

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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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

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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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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.

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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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“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

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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

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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)

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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

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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

	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
	=====	=====

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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
	-----	-----

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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
	=====	=====

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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
	<hr/>
DEPRECIATION	
At 28 February 2022	810
Charge for the year	180
	<hr/>
At 28 February 2023	990
	<hr/>
NET BOOK VALUE	
At 28 February 2023	810
	<hr/>
At 28 February 2022	990
	<hr/>

9 TANGIBLE FIXED ASSETS

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

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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>
	=====	=====	=====	=====

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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.