



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