

**Report 2025:**

The MindMore Foundation (hereinafter: MindMore) was established at the end of 2017 and this report concerns the year 2025.

In 2022, the last instalment of a periodic donation of €50,000 annually was received. The receipt of a periodic donation of €100,000 annually in 2025 secures MindMore's future for the coming years. A total of €101,400 in donations has been received in 2025.

During 2025, the final term has been allocated to a project of the Radoud University on a study into the influence of MBCT training for patients with inflammatory bowel diseases. In addition, compensation was provided to Pharos for a study into the effects of mindfulness on people with chronic stress who are in a socially vulnerable position. Furthermore, a commitment has been made to a project of Care4Parents International: "Empowering Parents of Children with 22q11.2 Deletion & Duplication Syndrome Around the World Through Mindfulness".

In 2025, donations were also made to the following organizations, organizations with which MindMore feels connected, and that are active in the field of mindfulness in a way that the board of Mindmore wholeheartedly endorses.

Oxford Mindfulness Centre: <https://www.oxfordmindfulness.org/>

Breathworks: <http://www.breathworks-mindfulness.org.uk/>

The Mindful Parenting & Community Project (Bristol): <https://www.mpcp.info/>

Four board meetings were held in 2025.

For the financial information, please refer to the balance sheet and statement of income and expenses below.

Balance sheet as of 31-12-2025

Assets

Bank 119.717

Liabilities and equity

Loan

Equity 119.717

119.717 **119.717**

Statement of income and expenditure

Donations received/interest 102.571

Donations made 43.365

Costs organization/website etc. 699

Result **58.507**