



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2024		31	03	2025

Section A Reference and administration details

Charity name Tenterden Mindfulness Group

Other names charity is known by Tenterden Mindfulness

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		
4 Naomi Benson	Safeguarding		
5 Anna Hegarty	Operations		
6 Derek Roger	Research		
7 Philippa Harris	Marketing		

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**

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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 publicly 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 2024-2025 the CIO objects have been carried out through:

- Running face-to-face and online 8 week Mindfulness courses for the general public focussing on the new strand of Deeper Mindfulness.
- Delivering online professional Mindfulness courses to local businesses, housing association residents and primary care network staff.
- Delivering monthly on-line and in person (hybrid) Mindfulness drop-in sessions to support the mental and physical wellbeing of the local community.
- Facilitation of day-long Mindfulness retreats.

- More details can be found in Section D

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.

This year has seen a new focus on fund raising to support our work and new programme development. We sought a professional fund-raising mentor from the infrastructure charity **Funding For All** who has been extremely helpful in reviewing and supporting our applications. We have been successful in achieving grants from **Whitehead Monckton Charitable Foundation** and **Kent Community Foundation**. More grant applications are planned and this activity will remain a priority for the year ahead especially in relation to our IMPaCT programme (explained in more detail below) where additional funds will be required to roll this out to a wider cohort.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

1. TM is led by a board of seven experienced trustees with a track record of delivery and innovation.
2. In line with our CIO objects, over the past 12 months we have achieved the following successes.
 - We have delivered two 8-week mindfulness courses at Ivy Court surgery, the main venue for our programmes. Courses are available to individuals of all ages, whether experienced practitioners or newcomers. They focus on a developing strand of mindfulness practice known as Deeper Mindfulness, which includes raising awareness of the importance of feeling tones in moderating an individual's negative response to emotions. The practice of Deeper Mindfulness described by its pioneer teachers Mark Williams and Danny Penman as 'the new way to rediscover

calm in a chaotic world', involves a method of meditation and self-analysis developed within the Oxford University Mindfulness Centre. It has proven to have remarkable success with individuals in managing their own emotional turmoil. The feedback from some of the users of our deeper mindfulness course speaks for itself:

"The course has made me realise I am enough, I am complete and I deserve to treat myself with kindness. It has reconnected me with the simple joys and pleasures in life."

"It has helped me to focus on my breathing, slowing down, noticing what is important, understanding that we can't always get it right and this is ok."

"The course really did help me to "Rediscover Calm in a Chaotic World". I have suffered anxiety all my life and this course has given me the tools to help me cope with this. I have never before felt so calm on a daily basis."

"I would like to say a huge thank you, each week was interesting although sometimes challenging. I actually felt quite exhausted afterwards! I was pleasantly surprised to receive an email between each session which made me feel very supported and encouraged. I was particularly fascinated to learn a little about the latest developments and research in neuroscience which helped me to accept what I was being asked to learn. Thank you for giving me the opportunity to start this journey into a calmer future - I will follow the advice given and work through the course again and hopefully reinforce everything I have learned. I really cannot thank you enough! :)"

- The delivery of other professional mindfulness courses to local businesses, housing association residents and primary care network staff. Once again the feedback from participants speaks for itself:

"Absolutely terrific, I love it, it's helped me sleep so much better; I haven't slept well in years!"

"I look forward to each week, I'm going to miss it."

"The whole experience has been very relaxing and allowed me to step away from all my worries."

"The course has been so enjoyable and helpful and I don't think any of us wanted it to end."

"I think the course has helped me to stop worrying so much about the past and the future and just enjoy the present moment."

"The course has helped me to better accept the difficult times ahead for me in my near future with calmness. I am really very grateful."

- A trial workshop for a course we have developed for corporate mindfulness training was delivered to a group at a local private hospital. Detailed responses from the participants showed

significant benefits from the training and has led to a return booking for additional workshops to further support the organisation's drive to improve health and well-being in the workplace.

- We initiated a more formal controlled-trial research project to evaluate the effectiveness of our 8-week training courses in enhancing resilience and stress management skills. The data from course participants and matched groups of controls have been collected and analysed, and have shown statistically significant effects from attending the courses. A research paper based on the findings is in preparation, and will be submitted for publication in an appropriate peer-reviewed journal.
3. Building on the above successes TM continues to develop and to deliver a strategic plan that is designed progressively to reach more and more people in our catchment area, in particular those who may be socially disadvantaged; or with special educational needs; or who would benefit generally from practicing Mindfulness in support of their overall health and well-being.
 4. As an illustration of our ongoing strategy in the course of the past year we have developed and delivered a highly innovative 'Integrating Mindfulness for Parents and Children Together (IMPACT)' programme, designed to introduce Mindfulness to parents and children working together. The purpose of this programme, designed specifically for primary aged children and their parents, has been to help them to manage relationships and big emotions where they might be struggling with poor behaviour or poor attendance at school. The programme weaves together Mindfulness practices and techniques with the application of basic neuroscience relating to the parts of the brain that affect the way we react or respond to challenging situations. The course was delivered to the cohort working in pairs, to enable a shared understanding of the course materials, with the intention that the parent and child would practice the skills together at home between sessions. We conducted both pre-and post-course evaluations in order to track progress in a contemporaneous way, as well as executing a brief feedback questionnaire at the end of each session to enable the teacher to track and monitor progress. The feedback on the programme was highly positive, with both parents and children reporting improved focus, school attendance, better behaviour, increased understanding of big emotions and an improved ability to talk about them. Based on a 10-point rating scale (with 1 being 'not at all'), the children's average ratings of their ability to identify their emotions rose from 3.6 at the start of the course, to 8.8 by week 6, an increase of 144%. The corresponding ratings by parents of their child's ability rose from 5.0 at the start to 6.5 by week 6, an increase of 30%. Following the success of this course we have recruited an additional teacher to help deliver this new programme to a wider cohort of children and their parents through local schools. We are also developing a parallel course that can be offered to secondary school age children.

Section E Financial review

Brief statement of the charity's policy on reserves

The policy for reserves is to strive to maintain an adequate cash reserve of six months running costs or at least £3,000 (the first trigger point). The second trigger point is £1,250 and has been set to ensure there are adequate funds to wind up the charity on a solvent basis.

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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Tenterden Mindfulness Group

1181209

Receipts and payments accounts

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For the period
from

Period start date
4/1/2024

To

Period end date
3/31/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Courses	11,353	-	-	11,353	4,430
Donations	1,820	-	-	1,820	1,762
Gift Aid	358	-	-	358	-
Events	195	-	-	195	670
Interest	225	-	-	225	-
Grants	3,233	-	-	3,233	15,000
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,184	-	-	17,184	21,862
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,184	-	-	17,184	21,862
A3 Payments					
Administration	6,681	-	-	6,681	8,189
IT, software and telephone	661	-	-	661	4,279
Venues	243	-	-	243	524
Teaching	4,087	-	-	4,087	4,118
Travel	346	-	-	346	81
Advertising	29	-	-	29	549
Course Materials and Postage	242	-	-	242	264
PayPal & Stripe fees	123	-	-	123	135
Other	461	-	-	461	290
Sub total	12,873	-	-	12,873	18,429
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,873	-	-	12,873	18,429
Net of receipts/(payments)	4,311	-	-	4,311	3,433
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	21,696	-	-	21,696	18,263
Cash funds this year end	26,007	-	-	26,007	21,696

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 £
B1 Cash funds	Current Account	7,327	-	-
	Deposit Account	18,563	-	-
	PayPal	117	-	-
	Total cash funds	26,007	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Venues	Unrestricted	380	
	Teaching	Unrestricted	1,635	
	Administration	Unrestricted	768	
	Travel	Unrestricted	162	
	Advance payment	Unrestricted	25	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval