

# Highland Mindfulness Group

Scotland · Charity number SC050141

## Details

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Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2020-05-07
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	20c Gordonville Road Inverness IV2 4SS
Website	<a href="https://highlandmindfulness.co.uk">https://highlandmindfulness.co.uk</a>

## Activities

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**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:** Our charity aims to share mindfulness techniques to improve the lives of people across the Highlands through better mental wellbeing and resilience. With a team of freelance mindfulness facilitators, we offer regular free sessions on Zoom and in person at various venues around the Highlands, as well as workshops, courses, taster sessions, mindfulness meditation days and retreats. Sessions in a small group environment help people to continue to practice mindfulness regularly and gain the benefits of peer support.

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

**Objectives:** 4 The organisation's purpose is: 4.1 The aim of the Group shall be to teach, promote, develop and support the use of mindfulness meditation techniques throughout the Highlands. This it will do by arranging mindfulness courses, mindfulness sessions, days of silent practice, retreats and any other relevant activities that are deemed appropriate.

## Geography

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- **Main operating location:** Highland
- **Geographical spread:** Wider, but within one local authority area

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£23,776	£21,648	-	0
2024-05-31	£22,243	£20,518	-	0
2023-05-31	£21,784	£24,970	-	1
2022-05-31	£14,522	£12,465	-	0
2021-05-31	£13,001	£6,059	-	0