

Trustees' Annual Report and Accounts

For the period: 5 August 2024 to 31 March 2025

Charity Name:

The Mindful Foundation 1209439

Trustees:

- Natasha Taliadoros – Chair
- Sam Webber – Trustee
- Dr Stuart Russel Walker – Trustee
- Sarah Jane Kelly – Trustee

Structure, Governance and Management

The Mindful Foundation is governed by its founding constitution and operated by a board of trustees with relevant experience in abuse prevention, education, and trauma-informed care.

Objectives and Activities

The charity exists to prevent abuse, support recovery, and promote wellbeing through trauma-informed education and early intervention. Its flagship programme, Think Different: Abuse Prevention & Support, is designed to build emotional resilience, self-worth, and safe relationship skills in young people aged 8–16.

Summary of Achievements (2024–2025)

During this initial period, we focused on foundational development, including:

- Designing educational and training materials
- Beginning development of the charity's website
- Establishing key partnerships and networks in the UK and South Africa
- Planning and arranging an in-country visit to South Africa in May 2025
- Initiating conversations with schools to embed the Think Different programme

Financial Review

In our first financial period:

- Income: £1,000 (donation)
- Expenditure: £740 (website design and hosting)

The remaining balance of £260 will be carried forward into the next financial year to support delivery and expansion.

Reserves Policy

Given the early stage of development, the charity does not yet operate a formal reserves policy but aims to maintain a small unrestricted reserve to ensure basic operational continuity.

Future Plans

In 2025–26, we aim to:

- Finalise and launch our full website
- Secure funding to expand our work across four UK schools
- Return to South Africa to deliver further programmes with five partner organisations
- Continue strengthening our partnerships with local authorities, Women's Aid, and NSPCC
- Train over 100 educators and reach 800+ children with the Think Different programme

Declaration

Approved by the board of trustees and signed on their behalf:

Natasha Taliadoros
Chair of Trustees
Date: 28/07/2025



Receipts and Payments Accounts Aug 2024 – March 2025

Receipts:

- Donation Income: £1,000

Payments:

- Website Design & Hosting: £740

Balance Carried Forward: £260