



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 01/10/2024 to 30/09/2025

**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	<b>The objects of the charity are</b> 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 were to do some local fundraising and awareness raising in Machynlleth where the charity is located.
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	Para 1.38	

investment		
Contribution made by volunteers	Para 1.38	<ul style="list-style-type: none"> <li>• <b>Donations of books and leaflets to the local community</b></li> <li>• <b>reaching out to GP surgeries locally</b></li> </ul>
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"> <li>● We donated books, mediation cushions and leaflets/information locally</li> <li>● We offered local GP surgeries an MBCT clinic, or sessions for the local population.</li> <li>● We received some donations off the back of the local fundraising and awareness raising this year.</li> <li>● We made a small donation to a C.I.C working with D/deaf people</li> </ul>

### 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 £458.40 in the charity's reserves, received £1155 in donations this period, made a donation of £200 to a community interest company working in Deaf Mindfulness, and bought some ink cartridges on amazon for leaflet printing (totalling £56.21) leaving £1357.19 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	<b>£1357.19</b>
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	<b>Unsuccessful in all our grant applications and fundraising activities this year, income solely from personal donations.</b>

### 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	<b>This year was from £458.40 remaining from last period, and payments totalling £1155 in donations during this period</b>
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	3 of the original founding 4 Trustees are our only Trustees to date, the fourth died February 2025 this period. 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	Trustee		
2	Rachel Taylor	Trustee		
3	Mark Wylie	Trustee		
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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	


### **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)**

<b>Type of adviser</b>	<b>Name</b>	<b>Address</b>

#### **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
	RT

Full name(s)

Matthew Ward	Mark Wylie
	Rachel Taylor

Position (eg Secretary,  
Chair, etc)

Trustee	Trustee
	Trustee

Date

30.9.25