



Cultivating Mindfulness

ANNUAL REPORT AND STATEMENT OF ACCOUNTS

YEAR ENDING 31 AUGUST 2024



Cultivating Mindfulness

SC048634

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TRUSTEES' ANNUAL REPORT FOR THE PERIOD ENDED 31 AUGUST 2024

The Charity Trustees have pleasure in presenting their annual general meeting report for the year ended 31 August 2024. This is the sixth report of the charity which was established on 20 August 2018.

Reference and administrative information

Charity name: Cultivating Mindfulness

Legal form: Scottish Charitable Incorporated Organisation

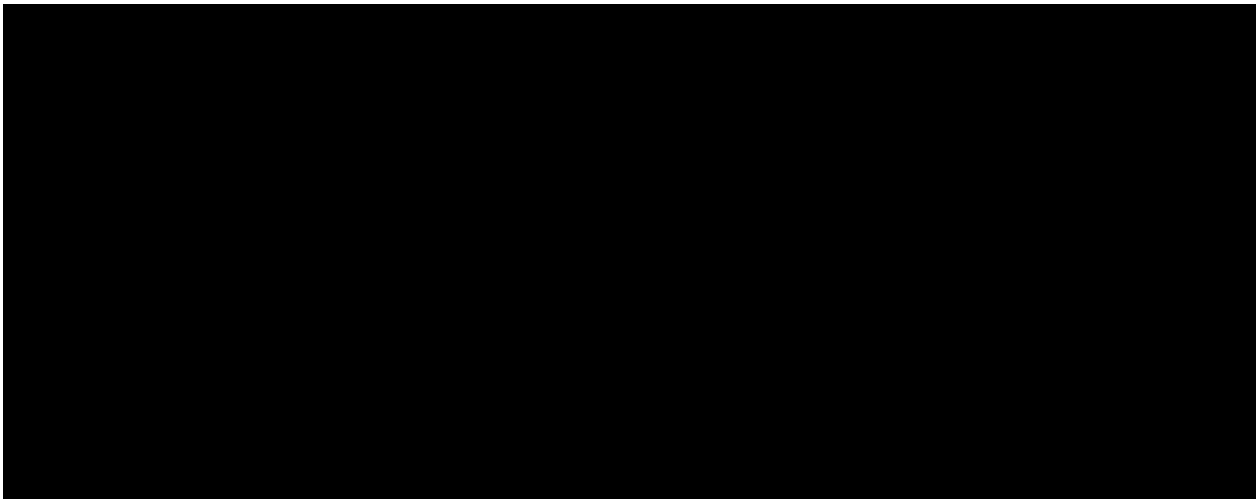
Scottish Charity Number: SC048634



Bankers: Clydesdale Bank, 15A The Avenue, Newton Mearns, G77 6AA

Independent Examiner: Alexander Sloan LLP, 180 St Vincent Street, Glasgow,
G2 5SG

Trustees



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STRUCTURE, GOVERNANCE & MANAGEMENT

Governing document

The Charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered as a SCIO with the Office of the Scottish Charity Regulator (OSCR) on 20 August 2018.

Appointment of trustees

Trustees are recruited and appointed in accordance with the terms contained within the charity's constitution. There must be a minimum of three and a maximum of six trustees. The trustees normally meet quarterly.

Objectives & Activities

The charity was granted charitable status on 20 August 2018 and aims to improve the physical, emotional and psychological wellbeing of children, young people and adults through offering the benefits of mindfulness and meditation programmes and activities. We aim to build mindful, kind and compassionate communities that enable our society to thrive.

The charitable purposes are:

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

The charity delivers these purposes through:

- Activities and training courses and programmes that provide a beneficial effect on the mental and physical health of the public
- Delivering mindfulness and meditation programmes and activities for children, young people and adults
- Making gifts, donations, grants to organisations and to individuals through our Glasgow's Spirit of Christmas gift campaign and activities

Achievements & Performance

The charity was granted charitable status on 20 August 2018 and aims to improve the physical, emotional and psychological wellbeing of children, young people and adults through offering the benefits of mindfulness and meditation programmes and activities. We aim to build mindful, kind and compassionate communities that enable our society to thrive.

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Cultivating Mindfulness aims to offer accessible non-clinical community wellbeing programmes tailored to young people, adults, families and seniors focusing on mental wellbeing education and wellbeing skills development to empower individuals to take charge of their own health and wellbeing and to support those around them.

Due to long waiting lists for services, there is a need for accessible, preventive measures and early intervention strategies that can alleviate the burden on formal healthcare settings and offer complimentary alternatives to support and improve public health outcomes.

- The Wellbeing Centre delivered an accessible indoor timetable of wellbeing activities, mindfulness meditation courses and wellbeing classes including health qigong, hatha, seasonal and vinyasa flow yoga, pilates and meditation classes. Classes start from just £3.50 and courses offer concession rates or free places for anyone on a low income to ensure cost is not a barrier to inclusion.
- The Wellbeing Centre provided mental wellbeing support across the community through delivering various mental wellbeing projects that support teenagers and young adults, adults, families and seniors. We received vital funding to deliver these from the Communities Mental Health and Wellbeing Fund, and the National Lottery, Community Fund. These projects were aimed to support;
 - o Young People aged 12-25 years
 - o Parent/Carer & Young Adult
 - o Adult Carers
 - o Senior Citizens
- The Charity continued to work with other third sector and local services to support the referral of young people including accepting self-referrals from parents and young people directly who are unable to access local services due to long waiting lists or who are unable to afford private clinical health services such as counselling or support from a child psychologist.
- The Charity was awarded a grant from The Communities Mental Health & Wellbeing Fund to continue supporting seniors in the community that would help to reduce isolation and loneliness.
- There were no changes to the Board of Trustees during the second half of 2023 which enabled the team to plan more fundraising events and opportunities on the run up to the Christmas period.
- We ran our first fundraising Christmas Ball to celebrate our 10th annual gift campaign held at the Marriot Hotel in Glasgow on Friday 3rd November 2023. It was a great success and we raised over £26,000 to support our children's gift campaign and programmes.

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- We were very grateful to be chosen as an official charity partner with the St Enoch's Centre for a second year. Proceeds of Meet Santa tickets were donated to our children's annual gift campaign.
- St Enoch Centre very kindly also offered us the opportunity of running a pop up shop with donated surplus stock from the old Debenhams store which had closed down. This was held over 3 weekends in December and generated £5,500 of additional non-restricted funds for the charity.

1. To advance education through activities and training courses and programmes that provide a beneficial effect on the mental and physical health of the public.

There is evidence that mental health problems in children and young people have risen in recent years. There are many factors that are negatively impacting adult and young people's mental health and wellbeing. Mindfulness has demonstrated that it can be an effective early and preventative intervention for stress, anxiety and depression including other psychological impacts of chronic long-term illness and stress related physical conditions.

- In our sixth year we received almost 3,000 visits to the centre and delivered our wellbeing activities to senior's, adults/carers, children, parent and young adult's family sessions and a young adult's programme for ages 12-25 years.
- We delivered accessible 8 week mindfulness meditation training courses and day retreats for adults that were accessible to ensure the cost was not a barrier to inclusion.
- We also delivered Mindfulness Meditation workshops to private, public and third sector organisations at a reduced cost to support mental health awareness and wellbeing of staff.
- Funding from the National Lottery, Community Fund enabled us to offer the Young People's Programmes to improve young adult's mental wellbeing from August 2023 until June 2024. Impact showed significant positive results to participant's wellbeing scores.
- The programme ran for 8 weeks using a trauma-informed approach including a combination of short experiential practices and didactic teaching to help reduce stress and anxiety, anger/behavioural difficulties, depression and overwhelm and improve young people's;
 - Self-Awareness
 - Focus & Concentration
 - Kindness
 - Self-Compassion
 - Resilience

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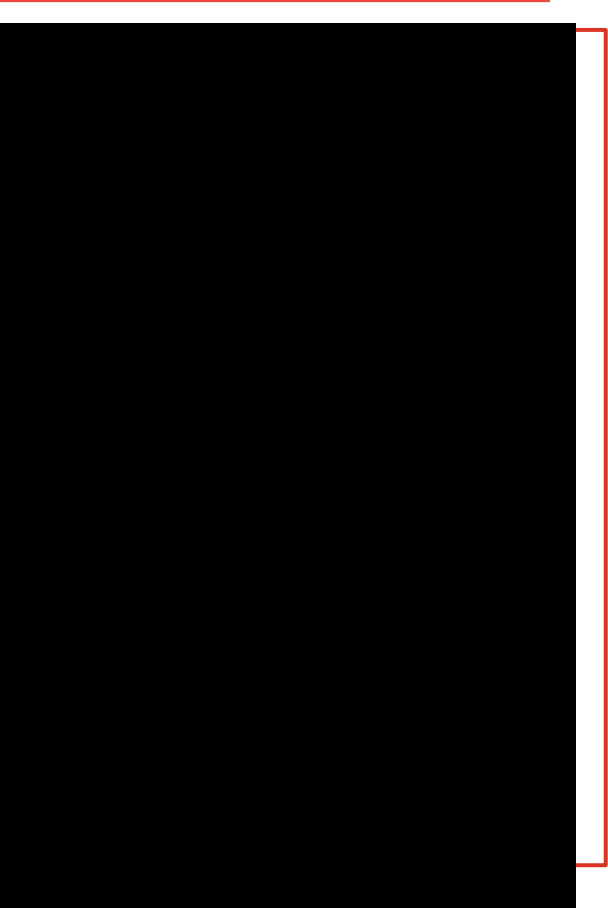
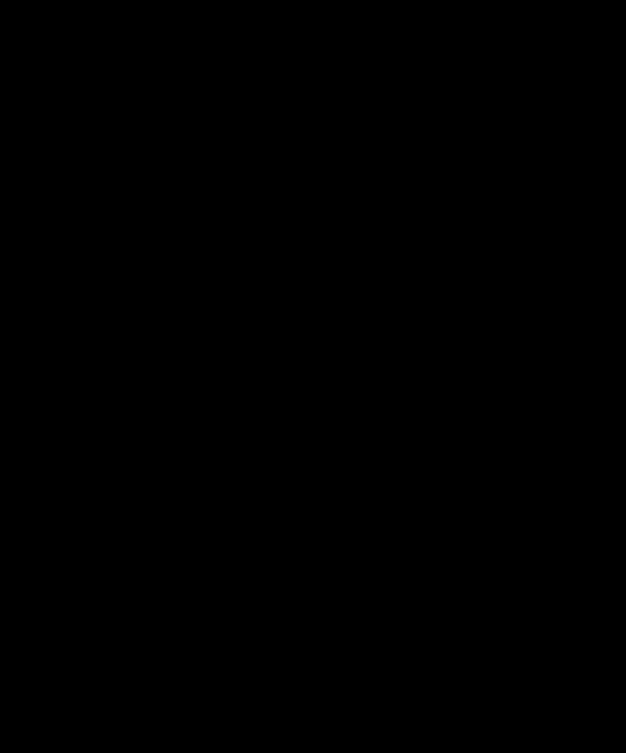
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Our project focuses on early intervention and prevention to enable young people and their parent/carer to access support at the earliest possible stage of their difficulties being identified.

The programme we offer helps young people reach their potential by helping them to understand their mind; emotions and behaviour better.

They learn proactive skills and responsive strategies to manage intrusive thoughts; emotions and unpleasant physical bodily sensations to maintain positive mental wellbeing and resilience.

This increase in personal knowledge; skills and training offers a sustainable approach to alleviate symptoms; improve behaviour and reduce demand on services prioritising clinical cases in the community.



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- The Communities Mental Health & Wellbeing Fund enabled us to deliver a weekly Senior Sunday Club for 32 weeks of the year providing a warm safe and welcoming place focused on reducing isolation and loneliness. The sessions included health, movement, arts & crafts and entertainment activities and a free afternoon tea with an opportunity to connect, chat and make friendships in a friendly, inclusive and consistent space.
- The fund meant we could also support local independent health and wellness practitioners and businesses to become involved in sharing their services and skills with our senior community to benefit from.
- We saw our register grow to support 55 seniors. These sessions were well attended throughout the year with 15-23 seniors attending each week. They have become a lifeline for many seniors who live on their own

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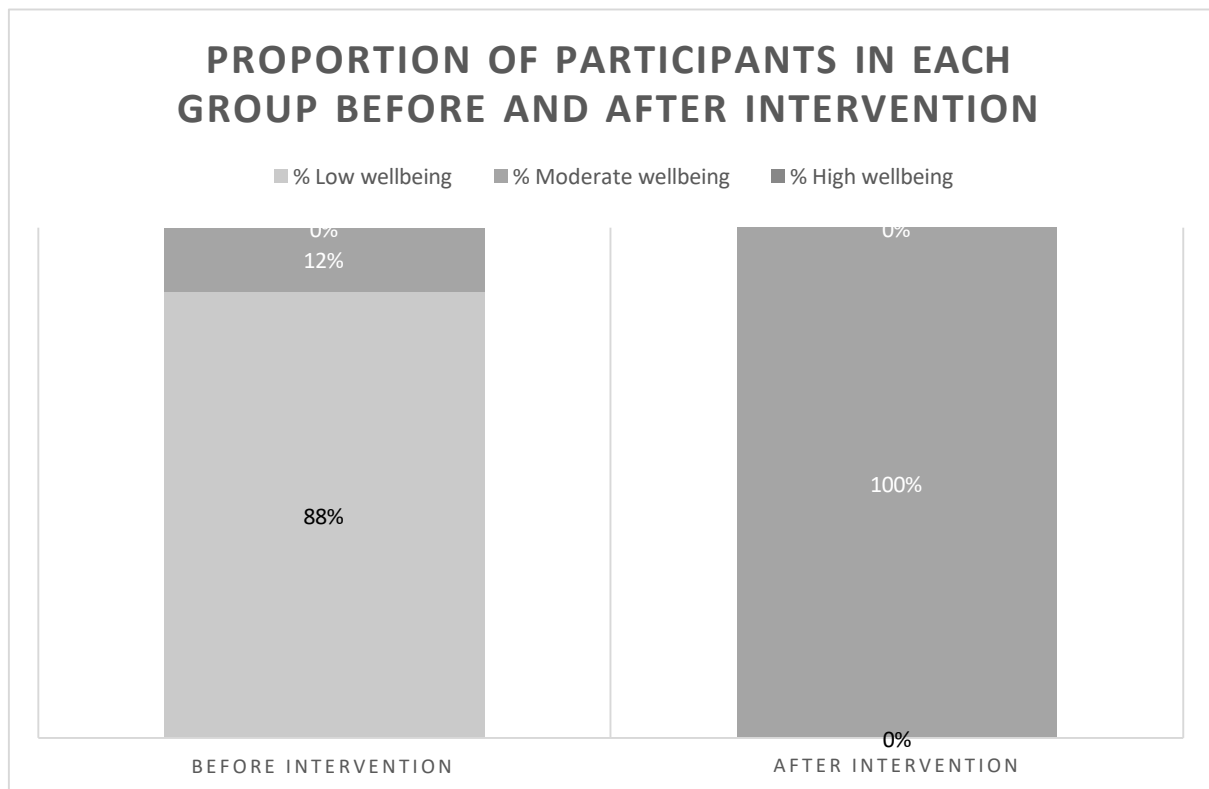
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2. To promote the relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage by delivering mindfulness and meditation programmes and activities for children, young people and adults.

- As the cost of living increases year on year, we have continued to maintain the accessibility of our classes to the community starting at £3.50-£5.50/class and supporting individuals where cost is a barrier to access courses and programmes.
- We offered concessionary rates or free places for the mindfulness and wellbeing courses and programmes to ensure the community is able to access the psychological, emotional and physical health benefits which have included people with disabilities or chronic illness, carers, refugees, domestic abuse survivors, young people and adults with mental health difficulties and adults and young people suffering hardship.
- The research conducted to measure and evaluate the wellbeing of adults/carer participants attending our programmes using pre and post eight week self-reporting wellbeing scales and anonymous feedback continued to show positive outcomes, with significant increases in overall wellbeing and a significant reduction in low wellbeing.

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MINDFULNESS & WELLBEING COURSE PARTICIPANT FEEDBACK

"I got a lot of knowledge about how our minds work, where our thoughts go everytime, how to work with my thoughts, how to be more present and how mindfulness works and how it can help me. The course helped me feel more relaxed, I now know where my thoughts go and I know how to bring them back and treat them with kindness. I've enjoyed the breathing practices and the kindness and self-love practises."

"I've learned to understand my patterns of thinking. In the beginning I was absolutely sceptical and I always judge people and myself. But now I have had great methods how to cope with those issues. I've stopped thinking about myself in a negative way. I've got used to thinking positively and objectively. Even when I have some issues."

"This course has made me more open-minded and I've noticed my self-awareness has been good recently. I'm starting to be more mindful around others and to be kind to myself and making time for self-care."

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"I have learned the importance of calming the mind and being in the present moment. I have learned useful mindfulness techniques to get me in touch with my body and emotions and mind. I have learned to be more kind to myself and others. The course sessions have made me feel more cheerful and happy day to day, more relaxed and less busy for no other reason. I've learned you don't need to operate from feelings of threat, survival and drive all the time, you can operate from the soothing, mindful, calm paradigm and practice it."

"These sessions have given me the skills to notice and control my bad thoughts about the past and stop them affecting my feelings. I am starting to see the good in things and not pay attention to the bad stuff by doing the breathing practices."

"I have learned about myself as a human, how we feel, how to regulate, come home to my mind and be present. The full course has been very eye opening, I have implemented the practices into my daily life and I feel a big shift. I'm being more present, learning about self-acceptance and becoming the observer and that we are not our thoughts."

3. The relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage by making gifts, donations, grants to organisations and to individuals through our Glasgow's Spirit of Christmas gift campaign and activities.

Our Christmas gift campaign completed its 10th gift campaign and highlights the work we do to support children who are suffering from hardship or poverty. In 2023 we accepted over 19,500 referrals from 105 partner charities and children's organisations.

In addition to gift donations made online from 1st October, behind the scenes is a massive communication, logistical, distribution and labour intensive gift challenge which begins and ends in just the three short weeks before Christmas to fulfil gift shortfalls as best we can. To achieve this we pause our wellbeing services to utilise **The Wellbeing Centre** relying solely on committed and kind volunteers to help us make a difference and protect the spirit of Christmas for children in need.

We managed to purchase with generous Just Giving and cash donations around 16,000 individual toys and gifts for 0-16+ years of age. Our volunteers managed to organise, pick and pack these into an additional 3,000 gifts made with love. We cannot thank all supporting organisations and individual volunteers enough for absolutely staggering and inspirational teamwork from everyone.

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In total from 1st October until 24 December 2023 we were able to provide a gift bag full of age relevant toys and gifts to 19,511 children and young people living in Glasgow, Dunbartonshire, Dumbarton, North and South Lanarkshire, Renfrewshire, Inverclyde, Ayrshire and East Renfrewshire, wake up to Gifts made with Love on Christmas Day.

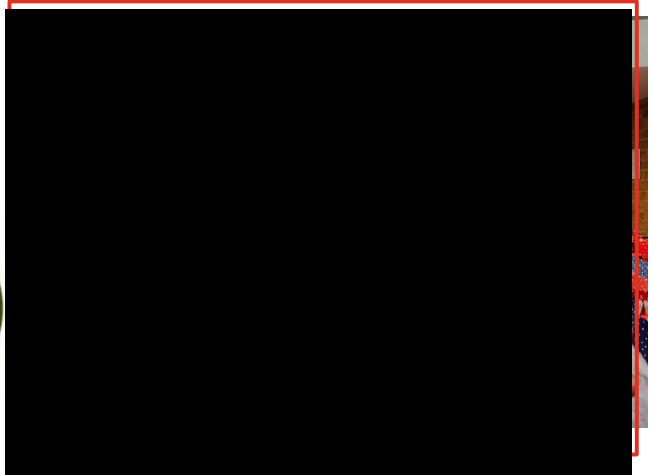
The approximate gift value was £741,000 donated by our compassionate and generous members, donors, local businesses and organisations. This couldn't have been achieved and distributed in time for Christmas without the help and kind support from our big-hearted volunteers and our partnering organisations.

To date the campaign has supported 122,000 children with Gifts Made with Love at an approximate value of £4,541,000 million representing an average gift donation of £37 per child.

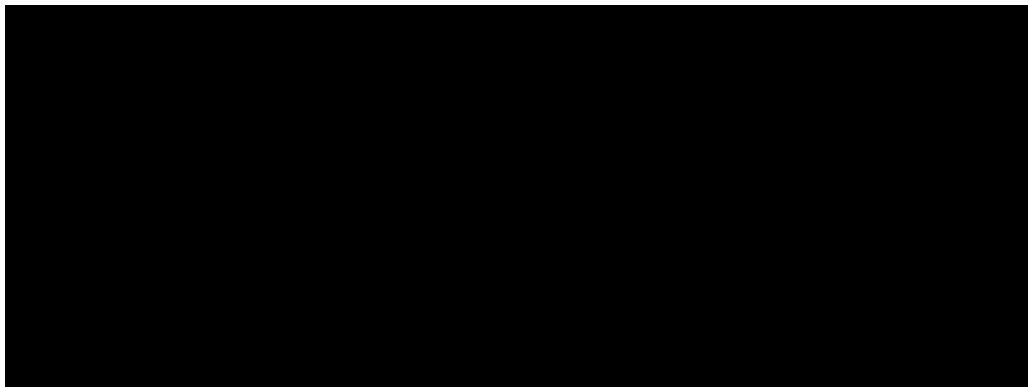
- Our aim is to include all children in the magic of Christmas no matter what their circumstances are. We aim to alleviate the psychological and emotional distress of children feeling excluded around this festive celebration due to financial difficulties and hardship being experienced by families and carers.
- Our grateful thanks goes to [REDACTED] DP3 Social Responsibility Pathway Lead, Strathclyde University for allowing GSOC to participate in their programme again this year to enable 3rd year degree students to become **Gift Managers** and manage the communication of our pledges and who all did a fantastic job.
- The Scottish Tech Army in conjunction with And Digital were once again able to support the development of the Glasgow's Spirit of Christmas App which contributed directly towards the success of the campaign again in 2023.
- Our annual campaign private Facebook community remains at approximately 38,000 members and continues to be the main source of raising awareness, communication and social media interaction. We are very thankful to the commitment of the 12 Moderators who volunteer their time to manage it day and evening throughout October until December each year.

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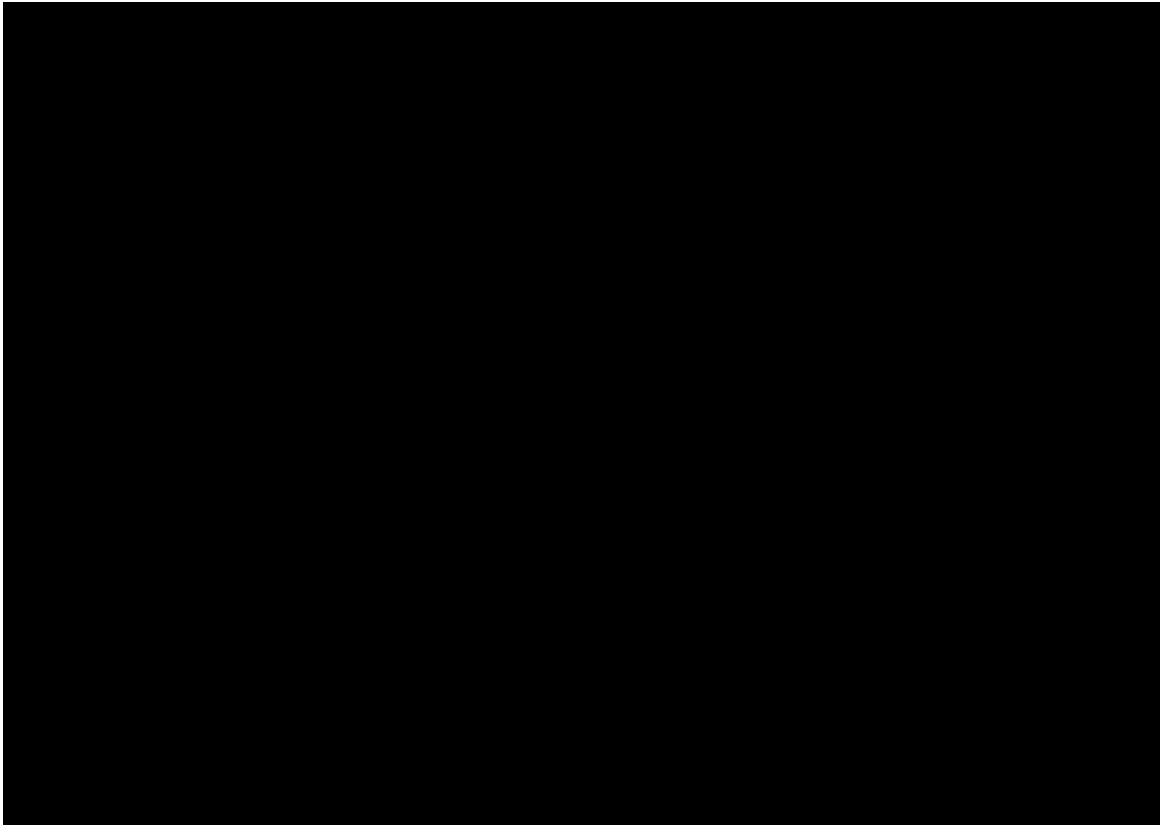
- This long term partnership and support we have with ITISON in association with Social Bite has enabled us to bring more joy to many more children year on year. Our sincere and grateful thanks goes to ITISON in association with SOCIAL BITE for their significant gift donation again this year and their team's generous contribution including helping to pick and pack in excess of 600 gifts in 2023.
- We delivered our first annual fundraising Christmas Ball to support the 10th children's gift campaign at the Marriot Hotel in Glasgow. We are extremely grateful to our sponsors Barratt Homes, Cygna Healthcare and Ambassador Living for supporting our cause, to help us celebrate a decade of supporting children in need.



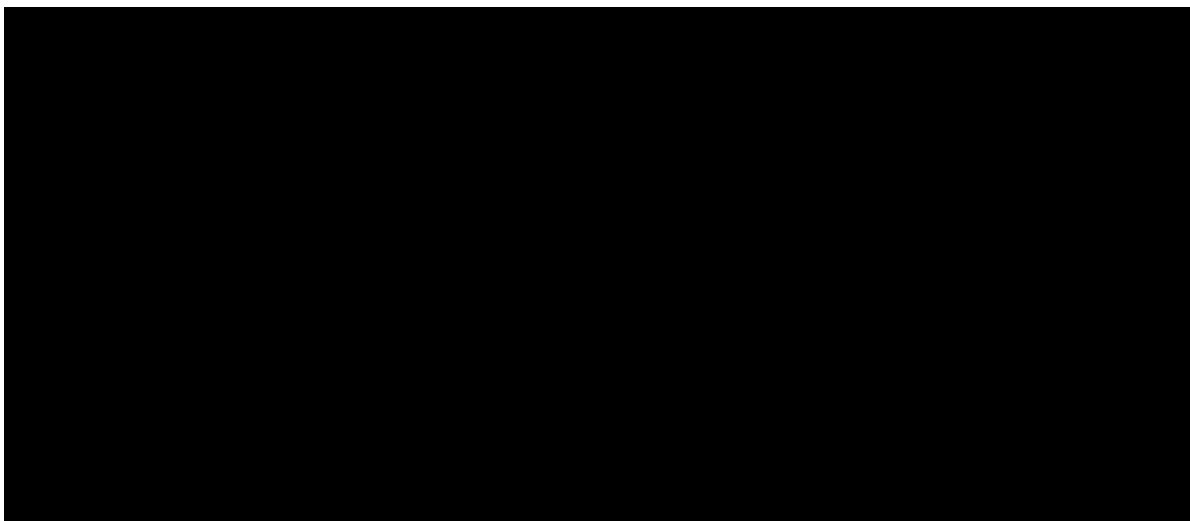
- We are very grateful to all the other companies, organisations and members who donated raffle and auction prizes to help us raise over £26,000.
- We also launched The Kindness Awards to recognize the support, commitment and generosity of our community members and sponsors over 10 years.

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- The St. Enoch Centre supported our campaign this year and raised an outstanding £24,000 for our campaign, by donating the full £10 ticket price for it's MEET SANTA grotto and creating the opportunity of running a pop up shop. We cannot thank the team enough for raising campaign awareness and ensuring that children who would have missed out on the Meet Santa experience would not miss out on benefitting this year from gifts on Christmas Day.

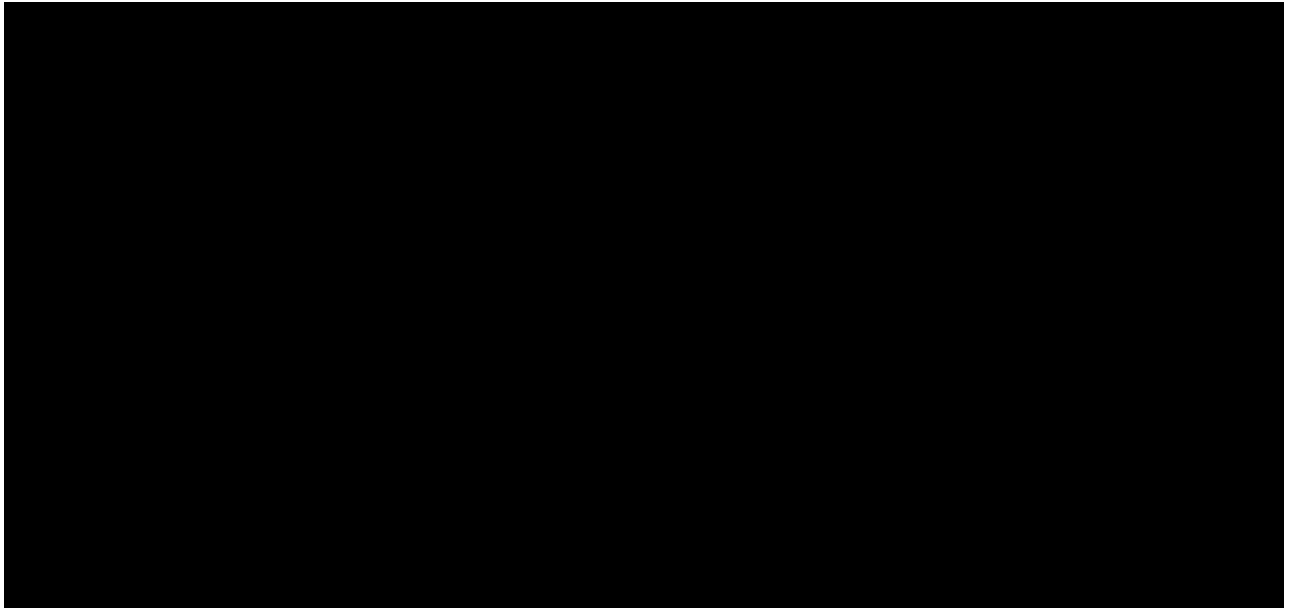


- We were extremely grateful to continue a partnership with GO RADIO to help raise awareness of our campaign on air and to The Malcolm Group for



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sponsoring this and their generous staff gift donations to help us reach more disadvantaged children in the magic of Christmas.



- We'd also like to express our grateful thanks to all the organisations and community members and our amazing volunteers who have offered their support, donations, services, time and staff volunteering to help us achieve our goals during the year. We would have not achieved our aims without their incredible support.

The day to day management of the charity is driven by Founder  appointed CEO by the Trustees.  is the key contact for all those that approach the charity and she also delivers the centre's Wellbeing and Mindfulness Programmes. The Trustees of the charity meet bi-monthly to review and discuss the progress of the charity and it's goals.

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Financial Review

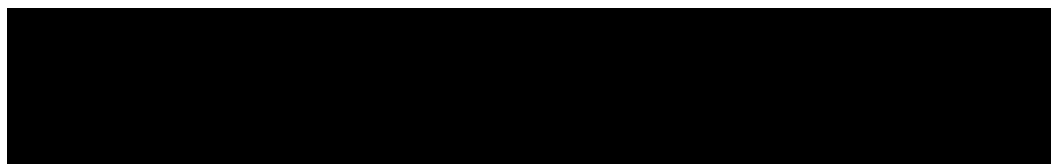
The financial statements for the period ending 31 August 2024 are attached, showing a surplus for the period of **£5,172** (2023: deficit £1,045). In this sixth reporting period for the charity, the income was **£167,991** (2023: £167,225) with expenditure of **£162,819** (2023: £168,270). Restricted funds held as at the year-end were **£9,735** (2023: £42,622).

Reserves policy

The trustees made the decision to maintain the reserves policy to retain 12 months of running costs in order to meet and to cover unexpected expenditure. The charity's unrestricted reserves as at the year-end amounted to **£72,614** (2023: £34,515).

23/5/2025

This report was approved by the trustees on and signed on their behalf by

A large black rectangular box redacting the signatures of the Treasurer and Chief Executive.

Treasurer

Chief Executive

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INDEPENDENT EXAMINER'S REPORT

PERIOD ENDED 31 AUGUST 2024

I report on the accounts of Cultivating Mindfulness (SC048634) for the year ending 31 August 2024 which are set out on pages 17 to 22.

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 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 (as amended) ("the 2006 Regulations"). The charity's trustees consider that the audit requirement of Regulation 10(1)(d) of the 2006 Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)(c) of the 2005 Act and to state whether particular matters have come to my attention.

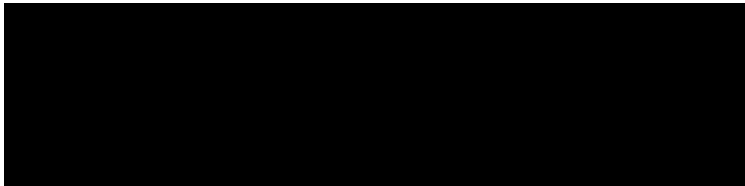
Basis of Independent Examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. 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 seeks explanation from the Trustees concerning 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 the course of 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 comply with Regulation 9 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.



Accountants and Business Advisers
180 St Vincent Street
Glasgow G2 5SG

23/5/2025

		Unrestricted General Fund	Restricted Funds	Total 2024	Total 2023
	Notes	£	£	£	£
Receipts					
Donations	5	3,428	95,296	98,724	110,954
Grants		-	9,120	9,120	25,874
Income from charitable activities	6	24,886	-	24,886	24,169
Fundraising	7	35,261	-	35,261	6,228
Total Receipts		63,575	104,416	167,991	167,225
Payments					
Charitable activities	8	22,526	138,211	160,737	164,418
Governance costs	9	2,082	-	2,082	3,852
Total Payments		24,608	138,211	162,819	168,270
Net Receipts/(Payments)		38,967	(33,795)	5,172	(1,045)
Transfers		(868)	868	-	-
Net Receipts/(Payments) for year		38,099	(32,927)	5,172	(1,045)

The Notes on pages 19 to 22 form an integral part of these Accounts

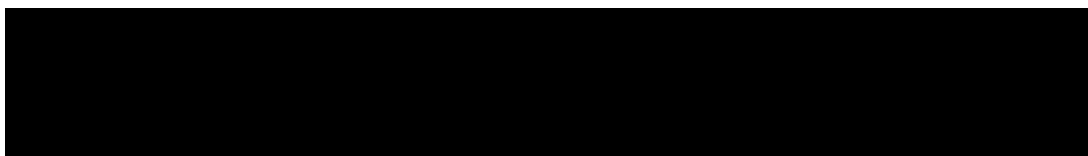
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Statement of Balances as at 31 August 2024

		Unrestricted General Fund £	Restricted Funds £	Total 2024 £	Total 2023 £
	Notes				
Bank and Cash in Hand					
Opening balances		34,515	42,662	77,177	78,222
Net Receipts/(Payments) for the year		38,099	(32,927)	5,172	(1,045)
Closing Balances		72,614	9,735	82,349	77,177
Reserves					
General Fund		72,614	-	72,614	34,515
Restricted Funds	11	-	9,735	9,735	42,662
Closing Balances		72,614	9,735	82,349	77,177
Other Assets					
Fixed Assets	4	411	-	411	411
		411	-	411	411
Liabilities					
Independent Examiner's Fee		2,186	-	2,186	2,064
		2,186	-	2,186	2,064

23/5/2025

Approved by the Trustees on and signed on their behalf by:



Treasurer/Trustee

Chief Executive/Trustee

The Notes on pages 19 to 22 form an integral part of these Accounts

Cultivating Mindfulness

Notes to the Accounts for the Year Ended 31 August 2024

1. Basis of Accounting

The Accounts have been prepared on a Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Funds

For the purpose of the *Statement of Receipts and Payments* (page 17) and the *Statement of Balances* (page 18), Funds are defined as follows:

General fund encompasses all income and expenditure relating to the primary focus activity of the charity, other than those for which funding is restricted.

Restricted funds comprise income which has been received for the objects of the charity and specified for a restricted purpose within these objects by the donor.

VAT

The charity is not registered for VAT and accordingly, expenditure includes VAT where appropriate.

2. Charitable Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.

3. Governance Costs

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the Independent Examiner's fee.

4. Fixed Assets

Fixed Assets (per page 18) of £411 represent the carrying value of the charity's assets.

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Notes to the Accounts for the Year Ended 31 August 2024

5. Donations	General Fund £	Restricted Funds £	Total 2024 £	Total 2023 £
Donations (Individuals)	3,428	86,821	90,249	75,241
Donations (Organisations)		8,475	8,475	35,713
	3,428	95,296	98,724	110,954
6. Income from Charitable Activities	General Fund £	Restricted Funds £	Total 2024 £	Total 2023 £
Mindfulness Courses	24,886	-	24,886	24,169
	24,886	-	24,886	24,169
7. Fundraising	General Fund £	Restricted Funds £	Total 2024 £	Total 2023 £
Fundraising events				
The Kiltwalk	3,190	-	3,190	865
Charities Trust		-	-	100
The Wellbeing Centre		-	-	236
Barratt Developments		-	-	5,000
Other	31	-	31	27
Christmas Ball	19,523	-	19,523	-
Pop Up Shop	8,646	-	8,646	-
Just Giving General Appeal	3,870	-	3,870	-
	35,260	-	35,260	6,228

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Notes to the Accounts for the Year Ended 31 August 2024

8. Charitable Activities	General Fund £	Restricted Funds £	Total 2024 £	Total 2023 £
General purchases	1,230	4,051	5,281	2,713
Glasgow's Spirit of Christmas purchases	-	50,555	50,555	86,094
Utilities and building costs	5,657	3,541	9,198	10,684
Marketing	2,237	16,447	18,684	1,777
Rent, venue hire and online costs	8,317	13,203	21,520	16,679
Legal & Insurance	1,816	-	1,816	907
Staff costs	-	38,400	38,400	38,400
Professional Supervision & Training	2,115	12,014	14,129	6,580
Bank, finance & Just Giving charges	1,154	-	1,154	562
Travel	-	-	-	22
Total	22,526	138,211	160,737	164,418

9. Governance Costs	General Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Independent Examiner's fees	2,082	-	2,082	3,852
	2,082	-	2,082	3,852

10. Restricted Funds	Balance at 31.08.23 £	Receipts £	Payments £	Transfers £	Balance at 31.08.24 £
Glasgow's Spirit of Christmas	22,882	95,296	(119,046)	868	-
Wellbeing Fund	4,835	9,120	(5,778)		8,177
Tesco Community Grants	1,000		(1,000)		-
National Lottery	9,320		(7,763)		1,557
Glasgow City Council Children's Services	4,625		(4,625)		-
Total	42,662	104,416	(138,212)	868	9,734

Purpose of Restricted Funds***Glasgow's Spirit of Christmas***

Represents donations/grants received specifically for the Glasgow's Spirit of Christmas project.

The Wellbeing Fund

Represents a grant received from the Voluntary Action East Renfrewshire to improve wellbeing and social emo

Tesco Community Grant

Represents a grant received to bring benefits to the community and was fully expended in the year.

National Lottery Fund

Represents grants received from the Voluntary Action East Renfrewshire to improve wellbeing and social emotional skills and a seniors club to reduce isolation and loneliness.

Glasgow City Council

Represents a grant received from the Young People's Heart-Mind-Body Wellbeing programme to deliver enhancements to systems of mental health support available to children, young people and families in their local communities. The fund was fully expended during the year following a repayment of £3,381 back to Glasgow City Council.

11. Trustees' Remuneration and Expenses

The Trustees received no remuneration in their role as Trustees.

None of the charity Trustees received remuneration or expenses during the year in their capacity as Trustees other than reimbursement of purchases made on behalf of the charity.

During the year [REDACTED] a Trustee and Chief Executive of the charity received remuneration of £32,822 (2023:£32,020) in her capacity as the Chief Executive. This is in agreement with the other Trustees and the charity constitution.

During the year [REDACTED] a Trustee and Chief Executive of the charity also received £7,500 (2023:£2,858) for the provision of training for beneficiaries. These services were provided at arm's length and with the agreement of the Trustees.

During the year, [REDACTED], a former Trustee of the charity received £1,505 (2023:£665) for the provision of cleaning services. These services were provided at arm's length and with the agreement of the Trustees.

During the year, [REDACTED], Son of [REDACTED] (a Trustee and Chief Executive of the charity), received Nil (2023:£1,070) in relation to reception at the Wellbeing Centre when no volunteers were able. These services were provided at arm's length and with the agreement of the Trustees.