

THE SUNDIAL HOUSE GROUP & THE INTERNATIONAL GROUP FOR CREATIVE MEDITATION

England & Wales - Charity number 1158521

Details

Other names THE SUNDIAL HOUSE GROUP

Status Registered

Legal form CIO

Registered 2014-09-10

Register [View on the Charity Commission register](#)

Contact

Address Poplars Cottage
Churchland Lane
Sedlescombe
Battle
TN33 0PF

Phone 01424870031

Email sundialcentre@btinternet.com

Website www.creativegroupmeditation.org

Activities

Objects: THE PROMOTION AND PROTECTION OF GOOD HEALTH OF THE GENERAL PUBLIC BY THE PROVISION OF INFORMATION AND TRAINING IN CREATIVE MEDITATION.

Activities: A correspondence training course in creative meditation is offered annually and works with the laws and principles of everyday living to build and bring new patterns of thought into being for the benefit of all peoples. Creative Meditation events and retreats are offered locally and internationally.

Classification

- **How:** Other Charitable Activities
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£3,055	£3,922	-	-
2023-12-31	£3,061	£5,078	-	-
2022-12-31	£3,584	£4,280	-	-
2021-12-31	£7,163	£3,599	-	-
2020-12-31	£6,388	£5,408	-	-

Trustees

Name	Role	Appointed
JANET ANN DERWENT BSC	Chair	2017-10-10
Dr Mayte Gomez		2021-03-29
Lorraine Mary Flower Miss		2022-09-26

Accounts

The Sundial House Group & The International Group for Creative Meditation

Registered Charity Number: 1158521

Trustees' Annual Report and Financial Statements

for the period

1 January 2024 - 31 December 2024

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Organisational information
Trustees' Annual Report
Receipts & Payments account
Statement of Assets & Liabilities
Independent Examiner's report

Hastings Voluntary Action
Jackson Hall
Portland Place
Hastings
East Sussex
TN34 1QN

Organisational information of the Sundial House Group & The International Group for Creative Meditation

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024

Name of charity:	The Sundial House Group & The International Group for Creative Meditation
Principal Address:	Poplars Cottage, Churchland Lane, Sedlescombe, Battle, East Sussex, TN33 0PF
Registered charity number:	1158521
Governing document:	CIO - Foundation Registered at Charity Commission on 10 Sep 2014, amended on 06 Jul 2021
Trustees:	Janet Derwent – Secretary & Chair Mayte Gómez Lorraine Flower – Treasurer
Lead Co-Ordinator:	Janet Derwent
Bankers:	HSBC, 100 High Street, Tonbridge, Kent, TN9 1AN
Independent Examiner:	Laura Dawson, Finance Manager HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Sundial House Group & The International Group for Creative Meditation became a Registered Charity on 10 September 2014. Its Registered Charity Number is 1158521

Objects & Purpose

The Sundial House Group & The International Group for Creative Meditation sets out to educate and train the general public and humankind in the use and application of creative meditation. The purpose of which is the promotion and protection of the good health of the general public by the provision of this information and training

The Sundial House Group & The International Group for Creative Meditation works to advance spiritual growth and a spiritual orientation in the world through education into the Laws and Principles of Everyday Living and the development of meditation training and associated ideas

Public Benefit

In writing their trustees report, the trustees have given due regard to the guidance of the charity Commission on public benefit.

Members

Members of The Sundial House Group are deemed to be those students and co-workers who are working with the creative meditation materials

The Trustees

The trustees who held office throughout the period are shown on the information page. Trustees are appointed to serve until such time as they choose to resign or retire.

Review of Activities

Sundial House's main programme – known as the International Group for Creative Meditation (IGCM) – is dedicated to the study of six Spiritual Laws and Principles. Eleven participants – divided into three email groups – practised Creative Meditation and studied the Laws and Principles throughout any given month, then wrote a monthly report read by all members of their own e-groups. Two of these e-groups have been functioning for many years. A team of two international co-workers have been in charge of responding to the reports and creating a group synthesis. This year the three Trustees created a third group, in which they take turns to write the synthesis. The five facilitators meet every two months for an Inter-Vision meeting.

Also every two months, the whole group has met online for a Transition Meditation. In December, there was a Re-dedication meeting.

Sundial House's second programme, the Training in Group Creative Meditation (TGCM) is a preliminary training offered to those wishing to join the group above. In 2024, ten students joined the programme. Each student received the support of a mentor, who is a member of the IGCM. Two trustees focalised this work, offering online meetings for students as well as Inter-Vision sessions for mentors. Further support for new mentors was offered in 2024, with the second year of a "Buddying" programme.

Sundial House has continued to offer monthly Full Moon creative meditation meetings. A psychological astrological approach is being adopted at this time as we review and discuss the journey undertaken by Hercules through the zodiacal pathway.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024, Continued

Monthly Agni Yoga meetings have also been held. The three members of the Board and four other co-workers meet in order to share the readings from the Agni Yoga books, meditate together and share insights.

The administration of the correspondence training programme and all work undertaken by the Group complies with data protection requirements.

All meetings have been held in ZOOM, which is both economical and efficient. Working this way is cultivating a group consciousness and ensures the quality of the services being provided.

In relation to publications and administrative tasks: we initiated the conversion of old magnetic audio tapes onto USB resource. This took place from April to September 2024. During 2024, Sundial House continued with the production and sale of the Sundial House Publications, and introductory Creative Meditation Papers.

Sundial House Workshops & Online Events offered during 2024
SDH Agni Yoga Group began meeting on the last Thursday of each month 25.01.2024
Bimonthly online Transition Meditation Meetings began 21.02.2024
New York Expedition - UN, Agni Yoga Museum, The Hill, 2025 Initiative 30.05-08.06.2024
SDH Workshop at Celebration of Roberto Assagioli's Work - Venice 20 - 24.10.2024
Preparation and Planning for an IGCM Online Mission Meeting began 21.10.2024
International Group for Creative Meditation Online Rededication Meeting 21.12.24

The group's main income is generated from the training courses and study events that have a recommended donation fee attached. Some bursaries are available for those needing support to take part in the correspondence courses.

International – Inter Group Activities

Throughout 2024 bimonthly online discussion and meditation meetings of the IACM (International Association for Creative Meditation) continued to take place.

The Sundial House Group continues to work with Meditation Groups Inc., Meditation Mount, CA, USA and The Community of Living Ethics, Italy and other Creative Meditation Group Leaders in New Zealand, Brazil, Portugal, Spain and Germany.

The three members of the board travelled to Venice (Italy) from 24th to 27th October, to participate in the XV Psychosynthesis International Congress where they delivered a workshop on the Laws and Principles of the New Era

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024, Continued

SDH Strategy

During 2024 the Trustees undertook significant work on its longer term plan which focused on the following:

- Preparation by the Trustees for the leadership of Sundial House Group in the future.
- Greater involvement of Co-workers to enable expansion and growth of the worldwide Creative Meditation work
- Deepening the collective group field to respond effectively to global changes affecting Humanity and the Planet.

This work included:

- A series of Trustee Retreats as well as a spiritual journey to New York to visit and meditate at the Nicolas Nicolas Roerich Museum and visit international groups affiliated with ours; Lucis Trust, 2025 Initiative, the Hill Centre.
- The planning for and launch of a series of 'Mission meetings' with Co-workers to engage them in the unfolding strategy and build engagement and support.
- Practical clearing and reorganising of the archives, books and storage of Sundial House materials.

Sundial House Office & Website

The Sundial House Website www.creativegroupmeditation.org continues to be refreshed as new materials are uploaded for public sharing. The Ripplenet Web Designer Timothy Read continues to manage these adjustments on behalf of the group.

Stock of group materials

A decision was made to keep 15-20 copies of our books in print, disposing of the remainder, and to start converting all texts to PDF. Four books were converted this year (2024): Jacob's Ladder, The 7 Rays of Energy, Meditation and Rhythm of the Year and the works of Djwhal Khul. This is the strategy being adopted for all remaining books.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024

The trustees of The Sundial House Group present its annual report and financial statements for the year

Reserves

At the Balance Sheet date The Sundial House Group had free reserves (i.e. excluding fixed assets and stock) amounting to £22,146.32. The trustees are satisfied that this is sufficient to meet the needs of The Sundial House Group for the forthcoming financial year.

Risk Assessment

The trustees have identified and reviewed the risks both financial and non-financial to which The Sundial House Group might be exposed. They have taken steps to mitigate the impact of such risks.

Trustees' Responsibilities

Laws applicable to non-profit making organisations in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the Trust's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable Accounting Standards and Statements of Recommended Practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the Trust will continue in operation.

The trustees are responsible for keeping proper accounting records, which disclose, with reasonable accuracy, the financial position of the Trust, and which enable them to both ascertain the financial position of the Trust and ensure that the financial statements comply with relevant legislation. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are satisfied that working with advice from the group Accountants they have achieved these requirements in principle.

This report was approved by the Board of Trustees on 5th September 2025



Janet A. Derwent
Secretary & Chairperson

The Sundial House Group & The international Group for Creative Meditation

Receipts & Payment accounts

for the period

01 January 2024 to **31 December 2024**

	Current Year			Previous Year
	Unrestricted	Restricted	Total funds	Total
<u>Receipts</u>				
General Donations	-	430.00	430.00	587.00
Donations towards Running Cos	-	-	-	25.00
Misc Income	-	95.00	95.00	150.60
Interest	-	393.01	393.01	319.74
Courses	-	1,141.50	1,141.50	1,692.78
Books, Compilations,MP3 Reco	-	663.65	663.65	148.83
Sales & Sales Postage	-	331.34	331.34	137.94
TOTAL RECEIPTS	-	3,054.50	3,054.50	3,061.89
<u>Expenditure</u>				
Computer Costs	-	1,807.05	1,807.05	2,353.09
Retreat Provisions	-	-	-	71.10
Printing, Postage & Stationary	-	446.14	446.14	257.24
Publications	-	40.18	40.18	718.35
Accountancy	-	150.00	150.00	697.00
Other Professional Services	-	60.00	60.00	-
Repairs & Refurbishment	-	260.00	260.00	-
Equipment Hire	-	648.00	648.00	-
Workshop Expenses	-	-	-	516.30
Donation	-	341.00	341.00	259.78
Sundry Expenses	-	46.91	46.91	83.08
PayPal Expenses	-	58.36	58.36	60.76
Bank Charges	-	64.51	64.51	61.60
TOTAL PAYMENTS	-	3,922.15	3,922.15	5,078.30
Net surplus/-deficit	0.00	-867.65	-867.65	-2,016.41
Movement in funds	-	-	-	
Fund balances b/f 1/1/24		23,013.97	23,013.97	25,030.38
Fund balances c/f 31/12/24	-	22,146.32	22,146.32	23,013.97

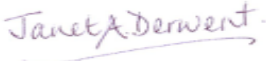
The Sundial House Group & The international Group for Creative Meditation

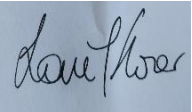
Statement of Assets & Liabilities as at 31 December 2024

	2024	2023
<u>Investment Assets</u>		
Deposit Account	19,705.27	20,220.46
<u>Current assets</u>		
Current Account @ 31/12/24	1,193.35	2,091.73
PayPal Account @ 31/12/24	1,157.62	548.68
WISE Ltd @ 31/12/24	90.08	-
Accounts Receivable		173.50
Less uncashed cheques	22,146.32	23,034.37
<u>less Current liabilities</u>		
Accounts Payable	22,146.32	20.40
	22,146.32	23,013.97
<u>Represented by:</u>		
Accumulated Fund b/f	23,013.97	25,030.38
Surplus/deficit of receipts over payments	-867.65	-2,016.41
	22,146.32	23,013.97

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments account and Statement of Assets and Liabilities.

These financial statements are accepted on behalf of the charity by:

Signed  Dated 5th September 2025
Janet Derwent, Secretary & chairperson

Signed  Dated 5th September 2025
Lorraine Flower, Treasurer

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31ST DECEMBER 2024

1. Receipts and Payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Trustees' remuneration and benefits

Trustees received no remuneration or benefits in this period

Trustees' expenses

During the year there were no expenses paid to Trustees.

3. Previous period comparison

The financial year end of the charity is 31st December 2024. The previous period's figures have been included for comparison.

4. Restricted fund

These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

5. Utilities/Office Accommodation Costs

The operational office costs (heating, lighting, telephone, broadband) are all covered by the Chair as a donation. This year that donation is estimated at £800 and represents expenses that would have to be covered by the Charity if it was located elsewhere than in the grounds of the Chair's residence.

Independent Examiner's Report to the Committee of The Sundial House Group & The international Group for Creative Meditation

I report on the accounts of The Sundial House Group & The international Group for Creative Meditation
for the twelve month period ended 31st December 2024

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Laura Dawson
Finance Manager
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 9th September 2025

Accounts

The Sundial House Group & The International Group for Creative Meditation

Registered Charity Number: 1158521

Trustees' Annual Report and Financial Statements

for the period

1 January 2023 - 31 December 2023

Contents:

**Organisational information
Trustees' Annual Report
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**Hastings Voluntary Action
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Organisational information of the Sundial House Group & The International Group for Creative Meditation

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2023

Name of charity:	The Sundial House Group & The International Group for Creative Meditation
Principal Address:	Poplars Cottage, Churchland Lane, Sedlescombe, Battle, East Sussex, TN33 0PF
Registered charity number:	1158521
Governing document:	CIO - Foundation Registered at Charity Commission on 10 Sep 2014, amended on 06 Jul 2021
Trustees:	Janet Derwent – Secretary & Chair Mayte Gómez Lorraine Flower – Treasurer
Lead Co-Ordinator:	Janet Derwent
Bankers:	HSBC, 100 High Street, Tonbridge, Kent, TN9 1AN
Independent Examiner:	Laura Dawson, Finance Manager HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2023

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2023, Continued

Reserves

At the Balance Sheet date The Sundial House Group had free reserves (i.e. excluding fixed assets and stock) amounting to £23,013.97. The trustees are satisfied that this is sufficient to meet the needs of The Sundial House Group for the forthcoming financial year.

Risk Assessment

The trustees have identified and reviewed the risks both financial and non-financial to which The Sundial House Group might be exposed. They have taken steps to mitigate the impact of such risks.

Trustees' Responsibilities

Laws applicable to non-profit making organisations in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the Trust's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

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This report was approved by the Board of Trustees on...*4th Oct*..... 2024

Janet A. Derwent
Secretary & Chairperson

Janet A. Derwent.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2023

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2023, Continued

International – Inter Group Activities

In the Summer of 2023, two Trustees, Janet Derwent and Mayte Gómez, participated in the Summer School of the newly-created European Psychosynthesis Association, held from June 28th to July 2nd in Mullsjö, Sweden. They delivered a workshop entitled “A Creative Meditation on the Process of Psychosynthesis”, which was timetabled twice in the School programme, and which a total of 52 people attended, offering very positive feedback.

Throughout 2023 bimonthly online discussion and meditation meetings of the IACM (International Association for Creative Meditation) continued to take place.

The Sundial House Group continues to work with Michael Lindfield, Meditation Groups Inc., Meditation Mount, CA, USA and Marina Bernardi, The Community of Living Ethics, Italy and other Creative Meditation Group Leaders in New Zealand, Brazil, Portugal, Spain and Germany.

Inner Development - Trustees

From 1st to 3rd of December 2023, the Trustees held a special weekend residential meeting, to review the organisation’s Purpose and Mission. This led to a rich discussion on the organisation’s essence, its methodologies, and how the Trustees see the organisation cooperating with other groups in the immediate future.

It was agreed that the Trustees would meet again for a residential week during Easter 2024, to discuss SDH’s “Transition” more in depth, and to revise and re-organise all printed material, as well as to review the historical archive.

Sundial House Office & Website

The Sundial House Website www.creativegroupmeditation.org continues to be refreshed as new materials are uploaded for public sharing. The Ripplenet Web Designer Timothy Read continues to manage these adjustments on behalf of the group.

Stock of group materials

The stock of the Sundial House materials were reviewed at the end of 2023 and a plan developed to dispose of 95% of hard copy books and papers as these are no longer in demand being replaced by electronic pdf versions. The interest in purchasing the SDH books and compilations continued to decrease during 2023.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2023

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2023, Continued

The Inter-Vision Sessions have continued to be available to the 2 IGCM Facilitators. The Inter-Vision Sessions for the TGCM Mentors have also been offered along with individual support when needed. This way of meeting via teleconferencing, reviewing and exchanging ideas continues to supply a quality service and develop a cohesive group field.

Additional Continuing Development was offered to all mentors in the TGCM programme, in the form of three Study Days. This programme was part of a renewed commitment on the part of the Trustees to offer continuing development to the team of mentors.

Modifications to the meditation reporting form for the IGCM are ongoing and these were introduced with the intention of supporting and encouraging a deeper understanding of the work.

The bimonthly IGCM creative meditation meetings continued at or around the 21st of the month when the group meditation work transitioned into the new Law or Principle. These meetings are facilitated by Susan Green, Maria Davey and Janet Derwent on behalf of the group service.

Monthly Full Moon creative meditation meetings continued, facilitated by Susan Green, Janet Derwent and Savina Miller. Tracing the journey of Hercules and his Labours through the year has symbolically indicated the nature of the individual and group psychological approach being adopted at this time.

The bimonthly online TGCM meeting has been developed by Mayte Gómez and Lorraine Flower and is now offered to all participants of the training course as an integral part of the creative meditation courses. These meetings are well attended and appreciated as they are designed to foster a growing awareness of the group consciousness and an understanding and recognition of the laws and principles of the soul working out locally and worldwide.

Sundial House Workshops & Online Events offered during 2023
SDH Agni Yoga Group continued meeting on the last Thursday of each month
Bimonthly online Transition Meditation Meetings continued every two months
Monthly Full Moon meditations ran throughout 2023
EPA– Sweden – Seminar - Embracing our Personalities – Liberating our Soul – 29.6 – 1.7.23
Mentors Study Day: “The Spirituality of Mentoring: Philosophy and Practice”. Online event - 11.2.2023
Mentors Study Day: “The Art of Mentoring. Part I” – Online Event - 8.7.2023
Mentors Study Day: “The Art of Mentoring. Part II”. Online Event – 14.10.2023
International Group for Creative Meditation Online Rededication Meeting 21.12.23
IACM – Bimonthly Meetings 20.2.23

Online events continued to be offered throughout 2023. The group's main income is generated from the training courses and study events that have a set-fee attached. Some bursaries are available for those needing support to take part in the correspondence courses.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2023

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Public Benefit

In writing their trustees report, the trustees have given due regard to the guidance of the charity Commission on public benefit.

Members

Members of The Sundial House Group are deemed to be those students and co-workers who are working with the creative meditation materials

The Trustees

The trustees who held office throughout the period are shown on the information page. Trustees are appointed to serve until such time as they choose to resign or retire.

Review of Activities

During the year under review, we continued with the production and sale of the Sundial House Publications, The Introductory Creative Meditation Papers, The Training Courses in Group Creative Meditation (TGCM) and The International Group for Creative Meditation (IGCM) which continued to work with its existing cohort of students and co-workers.

The training programme involving the management of student meditation reports and mentors' replies is co-ordinated, delivered and facilitated by Mayte Gómez and Lorraine Flower. The administration of the correspondence training programme and all work undertaken by the Group is managed enabling the SDH office to comply with data protection requirements. The SDH, TGCM & IGCM & Full Moon meetings continue to be managed via the ZOOM teleconferencing platform which is both economical and efficient. Working this way is cultivating a group consciousness and ensures the quality of the services being provided

Some 7 students began the correspondence Training Courses in Creative Meditation and 13 members of the Group for Creative Meditation for this period were working and supported by a team of 7 international mentors and facilitators.

The Sundial House Group & The international Group for Creative Meditation

Statement of Assets & Liabilities as at 31 December 2023

	2023	2022
<u>Investment Assets</u>		
Deposit Account	20,220.46	22,900.72
<u>Current assets</u>		
Current Account @ 31/12/23	2,091.73	533.02
PayPal Account @ 31/12/23	548.68	1,596.64
Cash in hand @ 31/12/23	-	-
Accounts Receivable	173.50	-
Less uncashed cheques	<u>23,034.37</u>	<u>25,030.38</u>
<u>less Current liabilities</u>		
Accounts Payable	<u>20.40</u>	<u>-</u>
	<u><u>23,013.97</u></u>	<u><u>25,030.38</u></u>
<u>Represented by:</u>		
Accumulated Fund b/f	25,030.38	25,726.00
Surplus/deficit of receipts over payments	-2,016.41	-695.62
	<u><u>23,013.97</u></u>	<u><u>25,030.38</u></u>

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments account and Statement of Assets and Liabilities.

These financial statements are accepted on behalf of the charity by:

Signed Janet A Derwent Dated 4th Oct 2024
Janet Derwent, Secretary & chairperson

Signed Lorraine Flower Dated 4th Oct 2024
Lorraine Flower, Treasurer

The Sundial House Group & The international Group for Creative Meditation

Receipts & Payment accounts

for the period

01 January 2023 to 31 December 2023

	Current Year			Previous Year
	Unrestricted	Restricted	Total funds	Total
Receipts				
Events, Retreats & Workshops	-	-	-	956.00
General Donations	-	587.00	587.00	962.92
Donations towards Running Cos	-	25.00	25.00	-
Misc Income/Sales Postage	-	150.60	150.60	73.96
Publishers Licensing Services	-	-	-	32.58
Interest	-	319.74	319.74	39.70
Courses	-	1,692.78	1,692.78	1,266.45
Books, Compilations, MP3 Reco	-	148.83	148.83	252.65
Sales & Sales Postage	-	137.94	137.94	
TOTAL RECEIPTS	-	3,061.89	3,061.89	3,584.26
Expenditure				
Computer Costs	-	2,353.09	2,353.09	1,337.04
Office Expenses & Overheads	-	-	-	200.50
Retreat Provisions	-	71.10	71.10	-
Printing, Postage & Stationary	-	257.24	257.24	1,795.94
Publications	-	718.35	718.35	-
Accountancy	-	697.00	697.00	782.00
Workshop Expenses	-	516.30	516.30	-
Donation	-	259.78	259.78	
Sundry Expenses	-	83.08	83.08	
PayPal Expenses	-	60.76	60.76	
Bank Charges	-	61.60	61.60	64.40
TOTAL PAYMENTS	-	5,078.30	5,078.30	4,279.88
Net surplus/-deficit	0.00	-2,016.41	-2,016.41	-695.62
Movement in funds	-	-	-	
Fund balances b/f 1/1/23		25,030.38	25,030.38	25,726.00
Fund balances c/f 31/12/23	-	23,013.97	23,013.97	25,030.38

**NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST DECEMBER 2023**

1. Receipts and Payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Trustees' remuneration and benefits

Trustees received no remuneration or benefits in this period

Trustees' expenses

During the year there were no expenses paid to Trustees.

3. Previous period comparison

The financial year end of the charity is 31st December 2023. The previous period's figures have been included for comparison.

4. Restricted fund

These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

5. Utilities/Office Accommodation Costs

The operational office costs (heating, lighting, telephone, broadband) are all covered by the Chair as a donation. This year that donation is estimated at £800 and represents expenses that would have to be covered by the Charity if it was located elsewhere than in the grounds of the Chair's residence.

Independent Examiner's Report to the Committee of The Sundial House Group & The international Group for Creative Meditation

I report on the accounts of The Sundial House Group & The international Group for Creative Meditation
for the twelve month period ended 31st December 2023

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


.....
Laura Dawson

Finance Manager
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 7/10/24

Accounts

**The Sundial House Group & The International
Group for Creative Meditation**

Registered Charity Number: 1158521

Trustees' Annual Report and Financial Statements

for the period

1 January 2022 - 31 December 2022

Contents:

Organisational information
Trustees' Annual Report
Receipts & Payments account
Statement of Assets & Liabilities
Independent Examiner's report

Hastings Voluntary Action
Jackson Hall
Portland Place
Hastings
East Sussex
TN34 1QN

Organisational information of the Sundial House Group & The International Group for Creative Meditation

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2022

Name of charity:	The Sundial House Group & The International Group for Creative Meditation
Principal Address:	Poplars Cottage, Churchland Lane, Sedlescombe, Battle, East Sussex, TN33 0PF
Registered charity number:	1158521
Governing document:	CIO - Foundation Registered at Charity Commission on 10 Sep 2014, amended on 06 Jul 2021
Trustees:	Janet Derwent – Secretary & Chair Paul Derwent – Treasurer (Deceased 09/2022) Mayte Gómez Lorraine Flower – Acting Treasurer (Appointed 09/22)
Lead Co-Ordinator:	Janet Derwent
Bankers:	HSBC, 100 High Street, Tonbridge, Kent, TN9 1AN
Independent Examiner:	Laura Dawson, Finance Manager HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2022

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Sundial House Group & The International Group for Creative Meditation became a Registered Charity on 10 September 2014. Its Registered Charity Number is 1158521

Objects & Purpose

The Sundial House Group & The International Group for Creative Meditation sets out to educate and train the general public and humankind in the use and application of creative meditation. The purpose of which is the promotion and protection of the good health of the general public by the provision of this information and training

The Sundial House Group & The International Group for Creative Meditation works to advance spiritual growth and a spiritual orientation in the world through education into the Laws and Principles of Everyday Living and the development of meditation training and associated ideas

Public Benefit

In writing their trustees report, the trustees have given due regard to the guidance of the charity Commission on public benefit.

Members

Members of The Sundial House Group are deemed to be those students and co-workers who are working with the creative meditation materials

The Trustees

The trustees who held office throughout the period are shown on the information page. Trustees are appointed to serve until such time as they choose to resign or retire. During 2021 Francesco Viglienghi resigned and Paul Derwent died at the end of August 2022.

Review of Activities

During the year under review, the production and sale of the Sundial House Publications, The Introductory Creative Meditation Papers, The Training Courses in Group Creative Meditation (TGCM) and The International Group for Creative Meditation (IGCM) continued to work with its existing cohort of students and co-workers.

The training programme involving the management of student meditation reports and mentors' replies is co-ordinated, delivered and facilitated by Mayte Gómez and Lorraine Flower. The administration of the correspondence training programme and all work undertaken by the Group is managed enabling the SDH office to comply with data protection requirements. The SDH, TGCM & IGCM & Full Moon meetings continue to be managed via the ZOOM teleconferencing platform which is both economical and efficient. Working this way is cultivating a group consciousness and ensures the quality of the services being provided

Some 12 students began the correspondence Training Courses in Creative Meditation and 12 members of the Group for Creative Meditation for this period were working and supported by a team of 7 international mentors and facilitators.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST DECEMBER 2022**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2022, Continued

The Inter-Vision Sessions have continued to be available to the 2 IGCM Facilitators. The Inter-Vision Sessions for the TGCM Mentors have also been offered along with individual support when needed. This way of meeting via teleconferencing, reviewing and exchanging ideas continues to supply a quality service and develop a cohesive group field.

Modifications to the meditation reporting form for the IGCM are ongoing and these were introduced with the intention of supporting and encouraging a deeper understanding of the work.

The bimonthly IGCM creative meditation meetings were introduced at or around the 21st of the month when the group meditation work transitioned into the new Law or Principle. These meetings are facilitated by Susan Green, Savina Miller and Maria Davey on behalf of the group service.

Monthly Full Moon creative meditation meetings are facilitated by Janet Derwent and Susan Green. A Huber Psychological Astrological approach is being adopted at this time.

A bimonthly online TGCM meeting has been developed by Mayte Gómez and Lorraine Flower and is now offered to all participants of the training course as an integral part of the creative meditation courses. These meetings are well attended and appreciated as they are designed to foster a growing awareness of the group consciousness and an understanding and recognition of the laws and principles of the soul working out locally and worldwide.

Sundial House Workshops & Online Events offered during 2022
SDH Agni Yoga Group began meeting on the last Thursday of each month 28.1.22
Monthly Research & Development Group meetings continued into January until May 2022
Bimonthly online Transition Meditation Meetings began 21.2.22
'Seeking the Transcendence of Synthesis' – Online Open Event – 15.10.22 – YouTube mp4
International Group for Creative Meditation Online Rededication Meeting 21.12.22
Monthly Full Moon meditations ran throughout 2022

Due to the Covid-19 pandemic and the lockdown restrictions and the social distancing requirements all residential retreats were postponed. However, the art of developing and delivering on-line events began in September 2020 and continued throughout 2022. Online events are offered adopting a gift economy approach when making donations. The group's main income is generated from the training courses and study events that have a set-fee attached. Some bursaries are available for those needing support to take part in the correspondence courses.

International – Inter Group Activities

Throughout 2022 bimonthly online discussion and meditation meetings of the IACM [International Association for Creative Meditation] continued to take place. The SDH Group Treasurer is no longer required to manage the funds for this international intergroup initiative.

The Sundial House Group continues to work with Michael Lindfield, Meditation Groups Inc., Meditation Mount, CA, USA and Marina Bernardi, The Community of Living Ethics, Italy and other Creative Meditation Group Leaders in New Zealand, Brazil, Portugal, Spain and Germany.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2022

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2022. (Continued)

Sundial House Office & Website

The Sundial House Website www.creative-you.com/education/ continues to be refreshed as new materials are uploaded for public sharing. The Ripplenet Web Designer Timothy Read continues to manage these adjustments on behalf of the group.

Stock of group materials

As the SDH books and compilations are no longer accounted for in the Balance Sheet and given the relatively small number of sales year on year we are looking at moving the books to electronic formats and then disposing of the vast majority of the remaining hard copies. The interest in purchasing the SDH books and Compilations continues to decrease and fell in 2022 by 241% compared to 2020 (we don't have a detailed breakdown for the sale of books for 2021).

Reserves

At the Balance Sheet date The Sundial House Group had free reserves (i.e. excluding fixed assets and stock) amounting to £25,030.38. The trustees are satisfied that this is sufficient to meet the needs of The Sundial House Group for the forthcoming financial year.

Risk Assessment

The trustees have identified and reviewed the risks both financial and non-financial to which The Sundial House Group might be exposed. They have taken steps to mitigate the impact of such risks.

Trustees' Responsibilities

Laws applicable to non-profit making organisations in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the Trust's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and,

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable Accounting Standards and Statements of Recommended Practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the Trust will continue in operation.

The trustees are responsible for keeping proper accounting records, which disclose, with reasonable accuracy, the financial position of the Trust, and which enable them to both ascertain the financial position of the Trust and ensure that the financial statements comply with relevant legislation. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are satisfied that working with advice from the group Accountants they have achieved these requirements in principle.

This report was approved by the Board of Trustees on 8-9- 2023

Janel A Denvent
Secretary & Chairperson

Janel A Denvent

The Sundial House Group & The international Group for Creative Meditation

Receipts & Payment accounts

for the period

01 January 2022 to **31 December 2022**

	Current Year			Previous Year
	Unrestricted	Restricted	Total funds	Total
Receipts				
Events, Retreats & Workshops	956.00	-	956.00	2,738.00
General Donations	962.92	-	962.92	2,517.00
Donations towards Running Cos	-	-	-	675.00
Misc Income/Sales Postage	73.96	-	73.96	94.00
Publishers Licensing Services	32.58	-	32.58	26.00
Interest	39.70	-	39.70	2.00
Courses	1,266.45	-	1,266.45	
Books, Compilations,MP3 Reco	252.65	-	252.65	-
Income 9	-	-	-	
TOTAL RECEIPTS	3,584.26	-	3,584.26	7,163.00
Expenditure				
Computer Costs	1,337.04	-	1,337.04	755.00
Office Expenses & Overheads	200.50	-	200.50	1,913.00
Course Expenses	-	-	-	-
Printing, Postage & Stationary	1,795.94	-	1,795.94	498.00
Publications	-	-	-	33.00
Accountancy	782.00	-	782.00	400.00
Sundry Expenses	-	-	-	
Bank Charges	64.40	-	64.40	
TOTAL PAYMENTS	4,279.88	-	4,279.88	3,599.00
Net surplus/-deficit	-695.62	0.00	-695.62	3,564.00
Movement in funds	-	-	-	
Fund balances b/f	1/1/22 25,726.00	-	25,726.00	22,162.00
Fund balances c/f	31/12/22 25,030.38	-	25,030.38	25,726.00

The Sundial House Group & The International Group for Creative Meditation

Statement of Assets & Liabilities as at 31 December 2022

	2022	2021
Investment Assets		
Deposit Account	22,900.72	19,261.00
Current assets		
Current Account @ 31/12/22	533.02	6,033.00
PayPal Account @ 31/12/22	1,596.64	152.00
Cash in hand @ 31/12/22	-	290.00
Accounts Receivable	-	259.00
Less uncashed cheques		
	<u>25,030.38</u>	<u>25,477.00</u>
less Current liabilities		
Uncleared Payment for PayPal Charges		
Accounts Payable	-	249.00
	<u>25,030.38</u>	<u>25,726.00</u>
Represented by:		
ACCUMULATED FUND b/f	25,726.00	22,162.00
Surplus/deficit of receipts over payments	-695.62	3,564.00
	<u>25,030.38</u>	<u>25,726.00</u>

Stock & assets

The Sundial House Group hold stocks of publications, CDs and cards which no longer have accounting value but continue to be sold in small numbers. The original purchase price was £6,594.89.

The charity holds a list of office equipment totalling £7,639 purchased between the years 2000 and 2018 and which have been fully expensed in the accounts in the year in which they were purchased. The assets have therefore come to the end of their useful life and will be slowly replaced as needed.

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments account and Statement of Assets and Liabilities.

These financial statements are accepted on behalf of the charity by:

Signed Janet A. Derwent Dated 12th September 2023
Janet Derwent, Secretary & chairperson

Signed Lorraine Flower Dated 12th Sept 2023
Lorraine Flower, Treasurer

**NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST DECEMBER 2022**

1. Receipts and Payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Trustees' remuneration and benefits

Trustees received no remuneration or benefits in this period

Trustees' expenses

During the year there were no expenses paid to Trustees.

3. Previous period comparison

The financial year end of the charity is 31st December 2022. The previous period's figures have been included for comparison.

4. Restricted fund

These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

5. Utilities/Office Accommodation Costs

The operational office costs (heating, lighting, telephone, broadband) are all covered by the Chair as a donation. This year that donation is estimated at £800 and represents expenses that would have to be covered by the Charity if it was located elsewhere than in the grounds of the Chair's residence.

Independent Examiner's Report to the Committee of The Sundial House Group & The international Group for Creative Meditation

I report on the accounts of The Sundial House Group & The international Group for Creative Meditation
for the twelve month period ended 31st December 2022

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity
- to state whether particular matters have come to my attention

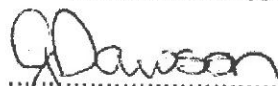
Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Laura Dawson
Finance Manager
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 12/09/2023

Accounts

**The Sundial House Group & The International Group for
Creative Meditation**

Registered Charity Number: 1158521

**Trustees Annual Report and
Financial Statements**

For the year ended

31st December 2021



CONTENTS OF THE FINANCIAL STATEMENTS

FOR PERIOD ENDED 31ST DECEMBER 2021

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**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31ST DECEMBER 2021**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2021.

CHARITY INFORMATION

Name of Charity:	The Sundial House Group & The International Group for Creative Mediation
Principal Address:	Poplars Cottage, Churchland Lane, Sedlescombe, Battle, East Sussex, TN33 0PF
Registered Charity Number:	1158521
Governing Document:	CIO - Foundation Registered at Charity Commission on 10 Sep 2014, amended on 06 Jul 2021
Trustees:	Janet Derwent – Secretary & Chair Paul Derwent – Treasurer (Deceased 09/2022) Francesco Viglienghi (Resigned 03/2021) Mayte Gómez (Appointed 03/2021) Lorraine Flower – Acting Treasurer (Appointed 09/22)
Lead Co-Ordinator:	Janet Derwent
Bankers:	HSBC, 100 High Street, Tonbridge, Kent, TN9 1AN
Independent Examiner:	Lorraine Brown Blue Ridge Accounting Services Ltd The Old Court House North Trade Road Battle East Sussex TN33 0EX

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST DECEMBER 2021**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2021.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Sundial House Group & The International Group for Creative Meditation became a Registered Charity on 10 September 2014. Its Registered Charity Number is 1158521.

Objects & Purpose

The Sundial House Group & The International Group for Creative Meditation sets out to educate and train the general public and humankind in the use and application of creative meditation. The purpose of which is the promotion and protection of the good health of the general public by the provision of this information and training.

The Sundial House Group & The International Group for Creative Meditation works to advance spiritual growth and a spiritual orientation in the world through education into the Laws and Principles of Everyday Living and the development of meditation training and associated ideas.

Public benefit

In writing their trustees report, the trustees have given due regard to the guidance of the charity Commission on public benefit.

Members

Members of The Sundial House Group are deemed to be those students and co-workers who are working with the creative meditation materials.

The Trustees

The trustees who hold office throughout the period are shown on the information page. Trustees having been appointed to serve until such time as they choose to resign or retire. During 2021 Francesco Viglienghi retired as a Trustee in March 2021. Mayte Gómez joined the Board of Trustees in March 2021.

Review of Activities

During the year under review, the production and sale of the Sundial House Publications, The Introductory Creative Meditation Papers, The Training Courses in Group Creative Meditation (TGCM) and The International Group for Creative Meditation (IGCM) continued to work with its existing cohort of students and co-workers.

The training programme involving the management of student meditation reports and mentors' replies is currently co-ordinated and supported by Janet Derwent in the role of TGCM Coordinator. Work is underway with 2 co-workers who are undertaking a TGCM induction programme with the intention of developing and facilitating the TGCM courses in future. The administration of the correspondence training programme is managed from the Sundial Centre Office by Janet Derwent. This will enable the SDH office to comply with the data protection requirements it seeks to apply. All work undertaken by the Group is managed in such a way that the Data Protection Requirements are met. The SDH, IGCM & International Association for Creative Meditation [IACM] meetings continued to

**REPORT OF THE TRUSTEES (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2021**

be managed via a teleconferencing platform known as – ‘ZOOM’ which is both economical and efficient. Working this way is cultivating a group consciousness and ensures the quality of the services being provided.

Some 6 students began the correspondence Training Courses in Creative Meditation and 14 members of the Group for Creative Meditation for this period were working and supported by a team of 7 international mentors and facilitators.

The Inter-Vision Sessions have continued to be available to the 2 IGCM Facilitators. The Inter-Vision Sessions for the TGCM Mentors have also been offered along with individual support when needed. This way of meeting via teleconferencing, reviewing and exchanging ideas continues to supply a quality service and develop a cohesive group field.

Modifications to the meditation reporting form for the IGCM are ongoing and these were introduced with the intention of supporting and encouraging a deeper understanding of the work.

The bimonthly IGCM creative meditation meetings were introduced at or around the 21st of the month when the group meditation work transitioned into the new Law or Principle. These meetings were facilitated and lead by 2 co-workers who are undertaking this service role.

During the year under review 3 news-sheets were published and distributed worldwide as was the annual Full Moon Chart for 2021. Four Sundial On-Line Events were offered to introduce and support Creative Meditation with the purpose of delivering an understanding of how this work manifests in everyday relationships.

Sundial House On-Line Events offered during 2021
‘The Supreme Science of Contact’ – 16 – 17 January 2021
Group Service – Our Way of Life – 30 April – evening online event.
‘The Significance of the Heart’ 26 th June a one-day online event
‘Building Tomorrow’s World Today – Cultivating an Esoteric Sense’ – 9 th October Facilitated by Michael Lindfield and Christine Morgan
The Bimonthly Online Component of the 3-year training in creative meditation courses continues to support a deepening understanding of the Laws & Principles of the Soul at play in daily life. These facilitated meetings cultivate a group awareness through Study, Discussion and the Meditative experience.

Due to the Covid-19 pandemic and the lockdown restrictions and the social distancing requirements all residential retreats were postponed. The art of developing and delivering on-line events began in September 2020. Online events are offered adopting a gift economy approach. The group’s main income is generated from the training courses and study events that have a set-fee attached. Some bursaries are available for those needing support to take part in the correspondence courses.

**REPORT OF THE TRUSTEES (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2021**

International – Inter Group Activities

Throughout 2021 bimonthly online discussion and meditation meetings of the IACM [International Association for Creative Meditation] continued to take place.

The Sundial House Group continues to work with Michael Lindfield, Meditation Groups Inc., Meditation Mount, CA, USA and Marina Bernardi, The Community of Living Ethics, Italy and other Creative Meditation Group Leaders in New Zealand, Brazil, Portugal and Germany. The SDH Group Treasurer is no longer required to manage the funds for this international intergroup initiative.

Sundial House Office & Website

The Sundial House Website www.creativegroupmeditation.org continues to be refreshed as new materials are uploaded for public sharing. The Ripplenet Web Designer Timothy Read continues to manage these adjustments on behalf of the group.

Stock of group materials

The 2021 stock of the Sundial House materials continues to need adjustment to give a more realistic level of SDH assets. The interest in purchasing the SDH books and Compilations decreased during 2021 by almost 60% the equivalent sales in 2019.

Reserves

At the Balance Sheet date, The Sundial House Group had free reserves (i.e. excluding fixed assets and stock) amounting to approximately £25,726 (2020: £22,162). The trustees are satisfied that this is sufficient to meet the needs of The Sundial House Group for the forthcoming financial year.

Risk Assessment

The trustees have identified and reviewed the risks both financial and non-financial to which The Sundial House Group might be exposed. They have taken steps to mitigate the impact of such risks.

Trustees Responsibilities

Laws applicable to charities in England and Wales requires the trustees to prepare an annual report and a financial statement for each financial year, which give a true and fair view of the Trust's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable Accounting Standards and Statements of Recommended Practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to assume that the Trust will continue in operation.

The trustees are responsible for keeping proper accounting records, which disclose, with reasonable accuracy, the financial position of the Charity, and which enable them to both ascertain the financial

The Sundial House Group & The International Group for Creative Meditation
(Registered Charity Number 1158521)

REPORT OF THE TRUSTEES (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2021

position of the Charity and ensure that the financial statements comply with relevant legislation. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are satisfied that working with advice from the group Accountants they have achieved these requirements in principle.

This report was approved by the Board of Trustees on18th October.....2022

Janet Derwent Janet A. Derwent
Secretary & Chairperson

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE SUNDIAL HOUSE GROUP &
INTERNATIONAL GROUP FOR CREATIVE MEDITATION
FOR THE PERIOD ENDED 31ST DECEMBER 2021**

I report on the accounts of The Sundial House Group for the period ended 31st December 2021 which are set out on pages 1 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act 2011, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view, and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

L. Brown
Blue Ridge Accounting Services Ltd
The Old Court House
North Trade Road
Battle
East Sussex TN33 0EX

Dated: 19/10/2022

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE PERIOD ENDED 31ST DECEMBER 2021**

Total funds 2020		Note	Unrestricted funds	Restricted funds	Total funds 2021
£			£	£	£
	Receipts				
3,223	Activities		2,738	-	2,738
731	General donations		2,517	-	2,517
1,685	Donation towards running costs		675	-	675
-	Reimbursed expenses		-	-	-
105	Misc Income		94	-	94
626	Publishers Licensing Services		26	-	26
18	Interest		2	-	2
<u>6,388</u>	Total Receipts		<u>7,163</u>	<u>-</u>	<u>7,163</u>
	Payments				
2,691	Computer costs		755	-	755
1,895	Office expenses & overheads		1,913	-	1,913
-	Adjustment to overhead costs 2017		-	-	-
108	Course expenses		-	-	-
492	Printing, postage, and stationery		498	-	498
34	Publications		33	-	33
-	Accountancy		400	-	400
-	Travel & conference costs		-	-	-
185	Marketing & promotional costs		-	-	-
3	Sundry expenses		-	-	-
<u>5,408</u>	Total Payments		<u>3,599</u>	<u>-</u>	<u>3,599</u>
980	Net receipts/payments		3,564	-	3,564
21,182	Fund balances bfwd 1st January		22,162	-	22,162
<u>22,162</u>	Fund balances cfwd 31st December		<u>25,726</u>	<u>-</u>	<u>25,726</u>

**NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST DECEMBER 2021**

1. Receipts and Payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Trustees' remuneration and benefits

Trustees received no remuneration or benefits in this period

Trustees' expenses

During the year there were no expenses paid to Trustees:

3. Previous period comparison

The financial year end of the charity is 31st December 2021. The previous period's figures have been included for comparison.

4. Restricted fund

These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Accounts

**The Sundial House Group & The International Group for
Creative Meditation**

Registered Charity Number: 1158521

**Trustees Annual Report and
Financial Statements**

For the year ended

31st December 2020

Rother Voluntary Action
47 London Road
Bexhill-on-Sea
East Sussex
TN39 3JY

CONTENTS OF THE FINANCIAL STATEMENTS

FOR PERIOD ENDED 31ST DECEMBER 2020

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Statement of Assets and Liabilities	10
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**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31ST DECEMBER 2020**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2020.

CHARITY INFORMATION

Name of Charity:	The Sundial House Group & The International Group for Creative Mediation
Principal Address:	Poplars Cottage, Churchland Lane, Sedlescombe, Battle, East Sussex, TN33 0PF
Registered Charity Number:	1158521
Governing Document:	CIO - Foundation Registered at Charity Commission on 10 Sep 2014, amended on 06 Jul 2021
Trustees:	Janet Derwent – Secretary & Chair Paul Derwent – Treasurer Francesco Viglienghi
Lead Co-Ordinator:	Janet Derwent
Bankers:	HSBC, 100 High Street, Tonbridge, Kent, TN9 1AN
Independent Examiner:	Lorraine Brown Deputy CEO & Finance Manager Rother Voluntary Action 47 London Road Bexhill on Sea East Sussex TN39 3JY

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST DECEMBER 2020**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2020.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Sundial House Group & The International Group for Creative Meditation became a Registered Charity on 10 September 2014. Its Registered Charity Number is 1158521.

Objects & Purpose

The Sundial House Group & The International Group for Creative Meditation sets out to educate and train the general public and humankind in the use and application of creative meditation. The purpose of which is the promotion and protection of the good health of the general public by the provision of this information and training.

The Sundial House Group & The International Group for Creative Meditation works to advance spiritual growth and a spiritual orientation in the world through education into the Laws and Principles of Everyday Living and the development of meditation training and associated ideas.

Public benefit

In writing their trustees report, the trustees of Seeds of Growth have given due regard to the guidance of the charity Commission on public benefit.

Members

Members of The Sundial House Group are deemed to be those students and co-workers who are working with the creative meditation materials.

The Trustees

The trustees who hold office throughout the period are shown on the information page. Trustees having been appointed to serve until such time as they choose to resign or retire. During 2020 Elisabetta Raspini resigned at the beginning of May and Geraldine Dayton retired at the end of April.

Review of Activities

During the year under review, the production and sale of the Sundial House Publications, The Introductory Creative Meditation Papers, The Training Courses in Group Creative Meditation (TGCM) and The International Group for Creative Meditation (IGCM) continued to work with its existing cohort of students and co-workers.

The training programme involving the management of student meditation reports and mentors' replies is co-ordinated and supported by Janet Derwent in the role of TGCM Coordinator for this year. The administration of the correspondence training programme is managed from the Sundial Centre Office by Janet Derwent. This will enable the SDH office to comply with the data protection requirements it seeks to apply. All work undertaken by the Group is managed in such a way that the Data Protection Requirements are met. The SDH, IGCM & International Association for Creative Meditation [IACM] meetings continued to be managed via a teleconferencing platform known as – 'ZOOM' which is both economical and efficient. Working this way is cultivating a group consciousness and ensures the quality of the services being provided.

**REPORT OF THE TRUSTEES (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020**

Some 10 students began the correspondence Training Courses in Creative Meditation and 16 members of the Group for Creative Meditation for this period were working and supported by a team of 8 international mentors and facilitators.

The Inter-Vision Sessions have continued to be available to the 3 IGCM Facilitators. The Inter-Vision Sessions for the TGCM Mentors have also been offered along with individual support when needed. This way of meeting via teleconferencing, reviewing and exchanging ideas continues to supply a quality service and develop a cohesive group field.

Modifications to the meditation reporting form for the IGCM are ongoing and these were introduced with the intention of supporting and encouraging a deeper understanding of the work. An in-house pilot training project for IGCM Facilitators was introduced, designed, and delivered by Francesco Viglienghi.

The bimonthly IGCM creative meditation meetings were introduced at or around the 21st of the month when the group meditation work transitioned into the new Law or Principle. These meetings were facilitated and lead by Elisabetta Raspini and have been well attended and well received. From May of this year Susan Green and Savina Miller have undertaken this service role.

During the year under review the 20th Newsletter – In-Communiqué was published and distributed worldwide as was the annual Full Moon Chart for 2021. Three Sundial Retreats and One-day Sundial Workshop all offered to introduce and support Creative Meditation with the purpose of delivering an understanding of how this work manifests in everyday relationships.

Sundial House Sponsored Workshops & Retreat offered during 2020
'Cultivating Group Radiance' – 26 – 27 June 2020 – residential retreat was postponed
Huber – Astrological Psychosynthesis – 25 July – one day online event.
'Supreme Science of Contact' planned for September was postponed to January 2021
The Research & Development Sub-Group started in October 2019 & continued in 2020
A Pilot TGCM Project with the intention of introducing the Laws & Principles of the Soui at play in daily life – was offered bi-monthly as an online Study, Discussion and Meditative experience from the Autumn of 2019 and continued evolving through 2020

Due to the Covid-19 pandemic and the lockdown restrictions and the social distancing requirements all residential retreats were postponed. The art of developing and delivering on-line events began in September 2020. Online events are offered adopting a gift economy approach. The group's main income is generated from the training courses and study events that have a set-fee attached. Some bursaries are available for those needing support to take part in the correspondence courses.

**REPORT OF THE TRUSTEES (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020**

International – Inter Group Activities

Throughout 2020 bimonthly online discussion and meditation meetings of the IACM [International Association for Creative Meditation] continued to take place.

The Sundial House Group continues to work with Michael Lindfield, Meditation Groups Inc., Meditation Mount, CA, USA and Marina Bernardi, The Community of Living Ethics, Italy and other Creative Meditation Group Leaders in New Zealand, Brazil, Portugal and Germany. The SDH Group Treasurer is no longer required to manage the funds for this international intergroup initiative.

Sundial House Office & Website

The Sundial House Website www.creativegroupmeditation.org continues to be refreshed as new materials are uploaded for public sharing. The Ripplenet Web Designer Timothy Read continues to manage these adjustments on behalf of the group.

Stock of group materials

The 2020 stock of the Sundial House materials continues to need adjustment to give a more realistic level of SDH assets. The interest in purchasing the SDH books and Compilations decreased during 2020 by almost 60% the equivalent sales in 2019.

Reserves

At the Balance Sheet date, The Sundial House Group had free reserves (i.e. excluding fixed assets and stock) amounting to approximately £22,162 (2019: £21,182). The trustees are satisfied that this is sufficient to meet the needs of The Sundial House Group for the forthcoming financial year.

Risk Assessment

The trustees have identified and reviewed the risks both financial and non-financial to which The Sundial House Group might be exposed. They have taken steps to mitigate the impact of such risks.

Trustees Responsibilities

Laws applicable to charities in England and Wales requires the trustees to prepare an annual report and a financial statement for each financial year, which give a true and fair view of the Trust's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable Accounting Standards and Statements of Recommended Practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to assume that the Trust will continue in operation.

The trustees are responsible for keeping proper accounting records, which disclose, with reasonable accuracy, the financial position of the Charity, and which enable them to both ascertain the financial position of the Charity and ensure that the financial statements comply with relevant legislation. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the

REPORT OF THE TRUSTEES (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

prevention and detection of fraud and other irregularities. The trustees are satisfied that working with advice from the group Accountants they have achieved these requirements in principle.

This report was approved by the Board of Trustees on 29.12 2021

Janet Derwent Janet A. Derwent
Secretary & Chairperson

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE SUNDIAL HOUSE GROUP &
INTERNATIONAL GROUP FOR CREATIVE MEDITATION**

FOR THE PERIOD ENDED 31ST DECEMBER 2020

I report on the accounts of The Sundial House Group for the period ended 31st December 2020 which are set out on pages 1 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act 2011, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view, and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

L. Brown

Deputy CEO & Finance Manager, Rother Voluntary Action

Dated: 

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE PERIOD ENDED 31ST DECEMBER 2020**

Total Funds 2019 £		Note	Unrestricted funds £	Restricted funds £	Total funds 2020 £
	Receipts				
4,524	Activities		3,223		3,223
2,155	General donations		731		731
2,093	Donation towards running costs		1,685		1,685
-	Adjustment to donation towards running costs 2017		-		-
-	Reimbursed expenses		-		-
306	Misc Income		105		105
1,459	Publishers Licensing Services		626		626
34	Interest		18		18
10,570	Total Receipts		6,388	0	6,388
	Payments				
1,064	Computer costs		2,691		2,691
2,297	Office expenses & overheads		1,895		1,895
-	Adjustment to overhead costs 2017		-		-
2,579	Course expenses		108		108
1,166	Printing, postage, and stationery		492		492
257	Publications		34		34
-	Accountancy		-		-
-	Travel & conference costs		-		-
	Marketing & promotional costs		185		185
257	Sundry expenses		3		3
7,620	Total Payments		5,408	0	5,408
2,950	Net receipts/payments		980		980
18,232	Fund balances bfwd 1st January		21,182		21,182
21,182	Fund balances cfwd 31st December		22,162	0	22,162

**NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST DECEMBER 2020**

1. Receipts and Payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Trustees' remuneration and benefits

Trustees received no remuneration or benefits in this period

Trustees' expenses

During the year there were no expenses paid to the following Trustees:
Janet Derwent £7.80

3. Previous period comparison

The financial year end of the charity is 31st December 2020. The previous period's figures have been included for comparison.

4. Restricted fund

These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.