

THE CHRISTIAN MEDITATION TRUST (UK)

England & Wales · Charity number 1101900

Details

Other names	THE CHRISTIAN MEDIATION TRUST
Status	Registered
Legal form	Other
Registered	2004-02-04
Register	View on the Charity Commission register

Contact

Address	Christian Meditation Trust UK Po Box 80029 London EC1R 1PE
Phone	020 80954442
Email	uk@wccm.org
Website	WWW.WCCM.UK

Activities

Objects: THE CHARITY'S PROPERTY AND THE INCOME THEREOF (CALLED 'THE TRUST FUND') SHALL BE HELD ON TRUST TO APPLY THE SAME EITHER AS CAPITAL OR INCOME FOR SUCH CHARITABLE PURPOSES WHICH ADVANCE THE CHRISTIAN RELIGION AS THE TRUSTEES SHALL FROM TIME TO TIME THINK FIT AND IN PARTICULAR, BUT WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING, IN THE TEACHING OF THE CHRISTIAN TRADITION OF MEDITATION AND PRAYER.

Activities: The charity exists to promote the teaching of Christian meditation and prayer. This is done primarily through small groups spread around the UK which encourage members in their own contemplative practice and are open to any member of the public who wishes to pursue a similar path.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, Religious Activities
- **Who:** The General Public/mankind

Geography

- Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£5,366	£5,346	-	-
2024-12-31	£6,556	£6,591	-	-
2023-12-31	£6,686	£7,218	-	-
2022-12-31	£9,276	£8,667	-	-
2021-12-31	£44,070	£211,856	-	-
2020-12-31	£47,238	£58,589	-	-

Trustees

Name	Role	Appointed
Rosalind Evelyn Stockley	Chair	2013-12-21
ELIZABETH MARY WATSON		2018-06-27
Julie Ann Roberts		2021-10-27
Michael John Reid MA FCA		2018-10-10
Penelope Brighid Weston		2020-10-28
Richard James Summers		2026-05-22

THE CHRISTIAN MEDITATION TRUST (UK)

England & Wales - Charity number 1101900

Accounts

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2021

Charity No: 1101900

THE CHRISTIAN MEDITATION TRUST (UK)

REPORT AND ACCOUNTS

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THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2021. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 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).

OUR PURPOSE AND ACTIVITIES

The Christian Meditation Trust (UK) – hereafter CMT (UK) - was formed for charitable purposes which advance the Christian Religion particularly in the teaching of the Christian tradition of meditation and prayer.

ACTIVITIES AND PERFORMANCE

Following on from a year when the majority of in-person events were cancelled and meetings transferred to online platforms due to the pandemic, there was an anticipation that by Spring 2021 our activities would return to normal. However, this proved not to be the case as venues and retreat centres were still only partly open with restrictions operating from May to July and even when these were lifted there was much uncertainty. Adopting Covid safe measures including social distancing and face masks enabled meetings to restart but factors like the age and confidence of the participants determined whether this actually did happen. With the arrival of the Omicron variant towards the end of the year restrictions were reintroduced and we could only look forward to Spring 2022.

During the year, and for those meditators who had the technical aptitude, available resources, and a desire to keep connected, the informal on-line meditation groups which sprang up using the Zoom platform continued, complementing the existing on-line groups facilitated by the Oblate community. From a survey in November, we know that about 80% of groups had restarted meetings and of those 50% were meeting in person, with 15% meeting online only and 15% a mix of online and in person. Furthermore, the number of participants at meetings sometimes increased when online groups were offered as they became more accessible to those who were unable or preferred not to venture out, as well as to those who had moved away. It is expected that as we move out of the pandemic these online groups will continue.

Many meditators who were initially resistant to online meditation realised the advantages and embraced the unfamiliar technology, but there were still some who did not have the expertise or will to join such a group. The alternative meditation arrangements, such as group members meditating at the same time every week; sharing readings by email; supporting by regular phone calls etc. which had been set up continued. Outreach projects were largely suspended as we were not permitted to go into prisons and it was not practical to run a retreat planned for the marginalised.

The international community based at Bonnevaux had developed an incredible amount of resources available online as well as offering retreats, eucharistic services and online speakers and events. The offerings have been on a scale that our national community could not provide and were enthusiastically taken up by our membership.

From an organisational point of view, communications from the leadership team were improved. Monthly on-line meetings with regional coordinators which had been established at the end of 2020 have been continued. Regular email updates direct to all coordinators and group leaders and, when appropriate, directly to the membership have increased in frequency.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

ACTIVITIES AND PERFORMANCE (continued)

The uncertainties made it very difficult to plan training events and the residential Essential Teaching Weekend planned in May was replaced by an online equivalent. Fortunately, a residential event in October did take place. In relation to the residential 7-day silent retreat, fortuitous timing enabled it to be held but the ongoing situation affected the numbers which were considerably reduced. The National Conference planned for June was again postponed. The National Council which takes place every November had been held online in 2020 and the leadership team were keen that everyone should meet during 2021 if possible. Although we held an excellent meeting weekend it was poorly attended with 23 participants compared to 40 online the previous year.

The Community activities are facilitated by the Action Group which ideally, although not essentially, is led by a National Coordinator. After a period of 2 years without someone in post, we were delighted when a member of the Action Group put herself forward and she was voted in by the National Council in November. This appointment, along with role changes and an additional member, facilitates the workings of the leadership team, which offers a significant breadth and depth of experience within our community.

Administratively, for much of the year we were unable to use our office space at The Lido in Ealing, although this has not compromised the Community. The administrators and Trustees valiantly continued to serve their fellow meditators whilst juggling home schooling and shielding. The part time administrators supported the community by dealing with essential administrative tasks, one of which is to maintain the database and communications within the community. Our records now show that despite the challenges of COVID, our activities have remained remarkably constant with 405 registered groups with some new groups pending and 2665 registered members.

From a financial perspective, these annual accounts reflect the transitional effect of moving from CMT(UK) to WCCM in the UK. Consequently, the income stream for the Annual Appeal made in September 2021 is recorded in the new CIO, whilst all the expenses for the year are recorded in these accounts. The operating deficit for the year of £14,579 is therefore not representative of the ongoing financial situation of the UK meditation community as a whole. All overheads were in line with the previous year. During the year, due to COVID and reduced activities, there were no grants approved but we are looking forward to receiving new applications in 2022. The Trustees also wished to recognise the extensive support provided by the International Community, through digital resources made available, and did so by making grants to them of £22,500.

During the year, assets and liabilities, other than £5, were transferred from Christian Meditation Trust to WCCM in the UK; the net amount of these was £136,687.

Public benefit statement

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PD2)'. The achievements and activities above demonstrate the public benefit arising through the Charity's activities.

FINANCIAL REVIEW

The Statement of Financial Activities showed a net deficit of £167,786 (2020 – deficit £11,351) for the year, and reserves stand at £5 (2020 - £167,791) after a transfer of £136,687 to WCCM in the UK.

Investment powers and policy

The Trust Deed authorises the Trustees to make and hold investments using the general funds of the charity. The trustees have the power to invest in any way that they see fit.

Reserves policy

During the year, assets and liabilities, other than £5, were transferred from Christian Meditation Trust to WCCM in the UK; the net amount of these was £136,687.

Risk and risk management

The Trustees have identified the major risks to which the Trust is exposed and believe that the systems in place are adequate to mitigate those risks.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

Grant Making Policy

Grants were awarded after submission of a claim by the applicant to the Trustees. The Trustees reviewed the application to judge if the grant fell within the charity's objectives and whether the application met its requirements in terms of the benefits it gives. Each application was discussed, reviewed and decided upon by the Trustees at their regular meetings. The grants were processed by the Church Urban Fund.

FUTURE DEVELOPMENTS

Structurally, during the last few years the Trustees had become aware of the legal changes recommended by the Charity Commission, aware that the charity was governed by a Trust Deed dated 1 February 2002. The Trustees considered that a more appropriate legal form for the UK community should be a Charitable Incorporated Organisation (CIO) and, to that end, established a CIO named WCCM in the UK on 17 June 2020; the CIO is recognised as a charity by the Charity Commission. The Trustees of the charity are also the Trustees of the CIO. It was intended that the assets and liabilities of the charity will be transferred to the CIO by 31 December 2021 and this took place on that date. The Trustees believe that the CIO gives greater clarity to the legal organisation of the UK community.

It is intended that the charity will be wound up, and deregistered as a charity, by 31 December 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its Trust Deed dated 1 February 2002 which sets out the objects and powers of the charity and governs the actions of the Trustees. The charity was registered with the Charity Commissioners on 4 February 2004 under number 1101900.

Recruitment and appointment of Trustees

The Trustees of the organisation are also the charity trustees for the purposes of charity law. The Trust Deed stipulates that the power to appoint new Trustees rests with the existing Trustees.

The Trust Deed stipulates that there shall be no less than three Trustees at any one time.

The Board of Trustees have power to appoint additional Trustees as it considers fit to do so.

Trustee induction and training

The Trustees maintain a good working knowledge of charity law and best practise by attendance at charity courses run by outside providers and by information provided by the Charity Commission.

Trustees' remuneration

No Trustee received any remuneration in the year arising from services as a Trustee.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Organisation

The Board of Trustees administers the charity. The Board meets approximately every quarter to review the affairs of the charity and to consider the financial position. To facilitate activities, the Board have delegated authority, within terms of delegation approved by the trustees, for operational matters including financial, employment and other related activities. All decisions relating to strategy and policy are made by the Board of Trustees.

The role and contribution of volunteers

The grass roots of the charity are those volunteers who administer and lead local meditation groups, and amongst their number are many who organise, facilitate and lead introductory courses, retreats, talks, and prayer days around the country.

The charity is also reliant on volunteers for almost all governance, management and administrative tasks. Many work in executive roles dealing with, for example, publishing the newsletters, managing our website presence, organising periodic events, introducing and teaching Christian Meditation in schools, managing accounting and treasury matters, and dealing with outreach activities.

Related parties

Other than WCCM in the UK, the charity has no related parties with which it co-operates in the performance of its activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Number: 1101900

Trustee

Rosalind Stockley – Chair
Richard Broughton – retired 31 August 2021
Richard Eddleston
Jill Goulding – retired 23 May 2022
John Reid - Treasurer
Julie Roberts – appointed 27 October 2021
Elizabeth Watson
Penelope Weston

Principal Office: Lido Centre, 63 Mattock Lane, London W13 9LA

Independent Examiner: David Terry, Ramon Lee Ltd, 93 Tabernacle Street, London EC2A 4BA

Principal Bankers: The Co-operative Bank Plc, P O Box 250, Skelmersdale. WN8 6WT
Lloyds Bank Plc, P O Box 1000, Andover BX1 1LT

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

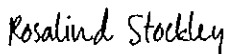
The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles in the applicable Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements; and
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust Deed. They 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.

APPROVAL

This report was approved by the Trustees on 16 August 2022 and signed on their behalf.

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Rosalind Stockley
(Chair of Trustees)

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE CHRISTIAN MEDITATION TRUST (UK)**

I report on the accounts of The Christian Meditation Trust (UK) for the year ended 31 December 2021, which are set out on pages 8 to 17.

This report is made solely to the charity's trustees, as a body, in accordance with the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my Independent Examination, for this report, or for the opinions I have formed.

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 charity'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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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.



**D TERRY – CHARTERED ACCOUNTANT
RAMON LEE LTD
93 TABERNACLE STREET
LONDON EC2A 4BA**

16 August 2022

THE CHRISTIAN MEDITATION TRUST (UK)

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted Funds			Total 2021 £	Total 2020 £
		General Funds £	Designated Funds £	Restricted Funds £		
Income						
Donations and legacies	2	24,984	-	1,786	26,770	46,189
Income from charitable activities	3	11,228	-	-	11,228	325
Investment income	4	72	-	-	72	724
Other income	5	-	6,000	-	6,000	-
Total income		36,284	6,000	1,786	44,070	47,238
Expenditure						
Cost of raising funds	6	-	-	-	-	3,102
Expenditure on charitable activities	6	186,684	20,386	4,786	211,856	55,487
Total expenditure		186,684	20,386	4,786	211,856	58,589
Net income/(expenditure) and net movement in funds for the year		(150,401)	(14,386)	(3,000)	(167,786)	(11,351)
Transfer between funds		99,578	(98,688)	(890)	-	-
<i>Reconciliation of funds</i>						
Total funds, brought forward		50,827	113,074	3,890	167,791	179,142
Total funds, carried forward		5	-	-	5	167,791

CONTINUING OPERATIONS

During the year, assets and liabilities, other than £5, were transferred from Christian Meditation Trust to WCCM in the UK; the net amount of these was £136,687.

TOTAL RECOGNISED GAINS AND LOSSES

The Trust has no recognised gains or losses in the above two financial periods other than the above.

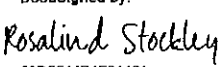
The notes on pages 10 to 17 form part of these financial statements

THE CHRISTIAN MEDITATION TRUST (UK)

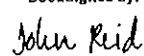
BALANCE SHEET AS AT 31 DECEMBER 2021

	Notes	2021		2020	
		£	£	£	£
Current assets					
Debtors	11	-		10,678	
Cash at bank and in hand		5		235,550	
		<u>5</u>		<u>246,228</u>	
Liabilities					
Creditors falling due with in one year	12	-		(78,437)	
Net current assets			5		167,791
Net assets			<u>5</u>		<u>167,791</u>
The funds of the charity					
Unrestricted funds:					
General	13	5		50,827	
Designated	13	<u>-</u>	5	<u>113,074</u>	163,901
Restricted funds	13		-		3,890
Total charity funds			<u>5</u>		<u>167,791</u>

These accounts were approved and authorised for issue by the Trustees on 16 August 2022 and were signed on their behalf by:

DocuSigned by:

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..... Rosalind Stockley (Chair of Trustees)

DocuSigned by:

 3F3FA50439474A2...

..... John Reid (Treasurer)

The notes on pages 10 to 17 form part of these financial statements

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1. ACCOUNTING POLICIES

1.1 Basis of preparation of accounts

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: 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) (effective 1 January 2019) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 Trust constitutes a public benefit entity as defined by FRS 102.

1.2 Preparation of accounts on a going concern basis

The Charity's Financial Statements show net loss of £167,786 for the year and free reserves of £5. It is intended that the charity will be wound up, and deregistered as a charity, by 31 December 2022.

1.3 Income recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and amount can be measured reliably.

- a) Income received by way of donations are included in full in the Statement of Financial Activities when received, unless they relate to a specified future period, in which case they are deferred.
- b) Legacies entitlement is taken as the earlier of the date on which either: the charity is aware that the probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Charity that the distribution is made, or when a distribution is received from the estate.
- c) Donations of general nature which are not conditional on delivering certain levels of service are included as part of Donations as shown under note 2. Performance related donations which have conditions for a specific outcome are include as Income from Charitable Activities as shown in Note 3.
- d) Event income are recognised as earned (as the related goods and services are provided) under contract. Income received in advance for the subsequent year is recognised as deferred income until the following year.
- e) Investment income is included when receivable.

1.4 Expenditure recognition and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

- a) Cost of raising funds comprises the cost of raising donations and their associated support costs.
- b) Expenditure on charitable activities includes the costs directly associated with running events and training, to further the purposes of the Charity and their associated support costs. Grants are recognised as a cost when the Board of Trustees approves the grants.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

1.5 Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs and governance costs which support the Trust's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The basis on which support costs have been allocated are set out in note 8.

1.6 Fund accounting

Unrestricted general funds are available to spend on activities that further any of the purposes of charity.

Designated funds are to used specifically for furthering Christian Meditation in the UK.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Trust's work or for specific projects being undertaken by the Trust.

1.7 Investments

Fixed asset investments are stated at cost less provision for diminution in value.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short term cash deposits.

1.10 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.11 Financial instruments

The Trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.12 Taxation

The Charity is a registered charity and, therefore, is not liable for Income Tax or Corporation Tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

1.13 Judgement and key sources of estimation uncertainty

In the application of the company's accounting policies, the charity is required to make judgments, 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.

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

1.14 Cash flow statement

The Charity qualifies as a small Charity and advantage has been taken of the exemption provided by SORP (FRS 102) as amended by Bulletin 1, not to prepare a cash flow statement.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Individual Donations	24,984	1,786	26,770	46,189
	<u>24,984</u>	<u>1,786</u>	<u>26,770</u>	<u>46,189</u>

The donations and legacies income in 2020 totalling £46,189 was attributed to £1,979 restricted funds, £44,210 unrestricted funds and £Nil designated funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
<i>Advancing Christian Meditation:</i>				
National conference income	20	-	20	95
Essential teaching weekends	2,480	-	2,480	130
Meditation with children	615	-	615	100
Silent retreats	6,812	-	6,812	-
National council income	1,301	-	1,301	-
	<u>11,228</u>	<u>-</u>	<u>11,228</u>	<u>325</u>

The income from charitable activities in 2020 totalling £325 was all attributed to unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Bank deposit interest	72	-	72	724
	<u>72</u>	<u>-</u>	<u>72</u>	<u>724</u>

The investment income in 2020 totalling £724 was attributed to unrestricted funds.

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

5. OTHER INCOME

	Unrestricted Funds £	Designated Funds £	Total 2021 £	Total 2020 £
Grant management fee refund	-	6,000	6,000	-
	<u>-</u>	<u>6,000</u>	<u>6,000</u>	<u>-</u>

6. ANALYSIS OF EXPENDITURE

	Advancing Christian Meditation £	Total 2021 £	Total 2020 £
Contractor and volunteer costs	20,830	20,830	21,600
National conference expenses	3,759	3,759	1,071
Essential teaching weekends	30	30	291
Silent retreats	13,609	13,609	2,129
Newsletter printing and postage	6,381	6,381	10,359
National council expenses	274	274	100
Printed resources	385	385	56
Grants and fees	-	-	10,196
Donations (Note 7)	159,207	159,207	-
Scholarship Fund	-	-	120
Annual appeal costs	-	-	2,069
Other direct costs	291	291	266
Support costs (Note 8)	5,770	5,770	9,012
Governance costs (Note 8)	1,320	1,320	1,320
	<u>211,856</u>	<u>211,856</u>	<u>58,589</u>

Of the £211,856 expenditure in 2021 (2020 - £58,589), £186,684 was charged to general funds (2020 - £46,033), £20,386 was charged to designated funds (2020 - £10,431) and £4,786 to restricted funds (2020 - £2,125).

Designated funds (note 13) for represent awards to various individuals for the purpose of promoting and supporting Christian meditation in the UK; resources as introduction to meditation; subsidies for those attending residential Essential Teaching Weekends for future leaders within the community. Designated fund expenditure:

Printed resources	-	£386
Donation to The World Community for Christian Meditation	-	£20,000

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

7. DONATIONS

	Advancing Christian Meditation £	Total 2021 £	Total 2020 £
Donations to The World Community for Christian Meditation	22,520	22,520	-
Donation to WCCM in the UK	136,687	136,687	-
	<u>159,207</u>	<u>159,207</u>	<u>-</u>

8. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between charity's key activities undertaken (see note 6) in the year. All the general support and governance costs have been apportioned to the various charitable activities on the basis of a proportion of direct costs, allocated to each activity.

	General Support £	Governance Function £	Total 2021 £	Total 2020 £
Premises and equipment costs	4,100	-	4,100	3,998
Communications and computer costs	1,641	-	1,641	1,922
Legal and professional costs	-	-	-	3,000
Bank charges and other expenses	29	-	29	92
Independent examiner's fees	-	1,320	1,320	1,320
	<u>5,770</u>	<u>1,320</u>	<u>7,090</u>	<u>10,332</u>

9. ANALYSIS OF STAFF COSTS, TRUSTEES' REMUNERATION AND EXPENSES, AND COST OF KEY MANAGEMENT PERSONNEL

The charity did not have any employees during the year.

There were no transactions with Trustees during the year.

The key management personnel of the charity comprise the Trustees. None of the Trustees were employed or paid fees by the charity.

10. NET INCOME/(EXPENDITURE) FOR THE YEAR

This is stated after charging:

	2021 £	2020 £
Net movement in funds is shown after charging:		
Independent examiners' fees	<u>1,320</u>	<u>1,320</u>

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

11. DEBTORS

	2021	2020
	£	£
Gift aid receivable	-	4,707
Other debtors	-	4,699
Prepayments	-	1,272
	<u>-</u>	<u>10,678</u>

12. CREDITORS: Amounts falling due within one year

	2021	2020
	£	£
Other Creditors	-	214
Accruals	-	77,168
Deferred Income (Note 15)	-	1,055
	<u>-</u>	<u>78,437</u>

13. MOVEMENT IN FUNDS

	Balance as at 01.01.21	Income	Expenditure	Transfer	Balance as at 31.12.21
	£	£	£	£	£
Restricted funds:					
Oblates	2,980	1,786	4,766	-	-
Scholarship fund	20	-	20	-	-
London activities	890	-	-	(890)	-
Total restricted funds	<u>3,890</u>	<u>1,786</u>	<u>4,786</u>	<u>(890)</u>	<u>-</u>
Unrestricted funds					
Designated funds:					
Eileen Cox legacy fund	113,074	6,000	20,386	(98,688)	-
	<u>113,074</u>	<u>6,000</u>	<u>20,386</u>	<u>(98,688)</u>	<u>-</u>
General funds	50,827	36,284	186,684	99,578	5
Total unrestricted funds	<u>163,901</u>	<u>42,284</u>	<u>207,070</u>	<u>890</u>	<u>5</u>
Total funds	<u>167,791</u>	<u>44,070</u>	<u>211,856</u>	<u>-</u>	<u>5</u>

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

MOVEMENT IN FUNDS (continued)

Movement in funds – previous year

	Balance as at 01.01.20	Income	Expenditure	Transfer	Balance as at 31.12.20
	£	£	£	£	£
Restricted funds:					
Oblates	3,126	1,859	2,005	-	2,980
Scholarship fund	20	120	120	-	20
London activities	890	-	-	-	890
Total restricted funds	<u>4,036</u>	<u>1,979</u>	<u>2,125</u>	<u>-</u>	<u>3,890</u>
Unrestricted funds					
Designated funds:					
Eileen Cox legacy fund	123,487	-	10,543	130	113,074
	<u>123,487</u>	<u>-</u>	<u>10,543</u>	<u>130</u>	<u>113,074</u>
General funds	51,619	45,259	45,921	(130)	50,827
Total unrestricted funds	<u>175,106</u>	<u>45,259</u>	<u>56,464</u>	<u>-</u>	<u>163,901</u>
Total funds	<u>179,142</u>	<u>47,238</u>	<u>58,589</u>	<u>-</u>	<u>167,791</u>

Description, nature and purpose of restricted funds:

The restricted funds indicated above represent three donations received as contributions towards specific expenses determined by the donors. The first is used to support the Oblates and the third is to be spent "to help the London regions in their work".

Description, nature and purpose of unrestricted funds:

Unrestricted general funds represent accumulated funds available for general use in furthering the Trust's objectives.

Eileen Cox legacy fund is designated by the trustees to further Christian meditation in the UK. The balance of the fund was transferred to general funds for transfer to WCCM in the UK to be reclassified as designated funds in WCCM in the UK.

During the year, all remaining assets and liabilities, other than £5, were transferred to WCCM in the UK; the net amount of these was £136,687 out of which £1,535 was designated funds and £135,152 was unrestricted.

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (Continued)

FOR THE YEAR ENDED 31 DECEMBER 2021

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Funds £	Designated Funds £	Restricted Funds £	Total 2021 £
Net Current assets	5	-	-	5
	<u>5</u>	<u>-</u>	<u>-</u>	<u>5</u>

Analysis of net assets between funds – previous year

	General Funds £	Designated Funds £	Restricted Funds £	Total 2020 £
Net Current assets	50,827	113,074	3,890	167,791
	<u>50,827</u>	<u>113,074</u>	<u>3,890</u>	<u>167,791</u>

15. DEFERRED INCOME

	2021 £	2020 £
Balance as at 1 January	1,055	1,315
Amount released to income in the year	(1,055)	(765)
Amount deferred in the year	-	505
Balance as at 31 December	<u>-</u>	<u>1,055</u>

16. RELATED PARTY TRANSACTIONS

During the year, there was no reimbursement of travel expenses to trustees (2020 - £Nil).

During the year, assets and liabilities, other than £5, were transferred from Christian Meditation Trust to WCCM in the UK; the net amount of these was £136,687.

There were no other related party transactions for the period ended 31 December 2021.

THE CHRISTIAN MEDITATION TRUST (UK)

England & Wales - Charity number 1101900

Accounts

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31ST DECEMBER 2020

Charity No: 1101900

THE CHRISTIAN MEDITATION TRUST (UK)

REPORT AND ACCOUNTS

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THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31ST DECEMBER 2020

The trustees present their annual report and financial statements of the charity for the year ended 31st December 2020. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 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 published on 16 July 2014 (as amended by Bulletin 1).

OUR PURPOSE AND ACTIVITIES

The Christian Meditation Trust (UK) was formed for charitable purposes which advance the Christian Religion particularly in the teaching of the Christian tradition of meditation and prayer.

ACTIVITIES AND PERFORMANCE

The year of these accounts was probably the strangest year many of us can remember. The 2019 annual report contained a post balance sheet event note stating that from April 2020 all events had been cancelled, which meant that no groups met; local and national events were mainly cancelled or postponed, including retreats and training. At the beginning of the year the expectation was that the UK would 'reopen' in September, but this had to be revised as the pandemic continued past this date. Consequently, all community activities except those on-line were curtailed from the end of February and well into 2021. However, before this date, there were five significant events/talks with Fr Laurence at venues in the South-West immediately before lockdown and a substantive event with the North West community during lockdown, where Fr Laurence spoke from France.

For those meditators who had the technical aptitude, available resources and a desire to keep connected, informal on-line meditation groups sprang up using the Zoom platform, complementing the already existing on-line groups facilitated by the Oblate community. This was encouraged by the leadership team, although there were many group leaders and regional coordinators who took the initiative personally. In some instances, we have established that these groups offered a significant support to many single, vulnerable people enabling meeting and praying in a virtual safe space. It is interesting to note that some groups grew as a result, as friends joined from other parts of the country or the world, which would never have happened with purely physical groups.

Sadly, however, there were those who did not have the expertise or will to join such a group and, in these circumstances, many group leaders and regional coordinators did their best to set up alternative meditation arrangements, such as group members meditating at the same time every week; sharing readings by email; supporting by regular phone calls etc. We were also unable to visit prisons, schools and other outreach and are looking forward to restarting these activities again. To provide some balance however, we feel that there has been a lot of support offered by the international community to meditators in the UK via online events, retreats and eucharistic services, on a scale that our national community could not provide.

From an organisational point of view, in March through May and beyond, the leadership team issued bulletins to support the community, by-passing the usual cascade channels and going direct to meditators to ensure timeliness of communications. Training events were reviewed, and it was decided that some, with variations, could be held on-line. These included two Essential Training Weekends which took place over a number of weeks instead of the normal weekend, modified as the team developed online experience. It also acknowledged that the cancelled 7-day silent retreat could not be run effectively on-line but for those who had booked, they were offered the opportunity to attend an online group retreat based around "Sources of Wisdom", available on the School of Meditation website. However, the biggest decision making, training and communication event of the year is the National Council, held every November. The leadership team concluded that this needed to go ahead and so this too was transferred to the on-line platform. It was uplifting to realise that the attendance was greater than usually attended physically (an average of 40 over 2 days (on-line) compared to average of 35 (physical) over 3 days).

Within the community, role holders naturally change over time and newcomers, for example where a new regional coordinator is appointed, have historically received help from others both formally (through paperwork and guidance) and informally (through socialising at the National Council and events). Obviously, the opportunity to help in this latter way was limited last year, but as a result of discussions during the virtual National Council, a regular monthly discussion/training forum has been set up to bridge the gaps and these have been very well received. In addition, and despite the pandemic, two new members have joined the leadership team (the Action Group) and the makeup of this team represents a significant breadth and depth of experience.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

Administratively, although for much of the year we were unable to use our office space at The Lido in Ealing, this has not compromised the community and the administrators and trustees valiantly continued to serve their fellow meditators whilst juggling home schooling and shielding.

By the end of the year most groups had not met up again and the expectation is that they will not re-establish themselves properly until the final release from COVID restrictions occurs sometime during the summer of 2021. Consequently, we are unsure of the numbers of groups etc. going forward, although registered groups numbered 405 at the end of the year and our active database had around 2,600 names.

From a financial perspective, the annual accounts show only a small operational loss principally because as the level of donations at £39k held up to cover our cost base and most event deposits have been carried forward to 2021. There were also grants made from designated funds relating to the Eileen Cox Legacy of around £10k.

Public benefit statement

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PD2). The achievements and activities above demonstrate the public benefit arising through the Charity's activities.

FINANCIAL REVIEW

The Statement of Financial Activities showed a net deficit of £11,351 (2019 – deficit £114,197) for the year, and reserves stand at £167,791 (2019 - £179,142).

Investment powers and policy

The Trust Deed authorises the Trustees to make and hold investments using the general funds of the charity. The trustees have the power to invest in any way that they see fit.

Reserves policy

It is the policy of the Trustees to maintain free reserves at a level equivalent to twelve months running costs to enable the Charity to meet its obligations in the short term together with funds to cover any unforeseen deficits or revenue shortfalls.

Twelve months running costs are calculated on the basis of projected expenditure, with no allowance made for projected income. The targeted reserves amount fixed by the trustees for 2020 is £50,000.

The unrestricted funds not designated or invested in tangible fixed assets held by the charity are £50,827 (2019 - £51,619).

The Trustees consider that the Charity's reserves will enhance the services provided and provide financial security for the future.

Risk and risk management

The Trustees have identified the major risks to which the Trust is exposed and believe that the systems in place are adequate to mitigate those risks.

Grant Making Policy

Grants are awarded after submission of a claim by the applicant to the Trustees. The Trustees review the application to judge if the grant falls within the charity's objectives and whether the application meets its requirements in terms of the benefits it gives. Each application is discussed, reviewed and decided upon by the Trustees at their regular meetings. The grants are processed by the Church Urban Fund.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

FUTURE DEVELOPMENTS

From an operational perspective and, as stated earlier, the National Council met virtually in November and the following 3 key priorities were set: -

- Firstly, it was recognised that the support needs of the UK community will have increased, at least in the short term, and that the ways and means of communication need to change, with the expectation that virtual connections, alongside physical meetings, will be incorporated going forward. Consequently, monthly on-line meetings with regional coordinators have been established, alongside enhanced regular email communications. At a local level, a major priority when Covid restrictions cease will be to assist in the re-establishment of groups. There has also been a desire to strengthen the Action Group, bringing in volunteers with different skills and new ideas, whilst retaining those with longer term experience and love for the community and greater attention will be paid to this during the coming year.
- Secondly, the Council wishes to explore and develop/ how we can reach out to people from different backgrounds and contexts beyond our usual circles.
- Finally, the Council wishes to develop the relationship with our international colleagues in order to make the best use of the WCCM resources and opportunities.

Structurally, during the last few years the Trustees have become aware of the legal changes recommended by the Charity Commission, aware that the charity is governed by a Trust Deed dated 1st February 2002. The Trustees now consider that a more appropriate legal form for the UK community should be a Charitable Incorporated Organisation (CIO) and, to that end, established a CIO named WCCM in the UK on 17 June 2020; the CIO is recognised as a charity by the Charity Commission. The Trustees of the charity are also the Trustees of the CIO. It is intended that the assets and liabilities of the charity will be transferred to the CIO by 31st December 2021. The Trustees believe that the CIO gives greater clarity to the legal organisation of the UK community.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its Trust Deed dated 1st February 2002 which sets out the objects and powers of the charity and governs the actions of the Trustees. The charity was registered with the Charity Commissioners on 4th February 2004 under number 1101900.

Recruitment and appointment of Trustees

The Trustees of the organisation are also the charity trustees for the purposes of charity law. The Trust Deed stipulates that the power to appoint new Trustees rests with the existing Trustees.

The Trust Deed stipulates that there shall be no less than three Trustees at any one time.

The Board of Trustees have power to appoint additional Trustees as it considers fit to do so.

Trustee Induction and training

The Trustees maintain a good working knowledge of charity law and best practise by attendance at charity courses run by outside providers and by information provided by the Charity Commission.

Trustees' remuneration

No Trustee received any remuneration in the year arising from services as a Trustee.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

Organisation

The Board of Trustees administers the charity. The Board meets approximately every quarter to review the affairs of the charity and to consider the financial position. To facilitate activities, the Board have delegated authority, within terms of delegation approved by the trustees, for operational matters including financial, employment and other related activities. All decisions relating to strategy and policy are made by the Board of Trustees.

The role and contribution of volunteers

The grass roots of the charity are those volunteers who administer and lead local meditation groups, and amongst their number are many who organise, facilitate and lead introductory courses, retreats, talks, and prayer days around the country.

The charity is also reliant on volunteers for almost all governance, management and administrative tasks. Many work in executive roles dealing with, for example, publishing the newsletters, managing our website presence, organising periodic events, introducing and teaching Christian Meditation in schools, managing accounting and treasury matters, and dealing with outreach activities.

Related parties

The Charity has no related parties with which it co-operates in the performance of its activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Number: 1101900

Trustee

Rosalind Stockley -- Chair

John Reid -- Treasurer

Elizabeth Mary Watson

Richard Broughton

Richard Eddleston

Raymond Lamb -- retired 30 January 2020

Jill Goulding -- appointed 30 March 2020

Penelope Weston -- appointed 28 October 2020

Principal Office: Lido Centre, 63 Mattock Lane, London W13 9LA

Independent Examiner: David Terry, Ramon Lee Ltd, 93 Tabernacle Street, London EC2A 4BA

Principal Bankers: The Co-operative Bank Plc, P O Box 250, Skelmersdale. WN8 6WT
Lloyds Bank Plc, P O Box 1000, Andover BX1 1LT

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- (a) select suitable accounting policies and apply them consistently;
- (b) observe the methods and principles in the applicable Charities SORP;
- (c) make judgements and estimates that are reasonable and prudent;
- (d) state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements; and
- (e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in business.

THE CHRISTIAN MEDITATION TRUST (UK)

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust Deed. They 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.

APPROVAL

This report was approved by the Trustees on 29th July 2021 and signed on their behalf.

DocuSigned by:

Rosalind Stockley

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Rosalind Stockley
(Chair of Trustees)

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE CHRISTIAN MEDITATION TRUST (UK)**

I report on the accounts of The Christian Meditation Trust (UK) for the year ended 31st December 2020, which are set out on pages 8 to 17.

This report is made solely to the charity's trustees, as a body, in accordance with the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my Independent Examination, for this report, or for the opinions I have formed.

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 charity'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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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.



**D TERRY – CHARTERED ACCOUNTANT
RAMON LEE LTD
93 TABERNACLE STREET
LONDON EC2A 4BA**

29th July 2021

THE CHRISTIAN MEDITATION TRUST (UK)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2020

	Notes	Unrestricted Funds			2020 £	2019 £
		General Funds £	Designated Funds £	Restricted Funds £		
Income						
Donations and legacies	2	44,210	-	1,979	46,189	46,501
Income from charitable activities	3	325	-	-	325	55,477
Income from other trading activities	4	-	-	-	-	51
Investment income	5	724	-	-	724	1,061
Total income		<u>45,259</u>	<u>-</u>	<u>1,979</u>	<u>47,238</u>	<u>103,090</u>
Expenditure						
Cost of raising funds	6	3,102	-	-	3,102	1,903
Expenditure on charitable activities	6	42,819	10,543	2,125	55,487	215,384
Total expenditure		<u>45,921</u>	<u>10,543</u>	<u>2,125</u>	<u>58,589</u>	<u>217,287</u>
Net income/(expenditure) and net movement in funds for the		(662)	(10,543)	(146)	(11,351)	(114,197)
Transfer between funds		(130)	130	-	-	-
<i>Reconciliation of funds</i>						
Total funds, brought forward		51,619	123,487	4,036	179,142	293,339
Total funds, carried forward		<u>50,827</u>	<u>113,074</u>	<u>3,890</u>	<u>167,791</u>	<u>179,142</u>

CONTINUING OPERATIONS

None of its activities were acquired or discontinued in the above two financial periods.

TOTAL RECOGNISED GAINS AND LOSSES

The Trust has no recognised gains or losses in the above two financial periods other than the above.

The notes on pages 10 to 17 form part of these financial statements.

THE CHRISTIAN MEDITATION TRUST (UK)

BALANCE SHEET AS AT 31ST DECEMBER 2020

	Notes	2020	2019
		£	£
Current assets			
Debtors	10	10,678	17,143
Cash at bank and in hand		235,550	257,187
		<u>246,228</u>	<u>274,330</u>
Liabilities			
Creditors falling due within one year	11	(78,438)	(95,188)
Net current assets		167,791	179,142
Net assets		<u>167,791</u>	<u>179,142</u>
The funds of the charity			
Unrestricted funds:			
General	12	50,827	51,619
Designated	12	113,074	123,487
Restricted funds	12	3,890	4,036
Total charity funds		<u>167,791</u>	<u>179,142</u>

These accounts were approved and authorised for issue by the Trustees on 29th July 2021 and were signed on their behalf by:

DocuSigned by:

Rosalind Stockley

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..... Rosalind Stockley (Chair of Trustees)

DocuSigned by:

John Reid

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..... John Reid (Treasurer)

The notes on pages 10 to 17 form part of these financial statements.

THE CHRISTIAN MEDITATION TRUST (UK)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

1. ACCOUNTING POLICIES

1.1 Basis of preparation of accounts

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: 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) (as amended by Bulletin 1) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 Trust constitutes a public benefit entity as defined by FRS 102.

1.2 Preparation of accounts on a going concern basis

The Charity's Financial Statements show net loss of £11,351 for the year and free reserves of £50,827. The Trustees are of the view that these results have secured the immediate future of the Charity for the next 12 to 18 months and on this basis the Charity is a going concern.

1.3 Income recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and amount can be measured reliably.

- a) Income received by way of donations are included in full in the Statement of Financial Activities when received, unless they relate to a specified future period, in which case they are deferred.
- b) Legacies entitlement is taken as the earlier of the date on which either: the charity is aware that the probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Charity that the distribution is made, or when a distribution is received from the estate.
- c) Donations of general nature which are not conditional on delivering certain levels of service are included as part of Donations as shown under note 2. Performance related donations which have conditions for a specific outcome are include as Income from Charitable Activities as shown in Note 3.
- d) Event income are recognised as earned (as the related goods and services are provided) under contract. Income received in advance for the subsequent year is recognised as deferred income until the following year.
- e) Investment income is included when receivable.

1.4 Expenditure recognition and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

- a) Cost of raising funds comprises the cost of raising donations and their associated support costs.
- b) Expenditure on charitable activities includes the costs directly associated with running events and training, to further the purposes of the Charity and their associated support costs. Grants are recognised as a cost when the Board of Trustees approves the grants.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

1.5 Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs and governance costs which support the Trust's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The basis on which support costs have been allocated are set out in note 7.

1.6 Fund accounting

Unrestricted general funds are available to spend on activities that further any of the purposes of charity.

Designated funds are to used specifically for furthering Christian Meditation in the UK.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Trust's work or for specific projects being undertaken by the Trust.

1.7 Investments

Fixed asset investments are stated at cost less provision for diminution in value.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short term cash deposits.

1.10 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.11 Financial instruments

The Trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.12 Taxation

The Charity is a registered charity and, therefore, is not liable for Income Tax or Corporation Tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

1.13 Judgement and key sources of estimation uncertainty

In the application of the company's accounting policies, the charity is required to make judgments, 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.

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

1.14 Cash flow statement

The Charity qualifies as a small Charity and advantage has been taken of the exemption provided by SORP (FRS 102) as amended by Bulletin 1, not to prepare a cash flow statement.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	2020 £	2019 £
Individual Donations	44,210	1,979	46,189	46,501
	<u>44,210</u>	<u>1,979</u>	<u>46,189</u>	<u>46,501</u>

The donations and legacies income in 2019 totalling £46,501 was attributed to £1,667 restricted funds, £44,834 unrestricted funds and £Nil designated funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2020 £	2019 £
<i>Advancing Christian Meditation:</i>				
National Conference income	95	-	95	43,255
Essential teaching weekends	130	-	130	3,110
Meditation with children	100	-	100	10
Silent retreats	-	-	-	9,102
	<u>325</u>	<u>-</u>	<u>325</u>	<u>55,477</u>

The income from charitable activities in 2019 totalling £55,477 was all attributed to unrestricted funds.

4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	2020 £	2019 £
Sundry other income	-	-	-	51
	<u>-</u>	<u>-</u>	<u>-</u>	<u>51</u>

The other trading activities income in 2019 totalling £51 was attributed to unrestricted funds.

THE CHRISTIAN MEDITATION TRUST (UK)**NOTES TO THE ACCOUNTS (continued)****FOR THE YEAR ENDED 31ST DECEMBER 2020****5. INVESTMENT INCOME**

	Unrestricted Funds £	Restricted Funds £	2020 £	2019 £
Bank deposit interest	724	-	724	1,061
	<u>724</u>	<u>-</u>	<u>724</u>	<u>1,061</u>

The investment income in 2019 totalling £1,061 was attributed to unrestricted funds.

6. ANALYSIS OF EXPENDITURE

	Raising Funds £	Advancing Christian Meditation £	2020 £	2019 £
Contractor and volunteer costs	-	21,600	21,600	20,991
National conference expenses	-	1,071	1,071	32,627
Essential teaching weekends	-	291	291	6,419
Meditation with children expenditure	-	-	-	1,005
Silent retreats	-	2,129	2,129	10,052
Newsletter printing and postage	-	10,359	10,359	11,952
National Council expenses	-	100	100	5,848
Printed resources	-	56	56	2,454
Grants and fees	-	10,196	10,196	113,095
Training	-	-	-	170
Scholarship Fund	-	120	120	200
Annual appeal costs	2,069	-	2,069	1,800
Other direct costs	-	266	266	320
Support costs	901	8,111	9,012	8,720
Governance costs	132	1,188	1,320	1,634
	<u>3,102</u>	<u>55,487</u>	<u>58,589</u>	<u>217,287</u>

Of the £58,589 expenditure in 2020 (2019 - £217,287), £46,033 was charged to general funds (2019 - £94,503), £10,431 was charged to designated funds (2019 - £121,527) and £2,125 to restricted funds (2019 - £1,057).

Designated funds (note 12) for the year represent awards to various individuals for the purpose of promoting and supporting Christian meditation in the UK; resources as introduction to meditation; subsidies for those attending residential Essential Teaching Weekends for future leaders within the community. Designated fund expenditure:

Grants and fees	-	£10,196
Printed resources	-	£56
School of Meditation expenditure	-	£291

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between charity's key activities undertaken (see note 6) in the year. All the general support and governance costs have been apportioned to the various charitable activities on the basis of a proportion of direct costs, allocated to each activity.

	General Support	Governance Function	2020	2019
	£	£	£	£
Trustees expenses	-	-	-	314
Independent examiners fee	-	1,320	1,320	1,320
Premises and equipment	3,999	-	3,999	4,500
Communications and computer costs	1,922	-	1,922	4,180
Bank charges and other expenses	92	-	92	40
Legal and professional	3,000	-	3,000	-
	<u>9,012</u>	<u>1,320</u>	<u>10,332</u>	<u>10,354</u>

8. ANALYSIS OF STAFF COSTS, TRUSTEES' REMUNERATION AND EXPENSES, AND COST OF KEY MANAGEMENT PERSONNEL

The charity did not have any employees during the year.

There were no transactions with Trustees in the year other than the following:

- No reimbursement of travel expenses paid to Trustees (2019 - £314 paid to five Trustees).

The key management personnel of the charity comprise the Trustees. None of the Trustees were employed or paid fees by the charity.

9. NET INCOME/(EXPENDITURE) FOR THE YEAR

This is stated after charging:

	2020	2019
	£	£
Independent Examination	<u>1,320</u>	<u>1,320</u>

10. DEBTORS

	2020	2019
	£	£
Gift aid receivable	4,707	11,558
Other debtors	4,699	4,114
Prepayments	1,272	1,471
	<u>10,678</u>	<u>17,143</u>

THE CHRISTIAN MEDITATION TRUST (UK)
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

11. CREDITORS: Amounts falling due within one year

	2020 £	2019 £
Other Creditors	214	4,737
Deferred Income (Note 14)	1,055	1,315
Accruals	77,168	89,136
	<u>78,438</u>	<u>95,188</u>

12. MOVEMENT IN FUNDS

	Balance as at 01.01.20 £	Income £	Expenditure £	Transfer £	Balance as at 31.12.20 £
Restricted funds:					
Oblates	3,126	1,859	2,005	-	2,980
Scholarship fund	20	120	120	-	20
London activities	890	-	-	-	890
Total restricted funds	<u>4,036</u>	<u>1,979</u>	<u>2,125</u>	<u>-</u>	<u>3,890</u>
Unrestricted funds					
Designated funds:					
Eileen Cox legacy fund	123,487	-	10,543	130	113,074
	<u>123,487</u>	<u>-</u>	<u>10,543</u>	<u>130</u>	<u>113,074</u>
General funds	51,619	45,259	45,921	(130)	50,827
Total unrestricted funds	<u>175,106</u>	<u>45,259</u>	<u>56,464</u>	<u>-</u>	<u>163,901</u>
Total funds	<u>179,142</u>	<u>47,238</u>	<u>58,589</u>	<u>-</u>	<u>167,791</u>

THE CHRISTIAN MEDITATION TRUST (UK)

NOTES TO THE ACCOUNTS (continued)

FOR THE YEAR ENDED 31ST DECEMBER 2020

12. MOVEMENT IN FUNDS (continued)

Movement in funds – previous year

	Balance as at 01.01.19 £	Income £	Expenditure £	Transfer £	Balance as at 31.12.19 £
Restricted funds:					
Oblates	2,736	1,447	1,057	-	3,126
Scholarship fund	-	220	200	-	20
London activities	890	-	-	-	890
Total restricted funds	<u>3,626</u>	<u>1,667</u>	<u>1,257</u>	<u>-</u>	<u>4,036</u>
Unrestricted funds					
Designated funds:					
Eileen Cox legacy fund	241,904	-	121,527	3,110	123,487
	<u>241,904</u>	<u>-</u>	<u>121,527</u>	<u>3,110</u>	<u>123,487</u>
General funds	47,809	101,423	94,503	(3,110)	51,619
Total unrestricted funds	<u>289,713</u>	<u>101,423</u>	<u>216,030</u>	<u>-</u>	<u>175,106</u>
Total funds	<u><u>293,339</u></u>	<u><u>103,090</u></u>	<u><u>217,287</u></u>	<u><u>-</u></u>	<u><u>179,142</u></u>

Description, nature and purpose of restricted funds:

The restricted funds indicated above represent three donations received as contributions towards specific expenses determined by the donors. The first is used to support the Oblates and the second is to be spent "to help the London regions in their work".

Description, nature and purpose of unrestricted funds:

Unrestricted general funds represent accumulated funds available for general use in furthering the Trust's objectives.

Eileen Cox legacy fund is designated by the trustees to further Christian meditation in the UK.

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Funds £	Designated Funds £	Restricted Funds £	2020 £
Net Current assets	50,827	113,074	3,890	167,791
	<u>50,827</u>	<u>113,074</u>	<u>3,890</u>	<u>167,791</u>

THE CHRISTIAN MEDITATION TRUST (UK)**NOTES TO THE ACCOUNTS (continued)****FOR THE YEAR ENDED 31ST DECEMBER 2020****13. ANALYSIS OF NET ASSETS BETWEEN FUNDS (continued)****Analysis of net assets between funds – previous year**

	General Funds	Designated Funds	Restricted Funds	2019
	£	£	£	£
Net Current assets	51,619	123,487	4,036	179,142
	<u>51,619</u>	<u>123,487</u>	<u>4,036</u>	<u>179,142</u>

14. DEFERRED INCOME

	2020	2019
	£	£
Balance as at 1st January	1,315	7,915
Amount released to income in the year	(765)	(7,915)
Amount deferred in the year	505	1,315
Balance as at 31st December	<u>1,055</u>	<u>1,315</u>

Deferred income represents event income received in advance for 2021.

15. POST BALANCE SHEET EVENT

As with the rest of the country, the community has been affected by the Covid-19 crisis. From April 2020 this necessitated the cancellation of all physical meetings at all levels: local groups; the annual National Conference; retreats and training weekends, until at least July 2021. There have been no significant costs incurred with cancellations/refunds as most events have been rolled forward to 2021 and/or 2022. As alternatives, group leaders and other members in the community have been offering on-line meditation, and/or have kept in contact with local group members via email/text/phone. Some events have been offered in an on-line format, including at least one retreat and some training events. However, we are now reviewing all future physical activities both in light of the experience of the last nine months of the year and early 2021 and how we could operate in the future.

Although the community office was closed at very short notice, management of the community activities has been largely unaffected, as much of this was already conducted virtually. A review has taken place on all income and expenditure lines, making savings wherever possible. Regular income continues to be received although a review is in place with regard to a relaunch of the annual appeal which will take place in September. The Trustees believe that there are sufficient reserves to see the community through the current crisis.

16. RELATED PARTY TRANSACTIONS

During the year, there was no reimbursement of travel expenses to trustees (2019 - £314 five trustees).

There were no other related party transactions for the period ended 31st December 2020.