

The Mindfulness Project

England & Wales · Charity number 1200437

Details

Other names	PRESENT FUTURE FOUNDATION
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Status	Registered
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Legal form	Charitable company
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Company number	13539410
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Registered	2022-09-21
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Register	View on the Charity Commission register
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Contact

Address	39 Long Acre London WC2E 9LG
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Phone	02032898132
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Email	friend@londonmindful.com
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Website	www.londonmindful.com
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Activities

Objects: THE CHARITY'S OBJECTS ('THE OBJECTS') ARE RESTRICTED SPECIFICALLY FOR THE PUBLIC BENEFIT TO:1) THE ADVANCEMENT OF EDUCATION IN MENTAL HEALTH, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROMOTING THE RESEARCH, STUDY, TEACHING AND PROMOTION OF MINDFULNESS AND QUALIFIED MINDFULNESS-BASED APPROACHES;2) THE PRESERVATION AND PROTECTION OF GOOD MENTAL AND PHYSICAL HEALTH INCLUDING BY PROMOTING AND PROVIDING FACILITIES FOR THE TRAINING AND PRACTICE OF MINDFULNESS AND QUALIFIED MINDFULNESS-BASED APPROACHES.

Activities: ADVANCING EDUCATION IN MENTAL HEALTH, INCLUDING BY PROMOTING THE RESEARCH, STUDY, TEACHING AND PROMOTION OF MINDFULNESS AND QUALIFIED MINDFULNESS-BASED APPROACHES; PRESERVATION AND PROTECTION OF GOOD MENTAL AND PHYSICAL HEALTH INCLUDING BY PROMOTING AND PROVIDING FACILITIES FOR THE TRAINING AND PRACTICE OF MINDFULNESS AND QUALIFIED MINDFULNESS-BASED APPROACHES

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£220	£1,133	-	-
2024-07-31	£187	£917	-	-
2023-07-31	£10	£1,129	-	-

Trustees

Name	Role	Appointed
Autumn Totton	Chair	2021-07-30
ALEXANDRA FREY MISS		2021-07-30
Dr Cinzia PEZZOLESI		2024-05-01
Emily Mitchell		2023-01-21
Willeboord Koole		2023-01-21