
Meddylgarwch Cymru/Mindfulness Wales

Charity Registration Number 1193146

TRUSTEES' ANNUAL REPORT

27th January 2023 – 12th January 2024

Background and Objectives

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

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

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

We re-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 2023-2024

Name	Position 2023-24	Term of Office	Start Date	End Date
Elizabeth Williams	Chair	3 years (2 nd term)	May 2023	May 2026
Vishvapani (Simon Blomfield)	Treasurer	3 years (2 nd term)	May 2022	May 2025
Heather Fish	Secretary	3 years (2 nd term)	May 2023	May 2026
Rob Callen-Davies		3 years (2 nd term)	May 2023	May 2026
Chris Ruane		3 years	Jan 2021	Jan 2024
Gwenan Roberts		3 years	July 2021	July 2024
Tommy Carr		Resigned	Oct 2021	May 2023
Sofia Pereira		Resigned	Jan 2022	Jan 2023

(Trustees can serve up to 3 consecutive terms)

Activities

During 2023, Meddy|garwch 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. Each event is recorded and placed on the Mindfulness Wales website and our YouTube Channel. Events this year have included:

Programme of Activities

Date	Event
23.3.23	Deepening Mindfulness by Exploring Feeling Tone with Prof Mark Williams
26.4.23	Compassion: The challenges and why it matters with Benna Waite
3.5.23	Compassion Follow-up Discussion
18.5.23	Mindfulness: Transforming our Culture with Chris Tamdjidi
7.6.23	Mindfulness for Teachers with Kamalagita
28.6.23	Integrating Trauma Sensitive Approaches with Tim Duerden
19.7.23	Mindfulness for 'Bigger than Self' Concerns with Becca Crane and Co
25.10.23	Building Mindful Communities with Kelly Boys
7.11.23	Building Mindful Communities Follow up Discussion
22.11.23	Reducing Barriers to Mindfulness with Richard Edwards and Ceryl Davies

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 have introduced opportunities for more informal follow-up discussions which have provided valuable space in smaller groups to explore relevant issues and deepen our network and connections.

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.

Drop in Meditation Groups in English and Welsh

Mindfulness Wales continues to offer a daily drop-in mindfulness session from Tuesday – Friday each week. The sessions are attended by a loyal group of longstanding participants though they are open to all and new members are welcome. In March 2023 we organised an in-person Retreat Day attended by many of the regular attendees, deepening, enriching and nourishing the online community.

Once a month Mindfulness Wales offers an online Welsh medium mindfulness session, again with a loyal core following, and open to all at no cost.

Other Activities

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.

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

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: working with partners

We have made progress this year in developing partnerships with organisations that share our values and are complementary to the work we aspire to do. These include the Mindfulness Initiative and the Foundation for a Mindful Society. We look forward to developing these relationships to mutual benefit over the next months and years.

We are also developing relationships with “sister” organisations such as the Manchester Mindfulness Festival and the Fundacja EduMind Uważność w Edukacji/EduMind Mindfulness in Education Foundation in Poland, where we are sharing information on the work of Mindfulness Wales in mindfulness in education and potentially in health and in politics.

Ways of Working

We have been exploring ways of working which make best use of our capacity, would be likely to have maximum impact and would reflect the intentions of the Wellbeing of Future Generations Act. Whilst we are not specifically required to have regard to these, our public service partners are, and they also chime with our values and intentions. The five ways of working identified are:

- Long-term. The importance of balancing short-term needs with the needs to safeguard the ability to also meet long-term needs.
- Integration
- Involvement
- Collaboration
- Prevention

We set out to ‘Inspire across’, identifying good practice in mindfulness and seeking to support those engaged in it to share as widely as possible through our networks and our programme of events.

We are also conscious of the importance of ‘being in the room in a consultative way’ as a way of working to meet the needs of groups of people especially in the development of Mindful Communities.

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

Examples identified by Trustees include:

- attendance at Welsh Government facilitated monthly 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 continue their significant connections with other organisations and work related to mindfulness or more general wellbeing. Some of these include:

- Three Trustees attending the Manchester Mindfulness Festival on 21.10.23 with the opportunity to represent Mindfulness Wales and to mention our work, generally and with specific reference to education
- 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
- 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
- gives a "hat" that endorses a broader involvement in the mindfulness field 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.

Potential future possibilities

This year has presented a number of opportunities which have the potential to support the development of mindfulness in Wales. In order to maximise these opportunities we will need to identify key partners within relevant sectors, and develop relationships with 'friends' and advisors with the skills, knowledge and experience to expand our capacity.

Possibly the most significant opportunity is Building Mindful Communities. Inspired by the presentation from Kelly Boys and from the follow up discussion on how these ideas might land in communities in Wales we are developing a narrative which will help us in developing more specific activities, and in communicating our aspirations.

We believe that there is much more mindfulness happening in Wales than we are aware, and we know there are examples of good practice in all sectors. We intend to secure

resources to support a survey of the state of mindfulness in Wales, with case studies to 'inspire across' and share good practice.

We are in the early stages of exploring a project with the National Museum of Wales to expand and enhance the mindful experience of staff and visitors to their sites.

We look forward to developing constructive and mutually beneficial partnerships with other organisations.

Meddylgarwch Cymru/Mindfulness Wales Financial Report 2023-24

OPENING BALANCE					5154.60
INCOME					
	Drop in Donations	1400.00			
	Event/other Donations	521.19			
	TOTAL INCOME	1921.19			
EXPENSES				0	
CLOSING BALANCE					7074.03

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

Our opening balance was £5,154.60

Our main source of income in 2023 continues to be donations from the daily drop-in meditation, totalling £1,400 were received during the year.

Our other source of income was donations £521.19 associated with our open Zoom sessions.

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. We have developed new partnerships which we look forward to exploring further. This, our third 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)

E.M.Williams

AGM 2024 Final Final

Full name(s)

Elizabeth Williams

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

Chair

Date

12th January 2024