

**Report of the Trustees and  
Financial Statements for the Year Ended 31 December 2024  
for  
Youth Mindfulness**

Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

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for the Year Ended 31 December 2024**

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## Youth Mindfulness

### Reference and Administrative Details for the Year Ended 31 December 2024

#### TRUSTEES



#### PRINCIPAL ADDRESS

Southblock 223  
60 Osborne Street  
Glasgow  
G1 5QH

#### REGISTERED ADDRESS

c/o Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

#### REGISTERED CHARITY NUMBER

SC046447

#### INDEPENDENT EXAMINER



Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

#### BANKERS

Natwest  
Thronbury South West RCSC  
740 Waterside Drive  
Aztec West  
Bristol  
BS99 5BD

## Youth Mindfulness

### Report of the Trustees for the Year Ended 31 December 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of 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) (effective 1 January 2019).

#### CHAIR'S STATEMENT

Youth Mindfulness exists to support the development of greater awareness, kindness, and compassion in individuals, communities, and society, with a particular focus on children and young people. We believe that mindfulness can support people to live with greater presence, resilience, and care for themselves and others, and this conviction continues to guide our work.

During 2024, the charity operated at a **more consolidated and measured level of activity**. Trustees were satisfied that this was appropriate and proportionate, allowing the organisation to continue delivering its core work while operating sustainably and within its resources.

  
Chair

#### ABOUT US

Youth Mindfulness is a community of mindfulness practitioners committed to enabling a healthier, happier, and more compassionate society by sharing mindfulness with children, teenagers, and adults. We develop and deliver educational and training programmes that seek to have a transformative impact on the lives of participants.

Mindfulness is a practice of awareness. It means to be deeply in touch with what is happening in the present moment, without judgment. Through the practice of mindfulness, we learn to bring awareness to our breath and body and reconnect with the vitality of our somatic experience. We learn to reconnect with ourselves, with nature, and with other people. Practising mindfulness enables us to cultivate positive inner qualities such as joy, happiness, and love, and to develop the strength and compassion to be present with difficulty.

#### ACHIEVEMENT AND PERFORMANCE

##### Charitable activities

##### Overview of Activities in 2024

2024 was a year of **continuity and consolidation** for Youth Mindfulness. Activity levels were lower than in some previous years, reflecting a focus on sustaining core programmes, supporting our existing community, and maintaining quality.

During the year, the charity:

- Delivered six online workshops
- Completed a Level 2 Teacher Training
- Trained 22 educators to deliver our core curricula
- Continued to offer weekly meditation sessions for the Youth Mindfulness community

## **Youth Mindfulness**

### **Report of the Trustees for the Year Ended 31 December 2024**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

##### **Our Curricula & Training**

Mindfulness teacher training remains central to the work of Youth Mindfulness. We continue to offer three mindfulness curricula targeting different age groups:

##### **Youth Mindfulness Kids Programme**

The Youth Mindfulness Kids Programme is a 16-lesson introduction to mindfulness for 7–11-year-olds. Using games, videos, kinaesthetic activities, and playful mindfulness exercises, this programme supports children to develop self-awareness, gratitude, resilience, kindness, and agency.

##### **Youth Mindfulness SOMA Programme**

The Youth Mindfulness SOMA Programme is a flexible, trauma-sensitive mindfulness approach for teenagers and young adults aged 12–21. With 45 activities across 10 themes, educators can tailor their approach to best meet the needs of young people, using a strengths-based approach to mindfulness.

##### **Mindfulness for Life**

Mindfulness for Life is an eight-week mindfulness course for adults, introducing foundational mindfulness practices such as mindfulness of breathing, the bodyscan, and mindful movement, alongside practices for cultivating joy, working with difficult emotions, fostering kindness, and observing the activity of the mind.

##### **How Did We Do?**

Trustees were satisfied that during 2024 the charity:

- Continued to deliver its core charitable activities
- Maintained the quality and integrity of its training programme.
- Operated within its capacity and resources
- Remained aligned with its charitable purposes

#### **FINANCIAL REVIEW**

##### **Financial position**

The Charity incurred a deficit of £15,332 for the year ended 31 December 2024 (2023: deficit £18,073).

At balance date, reserves stood at £14,861 (2023: £30,193) with all of these being unrestricted.

##### **Reserves policy**

It is the intention of the trustees to maintain free reserves which are sufficient to cover at least three months' ordinary running costs which at the end of the reporting period, amount to £8,293 (2023: £13,298).

Youth Mindfulness held £14,861 (2023: £30,193) in unrestricted reserves and so the trustees are satisfied this policy is being met. Funds held in excess of this amount will be reinvested in the service.

##### **FUTURE PLANS**

Looking ahead, Youth Mindfulness intends to continue delivering its core programmes and supporting its practitioner community at an appropriate and sustainable scale, with a continued emphasis on quality, accessibility, and long-term stewardship.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

Youth Mindfulness is a Scottish Charitable Incorporated Organisation registered with the Office of the Scottish Charity Regulator (OSCR) - SC046447

##### **Organisational structure**

The day-to day management of the charity is delegated to Mr Michael Bready (the Managing Director) by the trustees. The trustees and Mr Bready meet on a quarterly basis to review progress towards the charity's goals and to make key decisions.

## Youth Mindfulness

### Report of the Trustees for the Year Ended 31 December 2024

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Key management remuneration

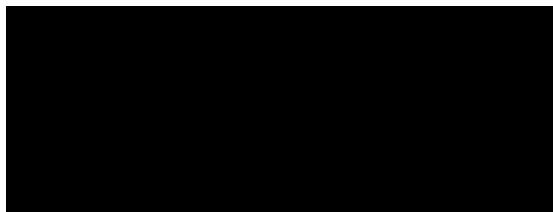
In the opinion of the trustees there is one member of key management personnel; the Managing Director.

The total cost to the employer paid for this post including national insurance and employer pension contributions in 2024 was £21,500 (2023 £24,966).

##### Risk management

The trustees have a duty to identify and review the risks to which the SCIO is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on .....27/2/2026..... and signed on its behalf by:



## **Independent Examiner's Report to the Trustees of Youth Mindfulness**

I report on the accounts for the year ended 31 December 2024 set out on pages six to fourteen.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

### **Basis of the independent examiner's report**

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

### **Independent examiner's statement**

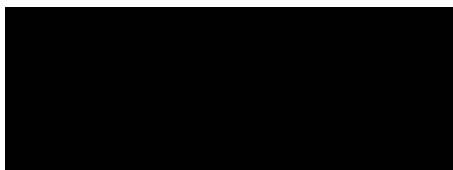
In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements

- to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
- to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Fellow of the Association of Chartered Certified Accountants  
Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

Date: .....

## Youth Mindfulness

### Statement of Financial Activities for the Year Ended 31 December 2024

		Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
	Notes				
<b>INCOME AND ENDOWMENTS FROM</b>					
<b>Charitable activities</b>	4				
Training Courses and Programmes		16,126	-	16,126	33,154
Investment income	3	-	-	-	41
Other income	5	1,712	-	1,712	1,925
<b>Total</b>		<u>17,838</u>	<u>-</u>	<u>17,838</u>	<u>35,120</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	6				
Training Courses and Programmes		<u>33,170</u>	<u>-</u>	<u>33,170</u>	<u>53,193</u>
<b>NET INCOME/(EXPENDITURE)</b>		(15,332)	-	(15,332)	(18,073)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		30,193	-	30,193	48,266
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>14,861</u>	<u>-</u>	<u>14,861</u>	<u>30,193</u>

### CONTINUING OPERATIONS

This statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities in both years.

Comparative figures for the previous year by fund type are shown in Note 11.

The notes on pages 8 to 14 form part of these financial statements.

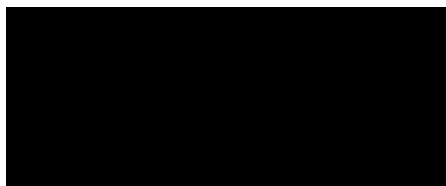


## Youth Mindfulness

### Balance Sheet 31 December 2024

	Notes	2024 £	2023 £
<b>FIXED ASSETS</b>			
Tangible assets	12	1,894	2,704
<b>CURRENT ASSETS</b>			
Debtors	13	2,128	3,463
Cash at bank		13,479	26,666
		<u>15,607</u>	<u>30,129</u>
<b>CREDITORS</b>			
Amounts falling due within one year	14	(2,640)	(2,640)
		<u>12,967</u>	<u>27,489</u>
<b>NET CURRENT ASSETS</b>			
		14,861	30,193
<b>NET ASSETS</b>		<u>14,861</u>	<u>30,193</u>
<b>FUNDS</b>	16		
Unrestricted funds		14,861	30,193
<b>TOTAL FUNDS</b>		<u>14,861</u>	<u>30,193</u>

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:



**Notes to the Financial Statements  
for the Year Ended 31 December 2024**

**1. GENERAL INFORMATION**

Youth Mindfulness ("the charity") is a Scottish charitable incorporated organisation governed by its Constitution. It was registered as a charity in Scotland (registered number SC046447) on 31 March 2016. Its registered address is c/o Herbert House, 24 Herbert Street, Glasgow, G20 6NB.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities and Trustee Investment (Scotland) Act 2005. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared on an accruals basis, and on a going concern basis, in accordance with:

- the Charities and Trustee Investment (Scotland) Act 2005;
- Regulation 8 (Statement of account - Fully accrued accounts) of The Charities Accounts (Scotland) Regulations 2006;
- the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in March 2018 ("FRS 102"), to the extent that it applies to small entities and public benefit entities;
- '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, published in October 2019 (FRS 102)' ("the Charities SORP");
- UK Generally Accepted Accounting Practice; and
- the historical cost convention.

The charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated in the relevant accounting policy.

The financial statements are presented in UK sterling, which is the charity's functional currency, and rounded to the nearest pound.

There have been no changes to the basis of preparation this financial year or to the previous financial year's financial statements.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Cash at bank and cash in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Notes to the Financial Statements - continued  
for the Year Ended 31 December 2024**

**2. ACCOUNTING POLICIES - continued**

**Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**Financial instruments**

The charity has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Going Concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 20% on cost

**Taxation**

Youth Mindfulness is a charity within the meaning of Section 467 of the Corporation Tax Act 2010. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 of Part 11 of the Corporation Tax Act 2010 and section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that such income or gains are applied for charitable purposes only.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**3. INVESTMENT INCOME**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Bank interest	-	41
	<u>          </u>	<u>          </u>

**4. INCOME FROM CHARITABLE ACTIVITIES**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Membership	8,479	11,850
Kids Programme	3,894	325
Teacher Training	3,753	20,979
	<u>          </u>	<u>          </u>
	<u>16,126</u>	<u>33,154</u>

## Youth Mindfulness

### Notes to the Financial Statements - continued for the Year Ended 31 December 2024

#### 5. OTHER INCOME

	2024	2023
	£	£
Employment Allowance	<u>1,712</u>	<u>1,925</u>

#### 6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Training Courses and Programmes	<u>31,356</u>	<u>1,814</u>	<u>33,170</u>

#### 7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	23,212	25,742
Facilitator	-	6,560
Insurance	484	437
Marketing	1,975	1,889
Software Subscriptions	2,840	2,669
Telephone	418	406
Travel	-	7
Professional Fees	-	360
Payroll Fees	455	400
Staff training and well-being	-	653
Events	-	6,333
Subsistence	-	7
Office Supplies	498	255
Equipment	-	348
Coaching	-	400
Website Costs	-	441
Manuals	604	1,708
Membership	60	565
Supervision	-	385
Depreciation	<u>810</u>	<u>810</u>
	<u>31,356</u>	<u>50,375</u>

#### 8. SUPPORT COSTS

	2024	2023
	£	£
Bank charges	494	1,498
Accounts Preparation & Independent Examination	<u>1,320</u>	<u>1,320</u>
	<u>1,814</u>	<u>2,818</u>

#### 9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

##### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

## Youth Mindfulness

### Notes to the Financial Statements - continued for the Year Ended 31 December 2024

#### 10. STAFF COSTS

	2024 £	2023 £
Wages and salaries	21,500	23,817
Social security costs	1,712	1,925
	<u>23,212</u>	<u>25,742</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Project and office Staff (HCB)	<u>1</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

#### 11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
<b>Charitable activities</b>			
Training Courses and Programmes	33,154	-	33,154
Investment income	41	-	41
Other income	1,925	-	1,925
<b>Total</b>	<u>35,120</u>	<u>-</u>	<u>35,120</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Training Courses and Programmes	53,193	-	53,193
<b>NET INCOME/(EXPENDITURE)</b>	(18,073)	-	(18,073)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	48,266	-	48,266
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>30,193</u>	<u>-</u>	<u>30,193</u>

## Youth Mindfulness

### Notes to the Financial Statements - continued for the Year Ended 31 December 2024

#### 12. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
At 1 January 2024 and 31 December 2024	4,051
<b>DEPRECIATION</b>	
At 1 January 2024	1,347
Charge for year	810
At 31 December 2024	2,157
<b>NET BOOK VALUE</b>	
At 31 December 2024	1,894
At 31 December 2023	2,704

#### 13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Payroll debtor	501	2,456
Sundry debtor	64	64
Cash in digital wallets	1,563	943
	2,128	3,463

#### 14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Accrued expenses	2,640	2,640

#### 15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
Fixed assets	1,894	-	1,894	2,704
Current assets	15,607	-	15,607	30,129
Current liabilities	(2,640)	-	(2,640)	(2,640)
	14,861	-	14,861	30,193

#### Comparatives for analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Fixed assets	2,704	-	2,704	3,514
Current assets	30,129	-	30,129	84,656
Current liabilities	(2,640)	-	(2,640)	(10,136)
Long term liabilities	-	-	-	(29,768)
	30,193	-	30,193	48,266

## Youth Mindfulness

### Notes to the Financial Statements - continued for the Year Ended 31 December 2024

#### 16. MOVEMENT IN FUNDS

	At 1/1/24 £	Net movement in funds £	At 31/12/24 £
<b>Unrestricted funds</b>			
General fund	30,193	(15,332)	14,861
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>30,193</u>	<u>(15,332)</u>	<u>14,861</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	17,838	(33,170)	(15,332)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>17,838</u>	<u>(33,170)</u>	<u>(15,332)</u>

#### Comparatives for movement in funds

	At 1/1/23 £	Net movement in funds £	At 31/12/23 £
<b>Unrestricted funds</b>			
General fund	48,266	(18,073)	30,193
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>48,266</u>	<u>(18,073)</u>	<u>30,193</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	35,120	(53,193)	(18,073)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>35,120</u>	<u>(53,193)</u>	<u>(18,073)</u>

**Notes to the Financial Statements - continued  
for the Year Ended 31 December 2024**

**17. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2024 and 31 December 2023.

**18. PURPOSE OF FUNDS**

General fund- the unrestricted, 'free reserves' of the charity