



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 07/06/2022 to 07/06/2023

Charity name: Mindful Communities Foundation C.I.O

Charity registration number: 1190769

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity are for the public benefit, to advance the education of the general public and in particular but not exclusively young people by promoting and encouraging the teaching, study, practice and research of mindfulness, primarily but not exclusively in criminal justice settings.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Main activities undertaken in relation to these purposes, and to further the charity's purposes this year:</p> <p>We reached out to potential funders and made applications for grants to continue our prisons focus on mental well-being and mental health support. All our funding applications were unsuccessful.</p> <p>We have redeveloped our fundraising plan for 2024 -25 and began networking with new prison sites we plan to support next year.</p> <p>Towards the end of this period from may 2023 we placed a volunteer from the charity with a UK social Enterprise, Working With The Mind C.I.C, and they have paid the charity £2,000.00 to support them to record and create mindful videos for a community project they ran this year supporting local community groups.</p> <p>We have begun creating an initial network with prisons in Wales with the plan of Supporting them next year, subject to funding. The difference mindfulness in prisons can make is well documented, and continuing from the results of our previous project in this area we aim to reduce indicators of stress, anxiety and depression in vulnerable populations.</p> <p>This year our activities have supported Working With The Mind C.I.C with a small part of their mindful community project, and the difference this</p>

		made was that mindful well-being support was available to various groups who couldn't access this usually. The project targeted vulnerable groups across the Peterborough area, and our support ensured that video and online support was available to groups who couldn't participate in person. This project is ongoing – but WWTM C.I.C has committed to providing us a copy of the project report in April 2024 to highlight the results and how our support helped achieve these results.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the Charity Commission's guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<ul style="list-style-type: none"> • Funding application support • Working with a UK Social Enterprise we supported to deliver part of their community project this year
Other		

Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<ul style="list-style-type: none"> ● We will report on more detail on the results of the community project we supported this year, once the social enterprise running this project at the time of this report have completed and reported on this work. This is likely to be in our annual report for next year, once the results of the project are collated.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the beginning of this period we had £51.87 in the charity's reserves, were paid £2000 towards the end of this period to cover the costs of video/recording equipment to support a mindful community project to create some mindful videos. We spent £1968.47 on recording camera/equipment leaving £83.40 in reserves at the end of this period
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	£83.40
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Unsuccessful in all our grant applications and fundraising activities this year

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	This year was from £51.87 remaining from last period, and a payment of £2000 from a UK social enterprise for supporting their community project
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Our governing document is a 'Foundation' model constitution, or Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	We are constituted as a Charitable Incorporated Organisation.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Founding 4 Trustees are our only Trustees to date. No other person or external body is entitled to appoint charity trustees, and the power to appoint additional Trustees resides with the majority vote of the current board of Trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Mindful Communities Foundation C.I.O
Other name the charity uses	
Registered charity number	1190769

Charity's principal address	73 The Whaddons, Huntingdon, Cambridgeshire, PE29 1NN

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	Matthew Ward			
2	Rachel Taylor			
3	Mark Wylie			
4	Michael Newton			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

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Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

MW	MW
MN	RT

Full name(s)

Matthew Ward	Mark Wylie
Michael Newton	Rachel Taylor

Position (eg Secretary,
Chair, etc)

Trustee	Trustee
Trustee	Trustee

Date
