
Meddylgarwch Cymru/Mindfulness Wales

Charity Registration Number 1193146

TRUSTEES' ANNUAL REPORT

13th January 2022 - 27th January 2023

Background and Objectives

This Report for the Annual General Meeting of Meddylgarwch Cymru/Mindfulness Wales celebrates the second year of our activity.

Meddylgarwch Cymru/Mindfulness Wales was registered as a Charitable Interest Organisation on 19th January 2021 with the following charitable purpose:

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.

We confirm that the trustees have had regard to the guidance issued by the Charity Commission on public benefit in all our activities.

We aim to work with partners to embed mindfulness and its values and intentions within Welsh society and at the heart of policy making for the benefit of organisations, communities and individuals. The purpose of this is to enable the experience of high quality mindfulness provision to enhance emotional and mental health and develop the skills, techniques and understanding to promote flourishing and alleviate distress.

Board Members 2022-2023

Name	Position 2022-23	Term of Office	Start Date	End Date
Elizabeth Williams	Chair	3 years	May 2020	May 2023
Vishvapani (Simon Blomfield)	Treasurer	3 years (2 nd term)	May 2022	May 2025
Heather Fish	Secretary	3 years	May 2020	May 2023
Rob Callen-Davies		3 years	May 2020	May 2023
Chris Ruane		3 years	Jan 2021	Jan 2024
Gwenan Roberts		3 years	July	July

			2021	2024
Tommy Carr		3 years	Oct 2021	Oct 2024
Sofia Pereira		3 years	Jan 2022	Jan 2025

(Trustees can serve up to 3 consecutive terms)

Activities

During 2022, Meddylgarwch Cymru/Mindfulness Wales has continued its website and social media presence and further established its series of online events aimed at creating a network of people in Wales with an interest in and commitment to extending the use of mindfulness in all sectors in Wales. So far these have included external speakers to educate, inform and inspire, and networking discussions to share and develop the existing good practice growing in Wales. The events are free to attend, with the option of making a donation. Events this year have included:

Programme of Activities

Date	Event
2.3.22	Mindful Leadership with Michael Chaskalton
29.3.22	Welsh Language Education Materials Launch
19.5.22	Diana Reynolds: Changing the system not just ourselves
16.6.22	Frazzled Café: opportunities for Wales? With the Frazzled Café Team
24.6.22	Mindfulness and Addiction Recovery with Vimalasara
26.9.22	Making Mindfulness Teaching Relevant with Sarah Silverton
1.12.22	Ways Forward for Mindfulness in Schools with Katherine Weare

These activities have enabled us to further develop a core group of regular participants and contributors to the discussions, as well as a much wider audience from across Wales, the UK and internationally. We are proud that the developments in Wales have continued to attract the interest and support of speakers of international renown and participants across the world who are interested in what is happening here.

Daily Drop in Meditation Group

In March 2022 Mindfulness in Action transferred management of a drop-in meditation session to us. The group had started in March 2020, at the start of lockdown and meets each day Tues-Fri for an hour, with sessions led by mindfulness teachers, several of whom are involved in Mindfulness Wales. Members of the group had made generous donations and the surplus was also transferred to our account. The group has a dedicated core membership but it is open to all.

Alongside these public events, and sometimes initiated through them, there are developing special interest support groups in Education, Health, Social Work and Welsh Language. Trustees engaging in their own areas of expertise enhance the role and reputation of Mindfulness Wales on a wider, and even international footing.

All trustees share a passion and expertise in mindfulness but our experience is in very different circumstances and different sectors. Over this year as a Board we have developed as a team enabling us to explore wider themes, learn from each other and develop a robust but cooperative style of challenge. Some Trustees report the extent to which they have found individual benefit, knowledge, growth and pride from Board discussions and the work we have been able to do and we have all gained in understanding.

As the reputation of Meddylgarwch Cymru /Mindfulness Wales has grown that influence has flowed out into our everyday roles and being a Trustee has on occasion helped us to take forward or influence further actions in various organisations which contributes to furthering the aims of the Meddylgarwch Cymru /Mindfulness Wales. We are beginning to better recognise these opportunities for influencing and achieving our aims in indirect as well as direct ways.

Some of the examples of ways we have been able to use our roles as Trustees of Meddylgarwch Cymru /Mindfulness Wales reported by Trustees include:

- several Board members are now proficient in setting up Eventbrite and Zoom for our events and we have developed skills in supporting the live sessions, and uploading the recordings to our YouTube channel and to our website
- developing contacts and relationships with potential presenters, connecting with inspirational speakers, thinkers, and visionaries in the mindfulness world who can inspire, help us campaign, work in partnerships and develop a forward program here in Wales
- attending to the Health strand of our work
- networking with Health contacts, promoting attendance at our sessions
- representing Meddylgarwch Cymru /Mindfulness Wales in various education networks and events working with the main providers of mindfulness in schools, including developing documentation to show the possibilities of mindfulness in the new Curriculum for Wales, work with Professor Katherine Weare on better understanding the links between mindfulness and compassion in schools
- facilitating the Education Support Group termly meetings to share developments and ideas on mindfulness in education settings
- working with Welsh Government, which recognises Meddylgarwch Cymru /Mindfulness Wales as one of the key partners in implementing the Wellbeing of Future Generations Act and achieving the systemic, behavioural and social change required. Two Meddylgarwch Cymru /Mindfulness Wales Trustees are part of a

Welsh Government facilitated Meta Community of Practice alongside leaders from public and private sector organisations across Wales

- Follow up work from our sessions with Frazzled Café has now been taken forward within the Welsh Government resulting in plans for Frazzled Café provision to support senior civil servants

Meddylgarwch Cymru and the Welsh Language

Connection and promotion of mindfulness as a way to help Wales become a more compassionate country is the core of what Meddylgarwch Cymru stands for. Being connected is also core of being Welsh - we like to know where we fit in, where we belong, and how we can participate. Activities include:

- sharing the benefits of Mindfulness in Welsh on several Radio Cymru interviews during the year.
- setting up a small Welsh medium community which meets as a drop-in session on the first Wednesday evening of each month called 'Cylch Myfyrio'. The connection this brings never ceases to surprise - we are sitting together in our own homes in different parts of the country and beyond, as we connect in silence to the sounds of the Welsh language.
- promoting mindfulness in Welsh, which is such an important area of work.
- Welsh speaking Meddylgarwch Cymru /Mindfulness Wales Trustees meet regularly with senior Welsh Government officials to share ideas on development of Welsh language mindfulness and compassion across sectors
- advising on translation of mindfulness materials into appropriate Welsh.

Meddylgarwch Cymru /Mindfulness Wales: influence in Trustee's own everyday roles

Examples identified by Trustees include:

- attendance at Welsh Government facilitated Meta Community of Practice, and promoting this into the health board and the education community
- development and maintenance of a mindfulness pathway in Aneurin Bevan University Health Board
- promotion and cultivation of opportunities to train and connect with other Health Board mindfulness practitioners
- engagement in key research work at Bangor University
- partnerships with the Centre for Mindfulness Research and Practice and The Mindfulness Network at Bangor and other Universities in Wales
- enhanced insight and informed awareness of what's happening in mindfulness across Wales in research and action helps us all in discussions with others to amplify the best practice we have here in Wales
- advocating for the Wales' contribution to the development of secular mindfulness

- utilising good cross party political connections in Wales to further mindfulness in the public and private sector

Meddylgarwch Cymru /Mindfulness Wales and the wider world

Several Meddylgarwch Cymru/Mindfulness Wales Trustees have significant connections with other organisations and work related to mindfulness or more general wellbeing. Some of these include:

- Participating and contributing to the Mindfulness Initiative Global Network by two Trustees, as Chair and participant
- Two Trustees are also advisers to the Mindfulness Initiative
- Chair of Ruby Wax's Frazzled Café
- Board Member of Oxford Mindfulness Foundation
- Vice Chair of Denbighshire Voluntary Service Council
- facilitating the mindfulness peer learning group of leaders in Social Work
- connection with the National Psychological Management Committee in Wales
- broader connection to the Wales-wide 'mindful moments' events that have run in collaboration with Welsh Government colleagues
- opportunity to present next year to Academi Wales learning group
- gives a "hat" that endorses a broader involvement in mindfulness in Wales
- broadcasts on Radio 4 Thought for the Day & Radio Wales/Weekend Word and writing in The Guardian informed by awareness of issues in the world of mindfulness.

Recognising some barriers to progress

Proud as the Board is of the widening influence we can see developing we acknowledge that there are also significant barriers. Mindfulness works best when there is commitment and enthusiasm which over a period of time can lead to embedding new behaviours and relationships within an organisation. In the main service areas of health and education we had seen the positive impact when these factors are in place, but we also know there are very similar organisations which are sceptical at best and implacably opposed at worst even when there are individuals within these organisations with the interest and the skills to offer high quality mindfulness within the organisation.

We believe the role of Meddylgarwch Cymru/Mindfulness Wales is to confidently and consistently continue our wider work of extending awareness of good practice and what impact mindfulness can have, and to continue our support for the range of mindfulness teachers and practitioners through development activities and networking. Helping to develop a mindfulness community in Wales will help us support lone ambassadors and hopefully begin to open minds and doors.

A significant barrier to taking our work forward is capacity. We have developed our working practices to be more efficient whilst preserving time for formative discussion but as a small group of people we have limited capacity to put some of our ideas into action. Developing capacity will be one of our priorities for 2023.

Communication

We have been discussing ways to expand the reach of our work, targeting different audiences with varying media consumption habits. For example, in addition to creating an online database with all the material we have produced so far (on our website and YouTube), we are planning to launch a podcast with shorter versions of our talks to be available 'on the go' for anyone with a busy schedule and long commutes. We have also explored the possibility of having Q&A-type events which are particularly well-suited for a podcast format.

Potential future possibilities

Meddylgarwch Cymru/Mindfulness Wales has identified a number of potential workstreams and activities which could help us in our aims. The development of additional capacity could help us develop more of these activities. Some potential examples include activities within our own remit and other exciting possibilities working with significant partners with whom we are developing constructive relations. As we develop capacity it will enable us to establish a strategic workstream. Some potential ideas we have discussed include:

- possible Wales Festival of Mindfulness similar to Mindful Manchester Festival
- possible further partnership working with Frazzled Café
- construction of an interactive map of Mindfulness Practitioners and skills across Wales, aimed at facilitating collaboration and integration
- making better use of our growing archive of recordings
- facilitating workshops and discussions to enhance mindfulness teaching and practice.
- exploring partnerships with organisations developing mindfulness in nature in Wales

Meddylgarwch Cymru/Mindfulness Wales Financial Report 2022-23

OPENING BALANCE					1,960.92
INCOME			3326.16		
	Drop in Donations	3094.77			

	Event Donations	231.39			
EXPENSES				200	
CLOSING BALANCE					5154.61
SURPLUS					3126.16

Meddylgarwch Cymru/Mindfulness Wales has a Business Community Current Account with MetroBank.

Our opening balance of £1,960.92 was mainly the inherited profit from the November 2019 conference.

Our main source of income in 2022 was donations from the daily drop-in meditation. These had been run since early 2020 by Mindfulness in Action. Donations had produced an accumulated a surplus of £1,824.77, and this was transferred to Mindfulness Wales in March 2022. Further donations totalling £1,227 were received during the year.

Our other source of income was donations £231.39 associated with our open Zoom sessions.

Our only expenses were a £200 grant to one of the leaders of the drop-in sessions to support mindfulness training. Other drop in leaders waived payment.

Treasurer's Comments

Meddylgarwch Cymru/Mindfulness Wales is in a healthy financial position, though we should note that the drop-in donations largely come from a single donor. This enables us to consider how to use the surplus we have accumulated.

I recommend that we open an interest-bearing savings account (with MetroBank, if possible).

In 2023 we will claim gift-aid on the donations we received directly, though not on the inherited donations.

Conclusion

Meddylgarwch Cymru/Mindfulness Wales has continued to contribute to growing, supporting and strengthening the network of mindfulness practitioners throughout Wales and creating interest more widely in the possibilities of mindfulness for society and communities in Wales. This, our second year of activity as a charitable organisation, has established, consolidated and taken forward our aims. We look forward to building on these firm foundations as we develop the capacity to enact our aspirations.

Declarations

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

Signed on behalf of the charity's trustees:

Signature(s)

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Full name(s)

Elizabeth Williams	
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Position (e.g.
Secretary, Chair, etc)

Chair	
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Date

27 th January 2023
