

Charity registration number SC051472 (Scotland)

PEER 2 PEER MINDFULNESS
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 JANUARY 2023

PEER 2 PEER MINDFULNESS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Ann Hetherington	(Appointed 15 February 2022)
Richard Fowie	(Appointed 8 January 2023)
Robert Lindsay	(Appointed 15 February 2022)
Margaret McCredie	(Appointed 15 February 2022)
Martha Pollard	(Appointed 15 February 2022)
Gareth Stott	(Appointed 15 February 2022)
Christina Willoughby	(Appointed 6 December 2022)
Helen Laidlaw	(Appointed 15 February 2022)
Brian Turnbull	(Appointed 15 February 2022)
Angela Wells	(Appointed 15 February 2022)

Charity number (Scotland)

SC051472

Independent examiner

Hogg & Thorburn
Moat House
14 Gala Park
GALASHIELS
Scottish Borders
TD1 1EX

PEER 2 PEER MINDFULNESS

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PEER 2 PEER MINDFULNESS

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 JANUARY 2023

The trustees present their annual report and financial statements for the period ended 31 January 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Constitution, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "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).

Objectives and activities

The objectives of the Charity are as follows:

- To provide, monitor and evaluate free-of-charge secular mindfulness courses, predominantly throughout the Scottish Borders, for the public, primary and secondary schools and other groups, focussing on areas of particular need.
- To establish a hub for information and innovation in secular mindfulness within the Scottish Borders.
- To signpost to quality information about mindfulness, offer consultancy and evaluation, training and CPD, and to increase public understanding of mindfulness.

Aims of the Charity

- To provide 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.
- To empower vulnerable individuals and communities through mindfulness, which increases self-awareness, self-confidence, self-regulation and resilience, leading to increased likelihood of sustained well-being.
- To nurture 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.

Outcomes of the Charity:

- The reach of high quality, face to face secular mindfulness teaching will be widened to include groups and individuals in the Scottish Borders who, because of financial or other barriers, would have been unable to gain access to secular mindfulness courses; thus widening the access to such courses beyond self-funding professionals.
- Course participants who complete the 8-week course and undertake regular practice in between course sessions will benefit from one or more of:
 - reduced stress, lower anxiety and improved mood
 - increased positive emotions and improved emotion regulation
 - reduced rumination and increased self-confidence, and
 - higher levels of empathy and compassion
- They will also show increases in trait mindfulness, relationship quality, improved attentional control and decreased stress reactivity.
- The community of secular mindfulness practice will be further embedded, widened and will continue to grow, with the Peer 2 Peer model having an impact for individuals, families and wider communities.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

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TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

Achievements and performance

Significant activities and achievements against objectives

In the past year Peer 2 Peer Mindfulness continued to successfully provide its core objectives to a high standard.

From its base in Kelso, four tutors have continued to deliver secular 8-week mindfulness courses (MBLC), Compassion course (CBLC) and drop-in sessions in 1-2-1 or group settings to general public, local authorities, and workplaces across the Scottish Borders. The charities mission in its activities is to empower under-served individuals through mindfulness with them gaining self-awareness, confidence, self-regulation and emotional resilience, leading to increased likelihood of sustained well-being.

A large number of volunteers, all of whom have previously participated in a free-of-charge Peer 2 Peer Mindfulness 8-week Mindfulness Based Living course (MBLC), have assisted the charity in achieving its aims during the period.

Some of these volunteers have now entered on to the Mindfulness Association teachers training programme with the aim of becoming a qualified mindfulness teacher so that they can teach mindfulness for Peer 2 Peer Mindfulness SCIO.

Financial income was generated by inviting donations from those attending the free-of-charge courses, selling mindfulness courses to the local authority and workplaces, and grant aid.

Successful grant applications were made to the Arnold Clark Community Fund and The National Lottery Community Fund resulting in the charity being awarded a total of £10,390.

This enabled Peer 2 Peer Mindfulness to continue offering free-of-charge MBLC courses throughout the year to the general public in the Scottish Borders area, part of its commitment to ensuring that financial ability was not an obstacle to anyone receiving the benefits of mindfulness. Participants on these courses were also invited to make a donation where able.

During the 2022/2023-year, Peer 2 Peer Mindfulness held seven free-of-charge Mindfulness Based Living Courses (MBLC). 216 people from all walks of life applied for a place on one of the courses during this reporting period and received some degree of mindfulness tuition from Peer 2 Peer Mindfulness. Every participant who completed a course took the time to provide positive feedback as to the benefits they are experiencing in life as a result of having spent time learning with Peer 2 Peer Mindfulness on the MBLC. No individuals have given negative feedback as to their learning experience.

The charities main stakeholders are the participants in the courses and they are consulted for feedback at the end of every course. This feedback indicates a very high level of benefit received from learning mindfulness through Peer 2 Peer mindfulness courses.

Participants are asked to rate on a scale of 1 to 10 the extent to which they have received benefit. 97% of respondents rate between 8 – 10.

An example of the outcomes being obtained by those participating in Peer 2 Peer Mindfulness courses is shown in the following feedback: *"This was a fantastic course and has been a game changer for me. I have struggled with severe anxiety over a prolonged period of time and wanted to learn a way to be a calmer and better person and mum. The course has allowed me to acknowledge who I am, what my mind is like, and how to work with it. Learning to develop my wellbeing has been one of the most powerful experiences of my life."*

Twenty-two previous participants of a past MBLC's took the development of their well-being further by participating in an online 16-week Compassion Based Living Course during the 2022-2023 period.

One Mindfulness Retreat day and one Compassion Retreat Day was provided by Peer 2 Peer Mindfulness in the past year and fifty-one people participated in these events.

The Peer 2 Peer Mindfulness website publicises the varied activities of the charity and facilitates participation in them and attracts a high level of engagement. The website visitors use the website to book places on courses, ask questions about the charity, the courses and mindfulness in general with regards to suitability towards themselves.

A Peer 2 Peer Mindfulness Facebook page posts regular updates on the charity's activities and invites participation in them. The Facebook page also regularly offers tips on practicing mindfulness. Over 1400 individuals have 'liked' the charity's Facebook page and are regularly engaging with it.

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TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

Financial review

The charity operated for its first period since being formed on 6 January 2022 to the period ended ended 31 January 2023.

The total funds generated from all sources amounted to £36,780 and the expenditure amounted to £9,710 resulting in a overall surplus of funds of £27,070 for the period.

This is represented by restricted funds of £18,495 and unrestricted funds of £8.575 making a total of £27,070.

The Trustees will continue to monitor the financial performance at their meetings.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the period.

Plans for future periods

The trustees are positive about the future of the charity and its ability to grow and meet the growing demand from the public for its services.

To do so, the charity will continue to raise and invest sufficient funds in its activities in order to meet the charity's objectives and where possible expand the activities undertaken.

The success of all the services provided continues to be heavily dependent on the support of our dedicated volunteers. To ensure that the expectations of the increased users of the services are met, a recruitment campaign for trustees and volunteers is ongoing.

Structure, governance and management

The charity is a Scottish Charity Incorporated Organisation (SCIO).

On 29 January 2022 Peer 2 Peer Mindfulness CIC Ltd received notification from the Office of the Scottish Charity Regulator (OSCR) that its application for conversion into a Scottish Charity Incorporated Organisation (SCIO) had been successful.

A copy of the Constitution of Peer 2 Peer Mindfulness SCIO can be obtained from the secretary by request in writing.

The trustees who served during the period and up to the date of signature of the financial statements were:

Ann Hetherington	(Appointed 15 February 2022)
Richard Fowle	(Appointed 8 January 2023)
Robert Lindsay	(Appointed 15 February 2022)
Margaret McCredie	(Appointed 15 February 2022)
Martha Pollard	(Appointed 15 February 2022)
Gareth Stott	(Appointed 15 February 2022)
Christina Willoughby	(Appointed 6 December 2022)
Helen Laidlaw	(Appointed 15 February 2022)
Brian Turnbull	(Appointed 15 February 2022)
Angela Wells	(Appointed 15 February 2022)
Eileen Longworth	(Appointed 15 February 2022 and resigned 16 October 2022)

PEER 2 PEER MINDFULNESS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 JANUARY 2023

Recruitment and appointment of trustees

The Trustees will identify any position that requires additional expertise for the charity to develop and try and recruit someone with that knowledge. The Trustees will then carry out training and a induction review of the any new Trustee appointed so that that they are aware if their role and responsibilities.

The trustees' report was approved by the Board of Trustees.



Gareth Stott
Chair

29 October 2023

PEER 2 PEER MINDFULNESS

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PEER 2 PEER MINDFULNESS

I report on the financial statements of the charity for the period ended 31 January 2023, which are set out on pages 6 to 14.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1)(c) of the 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 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeks explanations from the 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 financial statements.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - (ii) to prepare financial statements which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations;have not been met or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Andrew Wayness

Andrew Wayness CA

Hogg & Thorburn

Moat House
14 Gala Park
GALASHIELS
Scottish Borders
TD1 1EX

Dated: 29 October 2023

PEER 2 PEER MINDFULNESS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 JANUARY 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:				
Donations and legacies	3	11,500	20,060	31,560
Other trading activities	4	5,220	-	5,220
Total income		<u>16,720</u>	<u>20,060</u>	<u>36,780</u>
Charitable activities	5	8,145	1,565	9,710
Net income and movement in funds		<u>8,575</u>	<u>18,495</u>	<u>27,070</u>
Reconciliation of funds:				
Fund balances at 6 January 2022		-	-	-
Fund balances at 31 January 2023		<u>8,575</u>	<u>18,495</u>	<u>27,070</u>

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derive from continuing activities.

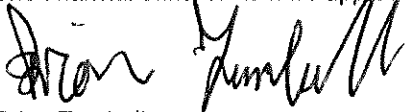
PEER 2 PEER MINDFULNESS

STATEMENT OF FINANCIAL POSITION

AS AT 31 JANUARY 2023

	Notes	2023 £	£
Fixed assets			
Property, plant and equipment	10		2,676
Current assets			
Trade and other receivables	11	25,394	
Current liabilities	12	1,000	
Net current assets			24,394
Total assets less current liabilities			27,070
The funds of the charity			
Restricted income funds	13		18,495
Unrestricted funds			8,575
			27,070

The financial statements were approved by the trustees on 29 October 2023



Brian Turnbull
Trustee

PEER 2 PEER MINDFULNESS

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 JANUARY 2023

1 Accounting policies

Charity information

Peer 2 Peer Mindfulness is a charity governed by its Constitution. The registered office is 5 Hendersons Court, Kelso, TD5 7BG .

1.1 Reporting period

The financial statements cover the period from 6 January 2022 to 31 January 2023, a 13 month period. As it is the Charity's first year there are no comparative amounts included.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's Constitution, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of financial instruments at fair value. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

PEER 2 PEER MINDFULNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Property, plant and equipment

Property, plant and equipment are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of non-current assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

PEER 2 PEER MINDFULNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

PEER 2 PEER MINDFULNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

3 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	7,364	-	7,364
Grants received	1,000	20,060	21,060
Donated goods and services	3,136	-	3,136
	<u>11,500</u>	<u>20,060</u>	<u>31,560</u>

4 Income from other trading activities

	Unrestricted funds 2023 £
Counselling income	2,920
Training courses	2,300
Other trading activities	<u>5,220</u>

PEER 2 PEER MINDFULNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

8 Employees

The average monthly number of employees during the period was:

	2023
	Number
Total	-

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Property, plant and equipment

	Fixtures and fittings
	£
Cost	
Additions	3,321
At 31 January 2023	3,321
Depreciation and impairment	
Depreciation charged in the period	645
At 31 January 2023	645
Carrying amount	
At 31 January 2023	2,676

11 Trade and other receivables

	2023
	£
Amounts falling due within one year:	
Other receivables	25,394

12 Current liabilities

	2023
	£
Accruals and deferred income	1,000

PEER 2 PEER MINDFULNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2023

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 6 January 2022	Incoming resources	Resources expended	At 31 January 2023
	£	£	£	£
Life Changes Trust	-	10,670	-	10,670
National Lottery	-	9,390	(1,565)	7,825
	<u>-</u>	<u>20,060</u>	<u>(1,565)</u>	<u>18,495</u>

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 6 January 2022	Incoming resources	Resources expended	At 31 January 2023
	£	£	£	£
General funds	-	16,720	(8,145)	8,575
	<u>-</u>	<u>16,720</u>	<u>(8,145)</u>	<u>8,575</u>

15 Analysis of net assets between funds

	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£
Fund balances at 31 January 2023 are represented by:			
Property, plant and equipment	2,676	-	2,676
Current assets/(liabilities)	5,899	18,495	24,394
	<u>8,575</u>	<u>18,495</u>	<u>27,070</u>

16 Related party transactions

There were no disclosable related party transactions during the period.