

**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**

**CONTENTS**

	<b><u>Page</u></b>
<b>Trustees' Report</b>	<b>2 – 6</b>
<b>Independent Examiner's Report</b>	<b>7</b>
<b>Statement of Financial Activities</b>	<b>8</b>
<b>Balance Sheet</b>	<b>9</b>
<b>Notes to the Accounts</b>	<b>10 – 17</b>

## **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).

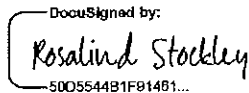
The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, of the charity for that period. In preparing 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	Total
		General Funds	Designated Funds	Restricted Funds	2021	2020
		£	£	£	£	£
<b>Income</b>						
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	-
<b>Total income</b>		<u>36,284</u>	<u>6,000</u>	<u>1,786</u>	<u>44,070</u>	<u>47,238</u>
<b>Expenditure</b>						
Cost of raising funds	6	-	-	-	-	3,102
Expenditure on charitable activities	6	186,684	20,386	4,786	211,856	55,487
<b>Total expenditure</b>		<u>186,684</u>	<u>20,386</u>	<u>4,786</u>	<u>211,856</u>	<u>58,589</u>
<b>Net income/(expenditure) and net movement in funds for the year</b>		(150,401)	(14,386)	(3,000)	(167,786)	(11,351)
<b>Transfer between funds</b>		99,578	(98,688)	(890)	-	-
<i>Reconciliation of funds</i>						
Total funds, brought forward		50,827	113,074	3,890	167,791	179,142
<b>Total funds, carried forward</b>		<u>5</u>	<u>-</u>	<u>-</u>	<u>5</u>	<u>167,791</u>

**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.

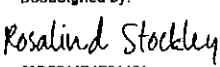
The notes on pages 10 to 17 form part of these financial statements

## THE CHRISTIAN MEDITATION TRUST (UK)

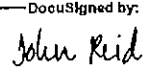
## BALANCE SHEET AS AT 31 DECEMBER 2021

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

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

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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 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 £
<b><i>Advancing Christian Meditation:</i></b>				
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**

	<b>Advancing Christian Meditation £</b>	<b>Total 2021 £</b>	<b>Total 2020 £</b>
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.

	<b>General Support £</b>	<b>Governance Function £</b>	<b>Total 2021 £</b>	<b>Total 2020 £</b>
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:

	<b>2021 £</b>	<b>2020 £</b>
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
	£	£	£	£	£
<b>Restricted funds:</b>					
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>
<b>Unrestricted funds</b>					
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
	£	£	£	£	£
<b>Restricted funds:</b>					
Oblates	3,126	1,859	2,005	-	2,980
Scholarship fund	20	120	120	-	20
London activities	890	-	-	-	890
<b>Total restricted funds</b>	<b>4,036</b>	<b>1,979</b>	<b>2,125</b>	<b>-</b>	<b>3,890</b>
<b>Unrestricted funds</b>					
Designated funds:					
Eileen Cox legacy fund	123,487	-	10,543	130	113,074
	123,487	-	10,543	130	113,074
General funds	51,619	45,259	45,921	(130)	50,827
<b>Total unrestricted funds</b>	<b>175,106</b>	<b>45,259</b>	<b>56,464</b>	<b>-</b>	<b>163,901</b>
<b>Total funds</b>	<b>179,142</b>	<b>47,238</b>	<b>58,589</b>	<b>-</b>	<b>167,791</b>

**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.