

Private and Confidential

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

Dear Sirs

CONFIRMATION OF REPRESENTATIONS

David Lynch Foundation

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

1. General

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

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

6. Internal control and fraud

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

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

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

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

8. Going concern

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

9. Laws and regulations

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

10. Assets and liabilities

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

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

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

13. Accounting estimates

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

14. Legal claims

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

15. Transactions with related parties

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

16. Subsequent Events

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

17. Grants and donations

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

18. Electronic publication of accounts

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

19. Specific representations

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

20. Specific recommendations by MHA agreed

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

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

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

Yours faithfully

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

Signed on behalf of the trustees:

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

Registered number: 07933959
Charity number: 1146643

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 28 FEBRUARY 2025

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

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

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

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

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

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

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

The charity also offers financial support to bring Transcendental Meditation to stressed teachers and students and the introduction of "Quiet Time with Transcendental Meditation" to schools across the UK.

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

Teaching Transcendental Meditation to those experiencing traumatic and chronic stress

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

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

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

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

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

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

Objectives and activities (continued)

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

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

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

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

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

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

Our approach – TM resilience management programme

A three phased programme including:

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

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

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

Benefits:

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

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

Working with Asylum-Seeking Populations and Refugees

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

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

Objectives and activities (continued)

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

Our Approach:

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

Benefits:

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

Children, Young Adults, Teacher and Schools

Traumatic stress: the silent epidemic amongst the young

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

Our approach - Quiet Time with Transcendental Meditation

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

Benefits

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

Armed Forces Veterans and Military Personnel

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

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

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

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

Objectives and activities (continued)

Our approach - Operation Warrior Wellness (OWW)

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

The TM-based Resilient Warrior Programme

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

Benefits

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

The Homeless – re-entry programme

Addressing the rising tide of homelessness in the UK:

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

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

Our approach

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

Benefits

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

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

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

Objectives and activities (continued)

Rehabilitation for Prisoners and Young Offenders

Breaking the cycle:

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

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

Our approach - Freedom Behind Bars

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

Benefits

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

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

Families and Communities

Resolving crises in families and communities:

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

Our approach - simple natural effortless meditation

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

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

Benefits

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

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

Objectives and activities (continued)

b. Activities undertaken to achieve objectives

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

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

Tribute to David Lynch

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

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

Research on the benefits of TM

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

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

Public Engagement and Events

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

Retreats

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

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

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

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

Fundraising, Partnerships and Collaborations

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

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

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

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

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

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

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

Objectives and activities (continued)

Goals for the Coming Year

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

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

Achievements and performance

Financial review

a. Going concern

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

b. Reserves policy

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

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

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

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

c. Other financial information

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

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

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

Structure, governance and management**a. Constitution**

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

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

b. Methods of appointment or election of Trustees

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

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

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

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

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

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

Structure, governance and management (continued)

c. Organisational structure and decision-making policies

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

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

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

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

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

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

Date: December 23, 2025

Dr Peter Warburton

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

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

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

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed: *Cara Miller*

Dated: December 23, 2025

Cara Miller ACCA

MHA

910 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

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

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

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

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

BALANCE SHEET
AS AT 28 FEBRUARY 2025

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

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

BALANCE SHEET (CONTINUED)
AS AT 28 FEBRUARY 2025

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

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

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

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

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

Date: December 23, 2025

Dr Peter Warburton

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

1. General information

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

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

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

The financial statements are rounded to the nearest pound sterling.

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

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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

2.2 Income

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

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

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.3 Going Concern

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

2.4 Expenditure

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

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

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

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

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.6 Intangible assets and amortisation

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

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

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

Amortisation is provided on the following bases:

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

2.7 Cash at bank and in hand

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

2.8 Liabilities and provisions

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

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

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

2.9 Financial instruments

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.10 Fund accounting

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

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

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

3. Income from donations and legacies

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

4. Income from charitable activities

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

5. Investment income

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

6. Analysis of grants

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

7. Analysis of expenditure on charitable activities

Summary by fund type

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Grant funding of activities 2025 £	Support costs 2025 £	Total funds 2025 £
Teaching commission	30,382	3,671	51,863	85,916

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2025 £	Total funds 2025 £
Project expenses	2,705	2,705
Course fees	24,383	24,383
Hire of rooms	3,294	3,294
	<u>30,382</u>	<u>30,382</u>
	Activities 2024 £	Total funds 2024 £
Project expenses	10,790	10,790
Course fees	19,654	19,654
Hire of rooms	1,601	1,601
	<u>32,045</u>	<u>32,045</u>

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs

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

9. Independent examiner's remuneration

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

10. Trustees' remuneration and expenses

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

11. Intangible assets

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

12. Creditors: Amounts falling due within one year

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

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

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

14. Statement of funds

Statement of funds - current year

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

14. Statement of funds (continued)

Funds descriptions

Restricted funds

Emergency Services resilience programme

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

Military project & Veterans project

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

Norfolk Fire service

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

Welcome to Norfolk

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

Inchrye Trust

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

14. Statement of funds (continued)

Statement of funds - prior year

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

15. Summary of funds

Summary of funds - current year

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

15. Summary of funds (continued)

Summary of funds - prior year

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

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

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

Analysis of net assets between funds - prior year

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

DAVID LYNCH FOUNDATION UK
(A Company Limited by Guarantee)

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

17. Related party transactions

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

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

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

18. Controlling party

The charity is controlled by the Trustees.