

THE MINDFUL FOUNDATION

England & Wales · Charity number 1209439

Details

Status Registered

Legal form CIO

Registered 2024-08-05

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

Contact

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Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH OF YOUNG PEOPLE SURVIVING OR AT RISK OF ABUSE IN THE UNITED KINGDOM OR SOUTH AFRICA IN SUCH WAYS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT, INCLUDING BUT NOT BY WAY OF LIMITATION THROUGH THE PROVISION OF EDUCATION AND PSYCHOLOGICAL SUPPORT, TO INCREASE SELF-ESTEEM AND HEALING.

Activities: The Mindful Foundation runs an Abusive Prevention and Support Course called Think Different. This has previously been taught in South Africa to children aged 8-16, and is now being integrated into schools through our Think Different: Teacher Training.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- South Africa
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,000	£740	-	-

Trustees

Name	Role	Appointed
Natasha Taliadoros	Chair	2024-04-01
Dr Stuart Russel Walker		2024-04-22
Sam Webber		2025-02-24
Sarah Jane Kelly		2024-04-22