

MINDFULTHERAPIES CIO

REPORT AND FINANCIAL STATEMENTS
For the year ended 30 June 2025

Charity Number 1210313

MINDFULTHERAPIES CIO

ANNUAL REPORT AND FINANCIAL STATEMENTS

For the year ended 30 June 2025

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MINDFUL THERAPIES CIO

Trustees' Annual Report for the year ended 30 June 2025

1. Reference and Administrative Details

Charity Name: Mindful Therapies CIO

Charity Number: 1210313

Principal Address: 1st Floor, British India House, 15 Carliol Square, Newcastle upon Tyne, NE1 6UF

Trustees:

Ann Dymyd

Geof Ellingham

James Sebastian Groves

Nimerta Kaur Virdee

Josephine Hutton

Alisdair Stewart Cameron

Structure, Governance and Management:

Mindful Therapies is a Charitable Incorporated Organisation (CIO) governed by its constitution.

Key Advisors:

Bankers: Virgin Money

Independent Examiner: Lilian Hetherington FCA, Connected Voice, One Strawberry Lane, Newcastle upon Tyne NE1 4BX.

2. Objectives and Activities

Objectives:

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.

Activities:

- Delivering mindfulness-based classes, workshops and sessions
- Providing coaching and information to support mental health and wellbeing
- Developing partnerships within the local community and voluntary sector
- Establishing systems, governance, and operational infrastructure
- Securing funding to support delivery

MINDFUL THERAPIES CIO

Trustees' Annual Report for the year ended 30 June 2025

Public Benefit:

The trustees confirm they have had regard to Charity Commission guidance and that the charity's activities provide public benefit.

3. Achievements and Performance

Key achievements include securing grant funding, including National Lottery Awards for All to deliver community-based classes; Delivering weekly mindfulness sessions; Delivering mindfulness sessions on behalf of other charities Establishing governance systems, and developing partnerships. This represents a strong foundation year for the charity.

4. Financial Review

Total income: £28,604 of which £8,678 was unrestricted and £19,926 was restricted.

Total expenditure: £13,657 of which £9,904 was unrestricted and £3,753 was restricted.

Net movement in funds: £14,947.

Income sources included donations (£3,779), grants (£19,926), and trading (£4,580).

Total funds at year end were £14,947 of which unrestricted funds was a deficit of £1,226 and restricted funds was £16,173.

5. Reserves Policy

Unrestricted reserves: deficit of £1,226. The charity aims to build reserves over time.

6. Risk Management

Key risks include funding sustainability, capacity, and financial management. Mitigation includes monitoring and planning.

7. Structure, Governance and Management

The charity is governed by trustees who meet regularly. No trustees received remuneration.

Average staff headcount: 2.

8. Plans for the Future

Plans include expanding services, building partnerships, securing funding, and increasing impact.

MINDFUL THERAPIES CIO

Trustees' Annual Report for the year ended 30 June 2025

9. Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity SORP requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of incoming resources and application of resources, including the receipts and payments of the charity for that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records that disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

10. Approval

Approved by trustees on: **29/04/2026**

Signed: Ann Dymyd
Ann Dymyd (Apr 29, 2026 21:01:55 GMT+1)
Ann Dymyd
Chair

MINDFUL THERAPIES CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 30 June 2025

I report on the financial statements of Mindful Therapies CIO for the year ended 30 June 2025, which are set out on pages 5 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2022 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Lilian Hetherington (Apr 30, 2026 10:52:10 GMT+1)

Lilian Hetherington FCA

Fellow of the Institute of Chartered Accountants

Connected Voice Business Services

One Strawberry Lane

Newcastle upon Tyne

NE1 4BX

Date:

30/04/2026

MINDFULTHERAPIES CIO**STATEMENT OF FINANCIAL ACTIVITIES**

For the year ended 30 June 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2025 £
Income from:				
Donations and legacies	6	4,098	-	4,098
Charitable activities				
Grants and contracts	7	-	19,926	19,926
Other trading activities	8	4,580	-	4,580
Total income		8,678	19,926	28,604
Expenditure on:				
Charitable activities				
Operation of the charity	9	9,904	3,753	13,657
Total expenditure		9,904	3,753	13,657
Net income/(expenditure) and net movement of funds		(1,226)	16,173	14,947
Reconciliation of funds				
Total funds brought forward		-	-	-
Total funds carried forward		(1,226)	16,173	14,947

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 7 to 12 form an integral part of these accounts.

BALANCE SHEET

As at 30 June 2025

	Notes	£	Total 2025 £
<u>Current assets</u>			
Cash at bank and in hand	14	15,504	
<i>Total current assets</i>		15,504	
Creditors: amounts falling due within one year	15	(557)	
<i>Net current assets</i>			14,947
<i>Total assets less current liabilities</i>			14,947
<i>Total net assets or liabilities</i>			14,947
<u>Funds of the charity</u>			
Unrestricted income funds			(1,226)
Restricted income funds			16,173
<i>Total funds</i>			14,947

The notes on pages 7 to 12 form an integral part of these accounts.

These financial statements were approved by the Board on: **29/04/2026**

and are signed on its behalf by:

Ann Dymyd
Chair

Ann Dymyd
Ann Dymyd (Apr 29, 2026 21:01:55 GMT+1)

MINDFUL THERAPIES CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2025

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2022.

Mindful Therapies CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of deficit £1,226 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

3.9 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

MINDFUL THERAPIES CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2025

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, the charity does not currently have any tangible fixed assets:

MINDFULTHERAPIES CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2025

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2025 £
6 Donations and legacies			
Donations and gifts	3,504	-	3,504
Gift Aid	594	-	594
	<u>4,098</u>	<u>-</u>	<u>4,098</u>
7 Charitable activities			
<u>Income from grants</u>			
National Lottery Awards for All	-	19,926	19,926
	<u>-</u>	<u>19,926</u>	<u>19,926</u>
8 Other trading activities			
Service income	4,580	-	4,580
	<u>4,580</u>	<u>-</u>	<u>4,580</u>

Income was £28,604 of which £8,678 was unrestricted or designated and £19,926 was restricted

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2025 £
9 Charitable activities			
<u>Support costs</u>			
Staffing costs	7,681	3,542	11,223
Support staff other costs	300	-	300
Travel	805	33	838
Rent	290	-	290
Insurance	525	-	525
Other costs	63	178	241
<u>Governance costs</u>			
Independent examiner's fees for reporting on the accounts	240	-	240
	<u>9,904</u>	<u>3,753</u>	<u>13,657</u>

Expenditure on charitable activities was £13,657 of which £9,904 was unrestricted or designated and £3,753 was restricted

MINDFULTHERAPIES CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2025

10 Fees for examination of the accounts

	2025 £
Independent examiner's fees for reporting on the accounts	240
	<u>240</u>

There were no other fees paid to the examiner

11 Staff numbers

The average monthly head count was 2 staff

12 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

13 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

14 Cash at bank and in hand

	2025 £
Cash at bank and in hand	14,969
Cash in hand	535
	<u>15,504</u>

15 Creditors and accruals (payable within 1 year)

	2025 £
Trade creditors	88
Taxation and social security	229
Accruals	
Independent examination of accounts	240
	<u>557</u>

16 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

MINDFULTHERAPIES CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2025

17 Analysis of charitable funds

Analysis of movements in unrestricted funds

For the year ended 30 June 2025

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	-	8,678	(9,904)	-	(1,226)
Totals	-	8,678	(9,904)	-	(1,226)

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity

Analysis of movement in restricted funds

For the year ended 30 June 2025

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
National Lottery Awards for All	-	19,926	(3,753)	-	16,173
Totals	-	19,926	(3,753)	-	16,173

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

National Lottery Awards for All To deliver community based classes

18 Capital commitments

As at 30 June 2025, the charity had no capital commitments

19 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2025 £
Cash at bank and in hand	(669)	16,173	15,504
Other net current assets/(liabilities)	(557)	-	(557)
	(1,226)	16,173	14,947

19 Guarantee

There have been no guarantees given by the charity at 30 June 2025.

MINDFULTHERAPIES CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2025

20 Debt

There is no debt outstanding

21 Governing document

The organisation is a Charitable Incorporated Organisation - Foundation registered on 03 October 2024 as a body corporate under part 11 of the Charities Act 2011.