

BRITISH ASSOCIATION OF MINDFULNESS-BASED APPROACHES

England & Wales · Charity number 1211302

Details

Other names BAMBA

Status Registered

Legal form CIO

Registered 2024-12-09

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

Contact

Address International House
109-111 Fulham Palace Road
London
W6 8JA

Phone 07712420441

Email director@bamba.org.uk

Website <https://bamba.org.uk>

Activities

Objects: FOR THE PUBLIC BENEFIT, TO ADVANCE GOOD GENERAL HEALTH AND WELLBEING AMONG THE GENERAL PUBLIC AND TO RELIEVE ILL-HEALTH AMONG THOSE SUFFERING DEPRESSION OR ANXIETY-BASED DISORDERS, IN PARTICULAR, BUT NOT EXCLUSIVELY, BY:A. UPHOLDING THE HIGHEST STANDARDS OF PRACTICE IN THE FIELD OF MINDFULNESS IN BOTH PRACTICE AND IN TEACHING, TRAINING, AND SUPERVISION, ENSURING THAT THE PUBLIC HAS ACCESS TO SAFE, EFFECTIVE, AND EVIDENCE-BASED MINDFULNESS-BASED APPROACHES;B. EDUCATING THE PUBLIC ABOUT THE BENEFITS AND STANDARDS OF PRACTICE OF MINDFULNESS.C. COLLABORATING WITH OTHER ORGANISATIONS, INSTITUTIONS, AND STAKEHOLDERS INVOLVED IN MINDFULNESS TO SHARE KNOWLEDGE, PROMOTE BEST PRACTICES, AND ENHANCE THE OVERALL QUALITY OF MINDFULNESS SERVICES AVAILABLE TO THE PUBLIC.D. PROVIDING ACCREDITATION AND CERTIFICATION FOR MINDFULNESS PRACTITIONERS, TRAINERS AND SUPERVISORS WHO MEET THE ORGANISATION'S ESTABLISHED STANDARDS, AND TO CONDUCT ANNUAL ASSESSMENTS OF THOSE LISTED WITH THE ORGANISATION TO ENSURE THEY CONTINUE TO UPHOLD THESE RECOGNISED STANDARDS.

Activities: For the public benefit, to advance good general health and wellbeing among the general public and to relieve ill-health among those suffering depression or anxiety-based disorders, in particular, but not exclusively, by: upholding the highest standards of practice in the field of mindfulness in both practice and in teaching, training, and supervision.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, Other Charitable Purposes
- **Who:** People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Trustees

Name	Role	Appointed
Sophie Ann Sansom	Chair	2024-09-01
Chikanayo Ada May Okorafor		2024-08-01
Jeremy Andrew Shackelford		2022-08-01
Mari Thorman		2025-04-01
Peter John Anthem		2023-09-01