

**CHARITY REGISTERED NUMBER: 1155777**

**SPIRITUAL COMPANIONS TRUST  
RECEIPT AND PAYMENTS ACCOUNTS  
FOR THE YEAR ENDED 31 DECEMBER 2020**

**SPIRITUAL COMPANIONS TRUST**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

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**SPIRITUAL COMPANIONS TRUST**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**  
**CHARITY REGISTRATION NUMBER 1155777**

**The charity's principal address is:**

48 Roman Way  
Glastonbury  
Somerset  
BA6 8AD

**Names of the charity trustees:**

Peter Brown  
Ila Mazumdar  
Carl Stonier  
Linda Toms  
Dorothy Turner  
Heather K. Veitch  
Tracy Wheeler

**Structure, governance and management**

The governing document is that of a Charitable Incorporated Organisation and was registered with the Charity Commission on 13 February 2014. Its trustees are appointed at trustee meetings. The trustees have appointed a Chief Executive to run the charity in accordance with the charity's objectives and who directly reports to the trustees. Chief Executive fees for consultancy and expenses totalling £2,450 were paid during the year.

**Objectives and activities**

To advance education and training in the practice of spiritual companionship; in particular but not exclusively, to professionals and voluntary carers with the purpose of the relief of the sick and vulnerable.

In planning and monitoring our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee and executive meetings. The focus of our activities remains the development of educational programmes and resources in the field of a holistic approach to pastoral care and multifaith chaplaincy. This benefits carers and those for whom they care. The skills and resilience of carers, volunteer and professional, are improved and the care received by those in need is enhanced. We develop these programmes and resources in a way that welcomes diversity and is fully inclusive, working with all people regardless of personal background, faith, gender or personal circumstances. This holistic approach to compassion in action enriches the lives of professional and volunteer carers, leading to enhanced care for those in need.

**SPIRITUAL COMPANIONS TRUST**  
**TRUSTEES' ANNUAL REPORT CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**  
**CHARITY REGISTRATION NUMBER 1155777**

**Achievement and performance**

*Covid and Lockdown*

Our ability to maintain our normal educational operations were completely derailed by the Covid crisis and lockdown. This meant that all our courses and in-person events for 2020 were cancelled or postponed.

*Spiritual Companions*

During the year we supported the personal and professional development of **342** individuals within our network through regular email newsletters, webinars on spiritual health and meditation, and support for Home Groups. We also inaugurated a once-a-week online wellbeing meditation, which supports a large group of over forty people.

*Education*

As we wrote above in the opening paragraph, lockdown made it impossible to run any of our usual in-person courses or events. Nevertheless we made substantial developments in planning an online delivery of our qualification, which is scheduled for launch in Autumn 2021.

*Your Spiritual Health Programme*

We continued to distribute our 40-page publication in hard copy and in digital PDF form. Over 1000 printed copies were distributed. At the same time we began to offer an online version of the course. Towards the end of 2020 we received a small Lottery grant to support a focused delivery of the programme in Norwich and surrounding areas; and to create resources for the digital offer. Both these projects are due for completion by Summer 2021.

*Publications*

Downloads of the PDFs of our two resources 'Meditation Masterclass' and 'Spirituality and Mental Health' continued throughout 2020.

*Policies and Financial Review*

In line with the requirements for being a centre that delivers a qualification on the Ofqual Register we further developed and updated all our policies which can be found listed on this web page: <https://spiritualcompanions.org/downloads-policies/>

In relation to our finances, we thus far have insufficient reserves to merit the development of a reserves policy. We will develop the appropriate policy if and when our income substantially exceeds expenditure and we have reserves.

The trustees declare that they approved the trustees' report above.

Signed on behalf of the Charity Trustees

Trustee name: Peter Brown

Date: .....2021

**SPIRITUAL COMPANIONS TRUST**

**RECEIPTS AND PAYMENTS ACCOUNTS**

**FOR THE YEAR ENDED 31 DECEMBER 2020**

	2020 £ Unrestricted Funds	2020 £ Restricted Funds	2020 £ Total Funds	2019 £ Total Last year
<b>Receipts</b>				
Benefactor donations	6,330	-	6,330	7,766
Registration fees	850	-	850	7,736
Event and other income	680	-	680	1,193
Bank interest	20	-	20	64
Grants	-	9,050	9,050	-
	<hr/>	<hr/>	<hr/>	<hr/>
	7,880	9,050	16,930	16,759
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Payments</b>				
Office rent	2,340	-	2,340	2,340
Room and venue hire	224	-	224	895
Chief executive wages	2,200	-	2,200	8,200
Administrative wages	10,882	-	10,882	14,403
Consultancy	2,279	-	2,279	1,625
Telephone and broadband	123	-	123	111
General office expenses	625	85	710	1,442
Materials and handouts	465	466	931	2,071
Course development	33	-	33	-
Advertising and marketing	-	-	-	3,653
Website costs	2,064	-	2,064	3,286
SC trust membership and insurance	851	-	851	211
Registration fees	250	-	250	3,360
Bank and paypal fees	142	-	142	209
Executive team expenses	250	-	250	358
Travel expenses	118	-	118	329
Accountancy	400	-	400	650
Fixed asset depreciation 100%	-	-	-	230
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	(23,246)	(551)	(23,797)	(43,373)
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Net (payments) receipts for the year	(15,366)	8,499	(6,867)	(26,614)
Transfers between funds	-	-	-	-
Cash funds last year end	34,415	-	34,415	61,029
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<b>Cash funds this year end</b>	19,049	8,499	27,548	34,415
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**SPIRITUAL COMPANIONS TRUST**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**AS AT 31 DECEMBER 2020**

	2020 £ Unrestricted Funds	2020 £ Restricted Funds	2020 £ Total Funds	2019 £ Total Last year
<b>Monetary assets</b>				
Bank and cash in hand	19,049	8,499	27,548	34,415
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Net current assets</b>	19,049	8,499	27,548	34,415
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total assets less liabilities</b>	19,049	8,499	27,548	34,415
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Represented by:</b>				
<b>Cash funds</b>				
Cash funds for the year	19,049	8,499	27,548	34,415
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Balance as at 31 December 2020</b>	19,049	8,499	27,548	34,415
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Read and approved .....2021

Trustee name: Peter Brown

On behalf of  
Spiritual Companions Trust

**SPIRITUAL COMPANIONS TRUST**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**1. Tangible fixed assets**

**Office equipment**

Cost at 1 January 2020	3,565
Additions	-
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Cost at 31 December 2020	3,565
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Depreciation 1 January 2020	3,565
Charge	-
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Depreciation at 31 December 2020	3,565
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NBV at 31 December 2020	-
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NBV at 31 December 2019	-
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**2. Particulars of any guarantees given by the CIO**

There are no potential liabilities under any guarantee outstanding at the date of the statement of assets and liabilities.

**3. Particulars of any debt outstanding**

There is no debt outstanding at the date of the statement of assets and liabilities which is owed by the CIO and which is secured by an express charge on any of the assets of the CIO.