

MEDDYLGARWCH CYMRU / MINDFULNESS WALES

England & Wales · Charity number 1193146

Details

Status Registered

Legal form CIO

Registered 2021-01-19

Register [View on the Charity Commission register](#)

Contact

Address 1-2 Park Cottages
Penygarn
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Website <https://mindfulness-wales.org>

Activities

Objects: THE OBJECT OF THE CIO IS: TO ADVANCE EDUCATION FOR THE PUBLIC BENEFIT IN WALES THROUGH THE PROVISION OF EVENTS AND ACTIVITIES DIRECTED TOWARDS THE STUDY AND PRACTICE OF MINDFULNESS TRAINING 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.

Activities: Mindfulness Wales provides activities for practitioners to support a coordinated approach to promoting mindfulness in Wales including:- establishing a national network connecting those with an interest in mindfulness - promoting the involvement of organisations and individuals and - communicating with policy makers across sectors to educate and support them in understanding the benefits.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£1,241	£6,080	-	-
2024-12-31	£9,118	£1,161	-	-
2023-12-31	£1,921	£0	-	-
2022-12-31	£3,326	£200	-	-
2021-12-31	£250	£220	-	-

Trustees

Name	Role	Appointed
Annette Thomas		2026-01-16
Christopher Shaun Ruane		2020-12-04
ELIZABETH MARY WILLIAMS		2020-05-15
Heather Lynne Fish		2020-05-15
Katharine Margaret Tucker		2024-02-15
Matthew Jones		2025-01-10
Natalie Anne Snuggs		2026-01-28
Robert John Callen-Davies		2020-05-15
Umakant Dave		2026-01-22