

Mindful Surrey UK

England & Wales · Charity number 1187713

Details

Other names	MINDFUL SURREY
Status	Registered
Legal form	CIO
Registered	2020-02-03
Register	View on the Charity Commission register

Contact

Address	13 Warrenne Road Brockham Betchworth RH3 7JY
Phone	07366333273
Email	info@mindfulsurrey.co.uk
Website	www.mindfulsurrey.co.uk

Activities

Objects: MINDFUL SURREY'S CHARITABLE PURPOSE IS THE ADVANCEMENT OF EDUCATION FOR PEOPLE OF ALL AGES AND FROM ALL BACKGROUNDS, IN SURREY, SUSSEX AND THROUGHOUT THE UK. THE AIM IS TO PROMOTE, SUSTAIN AND INCREASE INDIVIDUAL AND COLLECTIVE KNOWLEDGE AND UNDERSTANDING OF MINDFULNESS TRAINING, SKILLS AND EXPERTISE. THROUGH PARTICIPATION IN MINDFUL SURREY'S COURSES AND EVENTS, INDIVIDUALS CAN DEVELOP THEIR CAPABILITIES, COMPETENCES, SKILLS AND UNDERSTANDING IN ORDER TO ENHANCE AND TRANSFORM THEIR MENTAL HEALTH AND WELLBEING.

Activities: Mindful Surrey was established in 2020 to ensure that mindfulness training is available to everyone throughout the UK, regardless of circumstances. They run mindfulness courses, online and in-person, enabling people to improve their mental health and overall wellbeing. Support is offered to adults and children, with free sessions for people on low incomes, state schools and community groups.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£12,812	£12,318	-	-
2024-03-31	£23,699	£15,884	-	-
2023-03-31	£23,619	£15,733	-	-
2022-03-31	£15,591	£14,884	-	-
2021-04-05	£5,765	£5,685	-	-

Trustees

Name	Role	Appointed
Diana Davies		2020-01-25
Dr ELEANORE HARGREAVES		2020-01-25
Hazel McNeill		2025-04-24
Pauline Saxby		2020-01-25

Mindful Surrey UK

England & Wales - Charity number 1187713

Accounts



Mindful Surrey

**Trustees' Annual Report
& Statement of Financial Activity**
for the period 1 April 2024 to 31 March 2025

Trustees

Eleanore Hargreaves
Diana Davies
Pauline Saxby
Hazel McNeill

Completed 10/05/2025

Mindful Surrey

Charity No: 1187713

1. Introduction

1.1 Charitable Objects

The object of the CIO for the year ending March 31st2025 was the advancement of education for people of all ages and backgrounds, in Surrey, Sussex and throughout the UK. The aim is to promote, sustain and increase individual and collective knowledge and understanding of mindfulness training, skills and expertise. Through participation in Mindful Surrey's courses and events, individuals can develop their capabilities, competences, skills and understanding in order to enhance and transform their mental health and wellbeing.

1.2 Financial period

Our financial period lasts 12 months and runs from April 1st to March 31st.

1.3 Income and spending

Our gross income for the year was £12,812.

Total income including cash funds at the start of the year was £20,627.

This is a gross income decrease from the previous year which was £23,699.

As we had sufficient funds and there was an increase in demand, we have offered more free support to people on low incomes and community groups.

The spending was £12,318.

Our accounts are prepared on a receipts and payments basis.

We started the year on 1.4.24 with cash funds of £7,815.

End of year balance, 31.3.25: £8,309.

Full details of receipts and payments can be found in the accounts for the year.

We kept the price for the 8-week MBSR course at £195 for online and £225 for in-person, as the previous year.

The weekly drop-ins cost £60 for two months.

Our charge to schools varied, according to their location and the length of sessions we provided.

1.4 Government contracts

Mindful Surrey did not receive any contracts from central government or a local authority during the financial period of this return.

1.5 Government grants

Mindful Surrey did not receive any grants from central government or a local authority during the financial period of this return.

1.6 Income breakdown

The total value of income received during the financial period of this return was as follows:

a) Donations and legacies	£137
b) Charitable activities	£12,675
c) Other trading activities	Zero
d) Investments	Zero

1.7 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

1.8 Investments Policy & Objectives

The charity does not make investments.

2. Spend

2.1 Grant making

Grant making is not the main way Mindful Surrey carries out its purposes. The charity does not award any grants or make social or programme-related investments.

2.2 Trustee payments

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the charity are reimbursed at cost.

2.3 Statements on liabilities

The trustees declare that:

The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement.

The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

3. Activities outside of the United Kingdom

3.1 Income received from outside the United Kingdom

The charity did not receive income from outside of the United Kingdom in the financial period of this return.

3.2 Delivering charitable activities outside of the United Kingdom

The charity did not deliver charitable activities outside of the United Kingdom in the financial period of this return.

3.3 Spending outside the United Kingdom

The charity did not spend funds outside of the United Kingdom in the financial period of this return.

4. Trading subsidiaries

The charity does not have any trading subsidiaries.

5. Charity addresses and property

The public address details displayed on the Register of Charities are correct.

6. Structure and membership

The charity is not part of a wider group structure with a parent body and subsidiary bodies.

7. Employees and volunteers

7.1 Employees

At the end of the financial period of this return, one self-employed person was working for the charity, Catherine Nasskau; she did not work on behalf of the charity outside the UK. There were no permanent employees or people on fixed-term contracts.

7.2 Volunteers

Excluding trustees, four volunteers carried out charitable activities on behalf of our charity in the United Kingdom during the financial period of this return.

Volunteers are used by Mindful Surrey to help with the website, marketing and Google Ads. We are in the Reach volunteering programme and this is the main way we find volunteers to help with aspects of running the charity that Catherine Nasskau does not have time or expertise to do. We worked with four people last year, digital marketing consultants who helped with the Google Ads and SEO. Our Reach advert for assistance with fund-raising is still open and we hope to find someone with more time to assist in the future.

7.3 Trustee selection methods

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the constitution, trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing trustees, due consideration is given to ensuring that the trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

8. Governance

8.1 Policies and procedures

The charity had the following policies and procedures in place at the end of the financial period of this annual return:

- Financial controls policy and procedures
- Safeguarding policy and procedures
- Equal Opportunities policy
- Privacy policy

8.2 Statutory Declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

9. Safeguarding and risk

9.1 Safeguarding

The charity provided services to children and adults at risk in the financial period of the return. The charity obtained the required level of DBS Checks for all roles which were eligible for them in the financial period of this return. All required Standard and Enhanced DBS checks were obtained.

9.2 Serious Incidents

The charity is not aware of any serious incidents or near-misses during the financial period of this return.

10. Activities & achievements

10.1 Overview

Over the year Mindful Surrey has continued to offer mindfulness training to help people with their mental and physical health and wellbeing. Our sessions have been in the form of 8-week courses, drop-in sessions, one-to-one coaching, sessions with community groups and charitable organisations, and sessions in schools. Our sessions have been run online and in-person in Dorking, Surrey. Using Zoom has meant that local people who cannot travel can be offered support.

10.2 Outputs and outcomes

MBSR (Mindfulness-Based Stress Reduction) courses:

We ran 8-week courses throughout the year. Two of these were run online and one in-person in Dorking, Surrey. MBSR course is the standard mindfulness course taught all over the world which helps people with a wide range of experiences and challenges.

Mindful Eating courses:

We ran one 8-week course, online. Participants have found the course to be extremely helpful in dealing with all aspects of emotional eating, and it has led to specific changes in their eating habits and overall physical and mental health.

Drop-in sessions:

We continued with the popular weekly, live online classes throughout the year. We ran weekly Tuesday morning sessions for everyone and monthly Thursday evenings for people who had taken the MBSR course, with us or elsewhere, or who had a similar level of meditation experience.

One-to-one sessions:

Demand for these continued to grow throughout the year, and we worked with 8 individuals. Some people prefer these to being in a group, or sometimes want to have a few sessions on their own before joining a group.

Schools and colleges:

We ran two sessions with East Surrey College to help staff and students with stress and improving their sleep.

Community groups and charitable organisations:

We were pleased to work with Action on Disability and ran a session for carers and people with disabilities.

Testimonials and feedback:

We request feedback following every course or class, which is shared with trustees. We also publish testimonials on the website. Mindful Surrey UK is registered with Coursecheck, an organisation that publish online, unedited feedback and reviews of courses. There is a link to Coursecheck on the website so the public can discover what participants have gained from our MBSR course and other sessions.

Conclusion:

Mindful Surrey UK is fairly unique as an organisation offering mindfulness training to individuals, schools and organisations who cannot afford to pay for it – not many mindfulness classes are delivered by charities and offered for free. It is worth spending time fund-raising in order to fulfil our mission of making our classes accessible to all.

There continues to be a great need to support people of all ages with their mental health, particularly younger people and children. The NHS waiting lists are long and many people are unable to pay for professional support.

Mindfulness training is very effective at helping people deal with stress, anxiety, depression, bereavement, sleep problems, as well as difficulties with relationships, and physical pain or illness. It is useful that it works so well delivered via live, online sessions.

It is rewarding to read people's testimonials following our courses and to hear how beneficial people found them over the last year. Many people reported that coming to the sessions really helped them with the consequences of the pandemic and the cost-of-living crisis.

10.3 How the public have benefitted

We offered support to people on low incomes throughout the year, in addition to supporting people who were able to pay for sessions. We ran a free introduction event again as part of the Dorking Mindfest Fair, which served to inform local people about the different organisations and support that was available to help with mental health. We have supported people with a very wide range of needs, and it is pleasing to be able to support so many people, both online and through in-person sessions.

10.4 Performance

We had sufficient income to run effective courses and events for adults, We plan to raise more funds through grants for the year ahead.

10.5 Looking ahead

It was gratifying to be able to help Surrey residents on low incomes who were in desperate need of help and who could not access any other professional support. We look forward to continuing with this in the future.

10.6 Principal risks facing the charity

The principal risk facing the charity would be if we were no longer able to participate in the Google Ads Non-profit programme, which gives us \$10,000 worth of Ads a month. This allows us to promote our work online at no cost and results in around 50 website visits a day. There are certain things we need to do on a regular basis for Google to allow us to stay in the programme. Catherine Nasskau spends time working with the digital volunteer managing the ads. This is the most significant factor in maintaining and developing our online presence.

As our classes are delivered online as well as in-person, and what we offer can be adapted according to our income, the charity does not face any other major risks. Awareness of mindfulness as an effective intervention and tool to support good mental health and wellbeing continues to grow, as does our public profile, and we are steadily getting an increasing number of referrals, both from professional health practitioners as well as word of mouth. Therefore we have no concerns about Mindful Surrey as a going concern.

11. Reference and administration details

11.1 Charity name & registration

Name of the Charity: Mindful Surrey UK

Charity No: 1187713

Mindful Surrey is not registered with HM Revenue & Customs

11.2 Charity's principal address

13 Warrenne Rd, Brockham, Surrey RH3 7JY

e-mail: info@mindfulsurrey.co.uk

website: www.mindfulsurrey.co.uk

11.3 Names of the trustees who manage the charity

Diana Davies, Eleanore Hargreaves, Pauline Saxby, Hazel McNeill.

The role of Chair is rotated between the trustees.

11.4 Names of advisors & senior members of staff

Catherine Nasskau, Director of Mindful Surrey UK, Mindfulness teacher

11.5 Bank

NatWest Bank

12 Station Road East, Oxted, Surrey RH8 0PR

Depot code 063

12. Structure, governance & management

12.1 Type of governing document

Constitution

12.2 Policy on reserves

£500 is to be kept as minimum reserves. Although our income forecast is uncertain, we are able to adapt our expenditure according to our income, and we rarely incur unexpected expenses. We have an arrangement with our usual venue in Dorking that if we are unable to run a course, we do not need to pay any charges as long as we give one month's notice; the venue management are willing to make this a shorter period in exceptional situations.

In an emergency we can reduce all costs apart from annual expenses such as website, email, Zoom, insurance and perhaps venue hire. Our reserves would cover those costs for six months. We can always reduce service delivery on a temporary basis in an emergency too. There would be no costs incurred if we had to close down, such as redundancy and we have no outstanding debtors.

Catherine Nasskau is employed on a freelance basis and the agreement is that she would not be remunerated if there are insufficient funds to pay her quarterly salary. Most participants pay for sessions in advance, with people on low incomes sometimes paying in instalments; all final payments are made by the last session of a course. Therefore it is straightforward to budget and plan for emergencies.

The reserves policy has been approved by the trustees and is as follows:

1. Purpose of the Reserves Policy

The purpose of this reserves policy is to ensure that Mindful Surrey UK manages its funds responsibly, meets its ongoing commitments, and remains financially stable in the event of unforeseen circumstances or temporary funding shortfalls.

2. Definition of Reserves

For the purposes of this policy, reserves are defined as those funds that are freely available to spend on any of the charity's purposes. This excludes restricted income funds, endowments, and any funds that have been designated for a specific future use.

3. Reserves Target

The charity aims to hold unrestricted reserves equivalent to 3 to 6 months of core operational expenditure. Based on our current budgeted, core operational expenditure the target range for reserves is:

Minimum reserves level: £500

Preferred reserves level: £1,000

Maximum reserves level: £2,000

This level has been set to cover essential costs such as insurance, venue hire, Zoom/Wix subscriptions, and basic project delivery in the event of income shortfall or delay.

4. Monitoring and Review

The reserves level is reviewed by the trustees at least annually, during the budgeting process, and whenever there is a significant change in income, risk, or expenditure. If reserves fall below the minimum level, the trustees will develop a plan to rebuild them, but they will not be individually

responsible for raising money or liable for personal contributions to the charity. If reserves rise above the maximum target, the surplus will be allocated to support the charity's objectives.

5. Transparency

The reserves policy is reviewed annually and included in the charity's Trustees' Annual Report and Accounts in accordance with Charity Commission guidance.

Approved by the Trustees and signed on their behalf.

15 May, 2025

Catherine Nasskau



Receipts and payments accounts

For the period from	Period start date 01.04.24	To	Period end date 31.3.25
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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 £
A1 Receipts					
Summer course	780			780	640
Autumn MBSR	1,984	-	-	1,984	1,605
Autumn ME	533			533	500
Spring, Summer 25 MBSR	1,245			1,245	780
Drop-ins	1,348			1,348	760
1:1s	1,750	-	-	1,750	1,730
Joy Club, Rest Less	3,965			3,965	4,750
Corporate, schools (Boston Sc. ES College, AO Disabil	1,070			1,070	870
Grants, donations (Mole Valley Lottery)	137			137	198
Sub total (Gross income for AR)	12,812	-	-	12,812	11,833

A2 Asset and investment sales, (see table).					
	0	-0	-0	-	-
	0	-0	-0	-	-0
Sub total	0	-0	-0	-	-0

Total receipts	12,812	-0	-0	12,812	11,833
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A3 Payments					
Jan-March 24, CN salary (pd in April)	1,800			1,800	4,080
April-June 24, CN salary	2,720	-	-	2,720	3,400
July-Sept 24, CN salary	2,960			2,960	3,320
Oct-Dec 24, CN salary	3,000			3,000	3,200
Postage	47	-	-	47	47
CPD (Sharpham, 10PC)	575	-	-	575	422
Email & domain	133			133	115
Wix website	130			130	108
Microsoft Office	80			80	-0
Zoom (24 & 25)	316	-	-	316	130
Venues	315			315	661
Insurance	54			54	58
Flyers, posters	89	-	-	89	217
Equipment, handbooks	100	-	-	100	110
Stripe banking fees	0			0	16
Sub total	12,318	-	-	12,318	15,884

A4 Asset and investment purchases, (see table)					
	0	-0	-0	-	-0
	0	-0	-0	-	-
Sub total	0	-0	-0	-	-0

Total payments	12,318	-0	-0	12,318	15,884
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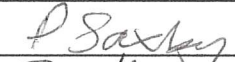
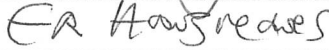
Net of receipts/(payments)	494	-	-	494	4,051
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A5 Transfers between funds					-0
A6 Cash funds last year end	7,815			7,815	11,866
Cash funds this year end	8,309			8,309	7,815

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				
	Bank account	8,309	-	-


Signed by two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Pauline Saxby	29-06-25
	Eleanore Hargreaves	29.06.25

Independent examiner's 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 Act").

I have completed my independent examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect that accounting records were not kept in accordance with section 130 of the Act or that the accounts do not accord with the accounting records. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

	Signature	Qualification	Date
Catherine Matthews		Chartered Accountant	26 June 2025

Mindful Surrey UK

England & Wales - Charity number 1187713

Accounts



Mindful Surrey

**Trustees' Annual Report
& Statement of Financial Activity**
for the period 1 April 2023 to 31 March 2024

Trustees

Eleanore Hargreaves
Diana Davies
Pauline Saxby

Completed 10/07/2024

Mindful Surrey

Charity No: 1187713

1. Introduction

1.1 Charitable Objects

The object of the CIO for the year ending March 31st 2024 was:

To advance education for the public benefit in Surrey and Sussex through the provision of courses in the study and practice of mindfulness training, particularly but not exclusively in educational settings, which enable participants to develop their understanding and awareness of the practice of mindfulness and the beneficial impact it may have upon good mental health and wellbeing.

1.2 Financial period

Our financial period lasts 12 months and runs from April 1st to March 31st.

1.3 Income and spending

Our gross income for the year was £11,833.

This is a decrease from the previous year which was £23,619.

In the previous year we received grant-funding which we did not this year. Also, as we had sufficient funds and there was an increase in demand, we have offered a lot more free support to people on low incomes and community groups.

The spending was £15,884.

Our accounts are prepared on a receipts and payments basis.

We started the year on 1.4.23 with cash funds of £11,866

End of year balance, 31.3.24: £7,815.

Full details of receipts and payments can be found in the accounts for the year.

We kept the price for the course at £195 for online and £225 for in-person, as the previous year.

The weekly drop-ins cost £60 for two months.

Our charge to schools varied, according to their location and the length of sessions we provided.

1.4 Government contracts

Mindful Surrey did not receive any contracts from central government or a local authority during the financial period of this return.

1.5 Government grants

Mindful Surrey did not receive any grants from central government or a local authority during the financial period of this return.

1.6 Income breakdown

The total value of income received during the financial period of this return was as follows:

a) Donations and legacies	£198
b) Charitable activities	£11,635
c) Other trading activities	Zero
d) Investments	Zero

1.7 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

1.8 Investments Policy & Objectives

The charity does not make investments.

2. Spend

2.1 Grant making

Grant making is not the main way Mindful Surrey carries out its purposes. The charity does not award any grants or make social or programme-related investments.

2.2 Trustee payments

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the charity are reimbursed at cost.

2.3 Statements on liabilities

The trustees declare that:

The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement.

The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

3. Activities outside of the United Kingdom

3.1 Income received from outside the United Kingdom

The charity did not receive income from outside of the United Kingdom in the financial period of this return.

3.2 Delivering charitable activities outside of the United Kingdom

The charity did not deliver charitable activities outside of the United Kingdom in the financial period of this return.

3.3 Spending outside the United Kingdom

The charity did not spend funds outside of the United Kingdom in the financial period of this return.

4. Trading subsidiaries

The charity does not have any trading subsidiaries.

5. Charity addresses and property

The public address details displayed on the Register of Charities are correct.

6. Structure and membership

The charity is not part of a wider group structure with a parent body and subsidiary bodies.

7. Employees and volunteers

7.1 Employees

At the end of the financial period of this return, one self-employed person was working for the charity, Catherine Nasskau; she did not work on behalf of the charity outside the UK.

There were no permanent employees or people on fixed-term contracts.

7.2 Volunteers

Excluding trustees, approximately four volunteers carried out charitable activities on behalf of our charity in the United Kingdom during the financial period of this return.

Volunteers are used by Mindful Surrey to help with the website, marketing and Google Ads. We are in the Reach volunteering programme and this is the main way we find volunteers to help with aspects of running the charity that Catherine Nasskau does not have time or expertise to do. We worked with 4 people last year: a graphic designer, who designed flyers and posters, and who is in the process of redesigning the website. Also three digital marketing consultants helped with the Google Ads and SEO. Our Reach advert for assistance with fund-raising is still open and we hope to find someone with more time to assist in the future.

7.3 Trustee selection methods

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the constitution, trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing trustees, due consideration is given to ensuring that the trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

8. Governance

8.1 Policies and procedures

The charity had the following policies and procedures in place at the end of the financial period of this annual return:

Financial controls policy and procedures
Safeguarding policy and procedures
Risk management policy and procedures
Privacy policy

8.2 Statutory Declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

9. Safeguarding and risk

9.1 Safeguarding

The charity provided services to children and adults at risk in the financial period of the return.
The charity obtained the required level of DBS Checks for all roles which were eligible for them in the financial period of this return.
All required Standard and Enhanced DBS checks were obtained.

9.2 Serious Incidents

The charity is not aware of any serious incidents during the financial period of this return.

10. Activities & achievements

10.1 Overview

Over the year Mindful Surrey has continued to offer mindfulness training to help people with their mental and physical health and wellbeing. Our sessions have been in the form of 8-week courses, drop-in sessions, one-to-one coaching and sessions in schools. Our sessions have been run online and in-person in Dorking, Surrey. Using Zoom has meant that local people who cannot travel can be offered support.

10.2 Outputs and outcomes

MBSR (Mindfulness-Based Stress Reduction) courses:

We ran 8-week courses throughout the year. Our online courses were popular throughout the year, particularly in the autumn and spring. The MBSR course is the standard mindfulness course taught all over the world which helps people with a wide range of experiences and challenges.

Mindful Eating courses:

We ran two 8-week courses, online. The first was at a reduced rate as the course was new. Once we were confident of its value, we increased the price, although still kept it free for people on low incomes. Participants have found the course to be extremely helpful in dealing with all aspects of emotional eating, and has led to specific changes in their eating habit and overall physical and mental health.

Drop-in sessions:

We ran weekly, live online classes throughout the year. We ran weekly Tuesday morning sessions for everyone and monthly Thursday evenings for people who had taken the MBSR course, with us or elsewhere, or who had a similar level of meditation experience.

One-to-one sessions:

Demand for these continued to grow throughout the year. Some people prefer these to being in a group, or sometimes want to have a few sessions on their own before joining a group.

Schools and colleges:

We gave a second introductory session at Godalming Sixth Form College. The World Wildlife Fund (WWF) based in Surrey employed us to run sessions for their staff. The Redoak Centre invited us to run a session for their Surrey Headteachers conference. We also ran sessions for teenage refugees at East Surrey College to help them with stress and improving their sleep.

Testimonials and feedback:

We request feedback following every course or class, which is shared with trustees. We also publish testimonials on the website. Mindful Surrey is registered with Coursecheck, an organisation that publish online, unedited feedback and reviews of courses. There is a link to Coursecheck on the website so the public can discover what participants have gained from our MBSR course and other sessions.

Conclusion:

Mindful Surrey is fairly unique as an organisation offering mindfulness training to individuals, schools and organisations who cannot afford to pay for it – not many mindfulness classes are delivered by charities and offered for free. It is worth spending time fund-raising in order to fulfil our mission of making our classes accessible to all.

There continues to be a great need to support people of all ages with their mental health, particularly younger people and children. The NHS waiting lists are long and many people are unable to pay for professional support.

Mindfulness training is very effective at helping people deal with stress, anxiety, depression, bereavement, sleep problems, as well as difficulties with relationships, and physical pain or illness. It is useful that it works so well delivered via live, online sessions.

It is rewarding to read people's testimonials following our courses and to hear how beneficial people found them over the last year. Many people reported that coming to the sessions really helped them with the consequences of the pandemic and the cost-of-living crisis.

10.3 How the public have benefitted

We were disappointed not to receive a grant from the Community Foundation for Surrey (CFS), apparently due to an increase in demand from other organisations. However we continued to offer support to people on low incomes. We ran a free workshop with the Merstham Community Hub support group for people with depression. We also ran a free introduction event again as part of the Dorking Mindfest Fair, which served to inform local people about the different organisations and support that was available to help with mental health.

10.4 Performance

Although we had sufficient income to run effective courses and events for adults, this was only as we had money from last year. We plan to raise more funds through grants for the year ahead.

10.5 Looking ahead

It was gratifying to be able to help Surrey residents on low incomes who were in desperate need of help and who could not access any other professional support. We look forward to continuing with this in the future.

10.6 Principal risks facing the charity

The principal risk facing the charity would be if we were no longer able to participate in the Google Ads Non-profit programme, which gives us \$10,000 worth of Ads a month. This allows us to promote our work online at no cost and results in around 100 website visits a day. There are certain things we need to do on a regular basis for Google to allow us to stay in the programme. Catherine Nasskau spends time working with the digital volunteer managing the ads. This is the most significant factor in maintaining and developing our online presence.

As our classes are delivered online as well as in-person, and what we offer can be adapted according to our income, the charity does not face any other major risks. Awareness of mindfulness as an effective intervention and tool to support good mental health and wellbeing continues to grow, as does our public profile, and we are steadily getting an increasing number of referrals, both from professional health practitioners as well as word of mouth. Therefore we have no concerns about Mindful Surrey as a going concern.

11. Reference and administration details

11.1 Charity name & registration

Name of the Charity: Mindful Surrey

Charity No: 1187713

Mindful Surrey is not registered with HM Revenue & Customs

11.2 Charity's principal address

13 Warrenne Rd, Brockham, Surrey RH3 7JY

e-mail: info@mindfulsurrey.co.uk

website: www.mindfulsurrey.co.uk

11.3 Names of the trustees who manage the charity

Diana Davies, Eleanore Hargreaves, Pauline Saxby.
The role of Chair is rotated between the trustees.

11.4 Names of advisors & senior members of staff

Catherine Nasskau, Director of Mindful Surrey, Mindfulness teacher

11.5 Bank

NatWest Bank
12 Station Road East, Oxted, Surrey RH8 0PR
Depot code 063

12. Structure, governance & management

12.1 Type of governing document

Constitution

12.2 Policy on reserves

£200 is to be kept as reserves. Although our income forecast is uncertain, we are able to adapt our expenditure according to our income, and we rarely incur unexpected expenses. We have an arrangement with our usual venue in Dorking that if we are unable to run a course, we do not need to pay any charges as long as we give one month's notice; the venue management are willing to make this a shorter period in exceptional situations, such as during the pandemic when our ability to run in-person sessions was not in our control.

In an emergency we can reduce all costs apart from annual expenses such as website, email, Zoom, insurance and perhaps venue hire. Our reserves would cover those costs for six months. We can always reduce service delivery on a temporary basis in an emergency too. There would be no costs incurred if we had to close down, such as redundancy and we have no outstanding debtors.

Catherine Nasskau is employed on a freelance basis and the agreement is that she would not be employed if there are insufficient funds to pay her quarterly salary. Most participants pay for sessions in advance, with people on low incomes sometimes paying in instalments; all final payments are made by the last session of a course. Therefore it is straightforward to budget and plan for emergencies.

Approved by the Trustees and signed on their behalf.

10 July, 2024

Catherine Nasskau



Receipts and payments accounts

For the period from	Period start date 01.04.23	To	Period end date 31.3.24
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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 £
A1 Receipts					
Summer Intro, Kids course	640				1,330
Autumn MBSR	1,605	-	-		2,453
Autumn ME intro	500				2,850
Spring ME, Summer 24 MBSR	780				375
Drop-ins	760				1,690
1:1s	1,730	-	-		1,737
Joy Club	4,750				4,260
Corporate, schools (Mocean, WWF, ESC, GC)	870				1,830
Grants, donations (Mole Valley Lottery)	198				7,094
Sub total(Gross income for AR)	11,833	-	-		23,619
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts		-	-		
A3 Payments					
Jan-March 23, CN salary (pd in April)	4,080				
April-June 23, CN salary	3,400	-	-		3,010
July-Sept 23, CN salary	3,320				3,190
Oct-Dec 23, CN salary	3,200				3,550
Postage	47	-	-		40
CPD (Sharpham, 10PC)	422	-	-		450
Email & domain (pd to Jan 25)	115				66
Wix website	108				141
Zoom	130	-	-		120
Venues	661				660
Insurance	58				53
Flyers, posters	217	-	-		108
Equipment, handbooks	110	-	-		240
Stripe banking fees	16				25
Sub total	15,884	-	-		11,653
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,884		-		
Net of receipts/(payments)	4,051	-	-		
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,866	-	-	11,866	-
Cash funds this year end	7,815		-		

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			-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	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			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval

INCOME

Summer Intro	Sandra	60
	Steven	60
	Hazel	50
	Nathan	60
	Sedgwick	60
	Lynch	60
	Mandie	60
	Elizabeth	40
	Jane	60
	Total	510
Summer kids		130
Autumn MBSR	Jillings	225
	Dyson	225
	McLachlan	225
	Imogen	225
	Belsham	225
	Tracy	225
	Ros	180
	Elizabeth	75
	Total	1,605
Aut ME Intro	Hanna	125
	Olivia	125
	Zoe	125
	Hazel	125
	Total	500
Spring ME	Krish	125
	Michelle	125
	Imogen	90
	Amanda	120
	Elizabeth	125
	Total	585
Summer MBSR 24, pd in Fel	Balveen	195
Drop-ins	Piquet	30
	Unstead	30
	Laura	30
	Julia	50
	Hanna	300
	Wilkinson	20
	Hazel	20
	Liz	50
	Taylor	20
	Clare	85
	Tim	55
	Olivia	10
	Gardiner	60
	Total	760
1-1s	Boon	850
	David PP	520

	Amanda	120
	Unstead	240
	Total	1,730
Corporate, colleges	WWF	100
	Mocean	280
	East SC	310
	Godalming	180
	Total	870
Joy Club	March	450
	April	450
	May	450
	June	450
	July	350
	Aug	270
	Sept	360
	Oct	360
	Nov	410
	Dec	400
	Jan	400
	Feb	400
	Total	4,750
MV Lottery	April	22
	May	22
	June	30
	July	20
	Aug	16
	Sept	14
	Oct	12
	Nov	15
	Dec	12
	Jan	17
	Feb	10
	March	8
	Total	198
	Total	11,833

EXPENDITURE

CN Salary	Jan-March 23 (<i>pd April 24</i>)	4,080
	April-June	3,400
	July-Sept	3,320
	Oct-Dec	3,200
	<i>Jan-March (pd April 24)</i>	
	Total	14,000
Other	Sharpham, 10PC (CPD)	422
	Email	115
	Insurance	58
	Wix	108
	Zoom	130
	Stationery, equipment	110

Postage	47
Flyers, posters	217
Stripe banking fees	16
Total	1,223

Venue

Taylor Place	210
Pixham	437
Event refreshments	14
Total	661

Total expenditure **15,884**

Total income **11,833**

Start year funds 11,866

Total income, inc start **23,699**

End year funds **7,815**

Mindful Surrey UK

England & Wales - Charity number 1187713

Accounts



Mindful Surrey

**Trustees' Annual Report
& Statement of Financial
Activity**

**for the period 1 April 2022 to 31 March
2023**

Trustees

Eleanore Hargreaves
Diana Davies
Pauline Saxby

Completed 5/10/2023

Mindful Surrey

Charity No: 1187713

1. Introduction

1.1 Charitable Objects

The object of the CIO for the year ending March 31st 2023 was:
To advance education for the public benefit in Surrey and Sussex through the provision of courses in the study and practice of mindfulness training, particularly but not exclusively in educational settings, which enable participants to develop their understanding and awareness of the practice of mindfulness and the beneficial impact it may have upon good mental health and wellbeing.

1.2 Financial period

Our financial period lasts 12 months and runs from April 1st to March 31st.

1.3 Income and spending

Our gross income for the year was £23,619.

This is an increase from the previous year which year was £15,591.

The spending was £15,733.

Our accounts are prepared on a receipts and payments basis.

We started the year on 1.4.23 with cash funds of £787.

End of year balance, 31.3.23: £7,886

Full details of receipts and payments can be found in the accounts for the year.

We kept the price for the course at £195 for online and £225 for in-person, as the previous year.

The weekly drop-ins cost £60 for two months.

Our charge to schools varied, according to their location and the length of sessions we provided.

1.4 Government contracts

Mindful Surrey did not receive any contracts from central government or a local authority during the financial period of this return.

1.5 Government grants

Mindful Surrey did not receive any grants from central government or a local authority during the financial period of this return.

1.6 Income breakdown

The total value of income received during the financial period of this return was as follows:

a) Donations and legacies	£7,094
b) Charitable activities	£16,525
c) Other trading activities	Zero
d) Investments	Zero

1.7 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

1.8 Investments Policy & Objectives

The charity does not make investments.

2. Spend

2.1 Grant making

Grant making is not the main way Mindful Surrey carries out its purposes. The charity does not award any grants or make social or programme-related investments.

2.2 Trustee payments

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the charity are reimbursed at cost.

2.3 Statements on liabilities

The trustees declare that:

The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement.

The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

3. Activities outside of the United Kingdom

3.1 Income received from outside the United Kingdom

The charity did not receive income from outside of the United Kingdom in the financial period of this return.

3.2 Delivering charitable activities outside of the United Kingdom

The charity did not deliver charitable activities outside of the United Kingdom in the financial period of this return.

3.3 Spending outside the United Kingdom

The charity did not spend funds outside of the United Kingdom in the financial period of this return.

4. Trading subsidiaries

The charity does not have any trading subsidiaries.

5. Charity addresses and property

The public address details displayed on the Register of Charities are correct.

6. Structure and membership

The charity is not part of a wider group structure with a parent body and subsidiary bodies.

7. Employees and volunteers

7.1 Employees

At the end of the financial period of this return, one self-employed person was working for the charity; she did not work on behalf of the charity outside the UK. There were no permanent employees or people on fixed-term contracts.

7.2 Volunteers

Excluding trustees, approximately four volunteers carried out charitable activities on behalf of your charity in the United Kingdom during the financial period of this return. Volunteers are used by Mindful Surrey to help with the website, marketing and Google Ads. We are in the Reach volunteering programme and this is the main way we find volunteers to help with aspects of running the charity that Catherine Nasskau does not have time or expertise to do. We worked with 4 people last year: a graphic designer, who designed flyers and posters, and who is in the process of redesigning the website. Also three digital marketing consultants helped with the Google Ads. Our Reach advert for assistance with Google Ads is still open and we hope to find someone with more time to assist in the future.

7.3 Trustee selection methods

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the constitution, trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing trustees, due consideration is given to ensuring that the trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

8. Governance

8.1 Policies and procedures

The charity had the following policies and procedures in place at the end of the financial period of this annual return:

- Financial controls policy and procedures
- Safeguarding policy and procedures
- Risk management policy and procedures
- Privacy policy

8.2 Statutory Declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

9. Safeguarding and risk

9.1 Safeguarding

The charity provided services to children and adults at risk in the financial period of the return.

The charity obtained the required level of DBS Checks for all roles which were eligible for them in the financial period of this return.

All required Standard and Enhanced DBS checks were obtained.

9.2 Serious Incidents

The charity is not aware of any serious incidents during the financial period of this return.

10. Activities & achievements

10.1 Overview

Over the year Mindful Surrey has continued to offer mindfulness training to help people with their mental health and wellbeing. Our sessions have been in the form of 8-week courses, drop-in sessions, one-to-one coaching and sessions in schools. Our sessions have been run online and in-person in Dorking, Surrey. Using Zoom has meant that local people who cannot travel can be offered support. More elderly people and those with young children have been coming to online sessions compared to in-person.

10.2 Outputs and outcomes

MBSR (Mindfulness-Based Stress Reduction) courses:

We ran 8-week courses throughout the year. Now most people have had Covid vaccinations and feel comfortable to attend live sessions, many people were keen to attend. Our online courses were popular throughout the year, particularly in the autumn and spring. The MBSR course is the standard mindfulness course taught all over the world which helps people with a wide range of experiences and challenges.

Drop-in sessions:

We ran weekly, live online classes throughout the year. We ran weekly Tuesday morning sessions for everyone and monthly Thursday evenings for people who had taken the MBSR course, with us or elsewhere, or who had a similar level of meditation experience.

One-to-one sessions:

Demand for these continued to grow throughout the year. Some people prefer these to being in a group, or sometimes want to have a few sessions on their own before joining a group.

Schools:

As our public profile and online presence increased, so too did enquiries from schools and colleges who wanted us to run one-off mindfulness sessions. We worked at the Old Vicarage Prep School in Kingston, running sessions for several hundred children at a time. CN uses the Mindfulness in Schools Dotbreathe and Dotbe programmes as the basis for mindfulness with under 18s. We also gave a second introductory session at Godalming Sixth Form College. The World Wildlife Fund (WWF) based in Surrey employed us to run sessions for their staff. The Redoak Centre invited us to run a session for their Surrey Headteachers conference.

Testimonials and feedback:

We request feedback following every course or class, which is shared with trustees. We also publish testimonials on the website. Mindful Surrey is registered with Coursecheck, an organisation that publishes online, unedited feedback and reviews of courses. There is a link to Coursecheck on the website so the public can discover what participants have gained from our MBSR course and other sessions.

Conclusion:

Mindful Surrey is fairly unique as an organisation offering mindfulness training to individuals, schools and organisations who cannot afford to pay for it – not many mindfulness classes are delivered by charities and offered for free. It is worth spending time fund-raising in order to fulfil our mission of making our classes accessible to all.

There continues to be a great need to support people of all ages with their mental health, particularly younger people and children. The NHS waiting lists are long and many people are unable to pay for professional support.

Mindfulness training is very effective at helping people deal with stress, anxiety, depression, bereavement, sleep problems, as well as difficulties with relationships, and physical pain or illness. It is useful that it works so well delivered via live, online sessions.

It is rewarding to read people's testimonials following our courses and to hear how beneficial people found them over the last year. Many people reported that coming to the sessions really helped them with the consequences of the pandemic and the cost-of-living crisis.

10.3 How the public have benefitted

We were delighted to be awarded a grant of £6,500 from the Community Foundation for Surrey (CFS) in December. This was used to support Surrey residents on low incomes. We invite anyone on a low income to attend the online drop-in sessions for free if they cannot afford to pay. Our approach is that income from people who can afford to pay the full amount is used to support the participation of those who are less well-off.

Mindful Surrey ran a free workshop with the Merstham Community Hub support group for people with depression. Thanks to the grant, these will continue with these throughout 2023. We also ran a free introduction event again as part of the Dorking Mindfest Fair, which served to inform local people about the different organisations and support that was available to help with mental health.

10.4 Performance

We met our target for raising sufficient income to run effective courses and events for adults.

10.5 Looking ahead

It was very gratifying to be able to help Surrey residents on low incomes who were in desperate need of help and who could not access any other professional support following the CFS grant. We look forward to continuing with this in the future.

We have applied to the Charity Commission for permission to change our object clause, so that we can increase the number of beneficiaries we support. We want to extend the area we work in from Surrey and Sussex to the whole of the UK. (The application was made on August 7, 2023, and the CC have informed us we should have their answer by December, 2023).

10.6 Principal risks facing the charity

The principal risk facing the charity would be if we were no longer able to participate in the Google Ads Non-profit programme, which gives us \$10,000 worth of Ads a month. This allows us to promote our work online at no cost and results in around 150 website visits a day. There are certain things we need to do on a regular basis for Google to allow us to stay in the programme. Catherine Nasskau spends time working with the digital volunteer managing the ads. This is the most significant factor in maintaining and developing our online presence.

As our classes are delivered online as well as in-person, and what we offer can be adapted according to our income, the charity does not face any other major risks.

Awareness of mindfulness as an effective intervention and tool to support good mental health and wellbeing continues to grow, as does our public profile, and we are steadily

getting an increasing number of referrals, both from professional health practitioners as well as word of mouth. Therefore we have no concerns about Mindful Surrey as a going concern.

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Mindful Surrey is not registered with HM Revenue & Customs

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Diana Davies, Eleanore Hargreaves, Pauline Saxby.

The role of Chair is rotated between the trustees.

11.4 Names of advisors & senior members of staff

Catherine Nasskau, Director of Mindful Surrey, Mindfulness teacher

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NatWest Bank

12 Station Road East, Oxted, Surrey RH8 0PR

Depot code 063

12.Structure, governance & management

12.1 Type of governing document

Constitution

12.2 Policy on reserves

£200 is to be kept as reserves. Although our income forecast is uncertain, we are able to adapt our expenditure according to our income, and we rarely incur unexpected expenses. We have an arrangement with our usual venue in Dorking that if we are unable to run a course, we do not need to pay any charges as long as we give one month's notice; the venue management are willing to make this a shorter period in exceptional situations, such as during the pandemic when our ability to run in-person sessions was not in our control.

In an emergency we can reduce all costs apart from annual expenses such as website, email, Zoom, insurance and perhaps venue hire. Our reserves would cover those costs for six months. We can always reduce service delivery on a temporary basis in an emergency too. There would be no costs incurred if we had to close down, such as redundancy and we have no outstanding debtors.

Catherine Nasskau is employed on a freelance basis and the agreement is that she would not be employed if there are insufficient funds to pay her quarterly salary. Most participants pay for sessions in advance, with people on low incomes sometimes paying in instalments; all final payments are made by the last session of a course. Therefore it is straightforward to budget and plan for emergencies.

Approved by the Trustees and signed on their behalf.

5 October, 2023

Catherine Nasskau



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Mindful Surrey	No (if any)
--------------------------------	-------------

Receipts and payments accounts

CC16a

For the period from	Period start date 01.04.22	To	Period end date 3.1.23
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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 £
A1 Receipts					
Summer 22 MBSR, Intro	1,330				1,564
Autumn 22 MBSR, Intro	2,453	-	-		2,961
Spring 23 MBSR (x2)	2,850				3,791
June 23 Intro, Autumn 23 MBSR	375				
Drop-ins, retreats	1,690				1,527
1:1s	1,737	-	-		745
Joy Club	4,260				-
Schools, businesses	1,830				550
Grants (6,500), donations (594)	7,094				4,453
Sub total(Gross income for AR)	23,619	-	-		15,591
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts		-	-		15,591
A3 Payments					
April-June 22, CN salary	3,010	-	-		2,720
July-Sept 22, CN salary	3,190				3,190
Oct-Dec 22, CN salary	3,550				3,270
Jan-March 23, CN salary	4,080				3,970
Posters, laminating pouches	40	-	-		41
CPD Supervision	450	-	-		45
Email	66				67
Wix website, domain	141				84
Zoom	120	-	-		144
Venue hire, 120, 120, 420	660				1,105
Insurance	53				58
Leaflet printing	108	-	-		54
Handbooks (200), laminator (40)	240	-	-		110
Stripe banking fees	25				26
Sub total	15,733	-	-		14,884
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments			-		
Net of receipts/(payments)		-	-		
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	787	-	-	787	-
Cash funds this year end	7,886		-		

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			-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	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			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval

Summer MBSR

Hazel McNeil	225
Maddy M	30
Miriam McDermott	192
Hannah Spencer	185
Sarah Venn	135
Total	767

Summer Intro

Julia Goddard	65
Dave Hall	60
Elizabeth Pettit	80
Salter	60
Standish	60
Total	325

Summer courses total 1,092

Autumn MBSR

John Harmer	195
Amakye	195
Amanda Wheatland	195
Faye	192
Lizzie Larkun	192
Dawn Green	225
Linda Robson	150

Total 1,344

Autumn Intro

Paul Martin	60
Julia	40

Total 100

Autumn courses total

Spring MBSR

Drop-ins

Leila	120	May-60	Sep-60	
Hanna	180	May-60	Aug-60	Sep-60
Rosemary	120	May-60	Sep-60	
Malcolm	60	Jun-60		
Laura	20			
Rosy	30	Apr-30		
Avril	30	May-30		
Stef	20			
Chantal	60	May-30	Sep-30	
Dara	10			
Hazel	30	Sep-30		
Julia	30	Jun-20	Aug-10	

Total **710**

One-to-ones

Adam Hegarty	700
Katie N-Best	650
Will Simpson	140
Sadie Evans	60
Ellie Hames	70

Total **1,620**

Corporate/Schools

Old Vicarage School	450					
Nestle	80					
Merstham Hub	75					
<i>Surrey Police</i>	<i>120</i>					
Joy Club	1,005	April 110	May 110	June 110	July 135	Aug 540

Total **1,730**

Donations

Mole Valley Lottery	158	Apr-34	May-37	Jun-33	Jul-28	Aug-26
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Total, 19/09 **6,754**

Sept Oct Nov Dec Jan Feb March

Sept Oct Nov Dec Jan Feb March

Mindful Surrey UK

England & Wales - Charity number 1187713

Accounts



**Trustees' Annual Report
& Statement of Financial
Activity**
for the period **1 April 2021 to 31 March
2022**

Trustees

Eleanore Hargreaves
Diana Davies
Pauline Saxby

April 2022

Mindful Surrey

Charity No: 1187713

1. Introduction

1.1 Charitable Objects

The object of the CIO is:

To advance education for the public benefit in Surrey and Sussex through the provision of courses in the study and practice of mindfulness training, particularly but not exclusively in educational settings, which enable participants to develop their understanding and awareness of the practice of mindfulness and the beneficial impact it may have upon good mental health and wellbeing.

1.2 Overview

Over the year Mindful Surrey has continued to offer mindfulness training to help people with their mental health and wellbeing. Our sessions have been in for the form of 8-week courses, drop-in sessions, one-to-one coaching and also sessions in schools and businesses. Our sessions have been run online and also in-person in Dorking, Surrey. Zoom works very well for mindfulness training. This has meant people from further afield than Surrey have been able to access our classes, including someone who attends every week from Australia. It has also meant that local people who cannot travel, regardless of Covid restrictions, can also be offered support. More elderly people and also those with young children have been coming to online sessions compared to in-person.

2. Activities & Achievements

2.1 Outputs & Outcomes

MBSR (Mindfulness-Based Stress Reduction) courses:

We ran 8-week courses throughout the year. Participation in the in-person courses was somewhat affected due to Covid at times when people were reluctant or not permitted to meet face-to-face. However once most people had had vaccinations and felt comfortable to attend live sessions again, many people were keen to attend. Our online courses were popular throughout the year, particularly in the autumn and spring. The MBSR course is the standard mindfulness course taught all over the world which helps people with a wide range of experiences and challenges.

Drop-in sessions:

We ran weekly, live online classes throughout the year and they were particularly appreciated during periods of lockdown or when people had to isolate at home. We ran two a week – Tuesday mornings for everyone and Thursday evenings for people who had taken the MBSR course, with us or elsewhere, or had a similar level of meditation experience.

One-to-one sessions:

These became increasingly popular throughout the year. Some people prefer these to being in a group, or sometimes want to have a few sessions on their own before joining a group.

Schools and businesses:

As our public profile and online presence increased, so too did enquiries from businesses, schools and colleges who wanted us to run one-off mindfulness sessions. We worked at Shottermill primary school, Guildford, running sessions for several hundred children in one day in June 2021. CN uses the Mindfulness in Schools Dotbreathe and Dotbe programmes as the basis for mindfulness with under 18s. We also gave an introductory session at Godalming Sixth Form College.

Nestle and IMCD employed us to run sessions for their staff.

The Joy Club, an organisation that offers online activities for people over the age of 65, engaged us to run monthly mindfulness sessions for their members and we are confident this relationship will develop in the future. We charge businesses a higher rate than state schools, and income from corporate work helps subsidise funded places which we offer to people on low incomes.

Testimonials and feedback:

We request feedback following every course or class, which is shared with trustees. We also publish testimonials on the website. Mindful Surrey is registered with Coursecheck, an organisation that publish online, unedited feedback and reviews of courses. There is a link to Coursecheck on the website so the public can discover what participants have gained from our MBSR course and other sessions.

Conclusion:

Mindful Surrey is fairly unique as an organisation offering mindfulness training to individuals, schools and organisations who cannot afford to pay for it – not many mindfulness classes are delivered by charities and offered for free. It is worth spending time fund-raising in order to fulfil our mission of making our classes accessible to all. There continues to be a great need to support people of all ages with their mental health, and there has been a marked rise in this need from younger people and children. The NHS waiting lists are long and many people are unable to pay for professional support.

Mindfulness training is very effective at helping people deal with stress, anxiety, depression, bereavement, sleep problems, as well as difficulties with relationships, and physical pain or illness. It is useful that it works so well delivered via live, online sessions.

It is rewarding to read people's testimonials following our courses and to hear how beneficial people found them over the last year. Many people reported that coming to the sessions really helped them cope with lockdown and the challenges of the pandemic.

2.2 Policies on Grant-Making and/or Social Investments

The charity does not award any grants, or make social or programme-related investments.

2.3 The Roles & Contributions of Volunteers

Volunteers are used by Mindful Surrey to help with the website, marketing and Google Ads. We are in the Reach volunteering programme and this is the main way we find volunteers to help with aspects of running the charity that Catherine Nasskau does not have time or expertise to do. We worked with 3 people last year, most of whom volunteered for about a month.

2.4 How the Public Have Benefitted

Following the grant of £4,000 from the Community Foundation for Surrey (CFS), we were able to offer Surrey residents free or discounted places on our courses and classes if they were on a low income and unable to access our support otherwise. We invite anyone on a low income to attend the online drop-in sessions for free if they cannot afford to pay. It was decided not to make a significant lowering of the price for online courses so that income from people who could afford to pay the full amount could be used to support the participation of those who were less well-off.

Mindful Surrey ran an in-person workshop without any charge to ESRA, (Employment Support and Retraining Agency) as part of their wellbeing course to support local people find work or training. We also ran a free introduction event as part of the Dorking Mindfest Fair, which served to inform local people about the different organisations and support that was available to help with mental health.

2.5 Performance

We met our target for raising sufficient income to run effective courses and events for adults.

2.6 Looking Ahead

It was very gratifying to be able to help Surrey residents on low incomes who were in desperate need of help and who could not access any other professional support following the CFS grant. It was disappointing not to be successful with our 2nd grant application to them for funding to support local young people with their mental health during 2022. We had three schools and several parents who wanted us to help their children should we receive funding and be able to offer full-funded places. We will apply again this year so that we can widen our support of local disadvantaged people.

3. Financial Review

3.1 Financial Position

We started the year on 1.4.21 with cash funds of £80.

Income from online courses and classes: £15,591 (an increase from the previous year which year was £5,765).

End of year balance, 31.3.22: £787

Full details of receipts and payments can be found in the accounts for the year.

We kept the price for the course at £195 for online and £225 for in-person, as the previous year.

The weekly drop-ins cost £60 for two months.

Our charge to schools and businesses varied, according to their location and the length of sessions we provided.

3.2 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

3.3 Policy on Reserves

£200 is to be kept as reserves. Although our income forecast is uncertain, we are able to adapt our expenditure according to our income, and we rarely incur unexpected expenses. We have an arrangement with our usual venue in Dorking that if we are unable to run a course, we do not need to pay any charges as long as we give one month's notice; the venue management are willing to make this a shorter period in exceptional situations, such as during the pandemic when our ability to run in-person sessions was not in our control.

In an emergency we can reduce all costs apart from annual expenses such as website, email, Zoom, insurance and perhaps venue hire. Our reserves would cover those costs for six months. We can always reduce service delivery on a temporary basis in an emergency too. There would be no costs incurred if we had to close down, such as redundancy and we have no outstanding debtors.

Catherine Nasskau is employed on a freelance basis and the agreement is that she would not be employed if there are insufficient funds to pay her quarterly salary. Most participants pay for sessions in advance, with people on low incomes sometimes paying in instalments; all final payments are made by the last session of a course. Therefore it is straightforward to budget and plan for emergencies.

3.4 Principal Sources of Funding

We received £11,138 from self-funding participants, businesses and schools.

We received £4,453 in donations and grants.

3.5 Investments Policy & Objectives

The charity does not make investments.

3.6 Description of the Principal Risks Facing the Charity

The principal risk facing the charity would be if we were no longer able to participate in the Google Ads Non-profit programme, which gives us \$10,000 worth of Ads a month. This allows us to promote our work online at no cost and results in around 150 website visits a day. There are certain things we need to do on a regular basis for

Google to allow us to stay in the programme. Catherine Nasskau spent a great deal of time over the last year setting this up and working on the ads. This is the most significant factor in maintaining and developing our online presence.

As our classes are delivered online as well as in-person, and what we offer can be adapted according to our income, the charity does not face any other major risks. Awareness of mindfulness as an effective intervention and tool to support good mental health and wellbeing continues to grow, as does our public profile, and we are steadily getting an increasing number of referrals, both from professional health practitioners as well as word of mouth. Therefore we have no concerns about Mindful Surrey as a going concern.

3.7 Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

3.8 Statutory Statements on Liabilities

The Trustees declare that:

The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement.

The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

4. Reference and Administration Details

4.1 Charity Name & Registration

Name of the Charity: Mindful Surrey

Charity No: 1187713

Mindful Surrey is not registered with HM Revenue & Customs

4.2 Charity's Principal Address

13 Warrenne Rd, Brockham, Surrey RH3 7JY

e-mail: info@mindfulsurrey.co.uk

website: www.mindfulsurrey.co.uk

4.3 Names of the Trustees Who Manage the Charity

Diana Davies, Eleanore Hargreaves, Pauline Saxby.

The role of Chair is rotated between the trustees.

4.4 Names of Advisors & Senior Members of Staff

Catherine Nasskau, Director of Mindful Surrey, Mindfulness teacher

4.5 Bank

NatWest Bank

12 Station Road East, Oxted, Surrey RH8 0PR

Depot code 063

5. Structure, Governance & Management

5.1 Type of Governing Document

Constitution

5.2 Charitable Objects

The object of the CIO is:

To advance education for the public benefit in Surrey and Sussex through the provision of courses in the study and practice of mindfulness training, particularly but not exclusively in educational settings, which enable participants to develop their understanding and awareness of the practice of mindfulness and the beneficial impact it may have upon good mental health and wellbeing.

5.3 Statutory Declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

5.4 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Approved by the Trustees and signed on their behalf.

1 April 2022

Catherine Nasskau



Receipts and payments account

For the period from	Period start date 06.04.21	To
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Summer 21 MBSR	1,564		
Autumn 21 MBSR	2,961	-	-
Spring 22 MBSR	3,791		
Drop-ins	1,527		
1:1s	745	-	-
Schools, businesses	550		
Grants, donations	4,453		
Sub total (Gross income for AR)	15,591	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	15,591	-	-
A3 Payments			
April-June 21, CN salary	2,720	-	-
July-Sept 21, CN salary	3,190		
Oct-Dec 21, CN salary	3,270		
Jan-March 22, CN salary	3,970		
Posters, laminating pouches	41	-	-
CPD Training (JB)	45	-	-
Wix website, email	151		
Zoom	144	-	-
Venue hire	1,105		
Insurance	58		
Social media ads	-		
Leaflet printing	54	-	-
Handbooks, flipchart pads	110	-	-
Stripe banking fee	26		
Sub total	14,884	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	14,884	-	-
Net of receipts/(payments)	707	-	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	80	-	-
Cash funds this year end	787	-	-

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

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds		
		-
		-
	Total cash funds	-
	(agree balances with receipts and payments account(s))	Agreement Error

Categories	Details	Unrestricted funds to nearest £
B2 Other monetary assets		-
		-
		-
		-
		-
		-
		-

Categories	Details	Fund to which asset belongs
B3 Investment assets		

Categories	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use		

Categories	Details	Fund to which liability relates
B5 Liabilities		

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

Signature	Print Name

to (if any)

Accounts

Period end date
31.03.22

CC16a



Total funds **Last year**
to the nearest £ **to the nearest £**

1,564	920
2,961	1,940
3,791	1,125
1,527	1,390
745	-
550	0
4,453	0
15,191	5,765

-	-
-	-
-	-

15,591	5,765
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2,720	1,216
3,190	2,000
3,270	1,000
3,970	776
41	40
45	94
151	109
144	120
1,105	170
58	-
-	80
26	80
110	-
26	-
14,884	5,685

-	-
-	-
-	-

14,884	5,685
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707	80
-	-
80	-
787	80

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Restricted funds
to nearest £

-
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OK

Endowment funds
to nearest £

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Restricted funds
to nearest £

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Endowment funds
to nearest £

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Cost (optional)

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Current value (optional)

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Cost (optional)

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Current value (optional)

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Amount due (optional)

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When due (optional)

name

Date of approval

Mindful Surrey UK

England & Wales - Charity number 1187713

Accounts

Mindful Surrey End of Year Report, April 2021

Overview of April 2020 to March 2021

Throughout the year we have delivered regular mindfulness training sessions to support people with their mental health and wellbeing. We adapted to the need to run courses online, and Zoom works very well for mindfulness training. This has meant people from further afield than Surrey have been able to access our classes, including someone who attends every week from Australia.

It has also meant that local people who cannot travel, regardless of Covid restrictions, can also be offered support. More elderly people and also those with young children have been coming to online sessions compared to in-person.

In September 2020 we started in-person classes again in Dorking, but these had to stop due to lockdown restrictions resuming. Participants were offered a partial refund, transfer to online classes or postponing to a future course. Most people decided to continue online, one had a partial refund and one postponed to a future in-person course.

Finance

Income from online courses and classes: £5,765

CN submitted 3 invoices, in accordance with governing document, for £4,992. Other expenses were Posters £40, Training £94, Zoom £120, website & email £109, venue hire £170, social media ads £80, leaflets £80.

End of year balance: £80

The price of the MBSR course was £180, with £120 or less for concessions. (Most established companies charge between £220 and £280 for the course.)

The price rose in January 2021 to £225, with generous discounts for anyone with a low income.

In March we reduced the online course to £195, and kept the in-person one at £225.

Fund-raising

The Mindful Surrey mission is to provide mindfulness training to all, regardless of age and income.

We submitted four grant applications during the year.

In August we applied to the Community Foundation for Surrey for £5,000 – primarily to support our work with older people, and also carers; a smaller part of the funding would go towards work with young people in schools.

We also applied to the Surrey Education Trust for £5,000. This is exclusively for mindfulness training for young people (up to the age of 25) and school staff.

We were not successful with these applications. There was a lot of competition

with these bodies receiving many applications. The reasons given for not getting the grants were strange, especially as CN had had a phone assessment from the CWS. We applied to each body for about 30% of what the cost of the project; this was not a successful strategy as they each considered we needed to raise too much from elsewhere, and the CFS wanted to fund something that could definitely go ahead.

In a follow-up phone call CN explained the courses were always going to go ahead anyway, regardless of how much grant was awarded, but it would remain something that only people who had disposable income could access. A further application was made to the CWS in October, with an adjusted budget, taking into account the feedback; this was also rejected, and it was not clear why.

There is a vast amount of scientific evidence about the benefits of mindfulness training, and CN included several case studies in the application showing the life-changing impact of our courses. But mindfulness training to support mental health is still something most people do not understand; other causes, such as refurbishing a village hall, are easier for grant-making bodies to appreciate.

Courses and classes

MBSR

9 weekly classes, 2 hours each, plus a 5 hour retreat day

Summer, online 7 participants
Autumn, in-person 9 participants
Autumn, online 5 participants
Winter/Spring, online 5 participants

Drop-ins, all online:

Weekly classes, 1 hour, people pay for 2 months

Monday evenings, for people who have taken the MBSR course or are currently doing it.

Tuesday mornings, for anyone

Most people do these for about 6 months, some have come regularly for over a year.

Future plans:

1:1s

CN has been asked to run 1:1 sessions with teenagers.

Charge will be £30 an hour or £75 for three sessions.

CN uses the Mindfulness in Schools Dotbreathe and Dotbe programmes as the basis for mindfulness with under 18s.

Schools

CN has been asked to do mindfulness with 210 children in one day, in a primary school in Guildford. This is part of their wellbeing week. The school initially wanted CN to do sessions with 60 children at a time, but she suggested 30 should be the maximum. This will take place in June, 2021, and the school will pay Mindful Surrey £250.

Other contacts: Waitrose and East Surrey Hospital

The new Wellbeing Champion from Dorking Waitrose attended a taster. She wants us to do a taster for Dorking staff. At present they are not having visitors to take staff sessions due to Covid. Hopefully this might take place later in the year.

The East Surrey chaplain also attended a taster. He is knowledgeable about mindfulness and aware of its benefits. It is good he is aware of our offering to people on low incomes and will promote what we do to people. He found out about us through the Macmillan Centre based in the hospital, who have always promoted our courses.

Volunteers

Mindful Surrey is registered with three agencies that connect charities with volunteers who offer professional help for free. Reach, Ethical Angels and Google Non Profits. This has been time-consuming and led to variable results. Currently working with two women who are helping with the website and SEO, but their knowledge and English skills are variable. Google matched us with a team of students from Finland University for the Ads, but they had limited knowledge and the ads did not lead to any sign-ups, and has merely resulted in daily contacts from around the world; CN replies to each person but then never hears back. Google Ad grants mean we can have ads and 'spend' up to \$380 a day. At present we are not taking advantage of this opportunity. CN continues to try and find someone to help with the ads.

Future funding

For the grant applications, CN contacted local schools and colleges. We had four responses from places who would like us to deliver mindfulness training to students and/or staff if it can be for free.

St Bede's, Redhill - secondary school

The Priory, Dorking - secondary school

Nescot College, Epsom - students from 18-25

Roseberry primary school, Guildford.

Future grant application

CN applied to be on the CFS Funder-Plus programme, where expert advice is given to small charities to help with grant applications.

The focus for the next grant will be on people under the age of 25. Children and teenagers have been greatly affected by the events of the last year, and the situation is also extremely difficult for young adults who have had a difficult last year, do not necessarily get any support and continue to face employment challenges.

Conclusion

Being able to offer mindfulness training to individuals, schools and organisations who cannot afford to pay for it is quite a unique offering - not many mindfulness classes are run as part of a charity or for free. It is worth spending a lot of time on fund-raising in order to fulfil our mission of making our classes accessible to

all.

There continues to be a great need to support people of all ages with their mental health, and there has been a marked rise in younger people and children. The NHS waiting lists are long and for many people, they are unable to pay for support.

Mindfulness training is very effective at helping people deal with stress, anxiety, depression, bereavement, sleep problems, as well as difficulties with relationships and physical pain or illness. It is great that it works so well with online sessions.

It is rewarding to read people's testimonials following the courses and to hear how beneficial they have found them over the last year. Many people say how coming to the sessions has really helped them cope with lockdown and the challenges of Covid.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Mindful Surrey	No (if any)
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Receipts and payments accounts

For the period from	Period start date 01.04.20	To	Period end date 31.03.21
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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 £
A1 Receipts				
Summer MBSR	920			920
Autumn MBSR	1,940	-	-	1,940
Winter MBSR	1,125	-	-	1,125
Spring MBSR	390	-	-	390
April-June drop-ins	200	-	-	200
July-Sept drop-ins	320	-	-	320
Oct-Dec, drop-ins	450	-	-	450
Jan-March drop-ins	420	-	-	420
	-	-	-	-
Sub total (Gross income for AR)	5,765	-	-	5,765
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	5,765	-	-	5,765
A3 Payments				
April-July CN salary	1,216	-	-	1,216
Aug-Nov CN salary	2,000	-	-	2,000
Dec-March CN salary	1,776	-	-	1,776
Posters	40	-	-	40
Training (MW, BW, SB)	94	-	-	94
Zoom	120	-	-	120
Website, email	109	-	-	109
Dorking venue, 5 sessions	170	-	-	170
Social media ads	80	-	-	80
Leaflet printing	80	-	-	80
	-	-	-	-
Sub total	5,685	-	-	5,685
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	5,685	-	-	5,685
Net of receipts/(payments)	80	-	-	80
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	80	-	-	80

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds			-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

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

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

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

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name

CC16a



**Last year
to the nearest £**

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to nearest £**

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**Endowment funds
to nearest £**

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**Current value
(optional)**

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**Current value
(optional)**

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**When due
(optional)**

Date of approval
