

Mindfulness Scotland

Scotland · Charity number SC041573

Details

Status	Active
Legal form	Company (the charity is registered with Companies House)
Registered	2010-06-16
Register	View on the OSCR register

Contact

Address	39 Westbourne Drive Bearsden Glasgow G61 4BH
Website	www.mindfulnessscotland.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: The charity's objectives are to relieve those in need by reason of age, ill health, disability, financial hardship or other disadvantage through the provision of mindfulness-based therapeutic programmes. Also, to establish and run mindfulness-based education and training in Scotland and beyond.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The Company's objects are: The relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage through the provision of mindfulness based therapeutic programmes. to establish and run mindfulness based education and training in Scotland and beyond.

Geography

- **Main operating location:** Glasgow City
- **Geographical spread:** Scotland and other parts of the UK

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£19,265	£22,110	-	0
2023-09-30	£24,841	£30,051	-	0
2022-09-30	£38,671	£10,825	-	0
2021-09-30	£10,136	£35,990	-	0
2020-09-30	£50,044	£20,602	-	0