



## **Financial report 2021**

The MindMore Foundation was founded at the end of 2017, and this report covers the year 2021.

Upon incorporation, a funding was provided to the foundation, which funding is released in benefit of the foundation in five periodic installments. The last installment was granted in 202. In total, donations of up to € 54.660 were received in 2021.

During 2021, grants have been provided to a project in the Netherlands carried out by UvA-minds and a MBSR training project for parents with children with 22q11DS syndrome. During 2021 no further grants were provided. In the beginning of 2022 Further donations include a parenting project in Bristol (under the auspices of Thea second installment will be paid of thee contribution to the YOUMIND project carried out by the Catholic University of Leuven (<https://ppw.kuleuven.be/leuven-mindfulness-centre/adults/adults-clinical-contexts#section-0>). Furthermore an amount was committed to the Radboud Centre for Mindfulness, the seize of which will depend on the number of mindfulness (MBCT) interventions that will be carried out within the framework of a project that has been reported. As the financial report is determined on a cash basis, these grants will be accounted for in the 2022 accounts. In total € 10.200 was paid out in 2021.

Due to the COVID 19 measures the number of physical meetings has been limited. Most meetings were digital. This applies to almost all board meetings as well as other relevant activities, such as for instance the ICM meeting in Aarhus.

During 2022 emphasis will be on the intensification of ties with our partners, while the board also hopes that more requests of good quality will be received. A policy plan for the period 2022- 2024 has been established.

Balance sheet as at 31-12-2021

**Active**

Bank 139.383

**Liabilities and equity**

Equity 139.383

**139.383**

**139.383**

**Statement of income and expenses**

Donations received 54.660

Gifts provided 10.200

Costs organization/website etc. 626

**Balance**

**43.834**

Adopted by board at meeting of January 19th, 2022