



# Mindset Vitality



## 2024 Annual Charity Report

This report highlights our achievements, impact, and financial performance during the year 2023.-2024

Nurturing Hearts,  
Restoring Hope.

[www.mindsetvitality.org.uk](http://www.mindsetvitality.org.uk)



24

We provided 24 face-to-face Bereavement Friendship group sessions for up to 20 individuals in Pontardawe. 9 became regular attendees.

20

In our Neath group we provided 20 sessions to 5 individuals.



311

Our website was launched in August 2023 and drew 311 visitors by the end of March.

## Mission Statement

Our mission is to alleviate the loneliness of grief and empower bereaved adults by providing access to Bereavement Friendship groups, psycho-education, and strategies for managing emotions and increasing self-care.

## Financial Summary

The charity recorded a total revenue of £8364.00, with 74% allocated directly to program expenses, 15% to administration, and 11% to fundraising efforts.



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# Program and Impact

## Overview of Program

Mindset Vitality ran Bereavement Friendship Groups in Pontardawe and Neath affording grieving adults a safe, compassionate space in which to share their grief.

## Program Highlights

Our free Bereavement Friendship Groups have gradually increased drop-in rates and gained core groups of regular attendees who benefited from

- Sharing their struggles and secondary losses
- Normalising their feelings
- Learning easy to apply techniques to cope with strong emotions and improve their wellbeing.



## Impact Assessment

Through our groups, we witnessed significant individual transformations, including improved socialisation, better coping skills, and increased confidence.



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# Financial Overview



## Current Assets

Cash and Cash Equivalents	£121788.00
Accounts Receivable	
Inventory	
Total Current Assets	£121788.00

## Revenues

Donations	£50.00
Grants	
Fundraising Events	£8314.00
Total Revenues	£8364.00

## Expenses

Program Expenses	£6139.00
Administrative Costs	£1305.00
Fundraising Expenses	£920.00
Total Expenses	£8364.00

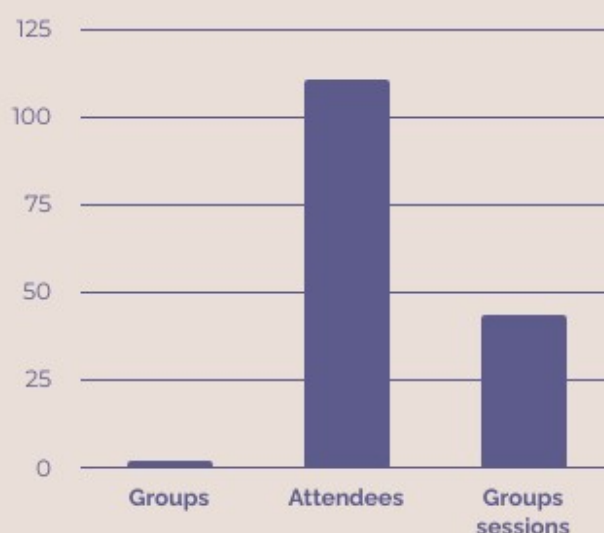


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# Funding Impact

The Impact Snapshot section provides a condensed overview of the significant impact created by Mindset Vitality's groups.



## Words from Group Attendees

"Thanks to attending the Pontardawe group I have made friends and now socialise in another group too. I don't feel so isolated and have been able to implement self-care strategies to cope much better with my situation."

Pat

"I enjoy the group so much and have hardly missed a session. I have made new friends and now I am a volunteer co-host helping to run the group."

Val

"Mindset Vitality has helped me to build my confidence to socialise more. It has been invaluable to engage with other griever and learn mindset techniques."

Shirley

"I have attended the group since it started and have not missed a session despite working. I was really struggling with my recent bereavement when I joined the group. Through Mindset Vitality I have new friends and helpful ways of dealing with my emotions."

Esther



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