
Meddylgarwch Cymru/Mindfulness Wales

Charity Registration Number 1193146

TRUSTEES' ANNUAL REPORT

January – December 2025

Background and Objectives

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

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

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.

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 2025-2026

Name	Position 2024-25	Term of Office	Start Date	End Date
Elizabeth Williams	Chair	3 years (2 nd term)	May 2020	May 2026
Matthew Jones	Secretary	3 years	Feb 2025	Feb 2028

Rob Callen-Davies	Treasurer	3 years (2 nd term)	May 2020	May 2026
Heather Fish		3 years (2 nd term)	May 2020	May 2026
Chris Ruane		3 years (2 nd term)	Dec 2020	Dec 2026
Gwenan Roberts		3 years (2 nd term)	June 2021	Jun 2027
Kate Tucker		3 years	Feb 2024	Feb 2027
Roy Ellis		Resigned	Oct 2024	Sept 2025

(Trustees can serve up to 3 consecutive terms)

Activities

During 2025, 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. Each event is recorded and placed on the Mindfulness Wales website and our YouTube Channel. Events this year have included:

Programme of Activities 2025

Date	Event
18.2.25	Mindfulness meets Music
18.3.25	Look Again: Mindful Photography
6.5.25	Mindfulness and Politics: making more compassionate policy
18.5.25	Drop-in Retreat Day
8.7.25	Mindfulness Wales Caffi
25.11.25	Mindfulness Wales Friends
8.12.25	Mindfulness Wales Caffi

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. We aim to balance this breadth of vision with depth – our Caffi events and Friends meetings are opportunities for us to practise together and provide mutual support and inspiration.

Other Activities

Manchester Mindfulness Festival October 2025: Three trustees participated in this event and used our stall to make contacts and share our vision.

‘Improving Wellbeing, Teamwork and Resilience at Work’ conference: Three trustees presented at the conference organised by the National Endoscopy Program and Cook Medical

Numerous informal discussions with individuals and organisations exploring the possibilities of Nurturing Mindful Communities.

Introductory talk to Primary Headteachers in Cardiff

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. This year we held an in-person retreat day in Cardiff, deepening and enriching the on-line experience.

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. Recordings of the Cylch Myfyrio meditations are available

Mindfulness Wales Website

Our website has now become a significant showcase for our work, our history, our values, aims and objectives and our activities. We continue to develop it as a resource and reference point for mindfulness in Wales.

Nurturing Mindful Communities Project

Our Nurturing Mindful Communities Project has been significantly supported by the grant from The National Lottery Community Fund. Assisted by our small team of story collectors we have collected almost 60 inspiring stories and published them bilingually on our website.

As this project has developed it has given us the opportunity to clarify and share our vision, mission and values and begin working on a more coherent strategic approach.

Compassionate Mind Training Project

We have been focusing on building compassionate capacity as part of Nurturing Mindful Communities. Working with our partner the University of Derby we have trained over 50 people in Compassionate Mind Training, and 7 people have been trained to teach the pupil programme. We are seeking further funding to expand this provision.

Mindfulness at Amgueddfa Cymru

We have also been working with Amgueddfa Cymru to develop mindful pause points to enhance the experience of visitors to the museum sites across Wales. Our focus in 2025 has been Big Pit, and the other sites will follow.

Meddylgarwch Cymru and the Welsh Language

Connection and promotion of mindfulness 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:

- maintaining 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.

- advising on translation of mindfulness materials into an appropriate register of Welsh.
- Developing a wide range of Welsh language resources including guided practices, scripts and presentations to share on the new bilingual website

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, the Mindfulness Network, the Manchester Mindfulness Festival, Mindfulness in Schools Project, Look Again Mindful Photography, the University of Derby. We look forward to developing these relationships to mutual benefit over the next months and years.

We have also engaged with local Voluntary Services in our own areas. They have been helpful in terms of grant applications, resources and training, in particular Glamorgan Voluntary Services and Torfaen Voluntary Alliance.

We are also developing relationships with “sister” organisations such as the Manchester Mindfulness Festival.

Working more strategically

As we develop and refine our mission and ways of working, we have taken a more strategic approach as we move forward into 2026 to make best use of our capacity, have maximum impact and 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 bound by this duty, and the values in the Act also chime with our values and intentions.

Our identified objectives going forward are:

1. Building relationships through networking and activities that enhance visibility
2. Contributing to Welsh society through the provision of mindfulness events, training and activities
3. Supporting, cultivating, engaging and inspiring the mindfulness community in Wales
4. Developing organisational sustainability and resilience

Future possibilities

- Our Nurturing Mindful Communities Project funded by the National Lottery Communities Fund has developed into a rich resource on our website showing the wide range of ways mindfulness enhances life and work throughout Wales. We have another 8 months of the grant to run and hope to find ways to maintain this inspirational record over the longer term.
- We have continued to develop relationships with organisations which share our values, including the Mindfulness Network, the Mindfulness Initiative, Look Again Mindful Photography, Amgueddfa Cymru, the Manchester Mindfulness Festival, the Mindfulness in Schools Project and individuals in other sectors. We look forward to further developing these and other links in the future.
- We have continued to develop our partnership with the University of Derby, training approximately 70 people in the Compassionate Mind Training for Adults. We look forward to securing funding to training more people and training some of our

existing participants to train to share CMT more widely as part of Nurturing Mindful Communities.

- We have established a group of “Friends of Mindfulness Wales” including some of our regular supporters who are ready and willing to step up their involvement. Friends are involved in the co-creation of the Celebration event we are planning for September 2026. We hope that working with our Friends in this way will become mutually beneficial and we certainly continue to benefit from the wide range of skills they bring to the table.
- We are keen to consider the depth of relationships with our network as well as the breadth in terms of numbers. We have introduced regular Caffi events, opportunities to come together in mutual support to practice and share ideas. Enhancing the quality and depth of relationships will also be one of the aims of our Celebration event.
- We look forward to building on these firm foundations to enable Mindfulness Wales to work towards our aim of helping Wales become a more compassionate, kinder, fairer society

Meddylgarwch Cymru / Mindfulness Wales Statement of Financial Activities for the financial year to date, ended 31 December 2025

	Notes	Unrestricted funds	Restricted funds	2025
		£	£	£
Income and expenditure from:				
Donations and legacies	2	£700.43	£0.00	£700.43
Charitable activities	3	£540.60	£0.00	£540.60
Investments	4	£0.00	£0.00	£0.00
Total		£1241.03	£0.00	£1241.03
Expenditure on:				
Charitable activities	5/8	-£1821.23	-£4258.97	-£6080.20

Total		-£580.20	-£4258.97	-£4839.17
Transfers between funds		£0.00	£0.00	£0.00
Net movement in funds		£0.00	£0.00	£0.00
Reconciliation of funds		-£580.20	-£4258.97	-£4839.17
Totally funds brought forward		£7,175.30	£8,238.80	£15,414.10
Total funds carried forward		£6595.10	3979.83	£10574.93

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.

During this year we have been developing the idea of Nurturing Mindful Communities, working with potential partners and inspiring them to be part of this initiative. We continue to develop many new partnerships which we look forward to exploring further. This, our fifth 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:

Signatures	E.W.Williams	<i>M.Jones</i>
Full Names	Elizabeth Williams	Matthew Jones
Position	Chair	Secretary

Date: 16th January 2026

Charity number: 1193146

**Report of the Treasurer and Unaudited Financial Statements
For the year to date ended 31 December 2025**

Meddylgarwch Cymru / Mindfulness Wales
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Report of the Treasurer

Independent Examiner's Report to the Trustees - not applicable

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Meddylgarwch Cymru / Mindfulness Wales
Report of the Treasurer
For the financial year to date ended 31 December 2025

The Treasurer has the pleasure in presenting their report and the financial statements for the charity for the year ended 31 December 2025 (from 1 January 2025). The Treasurer has adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Meddylgarwch Cymru / Mindfulness Wales
Report of the Treasurer Continued
For the financial year to date ended 31 December 2025

OBJECTIVES AND ACTIVITIES

Vision

Sharing mindfulness to help Wales become a more compassionate, kinder, fairer and more sustainable society.

Mission

We work together with partners to nurture mindful communities by helping them weave mindfulness into the life and work of Wales

Values



Our Values



Compassion: an open-hearted commitment to the alleviation of suffering



Connection: Being in kindly, warm-hearted relationship with nature and other people, founded on a sense of shared humanity



Community: nurturing a sense of belonging and inclusion for all



Kindness Taking engaged action for the benefit of others, from a place of presence, care, and service



Co-creation: Actively working together in partnership with our mindfulness community in Wales and beyond

Summary of Objectives

- Inviting inspiration and challenge from mindfulness practitioners
- Nurturing a network of mindfulness teachers and practitioners
- Collaborating with organisations and communities
- Sharing the stories of mindfulness in practice

Summary of Main Activities Undertaken for Public Benefit

Date	Event
18.2.25	Mindfulness meets Music
18.3.25	Look Again: Mindful Photography
6.5.25	Mindfulness and Politics: making more compassionate policy
18.5.25	Drop-in Retreat Day
8.7.25	Mindfulness Wales Caffi
25.11.25	Mindfulness Wales Friends
8.12.25	Mindfulness Wales Caffi

Significant activities

Manchester Mindfulness Festival October 2025: Three trustees participated in this event and used our stall to make contacts and share our vision.

‘Improving Wellbeing, Teamwork and Resilience at Work’ conference: Three trustees presented at the conference organised by the National Endoscopy Program and Cook Medical

Numerous informal discussions with individuals and organisations exploring the possibilities of Nurturing Mindful Communities.

Introductory talk to Primary Headteachers in Cardiff

Compassionate Mind Training Project – training to develop compassionate capacity.

Mindfulness at Amgueddfa Cymru – working with Big Pit to develop mindful pause points to enhance visitor experience at the museum.

Future

Our vision and values are taking shape and coalescing into our developing Nurturing Mindful Communities project, weaving mindfulness into life and work throughout Wales.

Our goal is to continue to grow the sense of community, connection and belonging within and across the mindfulness communities of Wales. We aim to do this through providing opportunities for collaboration and facilitating the sharing of ideas, resources and mutual support.

We’re building a resource bank of examples of mindfulness-based activities to inform and inspire and working with Friends and partners to support individuals, groups and organisations to get involved. You can watch a presentation about Nurturing Mindful Communities [here](#).

Meddylgarwch Cymru / Mindfulness Wales
Report of the Treasurer Continued
For the financial year to date ended 31 December 2025

FINANCIAL REVIEW

The programme of events remained primarily online.

The charity saw an income in the year to date of £1,241.03 and finished with net funds of £10,574.93 (down from £15,414.10 in the previous year), of which £3,979.83 of funds are restricted.

Donations received were £700.43 (Up from £517.94 in the previous years report), with a further £540.60 in donations coming from events.

Review of the Financial Statements for the Year to Date Ended 31 December 2025

During the year to date (31/12/2025), total income was £1,241.03 of unrestricted income, of which £529.86 came from a single event. The income has been supplemented by the donations made at drop in sessions and events that have been delivered.

Total expenditure was £6,080.20. Of this expenditure £4,258.97 was from restricted funds, (Lottery funding) and is due to the development of the charities website, payment of mindfulness 'story' collectors and translations from English into Welsh. The remaining expenditure from unrestricted funds is £1,821.23. This included the marketing of events, online running costs, and insurance.

On 31 December 2025 unrestricted funds were £6595.10 and restricted funds were £3,979.83.

Reserves - £2,500 which is maintained at current account.

Investment Powers and Policy

Under the Governance Document, there are no restrictions of the power of trustees to invest funds. To support the cashflow needs of the organisation, available funds are kept in instant-access savings accounts where interest can be earned when

possible, of which £2,500 is considered as 'Reserve'.

Risk Management - Not applicable at this time

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Meddygarwch Cymru / Mindfulness Wales is a Charitable Incorporated Organisation (CIO) governed by its Constitution following incorporation on 19 January 2021.

Meddylgarwch Cymru / Mindfulness Wales
Report of the Treasurer Continued
For the financial year to date ended 31 December 2025

Governance

The Board of Trustees in this financial year to date, is comprised of 7 members with varied backgrounds, experience and skills, all relevant to the work of the charity and meets every month. In addition to this there are Committees / Steering Groups to advise and guide on specific areas and projects. These groups report back to the full Board.

Recruitment and appointment of trustees

Trustee recruitment considers the needs, in terms of expertise, diversity and succession planning, of the charity. Openings are communicated via our newsletter/email. Applicants are invited to apply in line with the guidance outlined.

Induction and training of trustees

Prior to the appointment of a trustee, applicants are provided with a comprehensive overview of the charity's journey so far to offer contextual understanding, its current position and performance, and its aims going forward. On appointment, Trustees are given guidance and support to induct them into their new role.

REFERENCE AND ADMINISTRATIVE INFORMATION

Address:	1-2 PARK COTTAGES PENYGARN PONTYPOOL NP4 8BL
Phone:	07946063068

Email:	info@mindfulness-wales.org
Website:	https://mindfulness-wales.org

Meddylgarwch Cymru / Mindfulness Wales
Report of the Treasurer Continued
For the financial year to date ended 31 December 2025

The trustees and officers serving were as follows:

Name	Role	Date of appointment
Mathew Jones	Trustee	10 January 2024
Katharine Margaret Tucker	Trustee	15 February 2024
Gwenan Mair Roberts	Trustee	25 June 2021
Christopher Shaun Ruane	Trustee	04 December 2020
Heather Lynne Fish	Trustee	15 May 2020
Elizabeth Mary Williams	Trustee	15 May 2020
Robert John Callen-Davies	Trustee	15 May 2020

Independent Examiner (not applicable)

Approved by the Board of Trustees and signed on its behalf by

Signature

Date

Meddylgarwch Cymru / Mindfulness Wales
Statement of Financial Activities
For the financial year to date, ended 31 December 2025

	Notes	Unrestricted funds	Restricted funds	2025
		£	£	£
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Meddylgarwch Cymru / Mindfulness Wales
Statement of Financial Position
For the financial year to date, ended 31 December 2025

	Notes	2025
		£
Current assets		
Debtors		£0.00
Cash at bank and in hand		£10574.93
Creditors: amounts falling due within one year		3979.83
Net current assets		£6595.10
Total assets less current liabilities		£6595.10
Creditors: amounts falling due after more than one year		£0.00
Net assets		£6595.10
The funds of the charity		
Restricted income funds		3979.83
Unrestricted income funds		£6595.10
Total funds		£10574.93

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

Signature	E.M Williams	MJones
Name	Elizabeth Williams (Chair)	Matthew Jones (Secretary)
Date	16th January 2026	16th January 2016

Meddylgarwch Cymru / Mindfulness Wales
Notes to the Financial Statements
For the financial year to date, ended 31 December 2025

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

Meddylgarwch Cymru / Mindfulness Wales meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital

investment. It is to be noted that the charity has identified a reserve (maintained at current account of £2,500)

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Meddylgarwch Cymru / Mindfulness Wales
Notes to the Financial Statements
For the financial year to date, ended 31 December 2025

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure.

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Meddylgarwch Cymru / Mindfulness Wales
Notes to the Financial Statements
For the financial year to date, ended 31 December 2025

2. Income from donations and legacies

2. Income from donations and legacies	Unrestricted funds	Restricted funds	2025
	£	£	£
Donations received	£700.43	£0.00	£700.43
Grants received	£0.00	£0.00	£0.00
Totals			£700.43

3. Income from charitable activities

3. Income from charitable activities	2025
	£
Unrestricted funds	£540.60

4. Investment income

4. Investment income	2025
	£
Unrestricted funds	£0.00
Bank interest receivable	£0.00
Total	£0.00

5. Costs of charitable activities by fund type

5. Costs of charitable activities by fund type	Unrestricted funds	Restricted funds	2025
	£	£	£
Serving the mindfulness community in Wales (events, marketing, promotion)	£1358.69	£1771.68	£3130.37
Support costs	£462.54	£2487.29	£2949.83
Total			£6080.20

Meddylgarwch Cymru / Mindfulness Wales
Notes to the Financial Statements continued
For the financial year to date, ended 31 December 2025

6. Costs of charitable activities by activity type

6. Costs of charitable activities by activity type	Activities undertaken directly	Support costs	2025
	£	£	£
Support cost	0.00	£2949.83	£2949.83

6. Costs of charitable activities by activity type	Activities undertaken directly	Support costs	2025
Serving the mindfulness community in Wales (events, marketing, promotion)	£3130.37	0.00	£3130.37

7. Analysis of support costs

7. Analysis of support costs	2025
	£
Serving the mindfulness community (events, marketing, promotion, story gathering)	£4227.48
Management	£0.00
Finance	£0.00
IT	£1366.67
Legal and professional fees	£486.05
Office costs	£0.00
Travel and accommodation	£0.00
Development fund	£0.00
Governance costs	£0.00
Total	£6080.20

8. Net income/(expenditure) for the year (year to date)

8. Net income/(expenditure) for the year (year to date)	2025
This is stated after charging (crediting)	£
Accountancy fees	0.00
Staff pension contributions	0.00
Total	-£4839.17

Meddylgarwch Cymru / Mindfulness Wales
Notes to the Financial Statements continued
For the financial year to date, ended 31 December 2025

9. Staff costs and emoluments

8. Net income/(expenditure) for the year (year to date)	2025
This is stated after charging (crediting)	£
Accountancy fees	0.00
Staff pension contributions	0.00
Total	0.00

There are no employees and therefore no employee earned more than £60,000 during the year (nil:2024).

The total employee benefits including pension contributions of the key management personnel were nil.

Support Staff - nil.

10. Trustee remuneration and related party transactions

During the year there were no payments made to the trustees to disclose for 2025 (2024:none).

There were no other related party transactions to disclose for 2025 (2024:none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Meddylgarwch Cymru / Mindfulness Wales
Notes to the Financial Statements continued
For the financial year to date, ended 31 December 2025

11. Comparative for the Statement of Financial Activities

11. Comparative for the Statement of Financial Activities	Unrestricted funds	Restricted funds
	£	£
Income and endowments from:		
Donations and legacies	£700.43	£0.00
Charitable activities	£540.60	£0.00
Investments	£0.00	£0.00
Total	£1241.03	£0.00
Expenditure on:		
Charitable activities	-£1821.23	-£4258.97
Total	-£580.20	-£4258.97
Transfers between funds	£0.00	£0.00
Net movement in funds	£0.00	£0.00
Reconciliation of funds	£0.00	£0.00
Total funds brought forward	£7175.30	£8,238.80
Total funds carried forward	6595.10	3979.83

12. Debtors

Not applicable

13. Creditors: amounts falling due within one year

13. Creditors: amounts falling due within one year	2025
	£
Amounts due within one year	
Other creditors (Lottery Grant)	£3979.83

13. Creditors: amounts falling due within one year	2025
Accruals and deferred income	£0.00
Total	£3979.83

14. Creditors: amounts falling due after more than one year

13. Creditors: amounts falling due after more than one year	2025
	£
Amounts due after more than one year	£0.00
Loans and overdraft	£0.00
Total	£0.00

15. Movement in funds

Unrestricted Funds

	Balance at 01/04/2024	Incoming resources	Outgoing resources	Transfers	Balance at 31/12/25
	£	£	£	£	£
General	£7175.30	£1241.03	-£1821.23	£0.00	£6595.10
Total					£6595.10

Purpose of unrestricted Funds

General

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Restricted Funds

	Balance at 01/01/2025	Incoming resources	Outgoing resources	Transfers	Balance at 31/12/25
	£	£	£	£	£
Lottery	£8238.80	£0.00	£4258.97	£0.00	£3979.83

	Balance at 01/01/2025	Incoming resources	Outgoing resources	Transfers	Balance at 31/12/25
Total					£3979.83

Purpose of restricted funds - Lottery grant funding:

General

20 FTE days of time from one or more person @£270 per day to:

- Reach out to communities where there is already good practice and proactively encourage them to share their stories
- Collect, edit and collate these stories so they can be searchable by sector, target group, area of mindfulness, locality etc

£5,400

Translation and development of Nurturing Mindful Communities related material and resources in Welsh

£2000

Graphic design to present our stories in the most accessible, informative and attractive format

£1200

Restricted fund is a Lottery grant.