



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2020		31	03	2021

## Section A Reference and administration details

Charity name

Tenterden Mindfulness Group

Other names charity is known by

Registered charity number (if any)

1181209

Charity's principal address

Ivy Court Surgery

Recreation Ground Road

Tenterden, Kent

Postcode

TN30 6RB

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Neil Pillai	Chair		
2	Jeremy Cooper	Vice Chair		
3	Les Etheridge	Treasurer	From 04/01/2021	
4	Naomi Benson			
5	Anna Hegarty		From 04/01/2021	
6	Caroline Parfitt			
7	Derek Roger			
8	Julie Stones			

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Advertised publically and appointed by existing Board following an interview process.

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

The objects of the CIO are (1) the preservation and protection of health, both mental and physical, of people residing in the united kingdom, in particular but not exclusively by: - providing classes in the practice of mindfulness meditation across the age spectrum; - providing advice and information related to mindfulness meditation and (2) to promote research into mindfulness having regard to the evidence on what is effective and disseminating the useful results for the public benefit.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

In the year 2020-2021 the CIO objectives have been carried out through:

- Running face-to-face and online accredited 8 week Mindfulness courses to the general public.
- Delivering online professional 8 week Mindfulness courses to GPs and NHS primary care staff throughout Kent.
- Delivery of a new free 'Introduction to Mindfulness' session to members of the public.
- Delivery of our in-house developed Mindfulness Taster Course online to members of the public.
- Delivering regular free on-line mindfulness practice sessions throughout the pandemic to support the mental and physical wellbeing of the local population.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

Despite the challenges of the pandemic, including the serious illness of our Chairman Dr Pillai due to Covid-19 infection, TMG continued to function thanks to the determination of its Trustees, Teachers and Administrator.

TMG continued to deliver accredited mindfulness training through online introductory sessions, taster courses and public as well as professional courses.

The Trustees met quarterly and shared responsibility for the overall governance and running of the Charity. We were delighted to welcome two new trustees to the Board during this period including our new Treasurer, Les Etheridge.

The Trustees held a strategy review and planning day in September 2020 one outcome of which was the recommendation for a structural reorganisation of TMG designed to improve communication between the different groups in the CIO and to streamline the executive functions.

An Operational Management Group and a Teachers Group were established. Both groups have since met regularly in addition to the quarterly Board meetings.

It is envisaged that this reorganisation will enable an expansion of the services TMG can offer going forward to support its charitable aims.

Our strong cohort of accredited Mindfulness teachers have led regular online mindfulness practice sessions twice weekly over the year to support anyone who has graduated from a Mindfulness course. This has been a great support to our community's wellbeing which has been especially tough due to the pandemic and, in particular helped counteract the widespread sense of isolation.

Our Teachers also continued to meet online for mutual support, to share learning and to respond to the challenges of the new online medium

The pandemic has impacted on all of us, but as well as providing the services outlined above to support our community's wellbeing, there is good reason to think that the developments at TMG over the last year will lead to even more opportunities.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The policy during the year was to hold a reserve of three months running costs or a minimum of £1,500.

### Details of any funds materially in deficit

n/a

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F

## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

### Signed on behalf of the charity's trustees

Signature(s)	Dr Neil Lawrence Pillai (By Email)	
Full name(s)	Dr Neil Lawrence Pillai	
Position	Chair	
Date	13/12/21	



## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/04/2020

To

Period end date  
31/03/2021

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Courses	18,619	-	-	18,619	27,704
Sitting Groups	55	-	-	55	1,739
Donations	3,927	-	-	3,927	8,144
Events	-	-	-	-	724
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>22,601</b>	<b>-</b>	<b>-</b>	<b>22,601</b>	<b>38,311</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>22,601</b>	<b>-</b>	<b>-</b>	<b>22,601</b>	<b>38,311</b>
<b>A3 Payments</b>					
Administration	3,484	-	-	3,484	3,481
IT & Software	612	-	-	612	462
Venues	188	-	-	188	1,595
Teaching	18,835	-	-	18,835	17,487
Advertising	1,964	-	-	1,964	1,984
Print & Stationery	167	-	-	167	1,140
Paypal Fees	122	-	-	122	159
Other	341	-	-	341	202
<b>Sub total</b>	<b>25,712</b>	<b>-</b>	<b>-</b>	<b>25,712</b>	<b>26,509</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Equipment	-	-	-	-	858
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>858</b>
<b>Total payments</b>	<b>25,712</b>	<b>-</b>	<b>-</b>	<b>25,712</b>	<b>27,367</b>
<b>Net of receipts/(payments)</b>	<b>- 3,111</b>	<b>-</b>	<b>-</b>	<b>- 3,111</b>	<b>10,943</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>10,943</b>	<b>-</b>	<b>-</b>	<b>10,943</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>7,832</b>	<b>-</b>	<b>-</b>	<b>7,832</b>	<b>10,943</b>

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>				
	Bank Balance	7,832	-	-
		-	-	-
		-	-	-

<b>Total cash funds</b>		<b>7,832</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))		OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	<b>Details</b>			
	Outstanding Course Fees	1,350	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	Laptop and peripherals		-	500
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
	Unpaid Teacher Fees	unrestricted	840	
	March Admin Costs	unrestricted	431	
	Advance Course Fees	unrestricted	185	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Neil Pillai	04/10/2021	
		Les Etheridge	04/10/2021	

## INDEPENDENT EXAMINER'S REPORT

I report on the attached Receipts and Payments Accounts for the year to 31 March 2021 of Tenterden Mindfulness Group (Charity number 1181209) set out on pages 1 and 2.

The charity's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act 2011. The charity's trustees consider that an audit is not required for this period under section 144 of the Act and that an independent examination is required.

It is my responsibility to:

- 1) Examine the financial statements under section 145 of the Charities Act.
- 2) To follow the applicable Directions given by the Charities Commission (under section 15(5)(b) of the Act.
- 3) To state whether particular matters have come to my attention.

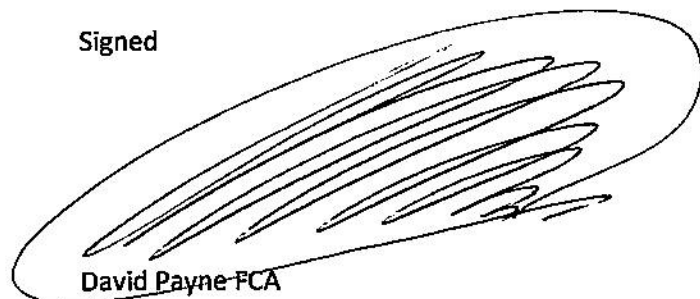
My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the Receipts and Payments Account presented with those records. It also includes consideration of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

In connection with my examination, no material matters have come to my attention which give me cause to believe that in any material respect:

- 1) The accounting records were not kept in accordance with section 130 of the Charities Act; or
- 2) The financial statements did not accord with the accounting records; or
- 3) The financial statements did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.

Signed

A large, stylized handwritten signature in black ink, enclosed within an oval-shaped outline. The signature appears to be 'David Payne'.

David Payne FCA

Sportsman Farm, St Michaels, Tenterden, TN30 6SY

Date 4 October 2021





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Tenterden Mindfulness Group

1181209

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
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To

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<b>Total cash funds</b>	<b>7,832</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))	OK	OK	OK

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>			
Details			
Outstanding Course Fees	1,350	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			
Details			
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			
Details			
Laptop and peripherals		-	500
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
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Details			
Unpaid Teacher Fees	unrestricted	840	
March Admin Costs	unrestricted	431	
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		-	
		-	

	Signature	Print Name	Date of approval
Signed by one or two trustees on behalf of all the trustees			