

MINDFUL THERAPIES CIO

England & Wales · Charity number 1210313

Details

Status Registered

Legal form CIO

Registered 2024-10-03

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

Contact

Address Mindful Therapies Centre
British India House
15 Carlisle Square
Newcastle Upon Tyne
NE1 6UF

Phone 07990574667

Email info@mindfultherapiescio.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS: TO PRESERVE AND PROTECT THE GOOD MENTAL AND PHYSICAL HEALTH OF THE GENERAL PUBLIC IN THE NORTH EAST OF ENGLAND BY PROVIDING CLASSES, COACHING, INFORMATION, WORKSHOPS AND SESSIONS ON MINDFULNESS- AND MEDITATION-BASED PRACTICES.

Classification

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

Geography

- Durham
- Gateshead
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£28,604	£13,657	-	-

Trustees

Name	Role	Appointed
Geof Ellingham Ellingham	Chair	2024-02-03
ALISDAIR STEWART CAMERON		2025-05-12
Ann Dymyd		
James Sebastian Groves		2024-11-18
Josephine Hutton		
Nimerta Kaur Virdee		2025-05-12