



THE
Compassionate Mind
FOUNDATION

**The Compassionate Mind Foundation
Annual Report and Financial Statements
for the Year Ended 31 July 2024**

**Charity number: 1120364
Company number: 05888231**

The Compassionate Mind Foundation

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for the year ended 31 July 2024**

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The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

The Trustees are pleased to present their report together with the financial statements of the Charity for the year ended 31 July 2024.

Reference and administrative information

Trustees and Directors

The Directors of The Compassionate Mind Foundation, a charitable company (the "Charity") are its Trustees for the purpose of Charity Law and throughout this report are collectively referred to as the Trustees.

The Trustees serving during the year and at the year-end are as follows:

Board of Trustees:

Dr K McEwan (Chairperson)
Ms S Dowd – resigned 05/08/2024
Mrs J Forrest
Mrs J Gilbert
Dr T A Schroder
Mr D Shah
Mrs D Woollands

President: Prof. P Gilbert

Charity number: 1120364

Company number: 5888231

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

Registered office:

Markeaton Lodge
University of Derby
Markeaton Street
Derby
Derbyshire
DE22 3AW

Accountants:

Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby
Derbyshire
DE22 3AG

Bankers:

The Co-operative Bank
PO Box 250
Delf House
Skelmersdale
WN8 6WT

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Structure, Governance and Management

Governing Document

The Compassionate Mind Foundation is a Company limited by guarantee and a Registered Charity (collectively referred to as the "Charity"). The Charity was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Charity being wound up, the Trustees are required to contribute an amount not exceeding £10.

The Board is in the process of updating the Memorandum and Articles.

Objectives of the Charity

The Compassionate Mind Foundation (CMF) is a charity which promotes wellbeing through facilitating the scientific understanding and application of compassion. It is underpinned by the theories put forward in the compassion focused therapy literature and research, including compassionate mind theory.

- The Foundation supports research and teaching of an evolution and contemplative informed compassion focused approach to human difficulties.

- The Foundation provides workshops, conferences, and a number of different resources for clinicians and individuals (including a community member's only site) to support their work and personal practice, facilitate the open discussion on how to promote compassionate motives and behaviors across all domains.

- The Foundation supports dissemination of the flow of compassion whereby we are able to be compassionate to others, open to the compassion from others, and compassionate to ourselves.

Management

The responsibility to ensure appropriate management of the Charity is vested in the Board of Trustees.

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Report of the Trustees for the year ended 31 July 2024
Induction and Training of Trustees

Most Trustees are already familiar with the practical work of the Charity. However, new Trustees are encouraged to visit the Charity's offices, website, etc. and attend meetings and events to familiarise themselves with the Charity and the context in which it operates. Staff and Trustees are provided with an induction process and guidance.

Risk Management

The Board has agreed a risk management structure for the organisation and has identified the major risks to which the organisation is exposed. Where appropriate, systems and procedures have been established to mitigate the risks faced by the Charity. Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects.

Organisational Structure

The Charity is managed by the Board of Trustees, who are supported by the employees and a number of committees, who represent a variety of professional backgrounds relevant to the work of the Charity. The employees meet with the Trustees on a quarterly basis to discuss the future strategy and policy of the Charity in an advisory capacity.

The final decision-making process is the responsibility of the Trustees.

Summary of Activities

Given the growth in activities in previous years, one of the key developments in 2023-2024 was development of infrastructure. Several new staff members were recruited to support activities and plans for future developments. Roles included: Personal & HR Assistant, Finance Assistant, Marketing Assistant and Events Manager. In July 2023, we also moved from two rented offices in Riverside Chambers, Derby to Markeaton Lodge, a building owned by the University of Derby, containing 7 offices, meeting rooms, a kitchen and communal area. This has provided more space for the growing team and feedback has been positive as staff feel more settled and able to come together with more communal spaces. The space also allows small events to be hosted with minimal costs.

1. Diploma in Compassion Focused Therapy, BPS Approved Training

The Diploma is a ten-month course that has been developed to meet the growing interest, research, and practice of CFT. This course offers a unique opportunity to be part of a growing international community of people who are working with CFT. CFT seeks to help those experiencing transdiagnostic problems like shame, self-criticism and trauma, and more specific mental health difficulties, such as depression and anxiety. Please refer to our website for further details of this training: <https://www.compassionatemind.co.uk/compassion-focused-therapy-diploma>

The course is designed to facilitate learning and experience by creating a balance of theory and practice elements. This balance ensures that learning is meaningful to everyday practice, and we hope to provide a supportive learning environment.

This is the second year running for the CFT Diploma and 44 trainees participated in this year's training, of this, 9 EDIF (discounted Equality, Diversity and Inclusivity Fund places) were offered. The course has attracted trainees from the following countries: Brazil, Spain, Ireland, Dubai, Australia, Germany, Ukraine, Greece, Hong Kong, Argentina, Scotland, Wales, Canada, USA, Norway, Switzerland and England. Over the past two years, we have enrolled 78 therapists on our Diploma course.

Feedback from course evaluation forms is overwhelmingly positive about the quality and relevance of the materials, the way the course was presented (workshops, masterclasses and reflective spaces), the trainers, the support they received, the length and pace of the course, supervision and relevance to practice. Trainees would also recommend the course to a colleague.

2. Events

We hosted 32 workshops from September 2023 to July 2024 including trainings to give an overview of CFT and its application in different areas such as staff support, grief, pain management, eating disorders and more. Approximately 1,920 people joined the workshops in 2023-2024. Given the interest, most workshops were online, allowing delegates from a wider international audience to access our trainings. The plan for 2024/2025 is to increase the number of workshops and add 10 additional workshops compared to last year. This includes personal practice workshops and retreats as well as a number of meditation series for the general public. We will be largely focused on online trainings but are keen to offer more in-person and hybrid options where possible. This is due to the change in how people access training, finances and other factors. Please visit our website for more information: <https://www.compassionatemind.co.uk/training>

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In October 2023, our 12th annual conference was held at Birmingham, Millenium Point and livestreamed. The theme was Compassion Through Life's Journey. Topics included working with trauma, children, young people, teachers, parents, physical health and more. Over 180 people from around the world attended each day and it was well received.

Organisations have continued to seek bespoke training which we have delivered throughout the year with support of external specialist trainers. This allows organisations to tailor the training to their budgets and needs. This year has seen requests from 1-day to 4-days with the focus ranging from forensics, compassionate leadership, staff support, physical health, pain management, grief, children & young people to perinatal and many more. By the end of the previous financial year 2022-2023, we delivered 17 bespoke training workshops compared to 27 bespoke workshops as of this financial year 2023-2024. Over the last 6 years, we have trained over 2,750 attendees under the bespoke training. We have received very positive feedback from attendees and hope to grow this area.

3. Community Membership, Special Interest Groups (SIGs) and Affiliates

Another key area of the Foundation is community development. We offer a community membership designed to support and inspire compassion focused practice. Community membership is an endeavour to build a community of members who will have access to a range of resources such as roleplays. All income raised helps to support the Foundation and the work that we do. In 2023-2024, we had 680 community members.

We have 14 Special Interest Groups (SIGs), and each are led by experienced and dedicated members of our community. They have been established to support and cultivate the application of Compassion Focused Therapy and Compassionate Mind Training within a particular field or area. Each SIG has its own discussion list, where members share recent publications, explore clinical or practical issues, come together to discuss certain topics or share practice. These are free to join. These SIGs are intended for professional use and aimed at those working in healthcare. A key investment made was moving the management of the SIGs from Google Groups to Gagglemail due to continual problems with Google Groups which seems to be going well.

Since 2006, the Compassionate Mind community has expanded internationally, and we are delighted that so many of our global colleagues have set up their own centres and communities (18 so far). You can explore and connect with our International Affiliates via our website, where they are split by regions/countries.

We have continued to work on co-ordinating several SIGs and affiliate groups. We are also working on building an 'international library of guided practices and resources' which will offer materials in a few different languages. We hope members of our affiliate groups will contribute. This will fall under the Equality, Inclusivity and Diversity aims of the Foundation, which is being developed by the team.

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Report of the Trustees for the year ended 31 July 2024

4. Marketing

We have continued to try and raise the profile and work of the Foundation both within the UK and internationally. One of focuses has been to promote training workshops, events and the Diploma through the following marketing channels: print advertising, social media (Facebook, X/Twitter, Instagram & LinkedIn), and email lists. We have posted regularly, and our social media audience (followers) has grown from approx. 16.5K followers in 2022/3 to over 20K by August 2024. We have invested in marketing tools to help support our work.

In July 2024, we appointed a digital marketing agency to help develop the website and digital marketing with the aim of raising awareness of our work and reaching a wider audience within the UK and internationally.

5. Research

One of the aims of the Foundation is to support research. In 2023-2024, a key project we worked on was a collaboration with colleagues in Italy aimed at exploring the effectiveness of CFT. A systematic search of six databases was conducted, focusing on randomized controlled trials (RCTs) and controlled pilot/feasibility studies of CFT. 47 studies from the past 14 years with a total of 7,875 participants from 17 different countries were included. Results suggest that CFT is effective in reducing symptoms of depression, anxiety, and self-criticism and improving compassion-based outcomes across a range of clinical and nonclinical samples with medium to large effect sizes. For more information, please see: <https://psycnet.apa.org/fulltext/2024-33588-001.html>. We have tried to raise the profile of CFT within the NICE guidelines committee which, if successful, may have an impact on our trainings.

We were also involved in several projects focusing on COVID-19 in 2023-2024. One of the projects explored people's fears about COVID-19 and reports in the media surrounding the virus in relation to symptoms of anxiety, depression and stress. The results suggest people were most concerned about passing COVID onto others, rather than catching it themselves, and that people struggled with the media's contradictory advice as well as exploitation of suffering. These findings are useful for informing methods of presenting information on threat and tragic events. For more information see: <https://repository.derby.ac.uk/item/9x70z/how-messages-about-covid-19-may-have-affected-people-s-sense-of-threat-and-mental-health>

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Report of the Trustees for the year ended 31 July 2024

Another project explored whether compassion has a protective role against the harmful impact of perceived COVID-19 threat on mental health and social safeness in a sample of 4,057 adults across 21 countries. The results suggest that self-compassion and compassion from others were linked with lower psychological distress and higher social safeness, and compassion for others was related with decreased depressive symptoms. For more information see: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8724602/>

In 2023-2024, we also followed up a group that was part of a project that explored the impact of a 25 session CFT group tailored to helping individuals diagnosed with bipolar affective disorder. The results from the study suggested that four out of the total six people who took part had consistent improvements in anxiety, depression, social compassion, social safeness and compassion engagement. Heart rate variability significantly improved over the course of the therapy. Qualitative data from three focus groups suggested participants found CFT gave them helpful insight into: how evolution has given rise to a number of difficult problems for emotion regulation (called tricky brain) which is not one's fault; an evolutionary understanding of the nature of bipolar disorders; development of a compassionate mind and practices of compassion focused visualisations, styles of thinking and behaviours; addressing issues of self-criticism; and building a sense of a compassionate identity as a means of coping with life difficulties. For more information, please see: <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.841932/full> At the follow up meeting, the people who took part in the study maintained how helpful the therapy had been and said it was 'life-changing'.

We have also been involved in several studies exploring Compassionate Mind Training in educational settings in the UK and Portugal. These have explored CMT with pupils, teachers and higher education students. Work with teachers, staff and educators has involved 700 participants. Results show significant decreases in anxiety, depression and stress, improved job satisfaction and physiological health (as measured by heart rate variability), compared with staff who did not take the course. CMT-Pupils has been trialled with over 300 pupils in the UK with promising results. For more information, please see:

<https://link.springer.com/article/10.1007/s12671-019-01185-9>
<https://link.springer.com/article/10.1007/s12671-024-02303-y>
<https://link.springer.com/article/10.1007/s12671-021-01778-3>

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

We also published results from studies exploring the impact of an energising compassion practice which was well-received (<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1150592/full>) and a study developing a measure to explore difficulties in engaging in mindfulness (<https://link.springer.com/article/10.1007/s12671-023-02171-y#citeas>).

The Foundation also supported a small number of projects with grants. This included a study exploring the impact of compassionate mind training intervention for teachers on indicators of mental, physical, and professional wellbeing, and biophysiological and epigenetic markers.

Financial Review

Given the rapid growth, the Charity plan to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities as shown in the current years' accounts. Funds will also be used for research projects as well as developing resources.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

Given the rapid growth, the Charity plan to reinvest funds into training development, providing a combination of face to face and online training. There are also considerable plans for developing the infrastructure, employing more staff to support the increased activities as shown in the current years accounts. Funds will also be used for research projects as well as developing resources such as freely available video series like the 'Compassion and Safe Relating' series developed during the pandemic.

The Charity will also continue to offer more scholarships and award free places on the training programmes, workshops, and conferences.

The Compassionate Mind Foundation
Report of the Trustees for the year ended 31 July 2024

Reserves Policy

The policy of the Trustees is to generate funds from training events and charitable donations in order to facilitate the work of the Foundation. This is to increase the awareness and use of Compassion Focused Therapy in a variety of psychological and social domains. In addition, the Charity will fund research into compassion focused social and psychological research. We are developing a fund from training events to cover the costs of running the Charity, undertaking research, maintaining the website, and paying trainers.

In order to do this, the Trustees estimate that a reserve of £247,500 is required to cover six months running costs of the Charity. The financial statements currently show an unrestricted reserve of £250,241 for the Charity as at 31 July 2024. The Trustees will continue to monitor the reserves policy.

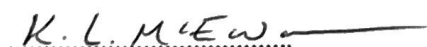
Trustees responsibilities in relation to the financial statements

Company Law requires the Trustees to prepare financial statements that give a true and fair view of the state of the affairs of the Charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the Charity will not continue in business.

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Dr K McEwan

DATE: 24 March 2025

The Compassionate Mind Foundation

Independent examiner's report to the Trustees of the Compassionate Mind Foundation

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2024.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000. I confirm that I am qualified to undertake the examination because I am member of Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.


Cedar + Co.
Chartered Certified Accountants
The Greenhouse
106-108 Ashbourne Road
Derby DE22 3AG

DATE 25 March 2025.

The Compassionate Mind Foundation

Statement of Financial Activities
Income and Expenditure Account
for the year ended 31 July 2024

	Note	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total 2024 £	Total 2023 £
Incoming resources					
Income from activities	2	0	858,111	858,111	632,948
Donations		0	3,293	3,293	2,497
Marmot Grant		0	0	0	0
Total incoming resources		0	861,404	861,404	635,445
Resources expended					
Marmot Grant		2,500	0	2,500	0
Costs of activities	3	0	747,661	747,661	648,514
Governance costs	4	0	164,866	164,866	122,596
Total resources expended	5	2,500	912,527	915,027	771,110
Net incoming resources		(2,500)	(51,123)	(53,623)	(135,665)
Fund balance brought forward at 01 August 2023		9,350	301,364	310,714	446,379
Fund balance carried forward at 31 July 2024	10,11	6,850	250,241	257,091	310,714

The Compassionate Mind Foundation
Balance sheet as at 31 July 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	6	17,415	21,614
		<u>17,415</u>	<u>21,614</u>
Current assets			
Stock		254	338
Debtors	7	117,419	79,544
Cash at bank and in hand		515,557	479,384
		<u>633,231</u>	<u>559,266</u>
Creditors	8	393,555	270,166
Net current assets		239,676	289,100
Net assets		<u>257,091</u>	<u>310,714</u>
Capital Funds			
Restricted funds	9	6,850	9,350
Unrestricted funds	10	250,241	301,364
		<u>257,091</u>	<u>310,714</u>

For the year ending 31 July 2024 the charity is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The Board of Trustees have not required the company to obtain an audit of its financial statements for the year ended 31 July 2024 in accordance with Section 476 of the Companies Act 2006.

The Board of Trustees acknowledge their responsibility for complying with the requirements of the Act with regards to the accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 24 March 2025 and signed on its behalf by:



Dr K McEwan

The notes form part of these financial statements

The Compassionate Mind Foundation
Cash Flow Statement
For the year ended 31 July 2024

	2024	2023
Cash flows from operating activities		
Cash generated from operations	43,757	(56,557)
Net cash (used in) / provided by operating activities	<u>43,757</u>	<u>(56,557)</u>
 Cash flows from investing activities		
Purchase of tangible fixed assets	(7,584)	(12,004)
Interest received		
Net Cash used in investing activities	<u>(7,584)</u>	<u>(12,004)</u>
 Change in cash and cash equivalents in the reporting period	 36,174	 (68,561)
 Cash and cash equivalents at the beginning of the reporting period	 479,384	 547,945
 Cash and cash equivalents at the the end of the reporting period	 <u>515,558</u>	 <u>479,384</u>

The Compassionate Mind Foundation
Notes to the Cash Flow Statement
For the Year Ended 31 July 2024

1 Reconciliation of Net (Expenditure) / Income to Net Cash flow from operating activities

	2024	2023
Net (Expenditure) / Income for the reporting period	(53,623)	(135,665)
Adjustments for:		
Depreciation	11,782	13,609
Interest received		
(Increase) / decrease in stocks	84	112
(Increase) / decrease in debtors	(37,875)	(58,235)
Movement in creditors	123,389	123,622
Net cash (used in) / provided by operations	<u>43,757</u>	<u>(56,557)</u>

2 Analysis of Changes in Net Funds

	At 1.8.23	Cashflow	At 31.7.24
Net cash			
Cash at Bank	479,384	36,174	515,558
Total	<u>479,384</u>	<u>36,174</u>	<u>515,558</u>

The Compassionate Mind Foundation

Notes to the financial statements for the year ended 31 July 2024

1 Accounting policies

a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with applicable accounting standards and the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

b) Company status

The charity is limited by guarantee and every member undertakes to contribute such an amount, not exceeding £10, as may be required in the event of the charity being wound up while he is a member, or within one year after he ceases to be a member, for payment of the debts and liabilities of the company.

c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

e) Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost represents the purchase price of items and is calculated on a first in first out basis.

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

f) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Management and administration costs are those incurred in connection with administration of the charity, compliance with constitutional and statutory requirements and the reasonable costs of Trustees attending Charity meetings, conferences and workshops.

g) Tangible fixed assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life:

Website -	25% on a straight-line basis
Office equipment -	25% on a straight-line basis

2) Sources of Income

	2024	2023
Bespoke	146,046	76,750
Conference	85,850	55,949
Diploma	168,850	110,900
Memberships	44,278	37,975
Other	2,721	2,452
Workshops	410,366	339,572
Marmot Grant - Restricted		9,350
	858,111	632,948

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

3 Cost of activities

	Direct 2024 £	Staff costs 2024 £	Other 2024 £	Total 2024 £
Activities	394,880	352,157	624	747,661
	Direct 2023 £	Staff costs 2023 £	Other 2023 £	Total 2023 £
Activities	365,733	278,400	4,381	648,514

Direct costs are those associated with providing the activity, for example, room hire and travel costs.
 Other costs include support costs and other indirect costs.

4 Governance costs

	Other 2024 £	Depreciation 2024 £	Total 2024 £
Governance costs	153,084	11,782	164,866
	Other 2023 £	Depreciation 2023 £	Total 2023 £
Governance costs	108,987	13,609	122,596

Other governance costs represent administration and accountancy fees.

5 Total resources expended

	2024 £	2023 £
Total resources expended	915,026	771,110

Included in the above is depreciation totalling £11,783 (2023: £13,609)

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

6 Staff costs and Trustee remuneration

On average the Charity had 14 employees (10 Full-time Equivalent) during the year. The total amount of staff costs for the year was £352,157. Last year, the comparable information was 14 employees (10 Full-time Equivalent), amounting to total staff costs of £278,400.

No Trustees were paid any remuneration during the year. Reasonable costs for Trustees to attend Charity meetings, conferences and workshops were paid by the Charity.

No staff member earned in excess of £60,000 during the year

7 Tangible fixed assets

	Website £	Office Equipment £	Total £
Cost			
At 1 August 2023	31,028	66,607	97,635
Additions	1,435	6,149	7,584
At 31 July 2024	32,463	72,756	105,219
Depreciation			
At July 31 2023	25,064	50,957	76,021
Depreciation	3,259	8,524	11,783
	28,323	59,481	87,804
Net book value			
At 31 July 2024	4,140	13,275	17,415
At 31 July 2023	5,964	15,650	21,614

8 Debtors

	2024 £	2023 £
Trade Debtors	78,176	54,196
Prepayments	39,243	25,348
	117,419	79,544

The Compassionate Mind Foundation
Notes to the financial statements for the year ended 31 July 2024

9 Creditors

	2024	2023
	£	£
Trade creditors	26,012	25,526
Accruals	4,400	2,650
Deferred income	353,042	232,715
Other creditors	10,101	9,275
	<u>393,555</u>	<u>270,166</u>

Deferred income relates to the collection of income on account of events that occur following the year end and will be released to the Income statement in the period to which they relate.

10 Restricted funds

Marmot Grant

A balance of £9,350 was brought forward from the previous year. Costs in the year of £2,500 were incurred. The balance carried forward to next year is £6,850. Last year £Nil was expended to the profit and loss account.

11 Unrestricted funds

	2024
	£
At 31 July 2023	301,364
Net incoming resources in the year	<u>(51,123)</u>
At 31 July 2024	<u>250,241</u>