



Cultivating Mindfulness

ANNUAL REPORT AND STATEMENT OF ACCOUNTS

YEAR ENDING 31 AUGUST 2025

OSCR
Scottish Charity Regulator
www.oscr.org.uk

**Registered
SCIO
SC048634**

Cultivating Mindfulness

SC048634

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TRUSTEES' ANNUAL REPORT FOR THE PERIOD ENDED 31 AUGUST 2025

The Charity Trustees have pleasure in presenting their annual report together with the financial statements and the independent examiner's report for the year ended 31 August 2025. This is the seventh 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
Registered office:	3 Heather Wynd, Newton Mearns, Glasgow, G77 6AT
Bankers:	Clydesdale Bank, 15A The Avenue, Newton Mearns, G77 6AA
Independent Examiner:	Philip Morrice, FCCA, TC Group, 180 St Vincent Street, Glasgow, G2 5SG

Trustees

The following currently serve as trustees of the charity:

Julie Griffin	Chief Executive
Fiona Craig	Treasurer
Linda Millar	Secretary
Gemma Devlin	Centre Coordinator

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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 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 continued 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. Due to increased utility running costs, classes increased from £3.50 to £4.50 which is still lower than most community class offerings. We continued to offer concession rates and free places for anyone on a low income to ensure cost was not a barrier to inclusion.
- Funding opportunities to support community wellbeing is becoming more challenging with an increase in the number of organisations applying and restrictive criteria aimed at specific demographics. We were fortunate and very grateful to receive vital funding to continue to deliver support for our senior's community for the fourth year, through the Communities Mental Health and Wellbeing Fund, to reduce isolation and loneliness.
- We made the decision to continue providing mental wellbeing support with funding raised from The Glasgow Kiltwalk to support teens and young adult referrals or self-referral requests through our Mindfulness Family Wellbeing Programme. Parents tell us how vital this complimentary alternative support has been while they are waiting on a long list and unable to afford private clinical health services such as counselling or support from a child psychologist.
- Unexpected changes to the Board of Trustees during the year, as a result of a key board member suffering a serious life threatening illness, and another leaving just a few days before the launch of Glasgow's Spirit of Christmas in October 2024, increased pressure and significant time and energy demands were placed on the remaining trustees. The attempt to replace one of these roles was unsuccessful and affected our efforts to raise additional fundraising opportunities with limited volunteer support during the charity's busiest time of the year.
- We also faced a last minute challenge with the Tech company no longer being able to support Glasgow's Spirit of Christmas website which meant Julie had to build a working website for the charity herself in record making time at the end of August for the launch on 1st October 2024. In the longterm this has been a great opportunity to own and have access to the website to develop for future campaigns.

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- Special thanks to STV for covering our 10th year for GSOC 2014-2024 and 11th annual children's gift campaign, and to Oliver and Ros at Luminoscine for covering and capturing on video the Christmas campaign activities at The Wellbeing Centre in December 2024. This has been a success to help raise awareness of the important work we provide to the community and through our partnering organizations.

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 seventh year we received over 3,500 visits to the centre and delivered our wellbeing activities to senior's, adults, children, parent and young adult's family sessions.
- We delivered 8 week mindfulness meditation training courses and day retreats for adults that were accessible to ensure cost was not a barrier to inclusion.
- We also delivered Mindfulness Meditation workshops to private, public and third sector organisations at a reduced cost or no cost to support mental health awareness and wellbeing of staff.
- We continued to deliver support to young people and their families through our Family Wellbeing Programme at no cost to improve young adult's mental wellbeing from September 2024 until May 2025. 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 which aims to 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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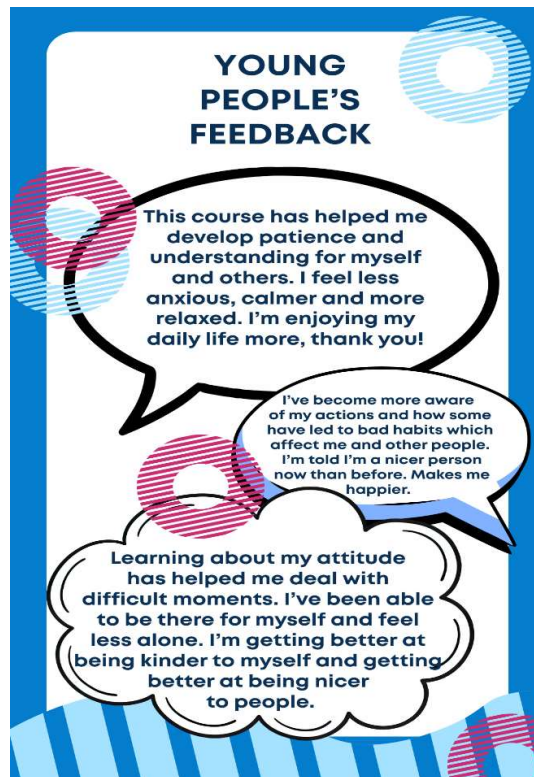
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Our project focuses on early intervention and prevention to enable young people and their parent/carer to access support at the earliest possible stage of their difficulties being identified.

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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- Year four with funding from The Communities Mental Health & Wellbeing Fund enabled us to continue to deliver a weekly Senior Sunday Club for 32 weeks of the year. We provided a warm safe and welcoming space 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 71 seniors. These sessions were well attended throughout the year with between 16-25 seniors attending each week. They have become a lifeline for many seniors who live on their own.

SENIOR SUNDAY CLUB



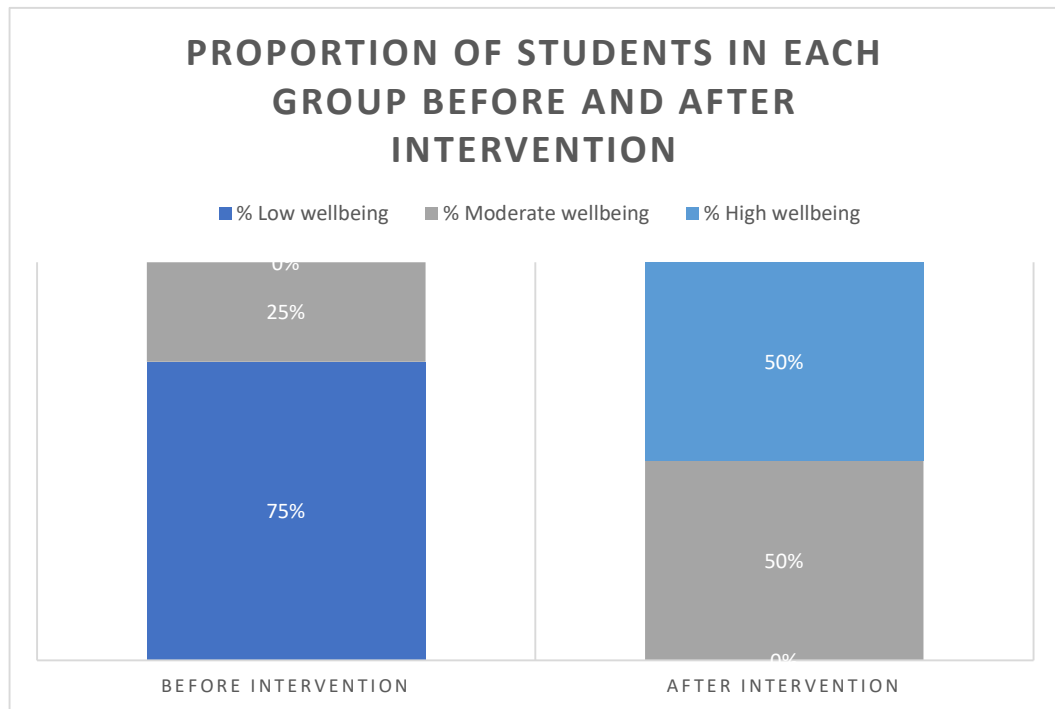
2. To promote the relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage by delivering mindfulness and meditation programmes and activities for children, young people and adults.
- As the cost of living increases year on year, we managed to maintain the accessibility of our classes to the community by maintaining classes starting at £4.50 per 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

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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 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.



MINDFULNESS & WELLBEING COURSE PARTICIPANT FEEDBACK

"The course has taught me how to be present and how to let the past go and continue life. To forgive others and yourself and to be kind. To try to be more conscious of the ways in which I create harm for myself through thoughts and holding of feelings and to make small inroads in improving this. It's gave me hope for myself and my life."

"I've learned that mindfulness is a factor that many people lack, which causes their minds to be distracted and ultimately a mess. Attitude, gratefulness and self-awareness are extremely important keys to live life fully. The course has made me even more grateful for my life and what I have as I now see that everyone is in the same boat."

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"I've learned to slow down, enjoy my surroundings and people in my life. I've valued my peace of mind. The course has helped me to focus and on what I want. Not to strive for it without thinking on how to go about it. I feel I have a toolbox now to help me in difficult times."

"I can't recommend this course highly enough. Julie is an amazing teacher who lives what she teaches. I have learned so much about my mind and about others too. It's made me realise how much time I waste on worrying about stuff that will probably never happen and how this affects me day to day. I feel like a cloud has been lifted and I can see more clearly my habits and how to use the techniques to break free from them. I feel like I'm taking control of my life again for the first time in a long time, thank you for sharing such helpful information."

"This course is excellent and I am so grateful for the support. I enjoyed all the resources available in course and the audio recordings. I feel more calm and have confidence in myself that I will be able to handle certain situations a lot better, knowing that I will be able to cope and that I don't have to get sucked in to every stress that comes my way."

"The techniques I have been practising through the course were challenging at first as I kept forgetting to do it, but I was encouraged to stay with it. I am so glad I did. My low moods and angry behaviour are being replaced with a calmer me and I feel better able to cope with people, my studies and at work. I am getting better and feeling happier and not feeling as confused and unhappy as I used to be before the course."

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 it's 11th gift campaign and highlights the work we do to support children who are suffering from hardship or poverty. In 2024 we accepted over 19,300 referrals from 114 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.

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Together with generous Just Giving and cash and gift donation we purchased and packed around 12,000 individual toys and gifts for 0-16+ years of age into gift bags. Our volunteers managed to organise, pick and pack these into approximately 2,000 gifts made with love. We cannot thank all supporting organisations and individual volunteers enough for absolutely staggering and inspirational teamwork from

In total from 1st October until 24 December 2024 we were able to provide a gift bag full of age relevant toys and gifts to 19,089 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 £706,000 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 141,089 children with 1,048,623 Gifts Made with Love at an approximate value of £5,247,000 million representing an average gift donation of £36.50 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 **Iain Mitchell**, MDP3 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.
- 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

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October until December each year.



- This longterm partnership and support we have with ITISON in association with Social Bite has enabled us to bring more joy to many 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 in helping to pick and pack in excess of 650 gifts in 2024.
- We are very grateful to GO RADIO and The Malcolm Group for their continued support in helping raise awareness of the annual campaign and for gifts delivered on behalf of staff to The Wellbeing Centre.

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- We ran our first Christmas Raffle to support Glasgow's Spirit of Christmas which ran from 1-12th December 2024. Thanks to our sponsors Barratt Homes, Cigna Healthcare, The Trades House of Glasgow, Aver Generics, Ambassador Living, MacKenzie Construction, Celtic Football Club, Rangers Charity Foundation, Satelliet UK, McQueens Dairies and Finsbury Foods, we raised a further £2,500 for the children's gift programme.



- We'd also like to offer our sincere gratitude to Barratt Homes for their support in helping us to raise awareness of the campaign by running our first ever outdoor advertising campaign at the end of November and beginning of December 2024.

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- We'd also like to express our grateful thanks to all the organisations and community members who have offered their support, donations, services and staff volunteering to help us achieve our goals during the year, and to our charity partners who deliver the gifts to families in time for Christmas Day.

The day to day management of the charity is driven by Founder, Julie Griffin, appointed CEO by the Trustees. Julie 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.

Financial Review

The financial statements for the period ending 31 August 2025 are attached, showing a deficit for the period of **£7,288** (2024: surplus £5,172). In this seventh reporting period for the charity, the income was **£123,108** (2024: £167,991) with expenditure of **£130,396** (2024: £162,819). Restricted funds held as at the year-end were **£9,380** (2024: £9,735).

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 **£65,680** (2024: £72,614).

27/5/2026

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

Fiona Craig
Treasurer

Julie Griffin
Chief Executive

Cultivating Mindfulness

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INDEPENDENT EXAMINER'S REPORT

PERIOD ENDED 31 AUGUST 2025

I report on the accounts of Cultivating Mindfulness (SC048634) for the year ending 31 August 2025 which are set out on pages 16 to 21.

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.

Philip Morrice

Philip Morrice, FCCA

Partner

TC Group
Business Advisors and Accountants
180 St Vincent Street
Glasgow
G2 5SG

27/5/2026

Cultivating Mindfulness
Statement of Receipts and Payments for the Year Ended 31 August 2025

		Unrestricted General Fund	Restricted Funds	Total 2025	Total 2024
	Notes	£	£	£	£
Receipts					
Donations	5	1,162	76,411	77,573	98,724
Grants		-	10,480	10,480	9,120
Income from charitable activities	6	27,533	-	27,533	24,886
Fundraising	7	7,355	-	7,355	35,261
Bank Interest		167		167	-
Total Receipts		36,217	86,891	123,108	167,991
Payments					
Charitable activities	8	36,521	91,691	128,212	160,737
Governance costs	9	2,184	-	2,184	2,082
Total Payments		38,705	91,691	130,396	162,819
Net Receipts/(Payments)		(2,488)	(4,800)	(7,288)	5,172
Transfers		(4,446)	4,446	-	-
Net Receipts/(Payments) for year		(6,934)	(354)	(7,288)	5,172

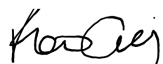
The Notes on pages 18 to 21 form an integral part of these Accounts

Cultivating Mindfulness**Statement of Balances as at 31 August 2025**

	Notes	Unrestricted General Fund £	Restricted Funds £	Total 2025 £	Total 2024 £
Bank and Cash in Hand					
Opening balances		72,614	9,735	82,349	77,177
Net Receipts/(Payments) for the year		(6,934)	(354)	(7,288)	5,172
Closing Balances		65,680	9,381	75,061	82,349
Reserves					
General Fund		65,680	-	65,680	72,614
Restricted Funds	11	-	9,381	9,381	9,735
Closing Balances		65,680	9,381	75,061	82,349
Other Assets					
Fixed Assets	4	411	-	411	411
		411	-	411	411
Liabilities					
Independent Examiner's Fee		2,186	-	2,186	2,186
		2,186	-	2,186	2,186

27/5/2026

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



Fiona Craig
Treasurer/Trustee



Julie Griffin
Chief Executive/Trustee

The Notes on pages 18 to 21 form an integral part of these Accounts

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Notes to the Accounts for the Year Ended 31 August 2025

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.

Funds

For the purpose of the *Statement of Receipts and Payments* (page 16) and the *Statement of Balances* (page 17), 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 17) 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 2025

5. Donations	General Fund £	Restricted Funds £	Total 2025 £	Total 2024 £
Donations (Individuals)	1,162	67,875	69,037	90,249
Donations (Organisations)		8,536	8,536	8,475
	1,162	76,411	77,573	98,724
6. Income from Charitable Activities	General Fund £	Restricted Funds £	Total 2025 £	Total 2024 £
Mindfulness Courses	27,533	-	27,533	24,886
	27,533	-	27,533	24,886
7. Fundraising	General Fund £	Restricted Funds £	Total 2025 £	Total 2024 £
Fundraising events				
The Kiltwalk	5,151	-	5,151	3,190
Charities Trust		-	-	-
The Wellbeing Centre		-	-	-
Barratt Developments	1,000		1,000	-
Other	21	-	21	31
Christmas Ball	-	-	-	19,523
Pop Up Shop	-	-	-	8,646
Just Giving General Appeal	-	-	-	3,870
Bucket donations	1,183		1,183	-
	7,355	-	7,355	35,260

Cultivating Mindfulness**Notes to the Accounts for the Year Ended 31 August 2025**

8. Charitable Activities	General Fund £	Restricted Funds £	Total 2025 £	Total 2024 £
General purchases	1,218	2,655	3,873	5,281
Glasgow's Spirit of Christmas purchases	-	39,366	39,366	50,555
Utilities and building costs	8,296	47	8,343	9,198
Marketing	1,465	3,607	5,072	18,684
Rent, venue hire and online costs	10,574	11,600	22,174	21,520
Legal & Insurance	1,849	-	1,849	1,816
Staff costs	3,984	34,416	38,400	38,400
Professional Supervision & Training	8,433	-	8,433	14,129
Bank, finance & Just Giving charges	702	-	702	1,154
Total	36,521	91,691	128,212	160,737

9. Governance Costs	General Fund £	Restricted Fund £	Total 2025 £	Total 2024 £
Independent Examiner's fees	2,184	-	2,184	2,082
	2,184	-	2,184	2,082

10. Restricted Funds	Balance at 31.08.24 £	Receipts £	Payments £	Transfers £	Balance at 31.08.25 £
Glasgow's Spirit of Christmas	-	76,211	(80,657)	4,446	-
Wellbeing Fund	8,177	10,680	(11,034)		7,823
National Lottery	1,557				1,557
Total	9,734	86,891	(91,691)	4,446	9,380

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 and a donation from Arnold Clark to improve wellbeing and social emotional skills and a seniors club to reduce isolation and loneliness.

National Lottery Fund

Represents a grant received from the National Lottery in relation to the family and young people's funding programme.

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, Julie Griffin, a Trustee and Chief Executive of the charity received remuneration of £33,309 (2024:£32,822) in her capacity as the Chief Executive. This is in agreement with the other Trustees and the charity constitution.

During the year, Julie Griffin, a Trustee and Chief Executive of the charity also received £4,800 (2024:£7,500) 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, Elaine McKinlay, a former Trustee of the charity received £210 (2024:£1,505) for the provision of cleaning services. These services were provided at arm's length and with the agreement of the Trustees.