

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
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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 (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:

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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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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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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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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/UmxxkvqhEyurHbSNR8>.

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
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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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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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APPENDIX 3

25 February 2022

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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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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
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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>

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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.

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
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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 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 Section s 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 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, reading "Deirdre Parsons". The signature is written in a cursive, flowing style.

Deirdre Parsons
Director

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 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
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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

	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
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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
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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
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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 2021 and 28 February 2022	1,800
	<hr/>
DEPRECIATION	
At 28 February 2021	630
Charge for the year	180
At 28 February 2022	810
	<hr/>
NET BOOK VALUE	
At 28 February 2022	990
	<hr/>
At 28 February 2021	1,170
	<hr/>

9 TANGIBLE FIXED ASSETS

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

DAVID LYNCH FOUNDATION UK
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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>
	=====	=====	=====	=====

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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.

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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.