



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 07/06/2023 to 07/06/2024

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	Main activities undertaken in relation to these purposes, and to further the charity's purposes this year: We developed some resources for mindfulness in prisons, for the social enterprise Working With The Mind C.I.C to use in their mindful community project
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"> Working with a UK Social Enterprise we supported to create prison mindfulness resources
Other		

Achievements and Performance

	SORP reference	
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 supported a project (mentioned in our previous annual report) and contributed some prison mindfulness resources to this effort in this period. ● The project ran in the Peterborough area, with volunteers, and different charities and community groups to deliver free in person and online mindful workshops and information to support mental health and well-being. ● Our support focused on resource for HMP Peterborough (excerpt from WWTM CIC's project report: Other stakeholders involved in this project included Mindful Communities Foundation C.I.O who supported us with running our website and filming, editing, producing video and social media to support the project.) ● 200 prisoners were donated support materials and information

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 £83.40 in the charity's reserves, were paid £375 to create some mindful prison resources, leaving £458.40 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	£458.40
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 £83.40 remaining from last period, and a payment of £375 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	Deildy, Aberystwyth Road, Machynlleth, Powys, SY20 8EU

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			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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	

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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

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	