

DAVID LYNCH FOUNDATION UK

England & Wales · Charity number 1146643

Details

Other names	DLF UK
Status	Registered
Legal form	Charitable company
Company number	07933959
Registered	2012-03-28
Register	View on the Charity Commission register

Contact

Address	9 Garden Square Rendlesham Woodbridge IP12 2GW
Phone	08456058660
Email	info@davidlynchfoundation.org.uk
Website	www.davidlynchfoundation.org.uk

Activities

Objects: 1.1 THE OBJECTS OF THE FOUNDATION ARE TO PROMOTE SUCH PURPOSES AS ARE EXCLUSIVELY CHARITABLE UNDER THE LAWS OF ENGLAND AND WALES WITH A NON-EXCLUSIVE FOCUS ON THE PROVISION OF ASSISTANCE WITHOUT REGARD TO ANY RELIGIOUS DENOMINATION TO THOSE IN NEED IN THE UK OR ANY PART OF THE WORLD, INCLUDING:1.1.1 THE PROMOTION OF EDUCATION FOR THE PUBLIC BENEFIT, INCLUDING THE ESTABLISHMENT, MAINTENANCE AND DEVELOPMENT OF EDUCATIONAL INSTITUTIONS AT EVERY LEVEL, AND PROVIDING, THROUGH SCHOLARSHIPS, BURSARIES AND OTHER MEANS, TO STUDENTS IN THESE INSTITUTIONS OR ANY EDUCATIONAL INSTITUTIONS;1.1.2 THE PROMOTION OF HEALTH FOR THE PUBLIC BENEFIT, INCLUDING THE ESTABLISHMENT, MAINTENANCE AND DEVELOPMENT OF MEDICAL AND RESEARCH FACILITIES, THE CREATION OF SCHOLARSHIPS AND THE PROVISION OF GRANTS FOR RESEARCH,IN EACH CASE TAKING ACCOUNT OF PROGRAMMES, TECHNIQUES AND KNOWLEDGE DEFINED AND DEVELOPED FROM TIME TO TIME BY THE MAHARISHI FOUNDATION (UK CHARITY NUMBER 270157) WHICH ARE BASED ON THE WORK OF MAHARISHI MAHESH YOGI, INCLUDING IN PARTICULAR CONSCIOUSNESS-BASED EDUCATION (WHICH INCLUDES TRANSCENDENTAL MEDITATION AND THE SCIENCE OF CREATIVE INTELLIGENCE), ALL OF WHICH TERMS ARE DEFINED IN THE SCHEDULE TO THE ARTICLES OF ASSOCIATION.

Activities: Promotion of education and health: 1) the establishment, maintenance and development of educational institutions; providing scholarships and bursaries to students; 2) the establishment, maintenance and development of medical and research facilities; the creation of scholarships and the provision of grants for research. Taking into account programmes developed by Maharishi Foundation (no. 270157).

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Human Resources, Provides Services, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£172,995	£85,916	-	-
2024-02-29	£70,553	£100,359	-	-
2023-02-28	£109,712	£50,658	-	-
2022-02-28	£86,648	£86,059	-	-
2021-02-28	£61,441	£31,232	-	-

Trustees

Name	Role	Appointed
Dr PETER NIGEL Warburton	Chair	2012-02-06
DR ROBERT ROTH		2012-02-06
Dr DEIRDRE PARSONS		2012-02-06
Fredda Plessner		2025-10-10
Jonathon Fitzgerald		2024-10-03
NIGEL BARLOW MA		2012-02-06
William Goldstein		2025-10-13

Accounts

Private and Confidential

MHA
910 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

Dear Sirs

CONFIRMATION OF REPRESENTATIONS

David Lynch Foundation

We confirm to the best of our knowledge and belief that the following representations are made on the basis of having made appropriate enquiries of other trustees and officials of the charity with relevant knowledge and experience and, where appropriate, of inspection of supporting documentation sufficient to satisfy ourselves that, the following representations can be properly made to you in connection with your independent examiner's report on the charity's financial statements for the year ended 28 February 2025:

1. General

We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter under the Charities Act 2011 for preparing financial statements which give a true and fair view in accordance with United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice) (UK GAAP), including the Statement of Recommended Practice, '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 (FRS102), issued by the joint SORP making body, and for making accurate representations to you.

2. The charity is entitled to exemption from audit and at no time during the year fell into an excluded category.
3. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.
4. We have made available to you all documents, including minutes of management meetings, necessary for your report. All the charity's transactions have been properly reflected and recorded in the accounting records produced to you. We have not withheld any information, the knowledge of which would cause you to take a different view in your report.
5. The financial statements are free of material misstatements, including omissions.

6. Internal control and fraud

We acknowledge our responsibility for the design, implementation and maintenance of internal control systems to prevent and detect fraud and error. We have disclosed to you the results of our assessment of the risk that the financial statements may be materially misstated as a result of fraud.

We are not aware of any actual, suspected or alleged instances of fraud or irregularities

affecting the charity involving management, employees who have a significant role in internal control, volunteers or anyone else where the fraud or irregularities could have a material effect on the financial statements.

7. We confirm we have disclosed to you all information in relation to allegations of fraud or suspected fraud affecting the charity's financial statements communicated by current or former employees, analysts, regulators or others.

8. Going concern

We believe that the charity's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be adequate for the charity's needs. We also confirm our plans for future action(s) required to enable the charity to continue as a going concern are feasible. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the financial statements. We are not aware of any material uncertainties or doubts about the ability of the charity to continue as a 'going concern' for the foreseeable future.

9. Laws and regulations

We are not aware of any events which involve possible non-compliance with statute, regulations, contracts, agreements or the charity's constitution which might prejudice the charity's going concern status or that might result in the charity suffering significant penalties or other loss.

10. Assets and liabilities

The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed in the notes to the financial statements.

11. We have recorded, as appropriate, all liabilities, both actual and contingent and have disclosed in the notes to the financial statements all guarantees that we have given to third parties.

12. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.

13. Accounting estimates

The methods, data and significant assumptions used by us in making accounting estimates, and their related disclosures, are appropriate to achieve recognition, measurement and disclosure that is reasonable in the context of the UK GAAP financial reporting framework, including the Statement of Recommended Practice 'Charities SORP (FRS102)' (second edition – October 2019), issued by the joint SORP making body.

14. Legal claims

All claims in connection with litigation that have been, or are expected to be, received have been properly accrued for in the financial statements.

15. Transactions with related parties

Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with the requirements of the Charities Act 2011 or accounting standards.

16. Subsequent Events

All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.

17. Grants and donations

All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions during the period in the application of such income.

18. Electronic publication of accounts

We intend to distribute the financial statements to members and other interested parties by electronic means and/or to publish them on a website.

19. Specific representations

We confirm the split of unrestricted £139,303 and restricted donations £14,600 per the statement of financial activities is correct and in line with any donor wishes.

20. Specific recommendations by MHA agreed

We confirm that a proper authorisation process will be maintained as soon as possible to support Deirdre's Parsons expenses as a paid trustee, and a record maintained.

We confirm that all time spent by any consultants including paid Trustees on different projects will, as soon as possible be logged and recorded, so that should any donor request details there is supporting information to show how their donations have been spent.

In addition any courses run will have a financial schedule of relevant costs and a clear attendance schedule to show which attendees were funded from each restricted fund if appropriate.

Yours faithfully

.....
Dr Peter Warburton
.....

Signed on behalf of the trustees:

Date of approval of accounts by Charity: December 23, 2025

Registered number: 07933959
Charity number: 1146643

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 28 FEBRUARY 2025

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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DAVID LYNCH FOUNDATION UK
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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 28 FEBRUARY 2025

Trustees	Dr Peter Warburton, Chair of Trustees Dr Deirdre Parsons, Executive Director Norma Sullivan, Secretary and Trustee (resigned 26 April 2024) Nigel Barlow David Lynch (deceased 15 January 2025) Dr John Hagelin (resigned 18 April 2024) Dr Robert Roth Jonathan Fitzgerald (appointed 3 October 2024) Fredda Plessner (appointed 10 October 2025) William Goldstein (appointed 13 October 2025)
Company registered number	07933959
Charity registered number	1146643
Registered office	9 Garden Square Rendlesham Woodbridge Suffolk IP12 2GW
Chair of trustees	Dr Peter Warburton
Accountants	MHA 910 The Crescent Colchester Business Park Colchester Essex CO4 9YQ
Solicitors	Bates Wells & Braithwaite London LLP 2 - 6 Cannon Street London EC4M 6YH

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 28 FEBRUARY 2025

The Trustees present their annual report together with the financial statements of the Company for the year 1 March 2024 to 28 February 2025. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities**a. Policies and objectives**

The David Lynch Foundation UK is dedicated to helping people of all ages from all walks of life in the UK and worldwide overcome stress, suffering, and hardship, and unfold the full potential of life. We use the stress-reducing programme, Transcendental Meditation, which is scientifically proven to promote creativity, happiness, success, and peace. Our methodologies transform lives from within and we especially focus on those who are suffering from chronic stress and Post-Traumatic Stress Disorder (PTSD) including the emergency services, asylum seekers, refugees, the homeless, prisoners, serving military and war veterans. The charity also offers financial support to bring Transcendental Meditation to stressed teachers and students and the introduction of "Quiet Time with Transcendental Meditation" to schools across the UK.

The following programmes offered by the David Lynch Foundation UK promote the benefits outlined in the objectives of the Charity:

Teaching Transcendental Meditation to those experiencing traumatic and chronic stress

Transcendental Meditation is a simple, natural, effortless procedure practised for 15 to 20 minutes in the morning and evening, while sitting comfortably with the eyes closed. It is a simple mental technique, which gives a unique quality of rest to mind and body. The technique allows the activity of the mind to settle down in a natural way until it is left quiet, yet wide awake. It allows stress and tiredness to be dissolved naturally, resulting in greater energy, clarity and enjoyment of life.

Anyone can practise Transcendental Meditation. The practice does not conflict with any beliefs, religious or otherwise. Its benefits are widely validated proving benefits in every aspect of life: 600 scientific studies conducted at 250 independent universities and institutions in 33 countries, published in over 150 of the world's leading scientific journals.

The Transcendental Meditation course for our projects is conducted over a period of six months which includes the TM course of instruction and follow-up sessions. The first step to learn begins with an introductory presentation on Transcendental Meditation (1 hour) delivered online or in person.

The course of instruction consists of four sessions held over four consecutive days. The first session is a personal instruction and is conducted one to one (1 hour) in person. The subsequent three sessions are group sessions lasting 1.5 hour each session in person or remotely online.

The online sessions can be completed at home with the knowledge content streamed through a customised designed App. The course materials for the remote learning consist of pre-recorded instruction sessions including videos and interactive Q&As which take on average 1.5 hours per day.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)

Support and guidance is offered throughout the blended learning TM course of instruction. On each of the days of instruction the TM teacher is available for online check-in meditation sessions of about 20-30 minutes to ensure correct meditation practice and to answer questions.

In addition to the initial course of instruction there is a six-month follow-up, with a choice of in-person or online regular group and individual sessions, which are scheduled the following week after instruction and once a month. Additional sessions are available if needed. These sessions ensure the individual is practising Transcendental Meditation correctly, to gain the full benefits.

The following is a more detailed explanation of the areas of society where we have identified our programmes can be most effective:

Emergency services programme for the ambulance, police, and fire services

Cases of stress, poor mental health and post-traumatic stress disorder (PTSD) are on the rise in the emergency service workers. According to research conducted at MIND, the mental health charity, more than 85% of emergency services staff have experienced stress and poor mental health issues at work and are “more likely to experience a mental health problem than the general workforce but are less likely to take time off work as a result” (MIND 2019).

Results in an NHS report suggest anxiety/stress/depression/other psychiatric illnesses is consistently the most reported reason for sickness absence (NHS 2021).

Our approach – TM resilience management programme

A three phased programme including:

Phase 1: This session introduces TM as an evidence-based technique and an overview of the structure and content of the Emergency Services programme.

Phase 2: Instruction in TM - The participant is instructed by a certified TM instructor in how to meditate correctly for maximum benefit in daily life.

Phase 3: Follow-up seminars - These seminars help stabilise correct practice of TM and deepen participants' intellectual understanding of its mechanics and effects.

Benefits:

Research has shown effects of TM in key areas relevant to resilience management:

- Neuroplasticity: the capacity of the brain to heal stress and trauma and forge new neural pathways for healthier behaviours and lifestyle.
- Enhancing resilience as the key to reducing the impact of stress and promoting wellness
- Impact of TM on improving cardiovascular health, strengthening immunity, and slowing the ageing process
- Growth of happiness, and development of consciousness through regular TM practice.

Working with Asylum-Seeking Populations and Refugees

Refugees and asylum-seeking populations often experience severe trauma in their home countries and during their journey to the UK, which can be further compounded by the challenges they face upon arrival. A recent survey by the Refugee Council in England found that 61% of asylum seekers experience serious mental illness and are more likely to suffer from depression, PTSD, and other anxiety disorders.

DAVID LYNCH FOUNDATION UK
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)

Urgent action is needed to support refugees and asylum seekers with their mental health, equipping them with tools to manage their stress and anxiety.

Our Approach:

We have been offering Transcendental Meditation courses to refugees and asylum seekers across the UK, providing them with a tool to reduce symptoms of PTSD, anxiety, and stress, increase mental resilience and enable them to rebuild their lives in the UK. Upon completing the TM course, participants are fully equipped to practise the technique independently, giving them a lifelong tool to enhance their mental health and well-being.

Benefits:

TM has been demonstrated to reduce anxiety, stress, symptoms of PTSD, insomnia, and burnout, while also improving energy levels, mental well-being, and personal relationships. In a study published in the Journal of Traumatic Stress (Reeves, B., 2003), 90% of Congolese refugees with high levels of PTSD symptoms decreased to non-symptomatic levels within 30 days of learning the TM technique. In contrast, the non-meditating control group showed no reduction in PTSD symptoms.

Children, Young Adults, Teacher and Schools

Traumatic stress: the silent epidemic amongst the young

Escalating stress levels are a reality amongst thousands of children and young adults in the UK who grow up in a climate of fear, bullying, violence, and substance abuse - stress that impedes academic achievement and undermines physical and mental health:

Our approach - Quiet Time with Transcendental Meditation

The Quiet Time with Transcendental Meditation programme develops the potential of the brain and reduces the acute stresses that undermine learning and health. It is a practical, highly effective approach to promote learning readiness among students - thereby markedly improving their academic performance and success in life.

Benefits

Transcendental Meditation has already been incorporated into schools in the UK as well as hundreds of public, charter, and private schools throughout the United States and around the world. Supported by an extensive body of independent research verifying its benefits, students practising Transcendental Meditation score higher on intelligence tests, close the achievement gap, improve test scores, and have higher graduation rates compared to students in control groups. Meditating students also show reduced stress levels, anxiety, depression, violence, and substance abuse. This results in reduced absenteeism, dropout rates, suspensions, and expulsions.

Armed Forces Veterans and Military Personnel

Overcoming the nightmare of Post-Traumatic Stress Disorder (PTSD):

Many Armed Forces veterans find it difficult to reintegrate into society. Veterans are often loath to acknowledge to themselves or others the inner wounds of war after they return home from combat. Healing those wounds requires an approach that directly impacts the neurophysiology underlying PTSD.

The symptoms of military PTSD include flashbacks, nightmares, anger, anxiety and depression - often leading to homelessness, violence, alcohol and substance abuse, job loss, and suicide.

DAVID LYNCH FOUNDATION UK
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)

Our approach - Operation Warrior Wellness (OWW)

Operation Warrior Wellness offers Transcendental Meditation, a scientifically proven approach, which can be easily learned and practised in private, to help relieve traumatic stress and overcome the nightmare of PTSD, while simultaneously promoting resilience and wellbeing for veterans, military personnel and their families.

The TM-based Resilient Warrior Programme

An initiative already established in the USA and planned for a future launch in the UK. The OWW initiative has partnered with leading veterans service organisations, Army and Marine bases and VA medical centres within the USA to deliver the Resilient Warrior Programme to active-duty personnel and military families in need.

Benefits

Research on meditating veterans in the USA has shown that the technique significantly reduces the psychosocial symptoms of stress, anxiety, and the overall improvement in the quality of life of the veteran and serving personnel depression. The technique produces a profound state of deep rest, while enlivening the full brain. The experience of “restful alertness” gained during the practice of Transcendental Meditation is at the basis of the marked reductions in symptoms of PTSD and the overall improvement in the quality of life of the veteran and serving personnel.

The Homeless – re-entry programme

Addressing the rising tide of homelessness in the UK:

The experience of homelessness is traumatic, isolating, and destructive, and homeless people are some of the most vulnerable and excluded in our society. Many people have suffered distressing experiences that have led to homelessness, such as domestic violence; breakdown of a relationship; loss of their home; fleeing persecution from another country; drug and alcohol misuse or mental health problems.

Along with proper housing, education, job training, and a network of qualified support, these adults and children must be equipped with the tools to overcome the traumatic stresses that fuelled their descent into homelessness. These stresses, if left unchecked, often cause them to relapse.

Our approach

The David Lynch Foundation UK offers Transcendental Meditation as a re-entry programme for the homeless: a practical, highly effective approach to overcome the traumatic stresses that fuelled their descent into homelessness and enable their re- integration into society and to fulfil their potential.

Benefits

Research has shown that Transcendental Meditation can help in reducing acute and chronic stress and stress-related disorders, including anxiety and depression. In addition, benefits from regular practice show potential to overcome addictions, an increase in self-esteem and inner calmness and improved emotional wellbeing.

Transcendental Meditation also promotes healthy, coherent brain functioning - the basis for improved decision making, judgment, and impulse control to support a healthy, productive, self-sufficient life.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)

Rehabilitation for Prisoners and Young Offenders

Breaking the cycle:

A significant proportion of crime is committed by offenders who have multiple problems. Evidence shows that drug dependency, mental illness, stress, frustration, and poor education fuel criminal behaviour.

The origins of criminal behaviour can often be traced back to the long-term impact of traumatic stress. Unless a rehabilitation programme for the men and women in prison effectively targets this disorder, the rehabilitation is often ineffective, and incarceration and reconviction rates will not be reduced and may even increase. This results in considerable pain and suffering for the victims of crime, significant expense to taxpayers, and substantial waste of the lives of those imprisoned.

Our approach - Freedom Behind Bars

For 35 years, Transcendental Meditation has been taught with significant benefit to inmates and guards in prisons in the USA, including San Quentin, Folsom, and Walpole. In 2015/16 pilot programmes were delivered to prisoners and prison personnel in two prisons in England.

Benefits

Transcendental Meditation brings about deep relaxation and relief from stress, anxiety, and depression. This has been found to result in fewer rule infractions as well as reduced reconviction rates. Also, the technique is easy to learn and requires no belief or change in lifestyle and can be practised individually or as part of a group.

This programme can help with the genuine rehabilitation of offenders by lifting the oppressive stress within the prison community that undermines existing rehabilitation programmes.

Families and Communities

Resolving crises in families and communities:

The health and well-being of the family is crucial to the development and strength of our communities. Many vulnerable families are affected by problems that are prevalent in their environment, such as drug and alcohol abuse, crime, mental illness, homelessness and unemployment.

Our approach - simple natural effortless meditation

Transcendental Meditation can help strengthen relationships and contribute to the stability of family life in society.

This stress-reducing meditation programme helps families and communities in difficulty, as well as educational organisations facing the deleterious effects of extreme stress.

Benefits

Scientific research shows that Transcendental Meditation reduces stress and improves general mental and physical well-being. When regularly practised morning and evening, this programme gives deep relaxation, which provides balance to mind and body. This reduces anxiety and depression, develops inner calmness, and promotes greater self esteem and increased happiness.

DAVID LYNCH FOUNDATION UK
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)**b. Activities undertaken to achieve objectives**

The financial year March 2024 – February 2025 marked another year of growth and progress for the David Lynch Foundation UK (DLF UK), strengthening our mission to make the benefits of Transcendental Meditation accessible to those most in need. This period saw significant advances in research collaborations, expansion of charitable programmes, new public engagement opportunities, and continued recognition of the Foundation's work at national and international levels. All activities undertaken during the year were directed towards advancing the Foundation's charitable purpose of promoting public benefit through improved mental health, resilience, and well-being.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Tribute to David Lynch

In January 2025, the Foundation mourned the passing of its founder, David Lynch. His life and legacy received extensive coverage in UK and international media. An online global meditation and remembrance event was hosted in the US at the request of the Lynch family bringing together thousands of meditators to celebrate his creative and humanitarian contributions, with an additional tribute organised in the United Kingdom.

David's vision continues to guide and inspire the Foundation's work, ensuring that his legacy of creativity, compassion, and consciousness remains at the heart of all we do.

Research on the benefits of TM

The results of the earlier pilot study with the East of England Ambulance Service Trust (EEAST) are pending publication and have provided a robust foundation for national scale-up. Building on this success, the Foundation has been working closely with the National Institute for Health and Care Research (NIHR) to become a recognised non-commercial partner, enabling formal collaboration on research projects with the NHS. A major next step is the development of a Randomised Controlled Trial (RCT) evaluating Transcendental Meditation for reducing stress and post-traumatic stress symptoms among UK ambulance personnel.

The Foundation's partnership with the University of Cambridge continued to progress this year, advancing research on the neuroscience of consciousness and the effects of TM on brain coherence. Results from research conducted in 2023/24 will be presented at SXSW London, highlighting emerging evidence on TM's role in enhancing creativity and cognitive performance. We are actively fundraising for further research to expand this collaboration and support additional scientific studies on TM in the UK.

Public Engagement and Events

The David Lynch Foundation UK was selected to host a panel discussion at the first SXSW London festival in June 2025, entitled "Creativity and Consciousness." The discussion will promote public and media awareness of Transcendental Meditation's benefits for creativity, mental well-being, and resilience. During the year, plans were developed for DLF UK to participate in Camp Bestival, the Twin Peaks "Gathering of the Angels" Festival, and the Living Inside a Dream live music event in 2025, extending our outreach to new audiences through live events and festival partnerships. Plans were also made to launch a new merchandise range for sale at these events.

Retreats

Two weekend residential TM retreats were held during the year, both fully attended, providing deep rest and knowledge for existing meditators. Due to their popularity, further retreats are planned for the coming year.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)**Community Programmes**

The Foundation's charitable work continued through projects supporting refugees and asylum seekers in Glasgow and the East of England. A grant from Inchyre Trust enabled us to start working with male suicide prevention charity Andy's Man Club, enabling the launch of a men's mental health initiative in Glasgow, introducing TM to participants facing stress and emotional challenges. In addition, full scholarships were awarded to 30 participants across our Heal the Healers Now, Refugee Support, Firefighters and Ambulance Workers, and Veterans programmes, ensuring TM was provided to those experiencing traumatic stress. Further courses are planned in Glasgow and the East of England for asylum seekers and refugees.

Fundraising, Partnerships and Collaborations

During the year, the David Lynch Foundation UK secured vital grants, donations, and partnerships to support its programmes, research, and outreach activities. Grants received between March 2024 and February 2025 included:

- Inchyre Trust – funding to support the Andy's Man Club men's mental-health initiative in Glasgow.
- Norfolk Community Foundation (Love Norfolk Fund) – grant supporting TM courses for emergency service staff in Norfolk.
- Norfolk Community Foundation (Welcome to Norfolk Fund) – grant enabling TM courses for refugees and asylum seekers in Norfolk.
- Postcode Places Trust – unrestricted funding to support the Foundation's ongoing work in the East of England region.

In addition, a number of private donations were received, which will enable the Foundation to fund the Randomised Controlled Trial (RCT) evaluating TM for ambulance service staff in partnership with the NHS.

A new initiative for individual donors, the "Change Begins Within Champions" programme, was launched to encourage regular giving and build a sustainable base of ongoing supporters.

DLF UK also strengthened key partnerships during the year, working with:

- the University of Cambridge, advancing research on the neuroscience of consciousness and brain coherence;
- the NHS and NIHR, to support clinical research and prepare for a large-scale RCT involving ambulance personnel;
- Andy's Man Club, expanding support for men's mental health in Scotland;
- Refugee Sanctuary Scotland, to launch our work with asylum seekers and refugees in Glasgow;
- GYROS, to launch our work with asylum seekers and refugees in the East of England;
- Yorkshire Ambulance Service, to continue to offer TM courses to ambulance staff in Yorkshire
- Norfolk Community Foundation, delivering TM programmes for frontline workers and refugees, and responding to feedback from them on how to strengthen our Safeguarding Policy; and
- Maharishi Foundation UK, planning the national Meditate UK campaign to promote TM as an evidence-based approach to mental well-being.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Objectives and activities (continued)**Goals for the Coming Year**

In the coming year, the David Lynch Foundation UK will focus on consolidating its recent progress and scaling its impact through research, outreach, and national awareness. Key priorities include:

- Implementing the NHS Ambulance Service RCT, in collaboration with NIHR and multiple NHS Trusts, to strengthen the evidence base for TM's role in reducing stress and trauma among frontline workers.
- Publishing and promoting the University of Cambridge research on the neuroscience of consciousness and TM's effects on brain coherence, while advancing new UK-based studies and developing plans for a dedicated TM neuroscience fellowship to support long-term academic collaboration
- Expanding access to TM for underserved groups, including asylum seekers, refugees, firefighters, and ambulance staff in the East of England and Scotland.
- Launching the Meditate UK campaign, in partnership with the Maharishi Foundation UK, to raise national awareness of TM as an accessible, evidence-based approach to mental well-being.
- Developing partnerships with businesses and creative organisations to integrate TM as part of workplace well-being and performance initiatives.
- Raise public awareness through presence at Camp Bestival, Gathering of the Angels and Living Inside a Dream events.
- Launch our new merchandise range to raise unrestricted income and increase public awareness of the David Lynch Foundation UK.
- Strengthening sustainability, by growing the Change Begins Within Champions regular giving programme and diversifying funding sources.
- Enhancing ongoing support for meditators through an expanded programme of residential retreats and refresher courses.

Achievements and performance**Financial review****a. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The Trustees are satisfied that the charity has adequate funds to carry out its day-to-day functions.

The Charity had unrestricted reserves amounting to £84,279 (2024: £1,800) and restricted reserves of £23,652 (2024: £19,052).

The charity's unrestricted reserves are held to cover course shortfalls and expenses towards the existing work of the foundation, and restricted funds are held until any ongoing projects are completed. The charity has a reserves policy of holding 3 months operating costs in cash in unrestricted reserves. Certain project requirements may require this to be less on occasion but only when further incoming funds have been committed or guaranteed.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

c. Other financial information

DLF UK acts under licence to teach TM from Maharishi Foundation (MF) (registered educational charity no. 270157), the official provider of Transcendental Meditation in the UK. In this context, DLF UK makes a small contribution to MF UK for each project and for each individual taught TM.

The DLF UK makes regular monthly payments to repay a start-up loan from the Spiritual Regeneration Movement (SRM) (registered charity no. 204025).

Income for the charity up to 28 February 2025 was £172,995 (2024: £70,553): this includes donations, teaching commission, courses and fundraising events.

Structure, governance and management

a. Constitution

David Lynch Foundation UK is a private charitable company limited by guarantee without share capital incorporated on 2 February 2012 in England and Wales and registered as a charity on 28 March 2012.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up during the period of membership or within one year after, each member undertakes to contribute such amount, as may be required not exceeding £1.00.

b. Methods of appointment or election of Trustees

The directors of the company are also the charity trustees for the purposes of charity law. As stated in the Articles there will be seven trustees including three trustees appointed by the trustees of the David Lynch Foundation US and another four trustees who are residents of the UK (each a "non-US Foundation Trustee"). The trustees are appointed and adhere to the articles of Association (Article 25).

Norma Sullivan and John Hagelin resigned as trustees this year for personal reasons, as well as the reported loss of David Lynch. To ensure continuity, Jonathan Fitzgerald was appointed as a trustee, and in October 2025 a further two trustees were appointed (Fredda Plesser and William Goldstein).

New Trustees are recruited from supporters of the Charity who are well-known to the current Trustees. New Trustees receive training notes and undergo training sessions to brief them on their legal obligations under Charity law and introduce them to the Trust Deed, the latest accounts, current issues and future plans of the Charity.

All Trustees give their time voluntarily except Deirdre Parsons who holds the position of Executive Director. The terms of her engagement are set out in accordance to Article 4.6.5.

Any expenses reclaimed from the Charity are following the guidelines of the Articles and are recorded in the financial statements of the charity.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

Structure, governance and management (continued)

c. Organisational structure and decision-making policies

Policy decisions of the David Lynch Foundation UK (DLF UK) are made by the Trustees and the day to day running of the Charity is carried out by the Executive Director, with support from three part time paid staff; the Head of Fundraising and Project Management, Media Contact, and Social Media Manager and Transcendental Meditation teachers and volunteers for expansion, promotion and fundraising.

DLF UK partners with Maharishi Foundation (registered charity No. 270157, in England and Wales) to employ qualified teachers of Transcendental Meditation to teach individuals and groups for the duration of DLF UK projects.

All those working with DLF UK are DBS checked, have completed our Safeguarding training programme and are suitable to work with at-risk groups.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) 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).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Date: December 23, 2025

Dr Peter Warburton

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 28 FEBRUARY 2025

Independent Examiner's Report to the Trustees of David Lynch Foundation UK ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 28 February 2025.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company'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 Company and the Company's Trustees as a body, for my work or for this report.

Signed: *Cara Miller*

Dated: December 23, 2025

Cara Miller ACCA

MHA

910 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

MHA is the trading name of MHA Audit Services LLP, a limited liability partnership in England and Wales registered number OC455542).

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 28 FEBRUARY 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	139,303	14,600	153,903	52,408
Charitable activities	4	18,199	-	18,199	17,131
Investments	5	893	-	893	1,014
Total income		158,395	14,600	172,995	70,553
Expenditure on:					
Charitable activities	7	75,916	10,000	85,916	100,359
Total expenditure		75,916	10,000	85,916	100,359
Net movement in funds		82,479	4,600	87,079	(29,806)
Reconciliation of funds:					
Total funds brought forward		1,800	19,052	20,852	50,658
Net movement in funds		82,479	4,600	87,079	(29,806)
Total funds carried forward		84,279	23,652	107,931	20,852

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 17 to 31 form part of these financial statements.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)
REGISTERED NUMBER: 07933959

BALANCE SHEET
AS AT 28 FEBRUARY 2025

		28 February 2025 £	29 February 2024 £
Fixed assets	Note		
Intangible assets	11	450	630
		450	630
Current assets			
Cash at bank and in hand		113,047	35,087
		113,047	35,087
Current liabilities			
Creditors: amounts falling due within one year	12	(3,966)	(5,000)
Net current assets		109,081	30,087
Total assets less current liabilities		109,531	30,717
Creditors: amounts falling due after more than one year	13	(1,600)	(9,865)
Net assets excluding pension asset		107,931	20,852
Total net assets		107,931	20,852
Charity funds			
Restricted funds	14	23,652	19,052
Unrestricted funds	14	84,279	1,800
Total funds		107,931	20,852

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)
REGISTERED NUMBER: 07933959

BALANCE SHEET (CONTINUED)
AS AT 28 FEBRUARY 2025

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Date: December 23, 2025

Dr Peter Warburton

The notes on pages 17 to 31 form part of these financial statements.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

1. General information

David Lynch Foundation UK is a private company limited by guarantee registered in England and Wales, company number 07933959, Charity registration number 1146643.

The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £ 1 per member of the charity.

The registered address is 9 Garden Square, Rendlesham, Woodbridge, Suffolk, IP12 2GW.

The financial statements are rounded to the nearest pound sterling.

The significant accounting policies applied in the presentation of these financial statements are set out below.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

David Lynch Foundation UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

2. Accounting policies (continued)

2.3 Going Concern

The Trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the Charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the Charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include accountancy and costs linked to the strategic management of the charity.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

2. Accounting policies (continued)

2.6 Intangible assets and amortisation

Intangible assets costing £500 or more are capitalised and recognised when future economic benefits are probable, and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following bases:

Trademarks	- 10 % straight line
Website	- 33 % straight line

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.9 Financial instruments

The Company 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.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

2. Accounting policies (continued)

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

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

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Donations including gift aid	114,303	3,000	117,303
Grants	25,000	11,600	36,600
	<u>139,303</u>	<u>14,600</u>	<u>153,903</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Donations	10,533	8,225	18,758
Legacies	23,050	-	23,050
Grants	-	10,600	10,600
	<u>33,583</u>	<u>18,825</u>	<u>52,408</u>

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

4. Income from charitable activities

	Unrestricted funds 2025 £	Total funds 2025 £
Commission from teaching	1,133	1,133
Course fees	17,066	17,066
	<u>18,199</u>	<u>18,199</u>
	<i>Unrestricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Commission from teaching	1,902	1,902
Course fees	15,229	15,229
	<u>17,131</u>	<u>17,131</u>

5. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £
Bank deposit interest	<u>893</u>	<u>893</u>
	<i>Unrestricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Bank deposit interest	<u>1,014</u>	<u>1,014</u>

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

6. Analysis of grants

	Grants to Individuals 2025 £	Total funds 2025 £
Scholarships	3,671	3,671
	Grants to Individuals 2024 £	Total funds 2024 £
Scholarships	13,148	13,148

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Teaching commission	75,916	10,000	85,916
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Teaching commission	83,362	16,997	100,359

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

8. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Grant funding of activities 2025 £	Support costs 2025 £	Total funds 2025 £
Teaching commission	30,382	3,671	51,863	85,916
	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £
Teaching commission	32,045	13,148	55,166	100,359

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2025 £	Total funds 2025 £
Project expenses	2,705	2,705
Course fees	24,383	24,383
Hire of rooms	3,294	3,294
	30,382	30,382

	Activities 2024 £	Total funds 2024 £
Project expenses	10,790	10,790
Course fees	19,654	19,654
Hire of rooms	1,601	1,601
	32,045	32,045

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2025 £	Total funds 2024 £
Depreciation	180	180
Donations	-	500
Promotional expenditure	10,199	14,052
Subscriptions	1,029	2,312
Travelling costs	5,711	7,036
Office and computer costs	2,127	3,026
Insurances	746	701
Bank charges	114	64
Loan interest	606	805
Administration and consultancy fees	28,400	24,300
Governance costs	2,751	2,190
	51,863	55,166

9. Independent examiner's remuneration

	2025 £	2024 £
Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts	2,100	2,000

10. Trustees' remuneration and expenses

During the year ended 28 February 2025, expenses totalling £48,611 (2024: £46,200) were reimbursed or paid directly to Deirdre Parsons, a director and trustee of the charity in her role as Executive Director, in accordance with the Articles of Association.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

11. Intangible assets

	Trademarks £	Computer software £	Total £
Cost			
At 1 March 2024	1,800	971	2,771
At 28 February 2025	1,800	971	2,771
Amortisation			
At 1 March 2024	1,170	971	2,141
Charge for the year	180	-	180
At 28 February 2025	1,350	971	2,321
Net book value			
At 28 February 2025	450	-	450
At 29 February 2024	630	-	630

12. Creditors: Amounts falling due within one year

	28 February 2025 £	29 February 2024 £
Other loans	1,956	3,000
Other creditors	2,010	2,000
	3,966	5,000

13. Creditors: Amounts falling due after more than one year

	28 February 2025 £	29 February 2024 £
Other loans	1,600	9,865

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

14. Statement of funds

Statement of funds - current year

	Balance at 1 March 2024 £	Income £	Expenditure £	Balance at 28 February 2025 £
Unrestricted funds				
General Funds	1,800	158,395	(75,916)	84,279
Restricted funds				
Emergency Services Resilience programme	8,520	2,500	(3,000)	8,020
Military project	5,600	-	(2,000)	3,600
Veterans project	3,000	-	(1,500)	1,500
Norfolk Fire Service	1,932	5,000	(3,500)	3,432
Welcome to Norfolk	-	6,600	-	6,600
Inchrye Trust	-	500	-	500
	19,052	14,600	(10,000)	23,652
Total of funds	20,852	172,995	(85,916)	107,931

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

14. Statement of funds (continued)

Funds descriptions

Restricted funds

Emergency Services resilience programme

Funding of £2,500 was raised internally from Yorkshire Ambulance Trust which enabled TM training to be offered to staff at the Yorkshire Ambulance Trust. The funding contributed to support the training of an additional 5 YAS staff members.

Military project & Veterans project

This project was initiated with a grant of £5,600 (received May 2023) from the BeWell fund and is focussed on providing TM training to male military personnel and veterans age 18 to 50 in the Colchester area.

Norfolk Fire service

This project is funded by a Norfolk Communities Fund grant of £5,000 and is fully focussed on providing TM training to emergency service staff in Norfolk. We will start these project activities in 2025/26.

Welcome to Norfolk

To support asylum seekers and refugees in Norfolk to learn TM.

Inchrye Trust

To support men at risk of suicide to learn TM through Andy's Man Club.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 March 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 29 February 2024 £</i>
Unrestricted funds				
General Funds	33,434	51,728	(83,362)	1,800
Restricted funds				
Emergency Services Resilience programme	14,398	5,225	(11,103)	8,520
University of Cambridge Research	2,826	-	(2,826)	-
Military project	-	5,600	-	5,600
Veterans project	-	3,000	-	3,000
Norfolk Fire Service	-	5,000	(3,068)	1,932
	17,224	18,825	(16,997)	19,052
Total of funds	50,658	70,553	(100,359)	20,852

15. Summary of funds

Summary of funds - current year

	Balance at 1 March 2024 £	Income £	Expenditure £	Balance at 28 February 2025 £
General funds	1,800	158,395	(75,916)	84,279
Restricted funds	19,052	14,600	(10,000)	23,652
	20,852	172,995	(85,916)	107,931

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

15. Summary of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 March 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 29 February 2024 £</i>
General funds	33,434	51,728	(83,362)	1,800
Restricted funds	17,224	18,825	(16,997)	19,052
	<u>50,658</u>	<u>70,553</u>	<u>(100,359)</u>	<u>20,852</u>

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 28 February 2025 £	Restricted funds 28 February 2025 £	Total funds 28 February 2025 £
Intangible fixed assets	450	-	450
Current assets	89,395	23,652	113,047
Creditors due within one year	(3,966)	-	(3,966)
Creditors due in more than one year	(1,600)	-	(1,600)
Total	<u>84,279</u>	<u>23,652</u>	<u>107,931</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 29 February 2024 £</i>	<i>Restricted funds 29 February 2024 £</i>	<i>Total funds 29 February 2024 £</i>
Intangible fixed assets	630	-	630
Current assets	16,035	19,052	35,087
Creditors due within one year	(5,000)	-	(5,000)
Creditors due in more than one year	(9,865)	-	(9,865)
Total	<u>1,800</u>	<u>19,052</u>	<u>20,852</u>

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

17. Related party transactions

One trustee of the David Lynch Foundation UK is also the Chief Executive of the Maharishi Foundation. In the year ended 28 February 2025 the David Lynch Foundation UK received £Nil (2024 - £3,500) in support of its promotional activities that resulted in many people taking courses offered by Maharishi Foundation. The David Lynch Foundation paid £4,770 (2024 - £12,541) to Maharishi Foundation for funded course participants and course expenses.

By virtue of one common trustee and certain related objects and activities, The David Lynch Foundation UK is connected to the Spiritual Regeneration Movement of Great Britain.

The Spiritual Regeneration Movement of Great Britain lent the charity £25,000 as a start-up loan in December 2013. Interest is charged at a rate of 3 per cent above base rate. At 28 February 2025 the amount of loan outstanding was £756. (2023 - £8,865).

18. Controlling party

The charity is controlled by the Trustees.

Accounts

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 29 FEBRUARY 2024

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

Trustees	Dr Peter Warburton, Chief Executive Officer Dr Deirdre Parsons, Executive Director Norma Sullivan, Secretary and Trustee (resigned 26 April 2024) Nigel Barlow David Lynch Dr John Hagelin (resigned 18 April 2024) Dr Robert Roth Jonathan Fitzgerald (appointed 3 October 2024)
Company registered number	07933959
Charity registered number	1146643
Registered office	9 Garden Square Rendlesham Woodbridge Suffolk IP12 2GW
Chief executive officer	Dr Peter Warburton
Accountants	MHA 910 The Crescent Colchester Business Park Colchester Essex CO4 9YQ
Solicitors	Bates Wells & Braithwaite London LLP 2 - 6 Cannon Street London EC4M 6YH

TRUSTEES' REPORT
FOR THE YEAR ENDED 29 FEBRUARY 2024

The Trustees present their annual report together with the financial statements of the Company for the year 1 March 2023 to 29 February 2024. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The David Lynch Foundation UK is dedicated to helping people of all ages from all walks of life in the UK and worldwide overcome stress, suffering, and hardship, and unfold the full potential of life. We use the stress-reducing programme, Transcendental Meditation, which is scientifically proven to promote creativity, happiness, success, and peace. Our methodologies transform lives from within and we especially focus on those who are suffering from chronic stress and Post-Traumatic Stress Disorder (PTSD) including the emergency services, asylum seekers, refugees, the homeless, prisoners, serving military and war veterans. The charity also offers financial support to bring Transcendental Meditation to stressed teachers and students and the introduction of "Quiet Time with Transcendental Meditation" to schools across the UK.

The following programmes offered by the David Lynch Foundation UK promote the benefits outlined in the objectives of the Charity:

Teaching Transcendental Meditation to those experiencing traumatic and chronic stress

Transcendental Meditation is a simple, natural, effortless procedure practised for 15 to 20 minutes in the morning and evening, while sitting comfortably with the eyes closed. It is a simple mental technique, which gives a unique quality of rest to mind and body. The technique allows the activity of the mind to settle down in a natural way until it is left quiet, yet wide awake. It allows stress and tiredness to be dissolved naturally, resulting in greater energy, clarity and enjoyment of life.

Anyone can practise Transcendental Meditation. The practice does not conflict with any beliefs, religious or otherwise. Its benefits are widely validated proving benefits in every aspect of life: 600 scientific studies conducted at 250 independent universities and institutions in 33 countries, published in over 150 of the world's leading scientific journals.

The Transcendental Meditation course for our projects is conducted over a period of six months which includes the TM course of instruction and follow-up sessions. The first step to learn begins with an introductory presentation on Transcendental Meditation (1 hour) delivered online or in person.

The course of instruction consists of four sessions held over four consecutive days. The first session is a personal instruction and is conducted one to one (1 hour) in person. The subsequent three sessions are group sessions lasting 1.5 hour each session in person or remotely online.

The online sessions can be completed at home with the knowledge content streamed through a customised designed App. The course materials for the remote learning consist of pre-recorded instruction sessions including videos and interactive Q&As which take on average 1.5 hours per day.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

Support and guidance is offered throughout the blended learning TM course of instruction. On each of the days of instruction the TM teacher is available for online check-in meditation sessions of about 20-30 minutes to ensure correct meditation practice and to answer questions.

In addition to the initial course of instruction there is a six-month follow-up, with a choice of in-person or online regular group and individual sessions, which are scheduled the following week after instruction and once a month. Additional sessions are available if needed. These sessions ensure the individual is practising Transcendental Meditation correctly, to gain the full benefits.

The following is a more detailed explanation of the areas of society where we have identified our programmes can be most effective:

Emergency services programme for the ambulance, police, and fire services

Cases of stress, poor mental health and post-traumatic stress disorder (PTSD) are on the rise in the emergency service workers. According to research conducted at MIND, the mental health charity, more than 85% of emergency services staff have experienced stress and poor mental health issues at work and are “more likely to experience a mental health problem than the general workforce but are less likely to take time off work as a result” (MIND 2019).

Results in an NHS report suggest anxiety/stress/depression/other psychiatric illnesses is consistently the most reported reason for sickness absence (NHS 2021).

Our approach – TM resilience management programme

A three phased programme including:

Phase 1: This session introduces TM as an evidence-based technique and an overview of the structure and content of the Emergency Services programme.

Phase 2: Instruction in TM - The participant is instructed by a certified TM instructor in how to meditate correctly for maximum benefit in daily life.

Phase 3: Follow-up seminars - These seminars help stabilise correct practice of TM and deepen participants' intellectual understanding of its mechanics and effects.

Benefits:

- Research on has shown effects of TM in key areas relevant to resilience management:
- Neuroplasticity: the capacity of the brain to heal stress and trauma and forge new neural pathways for healthier behaviours and lifestyle.
- Enhancing resilience as the key to reducing the impact of stress and promoting wellness
- Impact of TM on improving cardiovascular health, strengthening immunity, and slowing the ageing process
- Growth of happiness, and development of consciousness through regular TM practice.

Working with Asylum-Seeking Populations and Refugees

- Refugees and asylum-seeking populations often experience severe trauma in their home countries and during their journey to the UK, which can be further compounded by the challenges they face upon arrival. A recent survey by the Refugee Council in England found that 61% of asylum seekers experience serious mental illness and are more likely to suffer from depression, PTSD, and other anxiety disorders.
- Urgent action is needed to support refugees and asylum seekers with their mental health, equipping them with tools to manage their stress and anxiety.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

Our Approach:

We have been offering Transcendental Meditation courses to refugees and asylum seekers across the UK, providing them with a tool to reduce symptoms of PTSD, anxiety, and stress, increase mental resilience and enable them to rebuild their lives in the UK. Upon completing the TM course, participants are fully equipped to practise the technique independently, giving them a lifelong tool to enhance their mental health and well-being.

Benefits:

TM has been demonstrated to reduce anxiety, stress, symptoms of PTSD, insomnia, and burnout, while also improving energy levels, mental well-being, and personal relationships. In a study published in the Journal of Traumatic Stress (Reeves, B., 2003), 90% of Congolese refugees with high levels of PTSD symptoms decreased to non-symptomatic levels within 30 days of learning the TM technique. In contrast, the non-meditating control group showed no reduction in PTSD symptoms.

Children, Young Adults, Teachers and Schools

Traumatic stress: the silent epidemic amongst the young

Escalating stress levels are a reality amongst thousands of children and young adults in the UK who grow up in a climate of fear, bullying, violence, and substance abuse— stress that impedes academic achievement and undermines physical and mental health:

Our approach - Quiet Time with Transcendental Meditation

The Quiet Time with Transcendental Meditation programme develops the potential of the brain and reduces the acute stresses that undermine learning and health. It is a practical, highly effective approach to promote learning readiness among students - thereby markedly improving their academic performance and success in life.

Benefits

Transcendental Meditation has already been incorporated into schools in the UK as well as hundreds of public, charter, and private schools throughout the United States and around the world. Supported by an extensive body of independent research verifying its benefits, students practising Transcendental Meditation score higher on intelligence tests, close the achievement gap, improve test scores, and have higher graduation rates compared to students in control groups. Meditating students also show reduced stress levels, anxiety, depression, violence, and substance abuse. This results in reduced absenteeism, dropout rates, suspensions, and expulsions.

Armed Forces Veterans and Military Personnel

Overcoming the nightmare of Post-Traumatic Stress Disorder (PTSD):

Many Armed Forces veterans find it difficult to reintegrate into society. Veterans are often loath to acknowledge to themselves or others the inner wounds of war after they return home from combat. Healing those wounds requires an approach that directly impacts the neurophysiology underlying PTSD.

The symptoms of military PTSD include flashbacks, nightmares, anger, anxiety and depression - often leading to homelessness, violence, alcohol and substance abuse, job loss, and suicide.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

Our approach - Operation Warrior Wellness (OWW)

Operation Warrior Wellness offers Transcendental Meditation, a scientifically proven approach, which can be easily learned and practised in private, to help relieve traumatic stress and overcome the nightmare of PTSD, while simultaneously promoting resilience and wellbeing for veterans, military personnel and their families.

The TM-based Resilient Warrior Programme

An initiative already established in the USA and planned for a future launch in the UK. The OWW initiative has partnered with leading veterans service organisations, Army and Marine bases and VA medical centres within the USA to deliver the Resilient Warrior Programme to active-duty personnel and military families in need.

Benefits

Research on meditating veterans in the USA has shown that the technique significantly reduces the psychosocial symptoms of stress, anxiety, and the overall improvement in the quality of life of the veteran and serving personnel depression. The technique produces a profound state of deep rest, while enlivening the full brain. The experience of “restful alertness” gained during the practice of Transcendental Meditation is at the basis of the marked reductions in symptoms of PTSD and the overall improvement in the quality of life of the veteran and serving personnel.

The Homeless – re-entry programme

Addressing the rising tide of homelessness in the UK:

The experience of homelessness is traumatic, isolating, and destructive, and homeless people are some of the most vulnerable and excluded in our society. Many people have suffered distressing experiences that have led to homelessness, such as domestic violence; breakdown of a relationship; loss of their home; fleeing persecution from another country; drug and alcohol misuse or mental health problems.

Along with proper housing, education, job training, and a network of qualified support, these adults and children must be equipped with the tools to overcome the traumatic stresses that fuelled their descent into homelessness. These stresses, if left unchecked, often cause them to relapse.

Our approach

The David Lynch Foundation UK offers Transcendental Meditation as a re-entry programme for the homeless: a practical, highly effective approach to overcome the traumatic stresses that fuelled their descent into homelessness and enable their re- integration into society and to fulfil their potential.

Benefits

Research has shown that Transcendental Meditation can help in reducing acute and chronic stress and stress-related disorders, including anxiety and depression. In addition, benefits from regular practice show potential to overcome addictions, an increase in self-esteem and inner calmness and improved emotional wellbeing.

Transcendental Meditation also promotes healthy, coherent brain functioning - the basis for improved decision making, judgment, and impulse control to support a healthy, productive, self-sufficient life.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

Rehabilitation for Prisoners and Young Offenders

Breaking the cycle:

A significant proportion of crime is committed by offenders who have multiple problems. Evidence shows that drug dependency, mental illness, stress, frustration, and poor education fuel criminal behaviour.

The origins of criminal behaviour can often be traced back to the long-term impact of traumatic stress. Unless a rehabilitation programme for the men and women in prison effectively targets this disorder, the rehabilitation is often ineffective, and incarceration and reconviction rates will not be reduced and may even increase. This results in considerable pain and suffering for the victims of crime, significant expense to taxpayers, and substantial waste of the lives of those imprisoned.

Our approach - Freedom Behind Bars

For 35 years, Transcendental Meditation has been taught with significant benefit to inmates and guards in prisons in the USA, including San Quentin, Folsom, and Walpole. In 2015/16 pilot programmes were delivered to prisoners and prison personnel in two prisons in England. As part of a new research study, further UK projects are being developed in this area in the coming year.

Benefits

Transcendental Meditation brings about deep relaxation and relief from stress, anxiety, and depression. This has been found to result in fewer rule infractions as well as reduced reconviction rates. Also, the technique is easy to learn and requires no belief or change in lifestyle and can be practised individually or as part of a group.

This programme can help with the genuine rehabilitation of offenders by lifting the oppressive stress within the prison community that undermines existing rehabilitation programmes.

Families and Communities

Resolving crises in families and communities:

The health and well-being of the family is crucial to the development and strength of our communities. Many vulnerable families are affected by problems that are prevalent in their environment, such as drug and alcohol abuse, crime, mental illness, homelessness and unemployment.

Our approach - simple natural effortless meditation

Transcendental Meditation can help strengthen relationships and contribute to the stability of family life in society.

This stress-reducing meditation programme helps families and communities in difficulty, as well as educational organisations facing the deleterious effects of extreme stress.

Benefits

Scientific research shows that Transcendental Meditation reduces stress and improves general mental and physical well-being. When regularly practised morning and evening, this programme gives deep relaxation, which provides balance to mind and body. This reduces anxiety and depression, develops inner calmness, and promotes greater self esteem and increased happiness.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Activities undertaken to achieve objectives

The past financial year has been marked by significant progress and impactful initiatives in advancing DLF UK's mission to improve lives through Transcendental Meditation. Below is a summary of our key accomplishments, programmes, partnerships, community impact, and growth, alongside our goals for the future.

1. Programmes and Initiatives

- **Yorkshire Ambulance Service TM Course:**
In March 2023, we delivered a TM course to eight paramedics from Yorkshire Ambulance Service (YAS). Funded by the YAS Mental Health Team, this programme built on the success of previous DLF UK-supported courses and further demonstrated TM's effectiveness in reducing stress and improving mental health among emergency responders.
- **Norfolk Fire and Rescue Service Partnership:**
In June 2023, we delivered a TM course to ten staff members of Norfolk Fire and Rescue Service, supported by a grant from the Norfolk Community Foundation. This initiative expanded our support for frontline personnel, demonstrating our commitment to enhancing mental health and well-being within emergency services.
- **Support for Military Personnel and Veterans:**
We offered TM courses to military personnel and veterans facing PTSD and other health challenges. In 2023, we completed our final TM teaching session with the Colchester Personnel Recovery Unit and transitioned to working with the SSAFA Colchester Veterans group, supported by a Be Well grant from Colchester Community 360. One of the participants shared their experience:

"TM has made me feel more of an inner sense of calm and given me greater clarity and awareness—something I've struggled with most of my adult life. I would highly recommend it to anyone."
— Sgt Matthew, RAF

- **East of England Ambulance Service Trust (EEAST):**
Our longstanding project with EEAST continued, with an additional five staff members learning TM, building on our earlier work with 81 participants. Research on the efficacy of TM with ambulance service personnel is underway to further validate its benefits and will be submitted for publication.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

- **Release of EEAST Project Video:**
DLF UK produced and released a new video showcasing our multi-year initiative teaching TM to ambulance staff in the East of England. This video highlights the positive effects of TM on emergency personnel: <https://vimeo.com/826826760>

Emma, a paramedic, described the transformative impact of practising Transcendental Meditation: "In the short time I have been practising TM, I have already begun to notice an inner stillness, clarity, and calmness returning to me. I have felt a reduction in the physical pain in my body. It's like I'm beginning to see things clearer and with more definition. I feel happier and less fearful of what lies ahead. I guess what I'm saying is I'm beginning to feel more like me."
- **Asylum Seekers – The Future Leaders Programme:**
In partnership with the One to One Children's Fund, five students aged 18-25, who were living and studying while seeking asylum in the UK, were awarded scholarships from DLF UK to learn TM. A video highlighting the benefits experienced by one of the students can be viewed here: <https://m.youtube.com/watch?v=FBb2rH11QYQ>.
- **Collaboration with GYROS Charity:**
In partnership with GYROS (Great Yarmouth Refugee Outreach & Support) and funded by the Norfolk Community Trust, we initiated a project to teach TM to ten asylum seekers and refugees. To date, five administrative staff from GYROS have completed TM training, with five refugees scheduled to participate in November 2024.
- **Heal the Healers Scholarships:**
Through the Heal the Healers initiative, we awarded full scholarships benefiting three healthcare workers and provided partial scholarships to five nurses in Suffolk, enhancing their mental health and resilience through TM.
- **Advancement in EEG Research:**
Our collaboration with the University of Cambridge involved measuring 38 people practising TM across Glasgow and London. This study aims to provide valuable data on TM's impact on cognitive and neurological functioning, assessing the increase in brain coherence and greater activation of the prefrontal cortex, associated with improved decision-making and stress regulation. Publication in a peer-reviewed journal is anticipated in 2025.
- **Evaluation of Transcendental Meditation (TM) for Ambulance Service Staff:**
This study aimed to evaluate TM as an intervention to reduce PTSD symptoms and related stress conditions among ambulance service staff. Sixty participants were recruited from a UK ambulance service trust. Results indicated that significant improvements over three time points at baseline, with post-testing conducted at 3 weeks (54 participants) and 3 months (53 participants). Standard measures were utilised for self-reporting surveys, demonstrating reductions in PTSD symptoms by 55% at 3 months.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

Additional results showed major reductions at 3 months post-test:

Depression symptoms decreased by 59%

Anxiety symptoms reduced by 60%

Insomnia decreased by 47%

Perceived stress reduced by 40%

Burnout symptoms reduced by 42%

Mental wellbeing also showed significant improvements (32% at 3 months) further supporting TM's efficacy for ambulance staff.

The results for PTSD symptoms indicated that 87% (14 out of 16) of TM participants who initially met the criteria for a probable PTSD diagnosis at baseline (equal to or greater than 33) no longer met the criteria three months after TM instruction.

Furthermore, a clinically significant improvement in depression symptoms (greater than 5 point reduction) was observed in 60% (32/53) of participants at 3 months

2. Fundraising Milestones

During this fiscal year, DLF UK raised £60,182 through grants and individual donations, reflecting strong support for our TM initiatives and demonstrating robust engagement and growth. (Further details on funding sources are available upon request.)

3. Partnerships and Collaborations

- **2023 Emergency Services Show:** Our participation at the 2023 Emergency Services Show enabled engagement with emergency services professionals across the UK, resulting in our work being featured in the October 2023 edition of Emergency Services Times. This exposure strengthened our network and enhanced our reputation in the sector.
- **University of Cambridge Partnership:** We are exploring funding for a dedicated three-year fellowship focused on TM-related neuroscience research, involving approximately eight studies, with an annual funding requirement of £50,000 plus £10,000 for laboratory costs.

4. Community Impact

- **Supporting Emergency Services:** Our targeted TM programmes and engagement at key events have allowed us to maintain a strong presence within the emergency services community, showcasing TM's positive impact on stress reduction and resilience.
- **Healthcare Professional Scholarships:** Our Heal the Healers Now campaign continued to support healthcare professionals by providing scholarships, enhancing their mental health and fostering resilience within the healthcare sector.

5. Growth

- **Donor Engagement and Outreach:** Our mailing list grew by 102 subscribers between 2023 and 2024, enhancing our capacity for outreach and engagement. This expansion aligns with our strategic goal of increasing support and awareness.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

- Beneficiary Growth: DLF UK supported 32 individuals in learning TM over the past year, demonstrating both direct and research-based community impact.

Goals for the Coming Year

1. Future Initiatives

- Ambulance Service Partnership: We plan to expand TM programmes and collaborate on a potential large-scale Randomised Controlled Trial (RCT) involving 150 ambulance staff across the UK.
- Refugee Support Expansion: We aim to broaden our TM initiatives to better serve the growing refugee community in the UK.
- Regular Giving Programme Launch: We will introduce a new regular giving programme in 2024 to boost unrestricted income and foster a robust community of supporters through enhanced email marketing and outreach.
- Meditate UK Campaign: Building on the success of Meditate America, we will launch Meditate UK in collaboration with the Maharishi Foundation UK to broaden awareness and engagement across the country.

2. Partnerships and Collaborations

- Ambulance Services RCT: We aim to strengthen relationships with Ambulance Service trusts throughout the UK to conduct a large-scale RCT upon securing funding.
- Hospital Collaborations: We will expand our work through the Heal the Healers Now initiative, promoting research and delivering improved outcomes for healthcare workers.
- Business Engagement: We will develop a programme to collaborate with businesses, promoting workplace well-being through TM.
- University of Cambridge Fellowship: We will continue efforts to establish a TM-focused neuroscience fellowship, deepening our research collaboration.

Achievements and performance

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

b. Reserves policy

The Trustees are satisfied that the charity has adequate funds to carry out its day-to-day functions.

The Charity had unrestricted reserves amounting to £1,800 (2023: £33,434) and restricted reserves of £19,052 (2023: £17,224).

The charity's unrestricted reserves are held to cover course shortfalls and expenses towards the existing work of the foundation, and restricted funds are held until any ongoing projects are completed. The charity has a reserves policy of holding 3 months operating costs in cash in unrestricted reserves. Certain project requirements may require this to be less on occasion but only when further incoming funds have been committed or guaranteed.

During 2024-25, unrestricted donations were received leaving the organisation in a robust position in terms of reserves.

c. Other financial information

DLF UK acts under licence to teach TM from Maharishi Foundation (registered educational charity no. 270157), the official provider of Transcendental Meditation in the UK. In this context, DLF UK makes a small contribution to MF UK for each project and for each individual taught TM.

The DLF UK makes regular monthly payments to repay a start-up loan from the Spiritual Regeneration Movement (SRM) (registered charity no. 204025).

Income for the charity up to 29 February 2024 was £70,553 (2023: £109,712): this includes donations, teaching commission, courses and fundraising events.

Structure, governance and management

a. Constitution

David Lynch Foundation UK is a private charitable company limited by guarantee without share capital incorporated on 2 February 2012 in England and Wales and registered as a charity on 28 March 2012.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up during the period of membership or within one year after, each member undertakes to contribute such amount, as may be required not exceeding £1.00.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The directors of the company are also the charity trustees for the purposes of charity law. As stated in the Articles here will be seven trustees including three trustees appointed by the trustees of the David Lynch Foundation US and another four trustees who are residents of the UK (each a "non-US Foundation Trustee"). The trustees are appointed and adhere to the articles of Association (Article 25).

Norma Sullivan and John Hagelin resigned as trustees this year for personal reasons. To ensure continuity, Jonathan Fitzgerald was appointed as a trustee, and we are actively working to appoint another trustee.

New Trustees are recruited from supporters of the Charity who are well-known to the current Trustees. New Trustees receive training notes and undergo training sessions to brief them on their legal obligations under Charity law and introduce them to the Trust Deed, the latest accounts, current issues and future plans of the Charity.

All Trustees give their time voluntarily except Deirdre Parsons who holds the position of Executive Director. The terms of her engagement are set out in accordance to Article 4.6.5.

Any expenses reclaimed from the Charity are following the guidelines of the Articles and are recorded in the financial statements of the charity.

c. Organisational structure and decision-making policies

Policy decisions of the David Lynch Foundation UK (DLF UK) are made by the Trustees and the day to day running of the Charity is carried out by the Executive Director, with support from Transcendental Meditation teachers and volunteers for expansion, promotion and fundraising.

DLF UK partners with Maharishi Foundation (registered charity No. 270157, in England and Wales) to employ qualified teachers of Transcendental Meditation to teach individuals and groups for the duration of DLF UK projects.

All those working with DLF UK are DBS checked and suitable to work with at-risk groups.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) 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).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Dr Peter Warburton

Date: 24 December 2024

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 29 FEBRUARY 2024

Independent Examiner's Report to the Trustees of David Lynch Foundation UK ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 29 February 2024.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company'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 Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated:

24 December 2024

Cara Miller

ACCA

MHA

Colchester, United Kingdom

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 29 FEBRUARY 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	33,583	18,825	52,408	96,315
Charitable activities	4	17,131	-	17,131	13,240
Investments	5	1,014	-	1,014	157
Total income		51,728	18,825	70,553	109,712
Expenditure on:					
Charitable activities	7	83,362	16,997	100,359	86,632
Total expenditure		83,362	16,997	100,359	86,632
Net movement in funds		(31,634)	1,828	(29,806)	23,080
Reconciliation of funds:					
Total funds brought forward		33,434	17,224	50,658	27,578
Net movement in funds		(31,634)	1,828	(29,806)	23,080
Total funds carried forward		1,800	19,052	20,852	50,658

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 18 to 31 form part of these financial statements.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)
REGISTERED NUMBER: 07933959

BALANCE SHEET
AS AT 29 FEBRUARY 2024

	Note	29 February 2024 £	28 February 2023 £
Fixed assets			
Intangible assets	11	630	810
		630	810
Current assets			
Debtors	12	-	1,650
Cash at bank and in hand		35,087	67,165
		35,087	68,815
Creditors: amounts falling due within one year	13	(5,000)	(6,907)
Net current assets		30,087	61,908
Total assets less current liabilities		30,717	62,718
Creditors: amounts falling due after more than one year	14	(9,865)	(12,060)
Net assets excluding pension asset		20,852	50,658
Total net assets		20,852	50,658
Charity funds			
Restricted funds	15	19,052	17,224
Unrestricted funds	15	1,800	33,434
Total funds		20,852	50,658

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)
REGISTERED NUMBER: 07933959

BALANCE SHEET (CONTINUED)
AS AT 29 FEBRUARY 2024

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Dr Peter Warburton

Date: 24 December 2024

The notes on pages 18 to 31 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

1. General information

David Lynch Foundation UK is a private company limited by guarantee registered in England and Wales, company number 07933959, Charity registration number 1146643.

The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £ 1 per member of the charity.

The registered address is 9 Garden Square, Rendlesham, Woodbridge, Suffolk, IP12 2GW.

The financial statements are rounded to the nearest pound sterling.

The significant accounting policies applied in the presentation of these financial statements are set out below.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

David Lynch Foundation UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

2. Accounting policies (continued)

2.3 Going Concern

The Trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the Charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the Charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include accountancy and costs linked to the strategic management of the charity.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

2. Accounting policies (continued)

2.6 Intangible assets and amortisation

Intangible assets costing £500 or more are capitalised and recognised when future economic benefits are probable, and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following bases:

Trademarks	- 10 % straight line
Website	- 33 % straight line

2.7 Debtors

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

2.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.10 Financial instruments

The Company 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.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

2. Accounting policies (continued)

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

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

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Donations including gift aid	10,533	8,225	18,758
Legacies	23,050	-	23,050
Grants	-	10,600	10,600
	<u>33,583</u>	<u>18,825</u>	<u>52,408</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Donations	62,785	8,530	71,315
Grants	-	25,000	25,000
	<u>62,785</u>	<u>33,530</u>	<u>96,315</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

4. Income from charitable activities

	Unrestricted funds 2024 £	Total funds 2024 £
Commission from teaching	1,902	1,902
Course fees	15,229	15,229
	<u>17,131</u>	<u>17,131</u>

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Commission from teaching	3,642	621	4,263
Course fees	8,977	-	8,977
	<u>12,619</u>	<u>621</u>	<u>13,240</u>

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £
Bank deposit interest	<u>1,014</u>	<u>1,014</u>

	Unrestricted funds 2023 £	Total funds 2023 £
Bank deposit interest	<u>157</u>	<u>157</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

6. Analysis of grants

	Grants to Individuals 2024 £	Total funds 2024 £	Total funds 2023 £
Scholarships	13,148	13,148	-

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Teaching commission	83,362	16,997	100,359

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Teaching commission	60,172	26,460	86,632

8. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £
Teaching commission	32,045	13,148	55,166	100,359

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

8. Analysis of expenditure by activities (continued)

	<i>Activities undertaken directly 2023 £</i>	<i>Support costs 2023 £</i>	<i>Total funds 2023 £</i>
Teaching commission	52,591	34,041	86,632

Analysis of direct costs

	Activities 2024 £	Total funds 2024 £
Project expenses	10,790	10,790
Course fees	19,654	19,654
Hire of rooms	1,601	1,601
	32,045	32,045

	<i>Activities 2023 £</i>	<i>Total funds 2023 £</i>
Teaching commission and royalties	2,095	2,095
Project expenses	26,460	26,460
Course fees	19,886	19,886
Teaching project expenses	2,880	2,880
Hire of rooms	1,270	1,270
	52,591	52,591

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2024 £	Total funds 2023 £
Depreciation	180	180
Donations	500	-
Promotional expenditure	14,052	7,675
Subscriptions	2,312	210
Travelling costs	7,036	4,181
Office and computer costs	3,026	1,480
Insurances	701	696
Bank charges	64	99
Loan interest	805	170
Administration and consultancy fees	24,300	18,000
Governance costs	2,190	1,350
	55,166	34,041

9. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts	2,000	1,350

10. Trustees' remuneration and expenses

During the year ended 29 February 2024, amounts were paid to Deirdre Parsons, a director and trustee of the charity in her role as Executive Director, in accordance with the Articles of Association. The value of Trustees' remuneration and other benefits was as follows:

	2024 £	2023 £
Dr Deirdre Parsons Payment for services	46,200	18,000

During the year ended 29 February 2024, no Trustee expenses have been incurred (2023 - £NIL).

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

11. Intangible assets

	Trademarks £	Computer software £	Total £
Cost			
At 1 March 2023	1,800	971	2,771
At 29 February 2024	1,800	971	2,771
Amortisation			
At 1 March 2023	990	971	1,961
Charge for the year	180	-	180
At 29 February 2024	1,170	971	2,141
Net book value			
At 29 February 2024	630	-	630
At 28 February 2023	810	-	810

12. Debtors

	29 February 2024 £	28 February 2023 £
Due within one year		
Prepayments and accrued income	-	1,650
	-	1,650

13. Creditors: Amounts falling due within one year

	29 February 2024 £	28 February 2023 £
Other loans	3,000	3,000
Other creditors	2,000	3,907
	5,000	6,907

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

13. Creditors: Amounts falling due within one year (continued)

29 February 2024	28 February 2023
£	£

14. Creditors: Amounts falling due after more than one year

29 February 2024	28 February 2023
£	£

Other loans	9,865	12,060
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15. Statement of funds

Statement of funds - current year

	Balance at 1 March 2023	Income	Expenditure	Balance at 29 February 2024
	£	£	£	£
Unrestricted funds				
General Funds	33,434	51,728	(83,362)	1,800
Restricted funds				
Emergency Services Resilience programme	14,398	5,225	(11,103)	8,520
University of Cambridge Research	2,826	-	(2,826)	-
Military project	-	5,600	-	5,600
Veterans project	-	3,000	-	3,000
Norfolk Fire Service	-	5,000	(3,068)	1,932
	17,224	18,825	(16,997)	19,052
Total of funds	50,658	70,553	(100,359)	20,852

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

15. Statement of funds (continued)

Funds descriptions

Restricted funds

Emergency Services resilience programme

A further grant of £25,000 was received in the year from the Postcode Places Trust which enabled TM training to be offered to staff at the East of England Ambulance Service Trust. A contribution from Kays Medical of £8,530 contributed to support the training of an additional 21 EEA staff members.

University of Cambridge Research project

The collaboration between David Lynch Foundation UK and the University of Cambridge continued on a research project in which EEG information complexity and EEG information flow will be analysed during the meditative state of 40 participants practising Transcendental Meditation.

Military project & Veterans project

This project was initiated with a grant of £5,600 from the BeWell fund and is focussed on providing TM training to military personnel and veterans

Norfolk Fire service

This project is funded by a Norfolk Communities Fund grant of £5,000 and is fully focussed on providing TM training the Norfolk Fire Service.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 March 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 28 February 2023 £</i>
Unrestricted funds				
General Funds	24,244	75,561	(60,171)	33,434
Restricted funds				
Emergency Services Resilience programme	305	34,151	(20,058)	14,398
University of Cambridge Research	3,028	-	(6,402)	2,826
	3,333	34,151	(26,460)	17,224
Total of funds	27,577	109,712	(86,631)	50,658

16. Summary of funds

Summary of funds - current year

	Balance at 1 March 2023 £	Income £	Expenditure £	Balance at 29 February 2024 £
General funds	33,434	51,728	(83,362)	1,800
Restricted funds	17,224	18,825	(16,997)	19,052
	50,658	70,553	(100,359)	20,852

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

16. Summary of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 March 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 28 February 2023 £</i>
General funds	24,244	75,561	(60,171)	33,434
Restricted funds	3,333	34,151	(26,460)	17,224
	<u>27,577</u>	<u>109,712</u>	<u>(86,631)</u>	<u>50,658</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 29 February 2024 £	Restricted funds 29 February 2024 £	Total funds 29 February 2024 £
Intangible fixed assets	630	-	630
Current assets	16,035	19,052	35,087
Creditors due within one year	(5,000)	-	(5,000)
Creditors due in more than one year	(9,865)	-	(9,865)
Total	<u>1,800</u>	<u>19,052</u>	<u>20,852</u>

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 28 February 2023 £</i>	<i>Restricted funds 28 February 2023 £</i>	<i>Total funds 28 February 2023 £</i>
Intangible fixed assets	810	-	810
Current assets	47,591	21,224	68,815
Creditors due within one year	(6,907)	-	(6,907)
Creditors due in more than one year	(8,060)	(4,000)	(12,060)
Total	<u>33,434</u>	<u>17,224</u>	<u>50,658</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

18. Related party transactions

One trustee of the David Lynch Foundation UK is also the Chief Executive of the Maharishi Foundation. In the year ended 28 February 2024 the David Lynch Foundation UK received £3,500 (2023: £1,200) in support of its promotional activities that resulted in many people taking courses offered by Maharishi Foundation. the David Lynch Foundation paid £12,541 (2023: £Nil) to Maharishi Foundation for funded course participants and course expenses.

By virtue of one common trustee and certain related objects and activities, The David Lynch Foundation UK is connected to the Spiritual Regeneration Movement of Great Britain.

The Spiritual Regeneration Movement of Great Britain lent the charity £25,000 as a start-up loan in December 2013. Interest is charged at a rate of 3 per cent above base rate. At 28 February 2024 the amount of loan outstanding was £8,865. (2023: £9,860).

19. Controlling party

The charity is controlled by the Trustees.

Accounts

DAVID LYNCH FOUNDATION UK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2023

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
DIRECTORS AND TRUSTEES REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2023

HastingsWade
Chartered Certified Accountants and Registered Auditors
Stowmarket
Suffolk

DAVID LYNCH FOUNDATION UK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2023

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DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2023

REPORT OF THE DIRECTORS AND TRUSTEES

The directors, who are also the trustees, present their report and the financial statements of the company for the year ended 28 February 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 in October 2019.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name -	David Lynch Foundation UK
Charity Registration Number -	1146643
Company Registration Number -	07933959
Registered office and Operational Address -	9 Garden Square, Rendlesham, Woodbridge, Suffolk IP12 2GW

Directors/Trustees

The Directors are as follows –

Dr Peter Warburton (Chief Executive Officer)
Dr Deirdre Parsons (Executive Director)
Norma Sullivan (Secretary and Trustee)
Nigel Barlow
David Lynch
Dr John Hagelin
Dr Robert Roth

Professional Advisers

Bankers - CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Mailing, Kent, ME194JQ

Solicitors - Bates Wells & Braithwaite London LLP, 2-6 Cannon Street, London EC4M 6YH

Independent Examiner - Mrs Christine Wade, HastingsWade, Chartered Certified Accountants, 58-60 Stowupland Road, Stowmarket, Suffolk, IP14 5AL

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status

David Lynch Foundation UK (DLF UK) is a private charitable company limited by guarantee without share capital incorporated on 2 February 2012 in England and Wales and registered as a charity on 28 March 2012. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up during the

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2023

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

period of membership or within one year after, each member undertakes to contribute such amount, as may be required not exceeding £1.00.

Appointment of Trustees

The directors of the company are also the charity trustees for the purposes of charity law. As stated in the Articles there will be seven trustees including three trustees appointed by the trustees of the David Lynch Foundation US and another four trustees who are residents of the UK (each a “non-US Foundation Trustee”). The trustees are appointed and adhere to the articles of Association (Article25).

All Trustees give their time voluntarily except Deirdre Parsons who holds the position of Executive Director. The terms of her engagement are set out in accordance to Article 4.6.5.

Any expenses reclaimed from the Charity are following the guidelines of the Articles and are recorded in the financial statements of the charity.

Trustee Induction and Training

New Trustees are recruited from a group of practitioners of Transcendental Meditation and teachers of Transcendental Meditation who are well-known to the Trustees and who have many years’ experience of teaching and working for other related charities. The Trust Deed stipulates that the number of Trustees must not be less than three or more than seven. The existing Trustees may appoint new Trustees by a resolution of a meeting of the Trustees. A memorandum of appointment shall be signed and sealed by the person presiding the meeting and attested by two others present at the meeting.

New Trustees receive training notes and undergo training sessions to brief them on their legal obligations under charity law and introduce them to the Trust Deed, Charity organisation and management structure, the latest statutory accounts and management accounts, tax law, employment law returns to be completed, the Data Protection Act, the advisers and accountants of the Charity and current issues and future plans of the Charity.

Organisational Structure

Policy decisions of the David Lynch Foundation UK (DLF UK) are made by the Trustees and the day to day running of the Charity is carried out by the Executive Director, with support from Transcendental Meditation teachers and volunteers for expansion, promotion and fundraising.

DLF UK partners with Maharishi Foundation (registered charity No. 270157, in England and Wales) to employ qualified teachers of Transcendental Meditation to teach individuals and groups for the duration of DLF UK projects.

All those working with DLF UK are DBS checked and suitable to work with at-risk groups.

OBJECTIVES AND ACTIVITIES

The David Lynch Foundation UK is dedicated to helping people of all ages from all walks of life in the UK and worldwide overcome stress, suffering, and hardship, and unfold the full potential of life. We use the stress-reducing programme, Transcendental Meditation, which is scientifically proven to promote creativity, happiness, success, and peace. Our methodologies transform lives from within and we especially focus on vulnerable and disadvantaged groups, including the homeless, prisoners, and war veterans suffering from Post-Traumatic Stress Disorder (PTSD). The charity also offers financial support to bring Transcendental Meditation to stressed teachers and students and the introduction of “Quiet Time with Transcendental Meditation” to schools across the UK.

The following programmes offered by the David Lynch Foundation UK promote the benefits outlined in the objectives of the Charity:

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2023

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Teaching Transcendental Meditation to vulnerable and disadvantaged groups

Transcendental Meditation is a simple, natural, effortless procedure practised for 15 to 20 minutes in the morning and evening, while sitting comfortably with the eyes closed. It is a simple mental technique, which gives a unique quality of rest to mind and body. The technique allows the activity of the mind to settle down in a natural way until it is left quiet, yet wide awake. It allows stress and tiredness to be dissolved naturally, resulting in greater energy, clarity and enjoyment of life.

Anyone can practise Transcendental Meditation. The practice does not conflict with any beliefs, religious or otherwise. Its benefits are widely validated proving benefits in every aspect of life: 600 scientific studies conducted at 250 independent universities and institutions in 33 countries, published in over 150 of the world's leading scientific journals.

The Transcendental Meditation course for at-risk groups is taught over a period of six months. The first step to learn begins with an introductory presentation on Transcendental Meditation (1 hour) delivered online or in person.

The course of instruction consists of four sessions held over four consecutive days. The first session is a personal instruction and is conducted one to one (1 hour) in person. The subsequent three sessions are group sessions lasting 1.5 hour each session in person or remotely online.

The online sessions can be completed at home with the knowledge content streamed through a customised designed App. The course materials for the remote learning consist of pre-recorded instruction sessions including videos and interactive Q&As which take on average 1.5 hours per day.

Support and guidance is offered throughout the blended learning TM course of instruction. On each of the days of instruction the TM teacher is available for online check-in meditation sessions of about 20-30 minutes to ensure correct meditation practice and to answer questions.

In addition to the initial course of instruction there is a six-month follow-up, with a choice of in-person or online regular group and individual sessions, which are scheduled the following week after instruction and once a month. Additional sessions are available if needed. These sessions ensure the individual is practising Transcendental Meditation correctly, to gain the full benefits.

The following is a more detailed explanation of the areas of society where we have identified our programmes can be most effective:

Emergency services programme for the ambulance, police, and fire services

Cases of stress, poor mental health and post-traumatic stress disorder (PTSD) are on the rise in the emergency service workers. According to research conducted at MIND, the mental health charity, more than 85% of emergency services staff have experienced stress and poor mental health issues at work and are "more likely to experience a mental health problem than the general workforce but are less likely to take time off work as a result" (MIND 2019). Results in an NHS report suggest anxiety/stress/depression/other psychiatric illnesses is consistently the most reported reason for sickness absence (NHS 2021).

Our approach – TM resilience management programme

A three phased programme including:

Phase 1: This session introduces TM as an evidence-based technique and an overview of the structure and content of the Emergency Services programme.

Phase 2: Instruction in TM - The participant is instructed by a certified TM instructor in how to meditate correctly for maximum benefit in daily life.

Phase 3: Follow-up seminars - These seminars help stabilise correct practice of TM and deepen participants' intellectual understanding of its mechanics and effects.

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2023

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Benefits:

Research on has shown effects of TM in key areas relevant to resilience management:

- Neuroplasticity: the capacity of the brain to heal stress and trauma and forge new neural pathways for healthier behaviours and lifestyle.
- Enhancing resilience as the key to reducing the impact of stress and promoting wellness
- Impact of TM on improving cardiovascular health, strengthening immunity, and slowing the aging process
- Growth of happiness, and development of consciousness through regular TM practice.

Children, Young Adults, Teachers and Schools

Traumatic stress: the silent epidemic amongst the young

Escalating stress levels are a reality amongst thousands of children and young adults in the UK who grow up in a climate of fear, bullying, violence, and substance abuse— stress that impedes academic achievement and undermines physical and mental health:

Our approach - Quiet Time with Transcendental Meditation

The Quiet Time with Transcendental Meditation programme develops the potential of the brain and reduces the acute stresses that undermine learning and health. It is a practical, highly effective approach to promote learning readiness among students - thereby markedly improving their academic performance and success in life.

Benefits

Transcendental Meditation has already been incorporated into schools in the UK as well as hundreds of public, charter, and private schools throughout the United States and around the world. Supported by an extensive body of independent research verifying its benefits, students practising Transcendental Meditation score higher on intelligence tests, close the achievement gap, improve test scores, and have higher graduation rates compared to students in control groups. Meditating students also show reduced stress levels, anxiety, depression, violence, and substance abuse. This results in reduced absenteeism, dropout rates, suspensions, and expulsions.

Armed Forces Veterans and Military Personnel

Overcoming the nightmare of Post-Traumatic Stress Disorder (PTSD):

Many Armed Forces veterans find it difficult to reintegrate into society. Veterans are often loath to acknowledge to themselves or others the inner wounds of war after they return home from combat. Healing those wounds requires an approach that directly impacts the neurophysiology underlying PTSD.

The symptoms of military PTSD include flashbacks, nightmares, anger, anxiety and depression - often leading to homelessness, violence, alcohol and substance abuse, job loss, and suicide.

Our approach - Operation Warrior Wellness (OWW)

Operation Warrior Wellness offers Transcendental Meditation, a scientifically proven approach, which can be easily learned and practised in private, to help relieve traumatic stress and overcome the nightmare of PTSD, while simultaneously promoting resilience and wellbeing for veterans, military personnel and their families.

The TM-based Resilient Warrior Programme

An initiative already established in the USA and planned for a future launch in the UK. The OWW initiative has partnered with leading veterans service organisations, Army and Marine bases and VA medical centres within the USA to deliver the Resilient Warrior Programme to active-duty personnel and military families in need.

Benefits

Research on meditating veterans in the USA has shown that the technique significantly reduces the psychosocial symptoms of stress, anxiety, and the overall improvement in the quality of life of the veteran and serving personnel depression. The technique produces a profound state of deep rest, while enlivening the full brain. The experience of “restful alertness” gained during the practice of Transcendental Meditation is at the basis of the marked reductions in symptoms of PTSD and the overall improvement in the quality of life of the veteran and serving personnel.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

The Homeless – re-entry programme
Addressing the rising tide of homelessness in the UK:

The experience of homelessness is traumatic, isolating, and destructive, and homeless people are some of the most vulnerable and excluded in our society. Many people have suffered distressing experiences that have led to homelessness, such as domestic violence; breakdown of a relationship; loss of their home; fleeing persecution from another country; drug and alcohol misuse or mental health problems.

Along with proper housing, education, job training, and a network of qualified support, these adults and children must be equipped with the tools to overcome the traumatic stresses that fuelled their descent into homelessness. These stresses, if left unchecked, often cause them to relapse.

Our approach

The David Lynch Foundation UK offers Transcendental Meditation as a re-entry programme for the homeless: a practical, highly effective approach to overcome the traumatic stresses that fuelled their descent into homelessness and enable their re- integration into society and to fulfil their potential.

Benefits

Research has shown that Transcendental Meditation can help in reducing acute and chronic stress and stress-related disorders, including anxiety and depression. In addition, benefits from regular practice show potential to overcome addictions, an increase in self-esteem and inner calmness and improved emotional wellbeing.

Transcendental Meditation also promotes healthy, coherent brain functioning - the basis for improved decision-making, judgment, and impulse control to support a healthy, productive, self-sufficient life.

Rehabilitation for Prisoners and Young Offenders
Breaking the cycle:

A significant proportion of crime is committed by offenders who have multiple problems. Evidence shows that drug dependency, mental illness, stress, frustration, and poor education fuel criminal behaviour.

The origins of criminal behaviour can often be traced back to the long-term impact of traumatic stress. Unless a rehabilitation programme for the men and women in prison effectively targets this disorder, the rehabilitation is often ineffective, and incarceration and reconviction rates will not be reduced and may even increase. This results in considerable pain and suffering for the victims of crime, significant expense to taxpayers, and substantial waste of the lives of those imprisoned.

Our approach - Freedom Behind Bars

For 35 years, Transcendental Meditation has been taught with significant benefit to inmates and guards in prisons in the USA, including San Quentin, Folsom, and Walpole. In 2015/16 pilot programmes were delivered to prisoners and prison personnel in two prisons in England. As part of a new research study, further UK projects are being developed in this area in the coming year.

Benefits

Transcendental Meditation brings about deep relaxation and relief from stress, anxiety, and depression. This has been found to result in fewer rule infractions as well as reduced reconviction rates. Also, the technique is easy to learn and requires no belief or change in lifestyle and can be practised individually or as part of a group.

This programme can help with the genuine rehabilitation of offenders by lifting the oppressive stress within the prison community that undermines existing rehabilitation programmes.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Families and Communities

Resolving crises in families and communities:

The health and well-being of the family is crucial to the development and strength of our communities. Many vulnerable families are affected by problems that are prevalent in their environment, such as drug and alcohol abuse, crime, mental illness, homelessness and unemployment.

Our approach - simple natural effortless meditation

Transcendental Meditation can help strengthen relationships and contribute to the stability of family life in society. This stress-reducing meditation programme helps families and communities in difficulty, as well as educational organisations facing the deleterious effects of extreme stress.

Benefits

Scientific research shows that Transcendental Meditation reduces stress and improves general mental and physical well-being. When regularly practised morning and evening, this programme gives deep relaxation, which provides balance to mind and body. This reduces anxiety and depression, develops inner calmness, and promotes greater self-esteem and increased happiness.

ACHIEVEMENTS TO 28 FEBRUARY 2023

Emergency Services resilience programme Update

Building upon the positive outcomes of the transcendental courses conducted with the ambulance service last year, the Foundation secured a £25,000 grant from Postcode Places Trust. This funding allowed us to continue offering TM training to staff at the East of England Ambulance Service Trust (EEAST).

Furthermore, Kays Medical a prominent occupational health provider, contributed £8,530 to support the training of an additional 21 EEAST staff members.

In total, we have successfully provided TM instruction to 80 ambulance service staff members, further strengthening their resilience and well-being.

Additional, donations raised through individual donations provided TM training for 10 ambulance service personnel at Yorkshire Ambulance Service.

Research:-

An evaluation of the ambulance service project was conducted, involving 60 participants who received TM training during the period from 2021 to 2022. Self-reporting measures were employed to assess the impact of TM on staff health and well-being. The preliminary findings revealed that consistent TM practice over a 3-month period led to:

- Enhanced mental well-being
- Reduced levels of depression
- Lowered stress levels
- Decreased anxiety
- Improved sleep quality with a reduction in insomnia
- Diminished symptoms of post-traumatic stress disorder (PTSD)
- Enhanced professional fulfilment
- Reduced burnout

The follow are excerpts from the reports of some of the participants:

“You do 15, 20 minutes. All of a sudden, your shoulders feel more relaxed. You feel like you're carrying a lighter load...Like I say, it's something that I can do on my own. I don't need anyone else. I don't need to listen to anything. I'm in control.”

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

“It gave me the chance to go and spend, to take myself away, and have half an hour to myself. And just to sort of reset. It was very good at just where you feel everything was going at a million miles an hour and there wasn't enough time in the day, it just helped slow everything back down and take away those feelings of being overwhelmed”

“I feel like I've got the tools to cope with stuff now, whereas I kind of felt like I hadn't before. And, although it's not a miracle cure, I just think there is something in it, and I don't know what it is, but there's something in it that settles me. And it just calms me, and it orders my head a bit. And that's where I think I'm not all over the place anymore.”

“I'm back to me, I'm back to the resilient me that I was before. And a lot of the things that I've had going on, which may have overwhelmed me to one degree or another, I've taken in my stride. And that's good. So, I feel I'm back to myself, but I'm a better me because this simple thing works. That's it. It just works.”

“It's the strangest thing because you think, ‘No, that's not going to do anything.’ But it does and it's bizarre.”

The combined quantitative and qualitative results obtained from the 53 staff members who continued their TM practice beyond the initial three-month period clearly demonstrated that regular TM practice has the potential to increase happiness and enhance effectiveness in the workplace.

University of Cambridge research

DLF UK continued its partnership with the University of Cambridge and Dr. Andres Canales-Johnson, a Research Associate in the Department of Psychology at the Cambridge Consciousness and Cognition Lab. This collaboration aimed to conduct a comprehensive study focusing on the analysis of EEG information complexity and EEG information flow during the meditative state of 40 participants practising Transcendental Meditation.

Sponsorship

DLF UK throughout the year provided full and partial sponsorship opportunities for individuals facing financial constraints, thereby enabling them to learn Transcendental Meditation. The DLF's "Heal the Healers Now UK" campaign, initiated in 2021, continued in its mission to offer scholarships and discounted TM courses to medical professionals.

Fundraising events:

Tim Burgess and his team at the 'Tim Peaks' event, hosted during the Kendall Calling music festival in August 2022, continued their generous support this year by raising over £7,000. Tim also organised a raffle, offering a limited edition of John Lennon and Yoko Ono's 'Happy Christmas (The War is Over)' as the prize, which collected nearly £4,500.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Social Media, PR and website

The DLF UK continues to raise awareness of the benefits of Transcendental Meditation for the public and for vulnerable and disadvantaged groups through social media, the organisation's website, and networking initiatives.

DLF UK Podcasts – Change Begins Within

Nigel Barlow, DLF UK Trustee and TM teacher, will continue to conduct interviews with individuals practising TM for an ongoing series of podcasts.

FINANCIAL REVIEW

DLF UK acts under licence to teach TM from Maharishi Foundation (registered educational charity no. 270157), the official provider of Transcendental Meditation in the UK. In this context, DLF UK makes a small contribution to MF UK for each project and for each individual taught TM.

The DLF UK makes regular monthly payments to repay a start-up loan from the Spiritual Regeneration Movement (SRM) (registered charity no. 204025).

Income for the charity up to 28 February 2023 was £109,712 (excluding loans): this includes donations, teaching commission, courses and fundraising events.

PUBLIC BENEFIT STATEMENT

This statement complies with the duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission. We have reviewed this guidance when reviewing our aims and objectives and in planning future activities. The Trustees consider how planned activities will contribute to the aims and objectives they have set.

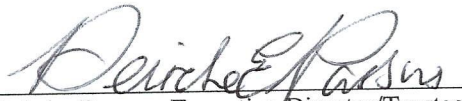
RESERVES

The Trustees are satisfied that the charity has adequate funds to carry out its day-to-day functions.

SMALL COMPANY EXEMPTION

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board on 24/11/2023


Deirdre Parsons Executive Director/Trustee

DAVID LYNCH FOUNDATION UK
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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DAVID LYNCH FOUNDATION UK

I report on the accounts of the company for the year ended 28 February 2023 which are set out on pages 10 to 20.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

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.

Christine D Wade

Christine D Wade FCCA
HastingsWade
Chartered Certified Accountants
58-60 Stowupland Road
Stowmarket
Suffolk
IP14 5AL

Date 27th November 2023

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
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YEAR ENDED 28 FEBRUARY 2023

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account)

FOR THE YEAR ENDED 28 FEBRUARY 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
INCOMING RESOURCES					
Incoming resources from generated funds					
<i>Voluntary income</i>					
Donations including gift aid		62,785	8,530	71,315	41,512
Activities for generating funds					
Fundraising		-	-	-	-
Investment income					
Bank Interest	2	157	-	157	2
Incoming resources from charitable activities	3	12,619	25,621	38,240	45,134
		-----	-----	-----	-----
		75,561	34,151	109,712	86,648
		-----	-----	-----	-----
RESOURCES EXPENDED					
Cost of generating funds					
Fundraising		-	-	-	-
Charitable activities	4	26,131	26,460	52,591	50,133
Governance costs	4	34,040	-	34,040	35,926
		-----	-----	-----	-----
Total resources expended		60,171	26,460	86,631	86,059
		-----	-----	-----	-----
Net incoming resources		15,390	7,691	23,081	589
		=====	=====	=====	=====
Gross transfers between funds					
		(6,200)	6,200	-	-
		-----	-----	-----	-----
Net movement in funds		9,190	13,891	23,081	589
Balances brought forward		24,244	3,333	27,577	26,988
		-----	-----	-----	-----
Balances carried forward		33,434	17,224	50,658	27,577
		=====	=====	=====	=====

The annexed notes form an integral part of these financial statements

DAVID LYNCH FOUNDATION UK
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YEAR ENDED 28 FEBRUARY 2023

BALANCE SHEET AS AT 28 FEBRUARY 2023

	Note	Unrestricted funds 2023 £	Restricted fund 2023 £	Total Funds 2023 £	Total Funds 2022 £
FIXED ASSETS					
Intangible assets	8	810	-	810	990
Tangible assets	9	-	-	-	-
		-----	-----	-----	-----
		810	-	810	990
		-----	-----	-----	-----
CURRENT ASSETS					
Debtors	10	1,650	-	1,650	-
Cash at bank and in hand		44,741	22,424	67,165	53,650
		-----	-----	-----	-----
		46,391	22,424	68,815	53,650
		-----	-----	-----	-----
CREDITORS					
Amounts falling due within one year	11	(5,707)	(1,200)	(6,907)	(6,259)
		-----	-----	-----	-----
NET CURRENT ASSETS		40,684	21,224	61,908	47,391
		-----	-----	-----	-----
TOTAL ASSETS LESS CURRENT LIABILITIES		41,494	21,224	62,718	48,381
		-----	-----	-----	-----
CREDITORS					
Amounts falling due after more than One year	11	(8,060)	(4,000)	(12,060)	(20,804)
		-----	-----	-----	-----
NET ASSETS		33,434	17,224	50,658	27,577
		=====	=====	=====	=====
FUNDS					
Unrestricted fund		33,434	-	33,739	24,244
Restricted fund		-	17,224	16,919	3,333
		-----	-----	-----	-----
Total charity funds		33,434	17,224	50,658	27,577
		=====	=====	=====	=====

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- a) Ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- b) Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

(Continued overleaf)

DAVID LYNCH FOUNDATION UK
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YEAR ENDED 28 FEBRUARY 2023

BALANCE SHEET AS AT 28 FEBRUARY 2023 (continued)

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the board of Directors on 24/11/2023

Signed on behalf of the Board



Deirdre Parsons
Director

The annexed notes form an integral part of these financial statements

DAVID LYNCH FOUNDATION UK
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NOTES

1 ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a Basis of preparation

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland issued October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are presented in sterling and rounded to the nearest pound.

The charity constitutes a public benefit entity as defined by FRS 102.

b Company status

The charity is a private company limited by guarantee incorporated in England and Wales. The address of the Registered Office is 9 Garden Square, Rendlesham, Woodbridge, Suffolk, IP12 2GW. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £ 1 per member of the charity.

c Fund Accounting

- Unrestricted funds are available for use at the *discretion of the trustees in furtherance of the general* objectives of the charity and which have not been designated for other purposes.
- Designated funds are unrestricted funds as set aside by the trustees for particular purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

d Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

e Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include accountancy and costs linked to the strategic management of the charity.

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

f Fixed Assets and Depreciation

Fixed assets are depreciated at the following rates:

Website	over 3 year's straight line basis.
Trademarks	over 10 year's straight line basis.

g Deferred Income

Where money received in advance relates to activities to be held in the next financial year the income is included as deferred income.

2 INVESTMENT INCOME

	2023	2022
	£	£
Bank interest	157	2
	=====	=====

3 INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	2023	2022
	£	£
Commission from teaching	4,263	3,818
Course fees	8,977	21,316
Grant	25,000	20,000
	38,240	45,134
	=====	=====

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

4 TOTAL RESOURCES EXPENDED

Cost of generating funds

	2023	2022
	£	£

Unrestricted

Event Fund Raising	-	-
	-----	-----

Charitable activities

	2023	2022
	£	£

Unrestricted activities

Course fees	19,886	26,663
Teaching commissions and royalties	2,095	
Teaching project expenses	2,880	-
Hire of rooms	1,270	2,935
Donations	-	-
	-----	-----
	26,131	29,598
	-----	-----

Restricted funds

Teaching project expenses	26,460	20,535
	-----	-----
	52,591	50,133
	-----	-----

Governance costs

	2023	2022
	£	£

Unrestricted funds

Office expenses	1,480	547
Administration and consultancy fees	18,000	15,000
Promotional expenditure	7,675	16,237
Bank charges	99	213
Travel and subsistence	4,180	1,647
Insurance	696	684
Independent examiners fees	1,350	1,020
Legal and professional fees	210	174
Loan interest	170	224
Depreciation	180	180
	-----	-----
	34,040	35,926
	-----	-----

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

4 TOTAL RESOURCES EXPENDED (continued)

	2023	2022
	£	£
Restricted funds		
Office expenses	-	-
Travel and subsistence	-	-
	-----	-----
	-	-
	-----	-----
	34,040	35,926
	-----	-----

There were no employees in the year ended 28 February 2023. (2022: Nil).

5 TRANSACTIONS WITH TRUSTEES

No trustee received any remuneration in the year.

In the year one trustee in her role of Executive Director received £18,000 for administration and consultancy fees. (2022: £15,000).

No Trustees (2022: None) were reimbursed expenses for travel, subsistence and office costs incurred on behalf of the charity (2022: £Nil).

6 NET RESOURCES EXPENDED FOR THE YEAR

This is stated after charging:	2023	2022
	£	£
Executive Director's fees	18,000	15,000
Depreciation	180	180
Independent Examiner's fee	1,350	1,020
	=====	=====

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

7 TAXATION

No charge to corporation tax arises as the company is a registered charity and is exempt under s505 of the Income and Corporation Taxes Act 1988.

8 INTANGIBLE FIXED ASSETS

	Trademarks
	£
COST	
As at 28 February 2022 and 28 February 2023	1,800
DEPRECIATION	
At 28 February 2022	810
Charge for the year	180
At 28 February 2023	990
NET BOOK VALUE	
At 28 February 2023	810
At 28 February 2022	990

9 TANGIBLE FIXED ASSETS

	Website
	£
COST	
As at 28 February 2022 and 28 February 2023	971
DEPRECIATION	
Brought forward at 1 March 2022	971
Charge for the year	-
At 28 February 2023	971
NET BOOK VALUE	
At 28 February 2023	-
At 28 February 2022	-

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

10 DEBTORS

	2023	2022
	£	£
Prepayments	1,650	-
	===	===

11 CREDITORS

Amounts falling due within one year

	2023	2022
	£	£
Loan	3,000	3,000
Other creditors	3,907	3,259
	<u>6,907</u>	<u>6,259</u>
	=====	=====

11 CREDITORS

Amounts falling due after more than one year

	2023	2022
	£	£
Loan	<u>12,060</u>	<u>20,804</u>

The amount repayable by instalments after 5 years is £1,010.

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Intangible fixed assets	810	-	810	990
Net current assets	40,684	21,224	61,908	47,391
Creditors falling due after more than one year	(8,060)	(4,000)	(12,060)	(20,804)
	<u>33,434</u>	<u>17,224</u>	<u>50,658</u>	<u>27,577</u>
	=====	=====	=====	=====

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Intangible fixed assets	990	-	990	1,170
Net current assets	33,858	13,533	47,391	37,999
Creditors falling due after more than one year	(10,604)	(10,200)	(20,804)	(12,181)
	<u>24,244</u>	<u>3,333</u>	<u>27,577</u>	<u>26,988</u>
	=====	=====	=====	=====

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

13 FUNDS RECONCILIATION

	At 28 February 2022 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 28 February 2023 £
Unrestricted fund	24,244	75,561	(60,171)	(6,200)	33,434
Restricted funds					
Emergency Services Resilience programme	305	34,151	(20,058)	-	14,398
University of Cambridge Research	3,028	-	(6,402)	6,200	2,826
Total Funds	27,577	109,712	(86,631)	-	50,658
	At 28 February 2021 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 28 February 2022 £
Unrestricted fund	26,988	62,780	(65,524)	-	24,244
Restricted funds					
Emergency Services Resilience programme	-	20,840	(20,535)	-	305
University of Cambridge Research	-	3,028	-	-	3,028
Total Funds	26,988	86,648	(86,059)	-	27,577

Funds descriptions

Restricted funds

Emergency Services resilience programme

A further grant of £25,000 was received in the year from the Postcode Places Trust which enabled TM training to be offered to staff at the east of England Ambulance Service Trust. A contribution from Kays Medical of £8,530 contributed to support the training of an additional 21 EEAST staff members.

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NOTES (CONTINUED)

13 FUNDS RECONCILIATION (CONTINUED)

University of Cambridge research project

The collaboration between David Lynch Foundation UK and the University of Cambridge continued on a research project in which EEG information complexity and EEG information flow to will be analysed during the meditative state of 40 participants practising Transcendental Meditation.

14 CAPITAL COMMITMENTS

The company had no capital commitments at 28 February 2023 or 28 February 2022.

15 CONTINGENT LIABILITIES

The company had no contingent liabilities at 28 February 2023 or at 28 February 2022.

16 CONTROLLING PARTY

The charity is controlled by the Trustees.

17 RELATED PARTY TRANSACTIONS

- a) One trustee of the David Lynch Foundation UK is also the Chief Executive of the Maharishi Foundation. In the year ended 28 February 2023 the David Lynch Foundation UK received £1,200 in support of its promotional activities that resulted in many people taking courses offered by Maharishi Foundation.
- b) By virtue of one common trustee and certain related objects and activities, the David Lynch Foundation UK is connected to the Spiritual Regeneration Movement of Great Britain. The Spiritual Regeneration Movement of Great Britain lent the charity £25,000 as a start-up loan in December 2013. Interest is charged at a rate of 3 per cent above base rate. At 28 February 2023 the amount of loan outstanding was £9,860.

Accounts

DAVID LYNCH FOUNDATION UK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2022

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
DIRECTORS AND TRUSTEES REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2022

HastingsWade
Chartered Certified Accountants and Registered Auditors
Stowmarket
Suffolk

DAVID LYNCH FOUNDATION UK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2022

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REPORT OF THE DIRECTORS AND TRUSTEES

The directors, who are also the trustees, present their report and the financial statements of the company for the year ended 28 February 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 in October 2019.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name - David Lynch Foundation UK

Charity Registration Number - 1146643

Company Registration Number - 07933959

**Registered office and
Operational Address -** 9 Garden Square,
Rendlesham,
Woodbridge,
Suffolk
IP12 2GW

Directors/Trustees

The Directors are as follows –

Dr Peter Warburton (Chief Executive Officer)
Dr Deirdre Parsons (Executive Director)
Norma Sullivan (Secretary and Trustee)
Nigel Barlow
David Lynch
Dr John Hagelin
Dr Robert Roth

Professional Advisers

Bankers - CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Mailing, Kent, ME194JQ

Solicitors - Bates Wells & Braithwaite London LLP, 2-6 Cannon Street, London EC4M 6YH

Independent Examiner - Mrs Christine Wade, HastingsWade, Chartered Certified Accountants, 58-60 Stowupland Road, Stowmarket, Suffolk, IP14 5AL

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status

David Lynch Foundation UK (DLF UK) is a private charitable company limited by guarantee without share capital incorporated on 2 February 2012 in England and Wales and registered as a charity on 28 March 2012. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up during the

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

period of membership or within one year after, each member undertakes to contribute such amount, as may be required not exceeding £1.00.

Appointment of Trustees

The directors of the company are also the charity trustees for the purposes of charity law. As stated in the Articles there will be seven trustees including three trustees appointed by the trustees of the David Lynch Foundation US and another four trustees who are residents of the UK (each a “non-US Foundation Trustee”). The trustees are appointed and adhere to the articles of Association (Article 25).

All Trustees give their time voluntarily except Deirdre Parsons who holds the position of Executive Director. The terms of her engagement are set out in accordance to Article 4.6.5.

Any expenses reclaimed from the Charity are following the guidelines of the Articles and are recorded in the financial statements of the charity.

Trustee Induction and Training

New Trustees are recruited from a group of practitioners of Transcendental Meditation and teachers of Transcendental Meditation who are well-known to the Trustees and who have many years’ experience of teaching and working for other related charities. The Trust Deed stipulates that the number of Trustees must not be less than three or more than seven. The existing Trustees may appoint new Trustees by a resolution of a meeting of the Trustees. A memorandum of appointment shall be signed and sealed by the person presiding the meeting and attested by two others present at the meeting.

New Trustees receive training notes and undergo training sessions to brief them on their legal obligations under charity law and introduce them to the Trust Deed, Charity organisation and management structure, the latest statutory accounts and management accounts, tax law, employment law returns to be completed, the Data Protection Act, the advisers and accountants of the Charity and current issues and future plans of the Charity.

Organisational Structure

Policy decisions of the David Lynch Foundation UK (DLF UK) are made by the Trustees and the day to day running of the Charity is carried out by the Executive Director, with support from Transcendental Meditation teachers and volunteers for expansion, promotion and fundraising.

DLF UK partners with Maharishi Foundation (registered charity No. 270157, in England and Wales) to employ qualified teachers of Transcendental Meditation to teach individuals and groups for the duration of DLF UK projects.

All those working with DLF UK are DBS checked and suitable to work with at-risk groups.

OBJECTIVES AND ACTIVITIES

The David Lynch Foundation UK is dedicated to helping people of all ages from all walks of life in the UK and worldwide overcome stress, suffering, and hardship, and unfold the full potential of life. We use the stress-reducing programme, Transcendental Meditation, which is scientifically proven to promote creativity, happiness, success, and peace. Our methodologies transform lives from within and we especially focus on vulnerable and disadvantaged groups, including the homeless, prisoners, and war veterans suffering from Post-Traumatic Stress Disorder (PTSD). The charity also offers financial support to bring Transcendental Meditation to stressed teachers and students and the introduction of “Quiet Time with Transcendental Meditation” to schools across the UK.

The following programmes offered by the David Lynch Foundation UK promote the benefits outlined in the objectives of the Charity:

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Teaching Transcendental Meditation to vulnerable and disadvantaged groups

Transcendental Meditation is a simple, natural, effortless procedure practised for 15 to 20 minutes in the morning and evening, while sitting comfortably with the eyes closed. It is a simple mental technique, which gives a unique quality of rest to mind and body. The technique allows the activity of the mind to settle down in a natural way until it is left quiet, yet wide awake. It allows stress and tiredness to be dissolved naturally, resulting in greater energy, clarity and enjoyment of life.

Anyone can practise Transcendental Meditation. The practice does not conflict with any beliefs, religious or otherwise. Its benefits are widely validated proving benefits in every aspect of life: 600 scientific studies conducted at 250 independent universities and institutions in 33 countries, published in over 150 of the world's leading scientific journals.

The Transcendental Meditation course for at-risk groups is taught over a period of six months. The first step to learn begins with an introductory presentation on Transcendental Meditation (1 hour). Following this the course of instruction consists of four sessions held over four consecutive days. The first session is a personal instruction and is conducted one to one (1 hour), and the subsequent three sessions are group sessions (1.5 hour each session).

In addition to the initial course of instruction there is a six-month follow-up, with regular group and individual sessions, which are scheduled each week for the first month and every two weeks in the second month. The remaining sessions are scheduled once a month over four months and are held in groups and for each individual as necessary. These sessions ensure the individual is practising Transcendental Meditation correctly, to gain the full benefits.

The following is a more detailed explanation of the areas of society where we have identified our programmes can be most effective:

Children, Young Adults, Teachers and Schools

Traumatic stress: the silent epidemic amongst the young

Escalating stress levels are a reality amongst thousands of children and young adults in the UK who grow up in a climate of fear, bullying, violence, and substance abuse— stress that impedes academic achievement and undermines physical and mental health:

Our approach - Quiet Time with Transcendental Meditation

The Quiet Time with Transcendental Meditation programme develops the potential of the brain and reduces the acute stresses that undermine learning and health. It is a practical, highly effective approach to promote learning readiness among students - thereby markedly improving their academic performance and success in life.

Benefits

Transcendental Meditation has already been incorporated into schools in the UK as well as hundreds of public, charter, and private schools throughout the United States and around the world. Supported by an extensive body of independent research verifying its benefits, students practising Transcendental Meditation score higher on intelligence tests, close the achievement gap, improve test scores, and have higher graduation rates compared to students in control groups. Meditating students also show reduced stress levels, anxiety, depression, violence, and substance abuse. This results in reduced absenteeism, dropout rates, suspensions, and expulsions.

Armed Forces Veterans and Military Personnel

Overcoming the nightmare of Post-Traumatic Stress Disorder (PTSD):

Many Armed Forces veterans find it difficult to reintegrate into society. Veterans are often loath to acknowledge to themselves or others the inner wounds of war after they return home from combat.

Healing those wounds requires an approach that directly impacts the neurophysiology underlying PTSD.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

The symptoms of military PTSD include flashbacks, nightmares, anger, anxiety and depression - often leading to homelessness, violence, alcohol and substance abuse, job loss, and suicide.

Our approach - Operation Warrior Wellness (OWW)

Operation Warrior Wellness offers Transcendental Meditation, a scientifically proven approach, which can be easily learned and practised in private, to help relieve traumatic stress and overcome the nightmare of PTSD, while simultaneously promoting resilience and wellbeing for veterans, military personnel and their families.

The TM-based Resilient Warrior Programme

An initiative already established in the USA and planned for a future launch in the UK. The OWW initiative has partnered with leading veterans service organisations, Army and Marine bases and VA medical centres within the USA to deliver the Resilient Warrior Programme to active-duty personnel and military families in need.

Benefits

Research on meditating veterans in the USA has shown that the technique significantly reduces the psychosocial symptoms of stress, anxiety, and depression.

The technique produces a profound state of deep rest, while enlivening the full brain. The experience of “restful alertness” gained during the practice of Transcendental Meditation is at the basis of the marked reductions in symptoms of PTSD and the overall improvement in the quality of life of the veteran and serving personnel.

Emergency services programme for the ambulance, police, and fire services

Cases of stress, poor mental health and post-traumatic stress disorder (PTSD) are on the rise amongst emergency service workers. According to research conducted at MIND, the mental health charity, more than 85% of emergency services staff have experienced stress and poor mental health issues at work and are “more likely to experience a mental health problem than the general workforce but are less likely to take time off work as a result” (MIND 2019). Results in an NHS report suggest anxiety/stress/depression/other psychiatric illnesses are consistently the most reported reasons for sickness absence (NHS 2021).

Our approach – TM resilience management programme

A three phased programme including:

Phase 1: This session introduces TM as an evidence-based technique and an overview of the structure and content of the Emergency Services Programme.

Phase 2: Instruction in TM - The participant is instructed by a certified TM instructor in how to meditate correctly for maximum benefit in daily life.

Phase 3: Follow-up seminars - These seminars help stabilise correct practice of TM and deepen participants’ intellectual understanding of its mechanics and effects.

Benefits:

Research has shown effects of TM in key areas relevant to resilience management:

- Neuroplasticity: the capacity of the brain to heal stress and trauma and forge new neural pathways for healthier behaviour and lifestyle.
- Enhancing resilience as the key to reducing the impact of stress and promoting wellness.
- Impact of TM on improving cardiovascular health, strengthening immunity, and slowing the ageing process.
- Growth of happiness, and development of consciousness through regular TM practice.

The Homeless – re-entry programme

Addressing the rising tide of homelessness in the UK:

The experience of homelessness is traumatic, isolating, and destructive, and homeless people are some of the most vulnerable and excluded in our society. Many people have suffered distressing experiences that have led to homelessness, such as domestic violence; breakdown of a relationship; loss of their home; fleeing persecution from another country; drug and alcohol misuse or mental health problems.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Along with proper housing, education, job training, and a network of qualified support, these adults and children must be equipped with the tools to overcome the traumatic stresses that fuelled their descent into homelessness. These stresses, if left unchecked, often cause them to relapse.

Our approach

The David Lynch Foundation UK offers Transcendental Meditation as a re-entry programme for the homeless: a practical, highly effective approach to overcome the traumatic stresses that fuelled their descent into homelessness and enable their re- integration into society and to fulfil their potential.

Benefits

Research has shown that Transcendental Meditation can help in reducing acute and chronic stress and stress-related disorders, including anxiety and depression. In addition, benefits from regular practice show potential to overcome addictions, an increase in self-esteem and inner calmness and improved emotional wellbeing. Transcendental Meditation also promotes healthy, coherent brain functioning - the basis for improved decision-making, judgment, and impulse control to support a healthy, productive, self-sufficient life.

Rehabilitation for Prisoners and Young Offenders

Breaking the cycle:

A significant proportion of crime is committed by offenders who have multiple problems. Evidence shows that drug dependency, mental illness, stress, frustration, and poor education fuel criminal behaviour.

The origins of criminal behaviour can often be traced back to the long-term impact of traumatic stress. Unless a rehabilitation programme for the men and women in prison effectively targets this disorder, the rehabilitation is often ineffective, and incarceration and reconviction rates will not be reduced and may even increase. This results in considerable pain and suffering for the victims of crime, significant expense to taxpayers, and substantial waste of the lives of those imprisoned.

Our approach - Freedom Behind Bars

For 35 years, Transcendental Meditation has been taught with significant benefit to inmates and guards in prisons in the USA, including San Quentin, Folsom, and Walpole. In 2015/16 pilot programmes were delivered to prisoners and prison personnel in two prisons in England. As part of a new research study, further UK projects are being developed in this area in the coming year.

Benefits

Transcendental Meditation brings about deep relaxation and relief from stress, anxiety, and depression. This has been found to result in fewer rule infractions as well as reduced reconviction rates. Also, the technique is easy to learn and requires no belief or change in lifestyle and can be practised individually or as part of a group.

This programme can help with the genuine rehabilitation of offenders by lifting the oppressive stress within the prison community that undermines existing rehabilitation programmes.

Families and Communities

Resolving crises in families and communities:

The health and well-being of the family is crucial to the development and strength of our communities. Many vulnerable families are affected by problems that are prevalent in their environment, such as drug and alcohol abuse, crime, mental illness, homelessness and unemployment.

Our approach - simple natural effortless meditation

Transcendental Meditation can help strengthen relationships and contribute to the stability of family life in society. This stress-reducing meditation programme helps families and communities in difficulty, as well as educational organisations facing the deleterious effects of extreme stress.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Benefits

Scientific research shows that Transcendental Meditation reduces stress and improves general mental and physical well-being. When regularly practised morning and evening, this programme gives deep relaxation, which provides balance to mind and body. This reduces anxiety and depression, develops inner calmness, and promotes greater self-esteem and increased happiness.

ACHIEVEMENTS TO 28 FEBRUARY 2022

Emergency Services resilience programme

DLF UK was awarded a £20,000 grant by the Postcode Places Trust to be used in the East of England area. As a result, the DLF UK was able to teach Transcendental Meditation to 50 ambulance service staff in the Norfolk area between August and December 2021. Further funds were raised by donation to cover costs of an additional 10 ambulance staff to learn TM and to cover costs of an evaluation of the project for 60 participants.

Research: -

Quiet Time research publication: *Frontiers of Psychology*, 24 January 2022 (attached Appendix 1)

Following on from the Quiet Time projects introduced to years 5 and 6 students in a London primary school and 2 primary schools in Bundoran, Ireland, a research study, conducted in collaboration with researchers at University College London University of Westminster, and University College Dublin was published in the journal *Frontiers of Psychology*. The study found that Transcendental Meditation (TM) when practised for a few minutes twice daily, improved working memory compared to control groups.

University of Cambridge research

DLF UK is collaborating with Dr Andres Canales-Johnson, a Research Associate in the Department of Psychology, Cambridge Consciousness and Cognition Lab at the University of Cambridge, to conduct a study of the effects during TM practice. The study will involve analysing the EEG information complexity and EEG information flow during the meditative state of 40 participants practising TM. The initial research will be a pilot beginning in 2022 and a catalyst for a future large-scale project.

Evaluation of the benefits of TM for ambulance staff

Drawing on funds donated, specifically by Keith and Cathy Parker along with the Barclays Match Funding scheme (reported in the Trustee's annual report 2020-2021). The project will be evaluated through online surveys completed by the participants pre and post learning TM. The evaluation will be conducted in collaboration with Maharishi International University, Iowa, US.

Evaluation of TM taught to serving military personnel

Funds raised by Maharishi Foundation will contribute to instructing 50 military personnel who are attending a military recovery centre in 2022. The DLF UK will be funded to manage an evaluation of the project.

Prison projects

TM instruction in prisons have not been extended this year due to lack of funding. We hope to partner with other organisations to apply for grants in this area.

Women's' initiatives

The collaboration continued this year with the Amy Winehouse Foundation's, 'Amy's space', to teach TM to residents.

TM in business

The Super Mind programme designed to introduce TM in business was delivered to Simon and Schuster employees in May 2021. This included a series of talks over three weeks, 'How to enjoy a balanced life', presented by Nigel Barlow and Deirdre Parsons:

Week 1 Theme TM Introduction and 'Happy Mind'

Week 2 Theme: 'Healthy Body'

Week 3 Theme: 'Harnessing your Inner Potential'.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

DLF UK retreat

An online, morning retreat was offered to supporters of the DLF UK. It proved successful and there was positive feedback from the participants to plan similar courses in the future. The retreat involved yoga, breathing exercises, extended meditation practice, knowledge and discussion of meditation experiences.

Sponsorship

The DLF UK offers full and partial sponsorship for individuals in need who cannot afford to pay for the standard course fee for TM. **Heal the Healers Now UK** campaign continues from 2021 to offer scholarships and discounted TM courses to medical professionals.

Social Media, PR and website

The DLF UK continues to raise awareness of the benefits of Transcendental Meditation for the public and for vulnerable and disadvantaged groups through social media, website, and networking.

DLF UK Podcasts - CHANGE BEGINS WITHI

Nigel Barlow, DLF UK Trustee and TM teacher, produced a series of podcasts:

-Demystifying Meditation - what TM is and isn't: <https://soundcloud.app.goo.gl/2QP1stn66b2MQTCC9>

-The Evidence Base: <https://soundcloud.app.goo.gl/2Dx4qTh6dA4SCXE28>

-TM and Creativity: <https://soundcloud.app.goo.gl/BTzJ3NGvXTbKdxt8>

-The work of David Lynch Foundation - CEO Bob Roth speaks:

<https://soundcloud.app.goo.gl/UmxkvqhEyurHbSNR8>.

Sunday Times (Ireland) article published on 13th February: 'Meditation trial improved pupils' working memory' (Colin Coyle) (attached article Appendix 2 and press release Appendix 3). A report on the Quiet study conducted by University College London University of Westminster, and University College Dublin that was published in the journal *Frontiers of Psychology*.

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Appendix 1



A Demonstration Study of the *Quiet Time* Transcendental Meditation Program

Gabriella Conti¹, Orla Doyle², Pasco Fearon³ and Veruska Oppedisano^{4*}

¹ Department of Economics and UCL Social Research Institute, University College London, London, United Kingdom, ² School of Economics & Geary Institute for Public Policy, University College Dublin, Dublin, Ireland, ³ Research Department of Clinical, Educational and Health Psychology, University College London, London, United Kingdom, ⁴ School of Organisations, Economy and Society, University of Westminster, London, United Kingdom

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Demonstration Study of the *Quiet
Time* Transcendental Meditation
Program. *Front. Psychol.* 12:765158.
doi: 10.3389/fpsyg.2021.765158

This manuscript presents a demonstration study of *Quiet Time* (QT), a classroom-based Transcendental Meditation intervention. The aim of the study is to assess the feasibility of implementing and evaluating QT in two pilot settings in the United Kingdom and Ireland. This study contributes to the field by targeting middle childhood, testing efficiency in two settings operating under different educational systems, and including a large array of measures. First, teacher and pupil engagement with QT was assessed. Second, the feasibility of using a quasi-experimental design and a wide range of instruments to measure changes in pupil outcomes before and after the intervention was assessed. This allows us to obtain information about which instruments might be feasible to administer and most sensitive to change. The first setting included 89 students from a primary school in the United Kingdom: those in sixth grade received the QT intervention, while those in fifth grade practiced meditation using the Headspace application. The second setting included 100 fifth- and sixth-grade students from two schools in Ireland: one received the QT intervention, the other served as a control. Recruitment and retention rates were high in both settings, and the intervention was feasible and accepted by students, parents and teachers. Implementation fidelity was lower in the United Kingdom setting where delivery started later in the school year and the practice was affected by preparation for the Standard Assessment Tests. These results show that QT may be feasibly delivered in school settings, and suggest the use of a compact battery of tests to measure impact. We find suggestive evidence that the intervention affected executive function as children who practiced QT showed improved working memory in both settings. In the Irish setting, pupils in the QT group had improved ability to control responses. These results have implications for future studies by a) demonstrating that implementation fidelity is highly context dependent and b) providing suggestive evidence of the malleability of children's skills in middle childhood. The results of this demonstration study will be used to inform a larger RCT of the QT intervention.

Keywords: children, pre-adolescent, transcendental meditation (TM), executive function, socio-emotional skills

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Appendix 2

Meditation trial improved pupils' working memory

Colin Coyle

Sunday February 13 2022, The Sunday Times, Ireland

A trial of transcendental meditation (TM) in two Irish primary schools found that students' "working memory" improved in a series of tasks after they meditated twice a day for four months.

The research, conducted at University College Dublin, found that students' memories improved more than a control group, and also found their reaction times in a Stroop game, which measures brain-response times, were also better. Girls who participated in the study also experienced "fewer feelings of aggression, fear and frustration" after the trial.

The research was part of a wider study, conducted with University College London, to evaluate if Quiet Time, a TM programme designed for primary school children, could work successfully in classrooms. There were some differences between the Irish and UK findings, although students in both countries improved their working memory compared to the control groups.

The researchers said the small sample size meant the findings did not result in "statistical significance", but still suggested that TM could be used successfully in a school setting. They said the findings were "promising" and "would benefit from thorough testing in a full-scale randomized trial".

Some 100 Irish pupils from fifth and sixth class were involved, with one group undertaking the research and the second group operating as a control. In the UK, there were 89 participants. Students meditated under the supervision of a trained teacher for 10 to 15 minutes every morning and again in the afternoon.

In the pilot study, only Irish students improved their response times in the Stroop game, a cognitive assessment that measures how quickly participants match words to colours. Both Irish and English students improved their working memory.

In Ireland, students who took part in the study reported their number of friends decreased during the trial, which was not replicated in the English trial. Academic performance in English and mathematics was tested only in the UK trial and no "significant improvement" was found.

In Ireland 88 per cent of those who began the twice-daily sessions completed the study, with 76 per cent reporting the meditation was "easy to do" and 70 per cent saying they "liked it and found it helpful".

In both Ireland and the UK, teachers informally reported that the meditation was easy to implement and that students looked forward to the daily sessions. They also said it "calmed" the children and allowed teaching to run smoothly after the session.

Parents in the Irish trial noted their children became "calmer" after starting the trial.

The study said that the cost of hiring a trained TM teacher to deliver twice-daily meditation would be about €225 per child. Teachers interested in completing a Quiet Time training course are expected to learn the technique two months before their students, and build up a habit of practising it daily themselves.

The researchers said the pilot may have been more successful in Ireland because the UK system was about "maximizing academic achievement, possibly at the expense of broader well-being and personal development". They said the different timing of the studies in Ireland and the UK may have been a reason for the somewhat different outcomes.

In Ireland, students began meditating in November, close to the start of the academic year, while in the UK it began after mid-January and continued during the run-up to exams.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

APPENDIX 3

25 February 2022

Contact: David Hughes 07498476520

david.hughes@tm.org

TRANSCENDENTAL MEDITATION IMPROVES WORKING MEMORY IN SCHOOLS, STUDY FINDS

A research study published in the journal *Frontiers of Psychology* has found that Transcendental Meditation (TM), a simple mental technique practised for a few minutes twice daily, improved working memory compared to control groups in pupils at two primary schools in the Republic of Ireland and one in the UK.

“Working memory is a bit like a mental “sticky note,” explained one of the study’s authors Orla Doyle, Associate Professor at University College Dublin School of Economics, interviewed on the Dermot & Dave radio show on Today FM in Ireland. “It helps you to hold information in mind, and then use it. For children this is important - working memory helps them to concentrate on all the steps involved with solving problems”.

The study, conducted in collaboration with researchers at University College London and the University of Westminster, aimed to assess the feasibility of implementing and evaluating “Quiet Time,” a programme using Transcendental Meditation in schools.

Children participating in Quiet Time spend 10-15 minutes practising TM at the beginning of the school day, and another 10-15 minutes at the end.

TM teaching was delivered through the David Lynch Foundation UK.

During TM, the brain gains a more integrated style of functioning associated with improved mental performance and creativity, while the body gains a state of deep rest.

Teachers administering Quiet Time are trained in Transcendental Meditation two months before the pupils to familiarise them with the practice, and then supervise the meditation sessions each day.

The researchers found that students’ performance in a series of tasks improved after they meditated twice a day for four months. Students’ memories improved more than a control group, and in Ireland the researchers also found improved reaction times in a Stroop game, which measures brain-response times, in the TM group.

Girls who participated in the Irish study also experienced “fewer feelings of aggression, fear and frustration.” Wellbeing outcomes were not measured in the UK setting.

In the Irish study, “We didn’t find any effects on what we call socio-emotional outcomes,” said Orla Doyle, “but we did find that children were better able to control their responses. We call this inhibitory control... your ability to delay gratification. The kids were better able to concentrate, which means they were less likely to be distracted. This is important in this day and age, when we’re all distracted by our phones. So most of the effects that we did find were more in the learning/concentration/growth mindset.”

Teachers in the UK and Irish schools reported that the majority of students looked forward to practising their meditation, and that the programme was easy to implement.

“We found that parents were happy to allow their children to do meditation,” said Orla Doyle. “The teachers were happy to be trained to deliver it, and they did actually implement Quiet Time every single day, for 15 minutes at the start of the day and 15 minutes at the end of the day.”

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

The small sample size - 100 pupils in Ireland and 89 in the UK - did not result in “statistical significance” for most outcomes. But the authors suggest that “these findings are promising and would benefit from thorough testing in a full-scale randomised trial.”

And they concluded that “Quiet Time” may be “a viable and acceptable practice in a school-based setting.”

Asked on the radio show if the Irish government “should step in at some point and start funding this sort of thing,” Orla Doyle responded that “I think it’s a pretty cheap investment. It’s important obviously to provide literacy programmes, numeracy programmes, things like that, but these meditation programmes are not expensive and can be effective. Quiet Time costs about 230 euros per child per year, and most of that cost is for the TM practitioners to go in and train the teachers in how to deliver it.

“I’m an economist. I care about investment. And most of my research is about trying to figure out what is the best way we can invest in our children. Because if we invest in children now, they have better outcomes, they stay in school, they’re more likely to get a better job, more likely to pay their taxes, they’re less likely to be on welfare, and less likely to be involved in crime. Essentially it is much more cost-effective for the government to intervene when children are young, than to deal with the problems when children are older.

“This is such a low-cost intervention, I would say the return on investment is going to be quite high.”

Even though less time would be available for learning in the school day if a meditation programme was introduced, the outcomes would justify it, she suggested.

“If children spend thirty minutes meditating, that means they spend less time learning, however, when class starts they are better able to concentrate, and they are more focused, that means they are going to get through more material in a shorter amount of time.

“So often it’s not about the quantity of time that the children are learning, but the quality of the learning within that time.”

The study adds to evidence from around the world suggesting that Transcendental Meditation may have a positive role to play in an educational setting.

UK & Europe

In 2017 the Erasmus+ Education programme of the European Commission, awarded €1,000,000 for two European projects implementing Transcendental Meditation in schools in Portugal, Sweden, The Netherlands, the UK, Italy and Belgium with the aim to prevent violence and radicalisation and promote inclusive education. 4,000 students, teachers and parents learned TM. There was a reported 40% reduction in stress, anxiety and depression amongst students, and reductions in teacher burnout. The project and its evaluation were presented in Brussels in January 2020, leading to a positive report from the EU Commission. Details can be found here: friends-project.eu

Central & South America

In Brazil, thousands of school children practise Transcendental Meditation as part of their daily routine.

In Mexico over 450 schools have adopted TM with more than 50,000 children practising the technique. Jose German Espinoza Santibanez, the Director General for Secondary Education of the Department of Education said: “In the schools where Transcendental Meditation was introduced, we achieved a much higher academic level and a higher level of efficiency than in other schools.”

In Colombia, Catholic Priest Father Gabriel Mejia has helped rehabilitate over 50,000 street children with the help of Transcendental Meditation.

In Peru, over 50,000 school children practise TM as part of the school curriculum. Since its implementation academic results have gone up and children's behaviour at school and home has improved.

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Indonesia

In Bali, 13,000 students and teachers in over 50 schools have learned Transcendental Meditation. The Minister of Education for Bali said, "When we implement the Transcendental Meditation technique and Consciousness-Based Education, we fulfil the purpose of our education."

Further information:

- * Transcendental Meditation was introduced to the UK and Ireland in 1960 by Maharishi Mahesh Yogi. The technique is taught as a standardised course worldwide by the Maharishi Foundation.
- * The David Lynch Foundation UK supports courses in TM for victims of traumatic stress, including prisoners, the homeless, people in drug and alcohol rehabilitation, forces veterans with PTSD, and front-line NHS workers.
- * TM has been researched in over 350 studies during the past 50 years, with results, including extensive benefits to health and wellbeing, published in the world's leading scientific and medical journals.
- * Ten million people worldwide have learned Transcendental Meditation, around 250,000 of them in the UK.

Transcendental Meditation: uk.tm.org

Research on Transcendental Meditation:

<https://www.davidlynchfoundation.org.uk/research.html>

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

FINANCIAL REVIEW

DLF UK acts under licence to teach TM from Maharishi Foundation (registered educational charity no. 270157), the official provider of Transcendental Meditation in the UK. In this context, DLF UK makes a small contribution to MF UK for each project and for each individual taught TM.

The DLF UK makes regular monthly payments to repay a start-up loan from the Spiritual Regeneration Movement (SRM) (registered charity no. 204025). During the Covid-19 pandemic restrictions, the Trustees of SRM approved for the monthly payments to be suspended until regular TM teaching can be resumed.

Income for the charity up to 28 February 2022 was £86,648 (excluding loans): this includes donations, teaching commission, courses and fundraising events.

PUBLIC BENEFIT STATEMENT

This statement complies with the duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission. We have reviewed this guidance when reviewing our aims and objectives and in planning future activities. The Trustees consider how planned activities will contribute to the aims and objectives they have set.

RESERVES

The Trustees are satisfied that the charity has adequate funds to carry out its day-to-day functions.

SMALL COMPANY EXEMPTION

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board on 17/11/2022



Deirdre Parsons Executive Director/Trustee

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DAVID LYNCH FOUNDATION UK

I report on the accounts of the company for the year ended 28 February 2022 which are set out on pages 15 to 25.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

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.

Christine D Wade

Christine D Wade FCCA

HastingsWade

Chartered Certified Accountants

58-60 Stowupland Road

Stowmarket

Suffolk

IP14 5AL

21st November 2022

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account)

FOR THE YEAR ENDED 28 FEBRUARY 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
INCOMING RESOURCES					
Incoming resources from generated funds					
<i>Voluntary income</i>					
Donations including gift aid		40,172	1,340	41,512	22,176
<i>Activities for generating funds</i>					
Fundraising		-	-	-	-
<i>Investment income</i>					
Bank Interest	2	2	-	2	2
Incoming resources from charitable activities	3	22,606	22,528	45,134	39,263
		-----	-----	-----	-----
		62,780	23,868	86,648	61,441
		-----	-----	-----	-----
RESOURCES EXPENDED					
<i>Cost of generating funds</i>					
Fundraising		-	-	-	-
Charitable activities	4	29,598	20,535	50,133	12,601
Governance costs	4	35,926	-	35,926	18,631
		-----	-----	-----	-----
Total resources expended		65,524	20,535	86,059	31,232
		-----	-----	-----	-----
Net incoming resources		(2,744)	3,333	589	30,209
		=====	=====	=====	=====
Net movement in funds		(2,744)	3,333	589	30,209
Balances brought forward		26,988	-	26,988	(3,221)
		-----	-----	-----	-----
Balances carried forward		24,244	3,333	27,577	26,988
		=====	=====	=====	=====

The annexed notes form an integral part of these financial statements

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

BALANCE SHEET AS AT 28 FEBRUARY 2022

	Note	Unrestricted funds 2022 £	Restricted fund 2022 £	Total Funds 2022 £	Total Funds 2021 £
FIXED ASSETS					
Intangible assets	8	990	-	990	1,170
Tangible assets	9	-	-	-	-
		-----	-----	-----	-----
		990	-	990	1,170
		-----	-----	-----	-----
CURRENT ASSETS					
Debtors	10	-	-	-	475
Cash at bank and in hand		38,917	14,733	53,650	41,520
		-----	-----	-----	-----
		38,917	14,733	53,650	41,995
		-----	-----	-----	-----
CREDITORS					
Amounts falling due within one year	11	(5,059)	(1,200)	(6,259)	(3,996)
		-----	-----	-----	-----
NET CURRENT ASSETS		33,858	13,533	47,391	37,999
		-----	-----	-----	-----
TOTAL ASSETS LESS CURRENT LIABILITIES		34,848	13,533	48,381	39,169
		-----	-----	-----	-----
CREDITORS					
Amounts falling due after more than One year	11	(10,604)	(10,200)	(20,804)	(12,181)
		-----	-----	-----	-----
NET ASSETS		24,244	3,333	27,577	26,988
		-----	-----	-----	-----
FUNDS					
Unrestricted fund		24,244	-	24,244	26,988
Restricted fund		-	3,333	3,333	-
		-----	-----	-----	-----
Total charity funds		24,244	3,333	27,577	26,988
		=====	=====	=====	=====

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- a) Ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- b) Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

(Continued overleaf)

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

BALANCE SHEET AS AT 28 FEBRUARY 2022 (continued)

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the board of Directors on 17/11/2022

Signed on behalf of the Board

A handwritten signature in black ink, appearing to read 'Deirdre Parsons', written in a cursive style.

Deirdre Parsons
Director

The annexed notes form an integral part of these financial statements

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES

1 ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a Basis of preparation

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland issued October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are presented in sterling and rounded to the nearest pound.

The charity constitutes a public benefit entity as defined by FRS 102.

b Company status

The charity is a private company limited by guarantee incorporated in England and Wales. The address of the Registered Office is 9 Garden Square, Rendlesham, Woodbridge, Suffolk, IP12 2GW. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £ 1 per member of the charity.

c Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.
- Designated funds are unrestricted funds as set aside by the trustees for particular purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

d Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

e Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include accountancy and costs linked to the strategic management of the charity.

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

f Fixed Assets and Depreciation

Fixed assets are depreciated at the following rates:

Website	over 3 year's straight line basis.
Trademarks	over 10 year's straight line basis.

g Deferred Income

Where money received in advance relates to activities to be held in the next financial year the income is included as deferred income.

2 INVESTMENT INCOME

	2022	2021
	£	£
Bank interest	2	2
	=====	=====

3 INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	2022	2021
	£	£
Commission from teaching	3,818	900
Course fees	21,316	20,863
Grant	20,000	17,500
	=====	=====
	45,134	39,263
	=====	=====

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

4 TOTAL RESOURCES EXPENDED

Cost of generating funds

	2022	2021
	£	£

Unrestricted

Event Fund Raising	-	-
	-----	-----

Charitable activities

	2022	2021
	£	£

Unrestricted activities

Course fees	26,663	10,775
Teaching commissions and royalties	-	-
Teaching project expenses	-	-
Hire of rooms	2,935	1,029
Donations	-	797
	-----	-----
	29,598	12,601
	-----	-----

Restricted funds

Teaching project expenses	20,535	-
	-----	-----
	50,133	12,601
	-----	-----

Governance costs

	2022	2021
	£	£

Unrestricted funds

Office expenses	547	1,773
Administration and consultancy fees	15,000	6,000
Promotional expenditure	16,237	6,598
Bank charges	213	439
Travel and subsistence	1,647	1,605
Insurance	684	677
Independent examiners fees	1,020	960
Legal and professional fees	174	168
Loan interest	224	231
Depreciation	180	180
	-----	-----
	35,926	18,631
	-----	-----

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

4 TOTAL RESOURCES EXPENDED (continued)

	2022	2021
	£	£
Restricted funds		
Office expenses	-	-
Travel and subsistence	-	-
	-----	-----
	-	-
	-----	-----
	35,926	18,631
	-----	-----

There were no employees in the year ended 28 February 2022. (2021: Nil).

5 TRANSACTIONS WITH TRUSTEES

No trustee received any remuneration in the year.

In the year one trustee in her role of Executive Director received £15,000 for administration and consultancy fees. (2021: £6,000).

No Trustees (2021: None) were reimbursed expenses for travel, subsistence and office costs incurred on behalf of the charity (2021: £Nil).

6 NET RESOURCES EXPENDED FOR THE YEAR

This is stated after charging:	2022	2021
	£	£
Executive Director's fees	15,000	6,000
Depreciation	180	180
Independent Examiner's fee	1,020	960
	=====	=====

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

7 TAXATION

No charge to corporation tax arises as the company is a registered charity and is exempt under s505 of the Income and Corporation Taxes Act 1988.

8 INTANGIBLE FIXED ASSETS

	Trademarks
COST	£
As at 28 February 2021 and 28 February 2022	1,800
DEPRECIATION	
At 28 February 2021	630
Charge for the year	180
At 28 February 2022	810
NET BOOK VALUE	
At 28 February 2022	990
At 28 February 2021	1,170

9 TANGIBLE FIXED ASSETS

	Website
COST	£
As at 28 February 2021 and 28 February 2022	971
DEPRECIATION	
Brought forward at 1 March 2021	971
Charge for the year	-
At 28 February 2022	971
NET BOOK VALUE	
At 28 February 2022	-
At 28 February 2021	-

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
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YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

10 DEBTORS

	2022	2021
	£	£
Gift aid on Just Giving donations	-	475
	===	===

11 CREDITORS

Amounts falling due within one year

	2022	2021
	£	£
Loan	3,000	750
Other creditors	3,259	3,246
	<u>6,259</u>	<u>3,996</u>
	=====	=====

11 CREDITORS

Amounts falling due after more than one year

	2022	2021
	£	£
Loan	<u>20,804</u>	<u>12,181</u>

The amount repayable by instalments after 5 years is £8,890.

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Intangible fixed assets	990	-	990	1,170
Net current assets	33,858	13,533	47,391	37,999
Creditors falling due after more than one year	(10,604)	(10,200)	(20,804)	(12,181)
	<u>24,244</u>	<u>3,333</u>	<u>27,577</u>	<u>26,988</u>
	=====	=====	=====	=====

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Intangible fixed assets	1,170	-	1,170	1,350
Net current assets	37,999	-	37,999	5,930
Creditors falling due after more than one year	(12,181)	-	(12,181)	(10,501)
	<u>26,988</u>	<u>-</u>	<u>26,988</u>	<u>(3,221)</u>
	=====	=====	=====	=====

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

13 FUND RECONCILIATION

	At 28 February 2021 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 28 February 2022 £
Unrestricted funds	26,988	62,780	(65,524)	-	24,244
Restricted funds					
Emergency Services Resilience programme	-	20,840	(20,535)	-	305
University of Cambridge Research	-	3,028	(-)	-	3,028
	<u>26,988</u>	<u>86,648</u>	<u>(86,059)</u>	<u>-</u>	<u>27,577</u>
	At 28 February 2020 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 28 February 2021 £
Unrestricted funds	(3,221)	61,441	(31,232)	-	26,988

Fund descriptions

Restricted funds

Emergency Services resilience programme

A grant of £20,000 from Postcode Places Trust together with a donation of £840 enabled the David Lynch Foundation UK to teach Transcendental Meditation and to cover the costs of an evaluation of the project for 60 ambulance staff.

University of Cambridge research project

The sum of £3,028 are donations towards the University of Cambridge research project where the David Lynch Foundation UK is collaborating with Dr Andres Canales-Johnson of the university in which EEG information complexity and EEG information flow to will be analysed during the meditative state of 40 participants practising Transcendental Meditation.

14 CAPITAL COMMITMENTS

The company had no capital commitments at 28 February 2022 or 28 February 2021.

15 CONTINGENT LIABILITIES

The company had no contingent liabilities at 28 February 2022 or at 28 February 2021.

16 CONTROLLING PARTY

The charity is controlled by the Trustees.

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2022

NOTES (CONTINUED)

17 RELATED PARTY TRANSACTIONS

- a) One trustee of the David Lynch Foundation UK is also the Chief Executive of the Maharishi Foundation. In the year ended 28 February 2022 the David Lynch Foundation UK received £1,200 in support of its promotional activities that resulted in many people taking courses offered by Maharishi Foundation.
- b) By virtue of one common trustee and certain related objects and activities, the David Lynch Foundation UK is connected to the Spiritual Regeneration Movement of Great Britain. The Spiritual Regeneration Movement of Great Britain lent the charity £25,000 as a start-up loan in December 2013. Interest is charged at a rate of 3 per cent above base rate. At 28 February 2022 the amount of loan outstanding was £11,490.

Accounts

DAVID LYNCH FOUNDATION UK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2021

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
DIRECTORS AND TRUSTEES REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2021

HastingsWade
Chartered Certified Accountants and Registered Auditors
Stowmarket
Suffolk

DAVID LYNCH FOUNDATION UK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2021

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DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
Company Registration Number 07933959
YEAR ENDED 28 FEBRUARY 2021

REPORT OF THE DIRECTORS AND TRUSTEES

The directors, who are also the trustees, present their report and the financial statements of the company for the year ended 28 February 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 in October 2019.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name - David Lynch Foundation UK

Charity Registration Number – 1146643

Company Registration Number – 07933959

**Registered office and
Operational Address -** 9 Garden Square,
Rendlesham,
Woodbridge,
Suffolk
IP12 2GW

Directors/Trustees

The Directors are as follows –

Dr Peter Warburton (Chief Executive Officer)
Dr Deirdre Parsons (Executive Director)
Norma Sullivan (Secretary and Trustee)
Nigel Barlow
David Lynch
Dr John Hagelin
Dr Robert Roth

Professional Advisers

Bankers - CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Mailing, Kent, ME194JQ

Solicitors - Bates Wells & Braithwaite London LLP, 2-6 Cannon Street, London EC4M 6YH

Independent Examiner - Mrs Christine Wade, HastingsWade, Chartered Certified Accountants, 58-60 Stowupland Road, Stowmarket, Suffolk, IP14 5AL

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal Status

David Lynch Foundation UK (DLF UK) is a private charitable company limited by guarantee without share capital incorporated on 2 February 2012 in England and Wales and registered as a charity on 28 March 2012. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up during the

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
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YEAR ENDED 28 FEBRUARY 2021

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

period of membership or within one year after, each member undertakes to contribute such amount, as may be required not exceeding £1.00.

Appointment of Trustees

The directors of the company are also the charity trustees for the purposes of charity law. As stated in the Articles there will be seven trustees including three trustees appointed by the trustees of the David Lynch Foundation US and another four trustees who are residents of the UK (each a “non-US Foundation Trustee”). The trustees are appointed and adhere to the articles of Association (Article 25).

All Trustees give their time voluntarily except Deirdre Parsons who holds the position of Executive Director. The terms of her engagement are set out in accordance to Article 4.6.5.

Any expenses reclaimed from the Charity are following the guidelines of the Articles and are recorded in the financial statements of the charity.

Trustee Induction and Training

New Trustees are recruited from a group of practitioners of Transcendental Meditation and teachers of Transcendental Meditation who are well-known to the Trustees and who have many years’ experience of teaching and working for other related charities. The Trust Deed stipulates that the number of Trustees must not be less than three or more than seven. The existing Trustees may appoint new Trustees by a resolution of a meeting of the Trustees. A memorandum of appointment shall be signed and sealed by the person presiding the meeting and attested by two others present at the meeting.

New Trustees receive training notes and undergo training sessions to brief them on their legal obligations under charity law and introduce them to the Trust Deed, Charity organisation and management structure, the latest statutory accounts and management accounts, tax law, employment law returns to be completed, the Data Protection Act, the advisers and accountants of the Charity and current issues and future plans of the Charity.

Organisational Structure

Policy decisions of the David Lynch Foundation UK (DLF UK) are made by the Trustees and the day to day running of the Charity is carried out by the Executive Director, with support from Transcendental Meditation teachers and volunteers for expansion, promotion and fundraising.

DLF UK partners with Maharishi Foundation (registered charity No. 270157, in England and Wales) to employ qualified teachers of Transcendental Meditation to teach individuals and groups for the duration of DLF UK projects.

All those working with DLF UK are DBS checked and suitable to work with at-risk groups.

OBJECTIVES AND ACTIVITIES

The David Lynch Foundation UK is dedicated to helping people of all ages from all walks of life in the UK and worldwide overcome stress, suffering, and hardship, and unfold the full potential of life. We use the stress-reducing programme, Transcendental Meditation, which is scientifically proven to promote creativity, happiness, success, and peace. Our methodologies transform lives from within and we especially focus on vulnerable and disadvantaged groups, including the homeless, prisoners, and war veterans suffering from Post-Traumatic Stress Disorder (PTSD). The charity also offers financial support to bring Transcendental Meditation to stressed teachers and students and the introduction of “Quiet Time with Transcendental Meditation” to schools across the UK.

The following programmes offered by the David Lynch Foundation UK promote the benefits outlined in the objectives of the Charity:

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YEAR ENDED 28 FEBRUARY 2021

REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Teaching Transcendental Meditation to vulnerable and disadvantaged groups

Transcendental Meditation is a simple, natural, effortless procedure practised for 15 to 20 minutes in the morning and evening, while sitting comfortably with the eyes closed. It is a simple mental technique, which gives a unique quality of rest to mind and body. The technique allows the activity of the mind to settle down in a natural way until it is left quiet, yet wide awake. It allows stress and tiredness to be dissolved naturally, resulting in greater energy, clarity and enjoyment of life.

Anyone can practise Transcendental Meditation. The practice does not conflict with any beliefs, religious or otherwise. Its benefits are widely validated proving benefits in every aspect of life: 600 scientific studies conducted at 250 independent universities and institutions in 33 countries, published in over 150 of the world's leading scientific journals.

The Transcendental Meditation course for at-risk groups is taught over a period of six months. The first step to learn begins with an introductory presentation on Transcendental Meditation (1 hour). Following this the course of instruction consists of four sessions held over four consecutive days. The first session is a personal instruction and is conducted one to one (1 hour), and the subsequent three sessions are group sessions (1.5 hour each session).

In addition to the initial course of instruction there is a six-month follow-up, with regular group and individual sessions, which are scheduled each week for the first month and every two weeks in the second month. The remaining sessions are scheduled once a month over four months and are held in groups and for each individual as necessary. These sessions ensure the individual is practising Transcendental Meditation correctly, to gain the full benefits.

The following is a more detailed explanation of the areas of society where we have identified our programmes can be most effective:

Children, Young Adults, Teachers and Schools

Traumatic stress: the silent epidemic amongst the young

Escalating stress levels are a reality amongst thousands of children and young adults in the UK who grow up in a climate of fear, bullying, violence, and substance abuse— stress that impedes academic achievement and undermines physical and mental health:

Our approach - Quiet Time with Transcendental Meditation

The Quiet Time with Transcendental Meditation programme develops the potential of the brain and reduces the acute stresses that undermine learning and health. It is a practical, highly effective approach to promote learning readiness among students - thereby markedly improving their academic performance and success in life.

Benefits

Transcendental Meditation has already been incorporated into schools in the UK as well as hundreds of public, charter, and private schools throughout the United States and around the world. Supported by an extensive body of independent research verifying its benefits, students practising Transcendental Meditation score higher on intelligence tests, close the achievement gap, improve test scores, and have higher graduation rates compared to students in control groups. Meditating students also show reduced stress levels, anxiety, depression, violence, and substance abuse. This results in reduced absenteeism, dropout rates, suspensions, and expulsions.

Armed Forces Veterans and Military Personnel

Overcoming the nightmare of Post-Traumatic Stress Disorder (PTSD):

Many Armed Forces veterans find it difficult to reintegrate into society. Veterans are often loath to acknowledge to themselves or others the inner wounds of war after they return home from combat.

Healing those wounds requires an approach that directly impacts the neurophysiology underlying PTSD.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

The symptoms of military PTSD include flashbacks, nightmares, anger, anxiety and depression - often leading to homelessness, violence, alcohol and substance abuse, job loss, and suicide.

Our approach - Operation Warrior Wellness (OWW)

Operation Warrior Wellness offers Transcendental Meditation, a scientifically proven approach, which can be easily learned and practised in private, to help relieve traumatic stress and overcome the nightmare of PTSD, while simultaneously promoting resilience and wellbeing for veterans, military personnel and their families.

The TM-based Resilient Warrior Programme

An initiative already established in the USA and planned for a future launch in the UK. The OWW initiative has partnered with leading veterans service organisations, Army and Marine bases and VA medical centres within the USA to deliver the Resilient Warrior Programme to active-duty personnel and military families in need.

Benefits

Research on meditating veterans in the USA has shown that the technique significantly reduces the psychosocial symptoms of stress, anxiety, and depression.

The technique produces a profound state of deep rest, while enlivening the full brain. The experience of “restful alertness” gained during the practice of Transcendental Meditation is at the basis of the marked reductions in symptoms of PTSD and the overall improvement in the quality of life of the veteran and serving personnel.

The Homeless – re-entry programme

Addressing the rising tide of homelessness in the UK:

The experience of homelessness is traumatic, isolating, and destructive, and homeless people are some of the most vulnerable and excluded in our society. Many people have suffered distressing experiences that have led to homelessness, such as domestic violence; breakdown of a relationship; loss of their home; fleeing persecution from another country; drug and alcohol misuse or mental health problems.

Along with proper housing, education, job training, and a network of qualified support, these adults and children must be equipped with the tools to overcome the traumatic stresses that fuelled their descent into homelessness. These stresses, if left unchecked, often cause them to relapse.

Our approach

The David Lynch Foundation UK offers Transcendental Meditation as a re-entry programme for the homeless: a practical, highly effective approach to overcome the traumatic stresses that fuelled their descent into homelessness and enable their re- integration into society and to fulfil their potential.

Benefits

Research has shown that Transcendental Meditation can help in reducing acute and chronic stress and stress-related disorders, including anxiety and depression. In addition, benefits from regular practice show potential to overcome addictions, an increase in self-esteem and inner calmness and improved emotional wellbeing. Transcendental Meditation also promotes healthy, coherent brain functioning - the basis for improved decision-making, judgment, and impulse control to support a healthy, productive, self-sufficient life.

Rehabilitation for Prisoners and Young Offenders

Breaking the cycle:

A significant proportion of crime is committed by offenders who have multiple problems. Evidence shows that drug dependency, mental illness, stress, frustration, and poor education fuel criminal behaviour.

The origins of criminal behaviour can often be traced back to the long-term impact of traumatic stress. Unless a rehabilitation programme for the men and women in prison effectively targets this disorder, the rehabilitation is often ineffective, and incarceration and reconviction rates will not be reduced and may even increase. This results in

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

considerable pain and suffering for the victims of crime, significant expense to taxpayers, and substantial waste of the lives of those imprisoned.

Our approach - Freedom Behind Bars

For 35 years, Transcendental Meditation has been taught with significant benefit to inmates and guards in prisons in the USA, including San Quentin, Folsom, and Walpole. In 2015/16 pilot programmes were delivered to prisoners and prison personnel in two prisons in England. As part of a new research study, further UK projects are being developed in this area in the coming year.

Benefits

Transcendental Meditation brings about deep relaxation and relief from stress, anxiety, and depression. This has been found to result in fewer rule infractions as well as reduced reconviction rates. Also, the technique is easy to learn and requires no belief or change in lifestyle and can be practised individually or as part of a group.

This programme can help with the genuine rehabilitation of offenders by lifting the oppressive stress within the prison community that undermines existing rehabilitation programmes.

Families and Communities

Resolving crises in families and communities:

The health and well-being of the family is crucial to the development and strength of our communities. Many vulnerable families are affected by problems that are prevalent in their environment, such as drug and alcohol abuse, crime, mental illness, homelessness and unemployment.

Our approach - simple natural effortless meditation

Transcendental Meditation can help strengthen relationships and contribute to the stability of family life in society. This stress-reducing meditation programme helps families and communities in difficulty, as well as educational organisations facing the deleterious effects of extreme stress.

Benefits

Scientific research shows that Transcendental Meditation reduces stress and improves general mental and physical well-being. When regularly practised morning and evening, this programme gives deep relaxation, which provides balance to mind and body. This reduces anxiety and depression, develops inner calmness, and promotes greater self-esteem and increased happiness.

Achievements to 28 February 2021

Due to the Covid-19 Pandemic and restrictions on teaching Transcendental Meditation during the period of this report many of our activities were limited. However, the following developments took place during the year:

TM in Prison project

Following the experience of teaching Transcendental Meditation in prisons we have been working towards an application for a grant awarded by the Ministry of Justice to support prisoners on release. The grant criteria encourage smaller charities, such as DLF UK, to partner with other organisations to create innovative programmes to help ex-prisoners to integrate into life outside of prison. During the period of this report, we were in discussions with other organisations to submit a grant application in October 2021.

School projects offering Quiet Time with Transcendental Meditation

As outlined in the DLF UK trustee report 2019-2020, the research team, funded by University College London, University of Westminster, and University College Dublin, has completed the research paper on the results of the Quiet Time Programme in schools in Ireland and London. They have forwarded the paper to a peer reviewed educational journal for publication. We are currently waiting to know if the paper will be accepted for publication.

A video of the experiences of teachers and students who participated in Quiet Time has been produced.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Women's' Initiatives

Three more of the residents from Amy Winehouse Foundation's, 'Amy's space', have learned TM in December 2020 and January 2021.

TM in business

A TM course for WeTransfer employees planned for October 2020 was postponed due to the pandemic restrictions and started in October 2021.

Heal the Healers Now

A new campaign in collaboration with Maharishi Foundation to teach TM to health professionals began in March 2020 at the start of the pandemic. TM Teachers around the UK have been raising donations from their local Meditators to offer scholarships for health professionals to learn TM at their local TM Centre; while nationally DLF UK has focused on raising funds to support a project on a larger scale with research for ambulance service staff.

A professional fundraiser, Sarah Bence, was appointed part-time in November 2020 to help raise funds for ambulance service staff to learn TM in the East of England. A grant of £20,000 from the Postcode Places Trust was awarded to teach TM to 50 ambulance service staff in the Norfolk area. Promotion of the project began in January 2021. TM courses started in August 2021 and will continue until December 2021. The project will be evaluated through online surveys completed by the participants pre and post the TM course. The evaluation will be conducted in collaboration with Maharishi International University, Iowa, USA.

Fundraising events:

Tim Burgess cancelled his annual Tim Peaks event in 2020 due to Covid restrictions but raised £7,000 to support DLF UK by selling "Time Burgess badges" to fans.

Keith Parker and his wife Cathy, Meditators from the Kent area, raised £24,498 on a sponsored walk to help the DLF UK continue funding TM courses for those in need, especially health professionals. These funds were matched by a Barclay's Bank scheme offered to retired Barclays employees, such as Keith, to support their chosen charities. The total amount raised was £48,996.

Social Media and website

The DLF UK continues to raise awareness of the benefits of Transcendental Meditation for the public and for vulnerable and disadvantaged groups through social media, website, and networking. A website was set up for the "Heal the Healers Now" campaign. Video testimonials from health professionals, already practising Transcendental Meditation, were recorded to promote TM to other NHS employees: www.healthehealersnow.uk
Also, a video was made to raise funds to teach ambulance service employees: <https://vimeo.com/467367092>

Sponsorship

The DLF UK offers full and partial sponsorship for individuals in need who cannot afford to pay for the standard course fee for TM. This year there has been a specific focus on raising funds for the "Heal the Healers Now" campaign to support TM courses for health professionals.

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REPORT OF THE DIRECTORS AND TRUSTEES (CONTINUED)

Financial review

DLF UK acts under licence to teach TM from Maharishi Foundation (registered educational charity no. 270157), the official provider of Transcendental Meditation in the UK. In this context, DLF UK makes a small contribution to MF UK for each project and for each individual taught TM. However, during the Covid-19 pandemic the Trustees of Maharishi Foundation (registered educational charity no. 270157) were restricted in offering TM courses to the public in the lockdown period and therefore were unable to make their monthly contributions to support the work of the DLF UK. However, Maharishi Foundation has generously offered to reinstate the monthly payment when TM teaching returns to normal after the Covid-19 restrictions are lifted.

The DLF UK makes regular monthly payments to repay a start-up loan from the Spiritual Regeneration Movement (SRM) (registered charity no. 204025). During the Covid-19 pandemic restrictions, the Trustees of SRM approved for the monthly payments to be suspended until regular TM teaching can be resumed.

Income for the charity up to 28 February 2021 was £61,441(excluding loans); this includes donations, teaching commission, courses and fundraising events

Public Benefit Statement

This statement complies with the duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission. We have reviewed this guidance when reviewing our aims and objectives and in planning future activities. The Trustees consider how planned activities will contribute to the aims and objectives they have set.

Reserves

The Trustees are satisfied that the charity has adequate funds to carry out its day-to- day functions.

Small Company Exemption

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board on 15th November 2021

Deirdre Parsons Executive Director/Trustee

DAVID LYNCH FOUNDATION UK
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YEAR ENDED 28 FEBRUARY 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DAVID LYNCH FOUNDATION UK

I report on the accounts of the company for the year ended 28 February 2021 which are set out on pages 10 to 18.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

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.

Christine D Wade FCCA
HastingsWade
Chartered Certified Accountants
58-60 Stowupland Road
Stowmarket
Suffolk
IP14 5AL

17th November 2021

DAVID LYNCH FOUNDATION UK
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YEAR ENDED 28 FEBRUARY 2021

STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account)

FOR THE YEAR ENDED 28 FEBRUARY 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
INCOMING RESOURCES					
Incoming resources from generated funds					
<i>Voluntary income</i>					
Donations including gift aid		22,176	-	22,176	30,486
<i>Activities for generating funds</i>					
Fundraising		-	-	-	2,723
<i>Investment income</i>					
Bank Interest	2	2	-	2	2
Incoming resources from charitable activities	3	39,263	-	39,263	33,813
		-----	-----	-----	-----
		61,441	-	61,441	67,024
		-----	-----	-----	-----
RESOURCES EXPENDED					
<i>Cost of generating funds</i>					
Fundraising		-	-	-	-
Charitable activities	4	12,601	-	12,601	22,092
Governance costs	4	18,631	-	18,631	36,440
		-----	-----	-----	-----
Total resources expended		31,232	-	31,232	58,532
		-----	-----	-----	-----
Net incoming resources		30,209	-	30,209	8,492
		=====	=====	=====	=====
Net movement in funds		30,209	-	30,209	8,492
Balances brought forward		(3,221)	-	(3,221)	(11,713)
		-----	-----	-----	-----
Balances carried forward		26,988	-	26,988	(3,221)
		=====	=====	=====	=====

The annexed notes form an integral part of these financial statements

DAVID LYNCH FOUNDATION UK
(A company limited by guarantee)
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YEAR ENDED 28 FEBRUARY 2021

BALANCE SHEET AS AT 28 FEBRUARY 2021

	Note	Unrestricted funds 2021 £	Restricted fund 2021 £	Total Funds 2021 £	Total Funds 2020 £
FIXED ASSETS					
Intangible assets	8	1,170	-	1,170	1,350
Tangible assets	9	-	-	-	-
		-----	-----	-----	-----
		1,170	-	1,170	1,350
		-----	-----	-----	-----
CURRENT ASSETS					
Debtors	10	475	-	475	-
Cash at bank and in hand		41,520	-	41,520	10,010
		-----	-----	-----	-----
		41,995	-	41,995	10,010
		-----	-----	-----	-----
CREDITORS					
Amounts falling due within one year	11	(3,996)	-	(3,996)	(4,080)
		-----	-----	-----	-----
NET CURRENT ASSETS		37,999	-	37,999	5,930
		-----	-----	-----	-----
TOTAL ASSETS LESS CURRENT LIABILITIES		39,169	-	39,169	7,280
		-----	-----	-----	-----
CREDITORS					
Amounts falling due after more than One year	11	(12,181)	-	(12,181)	(10,501)
		-----	-----	-----	-----
NET ASSETS/(LIABILITIES)		26,988	-	26,988	(3,221)
		-----	-----	-----	-----
FUNDS					
Unrestricted fund		26,988	-	26,988	(3,221)
Restricted fund		-	-	-	-
		-----	-----	-----	-----
Total charity funds		26,988	-	26,988	(3,221)
		=====	=====	=====	=====

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- a) Ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- b) Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

(Continued overleaf)

DAVID LYNCH FOUNDATION UK
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BALANCE SHEET AS AT 28 FEBRUARY 2021 (continued)

The financial statements were approved by the board of Directors on 15th November 2021

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Signed on behalf of the Board

Deirdre Parsons
Director

The annexed notes form an integral part of these financial statements

DAVID LYNCH FOUNDATION UK
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NOTES

1 ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a Basis of preparation

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland issued October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are presented in sterling and rounded to the nearest pound.

The charity constitutes a public benefit entity as defined by FRS 102.

b Company status

The charity is a private company limited by guarantee incorporated in England and Wales. The address of the Registered Office is 9 Garden Square, Rendlesham, Woodbridge, Suffolk, IP12 2GW. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £ 1 per member of the charity.

c Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.
- Designated funds are unrestricted funds as set aside by the trustees for particular purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

d Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

e Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include accountancy and costs linked to the strategic management of the charity.

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NOTES (CONTINUED)

f Fixed Assets and Depreciation

Fixed assets are depreciated at the following rates:

Website	over 3 year's straight line basis.
Trademarks	over 10 year's straight line basis.

g Deferred Income

Where money received in advance relates to activities to be held in the next financial year the income is included as deferred income.

2 INVESTMENT INCOME

	2021	2020
	£	£
Bank interest	2	2
	=====	=====

3 INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Commission from teaching	900	5,000
Course fees	20,863	28,813
Grant	17,500	-
	=====	=====
	39,263	33,813
	=====	=====

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

4 TOTAL RESOURCES EXPENDED

Cost of generating funds

	2021	2020
	£	£

Unrestricted

Event Fund Raising	-	-
	-----	-----

Charitable activities

	2021	2020
	£	£

Unrestricted activities

Course fees	10,775	11,293
Teaching commissions and royalties	-	3,078
Teaching project expenses	-	1,117
Hire of rooms	1,029	2,680
Donations	797	400
	-----	-----
	12,601	18,568
	-----	-----

Restricted funds

Course fees	-	3,524
	-----	-----
	12,601	22,092
	-----	-----

Governance costs

	2021	2020
	£	£

Unrestricted funds

Office expenses	1,773	1,208
Administration and consultancy fees	6,000	7,500
Promotional expenditure	6,598	4,556
Bank charges	439	78
Travel and subsistence	1,605	6,723
Insurance	677	696
Independent examiners fees	960	930
Legal and professional fees	168	720
Loan interest	231	303
Depreciation	180	180
	-----	-----
	18,631	22,894
	-----	-----

DAVID LYNCH FOUNDATION UK
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NOTES (CONTINUED)

4 TOTAL RESOURCES EXPENDED (continued)

	2021	2020
	£	£
Restricted funds		
Office expenses	-	22
Travel and subsistence	-	13,524
	-----	-----
	-	13,546
	-----	-----
	18,631	36,440
	-----	-----

There were no employees in the year ended 28 February 2021. (2020: Nil).

5 TRANSACTIONS WITH TRUSTEES

No trustee received any remuneration in the year.

In the year one trustee in her role of Executive Director received £6,000 for administration and consultancy fees. (2020: £7,500).

No Trustees (2020: None) were reimbursed expenses for travel, subsistence and office costs incurred on behalf of the charity (2020: £Nil).

6 NET RESOURCES EXPENDED FOR THE YEAR

This is stated after charging:	2021	2020
	£	£
Executive Director's fees	6,000	7,500
Depreciation	180	180
Independent Examiner's fee	960	930
	=====	=====

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NOTES (CONTINUED)

7 TAXATION

No charge to corporation tax arises as the company is a registered charity and is exempt under s505 of the Income and Corporation Taxes Act 1988.

8 INTANGIBLE FIXED ASSETS

	Trademarks
COST	£
As at 28 February 2020 and 28 February 2021	1,800
DEPRECIATION	
At 28 February 2020	450
Charge for the year	180
At 28 February 2021	630
	- - - - -
NET BOOK VALUE	
At 28 February 2021	1,170
	=====
At 28 February 2020	1,350
	=====

9 TANGIBLE FIXED ASSETS

	Website
COST	£
As at 28 February 2020 and 28 February 2021	971
DEPRECIATION	
Brought forward at 1 March 2020	971
Charge for the year	-
At 28 February 2021	971
NET BOOK VALUE	
At 28 February 2021	-
	=====
At 28 February 2020	-
	=====

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NOTES (CONTINUED)

10 DEBTORS

	2021	2020
	£	£
Gift aid on Just Giving donations	475	-
	===	===

11 CREDITORS

Amounts falling due within one year

	2021	2020
	£	£
Loan	750	2,400
Other creditors	3,246	1,680
	<u>3,996</u>	<u>4,080</u>
	=====	=====

11 CREDITORS

Amounts falling due after more than one year

	2021	2020
	£	£
Loan	<u>12,181</u>	<u>10,501</u>

The amount repayable by instalments after 5 years is £5,607.

12 ANALYSIS OF NET LIABILITIES BETWEEN FUNDS

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Intangible fixed assets	1,170	-	1,170	1,350
Net current assets	37,999	-	37,999	5,930
Creditors falling due after more than one year	(12,181)	-	(12,181)	(10,501)
	<u>26,988</u>	<u>-</u>	<u>26,988</u>	<u>(3,221)</u>
	=====	=====	=====	=====
	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
Intangible fixed assets	1,350	-	1,350	1,530
Net current assets	5,930	-	5,930	(245)
Creditors falling due after more than one year	(10,501)	-	(10,501)	(12,998)
	<u>(3,221)</u>	<u>-</u>	<u>(3,221)</u>	<u>(11,713)</u>
	=====	=====	=====	=====

DAVID LYNCH FOUNDATION UK
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YEAR ENDED 28 FEBRUARY 2021

NOTES (CONTINUED)

13 MOVEMENT IN FUNDS

	At 28 February 2020 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 28 February 2021 £
Unrestricted funds	(3,221) =====	61,441 =====	(31,232) =====	- =====	26,988 =====
	At 28 February 2019 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 28 February 2020 £
Unrestricted funds	(11,713)	49,954	(41,462)	-	(3,221)
Restricted funds	-	17,070	(17,070)	-	-
	----- (11,713) =====	----- 67,024 =====	----- (58,532) =====	----- - =====	----- (3,221) =====

14 CAPITAL COMMITMENTS

The company had no capital commitments at 28 February 2021 or 28 February 2020.

15 CONTINGENT LIABILITIES

The company had no contingent liabilities at 28 February 2021 or at 28 February 2020.

16 CONTROLLING PARTY

The charity is controlled by the Trustees.

17 RELATED PARTY TRANSACTIONS

- a) One trustee of the David Lynch Foundation UK is also the Chief Executive of the Maharishi Foundation. In the year ended 28 February 2021 the David Lynch Foundation UK received £900 in support of its promotional activities that resulted in many people taking courses offered by Maharishi Foundation.
- b) By virtue of one common trustee and certain related objects and activities, the David Lynch Foundation UK is connected to the Spiritual Regeneration Movement of Great Britain. The Spiritual Regeneration Movement of Great Britain lent the charity £25,000 as a start-up loan in December 2013. Interest is charged at a rate of 3 per cent above base rate. At 28 February 2021 the amount of loan outstanding was £12,017.