

TRAIN ANY BRAIN

England & Wales · Charity number 1207048

Details

Status Registered

Legal form CIO

Registered 2024-02-15

Register [View on the Charity Commission register](#)

Contact

Address 21 Witherington Road
London
N5 1PN

Phone 07742897391

Email 4trainingyourbrain@gmail.com

Activities

Objects: THE ADVANCEMENT AND PROMOTION OF MENTAL HEALTH AND WELLBEING THROUGH TEACHING THE THEORY AND PRACTICE OF MINDFULNESS.

Activities: Teaching mindfulness online and in person

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£0	£0	-	-

Trustees

Name	Role	Appointed
Frederick Roll	Chair	2024-02-15
Georg Thesmann		2023-12-01
Gillie Marceau		2023-12-01

TRAIN ANY BRAIN

England & Wales - Charity number 1207048

Accounts



Trustees Report for 2024

The TrainAnyBrain charity has the advancement and promotion of mental health and wellbeing through the teaching of the theory and the practice of mindfulness as its primary goal. Throughout the year, this has been in the forefront of its trustees' minds.

Also, to this end, its volunteer, Christopher Norris, taught four nine-week online TrainAnyBrain mindfulness courses for the Islington-based charity Stress Project during the year. Sadly, two further courses were cancelled due to his poor health. The charity's chairman, Frederick Roll, suffered a stroke during the year as well.

There was a verbal agreement in place with Stress Project that it would pay TrainAnyBrain for the delivery of the four courses taught by Christopher Norris. TrainAnyBrain understood that it had secured grant funding to do so. However, the year ended with Stress Project disputing its commitment. (It did however agree to pay what was owed later.) This meant that TrainAnyBrain's first year of operation ended with no financial transactions taking place. Indeed, the charity even struggled to get a working bank account up and running.

- 1.

Accounting Period	Transactions	
2024	Total Income	£0.00
2024	Total Expenditure	£0.00
		£0.00