

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

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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 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-mindful.com 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
<u>Receipts</u>				
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
<u>Expenditure</u>				
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

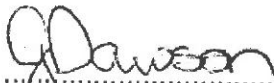
Basis of independent examiner's report

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.



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

Dated: 12/09/2023