, reporting the mapping exercise at the end of Phase 1 and starting Phase 2 to further develop this work.

#### **Statement of trustees' responsibilities**

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, applicable accounting regulations, and the provisions of the governing document. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the Board of Trustees on 17<sup>th</sup> September 2024



Trish Bartley  
**Trustee**

## **The Mindfulness Initiative**

### **Independent examiner's report to the trustees For the period ended 31 December 2023**

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I report to the trustees on my examination of the accounts of The Mindfulness Initiative (the Charity) for the period ended 31 December 2023.

#### **Respective Responsibilities of trustees and examiner**

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

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material 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 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  
Clarke + Wells  
66 High Street, Lewes, BN7 1XG

Date:  
27<sup>th</sup> September 2024

## The Mindfulness Initiative

### Statement of financial activities For the period ended 31 December 2023

		Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
<b>Income from</b>					
Donations and legacies	2	32,709	37,915	70,624	236,866
Investments	3	866	-	866	-
Other income	4	820	-	820	7,506
<b>Total income</b>		<b>34,395</b>	<b>37,915</b>	<b>72,310</b>	<b>244,372</b>
<b>Expenditure on</b>					
Raising funds	5	219	-	219	321
Charitable activities	5	91,750	72,600	164,350	170,885
<b>Total expenditure</b>		<b>91,969</b>	<b>72,600</b>	<b>164,569</b>	<b>171,206</b>
<b>Net income and net movement in funds</b>		<b>(57,574)</b>	<b>(34,685)</b>	<b>(92,259)</b>	<b>73,166</b>
Fund balances brought forward		94,391	77,057	171,448	98,282
<b>Total funds carried forward</b>	<b>12</b>	<b>36,817</b>	<b>42,372</b>	<b>79,189</b>	<b>171,448</b>

The notes on pages 12 to 18 form part of these financial statements.

The statement of financial activities contains all recognised gains and losses for the financial period.

The results for the period all relate to continuing activities.

**Balance sheet**  
**As at 31 December 2023**

Approved by the Board of Trustees on 17 September 2024 and signed on its behalf by:

The notes on pages 12 to 18 form part of these financial statements

**1. Principal accounting policies**

**1.1 Accounting convention**

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) effective January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Advantage has been taken of the exemption for charities with income less than £500,000 from preparing a cash flow statement under SORP (FRS 102) Update Bulletin 1 (issued February 2016).

The charity constitutes a public benefit entity as defined by FRS 102.

The trustees, having considered the impact of COVID-19 on the organisation as referred to in the trustees' report, consider that there are no material uncertainties about the charity's ability to continue as a going concern.

**1.2 Income**

Donation income is recognised in the year in which the charity is entitled to receipt and the amount can be measured with reasonable certainty.

Trading income, including sponsorship income, is recognised when the charity is entitled to receipt and the amount can be measured with reasonable certainty.

**1.3 Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All costs can be directly attributed to an expense category.

**1.4 Tangible fixed assets**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Computer equipment	33% straight line
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**1.5 Taxation**

The Mindfulness Initiative is a registered charity and is not liable to United Kingdom income tax or corporation tax on its charitable activities.

**1. Principal accounting policies (continued)**

**1.6 Funds**

Restricted funds represent voluntary income or grants which have been received for the purposes set out in note 9. The application of these funds is restricted by the expressed wishes of the donor or the terms of the grant.

Unrestricted funds are donations and other income receivable or generated for the objects of the charity without specified purpose.

**1.7 Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method. The charity does not currently have any bank loans.

**2. Donation income**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Donations from trusts, foundations and organisations	65,415	234,056
Donations from individuals	5,209	2,810
	<u>70,624</u>	<u>236,866</u>

**3. Investment income**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Interest receivable	866	-
	<u>866</u>	<u>-</u>

**4. Other income**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Membership	-	5,645
Other income	820	1,861
	<u>820</u>	<u>7,506</u>

## The Mindfulness Initiative

### Notes to the financial statements For the period ended 31 December 2023

#### 5. Expenditure

	2023 £	2022 £
<b>Raising funds:</b>		
Bank charges	219	321
<b>Charitable activities:</b>		
Management and administration	101,137	85,053
Accountancy and independent examination fees	2,700	2,700
Consultancy costs	29,072	32,641
Other direct costs	15,967	29,657
Other administrative costs	15,474	20,834
	164,350	170,885
Total expenditure	164,569	171,206

#### 6. Staff costs

	2023 £	2022 £
Wages and salaries	94,158	77,870
Social security costs	4,408	4,537
Pension costs	2,571	2,520
	101,137	84,927

The average monthly number of employees was 3 (2022: 3).

No employee received a salary of more than £60,000 per annum in the period (2022: nil).

The trustees and Director (and formerly Co-Directors) are considered to be the key management personnel of the charity. Aggregate remuneration costs for the key management personnel, including employer's NI and employer's pension cost, was £85,474 (2022: £91,024).

No trustee expenses were reimbursed during the period, and no trustee received any remuneration during the period.



## The Mindfulness Initiative

### Notes to the financial statements For the period ended 31 December 2023

#### 7. Tangible fixed assets

	Computer equipment £
<b>Cost</b>	
At 31 December 2022	2,511
Additions	-
Disposals	(1,299)
At 31 December 2023	1,212
<b>Depreciation and impairment</b>	
At 31 December 2022	1,098
Charge in the year	765
Disposals	(1,227)
At 31 December 2023	636
<b>Carrying amount</b>	
At 31 December 2023	576
At 31 December 2022	1,413

#### 8. Debtors

	2023 £	2022 £
Accrued income	-	63,530
Other debtors	2,639	4,569
	<u>2,639</u>	<u>68,099</u>

#### 9. Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	5,627	8,307
Accruals	3,915	8,666
	<u>9,542</u>	<u>16,973</u>

## The Mindfulness Initiative

### Notes to the financial statements For the period ended 31 December 2023

#### 10. Restricted funds

	Balance at 31 December 2022	Income	Expenditure	Balance at 31 December 2023
Year to 31 December 2023:	£	£	£	£
Network for Social Change	11,070	-	(11,070)	-
HSBC Workplace Project	20,004	-	(3,472)	16,532
Innovations in Mindfulness Awards	-	7,000	(7,000)	-
Youth climate resilience	45,983	-	(25,956)	20,027
Sustainable Mind	-	30,915	(25,102)	5,813
	<u>77,057</u>	<u>37,915</u>	<u>(72,600)</u>	<u>42,372</u>

	Balance at 31 December 2021	Income	Expenditure	Balance at 31 December 2022
Year to 31 December 2022:	£	£	£	£
Emergence Foundation	2,000	-	(2,000)	-
Network for Social Change	12,000	-	(930)	11,070
HSBC Workplace Project	-	25,000	(4,996)	20,004
Innovations in Mindfulness Awards	-	22,200	(22,200)	-
Youth climate change	-	45,983	-	45,983
	<u>14,000</u>	<u>93,183</u>	<u>(30,126)</u>	<u>77,057</u>

The purpose of restricted funds is as follows:

**Emergence Foundation** - funding for climate change work

**Network for Social Change** - funding for Mindfulness and Politics project

**Innovations in Mindfulness Awards** - an awards programme run in partnership with the Hart Knowe Trust intended to celebrate and recognise innovation within the mindfulness sector, whilst honouring the important evidence base underpinning mindfulness interventions.

**Youth climate resilience project** - a mapping and engagement project intended to look at the extent to which mindfulness, compassion and contemplative practice are used to support climate youth resilience.

**Sustainable Mind** - funding from Lostand Foundation for disseminating the Reconnection: Meeting the Climate Crises Inside Out report and advocate its finding.

## The Mindfulness Initiative

### Notes to the financial statements For the period ended 31 December 2023

#### 11. Unrestricted funds

	Balance at 31 December 2022	Income	Expenditure	Balance at 31 December 2023
Year to 31 December 2023:		£	£	£
General funds	94,391	34,395	(91,969)	36,817
	<u>94,391</u>	<u>34,395</u>	<u>(91,969)</u>	<u>36,817</u>
Year to 31 December 2022:	Balance at 31 December 2021	Income	Expenditure	Balance at 31 December 2022
		£	£	£
General funds	84,282	151,189	(141,080)	94,391
	<u>84,282</u>	<u>151,189</u>	<u>(141,080)</u>	<u>94,391</u>

#### 12. Analysis of funds by net assets

2023:	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fixed assets	576	-	576
Current assets	45,783	42,372	88,155
Creditors: amounts falling due within one year	(9,542)	-	(9,542)
	<u>36,817</u>	<u>42,372</u>	<u>79,189</u>
2022:	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fixed assets	1,413	-	1,413
Current assets	109,951	77,057	187,008
Creditors: amounts falling due within one year	(16,973)	-	(16,973)
	<u>94,391</u>	<u>77,057</u>	<u>171,448</u>

**13. Related party transactions**

The charity paid R Bell, spouse of J Bristow, a total of £333 during the period for consultancy and copywriting services (2022: £7,740).

During 2023, no trustees made donations (2022: none). There were no other related party transactions during the period.