

**Charity Name**

- British Association of Mindfulness-Based Approaches (BAMBA)

Charity number

- 1211302

Reporting period

- 01.01.25 to 31.12.25

Registered address

- International House, 109 – 111 Fulham Palace Road, London. W6 8JA

Trustees

- Chair Sophie Sansom
- Jeremy Shackelford
- Chikanyo Okorafor
- Peter Anthem
- Mari Thorman

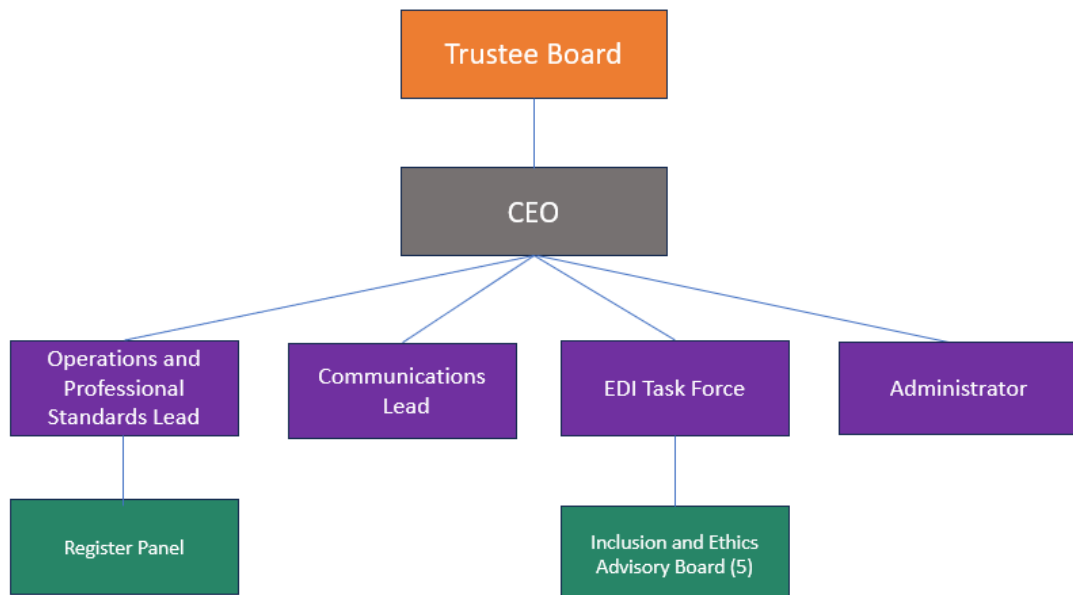
Trustee Chair overview from Dr Sophie Sansom

2025 marked BAMBA's first full year operating as a registered charity. Throughout the year we focused on strengthening governance, supporting our members and affiliate organisations, maintaining professional standards, and expanding our contribution to a safe, ethical and inclusive mindfulness sector. We are grateful to our volunteers, advisory board members, affiliate organisations, teachers and wider community whose support enables BAMBA to fulfil its charitable objectives.

The following report outlines our charity structure for 2025, governance framework, the Trustee recruitment and hiring and succession process and how, as an organisation we have met our objectives via various activities.

It has been a financially stable year for the organisation; we have seen growth in our affiliate organisation members and teachers register. We are excited to look forward to 2026/ 2027 activity as we continue to strengthen the organisation whilst delivering for our members, communities and society at large through our charitable aims and objectives.

Charity structure



Governance and Structure

- The British Association of Mindfulness-Based Approaches (BAMBA) is a Charitable Incorporated Organisation (CIO) registered in England and governed by its constitution. As a CIO, BAMBA is an incorporated charity with its own legal identity, enabling it to enter into contracts, hold assets, and limit the personal liability of its members.
- The charity is governed by a Board of Trustees, which is responsible for the overall management, strategic direction, and governance of the organisation. Trustees are required to act in good faith to further BAMBA's charitable purposes and to exercise appropriate care, skill, and diligence in carrying out their responsibilities. The Board may comprise up to eight trustees, with a minimum of four trustees required at all times. Trustees meet regularly throughout the year and may establish committees to support the effective delivery of BAMBA's work. The constitution also includes clear provisions relating to conflicts of interest, trustee conduct, financial controls, and accountability.
- BAMBA has a membership structure comprising Trustees, Individual Members, Affiliate Organisations, and Executive Board Members. Members exercise democratic oversight through Annual General Meetings and have key constitutional powers, including the election of trustees.

Trustee Recruitment, Appointment and Succession

- Trustee appointments are made through an open and transparent process designed to ensure that the Board maintains an appropriate balance of skills, experience and perspectives. Vacancies may arise through retirement, resignation, completion of term limits, or the need to strengthen areas of expertise.
- Under BAMBA's constitution, trustees may be elected by the membership at the Annual General Meeting. Where vacancies arise between Annual General Meetings, the existing Board may appoint a trustee to serve until the next AGM, at which point the appointment is subject to member oversight. All trustees must be eligible to serve under charity law, be at least 18 years old, and formally accept the responsibilities of trusteeship before taking office.
- The constitution provides for structured succession planning. Chair and Vice-Chair appointments are normally made for terms of up to two years, with limited extensions available. Trustees may move between board officer roles, supporting continuity of leadership while maintaining regular renewal. Trustees may serve for a maximum of six consecutive years and up to three trustee posts before stepping down, after which they may only be reappointed following a three-year break in service.
- To support effective induction and governance, all newly appointed trustees receive a copy of the constitution together with the charity's latest annual report and accounts, ensuring they understand their legal duties and the strategic priorities of the organisation from the outset. All appointed Trustees are required to complete a conflict-of-interest document which is held on file and reviewed annually by the CEO.
- This governance framework helps BAMBA maintain strong oversight, accountability, and continuity while ensuring that trustees are appointed through fair and transparent processes that support the charity's long-term sustainability.
- Trustees serve on a voluntary basis and receive no remuneration for their duties as trustees. During 2025, there was no requirement to pay any Trustee expenses (in accordance with BAMBA policy and the provisions of the constitution).

Meeting our Objectives – BAMBA Activities 01.01.25 to 31.12.25

Governance and Organisational Development

- Throughout 2025, the organisation has made significant progress on strengthening BAMBA's governance framework and infrastructure, including:
 - Adoption of the updated CIO constitution in December 2024 and subsequent implementation during 2025.
 - Review and development of governance policies and procedures which are all now in place.
 - Consideration of trustee succession, board structure and role progression.
 - Work on trustee expenses and financial controls, including a formal expenses policy and conflict of interest process.
 - Ongoing attention to Charity Commission reporting and regulatory compliance.
 - Trustees met at board meetings with the CEO eleven times between 01.01.25 and 31.12.25.
 - Trustees & CEO met with Advisory Board and Register Panel throughout 2025
 - AGM for all members was held in July 2025 as a full day event – online / live
 - Number of registered teachers as at 31.12.25 - 440
 - Number of affiliates organisations as at 31.12.25 - 18
 - Number of CPD events delivered in 2025 – 14

Strengthening Accreditation and Professional Standards

- A substantial area of BAMBA's work has focused on the organisation's role as the professional body and register for mindfulness practitioners, including:
 - Maintaining accreditation and listing standards.
 - Widening access to the professional teachers register
 - Supporting registered teachers and practitioners in maintaining professional standards.
 - Developing onboarding and information materials for new members.
 - Producing a new Members Information Pack for graduates and newly trained teachers entering the profession via a quality assessed affiliate training organisation.
 - Strengthening communication about BAMBA's standards framework and membership benefits.
 - The Equity, Diversity and Inclusion Advisory Board was formed in July 2025 in support of strengthening the organisations focus and direction towards

creating an inclusive mindfulness and contemplative field approach to teaching training and supervision whilst connecting deeply to the diverse needs of the communities and broader societies BAMBA and its members serve.

Partnerships and Sector Engagement

- We have been working closely with training organisations and affiliates throughout the year, including:
 - Collaboration with teacher training organisations through twice yearly meetings and AGM, holding space for affiliate led CPD events for teachers and the wider field.
 - Development of affiliate relationships through the sharing of resources, newsletters and promotion of training programmes, retreats and workshops.
 - Creating compelling communication to increase understanding of BAMBA's accreditation pathways.
 - Building awareness of the BAMBA Register and its role in promoting safe, ethical and inclusive practice via quality assessed training organisations and recognised training pathways.
 - Onboarding new training organisations and expanding our reach
 - Deepening relationships with partners such as the National Health Service (NHS) and the Mindfulness Initiative (MI).

Communications and Member Engagement

- We have delivered many significant communications to the field, including:
 - Production of member newsletters.
 - Production of affiliate resource newsletter
 - Promotion of BAMBA's values of caring, integrity, openness, inclusivity and responsiveness.
 - Sharing updates regarding standards, governance and organisational developments.
 - Event follow up and sharing of CPD materials and resources
 - Holding networking events, focus groups and insight gathering sessions

Delivering for Public Benefit

- We have met our objectives during this period by:
 - Promoting safe and evidence-informed mindfulness teaching, training and supervision.

- Supporting quality, ethics and professional standards for mindfulness practitioners via our affiliate organisation members and register of teachers.
- Providing increasing public assurance through accreditation and registration and ensuring robust processes are in place for new and renewal teacher applications to our public register.
- Educating the public and stakeholders about mindfulness and professional standards through open live information sessions, attending external events, staying active on social media and sharing information via various public communication platforms
- Collaborating with organisations involved in mindfulness education, training, supervision and practice.

Financial sustainability and organisational resilience.

- The organisation generated income of c£64k during this period, of which c£19k of these funds were won via a *National Lottery - Awards For All* grant that allows our EDI work and ambitions to continue into 2027.
- The majority (c£45k) income came from membership fees, affiliate organisation renewal membership fees and BAMBA ticketed CPD events.
- Year on year membership and renewals evidence a small increase in volume, thus impacting positively on organisational income.
- Trustee positions remained stable throughout 2025 and into 2026. As part of BAMBA's succession planning arrangements, trustee and officer appointments will be reviewed during 2026 in accordance with the terms set out in the constitution
- The addition of a volunteer EDI advisory board is proving effective in its early stages and is contributing well to BAMBA's overall organisational aims and objectives.
- BAMBA does not hold funds as a custodian trustee as at 31.12.25
- The trustees recognise the importance of maintaining appropriate reserves. As a newly established charity, BAMBA has not yet adopted a formal reserves policy. This will be reviewed during 2026 as part of the organisation's ongoing financial development.

Looking ahead 2026 – 2028

As we look ahead into 2026 / 27, we have already made a start on strengthening the connection between the mindfulness field and the professionalisation of teachers. We are focused on:

- Continuing to build strong foundations of 'professional standards' and reviewing the position of our good practice guidelines.
- Developing good practice guidelines across various populations (EDI, neurodiversity, trainers, supervisors)
- Elevating professional standards via compelling story telling, messaging, communication campaigns, case studies.
- Educating the public on the importance of safe, ethical and inclusive mindfulness and contemplative teaching, training and supervision.
- Working collaboratively with our affiliate organisations, members and professional partners to activate sustainable long-term change and innovate the field in support of wider human wellbeing and flourishing.
- Continuing our important work on the implementation of our inclusivity strategy whilst shifting to a position of long-term culture change around EDI and integration into BAMBA work, projects, values and purpose.
- Strengthen affiliate engagement through consistent communication, talking and meeting spaces, events and collaborative continuous improvement
- Continued review of our internal governance framework, trustee succession planning and recruitment of values led capable staff
- Building of organisational resilience and reserves.

BAMBA

NOTES TO ACCOUNTS

These funds are classed as 'restricted' due to them being awarded
05.12.25 for specific EDI related work and projects.

Adjustments Needed

YEAR ENDED 31 DEC 2025

PROFIT & LOSS ACCOUNT

INCOME

New Org Membership	988.00	
Renew Org Membership	7,765.69	
Additional accreditation	-	
New Individual Membership	9,777.46	
Renew Individual Membership	19,123.20	
Additional BMP	901.61	
MWC	-	
MWC Individual	-	
MWC Corporate	-	
Corporate programme	-	
Events	5,234.76	
Grants	-	
Donaions	-	
Interest	466.01	
Misc	-	
		44,256.73

EXPENSES

Directors	15,940.50	
Administration	4,476.00	
MWC	-	
IT etc	2,128.80	
Subscriptions	35.00	
Web hosting	70.65	
Comms	2,300.00	
Corporate programme	-	
Events	11,472.22	
Website	9,354.00	
Software	688.45	
Licences	178.80	
Marketing	254.05	
Misc	107.25	
Insurance	685.51	
Accountancy	-	
Bank Charges	46.98	
Travel Exps	-	
Depreciation	-	
		47,738.21

Net Profit/Loss

-	3,481.48
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BALANCE SHEET**FIXED ASSETS**

Depreciation	-	-
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CURRENT ASSETS

Debtors	-	
Bank	50,374.27	
Prepyaments	-	
		50,374.27

CURRENT LIABILITIES

Bank	-	
Creditors	-	
Accruals	37,136.00	
		37,136.00

NET CURRENT ASSETS		13,238.27
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TOTAL ASSETS LESS CURRENT LIABILITIES		<u>13,238.27</u>
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FINANCED BY

Capital B/Fwd		16,719.75
Capital Introduced		-
Profit/Loss for Year	-	3,481.48
		<u>13,238.27</u>

Diff

0.00

BAMBA

YEAR ENDED 31 DEC 2025

TRIAL BALANCE

		Debit	Credit
B/F from 2024			13,740.41 A/C # 1
			20,979.34 A/C # 2
Total Income			63,392.73
Total Expenses		47,738.21	
Balance at Bank	A/C # 1	4,579.06	
	A/C # 2	45,795.21	
		98,112.48	98,112.48
		Diff	-0.00

34,719.75

Date		Bank Ref	Amount	New Org Membership	Renew Org Membership	Additional Accreditation	New Ind Membership	Renew Ind Membership	Additional BMP	MWC	MWC individual	MWC corporate	Corporate programme	Events	Grants	Donations	Interest	Misc	TOTALS
2-Jan	Stripe		116.96					116.96											116.96
	Stripe		4.49						4.49										4.49
3-Jan	Stripe		235.54					235.54											235.54
6-Jan	Stripe		118.00				118.00												118.00
7-Jan	Stripe		318.96				118.00	176.54	24.42										318.96
8-Jan	Stripe		117.98					117.98											117.98
9-Jan	Stripe		353.94					353.94											353.94
10-Jan	Stripe		176.88					176.88											176.88
13-Jan	Stripe		353.00				118.00	235.00											353.00
15-Jan	Stripe		118.16					118.16											118.16
16-Jan	Stripe		176.88					176.88											176.88
17-Jan	Stripe		295.06				118.36	176.70											295.06
20-Jan	Stripe		117.80					117.80											117.80
21-Jan	Stripe		176.88					176.88											176.88
22-Jan	Stripe		83.50					59.08	24.42										83.50
23-Jan	Stripe		387.62				118.36	294.26	25.00										387.62
24-Jan	Stripe		235.32				118.00	117.32											235.32
28-Jan	Stripe		176.70					176.70											176.70
29-Jan	Stripe		83.08					58.66	24.42										83.08
30-Jan	Stripe		235.60					235.60											235.60
31-Jan	Stripe		58.90					58.90											58.90
3-Feb	Stripe		8.89						8.89										8.89
4-Feb	Stripe		353.60				118.00	235.60											353.60
5-Feb	Stripe		58.90					58.90											58.90
6-Feb	Stripe		58.90					58.90											58.90
7-Feb	Stripe		58.90					58.90											58.90
10-Feb	Stripe		58.90					58.90											58.90
11-Feb	Stripe		58.90					58.90											58.90
12-Feb	Stripe		118.00				118.00												118.00
13-Feb	Stripe		235.96					117.96											235.96
11-Feb	Eventbrite		471.95											471.95					471.95
14-Feb	Stripe		58.90					58.90											58.90
17-Feb	Stripe		59.08					59.08											59.08
18-Feb	Stripe		116.93					116.93											116.93
19-Feb	Stripe		59.08					59.08											59.08
20-Feb	Stripe		520.18				235.54	59.08	48.64										520.18
24-Feb	Stripe		304.36					354.36	50.00										304.36
25-Feb	Stripe		177.08				118.00	59.08											177.08
26-Feb	Stripe		176.90				118.00	58.90											176.90
27-Feb	Stripe		353.66				117.52	236.14											353.66
3-Mar	Stripe		58.90					58.90											58.90
4-Mar	Stripe		59.08					59.08											59.08
5-Mar	Stripe		117.80					117.80											117.80
6-Mar	Eventbrite		239.61											239.61					239.61
6-Mar	Stripe		176.46					176.46											176.46
7-Mar	Stripe		58.90					58.90											58.90
10-Mar	Stripe		117.80					117.80											117.80
11-Mar	Stripe		115.90				115.90												115.90
12-Mar	Stripe		58.90					58.90											58.90
13-Mar	Stripe		117.98					117.98											117.98
14-Mar	Stripe		83.32					58.90	24.42										83.32
18-Mar	Stripe		177.08				118.00	59.08											177.08
18-Mar	Mindfulness Association		500.00		500.00														500.00
20-Mar	Stripe		177.08				118.00	59.08											177.08
21-Mar	Stripe		118.00				118.00												118.00
21-Mar	Human Communications		300.00		300.00														300.00
24-Mar	Stripe		23.64						23.64										23.64
25-Mar	Stripe		58.66					58.66											58.66
25-Mar	Mindful Health		300.00		300.00														300.00
26-Mar	Stripe		59.08					59.08											59.08
28-Mar	Stripe		200.98				118.00	58.66	24.32										200.98
28-Mar	Mindfulness UK		300.00		300.00														300.00
Jan	Jan Interest		32.30					32.30									32.30		32.30
Feb	Feb Interest		31.65														31.65		31.65
Mar	Mar Interest		38.69														38.69		38.69
1-Apr	Stripe		63.62					58.90	4.72										63.62
1-Apr	MBAR		300.00		300.00														300.00
2-Apr	Stripe		117.74					117.74											117.74
3-Apr	Eventbrite		422.77											422.77					422.77
3-Apr	Stripe		117.98					117.98											117.98
4-Apr	Stripe		177.08				118.00	59.08											177.08
7-Apr	Stripe		353.80				117.80	236.00											353.80
8-Apr	Sussex Partnership		500.00		500.00														500.00
8-Apr	Stripe		235.56				118.00	117.56											235.56
10-Apr	Stripe		59.08					59.08											59.08
11-Apr	Stripe		58.90					58.90											58.90
15-Apr	Stripe		142.40					117.98	24.42										142.40
15-Apr	Mindfulness Network		500.00		500.00														500.00
16-Apr	Stripe		58.66					58.66											58.66
17-Apr	Stripe		284.24				118.00	117.98	48.26										284.24
22-Apr	Stripe		200.64					176.22	24.42										200.64
23-Apr	Stripe		117.80					117.80											117.80
24-Apr	Stripe		57.85					57.85											57.85
25-Apr	Stripe		235.74				118.00	117.74											235.74
28-Apr	Stripe		117.56					117.56											117.56
29-Apr	Stripe		118.36				118.36												118.36
1-May	Oxford Mindfulness		500.00		500.00														500.00

1-May	Breathworks		500.00														500.00	
1-May	Stripe		471.34		500.00		118.00	353.34									471.34	
1-May	Stripe		9.55						9.55								9.55	
6-May	Stripe		118.00				118.00										118.00	
7-May	Stripe		59.08					59.08									59.08	
8-May	Stripe		118.36				118.36										118.36	
8-May	Eventbrite		382.11										382.11				382.11	
9-May	Stripe		412.82				236.00	176.82									412.82	
12-May	Stripe		176.90				118.00	58.90									176.90	
15-May	Eventbrite		213.26										213.26				213.26	
15-May	Stripe		480.23				234.72	235.96	9.55								480.23	
17-May	Scotland NHS		300.00		300.00												300.00	
19-May	Stripe		58.36					58.36									58.36	
20-May	Stripe		58.90					58.90									58.90	
22-May	Stripe		58.58					58.58									58.58	
23-May	EY LLP		1,000.00		1,000.00												1,000.00	
23-May	Stripe		295.24				118.26	176.98									295.24	
27-May	Stripe		117.98					117.98									117.98	
29-May	Stripe		58.90					58.90									58.90	
30-May	NHC NHS		500.00		500.00												500.00	
30-May	Stripe		377.58					353.16	24.42								377.58	
2-Jun	Stripe		92.66					117.98	25.32								92.66	
2-Jun	Stripe		236.52				118.00	118.52									236.52	
3-Jun	Tees Esk and Wear		300.00		300.00												300.00	
3-Jun	Oxford Mindfulness		500.00		500.00												500.00	
4-Jun	Stripe		92.98					117.98	25.00								92.98	
5-Jun	Stripe		83.58					59.08	24.50								83.58	
6-Jun	Stripe		118.16					118.16									118.16	
9-Jun	Stripe		126.16				118.00	8.16									126.16	
11-Jun	Stripe		59.08					59.08									59.08	
12-Jun	Stripe		166.72					117.80	48.92								166.72	
13-Jun	Stripe		151.16				118.00	58.16	25.00								151.16	
16-Jun	Stripe		234.16				116.00	118.16									234.16	
17-Jun	Stripe		59.08					59.08									59.08	
19-Jun	Stripe		234.76					234.76									234.76	
20-Jun	Stripe		116.90				118.00		1.10								116.90	
23-Jun	Stripe		317.63					293.21	24.42								317.63	
24-Jun	Stripe		235.80				118.00	117.80									235.80	
25-Jun	Stripe		118.00				118.00										118.00	
26-Jun	Stripe		58.90					58.90									58.90	
27-Jun	Stripe		176.90				118.00	58.90									176.90	
30-Jun	Stripe		176.90				118.00	58.90									176.90	
April	Interest		43.33												43.33		43.33	
May	Interest		42.94												42.94		42.94	
June	interest		45.75												45.75		45.75	
2-Jul	Stripe		235.80				118.00	117.80									235.80	
2-Jul	Eventbrite		435.17										435.17				435.17	
3-Jul	Stripe		294.66				236.00	58.66									294.66	
4-Jul	Stripe		33.90					58.90	25.00								33.90	
7-Jul	Stripe		24.42						24.42								24.42	
9-Jul	Stripe		115.80				2.00	117.80									115.80	
10-Jul	Stripe		142.22					117.80	24.42								142.22	
11-Jul	Stripe		118.00				118.00										118.00	
14-Jul	Stripe		175.85					57.85									175.85	
15-Jul	Stripe		58.90					58.90									58.90	
16-Jul	Stripe		58.90					58.90									58.90	
17-Jul	Stripe		125.45				2.00	117.80	9.65								125.45	
18-Jul	Stripe		58.90					58.90									58.90	
22-Jul	Canan Cokun		238.00		238.00												238.00	
22-Jul	Stripe		83.32					58.90	24.42								83.32	
24-Jul	Eventbrite		821.48										821.48				821.48	
24-Jul	Stripe		368.57				354.00		14.57								368.57	
25-Jul	Eventbrite		15.00										15.00				15.00	
28-Jul	Stripe		151.65				117.52		34.13								151.65	
30-Jul	Stripe		141.98				117.56		24.42								141.98	
31-Jul	Stripe		96.39						96.39								96.39	
1-Aug	Stripe		965.69		965.69												965.69	
1-Aug	Stripe		58.90					58.90									58.90	
4-Aug	Stripe		117.80					117.80									117.80	
5-Aug	Stripe		24.32						24.32								24.32	
8-Aug	Stripe		23.90						23.90								23.90	
12-Aug	Stripe		58.90					58.90									58.90	
14-Aug	Stripe		58.90					58.90									58.90	
15-Aug	Stripe		58.66					58.66									58.66	
18-Aug	Canan Cokun		750.00		750.00												750.00	
18-Aug	Stripe		176.90				118.00	58.90									176.90	
22-Aug	Stripe		24.32						24.32								24.32	
26-Aug	Stripe		58.90					58.90									58.90	
27-Aug	Stripe		48.84						48.84								48.84	
29-Aug	Stripe		233.90					233.90									233.90	
1-Sep	Stripe		58.90						58.90								58.90	
3-Sep	Stripe		200.41				117.52	58.90	23.99								200.41	
4-Sep	Stripe		117.56					117.56									117.56	
5-Sep	Stripe		140.64					116.22	24.42								140.64	
8-Sep	Stripe		589.40				236.00	353.40									589.40	
9-Sep	Stripe		235.60					235.60									235.60	
10-Sep	Stripe		117.32					117.32									117.32	
11-Sep	Stripe		235.60					235.60									235.60	
12-Sep	Stripe		107.14					58.30	48.84								107.14	
15-Sep	Stripe		294.70				118.00	176.70									294.70	
16-Sep	Stripe		235.80				118.00	117.80									235.80	
17-Sep	Stripe		49.05						49.05								49.05	

[illegible]

BAMBA

YEAR ENDED 31 DEC 2025

EXPENSES

Date	Payee	Bank Ref	Amount	R	Directors	Administration	MWC	IT etc	Subscrips	Web hosting	Comms	HSBC	Events	Website	Software	Licences	Marketing	Misc	Insurance	Accountancy	Bank Charges	Travel Expenses	TOTALS	
2-Jan	Google	Vis	12.00												12.00								12.00	-
6-Jan	Intuit Qbooks	Shrpa	2.16												2.16								2.16	-
7-Jan	Go Cardless	Shrpa	102.00											102.00									102.00	-
7-Jan	Go Cardless	Shrpa	420.00											420.00									420.00	-
12-Jan	Charges	Bank	5.00																		5.00		5.00	-
13-Jan	Mindful Interlude	Inv 0035	675.00										675.00										675.00	-
14-Jan	Go Cardless	Shrpa	178.80													178.80							178.80	-
24-Jan	ICO	DD	35.00						35.00														35.00	-
24-Jan	Microsoft		29.40																				29.40	-
30-Jan	AIBL London	82314319	457.03												29.40				457.03				457.03	-
3-Feb	Google	Vis	12.00							12.00													12.00	-
4-Mar	Intuit Q books		2.16																				2.16	-
5-Feb	Sin Hang Sun	Jan	168.00			168.00																	168.00	-
5-Feb	Mindful Interlude	Inv 0036	1,021.75																				1,021.75	-
6-Feb	Go Cardless	Shrpa	102.00																				102.00	-
6-Feb	Go Cardless	Shrpa	420.00											102.00									420.00	-
12-Feb	Charges	Bank	5.00																				5.00	-
18-Feb	Steph Unthank	Inv 1188	665.00		665.00																		665.00	-
18-Feb	Steph Unthank	Inv 1191	1,075.00		1,075.00																		1,075.00	-
21-Feb	Aesha Francis	Inc 000	288.00								288.00												288.00	-
24-Feb	Microsoft		29.40																				29.40	-
3-Mar	Google	Vis	12.00																				12.00	-
4-Mar	Intuit Q books		24.00																				24.00	-
6-Mar	Go Cardless	Shrpa	102.00																				102.00	-
6-Mar	Go Cardless	Shrpa	420.00																				420.00	-
6-Mar	Steph Unthank	Inv 1194	1,050.00		1,050.00																		1,050.00	-
7-Mar	Mindful Interlude	Inv 037	900.00										900.00										900.00	-
7-Mar	Mark Williams	MWCINV 0268	80.00								80.00												80.00	-
10-Mar	Aesha Francis	Inv 0004	256.00								256.00												256.00	-
10-Mar	Zoom.com	Vis	155.88																				155.88	-
15-Mar	Charges	Bank	5.00																				5.00	-
24-Mar	Microsoft	Vis	29.40																				29.40	-
28-Mar	DNHGOODADDY		31.18							31.18													31.18	-
2-Apr	Google	Vis	12.00												12.00								12.00	-
4-Apr	Go Cardless	Shrpa	102.00																				102.00	-
4-Apr	Go Cardless	Shrpa	420.00																				420.00	-
4-Apr	Intuit Qbooks	Shrpa	24.00												24.00								24.00	-
7-Apr	Go Cardless	Shrpa	96.00					96.00															96.00	-
10-Apr	Mindful Interlude	Inv 0038	900.00										900.00										900.00	-
12-Apr	Charges	Bank	5.00																				5.00	-
24-Apr	Microsoft		35.28																				35.28	-
29-Apr	Infinity Wellness	Inv 1196	1,462.50		1,462.50																		1,462.50	-
2-May	Mark Williams	MWC INV 0273	80.00								80.00												80.00	-
2-May	Google	Vis	12.00																				12.00	-
6-May	Emily Moxon	BAMEM002	144.00			144.00																	144.00	-
6-May	Sin Hang Sun	Feb March April	176.00			176.00																	176.00	-
6-May	Aesha Francis	INV005	288.00								288.00												288.00	-
6-May	Aesha Francis	INV0006	128.00								128.00												128.00	-
6-May	Mindful Interlude	Inv 0040	900.00										900.00										900.00	-
6-May	Microsoft		3.60																				3.60	-
7-May	Go Cardless	Shrpa	60.00																				60.00	-
7-May	Go Cardless	Shrpa	102.00																				102.00	-
7-May	Go Cardless	Shrpa	420.00																				420.00	-
18-May	Event	Visa	15.00																				15.00	-
9-May	Mailierlite	Visa	254.05															254.05					254.05	-
9-May	Non Sterling trans fee	Bank	6.98																		6.98		6.98	-
11-May	Infinity Wellness	Ref 0002	1,350.00		1,350.00																		1,350.00	-
13-May	Charges	Bank	5.00																				5.00	-
15-May	Go Cardless	Shrpa	150.00																				150.00	-
27-May	Microsoft		35.28																				35.28	-
2-Jun	Tawney Cortes	Inv 007	408.00			408.00																	408.00	-
2-Jun	Emily Moxon	INV 003	48.00			48.00																	48.00	-
2-Jun	Google	Vis	12.00																				12.00	-
3-Jun	Infinity Wellness	Ref 0011	1,400.00		1,400.00																		1,400.00	-
4-Jun	Go Cardless	Shrpa	552.00					552.00															552.00	-
5-Jun	Go Cardless	Shrpa	102.00																				102.00	-
5-Jun	Go Cardless	Shrpa	420.00																				420.00	-
12-Jun	Charges	Bank	5.00																				5.00	-
16-Jun	Mindful Interlude	Inv 0041	900.00										900.00										900.00	-
16-Jun	Sin Hang Sun	May	272.00			272.00																	272.00	-
24-Jun	Microsoft		35.28																				35.28	-
2-Jul	Google	Vis	12.00												12.00								12.00	-
4-Jul	Go Cardless	Shrpa	102.00																				102.00	-
4-Jul	Go Cardless	Shrpa	420.00																				420.00	-
4-Jul	Tawney Cortes	Inv 008	232.00			232.00																	232.00	-
4-Jul	Mindful Interlude	Inv 0042	1,420.00										1,420.00										1,420.00	-
4-Jul	MMF	MMF5	100.00															100.00					100.00	-
9-Jul	Aesha Francis	Inv 007	224.00																				224.00	-
9-Jul	Aesha Francis	Inv 008	352.00								224.00 352.00												352.00	-
9-Jul	Sin Hang Sun	June	184.00			184.00																	184.00	-
13-Jul	Charges	Bank	5.00																				5.00	-
15-Jul	Infinity Wellness	Ref 0013	1,175.00		1,175.00																		1,175.00	-
22-Jul	PET		6.00																				6.00	-
24-Jul	Microsoft		35.28																				35.28	-
28-Jul	Go Cardless	Shrpa	2,880.00																				2,880.00	-
30-Jul	Premium Credit	First Payment	38.08																				38.08	-
4-Aug	Infinity Wellness	ref 0015	1,505.00		1,505.00																		1,505.00	-
4-Aug	Google		13.47																				13.47	-
5-Aug	Mindful Interlude	Inv 0043	960.00																				960.00	-
5-Aug	Mindful Interlude	Inv 0044	64.00																				64.00	-
6-Aug	Go Cardless	Shrpa	102.00																				102.00	-
6-Aug	Go Cardless	Shrpa</																						

Q1	2,790.00	168.00	-	35.00	43.18	624.00	-	2,596.75	1,566.00	296.40	178.80	-	-	457.03	-	15.00	-	8,770.16	-	
Q2	4,212.50	1,048.00	-	648.00	-	496.00	-	2,715.00	1,776.00	169.44	-	254.05	-	-	-	21.98	-	11,340.97	-	
Q3	4,780.00	1,472.00	-	508.80	-	27.47	636.00	-	3,980.00	4,968.00	118.27	-	-	107.25	114.24	-	10.00	-	16,722.03	-
Q4	5,220.50	2,044.00	-	972.00	-	-	544.00	-	3,140.47	1,566.00	105.27	-	-	1.25	114.24	-	-	-	13,707.73	-
TOTAL	17,003.00	4,732.00	-	2,128.80	35.00	70.65	2,300.00	-	12,432.22	9,876.00	689.38	178.80	254.05	108.50	685.51	-	46.98	-	50,540.89	-

BAMBA YEAR ENDED 31 DEC 2025

YEAR ENDED 31 DEC 2025

DEBTORS

DUE

DATE	NAME	DETAILS
------	------	---------

NAME	DETAILS
------	---------

DETAILS

AMOUNT

BAMBA

YEAR ENDED 31 DEC 2025

CREDITORS

INVOICE			
DATE	CREDITOR	DETAILS	AMOUNT

TOTAL CREDITORS			-
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BAMBA

British Association
of Mindfulness-based
Approaches

Registered charity 1211302

Confidentiality and Independent Review Agreement

Between:

British Association of Mindfulness-Based Approaches (BAMBA)

and

Mrs Lorraine Dolan

Lorraine Dolan ACMA, Finance Manager

Lorraine.Dolan@nrservices.uk

01797 343557 (office)

07745 209367 (mobile)

Date: 18.08.26

1. Purpose

BAMBA has requested that Mrs Lorraine Dolan provide independent support in reviewing the charity's financial records and annual accounts for the period **1 January 2025 to 31 December 2025**.

The purpose of this review is to provide an independent assessment of the consistency between BAMBA's accounting records and supporting documentation and to support the charity's Year 1 financial reporting process.

This review is undertaken as a paid consultancy independent oversight exercise and does not constitute a statutory audit, independent examination under charity law, accounting advice, tax advice, or legal advice.

2. Scope of Review

To undertake this review, BAMBA will provide access to:

- The charity's 2025 accounts and supporting financial records.

- Bank statements relating to the BAMBA current account covering the period 1 January 2025 to 31 December 2025.
- Any additional information reasonably required to complete the agreed review activity.

The review will involve:

- Comparing accounting records against supporting bank statements.
- Identifying any apparent discrepancies or inconsistencies.
- Highlighting any concerns, risks or observations arising from the review.
- Providing feedback and recommendations to BAMBA where appropriate.

The review is intended to provide a reasonable level of independent scrutiny and challenge. It is not intended to verify every transaction or provide assurance equivalent to an audit or formal independent examination.

3. Confidential Information

For the purposes of this agreement, confidential information includes, but is not limited to:

- Financial records and accounts.
- Banking information and statements.
- Governance documents and reports.
- Membership, stakeholder and organisational information.
- Internal correspondence and records.
- Any information not otherwise publicly available that is shared during the course of the review.

Mrs Lorraine Dolan agrees to keep all confidential information secure and to use such information solely for the purposes described within this agreement.

4. Non-Disclosure

Mrs Lorraine Dolan shall not:

- Disclose confidential information to any third party without the prior written consent of BAMBA.

- Copy, distribute or share confidential information except where reasonably required to undertake the agreed review.
- Use BAMBA's information for any personal, commercial or professional purpose unrelated to this assignment.

These obligations shall continue after completion of the review.

5. Data Protection and Information Security

Mrs Lorraine Dolan agrees to:

- Store information securely and appropriately.
- Take reasonable steps to prevent unauthorised access to BAMBA information.
- Return or permanently delete confidential information upon completion of the assignment if requested by BAMBA.
- Comply with applicable data protection legislation and good practice.

6. Independence and Conflicts of Interest

Mrs Lorraine Dolan confirms that:

- She is not a Trustee, employee, contractor, volunteer or member of BAMBA.
- She is not related to any BAMBA Trustee, employee or connected person.
- She has no financial, personal or professional interest that may compromise her independence in undertaking this review.

Should any actual or potential conflict of interest arise, Mrs Dolan agrees to notify BAMBA immediately.

7. Limitation of Responsibility

The parties acknowledge that:

- This review is not an audit.
- This review is not a statutory independent examination.
- The review does not provide a professional opinion on the accuracy of the charity's accounts.
- Responsibility for the preparation, accuracy and submission of BAMBA's financial statements remains with the charity and its Trustees.

8. Completion of Review

Upon completion of the review, Mrs Lorraine Dolan may provide BAMBA with a written statement summarising:

- The work undertaken.
- Any observations or concerns identified.
- Any recommendations considered appropriate.

9. Term

This agreement shall remain in force throughout the period of the review and for a period of three years following completion of the assignment.

Signatures

For BAMBA

Name: **Stephanie Unthank-Latter**

A handwritten signature in blue ink, appearing to read 'StLatter', written in a cursive style.

Position: **Chief Executive Officer**

Date: 18.08.26

Signatures

Name: **Mrs Lorraine Dolan**

A handwritten signature in black ink, appearing to read 'LDolan', written in a stylized, cursive manner.

Position: **Accountant**

Date: 18.08.26

**Engagement between L Dolan (independent accountant) and S Unthank-Latter
(BAMBA Director) – 18.08.26 to 24.08.26**

Report from L Dolan – Accountant

I have reviewed the accounts and have carried out spot checks on the income and expenses and find no errors.

Three queries were noted:

- Bank balances – Current account:

The closing balance as at 31/12/25 could not be ratified as the last statement offered to Mrs L Dolan by BAMBA was dated 22nd December 2025.

This information has since been disclosed and closing balance of £4,579.06 agreed.

- Liabilities – no detail given regards the £18k received prior to becoming a charity in December 2024

BAMBA updated L Dolan on these funds - £18k received as a donation from a corporate partner to carry out work that will further the field and develop our position as a professional standards body. These funds were received in 2023 and before becoming a charity.

- April 2025 bank statement could not be reviewed – document wouldn't open.

BAMBA sent L Dolan a copy of April 2025 bank statement in order this could be checked.

Statement from Mrs L Dolan

I have signed the attached word document and have carried out an examination of BAMBA accounts 01.01.25 to 31.12.25

Signatures

Name: **Mrs Lorraine Dolan**

A handwritten signature in black ink, appearing to be 'L Dolan', with a stylized, wavy line extending from the end.

Position: **Accountant**

Date: 24.08.26