

Peer 2 Peer Mindfulness

Scotland · Charity number SC051472

Details

Known as	P2P Mindfulness
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2022-01-06
Register	View on the OSCR register

Contact

Address	5 Hendersons Court Kelso TD5 7BG
Website	https://www.peer2peer-mindfulness.co.uk/

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health'

What the charity does: Peer 2 Peer Mindfulness provides high quality secular mindfulness courses to members of the public who may not have the financial means or opportunity to access mindfulness courses and consequently, the mental health and wellbeing benefits that learning and practicing mindfulness can provide. All our mindfulness courses are delivered free of charge. The courses take place face-to-face and are led by mindfulness teachers trained and accredited by the UK Mindfulness Association. Peer to Peer Mindfulness' standard course is the 9-week Mindfulness Based Living Course which aims to empower individuals, families and communities through mindful living. Mindfulness is particularly valuable for people who struggle with aspects of their mental health and wellbeing and its benefits include increasing self-awareness, self-confidence, self-regulation and emotional resilience leading to less stress from difficult life circumstances.

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

Objectives: The organisation's charitable purposes are the advancement of health by: a) Providing high quality secular mindfulness courses to individuals and groups who may not have the means or opportunity to gain access to face to face mindfulness courses, and the benefits that learning and practicing mindfulness can provide. b) Empowering individuals and communities through mindfulness, which increases self-awareness, self-confidence, self-regulation and resilience, leading to increased likelihood of sustained well-being. c) Nurturing a growing community of secular mindfulness practitioners from all walks of life by inspiring people to live and work according to mindfulness principles, for the well-being of practitioners, the

wider Scottish Borders community, and society as a whole.

Geography

- **Main operating location:** Scottish Borders
- **Geographical spread:** More than one local authority area in Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2026-01-31	£0	£0	-	0
2025-01-31	£24,679	£22,498	-	0
2024-01-31	£21,088	£31,739	-	0
2023-01-31	£36,780	£9,710	-	0