THE PRISON PHOENIX TRUST CIO

England & Wales · Charity number 1163558

Details

Status	Registered
Legal form	CIO
Registered	2015-09-14
Register	View on the Charity Commission register

Contact

Address	PO Box 328 Oxford OX2 7HF
Phone	01865512521
Email	all@theppt.org.uk
Website	www.theppt.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT TO ADVANCE THE EDUCATION OF AND TO REHABILITATE AND PROMOTE THE MENTAL AND MORAL IMPROVEMENT OF (PRINCIPALLY) PRISONERS AND FORMER PRISONERS, BUT ALSO OF:(1) PEOPLE IN OTHER FORMS OF COMPULSORY DETENTION;(2) THOSE UNDERGOING COMMUNITY PUNISHMENTS, AND(3) THOSE IDENTIFIED AS BEING AT RISK OF ENTRY INTO THE CRIMINAL JUSTICE SYSTEM;PRIMARILY IN THE UK AND EIRE.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: The Prison Phoenix Trust CIO responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility through the disciplines of meditation and yoga, working with silence and the breath. Prisoners are supported through teaching, workshops, correspondence, books, CD's and newsletters.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Other Defined Groups

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Geography

- Ireland
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£686,884	£410,906	£510,547	6
2023-12-31	£367,969	£377,373	-	-
2022-12-31	£258,762	£329,239	-	-
2021-12-31	£316,523	£317,930	-	-
2020-12-31	£314,530	£279,154	-	-

Trustees

Name	Role	Appointed
Suzanne Joan Dymond-White	Chair	2020-06-09
Annalena Wolcke		2025-09-11
Caroline Shola Arewa		2022-03-04
Jasper Jameson		2025-09-11
Joyce Borgs		2023-09-01
Judith Unwin		2023-09-07
Rebecca Amoroso		2025-09-11
Rev Douglas Grant Heming		2021-06-08
Richard Dunkerley		2024-06-04
Stefan Lerche		2024-09-03
Valerie Thereze Marie Smith		2025-09-11

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THE PRISON PHOENIX TRUST CIO

England & Wales - Charity number 1163558

Accounts

Hope and healing through meditation and yoga

THE PRISON Phoenix TRUST

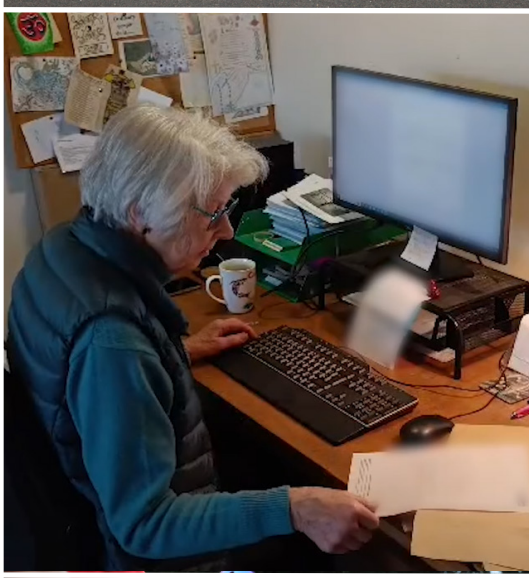
Annual Report & Accounts for December 31st, 2024

Published August 2025












Our mission statement



The opportunity for personal growth exists in a prison cell

The Prison Phoenix Trust responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The Trust offers personal support to prisoners through teaching, workshops, correspondence, books, CDs, DVDs and newsletters – and to prison officers too.

The trust recommends simple yoga sensitively tailored to students' needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence in the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

The Prison Phoenix Trust

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We encourage spiritual growth and personal responsibility

In the challenging environment of prisons, it is hard to find the focus, determination and self-belief that is required for someone to break free from harmful patterns that lead to reoffending.



An introduction from the chair

During a year of much change, we are proud to have maintained the level of one to one support offered by our staff and volunteers to those in custodial settings.
Our Letter Writers are now known as Mentors and provide an excellent service to those they are in contact with. We are very proud of them and the work they do. Our yoga teachers continue to deliver classes within the custodial environment and the impact is far reaching. Our digital resources are proving popular with excellent feedback supports our belief that yoga and meditation have a profoundly positive impact on mood, sleep, stress, mental focus and peace of mind. We are extremely proud of the way The Prison Phoenix Trust has managed the political implications of the change of Government and the impact on prison budgets. Our work continues to provide the valued provision of yoga and meditation to those coping with custody and supporting their rehabilitation.

Throughout 2024 The Prison Phoenix Trust has seen some changes in staff; notably the appointment of an Operations Director, the board welcomes this addition that provides investment in office processes and HR management. This allows our CEO to focus on development and strategic priorities. the board has welcomed a new Treasurer who is supporting the organisation to maintain its keen focus on funding sustainability.
I would like to welcome new Board members and thank those stepping down for being so generous with their time and support.

We remain forever grateful to those organisations, trusts and individuals who give so generously in many ways to ensure we can keep providing resources to those who live and work in our prisons.

I would like to take this opportunity to make a special mention to our volunteer Caroline who received a Highly Commended Award for her length of service and commitment at the Oxfordshire Community Volunteer Action Awards. We also received a Highly Commended for health and wellbeing in the Inspire Justice Awards.

Staff and trustees attended numerous external events across the year demonstrating the organisation's commitment to having a broad and diverse reach into the many communities we engage with. We maintain our spiritual focus and keep the support of rehabilitation high on our agenda. Our annual staff and volunteer event demonstrated the high level of commitment and excellent working relationships that make The Prison Phoenix Trust such a continued success.



Suzy Dymond-White
Chair of the board of trustees

“The PPT is able to help countless people in prisons and secure settings, because of the dedication and committment of 100s of yoga teachers."

Selina, The PPT CEO







“Getting involved in working in prisons doesn't just help the individual, but society as a whole.”

2024 prison yoga trainee

“Yoga doesn't discriminate, it's here to help everyone, no matter what walk of life you're from.”

2024 prison yoga trainee



The PPT and British Wheel of Yoga 'Teaching Yoga in Prisons' module 2024

A common humanity

Actor Jeremy Irons, a longstanding patron of The Prison Phoenix Trust (The PPT), says that whenever he spends time talking to people who’ve been to prison, he realises how thin the line is between being inside and being outside. “There but for the grace of God go I,” he says.

“Many people in prison are just like you and me who have, by force of circumstances, lack of education, poor decisions, or difficult childhoods, fallen over that line,” he says.

While we never underestimate the huge toll crime takes on its victims, many support The PPT because we recognise that whatever we have done, we all share a common humanity.

40% of men in prison and **50%** of women **witnessed violence in their childhood home**

25% of adults and **50%** of under-21s **were in care**

80% of women in Scottish prisons **have brain injury from violence**

1 in 3 women in prison **self-harm**

60% **have literacy difficulties**

64% **have used class A drugs**



"As I got to the end of my sentence, Yoga and meditation really helped. I'd do 12 rounds of sun salutations on the exercise yard every day and tell myself as I walked around, 'Keep your feet on the ground'. Richard

"The PPT was a beacon of light that got me through some very difficult inner battles with myself. But you stayed with me wherever I went and still do to this very day. I want to give something back, including to The PPT." Richard

Prisons snapshot

A crisis of overcrowding

The UK has the highest imprisonment rate in western Europe. In England and Wales, the number of people in prison rose by 93% in the last 30 years and is predicted to reach up to 105,200 by 2029.

The crisis of overcrowding in 2024 combined with under-staffing led to most people in prison spending excessive time locked in their cells with limited opportunity for training, education or exercise.

The toll on their wellbeing has been profound: a 25% increase in self-harm incidents among men, the highest-ever recorded levels of self-harm among women, and a 27% rise in self-inflicted deaths among male prisoners.

Our challenge has never been greater.

86,463
in England and Wales in 122 prisons

94%
of people in prison are adult men

4,799
in secure hospitals

2,000
in 100 approved premises

1,204
in immigration removal centres

66%
are locked in cells for at least 18 hours on weekdays

82%
at weekends

8,260
in Scotland in 17 establishments

1,909
in Northern Ireland in 3 prisons

5,075
in Republic of Ireland in 12 prisons

27%
of men and

53%
of women survived physical, sexual or emotional abuse in childhood

27%
of all people in prison and

50%
of under-18s are from global majority backgrounds

we reached

5%

of the prison population of the UK and Ireland





196

establishments across 4 prison systems in the UK and Ireland

33%

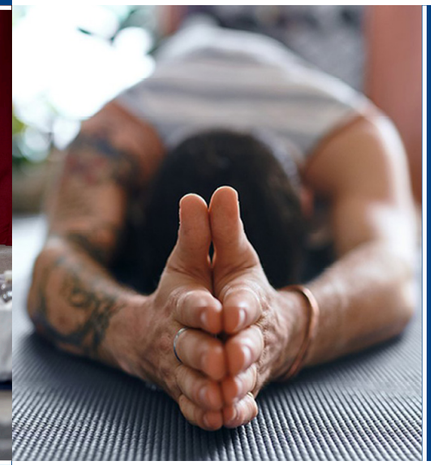
increase in prisons with regular yoga classes

41

volunteers supported our staff team of 7 (6 FTE)



Responding to all who reach out



5,012

prisoners &

1,669

prison staff opt-in to our quarterly newsletters

179

former prisoners correspondened with us in 2024 & received support to continue their practice

Thanks to the dedicated work of volunteers, staff and freelance yoga teachers, and the continuing financial support of donors, The Prison Phoenix Trust was able to meet the challenge of rising demand from a growing and overcrowded prison population. There was more need than ever for the healing, rehabilitative power of yoga and meditation.

Awareness of yoga and meditation amongst prison managers is high and, despite ongoing funding and staffing challenges in prisons, the number of establishments with regular yoga classes grew from 58 in 2023 to 75 in 2024.

We also remained able to respond to every individual who reached out for help, by providing the offer of one-to-one mentoring, in-cell resources and peer-support newsletters. We were in direct contact with 5012 individuals serving prison sentences in 2024 and some 1,669 prison staff.

Together, you supported people in 196 establishments across four prison systems. These included 156 prisons, 27 secure hospitals and 6 approved premises, where some people stay for a few months after release.

Individual support in prison



2,143
people living in prison received FREE resource packs

13
volunteer mentors

47
letters per month

The original aim of The PPT, as set out by its founder, Ann Wetherall, was to support and encourage people in prison in their spiritual lives. Her vision continues to be the cornerstone of our work. A team of 13 volunteer mentors correspond with people in prison offering support and guidance in meditation and yoga. During 2024 some 2,679 people reached out from prison for this support. Of these 2,143 were sent one of our specialist books, CDs and DVDs, chosen to match their learning needs.

A further 536 wanted written mentor support. For what might be the first time in their lives, they have someone who guides their work towards rehabilitation through contemplative practice. These dialogues can stretch over decades, with our dedicated mentors hearing first-hand their spiritual and personal wellbeing progress.

"Everything is so quick these days and there's something quite intimate about writing letters. How special it is to get a letter from someone writing in a non-trivial way – quite a sacred thing. It's not something we do much anymore. What a privilege it is to write to people in this way."

The words our prison students share through correspondence form the heart of the quarterly peer-support newsletters, received by 5,012 people in prison in 2024, along with 1,669 prison staff. In this way those practising yoga and meditation in prison share with each other the joys – and challenges - of their practice, encourage each other and feel a sense of worth in being part of a prison yoga community.

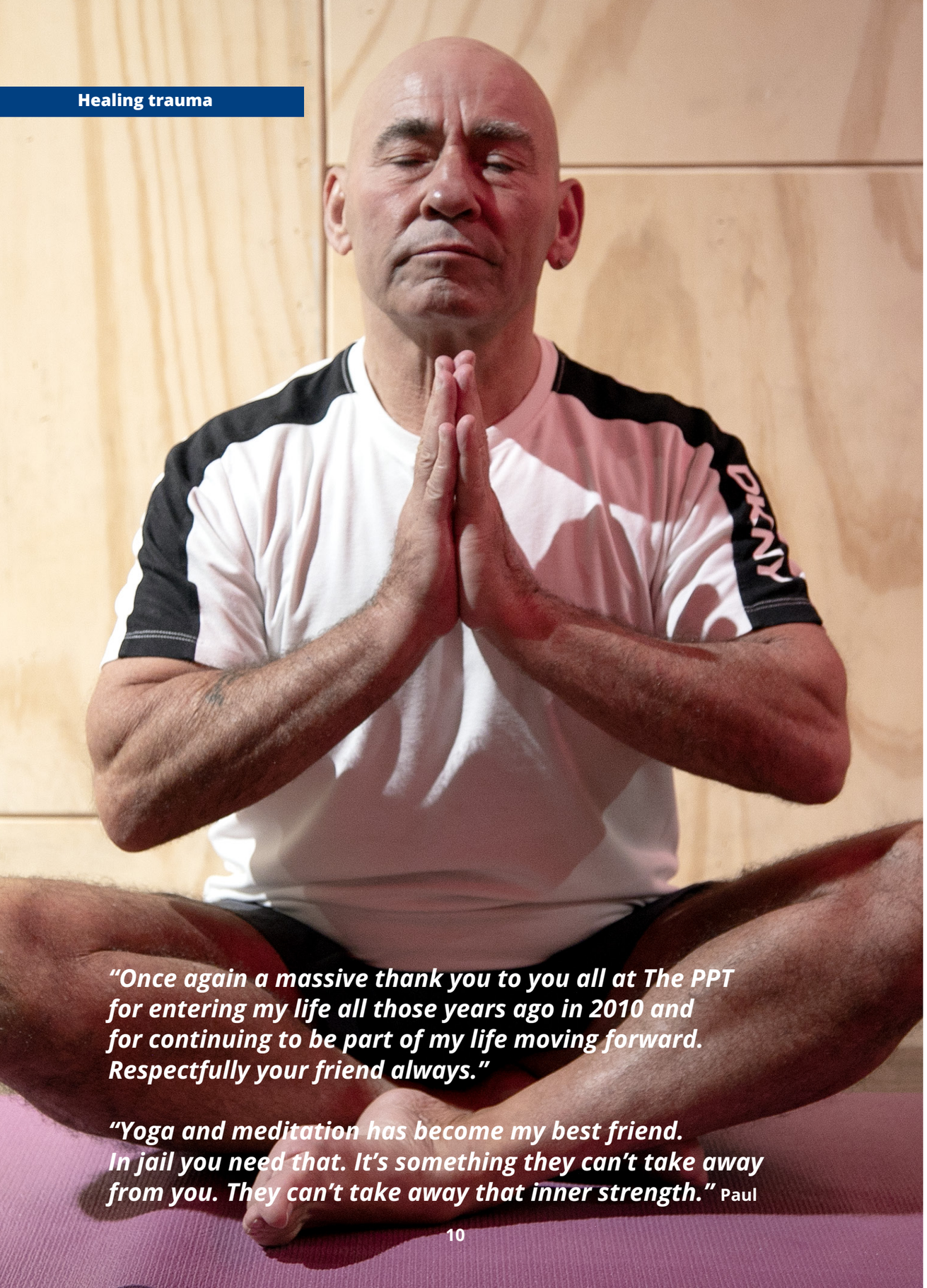
"Meditation has given me an increased self-awareness. It has allowed me to cut through the fog of nonsense in many areas, from the crazy marketing-driven excesses of modern living to my own acceptances of society. Meditation has been helpful in developing that clarity." **Matt, HMP Barlinnie**



5,012
prisoners request our peer-support newsletter


THE PRISON PHOENIX TRUST
Hope and healing through meditation and yoga
Newsletter Winter 2024
P.O. Box 328, Oxford OX2 7HF
www.theppt.org.uk
Inner Compass
Welcome
Fresh back from our prison yoga teacher training weekend, I am left with a lasting impression of how important our inner wisdom is as a guide and compass for our life's direction and engagement with ourselves and others. Beyond this, it also informs the whole way we experience our life. This applies to us all, whether we are yoga teachers, people practising in prison, prison staff – everyone, anywhere. This is a very important underlying element that makes such a difference to how we live our lives. It is the source of wisdom, compassion and clarity came up time and time again in the talks our speakers gave about their experiences living and working in prison.
Sue speaks from her heart when she says, "Just know that your life can change, it can become a good life, a kind life. You have to do that work to make it happen."
Read more on page 3.
Matt, HMP Barlinnie writes
"[meditation] has allowed me to cut through the fog of nonsense"
See page 3
What is this 'work'? It is to reconnect all the parts that have become disconnected or clouded in the chaos of life. This reconnection happens naturally when we spend time practising meditation or yoga. Not focusing on an outcome but just gently dedicating time each day. Little by little, or suddenly, we notice we are feeling kinder to ourselves and others.
Continue reading on page 5
Love from us all
Selina, Chris, Lou, Padmakumara, Rebecca, Sue, Andrew, Barbara and all our volunteers
The Prison Phoenix Trust supports prisoners in their spiritual lives through meditation, yoga, silence and the breath. It recommends breath-focused stretches and meditation sensitively tailored to students' needs. This safe practice offers students ultimate peace of mind.
The PPT encourages prisoners and prison staff through correspondence, books, CDs, DVDs, newsletters, free taster workshops and weekly classes.
See inside:
Competition Winners! Page 7
Seated Yoga Yoga poses for small spaces Page 6
Getting started with meditation Page 8

"Meditation and Religion (I am CofE) have become very important to me, they are totally complementary. One helps and aids the other. You can be deprived of books and they can be restricted, but the two things no one can deprive you of are your faith and your mind. However bad things get, you always have those two things." **Simon, HMP Risley**



"Once again a massive thank you to you all at The PPT for entering my life all those years ago in 2010 and for continuing to be part of my life moving forward. Respectfully your friend always."

"Yoga and meditation has become my best friend. In jail you need that. It's something they can't take away from you. They can't take away that inner strength." **Paul**

The power of yoga to heal

What is trauma?

"Trauma is an event or series of events outside of the range of 'usual' human experience, which threatens the physical and emotional safety of self or others"

Ashley Macdonald, trauma specialist and prison yoga teacher

Yoga teachers who train with The PPT learn that in all prison classes there will be high levels of trauma in their students. But they also learn how a trauma-sensitive approach to yoga that prioritises safety, choice and agency has a powerful role to play in supporting healing and resilience.

A trauma-responsive approach to yoga is required in all secure settings. It offers a powerful set of tools to help the process of healing from trauma. We have an opportunity to:

- share practices that enable our students to self-regulate the nervous system
- help our students begin to feel safe and at home in their own bodies and relationships
- model boundaried relationships of trust and respect
- help our students feel confidence and self-worth

Trauma in prison

- **24% of men** have post-traumatic stress disorder
- **40% of men** in prison and **50% of women** witnessed violence in their childhood home
- **27% of men** and **53% of women** survived physical, sexual or emotional abuse in childhood
- **80% of women** in Scottish prisons have brain injury from violence

Lessons in yoga - for life

In 2024, 20 new prison yoga teachers trained in the trauma-responsive approach to yoga that is required in prisons and we accredited a further 16 teachers by taking them to watch a prison class in action and then observing them teaching a prison yoga class.

These new trainees joined a cohort of yoga teachers delivering regular classes in 75 prisons in the UK and Ireland during 2024.

Some classes run continuously, with others being short courses of 4,10 or 12 weeks. In 5 prisons, yoga was delivered through contracts with the Ministry of Justice won by competitive tender. We also ran 21 taster workshops in 7 prisons. And we supported 55 prisons to include yoga and meditation in their activities for Mental Health Awareness Week.

Using the internationally recognised Warwick-Edinburgh Mental Wellbeing Scale, we are able to monitor the impact of yoga and meditation on people's emotional wellbeing in prison. We also recorded what people in prison told us about the impact of yoga on their lives.

Of the 40 participants in Mindful Yoga courses we ran in 2 women's prisons in 2024, 84% experienced meaningful improvement in mental wellbeing; participants with low mental wellbeing fell from 69% to 5%; moderate mental wellbeing rose from 31% to 78%; high mental wellbeing rose from 0% to 18%.

75
prisons ran
regular
PPT yoga classes up 33% on 2023

96
PPT accredited teachers are teaching (or ready to go)

20
new teachers were trained

16
more accredited after we observed their prison teaching

84%
of the 40 participants in Mindful Yoga courses experienced an improvement in mental wellbeing

high mental wellbeing rose from
0%
to
18%

low mental wellbeing fell from
69%
to
5%

21
taster workshops were held in 7 prisons



"I feel calmer, happier, healthier and I sleep loads better than ever before and throughout the night."

"I've become more aware of the importance of practising on the day to day basis. It makes such a difference on the way you face life that is definitely worthy. Life improving 100%"

"I can drop into stillness quicker. I can block negative, spiralling thoughts better. I can calm myself better."

A year of sharing & celebration

Cambridge University lecture

In January, CEO Selina Sasse spoke at Cambridge University's forum Contemplation: Theory / Practice, a network of the university's Centre for Research in the Arts, Social Sciences and Humanities that brings together ideas, history and the application of contemplative traditions from around the globe. Selina highlighted the theory, evidence and experience of the value of meditation and yoga for vulnerable people in prisons. This included how yoga improves physical and mental health, emotional resilience, self-esteem and a profound sense of connection and how neuroscience validates the experiential evidence from those The PPT supports.

Oxfordshire Volunteer Celebration Award

In June, dedicated volunteer Caroline was highly commended for long service in Oxfordshire's Volunteer Celebration Awards. Over 17 years she has written more than 3,000 letters to people who have reached out for help from prison. She represents all 31 volunteers, including 13 mentors, who form a vital part of The PPT team.

In the news Media that covered the work of The PPT in 2024 included:

Spectrum
The magazine of the British Wheel of Yoga

Yoga Magazine

The Friend
Quaker magazine

Quakers in Criminal Justice

Inside Time

Oxford Mail



CEO Selina Sasse spoke at Cambridge University's forum Contemplation: Theory / Practice



Highly commended for long service in Oxfordshire Volunteer Awards



Highly commended at The Inspire Justice Awards for health and wellbeing



Sir Halley Stewart Trust 100th anniversary celebration event



SOAS BWY Autumn Summit

Inspire Justice Award

In September we were delighted to be highly commended for supporting the health and wellbeing of people in prison in the 2024 Inspire Justice Awards.

Host Clive Myrie presented CEO Selina Sasse and the team with a Highly Commended Health and Wellbeing Employer of the Year award, saying: *"Their work represents the best of us."*

Helen Judge, Area Executive Director HMPPS, recognised The PPT's work with *'some of the most troubled in society'.*

In the UK's only awards programme dedicated to recognising the achievements of the entire criminal justice sector, The PPT was praised highly for its innovative use of yoga and meditation to support the mental health of prisoners during the Covid-19 pandemic and beyond.

Showcasing with Sir Halley Stewart

In October we were one of the charities showcased by the Sir Halley Stewart Trust as part of its 100th anniversary celebration event in London.

SOAS – BWY Autumn Summit

In November we took part in an all-day conference on Yoga, Health, Harm and Healing. The morning sessions were dedicated to yoga in prisons, with lectures by The PPT's consultant Dr Rosie Meek and prison yoga teacher Rose Parks.

In 2024, prison overcrowding became a major issue in the news and a priority for the new government, along with a spending review. The PPT focused on how to continue meeting the growing demand for our support from people under extreme stress, who are eager to make a positive impact during their time in prison.

With budget cuts, rising inflation, and increased pressure on charitable donations, a new growth strategy was launched in 2024, marking a turning point in the trust's 36-year history. The aim is to ensure long-term sustainability by evaluating the effectiveness of our multi-faceted approach.

- ☐ **Strategic growth** to influence more dignified prison experience & keep pace with demand
- ☐ **Expansion of delivery model**. Digital yoga evaluation. 3 year project initiated in 2024
- ☐ Completed 6 month mentoring with Deloitte Digital Connect 2023/24 to upskill in **digital strategies**
- ☐ **Stakeholder research** as part of leading role in Yoga in Society All Party Parliamentary Group to influence prison funding & structure
- ☐ Invited to contribute to City Forum, QiCJ and Justice & Women events about **rethinking prisons**

Growing capacity for service delivery through:

- ☐ A significant development grant from Porticus & legacy donations
- ☐ Enhanced engagement with prison service decision makers
- ☐ More efficient working practices through digital solutions
- ☐ Investment in sustainable income growth
- ☐ Restructured and expanded staff team

In 2023 the trustees, staff and volunteers agreed to measure their demographics to assess how relatable the team are to the people they serve and how to adjust this over time. Of a total team of 56 PPT people at the end of 2024, 66% took part in the survey: 8 staff, 12 trustees, 41 volunteers and 7 paid consultants.

1. **Life experience:** 8% have lived experience of prison or probation, 41% of working in prison and 6% of state care
2. **Gender & age:** 43% Female and 57% Male. 60% 60 years+
3. **Sexual Orientation:** 80% heterosexual, 5% gay/lesbian and 3% bisexual
4. **Disability:** 28%
5. **Faith or spiritual approach:** 28% Christian, 30% spiritual and not aligned with other approaches, 14% atheist/no religion and 11% Buddhist
6. **Ethnicity:** 92% are white British/other, 8% prefer not to answer

The board's recommendations for improving equality, diversity and inclusion is to:	**Address the age distribution through strategies to attract younger employees and volunteers**	**Look at why there is low representation of ethnic diversity**
More closely represent the diversity of faith/ religion in prison populations, especially to reflect the Muslim population	**Maintain or grow the level of lived and working experience in prisons**	**Value the experience of disability within The PPT people to inform our service delivery**

Report of the trustees for the year to December 31st 2024

The trustees present their report along with the financial statements of the trust for the year ended December 31, 2024. The financial statements have been prepared in accordance with the accounting policies set out on pages 34 and 35 and comply with the trust's constitution and applicable law.

Structure, governance, and management

The Prison Phoenix Trust CIO (henceforth "the trust", "The PPT") was established under a constitution dated September 14th 2015 and is a registered charitable incorporated organisation (CIO), no 1163558. The assets and liabilities of the unincorporated charity of the same name were transferred to the CIO as at March 31, 2016. The unincorporated charity remains on the register of charities but is now inactive. The trustees met four times in the period to December 31, 2024.

Appointment of trustees

Trustees are appointed only when fully familiar with the work of the trust. Before seeking new trustees, the board conducts a review of its existing membership, looking at the skills, experience, diversity, and knowledge represented on the board, and identifying what particular skills and attributes the board needs to meet the challenges expected in the next few years. Vacancies are advertised widely, using The PPT website and agencies. Following interviews, prospective trustees observe a trustee meeting and are given a copy of the CIO's governing document. They are also provided with relevant Charity Commission information, including the guidance on public benefit, before being formally appointed for a period of three years. Trustees are given a comprehensive induction — which could include attending an external training course — and are paired with an existing trustee who acts as a "buddy" in their first year. Trustees are invited to all promotional, social, and fundraising events of the trust so they can meet with staff, volunteers, supporters, and yoga teachers and have first-hand feedback on the daily work of the trust.





Trustees' report

Risk management

The trustees and CEO continued to conduct a quarterly review of the major risks to which The PPT is exposed, using the risk management framework to identify the top seven risks. Where necessary, systems were developed to mitigate the risks the trust faces. The review highlighted the risks of inflation and a charity sector under increased financial pressure. A funding sustainability group of staff and trustees met regularly to address this risk. The trustees formally review the risk management framework each year.

Aims

The objects of the CIO as noted in the constitution are for the public benefit to advance the education of and to rehabilitate and promote the mental and moral improvement of (principally) prisoners and former prisoners, primarily in the UK and Ireland, but also of:

1. People in other forms of compulsory detention;
2. Those undergoing community punishments; and
3. Those identified as being at risk of entry into the criminal justice system.

The umbrella term 'prisoners' refers to all residents in secure establishments.

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Objectives

The trust's objectives are set to reflect the aims of education, rehabilitation, and mental and moral improvement through supporting the practice of meditation and yoga. This is done primarily through mentoring of prisoners; the provision of free books, CDs, and DVDs; yoga classes; regular columns in the prisoner newspaper Inside Time; a quarterly peer-support newsletter; running prison workshops; and training and supporting yoga teachers to run yoga and meditation classes for prisoners and staff. These activities are available to anyone detained in any secure establishment in the United Kingdom and Ireland, and to the staff looking after them.

The trustees and staff meet regularly to review the trust's objectives and activities to ensure that they continue in order to reflect its principle aims. The trustees considered the Charity Commission's general guidance on public benefit and, in doing so, complied with their duty to regard that guidance.

Reference and administrative information trustees



Shola Arewa



Joyce Borgs (Vice-chair)



Jo Child



Nicholas Colloff OBE



Richard Dunkerley



Suzy Dymond-White (Chair)



Claira Fernandez



Rev. Doug Heming



Stefan Lerche



Judith Unwin OBE (Vice-chair)

Olivia Vickers



Liz Wheen

Shola Arewa provides health and wellbeing training internationally. She has been supporting prisons as a yoga teacher and psychologist since the 1990s.

Joyce Borgs vice-chair, from Wales works for the Centre for the Acceleration of Social Technology (CAST) which helps charities harness the power of digital technology, and supports them to embed digital and design across their services, strategy and governance.

Jo Child former chair. Retired March 2025.

Nicholas Colloff OBE was Oxfam's Director of Strategy and Innovation and is now Executive Director of the Argidius Foundation. He is a PPT co-founder.

Richard Dunkerley treasurer since June 2024.

Suzy Dymond-White chair since June 2024.

Claira Fernandez retired January 2025.

Doug Heming is an Anglican priest and restorative justice facilitator. He has served as a prison chaplain in many adult and young offender facilities across the UK.

Stefan Lerche trustee since September 2024.

Judith Unwin OBE vice-chair, is from Oxford and has held trusteeships before. She brings experience of fund-raising, profile-raising and financial strategy.

Olivia Vickers retired January 2025

Liz Wheen is from London with a background in prisoner education for HM Prison and Probation Service (HMPPS), implementing programmes that support prisoners to rebuild their lives. She is currently Head of Future Models for Prisoner Education.

Reference and administrative information

New trustees for 2024

Suzy Dymond-White, who had been vice-chair of the board of The Prison Phoenix Trust, began her 3-year tenure as chair in June 2024, taking over from Jo Child who remained a member of the board. Joyce Borgs and Judith Unwin stepped in to the roles of vice-chair, to support Suzy. Suzy is in HMPPS Senior Management, formerly governor of HMP Eastwood Park.

Richard Dunkerley joined the board of trustees as treasurer in June 2024. Richard qualified as a certified accountant and worked for several companies including EMI and Reuters. He has been co-director of the Alternatives events programme at St James's Church, Piccadilly, London for 24 years. He is also Treasurer of the Cowley St John parish in East Oxford.

Stefan Lerche joined the board in September 2024. He lives in Hertfordshire and has a background in human resources, learning and development and organisational development. He works as a business psychologist and executive coach in the IT sector.

Key management personal remuneration

The trustees consider that the CEO and Operations Director roles comprise the key management personnel of The PPT in charge of directing, controlling, running, and operating the Trust on a day-to-day basis. The rate of pay for key management personnel is reviewed annually by the trustees and set at a level commensurate with the market rate for similar roles in the sector.

Staff

CEO: Selina Sasse (5 days per week) is responsible for implementing the strategic aims of the charity, reporting to the trustees. She is Yoga Alliance registered in both yoga and mindfulness teaching, with a trauma-informed approach suited to prison work. Selina has supported people with custodial experience since 2013. Prior to The PPT she worked in senior management. A Zen practitioner, Selina leads The PPT British Wheel of Yoga (BWY) Teaching Yoga in Prison teacher training module.

Operations Director: Rebecca (3 days a week) joined in July 2024 in an expanded deputy director role with responsibility for operations, including developing the trust's systems and harnessing digital technologies. She has over 15 years of experience working in small charities in operations and deputy director roles, including most recently managing a food bank in East Oxford. She is helping the organisation plan and implement systems changes needed for it to meet the demand for its services from a growing prison population.

Finance Manager: Former Deputy Director Padmakumara, stepped down from this role in March 2024, remaining with the trust as finance manager (2 days per week). He is responsible for financial administration and reporting.

Yoga Lead: Victoria (3 days a week) facilitates prison yoga by teaching workshops, establishing new classes in prisons, and devising in-cell practices and resources. Teaching in prison since 2011, Victoria teaches adult males at HMP Grendon. She brings experience of teaching yoga to offenders at HMP Aylesbury to her role in co-teaching The PPT BWY Teaching Yoga in Prison module.

Reference and administrative information

Development Lead: Chris (4 days per week) heads up communications and fundraising at the trust. Chris is editor of the yoga teachers' bulletins and coordinates the charity's grant-giving trusts. She has taught in prison since 2014 and brings this, including her specialist experience of women prisoners, to her role in co-teaching The PPT BWY Teaching Yoga in Prison module. Chris leads the trust's development of digital resources, including the digital yoga initiative. She facilitated prison yoga in the South of England and Scotland by teaching workshops, establishing regular classes, and devising in-cell practices and resources, until the end of 2024.

Mentor Lead: Lou (4 days per week) is responsible for coordinating and developing a team of volunteer letter writers, remotely and in the office. She facilitates prison yoga in the South West, East and North-East of England, establishing classes, selecting teachers and supporting staff and beneficiaries with resources for self-practice. Lou manages the administration of the trust's yoga teacher training ensuring we have full take up of our Teaching Yoga in Prison module, through a rigorous selection process of those most suited to prison work.

Finance Manager: Hetty (2 days) a week, joined in November 2024 to support Padmakumara and provide an expanded finance team. She is responsible for financial administration.

Former staff

Publishing, Events, and Outreach Coordinator: Sebastian (5 days per week) until December 2024, was responsible for publishing the quarterly prisoner newsletters and creating printed and digital resources, coordinating our events and supporting the CEO with supporter relationships and outreach.

New staff in 2025

To meet the trust's growth and development strategy 4 new staff members have joined in 2025: Lucy as communications coordinator (2½ days per week), Emma as digital yoga coordinator (1 day per week), Imogen as administrator (2 days per week) and Dervla as mentor coordinator (2 days per week). A further yoga coordinator is being recruited in 2025.

Reference and administrative information

Consultants

We are indebted to our consultants for their help and advice, which they provide voluntarily:

Dr Jamie Bennett
Prison Contract Group Director

The Rev'd George Coppen
Anglican priest and former prison psychotherapist at HMP Grendon

Imam Monawar Hussain DL, MBE
Imam of Eton College and founder of the Oxford Foundation

Professor Alison Liebling
Director, Prisons Research Centre at Cambridge University's Institute of Criminology

Patrons

- Dr Kiran Bedi
- Dr Sheila Cassidy
- Mrs Sandy Chubb
- Fr Laurence Freeman OSB
- Mr Jeremy Irons
- Mr Erwin James (Deceased 2024)
- Sir Mark Tully OBE

Independent examiner

Caroline Webster, UHY Ross Brooke,
Suite I, Windrush Court,
Abingdon Business Park, OX14 1SY

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue,
Kings Hill, West Malling, Kent ME19 4JQ

Cambridge and Counties Bank,
Charnwood Court, 5B New Walk,
Leicester LE1 6TE

The Charity Bank Limited, Fosse House,
182 High Street, Tonbridge, TN9 1BE

The Co-operative Bank plc,
PO Box 250 Skelmersdale, WN8 6WT

Hampshire Trust Bank Plc,
80 Fenchurch Street, London, EC3M 4BY

Lloyds TSB plc, 1 High Street,
Oxford OX1 4AA

United Trust Bank Limited,
One Ropemaker Street, London, EC2Y 9AW

Principal office

The Prison Phoenix Trust,
PO Box 328, Oxford, OX2 7HF

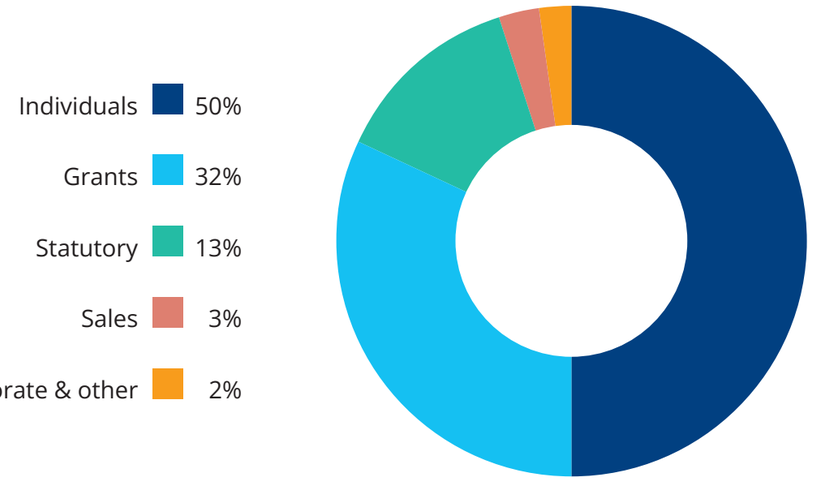
Charity number

1163558

Summary

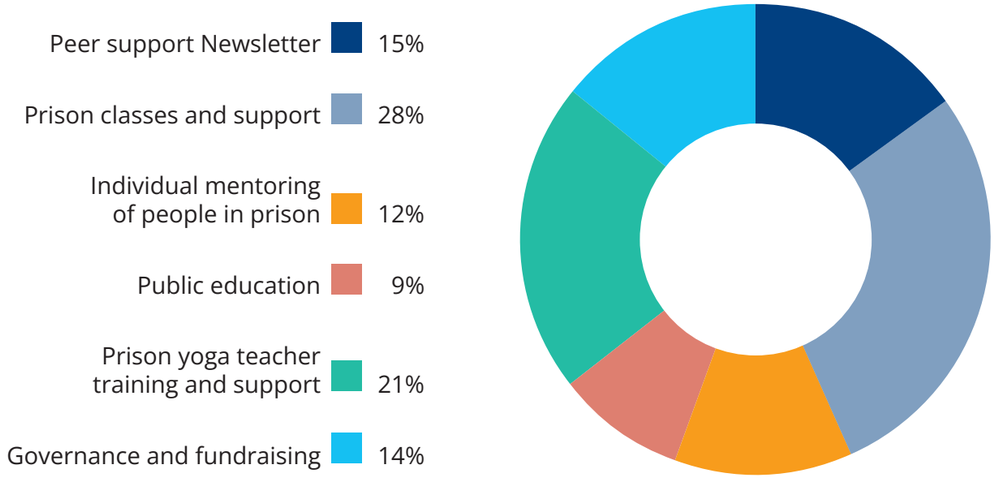
Funding/income

The strategy is to grow funding across The PPT's income streams, broadly in line with historical patterns. In 2024 this was largely maintained, with a marked growth in income from statutory funding (prison contracts) at 13%, off-setting a proportional slight decline in the proportion of income from individuals at 50%.



Expenditure

Expenditure was in line with strategic aims for service delivery and profile-raising. It also reflects the cost of training prison yoga teachers in the intensive part of The PPT/British Wheel of Yoga module.



Financial review

The trustees are pleased to present their review of the financial statements for the year ended December 31, 2024.

The Prison Phoenix Trust closed the year with a surplus of £275,978 (2023 – deficit of £9,404). Total income was £686,884 (2023 - £367,969), and total expenditure £410,906 (2023 - £377,373). The board had budgeted for a £22,000 deficit and were very pleased to see such a successful year. This was largely due to extraordinary features of the year. First, legacy income, not included in the budget as it is unreliable, amounted to £217,883 (2023 - £4,162). Most of this came from the estate of a single individual, and the board, conscious of this unique generosity, wished to use it to best effect, namely carefully planned investments and special projects in the longer-term health of the trust.
A designated legacy fund was therefore created. No expenditure occurred at the close of the year and the balance remained £217,883.

This new fund allowed the trust to apply for grants that involved matching the funding of donors, with the security that it could fulfil the restrictions of the grant and maintain levels of cashflow and reserves. This resulted in the second extraordinary income feature, a £86,900 grant from Stichting Benevolentia (Porticus), restricted to support capacity building. This award is to be spent by the end of 2025. Most of it remained unspent at the close of 2024. Total restricted fund income for 2024 was £110,926 and the remaining balance £95,225, all of which is to be spent in 2025. With much of a record year of income for the trust being reserved for particular uses, this left a balance on unrestricted funds of £197,439, or 5 months of planned 2025 expenditure.

Income received from applications to grant-making trusts rose by 43% to £197,522 (£110,926 restricted). Income from individuals, excluding legacies but with accompanying gift aid, fell by 20% to £149,980. The revised funding sustainability strategy developed to grow income in 2023 proved highly effective in increasing income from current supporters. 2024 proved similarly effective, with 299 donors (2023 – 290) giving regularly the sum of £53,466 (2023 – £50,916). One-off income from individuals was lower in 2024, at £42,029 (2023 - £66,685), yet this discrepancy is accounted for by a single donation of £30,000 in 2023. The Trust acknowledges that the work of continuing to expand the donor base, and developing more sophisticated systems of donor support, is ongoing and necessary to capitalise on the initial successes of 2023 and 2024. This is why monies have been dedicated and restricted for this purpose (see above).
The trust is very grateful for such strength of commitment from its individual donors, both those giving regularly and as a one-off, and it values such supporters highly. Each donation receives a thank you through letter, card, or email, overseen by the CEO.

Income from charitable activities, that is income primarily derived from teaching yoga in prisons, increased substantially, to £110,376 (2023 - £68,632), a rise of 32%. The trust responded quickly to opportunities across the prison sector, especially for contracts around the end of prisons' 2023-24 financial year (first quarter of the trust's financial year), proving very successful. Since this time, a review of the prison system is underway and very few bids have become open to tender. The trust is aware that 2024 might represent a record year for contracts. It is pleasing therefore to report that income from non-contractual yoga classes increased by 120% (£47,517 compared to 2023's £21,587). It may be that if tenders to contract continue not to be available, the trust can, and is well placed, to meet the needs of its beneficiaries via these non-contractual agreements.

Financial review continued

In the process of expanding the staff team and drawing more on specialised consultancy skills to support capacity building and fundraising, expenditure in 2024 (£410,906) was higher than in 2023 (£367,969). As expenditure was budgeted to be £482,00, the Board were pleased to see cost efficiencies continuing to be made across its operations. Some role changes among existing staff took place, reducing costs, and the process of recruitment, expected earlier in the year, only began to have an impact in the final quarter. The trust were also ably supported by a significant and experienced volunteer base.

Investment policy

In line with Charity Commission guidance the trust reviews its investments to consider both the maximum amount of return and how particular investments accord with its aims and objects. Details of the criteria for the latter are available upon request. A further consideration is the impact upon cashflow over the period that the investment takes place.

Interest from a one-year Hampshire Trust Bank Deposit, rolling three-month United Trust Bank Deposit, supplemented with a little from the CAF current account was more than double 2023's £2,616 at £5,742.

The Trust, having received significant, unexpected income in 2024, most of which was not scheduled to be spent in the very short term, reviewed its investment policy. Aware that expenditure would rise considerably in 2025 and of the Financial Services Commission's guarantee extending to a maximum of £85,000 per institution, the Board decided to maintain its current practice of investing in fixed-term deposit accounts, expanding the number of institutions involved. As such, new accounts were created with Charity Bank, Cambridge and Counties Bank, and Buckinghamshire Building Society. With relatively high interest rates persisting to the close of the year, the trustees expect to see a further increase in income from interest in 2025, strengthening the charity's ability to assist its beneficiaries.

Reserves policy

The trust maintains reserves to bridge the gap between spending and receipt of resources and to cover unplanned expenditure. Its policy is to maintain unrestricted reserves of between 3 and 6 months of expenditure. With a budget approved for 2025, the unrestricted reserves level of £197,439 (2023 - £233,487) at the close of 2024 represents 5 months of planned expenditure.

Trustees' responsibilities in relation to the financial statements

The trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the income resources and application of resources, of the charity for that period.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the trust and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable charities (accounts and reports) regulations, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the trust and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:



Suzy Dymond-White
Chair of the trustees

14.08.2025

Our donors

We would like to thank all those who have supported our work throughout the 12 months to December 31 2024, and to acknowledge the financial support of the following individuals, trusts, companies and organisations, as well as those who wish their support to remain anonymous.

Donors whose financial support amounted to £5,000 or more:

- David and Anna Mills (PEL Estates)
- Frances Ruck-Keene (via The Park Hill Trust)
- Anna Bianco-Harnden
- Blankfort Family Fund
- Stichting Benevolentia (Porticus)
- Sir Halley Stewart Trust
- Halcrow Foundation
- Sheepdrove Trust
- Makin Family Trust
- Pelegrin Trust
- Christina Mary Hendrie Trust
- Elizabeth Avery (as Legacy)
- Shirley Harriot (as Legacy)
- Rachel Howell (as Legacy)

Donors whose financial support amounted to between £1,000 and £5,000:

- Deloitte UK
- Cherry Red Records Ltd
- Dennis Ainscough
- Kate Oppel
- WF Southall Trust
- Toms Family Charitable Trust
- Sport England
- Blankfort Family Trust
- DLM Charitable Trust
- 29th May 1961 Trust
- Lascelles Charitable Trust
- Whitaker Trust
- Hedley Foundation Trust
- Elmgrant Trust
- Thames Valley Police Community Fund
- SC & ME Morlands Trust
- Ian MacTaggart Trust
- 1772 Charity - Debtors' Relief Fund
- Whitaker Trust
- Schroder Charity Trust

Independent Examiner's report to the trustees of The Prison Phoenix Trust CIO

I report on the accounts of the Trust for the year to December 31 2024 which are set out on the following pages 31 to 44.

Respective responsibilities of the trustees and 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(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under Section 145 of the 2011 Act);
- Follow the procedures laid down in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act); and
- 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 Commissioners.
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 you as 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 expressed as to whether the accounts present a "true and fair view" and the report is limited to those matters set out overleaf.

Independent Examiner's statement

I have completed my examination. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2) the accounts do not accord with those records; or

3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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



Caroline Webster FCA
UHY Ross Brooke
Suite 1
Windrush Court
Abingdon Business Park
OX14 1SY

14.08.2025

Statement of financial activities (SOFA) period ending 31st December 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Unrestricted Funds £	Restricted Funds £	Total 2023 £
Income from:							
Donations and legacies	3	459,840	110,926	570,766	294,695	2,000	296,695
Charitable activities	4	110,376	-	110,376	68,632	-	68,632
Investments	5	5,742	-	5,742	2,616	-	2,616
Other income		-	-	-	26	-	26
Total income		575,958	110,926	686,884	365,969	2,000	367,969
Expenditure on:							
Raising funds	7	43,039	-	43,039	36,128	-	36,128
Charitable activities	8,14 &	351,084	16,783	367,867	339,086	2,159	341,245
Total expenditure		394,123	16,783	410,906	375,214	2,159	377,373
Net income / (expenditure)		181,835	94,143	275,978	(9,245)	(159)	(9,404)
Transfers between funds		-	-	-	-	-	-
Net movement in funds		181,835	94,143	275,978	(9,245)	(159)	(9,404)
Reconciliation of funds:							
Total funds brought forwards		233,487	1,082	234,569	242,732	1,241	243,973
Total funds carried forward		415,322	95,225	510,547	233,487	1,082	234,569

Balance sheet at 31st December 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible Assets	11	1,088	2,174
CURRENT ASSETS			
Debtors	12	23,871	28,597
Cash at bank		492,588	218,253
		516,459	246,850
CREDITORS: Amounts falling due within one year	13	(7,000)	(14,455)
NET CURRENT ASSETS		509,459	232,395
NET ASSETS		510,547	234,569
FUNDS			
INCOME FUNDS			
Restricted income funds	14	95,225	1,082
Unrestricted Income funds	15	415,322	233,487

Statement of financial activities (SOFA) period ending 31st December 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Unrestricted Funds £	Restricted Funds £	Total 2022 £
Income from:							
Donations and legacies	3	294,695	2,000	296,695	227,326	4,000	231,326
Charitable activities	4	68,632	-	68,632	25,016		25,016
Investments	5	2,616	-	2,616	2,253		2,253
Other income		26	-	26	167		167
Total income		365,969	2,000	367,969	254,762	4,000	258,762
Expenditure on:							
Raising funds	7	36,128	-	36,128	10,452	-	10,452
Charitable activities	8	339,086	2,159	341,245	314,983	3,804	318,787
Total expenditure		375,214	2,159	377,373	325,435	3,804	329,239
Net income / (expenditure)		(9,245)	(159)	(9,404)	(70,673)	196	(70,477)
Transfers between funds		-	-	-	234	(234)	-
Net movement in funds		(9,245)	(159)	(9,404)	(70,439)	(38)	(70,477)
Reconciliation of funds:							
Total funds brought forwards		242,732	1,241	243,973	313,171	1,279	314,450
Total funds carried forward		233,487	1,082	234,569	242,732	1,241	243,973

Notes forming part of the financial statements for the period ended December 31, 2024

1. Accounting Basis

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 and the Charities Act 2011).

The Prison Phoenix Trust CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The Trustees consider that there are no material uncertainties about the trust's ability to continue as a going concern.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £1.

2. Accounting Policies

A. Depreciation

All assets costing more than £1,000 are capitalised and valued at historical cost. The cost of fixed assets is written off using the straight line method of depreciation.

Office equipment and fittings	25% per annum
Computers Stock of Books	25% per annum

The PPT holds stock of books, CDs, and DVDs that are distributed to prisoners without charge. The full value is borne as a cost in the year of purchase.

B. Income Recognition

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

Donations and grants are recognised when the charity has been notified of both the amount and settlement date.

Legacies are recognised on a case-by-case basis following the grant of probate and when the administrator/executor for the estate has communicated in writing both the amount and settlement date.

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the Charity; this is normally upon notification of the interest paid or payable by the bank or deposit taking institution.

C. Expenditure Recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses are allocated or apportioned to the applicable expenditure headings. The allocation of raising funds, support and governance costs are analysed in notes 7, 8, and 9, respectively.

D. Irrecoverable VAT

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

E. Cost of Raising Funds

The cost of generating funds consists of staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs.

F. Charitable Activities

The cost of charitable activities includes governance costs and an apportionment of support costs and raising funds as shown in note 7.

G. Volunteer Time

The value of services donated by volunteers is not reflected in the accounts.

H. Taxation

The trust is a registered charity. It is not, therefore, liable for tax on income derived from its charitable activities.

I. Fund Accounting

Unrestricted Income Funds

Unrestricted Funds are funds which the Trustees are free to use for any purpose in furtherance of the charitable objects. These comprise a general fund plus designated funds set aside out of unrestricted funds by the Trustees to provide for planned projects and other known contingencies.

Restricted Income Funds

These are funds which are to be used in accordance with specific restrictions imposed by the donor.

J. Designated Funds

Designated funds are earmarked formally by the trustees for a particular purpose and can be formally undesignated and transfer back to unrestricted funds.

Further details of each fund are disclosed in notes 14 and 15.

K. Pensions

The Charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against income in the year they are payable.

Notes to the financial statements year ending 31st December 2024

3. Donations and legacies

	Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£	£	£	£
Corporate Giving	2,000	3,445	5,445	-	-	-
Trust Grants - Applications	90,041	107,481	197,522	103,303	2,000	105,303
Trust Donations	25,571	-	25,571	33,090	-	33,090
Gifts from Individuals	104,788	-	104,788	130,007	-	130,007
Gift Aid on Individual Donations	14,586	-	14,586	19,973	-	19,973
Legacies	217,883	-	217,883	4,162	-	4,162
Collections from Religious Meetings and Yoga	4,971	-	4,971	4,160	-	4,160
	459,840	110,926	570,766	294,695	2,000	296,695

4. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£	£	£	£
Prison Workshops	521	-	521	1,413	-	1,413
Prison Yoga Teaching Fees	46,996	-	46,996	20,174	-	20,174
Prison Service Level Agreements	43,060	-	43,060	35,843	-	35,843
Yoga Teachers' Workshops	18,721	-	18,721	10,482	-	10,482
Sale of Books and cards	1,078	-	1,078	720	-	720
	110,376		110,376	68,632	-	68,632

Notes to the financial statements year ending 31st December 2024

5. Investment income

	Unrestricted Funds	Restricted Funds	Total 2024	Restricted Funds	Total 2023
	£	£		£	£
Bank interest receivable	5,742	-	5,742	-	2,616

6. Net Outgoing Resources

	2024	2023
Depreciation	1,086	1,486
Independent Examiner's Remuneration	1,512	1,140

7. Costs of Raising funds

	Unrestricted Funds	Restricted Funds	Total 2024	Restricted Funds	Total 2023
	£	£	£	£	£
Salaries, Teachers & Consultants	39,446	-	39,446	-	30,836
Fundraising admin fees	1,410	-	1,410	-	1,588
Other fundraising costs	2,183	-	2,183	-	3,704
	43,039		43,039	-	36,128

Notes to the financial statements year ending 31st December 2024

8. Analysis of Expenditure on Charitable Activities

Current Year

	Peer Support Newsletter	Prison Classes & Support	Prisoner Mentoring	Public Education	Yoga Teacher Support	Yoga Teacher Training	Total
	£	£	£	£	£	£	£
Staff Salaries and Consultants	42,636	60,828	44,343	35,431	24,391	45,170	252,799
Yoga Teacher Fees		51,961					51,961
Other Staff Costs - General	661	1,055	1,149	816	412	1,019	5,112
Other Staff Costs - Travel and Accommodation	34	1,729	244	509	42	919	3,477
Events and Workshops	-	25	-	50	29	12155	12,259
Resource Production	-	-	-	-	-	-	-
Radio Broadcasts	-	-	-	-	-	-	-
Publicity	10	260	502	1,011	6	11	1,800
Office - Accommodation	5,645	7,970	5,978	4,317	3,321	5,977	33,208
office - Banking and Insurance	264	372	279	201	155	279	1,550
Office - Equipment and Other Assets	1,179	1,664	1,248	902	693	1,248	6,934
Office - General	1,690	1,392	959	655	504	931	6,131
Office - Photocopying and Printing	10,366	473	355	256	197	816	12,463
Office - Postage and Delivery	5,806	535	3,933	295	215	395	11,179
Office - Software and Website	901	1,271	954	689	673	953	5,441
Fundraising (excluding salaries)	610	862	647	467	359	647	3,592
Governance (excluding salaries)	488	692	523	492	287	517	2,999
	70,290	131,089	61,114	46,091	31,284	71,037	410,905

Previous Year

	Peer Support Newsletter	Prison Classes and Support	Prisoner Mentoring	Public Education	Yoga Teacher Support	Yoga Teacher Training	Total
	£	£	£	£	£	£	£
Staff Salaries and Consultants	39,869	55,960	49,029	33,112	18,884	20,977	217,831
Yoga Teacher Fees	-	47,212	-	-	-	-	47,212
Other Staff Costs - General	276	778	815	249	181	187	2,486
Other Staff Costs - Travel and Accommodation	201	1,784	84	946	431	48	3,494
Events and Workshops	315	381	491	1,539	225	8,634	11,585
Resource Production	-	-	7,836	-	-	-	7,836
Radio Broadcasts	-	-	1,800	-	-	-	1,800
Publicity	-	378	2,163	576	-	-	3,117
Office - Accommodation	5,710	6,526	8,157	4,894	4,078	3,263	32,628
office - Banking and Insurance	583	666	833	500	416	391	3,389
Office - Equipment and Other Assets	700	800	1,376	609	500	400	4,385
Office - General	1,039	949	1,541	644	496	445	5,114
Office - Photocopying and Printing	7,640	1,941	1,548	829	584	467	13,009
Office - Postage and Delivery	8,164	620	3,783	82	68	55	12,772
Office - Software and Website	405	462	578	347	1,101	231	3,124
Fundraising (excluding salaries)	926	1,058	1,323	794	662	529	5,292
Governance (excluding salaries	378	431	539	324	270	216	2,158
Bad Debt	25	28	35	21	18	14	141
	66,231	119,974	81,931	45,466	27,914	35,857	377,373

Notes to the financial statements year ending 31st December 2024

9. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£	£	£	£
Staff	14,663	-	14,663	10,718		10,718
Independent Examiner's fees	1,512	-	1,512	1,140		1,140
Accountancy fees	156	-	156	780	-	780
Travel and meetings	850	-	850	-		
Miscellaneous costs	448	-	448	238		
Office costs	33	-	33	-		238
	17,662	-	17,662	12,876		12,876

10. Staff costs and emolluments

	2024	2023
	£	£
Staff salaries	194,263	177,993
Social security costs	12,979	10,235
Pension costs	9,508	8,410
	216,750	196,638

The average number of staff during the period was a headcount of 7, 6 full time equivalent (2023: headcount 6, full time equivalent 5). No employeess received emoluments of more than £60,000.

The total remuneration of the key management personnel - the Director and Deputy Director - including Employer's National Insurance and Employer's Pension contributions was £78,403 (2023: £86,803)

Notes to the financial statements year ending 31st December 2024

11. Tangible Fixed Assets

	Computer Equipment	Office Equipment	Total
	£	£	£
COST			
At 1 January 2024	784	7,562	8,346
Disposals	-	-	-
At 31 December 2024	784	7,562	8,346
DEPRECIATION			
At 1 January 2024	784	5,388	6,172
Written back on disposals			
Charge for 2024		1,086	
At 31 December 2024	784	6,474	6,172
NET BOOK VALUE			
At 31 December 2024	-	1,088	1,088
At 31 December 2023	-	2,174	2,174

12. Debtors and Prepayments

	2024	2023
	£	£
Insurance prepayment	2,296	630
Prison Yoga Classes	6,094	6,928
Rent deposit	5,675	5,675
Rent, service charge and utilities prepaid	6,299	-
Room Hire Yoga Workshop	100	-
Other debtors	3,407	15,364
	23,871	28,597

Notes to the financial statements year ending 31st December 2024

13. Creditors: Amounts falling due within one year

	2024 £	2023 £
Accruals	8,067	1,920
Income in advance	-	3,560
Trade creditors	-	3,891
Tax, NI and pensions	(1067)	5,084
	7,000	14,455

14. Restricted income funds

Current Year

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2024 £
Deloitte Digital Connect	-	3,445	(3,445)	-	-
Porticus Capacity Building	-	86,960	(9118)		77,842
Sir Halley Stewart	-	15,000	-	-	15,000
Sport England	-	3,521	(1197)	-	2,324
Whitaker Trust HMP Ranby Fund	1,082	2,000	(3,023)	-	59
Total funds	1,082	110,926	(16,783)	-	95,225

Previous Year

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
Whitaker Trust HMP Ranby Fund	1,241	2,000	(2,159)	-	1,082
Total funds	1,241	2,000	(2,159)	-	1,082

Deloitte Digital Connect was restricted by the donor to support the director to participate in the Deloitte programme examining the trust's systems and identifying improvements.
Porticus Capacity Building Fund was restricted by the donor to procure systems, expertise, train staff, and modernise the trust's operations to engage decision-makers, meet burgeoning demand, and sustainably scale up its services.
Sir Halley Stewart Fund was restricted by the donor to engage prisons in order to measure the efficacy of online yoga and meditation on prisoners' rehabilitation and wellbeing.
The Sport England Fund was restricted by the donor to support the provision of yoga support for prisons in the Manchester area.
The Whitaker Trust Fund was originally restricted by the donor to activities at HMP Ranby. Since 2021 it has also included other Nottinghamshire prisons.

Notes to the financial statements year ending 31st December 2024

15. Unrestricted income funds

Current Year

	Balance at 01 January 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2024 £
General funds	233,487	358,075	(394,123)	-	197,439
Designated legacy fund	-	217,883	-		217,883
	233,487	575,958	(394,123)	-	415,322

The designated legacy fund was created by the Charity in order to support longer term investments in pursuit of the aims. This includes but is not exclusive to: systems developments, employee expansion, research, resources, and fundraising.

Previous Year

	Balance at 01 January 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
General funds	242,732	365,969	(375,214)	-	233,487
	-	-	-	-	-
	242,732	365,969	(375,214)	-	233,487

16. Operating Lease Commitments

As of December 2024, the Trust has annual commitments under non-cancellable leases of:

Covers 01.01.25 - 31.12.25 £ < 1 year	Covers 3 months to 12.03.26 £ > 2-5 yrs	Total
25,195	6,299	31,494

Notes to the financial statements year ending 31st December 2024

17. Trustee's Remuneration
No trustee (Nil - 2024) received or waived any emoluments in their role as trustees during the year. Five trustees were reimbursed for out of pocket expenses (Nil - 2023) in their role as trustees in the year, at a cost of £621 (£0 - 2023

18. Related Party Transactions
During the year there were no related party transactions (Nil - 2023)

19. Net Assets by Funds

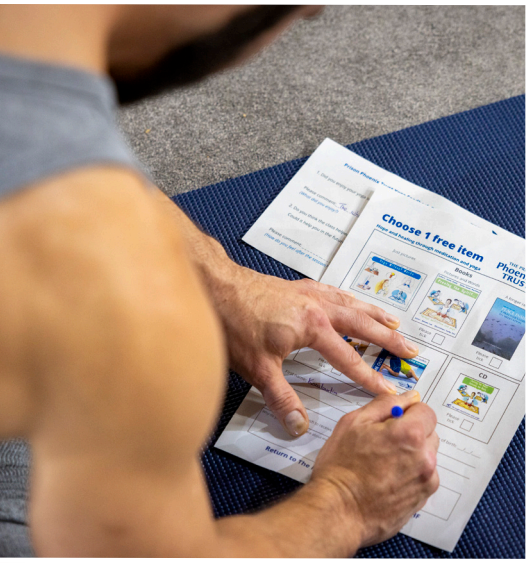
	Net assets / - liabilities £	Long term creditors £	Total £
Restricted income funds	95,225	-	95,225
Designated income funds	217,883		217,883
Unrestricted income funds	197,439	-	197,439
	510,547		510,547



Hope and healing through meditation and yoga

THE PRISON Phoenix TRUST

P.O. Box 328, Oxford OX2 7HF
www.theppt.org.uk















THE PRISON PHOENIX TRUST CIO

England & Wales - Charity number 1163558

Accounts

The Prison Phoenix Trust

Annual Report and Accounts for December 31st, 2023



The Prison Phoenix Trust CIO
PO Box 328, Oxford, OX2 7HF
Tel. 01865 512521
www.theppt.org.uk
Registered Charity Number 1163558

THE PRISON Phoenix TRUST

Our Mission Statement

The opportunity for personal growth exists in a prison cell.

The Prison Phoenix Trust responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The Trust offers personal support to prisoners through teaching, workshops, correspondence, books, CDs, DVDs and newsletters – and to prison officers too.

The Trust recommends simple yoga sensitively tailored to students' needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence in the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

— The Prison Phoenix Trust



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An Introduction from the Chair



At our public event in March 2023, we heard first-hand from former prisoners Richard, Paul, and Pete how learning yoga and meditation in prison, supported by The Prison Phoenix Trust, had completely changed their lives.

Anyone learning about the The PPT — described as 'a beacon of light' by Richard — and the extent of its work, might be surprised to discover that it all comes from a small office in Oxford with a team of 6 paid staff, most of whom work part-time. The Trustees are hugely grateful to the staff for their dedication, skills, and resourcefulness, adapting to the changing prison environment and the challenges that all charities are facing at a time of increasing financial pressures.

Fundamental to the work of The PPT is the contribution of our 22 volunteer letter-writing mentors and office volunteers, and over 100 Prison Yoga Teachers who are trained to deliver trauma-responsive yoga and meditation in secure environments. I would like to express my gratitude to them and to our Board of Trustees, who were joined this year by three new members: Joyce Borgs, Judith Unwin, and Liz Wheen.

In 2023, demand for our services was higher than ever, from prison staff requesting resources to support yoga and meditation, prison managers seeking bids for contracted services, and individual prisoners writing to us for practices that help them in their cells or wings. The PPT staff and volunteers have worked hard to meet this need. We have known for a long time that yoga and meditation have a real impact, and can help prisoners to end the cycle of reoffending, and we are delighted to see the growing body of evidence supporting this.

With this growth in evidence, changes in prison regimes planned for 2024 could make yoga and meditation even more widely available to people in custody. You will read in this report how we have extended the ways we can support prisoners to practise meditation and yoga, with digital resources adding to our much valued core work.

We are deeply indebted to all those trusts, organisations, and individuals who have supported our work in 2023. With rising costs and increased demand, we will need more funds to continue this important work. We are optimistic that 2024 will be another good year.

With best wishes,



Jo Child
Chair of Trustees

Report of the Trustees for the year to December 31, 2023

The Trustees present their report along with the financial statements of the Trust for the year ended December 31, 2023. The financial statements have been prepared in accordance with the accounting policies set out on page 20 and comply with the Trust's Constitution and applicable law.

Structure, Governance, and Management

The Prison Phoenix Trust CIO (henceforth "the Trust", "The PPT") was established under a constitution dated September 14th 2015 and is a registered charitable incorporated organisation (CIO), no 1163558. The assets and liabilities of the unincorporated charity of the same name were transferred to the CIO as at March 31, 2016. The unincorporated charity remains on the register of charities but is now inactive. The Trustees met four times in the period to December 31, 2023.

Appointment of Trustees

Trustees are appointed only when fully familiar with the work of the Trust. Before seeking new Trustees, the Board conducts a review of its existing membership, looking at the skills, experience, diversity, and knowledge represented on the board, and identifying what particular skills and attributes the Board needs to meet the challenges expected in the next few years. Vacancies are advertised widely, using The PPT website and agencies. Following interviews, prospective Trustees observe a Trustee Meeting and are given a copy of the CIO's governing document. They are also provided with relevant Charity Commission information, including the guidance on public benefit, before being formally appointed them for a period of three years. Trustees are given a comprehensive induction — which could include attending an external training course — and are paired with an existing Trustee who acts as a "buddy" in their first year. Trustees are invited to all promotional, social, and fundraising events of the Trust so they can meet with staff, volunteers, supporters, and yoga teachers and have first-hand feedback on the daily work of the Trust.

Risk Management

The Trustees and Director continued to conduct a quarterly review of the major risks to which The PPT is exposed, using the risk management framework to identify the top seven risks. Where

necessary, systems were developed to mitigate the risks the Trust faces. The review highlighted the risks of high inflation and a charity sector under increased financial pressure. A Funding Sustainability Group of staff and Trustees was set up and met regularly to address this risk. The Trustees formally review the risk management framework each year.

Aims

The objects of the CIO as noted in the constitution are for the public benefit to advance the education of and to rehabilitate and promote the mental and moral improvement of (principally) prisoners and former prisoners, primarily in the UK and Ireland, but also of:

1) People in other forms of compulsory detention;
2) Those undergoing community punishments; and
3) Those identified as being at risk of entry into the criminal justice system.

The umbrella term 'prisoners' refers to all residents in secure establishments.

Objectives

The Trust's objectives are set to reflect the aims of education, rehabilitation, and mental and moral improvement through supporting the practice of meditation and yoga. This is done primarily through personal correspondence with prisoners; the provision of free books, CDs, and DVDs; yoga classes broadcast on National Prison Radio; regular columns in the prisoner newspaper *Inside Time*; a quarterly newsletter; running prison workshops; and training and supporting yoga teachers to run yoga and meditation classes for prisoners and staff. These activities are available to anyone detained in any secure establishment in the United Kingdom and Ireland, and to the staff looking after them.

The Trustees and staff meet regularly to review the Trust's objectives and activities to ensure that they continue in order to reflect its principle aims. The Trustees considered the Charity Commission's general guidance on public benefit and, in doing so, complied with their duty to regard that guidance.

Activities

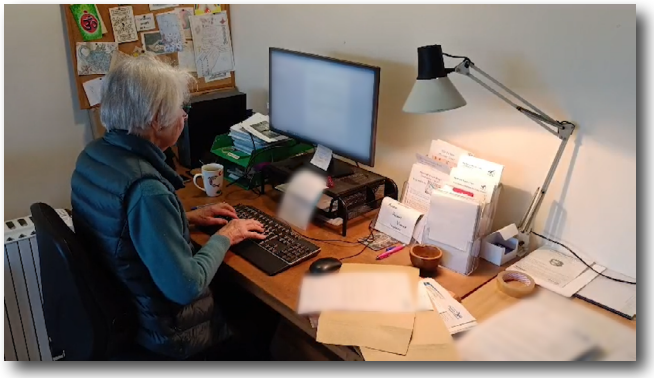


In 2023 the Trust supported 196 establishments across four prison systems: His Majesty's Prison & Probation Service in England and Wales (HMPPS), Scottish Prison Service (SPS), Northern Ireland Prison Service (NIPS), and the Irish Prison Service (IPS) in the Republic of Ireland. In all regions, meditation and yoga was recognised for its value to the wellbeing of prisoners in their physical, mental, and spiritual health.

The Trust was in direct contact with an estimated 5% of the UK and Ireland prison population. The PPT corresponded with 5100 prisoners in the UK and Ireland. In addition, 207 former prisoners are supported with their meditation and yoga practice.

Spiritual Guidance to Prisoners

The original aim of the Trust, as set out by its founder, Ann Wetherall, was to support and encourage prisoners in their spiritual lives through correspondence. Her vision continues to form the cornerstone of our work, with a team of 15 volunteer letter writers corresponding with people in prison. During 2023, 2850 prisoners wrote to us for free resources. Each prisoner who wrote received a personal letter in reply, along with the materials they requested, and an offer to stay in touch in order to support them in their practice and effort to live out the beneficial aspects of what they discover.



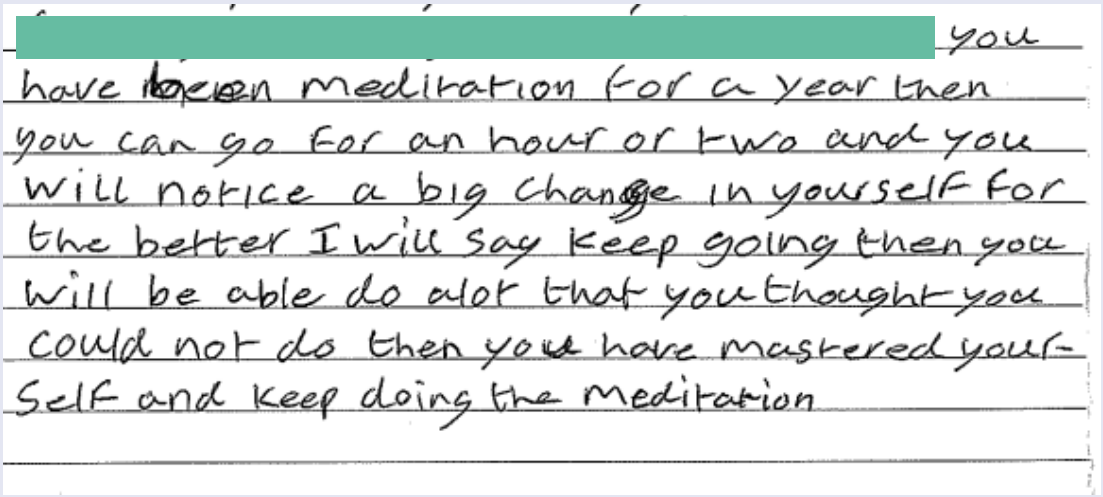
Spotlight: Prisoner Letters

Letter writing is an essential part of what we do at The Prison Phoenix Trust. Dialogues can stretch over decades, with our dedicated team of volunteers using their time to track the spiritual and personal progress of people in prison.

Letter writers each have their own spiritual, meditation or yoga practice, and use their own

personal experiences to communicate with people inside. For what might be the first time in their lives, they will have someone who cares about them as they work towards their rehabilitation through contemplative practice.

One prisoner, Jon from HMP Whatton, wrote in to say:



Jon is one of the thousands of people that we help every year with their practice, and quotes like these make their way into the peer-support newsletter to help inspire others in turn.

Helping Those Who Need It Most

This year we have met and grown the engagement with our support by expanding the ways we help and validating what we do. We have done this by:

- Meeting HMPPS' strategy for new digital support, through enabling people in **67 prisons to follow meditation and yoga instruction on laptops** in their cells.
- Providing filmed yoga classes on prison TV in 3 prisons. **In more than 100 prisons, *Freedom Inside*** — The PPT's yoga and meditation programme — was broadcast three times a week on National Prison Radio: its fourth year on the air.



A sceenshot from one of our digital offerings

A Personal Approach

Our one-to-one guidance continues to be at the heart of what we do at The Prison Phoenix Trust:

- We trained **4 new volunteer mentors**, who provided careful and personal guidance. This grew our team to 15 trained letter writers, **sharing 492 individual mentoring letters** between them.
- **We provided 2,850 packs of resources for self-study** including specialist DVDs, CDs, handouts, and books. Our titles always include accessible materials suitable for those with lower literacy levels.
- After a pilot in 2022, First Night cards offering help during the difficult first days were **rolled out more widely to the induction units in 12 prisons, and we received 230 requests for help and resources.**
- Peer-support **newsletters have helped 5,015 people** of the prison population to be inspired and encouraged by the experiences of others.
- We **supported 200 prison staff** who ordered specialist yoga and meditation resources through our website, and are **in touch with over 2,000 via our online and paper newsletters**.







Trauma and Rehabilitation

The experience of face-to-face, trauma-responsive group classes cannot be underestimated as a valued intervention for rehabilitation.



- We supported **regular yoga and meditation classes in 58 prisons**, young offenders institutions, approved premises, immigration removal centres, and secure hospitals.
- **We won 6 contracts put out to tender**, an increase of 50% from 2022, to support prisons in 2023, with 2 more getting started for 2024 delivery.
- To grow this, **we taught more than 30 taster workshops in 13 prisons**, as well as 3 wellbeing days, giving prisoners and staff an opportunity to experience the effects of yoga on calming the nervous system, supporting mental and physical health.

Investing in our People

To achieve what we have in 2023, we invested in expanding our communities:

- **We recruited 3 new trustees** to create a strong Board of 11.
- The PPT expanded its staff and consultant team, with **5 new members joining this year**. Lou became our Yoga and Letter Writing Coordinator, as well as Georgia and Jane supporting our communications and fund raising. We also received external bookkeeping support from Sheila and Moay Sin at SPX.
- **We taught 37 qualified yoga teachers** using our new hybrid model of training with The PPT to equip them to teach trauma-responsive yoga and meditation safely and effectively in secure environments.



Yoga Teachers at our 2023 BWY-Approved Training Module

- They form part of **a network of over 100 teachers** with access to The PPT's ongoing support.
- **4 new office volunteers** have helped ensure the flow of letters, resources and record keeping has a quick turnaround.
- Overall our **volunteer support has grown by over 30%**.
- 10% of our staff and volunteer team have **lived experience of the prison service**.

Spotlight: Our Classes at HMP Downview

One instance that proves the success of our approach was the 8-week Mindfulness courses run at HMP Downview from July to September 2023.

- **81% experienced meaningful improvement in mental wellbeing;**
- **'low' mental wellbeing decreased from 87% to 7%;**
- **'moderate' mental wellbeing increased from 13% to 73%;**
- **'high' mental wellbeing increased from 0% to 20%.**

The PPT in the Spotlight

The Prison Phoenix Trust has been the subject of several newsworthy stories in 2023:

- **Former Prisoners shared their life lessons:** In March, The PPT's Annual Event showed the healing power of meditation and yoga, as Richard, Paul, and Pete — previous prisoners who have maintained a solid practice — shared their wisdom from inside.



- **Our letter writer, Yvonne, was featured in *the Friend*:** The Quaker periodical noted the dedication of our letter writer, Yvonne, who has been writing to people inside for 20 years. For their Volunteers Week edition, she said what 'a privilege it is to write to people in this way'.



- **A Royal Audience:** In July, Sue — an ex-prisoner helped through drug addiction by The PPT — and trustee Shola Arewa were received by His Majesty King Charles III. Sue spoke to an audience of over 100 people, invited to represent prison yoga as part of the celebrations for 40 years of the Prince of Wales' Charitable Trust.



- **All Party Parliamentary Group Hearing:** The PPT presented the latest evidence on yoga in prison to parliamentarians, showing how it helps with impulse control, decreases antisocial behaviour, and reduces psychological distress.

- **The Om Yoga Award:** The Prison Phoenix Trust won the inaugural Om Yoga Award for Yoga Charity of the Year. The award was presented at the Om Yoga Show, where Paul completed a 30-minute sponsored headstand to raise funds

for The Trust. Patron Jeremy Irons later wrote to express his congratulations.



- **Benjamin Zephaniah:** Sadly, the end of 2023 saw the great loss of poet and patron Dr Benjamin Zephaniah. He had previously advocated for The PPT on public radio, and had even written a poem for The PPT, which is still sent out to people inside today.

How Yoga and Meditation Help

People in prison tell us each day in their letters or when we meet them that the practices we recommend are helping: they allow them to sleep and to feel more at ease; to get along better with family, fellow prisoners, and officers; and to discover a sense of hope and purpose for their lives and their futures. Most importantly, meditation and yoga help them see, at a profound level, that they are not separate from the rest of the world. They speak of feeling less fearful and antagonised, of wanting to give something back to society, of feeling connected with something positive.

The stretches, postures, breathing practices, and relaxation of yoga not only keep the body's systems strong and healthy, they also release tension in a safe and controlled fashion. Seated meditation, focusing on the immediate physical experience of the breath, allows the normal activity of the mind to slow down. This break from being locked into the internal chatter is not only deeply refreshing, it gives prisoners a chance to experience thoughts and feelings without reacting to them automatically. This is empowering: it allows them to see that strong physical and mental conditioning can be responded to with wisdom, instead of habit.



That spiritual strength matures through a regular practice of 'not thinking', so we offer silent meditation on the breath, as extolled by the world's wisdom traditions. This practice is not confined to any one religion; it is rooted and informed by silence, which means familiarity with the mind that isn't overwhelmed by feeling or conceptual thinking.

Reference and Administrative Information

Trustees


Shola Arewa


Penny Boreham


Joyce Borgs


Jo Child


Nicholas Colloff


Suzy Dymond-White


Claira Fernandez


Doug Heming


Judith Unwin


Olivia Vickers


Liz Wheen


Giles Charrington (Retired)

- **Shola Arewa** provides health and wellbeing training internationally. She has been supporting prisons as a yoga teacher and psychologist since the 1990s.
- **Penny Boreham** is a radio producer and broadcaster, and craniosacral therapist.
- **Giles Charrington** is a management consultant, a coach and therapist. He is also a Zen meditator. Retired June 2023.
- **Jo Child**, Chair of Trustees, is a yoga teacher and runs a series of high-quality yoga workshops with guest teachers in Oxford. She is a former staff member of The PPT.
- **Nicholas Colloff OBE** was Oxfam's Director of Strategy and Innovation and is now Executive Director of the Argidius Foundation. He is a PPT co-founder.
- **Suzy Dymond-White** is in HMPPS Senior Management, formerly Governor of HMP Eastwood Park.
- **Claira Fernandez** has a deep commitment to wellbeing, running her own practice. She has supported the healing of recovering addicts.
- **Doug Heming** is an Anglican priest and restorative justice facilitator. He has served as a prison chaplain in many adult and young offender facilities across the UK.
- **Olivia Vickers** is a proponent of good mental health. Working in investment banking she values good governance.

New Trustees for 2023

- **Joyce Borgs** from Wales works for the Centre for Accelerated Social Technology (CAST) which helps charities harness the power of digital technology, designing tools and platforms to support their work.
- **Judith Unwin OBE** is from Oxford and has held trusteeships before, most recently for Contemporary Applied Arts. She brings experience of fund-raising, profile-raising and financial strategy.
- **Liz Wheen** is from London with a background in prisoner education for HM Prison and Probation Service (HMPPS), implementing programmes that support prisoners to rebuild their lives. She is currently Head of Future Models for Prisoner Education.

Key Management Personal Remuneration

The Trustees consider that the Director and Deputy Director roles comprise the key management personnel of The PPT in charge of directing, controlling, running, and operating the Trust on a day-to-day basis. The rate of pay for key management personnel is reviewed annually by the Trustees and set at a level commensurate with the market rate for similar roles in the sector.

Staff

Director: Selina Sasse (5 days per week) is responsible for implementing the strategic aims of the charity, reporting to the Trustees. She is Yoga Alliance registered in both yoga and mindfulness teaching, with a trauma-informed approach suited to prison work. Selina has supported people living behind bars since 2013. Prior to The PPT she worked in senior management. A Zen practitioner, Selina leads The PPT British Wheel of Yoga (BWY) Teaching Yoga in Prison teacher training module.

Deputy Director: Padmakumara (3 days per week) is responsible for financial administration, reporting, office systems, and volunteers. He manages The PPT's IT consultancy, Computer Assistance, and The Trust's bookkeepers, SPX. Padmakumara is a practising Buddhist and professional gardener.

Yoga Lead: Victoria Green (3 days per week since April 2023) facilitates prison yoga by teaching workshops, establishing new classes in prisons, and devising in-cell practices and resources. Teaching in prison since 2011, Victoria teaches adult males at HMP Grendon. She brings

experience of teaching yoga to offenders at HMP Aylesbury to her role in co-teaching The PPT BWY Teaching Yoga in Prison module.

Development Lead: Chris Holt (4 days per week) Was yoga coordinator until 2023. She facilitates prison yoga in the South of England, the North-East, and Scotland by teaching workshops, establishing regular classes, and devising in-cell practices and resources. Chris is editor of the yoga teachers' bulletins and coordinates the charity's grant-giving trusts. She has taught in prison since 2014 and brings this, including her specialist experience of women prisoners, to her role in co-teaching The PPT BWY Teaching Yoga in Prison module. Chris leads the Trust's development of digital resources.

Yoga Coordinator: Lou Steele (4 days per week) Joined in March 2023, Lou is responsible for coordinating and developing a team of volunteer letter writers, remotely and in the office. She facilitates prison yoga in the South West, East and North East of England, establishing classes, selecting teachers and supporting staff and beneficiaries with resources for self-practice. Lou manages the administration of the Trust's yoga teacher training ensuring we have full take up of our Yoga in Prison module, through a rigorous selection process of those most suited to prison work.

Publishing, Events, and Outreach Coordinator: Sebastian Lewis (4 days per week). Responsible for publishing the quarterly prisoner newsletters and creating printed and digital resources. He coordinates our events and supports the director with supporter relationships and outreach.

Former Staff: Publishing and Events Coordinator: Hanan Abdeljaber, 3 days per week until June 2023. Georgia Wilson, Communications Coordinator, 2 days per week until August 2023.

Consultants

We are indebted to our consultants for their help and advice, which they provide voluntarily:

- **Dr Jamie Bennett —** Chief Strategy Officer, Youth Justice Board
- **The Rev'd George Coppen —** Anglican priest and former prison psychotherapist at HMP Grendon
- **Imam Monawar Hussain DL, MBE** — Imam of Eton College and founder of the Oxford Foundation
- **Professor Alison Liebling** — Director, Prisons Research Centre at Cambridge University's Institute of Criminology

Patrons

- Dr Kiran Bedi
- Mrs Shirley du Boulay (Deceased 2023)
- Dr Sheila Cassidy
- Mrs Sandy Chubb
- Fr Laurence Freeman OSB
- Mr Jeremy Irons
- Mr Erwin James (Deceased 2024)
- Sir Mark Tully OBE
- Dr Benjamin Zephaniah (Deceased 2023)

Independent Examiner

Caroline Webster, UHY Ross Brooke, Suite I, Windrush Court, Abingdon Business Park, OX14 1SY

Bankers

- CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
- Lloyds TSB plc, 1 High Street, Oxford OX1 4AA
- The Co-operative Bank plc, PO Box 250 Skelmersdale, WN8 6WT

Principal Office

The Prison Phoenix Trust, PO Box 328, Oxford, OX2 7HF

Charity Number

1163558

Financial Review

The Trustees are pleased to present their review of the financial statements for the year ended December 31, 2023.

The Prison Phoenix Trust met its strategy of having a balanced budget. Income of £367,969 contrasted with expenditure of £377,373. The resulting £9,404 deficit just a 2.5% margin shortfall.

Income in 2023 of £367,969 (includes restricted income of £2,000) was significantly higher than 2022's £258,762 (includes restricted income of £4,000). Income received from applications to grant-making Trusts rose by 60% to £138,393 (includes restricted income of £2,000). Income from individuals, excluding legacies but with accompanying gift aid, rose by 37% to £149,980. The revised Funding Sustainability Strategy developed to grow income in 2023 has therefore proved a highly effective means of reviewing and refreshing the ways in which we ask for support. As 290 supporters give regularly through covenant, the Trust is very grateful for such strength of commitment.

Income from Charitable Activities, that is, income primarily derived from teaching yoga in prisons, also increased substantially, to £68,632 (includes £67,912 from working directly with prisoners and staff), a rise of 174%. The Trust was well-prepared to take advantage of prisons expanding yoga class provision following the pandemic and has proven particularly adept at winning contracts to provide yoga, meditation and mindfulness directly to the prisons. This contractual stream of income, at £35,843 in 2023, is part of a new development by the Ministry of Justice and represents a substantial shift in how the Trust undertakes its work. The Trust's proactive dedication of resources to these new tender applications has proved very effective. As 2024 sees the start of a new prison regime model, the Trust will continue to explore, and hopefully expand this route in service of its beneficiaries.

Expenditure (£377,373) in 2023 was higher than in 2022 (£329,239). 2023 was the second year that cost-of-living increases of approaching 10% impacted the Trust. In 2022 the Trust sought to reduce costs by rethinking the workload distribution among existing staff. In 2023 to meet the growth in delivery and investment in fundraising to grow income, an expansion of our resource through staff increases and use of external consultants was implemented. Cost savings were made by moving to digital newsletters for supporters, offering 1 free resource at a time to prisoners, repurposing equipment and expanding our volunteer support in the office.

Investment Policy

In line with Charity Commission guidance the Trust reviews its investments to consider both the maximum amount of return and how particular investments accord with its aims and objects. Details of the criteria for the latter are available upon request. A further consideration is the impact upon cashflow over the period that the investment takes place.

The Trust therefore decided to maintain its current practice of investing in fixed-term deposit accounts. Interest from a one-year Hampshire Trust Bank Deposit and three-month United Trust Bank Deposit was higher than in 2022, at £2,616. The Trustees were pleased that in drawing down some of the United Trust Bank investment to manage potential cashflow pressures, these didn't manifest, and it was still able to take advantage of higher interest rates.

Reserves Policy

The Trust maintains reserves to bridge the gap between spending and receipt of resources and to cover unplanned expenditure. Its policy is to maintain unrestricted reserves of at least 6 months of expenditure and allow up to nine months. With a balanced budget approved for 2024, the reserves level of £233,487 (£234,569 unrestricted) at the close of 2023 represents 6.25 months of planned expenditure. This leaves reserves at the close of 2023 above the 6-month threshold and permits the absorption of unforeseen income and expenditure during 2024.

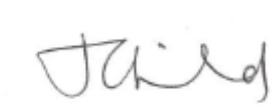
Trustees' Responsibilities in Relation to the Financial Statements

The Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the income resources and application of resources, of the charity for that period.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Trust and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Jo Child

Chair of the Trustees
Tuesday 5 March 2024

Our Donors

We would like to thank all those who have supported our work throughout the 12 months to December 31 2023, and to acknowledge the financial support of the following individuals, trusts, companies and organisations, as well as those who wish their support to remain anonymous.

Donors whose financial support amounted to £5,000 or more:

Benevolentia Foundation (Porticus)
Calleva Foundation
David and Anna Mills
Frances Ruck-Keene
Gael Falk
Halcrow Foundation
Makin Family Trust
Pelegrin Trust
Stuckey Trust
The Tolkien Trust
Weavers' Benevolent Fund

Donors whose financial support amounted between £1,000 and £5,000:

1772 Charitable Trust
The 29th May Charitable Trust
Mr D Ainscough and Mrs Alcue Valero
Cherry Red Records
DLM Charitable Trust
Amelia Gumble
Christopher Head
Jessel Charitable Trust
Lascelles Charitable Foundation
MacTaggart Third Fund
Roundton Trust
SC & ME Morlands Charitable Trust
Toms Family Charitable Trust
Whitaker Charitable Trust

Independent Examiner's Report to the Trustees of The Prison Phoenix Trust CIO

I report on the accounts of the Trust for the year to December 31 2023 which are set out on the following pages 25 to 39.

Respective Responsibilities of the Trustees and 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(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

It is my responsibility to:

• Examine the accounts (under Section 145 of the 2011 Act);

• Follow the procedures laid down in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act); and

• 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 Commissioners. 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 you as 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 expressed as to whether the accounts present a "true and fair view" and the report is limited to those matters set out below.

Independent Examiner's Statement

I have completed my examination. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2) the accounts do not accord with those records; or
3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

Caroline Webster FCA
UHY Ross Brooke
Suite 1
Windrush Court
Abingdon Business Park
OX14 1SY



DATE 27/06/24

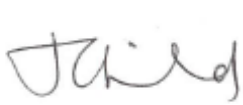
Statement of Financial Activities for the year ended December 31 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Unrestricted Funds £	Restricted Funds £	Total 2022 £
Income from:							
Donations and legacies	2	294,695	2,000	296,695	227,326	4,000	231,326
Charitable activities	3	68,632	-	68,632	25,016	-	25,016
Investments	4	2,616	-	2,616	2,253	-	2,253
Other income		26	-	26	167	-	167
Total income		365,969	2,000	367,969	254,762	4,000	258,762
Expenditure on:							
Raising funds	6	36,128	-	36,128	10,452	-	10,452
Charitable activities	7	339,086	2,159	341,245	314,983	3,804	318,787
Total expenditure		375,214	2,159	377,373	325,435	3,804	329,239
Net income / (expenditure)		(9,245)	(159)	(9,404)	(70,673)	196	(70,477)
Transfers between funds		-	-	-	234	(234)	-
Net movement in funds		(9,245)	(159)	(9,404)	(70,439)	(38)	(70,477)
Reconciliation of funds:							
Total funds brought forward		242,732	1,241	243,973	313,171	1,279	314,450
Total funds carried forward		233,487	1,082	234,569	242,732	1,241	243,973

Balance Sheet as at 31 December 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible Assets	10	2,174	3,660
CURRENT ASSETS			
Debtors	11	28,597	14,897
Cash at bank		218,253	233,925
		246,850	248,822
CREDITORS: Amounts falling due within one year	12	(14,455)	(8,509)
NET CURRENT ASSETS		232,395	240,313
NET ASSETS		234,569	243,973
FUNDS			
INCOME FUNDS			
Restricted income funds	13	1,082	1,241
Unrestricted income funds	14	233,487	242,732
TOTAL INCOME FUNDS		234,569	243,973

The financial statements on pages 25 to 39 were approved by the Trustees on 5th March 2024 and signed on their behalf by:



Joanna Child

Chair of the Board

Statement of Financial Activities for the year ended December 31 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Unrestricted Funds £	Restricted funds £	Total 2021 £
Income from:			-				
Donations and legacies	2	227,326	4,000	231,326	279,993	2,000	281,993
Charitable activities	3	25,016	-	25,016	24,646	-	24,646
Investments	4	2,253	-	2,253	1,347	-	1,347
Other income		167	-	167	8,537	-	8,537
Total income		254,762	4,000	258,762	314,523	2,000	316,523
Expenditure on:							
Raising funds	6	10,452	-	10,452	12,092	-	12,092
Charitable activities	7	314,983	3,804	318,787	303,390	2,448	305,838
Total expenditure		325,435	3,804	329,239	315,482	2,448	317,930
Net income / expenditure		(70,673)	196	(70,477)	(959)	(448)	(1,407)
Transfers between funds		234	(234)	-	-	-	-
Net movement in funds		(70,439)	(38)	(70,477)	(959)	(448)	(1,407)
Reconciliation of funds:							
Total funds brought forward		313,171	1,279	314,450	314,130	1,727	315,857
Total funds carried forward		242,732	1,241	243,973	313,171	1,279	314,450

Notes forming part of the financial statements for the period ended December 31, 2023

1. Accounting Policies

(a) Accounting Basis

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 and the Charities Act 2011).

The Prison Phoenix Trust CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The Trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £1.

(b) Depreciation

All assets costing more than £1,000 are capitalised and valued at historical cost. The cost of fixed assets is written off using the straight line method of depreciation.

Office equipment and fittings	25% per annum
Computers	25% per annum

(c) Stock of Books

The PPT holds stock of books, CDs, and DVDs that are distributed to prisoners without charge. The full value is borne as a cost in the year of purchase.

(d) Income Recognition

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

Donations and grants are recognised when the charity has been notified of both the amount and settlement date.

Legacies are recognised on a case-by-case basis following the grant of probate and when the administrator/executor for the estate has communicated in writing both the amount and settlement date.

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the Charity; this is normally upon notification of the interest paid or payable by the bank or deposit taking institution.

(e) Expenditure Recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. The allocation of support and governance costs is analysed in note 6.

(f) Irrecoverable VAT

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(g) Cost of Raising Funds

The cost of generating funds consists of staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs.

(h) Charitable Activities

The cost of charitable activities includes governance costs and an apportionment of support costs as shown in note 7.

(i) Volunteer Time

The value of services donated by volunteers is not reflected in the accounts.

(j) Taxation

The Trust is a registered charity. It is not, therefore, liable for tax on income derived from its charitable activities.

(k) Fund Accounting

Unrestricted Income Funds

Unrestricted Funds are funds which the Trustees are free to use for any purpose in furtherance of the charitable objects. These comprise a general fund plus designated funds set aside out of unrestricted funds by the Trustees to provide for planned projects and other known contingencies.

Restricted Income Funds

These are funds which are to be used in accordance with specific restrictions imposed by the donor.

Further details of each fund are disclosed in notes 14 and 15.

(l) Pensions

The Charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against income in the year they are payable.

2. Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£	£	£	£
Trust Grants - Applications	103,303	2,000	105,303	63,600	4,000	67,600
Trust Donations	33,090	-	33,090	22,064	-	22,064
Gifts from Individuals	130,007	-	130,007	97,534	-	97,534
Gift Aid on Individual Donations	19,973	-	19,973	12,319	-	12,319
Legacies	4,162	-	4,162	26,816	-	26,816
Collections from Religious Meetings and Yoga Schools	4,160	-	4,160	4,993	-	4,993
	294,695	2,000	296,695	227,326	4,000	231,326

3. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£	£	£	£
Prison Yoga Teaching Fees	20,174	-	20,174	15,887	-	15,887
Yoga Teachers' Workshops	10,482	-	10,482	1,401	-	1,401
Prison Service Level Agreements	35,843	-	35,843	4,372	-	4,372
Prison Workshops	1,413	-	1,413	1,680	-	1,680
Sale of Books and Cards	720	-	720	1,676	-	1,676
	68,632	-	68,632	25,016	-	25,016

4. Investment Income

	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£	£	£	£
Bank interest receivable	2,616	-	2,616	2,253	-	2,253

5. Net Outgoing Resources

	2023	2022
	£	£
Depreciation	1,486	1,890
Independent Examiner's remuneration	1,140	360

6. Cost of Raising Funds

	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£	£	£	£
Salaries, Teachers & Consultants	30,836	-	30,836	9,409	-	9,409
Fundraising admin fees	1,588	-	1,588	1,043	-	1,043
Other fundraising costs	3,704	-	3,704	-	-	-
	36,128	-	36,128	10,452	-	10,452

7. Analysis of Expenditure in Charitable Activities

Current Year

Description of Expense	Newsletter £	Prison Classes £	Prisoner Counselling £	Public Education £	Teacher Workshops £	Yoga Teacher Support £	Whitaker Trust Fund £	Total £
Staff Salaries and Consultants	39,869	55,960	49,029	33,112	20,977	18,884	-	217,831
Yoga Teacher Fees	-	47,212	-	-	-	-	-	47,212
Other Staff Costs - General	276	778	815	249	187	181	-	2,486
Other Staff Costs - Travel and Accommodation	201	1,784	84	946	48	431	-	3,494
Events and Workshops	315	381	491	1,539	8,634	225	-	11,585
Resource Production	-	-	7,198	-	-	-	638	7,836
Radio Broadcasts	-	-	1,800	-	-	-	-	1,800
Publicity	-	378	2,163	576	-	-	-	3,117
Office - Accommodation	5,710	6,526	8,157	4,894	3,263	4,078	-	32,628
Office - Banking and Insurance	583	666	833	500	391	416	-	3,389
Office - Equipment and Other Assets	700	800	1,376	609	400	500	-	4,385
Office - General	1,039	949	1,541	644	445	496	-	5,114
Office - Photocopying/Printing	7,259	1,942	1,168	829	467	584	760	13,009
Office - Postage/Delivery	7,783	620	3,403	82	55	68	761	12,772
Office - Software and Website	405	462	578	347	231	1,101	-	3,124
Fundraising (excluding Salaries)	926	1,058	1,323	794	529	662	-	5,292
Governance (excluding Salaries)	378	431	539	324	216	270	-	2,158
Bad Debt	25	28	35	21	14	18	-	141
	65,469	119,975	80,533	45,466	35,857	27,914	2,159	377,373

Previous Year

	Newsletter	Prison Classes	Prisoner Counselling	Public Education	Teacher Workshops	Yoga Teacher Support	Whitaker Trust Fund	Total
Description of Expense	**£**	**£**	**£**	**£**	**£**	**£**	**£**	**£**
Staff Salaries and Consultants	40,956	59,944	50,332	11,616	22,558	23,810	-	209,216
Yoga Teacher Fees	-	17,689	-	-	-	-	-	17,689
Other Staff Costs - General	550	1,453	539	17	161	87	-	2,807
Other Staff Costs - Travel and Accommodation	16	3,789	456	2	346	9	-	4,618
Events and Workshops	-	-	-	-	-	391	-	391
Resource Production	-	2,965	7,396	-	-	-	1,651	12,012
Radio Broadcasts	-	1,050	750	-	-	-	-	1,800
Publicity	-	-	1,402	-	-	-	-	1,402
Office - Accommodation	1,093	1,276	2,369	122	607	608	-	6,075
Office - Banking and Insurance	5,863	12,703	6,840	651	3,257	3,257	-	32,571
Office - Equipment and Other Assets	429	929	500	48	239	238	-	2,383
Office - General	261	585	304	29	145	563	-	1,887
Office - Photocopying/Printing	7,694	615	1,728	32	158	158	664	11,049
Office - Postage/Delivery	5,980	1,005	6,777	50	252	251	1,489	15,804
Office - Software and Website	1,972	1,827	1,851	77	386	386	-	6,499
Fundraising (excluding Salaries)	183	261	209	156	104	130	-	1,043
Governance (excluding Salaries)	349	498	399	299	199	249	-	1,993
	65,346	106,589	81,852	13,099	28,412	30,137	3,804	329,239

The Analysis of Expenditure for 2022 differs from that presented in the Annual Accounts of that year. In review of the Trust's work it was clear that the breakdown model previously applied did not accurately reflect the position since the close of pandemic restrictions. As 2022 was a transition year The Trust has updated its allocation methodology to provide a true historical comparison with the current year.

8. Governance Costs

	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£	£	£	£
Staff	10,718	-	10,718	10,885	-	10,885
Independent Examiner's fees	1,140	-	1,140	360	-	360
Accountancy fees	780	-	780	-	-	-
Travel and meetings	-	-	-	-	-	-
Miscellaneous costs	238	-	238	735	-	735
	12,876	-	12,876	11,980	-	11,980

9. Staff costs

	2023	2022
	£	£
Staff salaries	177,993	170,027
Social security costs	10,235	11,461
Pension costs	8,410	8,164
	196,638	189,652

The average number of staff during the period was a headcount of 6, 5 full time equivalent (2022: Headcount 6, FTE 5). No employees received emoluments of more than £60,000 per annum (2022: None).

The total remuneration of the key management personnel - the Director and Deputy Director - including employer’s National Insurance and Pension contributions was £86,803 (2022: £67,771).

10. Tangible Fixed Assets

	Computer Equipment	Office Equipment	Total
	£	£	£
COST			
At 1 January 2023	7,086	13,412	20,498
Disposals	(6,302)	(5,850)	(12,152)
At 31 December 2023	784	7,562	8,346
DEPRECIATION			
At 1 January 2023	7,086	9,752	16,838
Written back on disposals	(6,302)	(5,850)	(12,152)
Charge for 2023	-	1,486	1,486
At 31 December 2023	784	5,388	6,172
NET BOOK VALUE			
At 31 December 2023	-	2,174	2,174
At 31 December 2022	-	3,660	3,660

11. Debtors and Prepayments

	2023	2022
	£	£
Insurance prepayment	630	1,223
Prison teacher and workshop expenses	6,928	5,452
Rent deposit	5,675	5,675
Rent, service charge and utilities prepaid	-	227
Other debtors	15,364	2,320
	28,597	14,897

12. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals	1,920	4,745
Income in advance	3,560	-
Trade creditors	3,891	-
Tax, NI and pensions	5,084	3,764
	14,455	8,509

13. Restricted Funds

Current Year	Balance at 1 January 2023	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
Whitaker Trust HMP Ranby Fund	1,241	2,000	(2,159)	-	1,082
Total Funds	1,241	2,000	(2,159)	-	1,082

Previous Year	Balance at 1 January 2023	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
Dee Opp equipment	234	-	-	(234)	-
Whitaker Trust HMP Ranby Fund	1,045	4,000	(3,804)	-	1,241
Trust Funds	1,279	4,000	(3,804)	(234)	1,241

The Whitaker Trust Fund was originally restricted to activities at HMP Ranby. Since 2021 it has also included other Nottinghamshire prisons.

The small balance on the Dee Opp equipment fund has been transferred to general funds on permission of the donor.

14. Unrestricted Income Funds

Current Year	Balance at 1 January 2023	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
General Funds	242,732	365,969	(375,214)	-	233,487
	242,732	365,969	(375,214)	-	233,487

Previous Year	Balance at 1 January 2022	Income	Expenditure	Transfers	Balance at 31 December 2022
	£	£	£	£	£
General Funds	313,171	254,762	(325,435)	234	242,732
	313,171	254,762	(325,435)	234	242,732

15. Operating Lease Commitments

As of December 2023, the Trust has annual commitments under non-cancellable leases of:

Covers 1.1.24 - 31.12.24	Covers 15 month to 12.3.26	Total
£	£	£
< 1 yr	*> 2 - 5 yrs*	
24,780	30,975	55,755

16. Trustee's Remuneration

No Trustee (Nil - 2022) received or waived any emoluments in their role as Trustees during the year. No Trustees were reimbursed for out of pocket expenses (Nil - 2022) in their role as Trustees in the year.

17. Related Party Transactions

During the year there were no related party transactions (2022: £Nil).

18. Net Assets by Funds

	Net assets / - liabilities	Long term creditors	Total
	£	£	£
Restricted Income Funds	1,082	-	1,082
Unrestricted Income Funds	233,487	-	233,487
Total	234,569	-	234,569

THE PRISON Phoenix TRUST

The Prison Phoenix Trust CIO

Registered Charity Number 1163558



THE PRISON PHOENIX TRUST CIO

England & Wales - Charity number 1163558

Accounts

Hope and healing through meditation and yoga

THE PRISON Phoenix TRUST

The Prison Phoenix Trust



Report and Accounts December 31, 2022

The Prison Phoenix Trust CIO
PO Box 328, Oxford OX2 7HF
Tel. 01865 512521
www.theppt.org.uk
Registered Charity Number 1163558



Mission Statement

The opportunity for personal growth exists in a prison cell.

The Prison Phoenix Trust responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The Trust offers personal support to prisoners through teaching, workshops, correspondence, books, CDs, DVDs and newsletters – and to prison officers too.

The Trust recommends simple yoga sensitively tailored to students' needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence in the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

The Queen's Award for Voluntary Service

The MBE for volunteer groups

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From the Chair



2022 was a year of development. With prisons being so severely affected by pandemic restrictions, we devised a strategy to invest in becoming more accessible to those living and working in secure environments.

We did this by expanding our in-cell support. We grew our one-to-one guidance of prisoners with a fresh look to our peer led newsletter, the creation of DVDs and a new First Night resource.

It was a period of change as we adapted to new prison regimes with a higher priority to supporting wellbeing in an inclusive way. And as the year went on, and lock-down restrictions were gradually lifted, we dedicated more time to bringing back in-person classes and expanding our network of specialist teachers to meet this growing demand.

The PPT itself continues to evolve and change. We welcomed three new Trustees to the Board in 2022 - Shola Arewa, Claire Fernandez, and Olivia Vickers. James Mallett and Peter Stevenson, for many years our Treasurer, retired from the Board. Thank you to each of them for all they have done in their different roles; we wish them well.

Deep gratitude too to our committed and hardworking volunteers, and to all those friends, individuals and Trusts, who understand the value of our work and support it financially. Needless to say, none of this work would be possible without them.

Finally, I want to pay tribute to our wonderful staff team, under the strong leadership of Selina Sasse, for the way they responded so flexibly to the changes and challenges of 2022. In the process, The PPT built on its strengths and went forward into 2023 with new resources and new ways of working. The essentials, however, remain the same, underpinned by our deep trust in the power of yoga and meditation to transform lives.

Report of the Trustees for the year to December 31, 2022

The Trustees present their report along with the financial statements of the Trust for the year ended December 31, 2022. The financial statements have been prepared in accordance with the accounting policies set out on page 33 and comply with the Trust's Constitution and applicable law.

Structure, Governance and, Management

The Prison Phoenix Trust CIO (henceforth "the Trust", "The PPT") was established under a constitution dated September 14th 2015 and is a registered charitable incorporated organisation (CIO), no 1163558. The assets and liabilities of the unincorporated charity of the same name were transferred to the CIO as at March 31, 2016. The unincorporated charity remains on the register of charities but is now inactive. The Trustees met four times in the period to December 31, 2022.

Appointment of Trustees

Trustees were appointed only when they were fully familiar with the work of the Trust. Before seeking new Trustees, the Board conducted a review of its existing membership, looking at the skills, experience, diversity, and knowledge represented on the board, and identified what particular skills and attributes the Board needed to meet the challenges expected in the next few years. Vacancies were advertised widely, using The PPT websites and agencies. Following interviews, prospective Trustees observed a Trustee Meeting and were given a copy of the CIO's governing document. They were also provided with relevant Charity Commission information, including the guidance on public benefit, before being formally appointed for a period of three years. Trustees were given a comprehensive induction — which could have included attending an external training course — and were paired with an existing Trustee who acted as a "buddy" in their first year. Trustees were invited to all promotional, social, and fundraising events of the Trust so they could meet with staff, volunteers, supporters, and yoga teachers and have first-hand feedback on the daily work of the Trust.

Risk Management

The Trustees and Director continued to conduct a quarterly review of the major risks to which The PPT is exposed, using the risk management framework to identify the top seven risks. Where necessary, systems were developed to mitigate the risks the Trust faces. The review highlighted the risks of high inflation and a charity sector under increased financial pressure. A Funding Sustainability Group of staff and Trustees was set up and met regularly to address this risk. The Trustees formally review the risk management framework each year.

Aims

The objects of the CIO as noted in the constitution are for the public benefit to advance the education of and to rehabilitate and promote the mental and moral improvement of (principally) prisoners and former prisoners, primarily in the UK and Ireland, but also of:

1. People in other forms of compulsory detention;
2. Those undergoing community punishments; and
3. Those identified as being at risk of entry into the criminal justice system.

The umbrella term 'prisoners' refers to all residents in secure establishments.

Objectives

The Trust's objectives are set to reflect the aims of education, rehabilitation, and mental and moral improvement through supporting the practice of meditation and yoga. This is done primarily through personal correspondence with prisoners; the provision of free books, CDs, and DVDs; yoga classes broadcast on National Prison Radio; regular columns in the prisoner newspaper *Inside Time*; a quarterly newsletter; running prison workshops; and training and supporting yoga teachers to run yoga and meditation classes for prisoners and staff. These activities are available to anyone detained in any secure establishment in the United Kingdom and Ireland, and to the staff looking after them.

The Trustees and staff met regularly to review the Trust's objectives and activities to ensure that they continue in order to reflect its principle aims. The Trustees considered the Charity Commission's general guidance on public benefit and, in doing so, complied with their duty to regard that guidance.

Activities

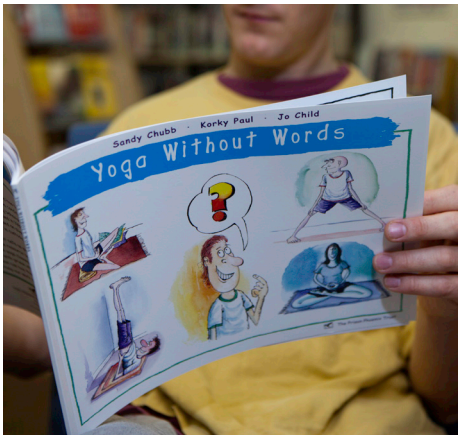
In 2022 the Trust supported 206 establishments across four prison systems: His Majesty's Prison & Probation Service in England and Wales (HMPPS), Scottish Prison Service (SPS), Northern Ireland Prison Service (NIPS), and the Irish Prison Service (IPS) in the Republic of Ireland. In all regions, meditation and yoga was recognised for its value to the wellbeing of prisoners in their physical, mental, and spiritual health. There has also been increasing interest from the forensic units of secure hospitals.

The Trust was in direct contact with an estimated 4.59% of the UK and Ireland prison population. The PPT corresponded with 4,417 prisoners in the UK and Ireland out of a population of 96,328 (December 2022), in addition to 2,335 former prisoners, supporting their meditation and yoga practice in the community.

Spiritual Guidance to Prisoners

The original aim of the Trust, as set out by its founder, Ann Wetherall, was to support and encourage prisoners in their spiritual lives through correspondence. Her vision continues to form the cornerstone of our work, with a team of 16 volunteer letter writers corresponding with people in prison. During 2022, 3399 prisoners wrote to us for help: an increase of 89%. Each prisoner who wrote received a personal, usually hand-written letter in reply, along with the materials they requested, and an offer to stay in touch in order to support them in their practice and effort to live out the beneficial aspects of what they discover.

Specialist Resources: Books, CDs, and DVDs



Resource packs including books and CDs were provided free to 2,895 prisoners, up by 104% from 2021. From August, these have included filmed sequences made available on new specialist DVDs. This visual content offers prisoners with limited literacy, neurodiversity or mental health challenges alternative ways of accessing yoga and meditation. The feedback has been overwhelmingly positive.

The senior forensic psychologist at Aylesbury Young Offenders Institute tells us she is using the DVDs for:

"support for young offenders who are struggling with their mental health, extensive lock up, or with suicidal thoughts. They can be lent out to support them in trying another helpful skill."


insidetime July 2021 www.insidetime.org Jailbreak 19

Part of the Furniture

The Prison Phoenix Trust

The 'lockdown bulge'

Patrick - HMP Moorland

Inside Time

Prisoners find out about what we offer through peer encouragement, regular articles in the prison newspaper *Inside Time*, staff sharing our in-cell practices or when we visit prisons to run free taster workshops.

We paid for a half page in *Inside Time* each month to share a practice and engage with new prisoners. Around 80,000 copies go into prison each year and many get in touch after finding out about the charity in this way.

These articles used pictures as an accessibility point and addressed specific conditions such as insomnia, bad backs or anxiety. *Inside Time* has a circulation of over 60,000, so this allowed us to reach prisoners who may not have heard of our work. We also offered yoga articles to other prison charities for publication, including *Food Behind Bars*, *Her Wellbeing*, *Women In Prison*, and *Prisoners Abroad*.

Handouts



Initiated in 2021, this resource was revised in order to adhere to our updated brand guidelines in 2022. Therefore, it provided clearer, more accessible practices.

National Prison Radio

The Trust's popular meditation and yoga programme Freedom Inside ran for its 3rd year in 2022. The series comprised of twelve 45 minute yoga and meditation sessions repeated throughout the year. Each practice session was introduced by a former prisoner in dialogue with a serving prisoner about their experiences of change through practice. The bulk of each episode was a guided practice from one of the expert prison yoga teachers on our staff. Produced by professional radio producer and a member of our board of Trustees, Penny Boreham, the programme has become a lifeline for many prisoners. In 2022 an estimated 15,750 prisoners tuned into the programme.



THE PRISON Phoenix TRUST

Hope and healing through meditation and yoga

Newsletter Autumn 2022

P.O. Box 328, Oxford OX2 7HF
www.theppt.org.uk

Back to nature

Welcome.

All around us the leaves on the trees slowly and gradually soften and change during the Autumn days. When they are ready the leaves drop away. Whilst the trunk at the core stays strong and always there. Even during times when it is more hidden from view.

In the letters and notes we receive each day, many of you would like help with your anxiety, stress and how to relax. On these pages we have yoga poses to help release this tension in your mind and body. And turn to the back page for guidance on how to relax. It looks simple but is one of the hardest poses.

We can all struggle to relax and let go, to let leaves drop away, and to be aware of our inner world. Meditation and yoga really can help. Autumn reminds us that when we are ready, we too can let go. *Continued page 4.*

Clive writes

"at least now I have the tools to bring that erratic mood-pendulum to a state of rest."

You will read in the Letters the different ways some of our readers are able to find moments of peace and a sense of transformation.

Find out how yoga and meditation help Clive with the darkness and some heart-felt experiences from other peers too. It means a lot to us to be able to share these and our first ever DVDs with you: *Time Out Inside*, see page 3.

Love from us all
Selina, Chris, Hannah, Mike, Padmakumara, Victoria and all our volunteers

The Prison Phoenix Trust *supports prisoners in their spiritual lives through meditation, yoga, silence and the breath. It recommends breath-focused stretches and meditation sensitively tailored to students' needs. This safe practice offers students ultimate peace of mind. The PPT encourages prisoners and prison staff through correspondence, books, CDs, DVDs, newsletters, free taster workshops and weekly classes.*

See inside:

Free DVD
Time Out Inside Yoga and meditation toolkit
Page 3

Release tension
Yoga poses to settle anxiety
Page 6

Learning to relax
A simple way to connect with your body
Page 8

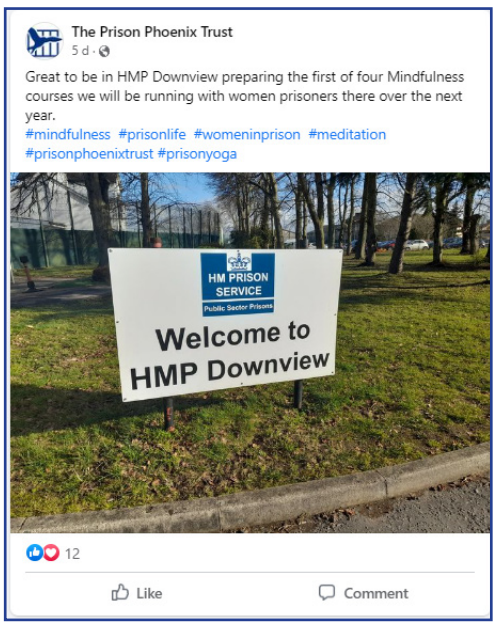
Newsletters

Nearly 5,000 individual prisoners regularly received our newsletter, which was redesigned for ease of reading. It was more colourful and more prominently centred peer support in the form of letters from other prisoners and ex-offenders describing their experiences and the ways in which yoga and meditation changed their outlook on life. The Shannon Trust (specialists in literacy in prisons) provided advice for these design changes to address the disproportionately high numbers of people inside with dyslexia, low literacy or other learning disabilities.



In-person Yoga Instruction

As pandemic conditions in prisons eased we were able to resume teaching, with more than 100 regular classes in more than 50 prisons, along with taster workshops in 17 establishments in the last year. We trained 49 teachers in the foundations of trauma-responsive yoga and meditation and the essentials of working safely in prisons. Prison services continue to rely on us to ensure teachers are prepared in this way.



Social Media

Twitter, Facebook, and Instagram were useful platforms to introduce our work to prison staff and other potential partners and to advertise our yoga teacher trainings and staff vacancies. Each time we ran a taster workshop in a prison, a social media post generated inquiries from other prisons that would like meditation and yoga to support the rehabilitation of people in their care.

Digital delivery in prisons

In 2022, there was revolution in the technology available in prisons.

The UK Government's strategies for prisons sought to provide 'increased educational & rehabilitation opportunities for prisoners' and to make better use of technological advances to support safer, healthier prisons. Under these circumstances, prisoners were encouraged 'to take ownership of their own care and wellbeing' with 'opportunities for purposeful activity accessible to everyone'.

16,000 prisoners in England and Wales (nearly 20% of the prison population) were issued with in-cell laptops and tablets pre-loaded with content to support their education and wellbeing.

This opened up new opportunities for The PPT to reach more prisoners and more diverse groups of prisoners, including younger people, those with limited literacy, neurodiverse prisoners or those with mental health challenges. So far, we have made filmed meditation and yoga sessions available to people on digital devices in more than 60 prisons.

We've had feedback from prisoners in HMPs The Mount, Stokeheath, Feltham A, Styal, Lindholme, and Erlestoke saying the laptop yoga and meditation sessions are making a difference for them. Prisoners in HMPs Wayland, Garth, Ranby, Stokeheath, and The Mount say they would like more content of this kind.

In HMPs Dovegate, Belmarsh and Polmont, also broadcast The PPT's filmed and audio sessions on the prisons' in-house TV and radio stations. Prisons have turned to The PPT as a trusted organisation to provide content that is accessible, effective, and safe for prisoners to practise on their own. We are now working in partnership with the prison service and other organisations involved in providing tools for digital learning, to see how best to develop this approach while maintaining the important personal relationships that underpin the rehabilitative support we offer.





Time Out Inside 1 & 2: launch of new DVDs

In August 2022 we launched two new DVD resources: *Time Out Inside* 1 & 2 are filmed meditation and yoga sessions for use in prisons, either individually in cells or by prison staff in group settings. Each of the DVDs contains 5 filmed sessions of varying lengths including yoga, relaxation, and meditation.

Orders flooded in, helped in part by a new online ordering facility we introduced for prison staff via our website, and feedback has been overwhelmingly positive.

The senior forensic psychologist at Aylesbury Young Offenders Institute told us she is used the DVDs to: ***"support for young offenders who are struggling with their mental health, need another distraction technique, struggling with extensive lock up, or with suicidal thoughts. They can be lent out to support them in trying another helpful skill."***

A prison governor at HMP/YOI Styal said: ***"The DVDs are used on the drug recovery unit and the gym to offer young women activities that focus on well-being and self-care. These can be used without supervision which is great in the evening when they have less access to staff."***

At HMP Coldingley, the head of drug strategy provision told us: ***"The DVDs are very popular. On the drug-free wing, prisoners have set aside time to do yoga together using the DVDs in the evening."***

At HMP Perth a prison PE instructor used the DVDs with small groups regularly as a 6-week course. Prisoners who completed the course were given a PPT book and the chance to order their own copies of DVDs.







The PPT in the News

Considerable interest was generated by the launch of meditation and yoga on DVDs and in-cell laptops, especially within the prison service. We seized the opportunities this presented to raise awareness more generally about the value of meditation and yoga and practises to support prisoner rehabilitation:

***Gatelodge*:** A double-page spread in the autumn edition of the magazine of the Prison Officers Association. (below)



POA | Charity

THE PRISON Phoenix TRUST

NEW PRISON YOGA DVDS

Charity offers free support for mental and physical wellbeing of prison officers and staff

The Prison Phoenix Trust and education provider Novus have launched (in September) specialist prison yoga and meditation DVDs to support the physical and mental health of people working and living in prison.

The DVDs, called Time Out Inside, can been used by prison staff individually or in groups and can also be shared with the people in their care. Each one features five yoga or meditation sessions, ranging in length from 7 to 38 minutes. One is suitable for beginners and the other for those who have done a little yoga before.

The DVDs are a response to the acute pressure on prison officers coping with ongoing staff shortages and the long-term effects of Covid.

As the Prison Reform Trust reported in July, there is a projected increase in the prison population of nearly 20% in the next four years while 19% of prison staff left the service in the last year. Prison inspectors report that staff shortages have played a major part in the "collapse of work, education and training in prisons".

Director of The Prison Phoenix Trust Selina Sasse said, "The work prison officers and staff do is always challenging, but we know conditions have been particularly demanding over the last two years – and continue to be so.

"Simple breath-focused movement and meditation have been shown to help improve sleep, manage stress and improve overall physical and mental wellbeing. We are making these available in as accessible a way as possible to give prison officers and staff some extra tools to help them in the difficult work they do."

The sequences include exercises that can be done standing, sitting or lying down, without any special equipment or clothing.

Former Prison Governor Suzy Dymond-White said, "The Prison Phoenix Trust DVDs make yoga accessible in a straightforward and honest way. They will help people who live and work in our prisons to explore the physical and mental benefits of yoga and meditation; helping with relaxation and emotional regulation. I thoroughly recommend them."

The collaboration between The Prison Phoenix Trust and Novus is also a response to the UK Government's 2021 Prisons Strategy White Paper, which proposes making better use of technological advances to support safer, healthier prisons in which prisoners are encouraged 'to take ownership of their own care and wellbeing' with 'opportunities for purposeful activity accessible to everyone'.

Former prisoner Gordon said, "Practising yoga has certainly contributed to building me in to a better man. Having this as a tool delights me and enables me to take 'time out' from what life throws at you. I now practise at least twice per week for at least an hour. Afterwards I feel refreshed, reset and ready to go!"

Craig, currently serving a sentence in HMP Ashfield said, "Focusing on the breath helps clear my mind as I am not focussing on my thoughts or what is going on around me. So that does help me focus on what I am doing."

It is hoped the two Time Out Inside DVDs will help a wider range of people explore the benefits of yoga and meditation, including younger prisoners and those who struggle with reading.

The most recent data published by the Ministry of Justice shows that 57% of adult prisoners taking initial assessments had literacy levels below those expected of an 11-year-old.

As well as the DVD format, The Prison Phoenix Trust is also working with HMPPS Digital and other partners to make these short yoga and meditation films available digitally in-cell and in group settings.

Novus Digital Learning Manager Steve Grix said, "I know from my years as a teacher in prisons, how poor mental health is often an obstacle to learning, even more so since the pandemic. Novus has collaborated with The Prison Phoenix Trust in producing these short filmed yoga and meditation sessions because we hope they could play a valuable role in helping people in prison be mentally and physically well enough to make use of educational and training opportunities."

Jim King, recently retired head of education in the Scottish Prison Service, said, "Meditation and yoga are increasingly being recognised as valuable rehabilitative interventions in prisons."

The Prison Phoenix Trust has more than 30 years' experience supporting meditation and yoga in prisons in the UK and Ireland. When a randomised control trial of a 10-week course of yoga for prisoners was carried out by researchers at Oxford University, the group that did the yoga course showed an improvement in positive mood, a decrease in stress and greater accuracy in a computer test of impulsivity and attention.

The demand for in-cell support for meditation and yoga resources during prolonged Covid lockdowns surged, with The Prison Phoenix Trust providing specialist books, CDs and downloadable handouts free to prisoners and staff.

The Trust also offers peer support in the form of a quarterly newsletter featuring letters from prisoners practising meditation and yoga to 4,500 people - around 4.6% of the prison populations of the UK and Ireland. And it offers support from personal correspondence with trained and supervised volunteers.

As lockdown conditions have begun to lift, in-person yoga and meditation classes and workshops have resumed in some prisons for both staff and prisoners. When Covid outbreaks and staff shortages lead to cancellations at short notice, the DVDs, CDs and books enable staff and prisoners to continue with their yoga and meditation.

Novus is a publicly funded education provider which specialises in working with offenders. As part of the LTE Group, a leading further education college group, Novus has over 30 years' experience of pioneering digital innovation, collaboration and new ways of working. It is committed to delivering the learning, skills and opportunity that offenders and other-hard-to-reach learners need to build positive futures for themselves, their families and our communities. ●

1 Yoga and meditation toolkit: Get started

2 Yoga and meditation toolkit: Everyday moves

TIME OUT inside

ORDER YOUR DVD NOW!

- Prison Staff can order their own copies of the DVDs online here: **www.theppt.org.uk/resources**
- Prisoners can post this order form to the PPT to order their copies: **www.bit.ly/ppiorders**

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Prison newspapers: Features in *Inside Time* and *Converse*, publications read by prisoners.

Prison Service Journal: A paper on the role of meditation and yoga in supporting good mental health and its importance for prisoners' ability to engage in education.

Radio Bulletins: National Prison Radio covered the launch of the DVDs with news bulletins throughout the day.

Conferences: The PPT director spoke at the Howard League conference on the role of meditation and yoga in supporting good mental health and attended the Modernising Criminal Justice conference.

Prison service intranet: DVD launch featured by internal communications of HMPPS both on their intranet and the weekly senior leaders' bulletin.

Novus Website: Education provider Novus was a key partner in creating the DVDs; as well as distributing them to Novus libraries in many prisons, they featured prominently on the organisation's website.

Other press coverage in 2022: features in *Psychology Today*; editions of *Quakers in Criminal Justice*; the British Wheel of Yoga's *Spectrum* and *On The Pulse* magazines; Clinks Light Lunch bulletin; a feature in *The Tablet* Catholic periodical paying tribute to work of former director of The PPT Sr Elaine MacInnes, who died in November.

Meditation and Yoga Classes

The Trust is recognised across prison services in the UK and Ireland as the specialist provider of expertise in meditation and yoga practices in secure settings. Our training programme for yoga teachers, delivered on behalf of The British Wheel of Yoga, is the gold standard. This, together with the ongoing support and training of teachers and volunteer letter-writers, ensures that we were trusted to work safely and respectfully with prisoners who have a range of complex needs.

While many prison interventions deal with single aspects of behaviour, such as drug or alcohol addiction, meditation and yoga support the person themselves, empowering them to engage in other educational and rehabilitative interventions and to achieve sustainable, positive change.



Victoria & Chris at HMP Peterborough

Taster Workshops

By the end of 2022, the trust work's grew to run 103 classes in 46 establishments: 72 male classes, 11 female, 19 staff, and 1 probation. As with the previous year, many prisons were cautious to allow external agencies in to provide services during the first quarter of the year. The return to a partial/full regime day of activities, education and workshops for prisons happened gradually from spring onwards with temporary lock-downs restrictions for Covid outbreaks occurring sporadically throughout the estate at individual sites.

Demand for wellbeing activities and for meditation and yoga was high and The PPT delivered 44 workshop sessions in 17 establishements in the UK. Notable among them was an invitation to support a Menopause Awareness Day for staff at HMP Featherstone, and staff wellbeing days at HMP Onley, Frankland, and Norwich. Each of these emphasised an acknowledgement that supporting staff mental and physical health should also be a priority.

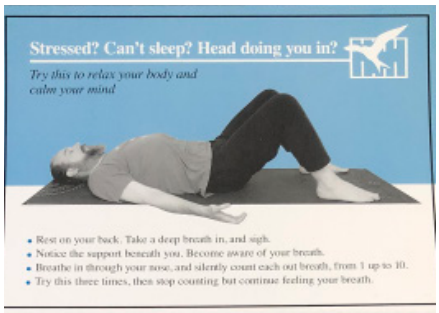
Prisons visited in 2022: 17

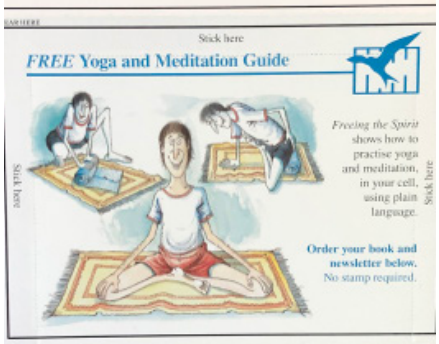
Workshops in 2022: 44 in total - 20 prisoner, 16 staff, and 6 mixed classes.

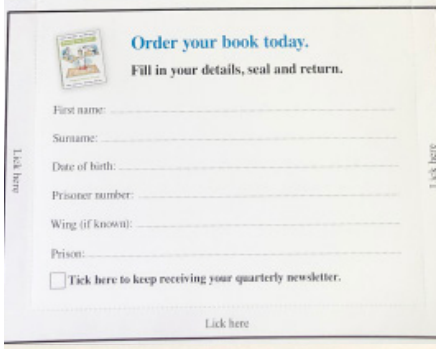
Taster workshops days in prisons: up by 240% in 2022.

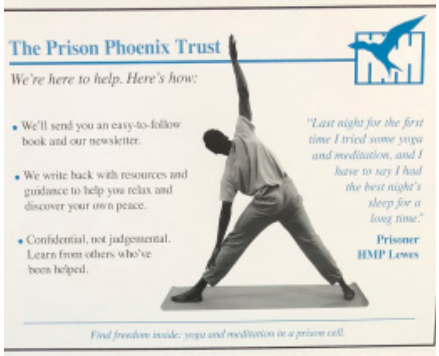
£614 helps us work with a prison for a year, with yoga instruction through classes, workshops or digital technology.

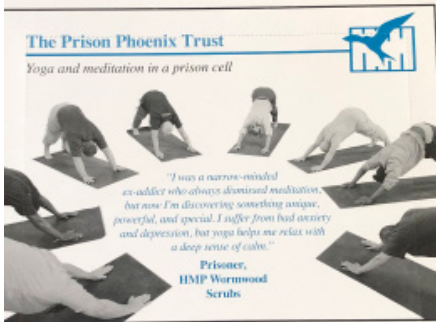
First Night Support











James, a former trustee of our charity, told us: ***"Everyone inside should know about The Prison Phoenix Trust and the support it offers. I wish I'd known how much yoga and meditation could help me from my very first day in prison."***

Inspired by these words, we developed a First Night resource comprising three postcards: one with an illustrated breathing exercise to ease the initial stress of being in prison: a second with an inspiring quote from a prisoner signposting to further support available; and a third that can be posted back to order a free yoga and meditation book and peer support in quarterly newsletters.

When a prisoner returns the card to us using Freepost, one of our trained letter-writers responds the same day with a personal letter and a copy of our specialist book, *Freeing the Spirit*, a humorously illustrated guide to practising yoga and meditation in a cell, written in plain language. Should they want it, we will offer ongoing, life-long support for each person's personal and spiritual development through these practices focused on silence and the breath.

We ran a three-month pilot in 2022 in 8 prisons: 5 in England, 2 in Wales, and 1 in Scotland. We worked closely with the induction wings, where prisoners go on their first night inside and usually stay for up to 2 weeks. Some were included in health induction packs or as part of a peer support programme.

Towards the end of 2022 we secured funding to print a further 12,000 copies of the First Night resource.

"Prisoners enjoyed the cards and the relaxation techniques helped them"
— HMP Cardiff

Prison Yoga Teachers



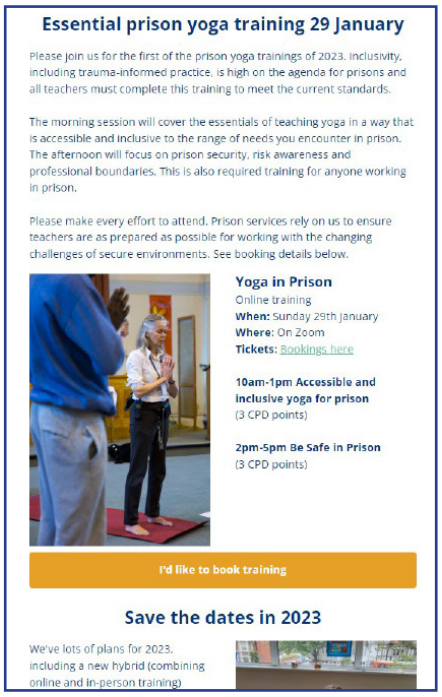


Yoga Teacher Workshops

19th March
10am-1pm: Be Safe in Prison training (online)

15th May
Prison yoga teachers day, Edinburgh (in person)

October
Introduction to Teaching Yoga in Prison, and be Safe in Prison Birmingham (in person)



Yoga Teacher E-news

Issued 6 Yoga Teacher e-news bulletins (Feb, March, April, July, Oct, Dec) with separate editions targeted for current teachers and others.

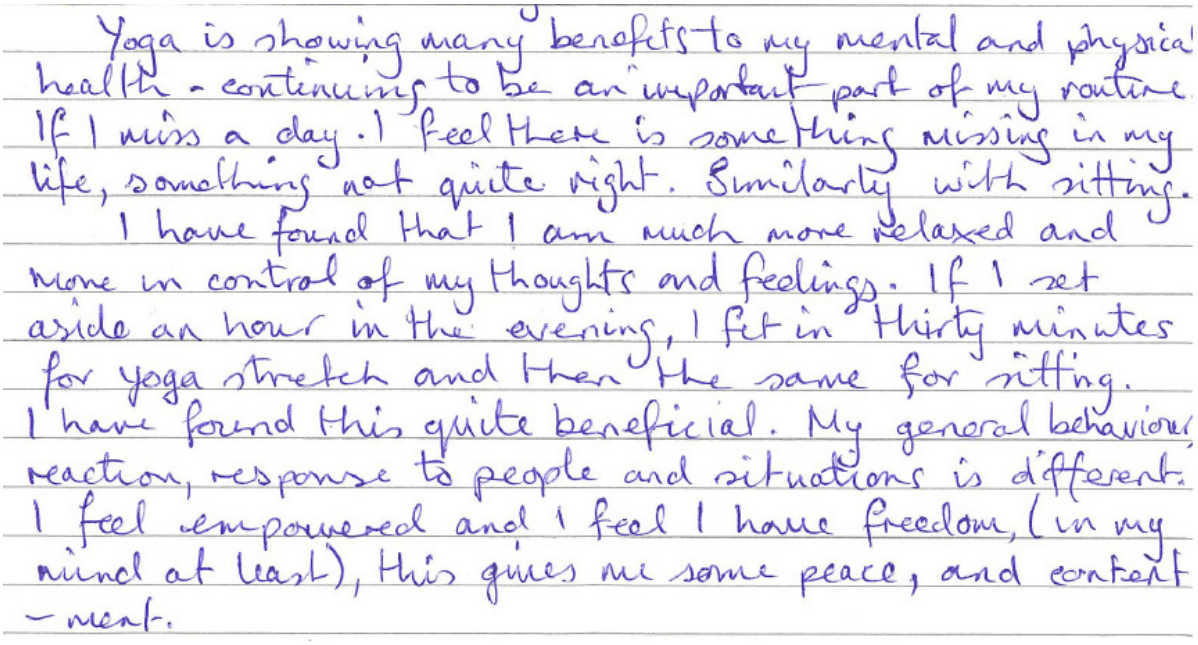
Targeted e-mails sent to Scottish and Irish teachers for keeping-in-touch online gatherings and Scottish visit engagement.

How Yoga and Meditation Help Prisoners

Prisoners tell us each day in their letters or when we meet them that the practices we recommend are helping: they allow prisoners to sleep and to feel more at ease; to get along better with family, fellow prisoners, and officers; and to discover a sense of hope and purpose for their lives and their futures. Most importantly, meditation and yoga help them see, at a profound level, that they are not separate from the rest of the world. They speak of feeling less fearful and antagonised, of wanting to give something back to society, of feeling connected with something positive.

The stretches, postures, breathing practices, and relaxation of yoga not only keep the body's systems strong and healthy, they also release tension in a safe and controlled fashion. The seated meditation, focussing on the immediate physical experience of the breath, allows the normal activity of the mind to slow down. This break from being locked into the internal chatter is not only deeply refreshing, it gives prisoners a chance to experience thoughts and feelings without reacting to them automatically. This is empowering: it allows one to see that strong physical and mental conditioning can be responded to with wisdom, instead of habit.

That spiritual strength matures through a regular practice of "not thinking," so we offer silent meditation on the breath, as extolled by the world's wisdom traditions. This practice is not confined to any one religion; it is rooted and informed by silence, which means familiarity with the mind that isn't overwhelmed by feeling or conceptual thinking.



Yoga is showing many benefits to my mental and physical health - continuing to be an important part of my routine. If I miss a day. I feel there is something missing in my life, something not quite right. Similarly with sitting.

I have found that I am much more relaxed and more in control of my thoughts and feelings. If I set aside an hour in the evening, I fit in thirty minutes for yoga stretch and then the same for sitting. I have found this quite beneficial. My general behaviour, reaction, response to people and situations is different. I feel empowered and I feel I have freedom, (in my mind at least), this gives me some peace, and content-ment.

The PPT in Scotland



"Yoga and meditation are increasingly being recognised as valuable rehabilitative interventions in Scottish prison."
— Jim King, former head of education Scottish Prison Service

In-person yoga instruction resumed in Scottish prisons in 2022 after a nearly two-year pause forced by the Covid pandemic. During the year, regular classes were held in HMPs Dumfries, Low Moss, Edinburgh, and at the Orchard Clinic secure psychiatric facility. Classes are also due to begin early in 2023 at Polmont Young Offenders Institution. To ensure yoga teachers were well prepared for the resumption of classes, a training day was held in Edinburgh in May, with 17 yoga teachers attending two sessions: "Introduction to Teaching Yoga in Prison" and "Be Safe in Prison".

Alongside The PPT staff , experiences were shared by the former head of education in the Scottish Prison Service, two accomplished prison yoga teachers, and a former prisoner who spoke of his first-hand experience of practising meditation and yoga in HMP Edinburgh. We also received valuable assistance for this — and other work in Scotland — from Edinburgh Community Yoga social enterprise. One young man told us he had been practising yoga and meditation using our books and CDs for four years and was keen to have the opportunity at last to receive instruction in person.

The number of prisoners receiving individual support from The PPT to practise yoga and meditation in their cells also increased in 2022. 292 resource packs containing books, DVDs and CDS were sent with accompanying letters to people in Scottish prisons. Many people wrote back to tell us about their experiences.

"The experience that I'm having in here is certainly difficult and challenging for many reasons. Unfortunately, the visit last Friday was cancelled due to staffing problems. I was so very disappointed, but I did some meditation and just tried to feel how I was feeling. I tried to separate my emotions from my potential reactions and when I was feeling tearful, I was kind to myself. I concentrated on my breath and remained calm. I was able to recognise that I was very sad indeed – and the reason for my sadness. I was able to choose my reaction to the situation which put me in a more powerful position than if I had allowed the emotion to lead my reaction."
— Matt in HMP Barlinnie

Matt is one of 308 Scottish prisoners who receive peer support in the form of a quarterly newsletter sharing tips and experiences of practising meditation and yoga inside. The newsletter also goes regularly to 94 prison staff in Scotland.

The PPT in Ireland

Republic of Ireland

(Prison Population Dec 2022: 4,183, of which 188 were women)

In the Republic of Ireland, we offer support to eight yoga teachers. Yoga and meditation classes are funded and run as part of the School (IPSE prison education). Alongside the printable yoga sequences available on our website, various methods for providing remote support were implemented by individual teachers which included sending in audio and video classes.

In-person sessions gradually returned for 4 out of 12 prisons with continued restrictions due to outbreaks of Coronavirus preventing regime activities elsewhere.

With a prison population of 3,704 rising to 4,183 (Dec 2022), the PPT supported 165 prisoners and 46 staff with quarterly newsletters at a cost of £1,763. We received 42 individual requests from prisoners for books, CDs, guidance, and advice costing £957. In April and May printed sets of themed yoga and meditation sequences for women and older prisoners were sent to prison Governors at Arbour Hill, Dochas, Limerick, and Midlands prisons.



Northern Ireland

(Prison Population Dec 2022: 1,494)

In Northern Ireland The PPT supports four prison yoga teachers with access to print and audio resources, online training, regional updates and phone or email assistance. Online meditation sessions for prisoners at Maghaberry continued through to 2022, supporting individual prisoners and two group (in-person) classes for vulnerable prisoners and young male prisoners. Yoga sesions returned to HMP Magilligan in Autumn:

In 2022 the cost for sending 312 quarterly newsletters to prisoners and staff in Northern Ireland was £652. There were 37 individual requests from prisoners for our books, CDs, DVDs, and letter correspondence costing £984. In April, printed sets of themed yoga and meditation sequences for female prisoners were sent to the Governor at Hydebank Wood College.

Volunteers



The Trust's exceptional team of 24 volunteers were active in writing to prisoners and despatching books, CDs, DVDs and the quarterly newsletters. They work closely with Trust staff, and are trained to use relevant and creative ways to encourage prisoners in their meditation and yoga practice. All are outstandingly generous in the time they devote to their work for the Trust.

The 16 volunteers who wrote to prisoners have a mature and experienced meditation practice, which is essential if they are to empathise with those who practise meditation in a prison cell. They receive ongoing support. Letter writers are encouraged to keep advice to a minimum, by reflecting back to each inmate his or her own words of discovery. Their letters are an essential support for many prisoners, who often otherwise struggle alone in prison.

Our volunteers continue to show great devotion and each week several mail sacks of correspondence leave the office destined to help prisoners and former prisoners all over the UK and Ireland.

Reference and Administrative Information

Trustees

Shola Arewa provides health and wellbeing training internationally. She has been supporting prisons as a yoga teacher and psychologist since the 1990s.

Penny Boreham is a radio producer and broadcaster, and craniosacral therapist.

Giles Charrington is a management consultant, a coach and therapist. He is also a Zen meditator. Retired June 2023.

Jo Child, Chair of Trustees, is a yoga teacher and runs a series of high-quality yoga workshops with guest teachers in Oxford. She is a former staff member of The PPT.

Nicholas Colloff OBE was Oxfam's Director of Strategy and Innovation and is now Executive Director of the Argidius Foundation. He is a PPT co-founder.

Suzy Dymond-White is in HMPPS Senior Management, formerly Governor of HMP Eastwood Park.

Claira Fernandez has a deep commitment to wellbeing, running her own practice. She has supported the healing of recovering addicts.

Doug Heming is an Anglican priest and restorative justice facilitator. He has served as a prison chaplain in many adult and young offender facilities across the UK.

James Mallett is an advocate of meditation, yoga and their benefits for people in prison and out. Retired September 2022.

Peter Stevenson, is a chartered accountant who works with a number of charitable organisations. Retired September 2022.

Olivia Vickers is a proponent of good mental health. Working in investment banking she values good governance.


Shola Arewa


Penny Boreham


Jo Child


Nicholas Colloff


Suzy Dymond-White


Claira Fernandez


Doug Heming


Olivia Vickers


Peter Stevenson (Retired)


Giles Charrington (Retired)


James Mallett (Retired)

Key Management Personnel Remuneration

The Trustees consider that the Director and Deputy Director roles comprise the key management personnel of The PPT in charge of directing, controlling, running, and operating the Trust on a day-to-day basis. The rate of pay for key management personnel is reviewed annually by the Trustees and set at a level commensurate with the market rate for similar roles in the sector.

Staff

Director: Selina Sasse (5 days per week) is responsible for implementing the strategic aims of the charity, reporting to the trustees. She is Yoga Alliance registered in both yoga and mindfulness teaching, with a trauma informed approach suited to prison work. Selina has supported people living behind bars since 2013. Prior to The PPT she worked in senior management. A Zen practitioner, Selina leads The PPT British Wheel of Yoga (BWY) Teaching Yoga in Prison teacher training module.

Deputy Director: Padmakumara (3 days per week) is responsible for financial administration, reporting, office systems, and volunteers. He manages The PPT's IT consultancy Computer Assistance. Padmakumara is a practising Buddhist and professional gardener. He was promoted from financial manager in 2022.

Yoga Lead: Victoria Green (4 days per week until April 2023) facilitates prison yoga by teaching workshops, establishing new classes in prisons, and devising in-cell practices and resources. Teaching in prison since 2011, Victoria teaches adult males at HMP Grendon. She brings experience of teaching yoga to offenders at HMP Aylesbury to her role in co-teaching The PPT BWY Teaching Yoga in Prison module.

Development Lead: Chris Holt (4 days per week) Was yoga coordinator until 2023. She facilitates prison yoga in the South of England, the North-East, and Scotland by teaching workshops, establishing regular classes, and devising in-cell practices and resources. Chris is editor of the yoga teachers' bulletins and coordinates the charity's grant giving trusts. She has taught in prison since 2014 and brings this, including her specialist experience of women prisoners to her role in co-teaching The PPT BWY Teaching Yoga in Prison module. Chris leads the Trust's development of digital resources.

Publishing and Events Coordinator: Hanan Abdeljaber (4 days per week) until June 2023. She was responsible for publishing the quarterly prisoner newsletters and creating printed resources. She supported the smooth running of the office, including the administration of correspondence with prisoners and organising events.

Publishing and Events Coordinator: Sebastian Lewis took over from Hanan in 2023.

Former staff: Letter Writing Lead: Mike Smith, 3 days per week until November 2022.

Consultants

We are indebted to our consultants for their help and advice, which they provide voluntarily:

Dr Jamie Bennett,
Chief Strategy Officer, Youth Justice Board

The Rev'd George Coppen
Anglican priest and former prison psychotherapist at HMP Grendon

Imam Monawar Hussain DL, MBE
Imam of Eton College and founder of the Oxford Foundation

Professor Alison Liebling
Director, Prisons Research Centre at Cambridge University's Institute of Criminology

Patrons

Dr Kiran Bedi

Mr Jeremy Irons

Mr Erwin James

Dr Sheila Cassidy

Mrs Sandy Chubb

Sir Mark Tully OBE

Fr Laurence Freeman OSB

Dr Benjamin Zephaniah

Sr Elaine MacInnes OLM (deceased 2022)

Mrs Shirley du Boulay (deceased 2023).

Independent Examiner

Sheila Parry FCCA, SPX Oxford Ltd, Oxford, OX1 1LD

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
Lloyds TSB plc, 1 High Street, Oxford OX1 4AA
The Co-operative Bank plc, PO Box 250 Skelmersdale, WN8 6WT

Principal Office

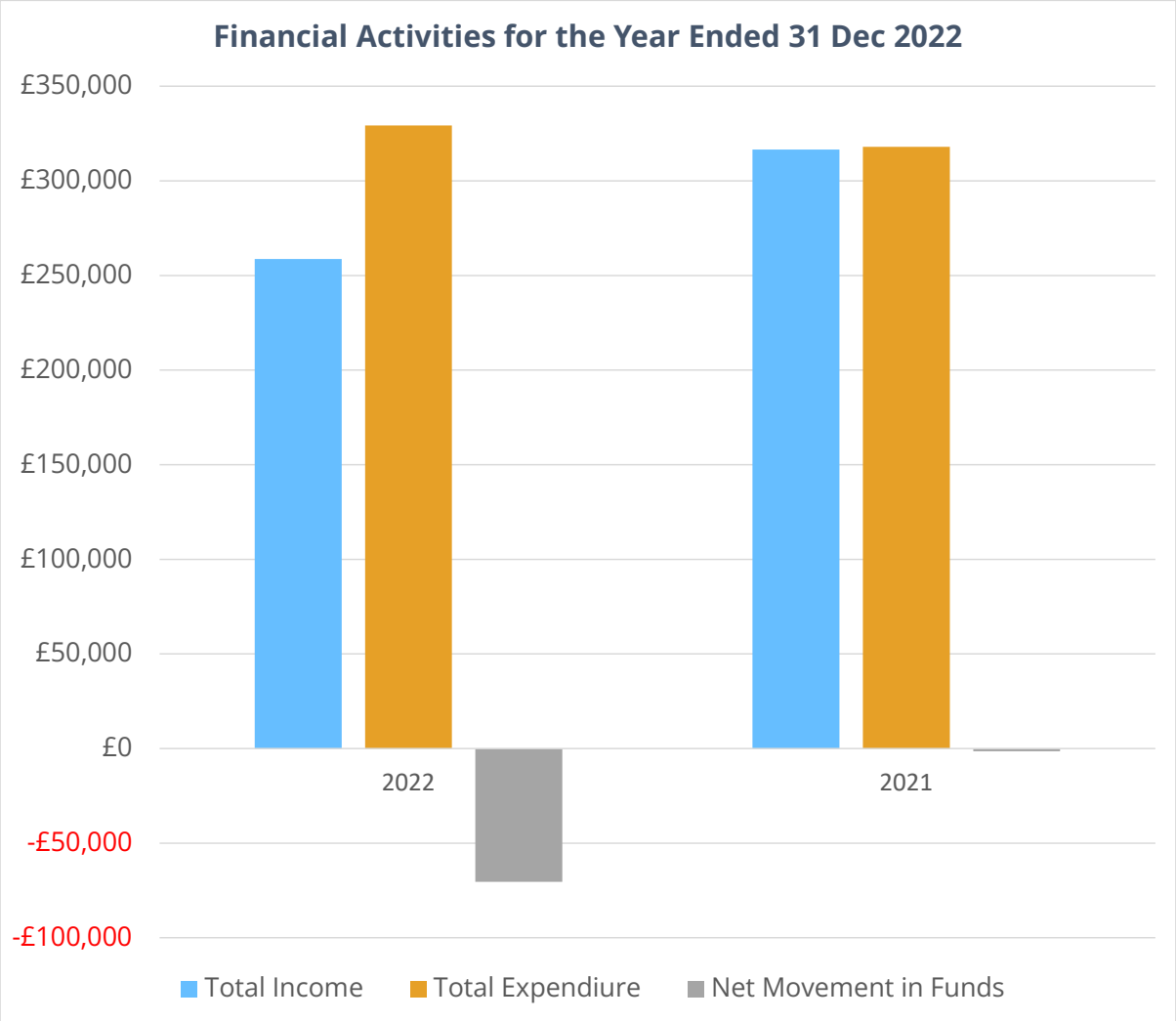
The Prison Phoenix Trust, PO Box 328, Oxford ,OX2 7HF

Charity Number 1163558

Financial Review

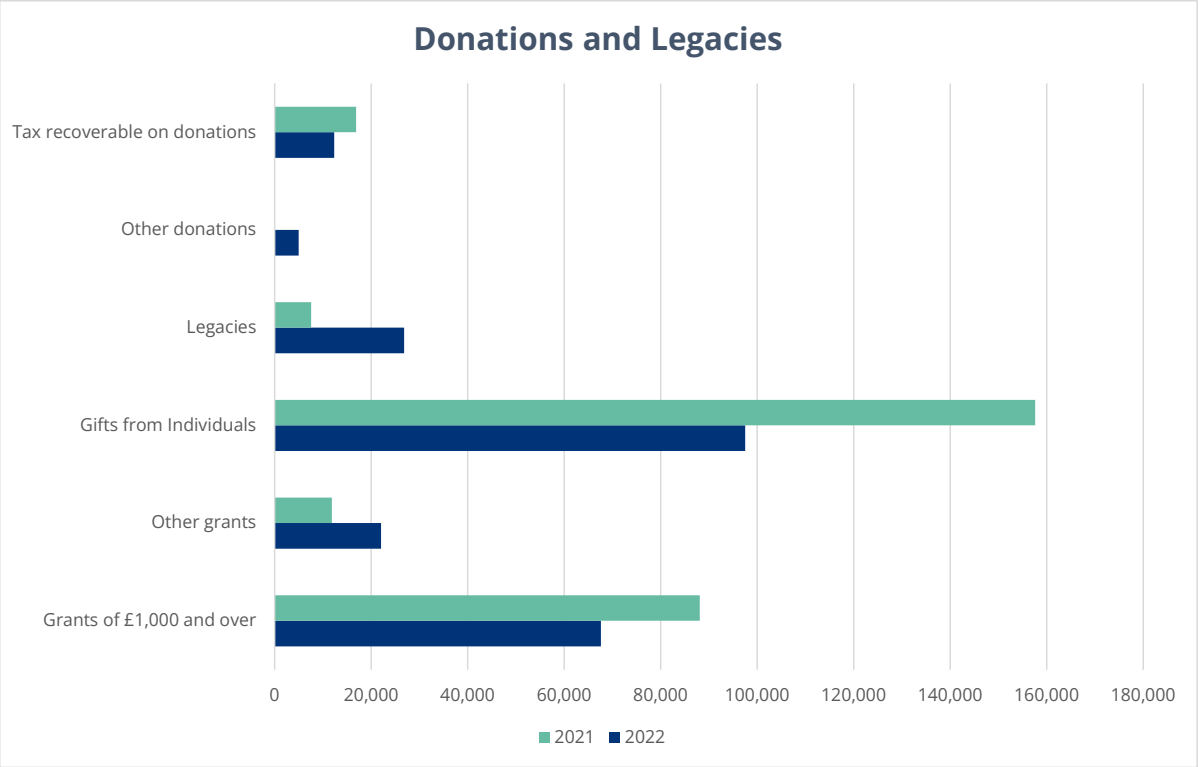
The Trustees are pleased to present their review of the financial statements for the year ended December 31, 2022.

Throughout the pandemic, The Prison Phoenix Trust's supporters were generous in meeting the Trust's needs during a time of great uncertainty. The close of 2022 saw the total balance of reserves of £243,973: 7.5 months of expenditure in the 2023 budget. The Trust invested in adapting to a post-pandemic environment in 2022 by refreshing its brand, including a more engaging prisoner newsletter, upgrading and extending its IT provision, expanding its available resources for prisoners, developing a new Communications strategy, and making office improvements. At the beginning of 2022, the Board agreed a strategy to draw down higher-than-usual reserves and a deficit of £70,477 reflected this significant investment in the Trust. Income of £258,762 (2021: £316,523) and expenditure of £329,239 resulted in this total balance of reserves in 2022 of £243,973. Of this, £242,732 was unrestricted and £1,241 restricted. The year therefore met the reserves strategy.



Income

During 2022, the wider UK economy began to lose the initial impetus of post-pandemic growth. With inflation rising to over 10%, household disposable income was under significant pressure. The Trust saw an impact from this on income overall, with total donations and legacies of £231,326 (2021: £281,993). A second factor in this was the relatively high level of reserves that the Trust held at the close of 2021. Grant-giving trusts, the second major source of the CIO's income, often prioritise those in the most difficult financial circumstances. The Trust was well aware of this and were not surprised to see income from grants fall during the year to £89,664 (2021: £99,916).



Individual supporters

Individuals donated to the CIO through bank transfers, CAF Donate, Just Giving, by cheque, and with cash. The number who gave regularly did reduce to 278 from around 300. Correspondingly, income fell, resulting in a total for 2022 of £52,209 (2021: £59,115). Due to separating those who give regularly as individuals and those who give via their family trust, it's difficult to draw comparative conclusions between 2022 and previous years. However, the Board are very aware of the pressure on household incomes, especially impactful on the one-off donations from individuals in 2022, and a new regular giving campaign was planned for 2023. The Board will assess its impact at the end of 2023, along with one-off campaigns. Overall, and with the addition of Gift Aid and a generous legacy, total income in 2022 individuals fell to £141,662 compared to £182,077 in 2021.

Despite this fall, income from individuals remained at about 60% of total income. As noted, much of this sum arrives through committed regular giving.

The Trustees are especially fortunate to have this support and never take this generosity for granted. They and office staff work to ensure that donors know how much they are valued. Each regular giver is thanked during the year, along with an annual invitation to consider increasing their contributions to the Charity. Individuals' one-off donations are thanked each time, within two weeks of their donation.

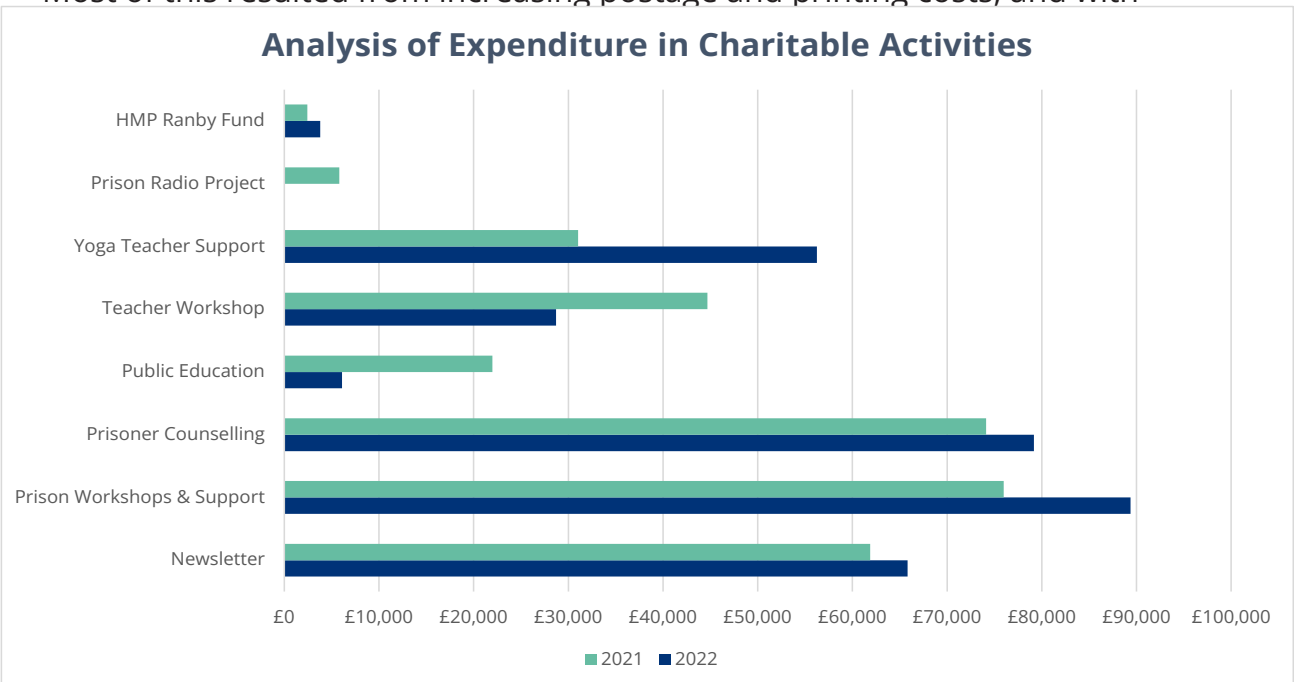
Financial Impacts

The trust was pleased to report an increase in income from yoga teaching to £15,887 (2021: £11,597). A further income source emerged in 2022 that involves the Trust being awarded contracts for tenders with HMPPS institutions to deliver yoga and meditation. The income is expected to rise in 2023 as HMPPS increases its commitment to contracted programmes. Income from yoga classes, these service level agreements, and prison workshops amounted to £21,637: a considerable rise from 2021's £11,597. Though this is still short of 2019's £33,582, a pandemic-free year, it is expected to rise again in 2023.

Expenditure

Expenditure rose in line with budget to £329,239 (2021: £317,930). The Trust was careful to adapt to a downturn in income because of escalating costs of living and inflationary pressure on expenditure. The PPT prioritised greater support of prisons, teachers, the procurement of service level agreements, and refreshing our look. An investment in office equipment was only part-completed in 2022, owing to the pause in recruitment, and this helped to see Office Equipment costs fall compared to 2021. Accommodation costs grew, largely as a result of the increasing fuel bills because of the war in Ukraine and the resumption of service charges paused during the pandemic.

Office running costs increased by nearly 20% to £38,652 (2021: £32,515). Most of this resulted from increasing postage and printing costs, and with



the development of a more comprehensive insurance policy. Stationary, too,

increased significantly, all of which points to the impact that the relatively high inflation had upon The Trust's operations in 2022. Costs for core activities to fulfil the central aims of the charity rose in line with the UK economy's quadrupling inflationary pressure. Indeed, senior management sought to limit the impacts of such costs by reducing expenditure in other areas such as cleaning, software licences, and website support. It was difficult to have much impact upon this, though, as the pressure on basic costs was so high.

The trust saw an increase of £20,000 on PPT staffing expenditure, to reflect the inflationary adjustment of the pay policy. 2022's total was £194,348, compared to 2021's £175,800. Total staff salary costs remain at similar levels to historical ratios with total expenditure (65%).

As prisons emerged from restricted activities, the demand for workshops increased, leading to a significant rise in travel and accommodation expenditure. Similarly, staff were able to attend important conferences and meetings in person again, and The PPT office received regular and increased numbers of volunteers. All this led to an increase in Other Staff and Volunteer costs, a little over doubling from £3,093 (2021) to £7,449 (2022). Governance costs rose a little, too, to reflect the ability to hold meetings in person, including an Away Day: the first since 2020.

Finally, expenditure increased to meet demand for prisoner resources. As activity and engagement with prisoners increased, so did our correspondence and the despatch and cost of resources. This included a new print of *Peace Inside* and the creation of two new DVDs: *Time Out Inside* 1 and 2. The DVDs reflected the Trust's investment in more widely accessible resources.

Volunteer Contribution

The Trustees remain grateful for the contribution made by volunteers to the aims of the Trust. They were especially pleased to see volunteers returning to the office with increased regularity and in greater numbers following a period of recruitment. Staff received training in volunteer management and the new Deputy Director was given responsibility for managing the volunteer journey. As in the past, the Trustees have not sought to put any monetary value on the hours that volunteers work with us each year, but it would doubtless be a significant cost to the Trust if these tasks were not completed voluntarily. The generosity of our volunteers is therefore valued by the Trustees immensely. It has enabled The Charity's activities to expand at a time when the detrimental effects of prisoner lockdowns upon their mental health became very apparent. Owing to the commitment and passion of volunteers working harmoniously with staff, The PPT has risen to meet this need.

Investment Policy

The objects of The PPT are to advance the education of, and to rehabilitate and promote the mental and moral improvement of, (principally) prisoners and former prisoners.

In fulfilling these objects, the Trust, following Charity Commission guidance, is

aware that its investment policy should not be devised solely to find the highest rate of monetary return. It must also consider the impact of its investments on the wider society in which criminal offences take place and that former prisoners are navigating rehabilitation. To the limited extent in which its operations directly affect society at large, therefore, the Trust must be mindful of encouraging, if not maximising, such mental and moral improvement. To this end, The PPT seeks to invest funds in institutions that contribute to this wider improvement by bringing clear benefits. At the very least, the Trust must avoid bringing moral deterioration and cause harm. This means the Prison Phoenix Trust will not hold funds in institutions that invest in companies or organisations that:

1. Extract fossil fuels and profit from their sale, and thus contribute to climate change.

2. Manufacture or sell armaments, and thus contribute to violent conflict and the fear of it.

3. Support oppressive regimes, and thus contribute to human persecution, especially of marginalised groups.

4. Profit from tobacco, alcohol, gambling, and adult entertainment industries, thus contributing to addiction and addictive behaviour.

5. Test cosmetics on animals, and thus cause harm to other living beings.

6. Derive income from high interest lending, and thus exploit the poverty of others for financial benefit.

7. Do not adhere to international norms on labour and human rights, biodiversity and climate change, and thus increase the exploitation of humans, animals, and the environment for profit.

There are no investment term restrictions to which the Trust must adhere but in consideration of the uncertain flow of funding for the Trust's activities, the Trustees did not make long term investments of surplus funds.

The operating surplus was held in cash at bank and in hand, almost wholly in the PPT's current accounts, and stood at £67,259 (2021: £69,905) at the close of the year. The funds held on deposit by December 31 2022 were £166,475 (2021: £223,742). A decision was made to close the Monmouthshire 30-day Access Account, which offered the least advantageous interest rate. With continuing high inflation and uncertainty around the cost of living it was important to have the option to access funds that are held on deposit.

It was as part of this responsive approach that the Board, in consultation with the Deputy Director, also chose to invest a matured 1-year Fixed Rate Deposit with United Trust Bank into a 3-month Fixed Rate Deposit, remaining with United Trust Bank. Whenever such fixed term deposits mature, the Treasurer, Chair, Director, and Deputy Director research available options, choosing the appropriate term and best interest rate in line with policy. This prompted the choice of a 3-month fixed term as opposed to a 1-year term. It allowed for flexibility and secured the best rate of interest available: an improvement on the previous 1-year term due to interest rate increases. The shorter term deposit also allows the Trust to capitalise on further interest rate rises introduced in the

short term in the wake of the Bank of England's attempts to bring down inflation.

The Trustees only deposit funds with financial institutions that are part of the Government's Financial Services Compensation Scheme. The amount of funds covered by the scheme is currently £85,000 per institution and the Trustees continue to take this limit into account when making decisions about the amounts to be deposited in any one bank or building society.

Reserves Policy

Reserves of £243,973 at the close of 2022 accounted for 7.5 months of expenditure in the 2023 budget. Unrestricted reserves made up the vast majority, being £242,732 (restricted £1,241). The total reserves should be seen in the context of the reserves policy: that unrestricted reserves should not be allowed to fall below a minimum value of six months of unrestricted expenditure. To be prudent, Trustees continue to look to having a level of reserves between the value of six and eight months of such expenditure.

With the reserves policy in mind, a balanced budget was approved for 2023, based on a small surplus. With ongoing uncertainty about when core inflation would begin to reduce to target (2%) levels, and how prisons would adapt to a post-pandemic world, the Trust pursued a middle way that provided the resources to capitalise on opportunities with the leeway to absorb cost challenges. The adopted budget planned a small increase in unrestricted reserves, from £242,732 to £250,176 at the close of 2023. This maintained the 7.5 months of 2023's budgeted expenditure. In doing so, any legacies received (2022: £26,816 from 4 legators) would add to total reserves and further expand the Trust's capacity to absorb unforeseen financial and inflationary pressures on costs. Further, with a balanced budget, any legacies would significantly enhance the Trust's ability to capitalise on the changing operations of prison services as they adapt to the modes of the modern, increasingly digitised world. All supporters are therefore gently encouraged to consider The Prison Phoenix Trust in their Will.

The Chair of Trustees and the Treasurer continue to be provided with monthly management accounts and the wider Board of Trustees receive quarterly financial updates for consideration at Trustees meetings. Movements in reserves during the year are monitored in this way. The Trustees are fully aware of the need to set and achieve near break-even outcomes for 2023 and subsequent years in order to maintain reserves at an adequate level.

The Trustees have set their reserves policy using the guidance on reserves provided by the Charity Commission. As such, they recognise that any set policy needs to be reviewed to ensure that it remains appropriate in the light of the financial, political, and economic circumstances in which the Trust is working. At present, the wider environment in which the Trust operates is expected to change as the prison estate adapts to operating post-pandemic, develops new, increasingly contractual relationships directly with the Trust, enhances the provision of digital services to prisoners, and manages chronic staff shortages. In addition, and as noted above, the wider economic environment had a significant

impact upon the Trust in 2022. With inflation expected to remain relatively high for the foreseeable future, and along with the other conditions noted, The PPT is aware of a need for flexibility in reviewing its Reserves Policy in order to utilise its reserves for maximum benefit. In establishing an ability to react to an uncertain, challenging environment, the Trustees are satisfied that the policy they have set remains fit for purpose and consistent with the Charity Commissioners' guidance on charity reserves.

Trustees' Responsibilities in Relation to the Financial Statements

The Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the income resources and application of resources, of the charity for that period.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the Trust and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Trust and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Jo Child
Chair of the Trustees

June 8th 2023

We would like to thank all those who have supported our work throughout the 12 months to December 31 2022, and to acknowledge the financial support of the following individuals, trusts, companies and organisations, as well as those who wish their support to remain anonymous.

Donors whose financial support amounted to £5,000 or more:

The Tolkien Trust
The Sheepdrove Trust
Christina Mary Hendrie Trust
David and Anna Mills
Frances Ruck-Keene
Calleva Foundation
Makin Family Trust

Donors whose financial support was between £1,000 and £5,000:

The Yew Tree Fund
W F Southall Trust
The 29th May 1961 Charity
DLM Charitable Trust
Toms Family Trust
Whitaker Charitable Trust
Mr D Ainsborough & Mrs Alcue Valero
Cherry Red Records
Lymington Friends Meeting House
Cirencester Quaker Meeting
SC & ME Morland Charitable Trust
Kate Oppel
ER Stuckey Trust
The Gordon Trust
Roundton Trust
Haslemere Mayor's Fund
Bright Funds Foundation

Independent Examiner's Report to the Trustees of the Prison Phoenix Trust CIO

I report on the accounts of the Trust for the year to December 31 2022 which are set out on the following pages 33 to 43.

Respective Responsibilities of the Trustees and 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(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under Section 145 of the 2011 Act);
- Follow the procedures laid down in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act); and
- 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 Commissioners. 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 you as 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 expressed as to whether the accounts present a "true and fair view" and the report is limited to those matters set out below.

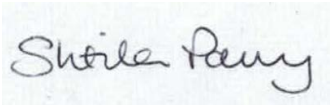
Independent Examiner's Statement

I have completed my examination. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Chartered Association of Certified Accountants. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

Sheila Parry FCCA
Date 2 October 2023



SPX Oxford Ltd
Oxford, OX1 1LD

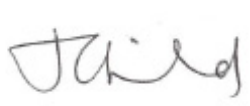
Statement of Financial Activities for the year ended December 31 2022

	Notes	Unrestricted Funds	Restricted Funds	Total 2022	Unrestricted Funds	Restricted funds	Total 2021
		£	£	£	£	£	£
Income from:			-				
Donations and legacies	2	227,326	4,000	231,326	279,993	2,000	281,993
Charitable activities	3	25,016	-	25,016	24,646	-	24,646
Investments	4	2,253	-	2,253	1,347	-	1,347
Other income		167	-	167	8,537	-	8,537
Total income		254,762	4,000	258,762	314,523	2,000	316,523
Expenditure on:							
Raising funds	6	10,452	-	10,452	12,092	-	12,092
Charitable activities	7-9	314,983	3,804	318,787	303,390	2,448	305,838
Total expenditure		325,435	3,804	329,239	315,482	2,448	317,930
Net income / expenditure		(70,673)	196	(70,477)	(959)	(448)	(1,407)
Transfers between funds		234	(234)	-	-	-	-
Net movement in funds		(70,439)	(38)	(70,477)	(959)	(448)	(1,407)
Reconciliation of funds:							
Total funds brought forwards		313,171	1,279	314,450	314,130	1,727	315,857
Total funds carried forward		242,732	1,241	243,973	313,171	1,279	314,450

Balance Sheet as at December 31, 2022

	Note	2022	2021
		£	£
Fixed Assets			
Tangible Fixed Assets	11	3,660	1,206
Current Assets			
Debtors and Prepayments	12	14,897	26,843
Cash at Bank and in Hand		233,925	293,647
		248,822	320,490
Less: Current Liabilities			
Amounts falling due within a year	13	(8,509)	(7,246)
Net Current Assets		240,313	313,244
Net Assets		£243,973	£314,450
The Funds of the Charity:			
Restricted Income Funds	14	1,241	1,279
Unrestricted Income Funds			
General Funds	15	242,732	313,171
		£243,973	£314,450

The financial statements on pages 35 to 43 were approved by the Trustees on April 1st 2022 and signed on their behalf by:



Joanna Child
Chair of the Board

Notes forming part of the financial statements for the period ended December 31, 2022

1. Accounting Policies

(a) Accounting Basis

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 and the Charities Act 2011.

The Prison Phoenix Trust CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

(b) Depreciation

All assets costing more than £1,000 are capitalised and valued at historical cost. The cost of fixed assets is written off using the straight line method of depreciation.

Office equipment and fittings	25% per annum
Computers	25% per annum

(c) Stock of Books

The PPT holds stock of books, CDs, and DVDs that are distributed to prisoners without charge. The full value is borne as a cost in the year of purchase.

(d) Income Recognition

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.
Donations and grants are recognised when the charity has been notified of both the amount and settlement date.

Legacies are recognised on a case by case basis following the grant of probate and when the administrator/executor for the estate has communicated in writing both the amount and settlement date.
Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the charity; this is normally upon notification of the interest paid or payable by the bank or deposit taking institution.

(e) Expenditure Recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement

will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. The allocation of support and governance costs is analysed in note 6.

(f) Irrecoverable VAT

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(g) Cost of Raising Funds

The cost of generating funds consists of staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs.

(h) Charitable Activities

The cost of charitable activities includes governance costs and an apportionment of support costs as shown in note 7.

(i) Volunteer Time

The value of services donated by volunteers is not reflected in the accounts.

(j) Taxation

The Trust is a registered charity. It is not, therefore, liable for tax on income derived from its charitable activities.

(k) Fund Accounting

Unrestricted Funds
Unrestricted Funds are funds which the trustees are free to use for any purpose in furtherance of the charitable objects. These comprise a general fund plus designated funds set aside out of unrestricted funds by the Trustees to provide for planned projects and other known contingencies.

Restricted Income Funds
These are funds which are to be used in accordance with specific restrictions imposed by the donor.
Further details of each fund are disclosed in notes 14 and 15.

(l) Pensions

The Charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against income in the year they are payable.

2 Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Grants of £1,000 and over	63,600	4,000	67,600	88,086
Other grants	22,064	-	22,064	11,830
Gifts from individuals	97,534	-	97,534	157,617
Legacies	26,816	-	26,816	7,564
Other donations	4,993	-	4,993	
Tax recoverable on donations	12,319	-	12,319	16,896
	227,326	4,000	231,326	281,993

3 Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Yoga teaching fees	15,887	-	15,887	11,597
Teachers' workshop	7,453	-	7,453	11,905
Sale of books and cards	1,676	-	1,676	1,144
	25,016		25,016	24,646

4. Investment income

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Bank interest receivable	167		167	1,347

5. Net outgoing Resources

	2022	2021
	£	£
This is stated after charging:		
Depreciation	1,890	804
Independent Examiner's remuneration	360	1,455

6 Cost of Raising Funds

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Staff	9,409	-	9,409	11,261
Fundraising admin fees	1,043	-	1,043	831
	10,452	-	10,452	12,092

7 Analysis of Governance and Support costs

	General support	Governance	Total
	£	£	£
Equipment and other asset costs	6,075	-	6,075
Office accommodation	32,572	-	32,572
Office costs	12,713	-	12,713
Salaries, teacher fees & consultants	31,654	10,885	42,539
Other staff & volunteer costs	1,039	735	1,775
Independent Examiner's fee		360	360
	84,053	11,980	96,033

8 Analysis of Expenditure on Charitable Activities

	Newsletter	Prison Workshops & Support	Prisoner Counselling	Public Education	Teacher Workshops	Yoga Teacher Support	HMP Ranby Fund	Total
	£	£	£	£	£	£	£	£
Salaries, Teachers & Consultants	31,827	48,801	37,291	3,792	17,342	34,689		174,742
PPT Resources		2,966	7,395				1,651	12,012
Prison Radio Broadcasts		1,050	750					1,800
Publicity			1,402					1,402
Teacher Workshops					332			332
Support Costs	14,610	5,218	9,595		472	418	2,153	32,466
Allocated fundraising costs	1,904	2,978	2,231	227	1,037	2,075		10,452
Allocated governance costs	2,182	3,414	2,557	260	1,189	2,378		11,980
Allocated support costs	15,309	23,955	17,938	1,824	8,342	16,685		84,053
	65,832	89,382	79,159	6,103	28,714	56,245	3,804	329,239

Expenditure on charitable activities was £329,239 of which £325,435 was unrestricted and £3,804 was restricted.

9. Governance costs

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Staff	10,885	-	10,885	8,388
Independent Examiner's fees	360	-	360	1,455
Miscellaneous costs	735	-	735	162
Office costs	-	-	-	319
	11,980	-	11,980	10,324

10. Staff costs

	Total 2022	Total 2021
	£	£
Staff salaries	170,027	155,163
Social security costs	11,461	13,144
Pension costs	8,164	7,553
	189,652	175,860

The average number of staff during the period was 1 full time and 5 part time (equal to a total of 5 full time staff). No employees received emoluments of more than £60,000 per annum (2021 - None).
The total remuneration of the key management personnel - the Director and Deputy Director - including employer's National Insurance and Pension contributions was £66,771 (2021 - £61,232).

11. Tangible fixed assets

	Computer Equipment	Office Equipment	Total
	£	£	£
COST			
At 1 January 2022	7,086	9,067	16,153
Additions	-	4,345	4,345
At 31 December 2022	7,086	13,412	20,498
DEPRECIATION			
At 1 January 2022	7,086	7,861	14,947
Additions	-	1,891	1,891
At 31 December 2022	7,086	9,752	16,838

NET BOOK VALUE			
At 31 December 2022	-	3,660	3,660
At 31 December 2021	-	1,206	1,206

12. Debtors and Prepayments

	2022	2021
	£	£
Insurance prepayment	1,223	651
Prison teacher and workshop expenses	5,452	9,131
Rent deposit	5,675	5,675
Rent, service charge and utilities prepaid	227	6,195
Tax recoverable on Gift Aided donations	2,320	5,191
	14,897	26,843

13. Creditors: Amounts falling due within one year

	2022	2021
	£	£
General accruals	3,570	4,517
Governance - independent examination and accounting fees	1,175	1,530
Tax, NI and pensions	3,764	1,199
	8,509	7,246

14. Restricted Funds

	Balance at 1 January 2022	Income	Expenditure	Transfers	Balance at 31 December 2022
	£	£	£	£	£
Dee Opp Equipment	234	-	-	(234)	-
Whitaker Trust HMP Ranby Fund	1,045	4,000	(3,804)	-	1,241
Total funds	1,279	4,000	(3,804)	(234)	1,241

The Whitaker Trust Fund is restricted to activities at HMP Ranby. Since the pandemic, when Yoga classes were curtailed, The Whitaker Trust permitted funds to be used for secure establishment throughout Nottinghamshire.
The small balance on the Dee Opp equipment fund has been transferred to general funds on permission of the donor.

15. Unrestricted Funds

	Balance at 1 January 2022	Income	Expenditure	Transfers	Balance at 31 December 2022
	£	£	£	£	£
General funds	313,171	254,762	(325,435)	234	242,732
Total funds	313,171	254,762	(325,435)	234	242,732

16. Financial Commitments

	Land and Buildings 2022	Land and Buildings 2021
	£	£
Length of Commitment	-	-
One year	24,780	22,700
Two to five years	74,340	99,120

17. Trustee's Remuneration

No Trustee (Nil - 2021) received or waived any emoluments in their role as Trustees during the year. No Trustees were reimbursed for out of pocket expenses (Nil - 2021) in their role as Trustees in the year.

THE PRISON PHOENIX TRUST CIO

England & Wales - Charity number 1163558

Accounts

The Prison Phoenix Trust CIO

Report and Accounts
December 31, 2021



The Prison Phoenix Trust CIO
PO Box 328, Oxford OX2 7HF
Tel. 01865 512521
www.theppt.org.uk
Registered Charity Number 1163558



Mission Statement

The opportunity for personal growth exists in a prison cell.

The Prison Phoenix Trust responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The Trust offers personal support to prisoners through teaching, workshops, correspondence, books, CDs and newsletters – and to prison officers too.

The Trust recommends simple yoga sensitively tailored to students' needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence in the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

The Queen's Award for Voluntary Service

The MBE for volunteer groups

A Summary of Activities

In 2021 the Prison Phoenix Trust was glad to be in a position to support prisoners' rehabilitation when many other interventions were limited. The pandemic restrictions have gone on longer than the wider community, with inmates continuing to spend the majority of their time in their cells. Many turned to meditation and yoga to use their time wisely, supported by the Trust's expanded practice guidance When possible, group yoga classes started back up with many more poised to resume, they then paused again in response to Omicron in December. Creative thinking ensured the PPT adapted to meet changing needs, expanding the support it offers.

Core work

In-cell enrichment is high on the prisons' agenda and the ability to offer for free our specialist books and CDs continues to help people take steps to prioritise their own health

"You can set aside the stress, anxiety, depression to start to focus on making your time useful and progressive. A real sense of becoming a better person on my journey to release." Julius

Guidance through written correspondence

This remote support of individuals is the foundation of the Trust's work. With ongoing restrictions this has been particularly vital and stood out to The Director General of the Prison Service.

During all stages of lockdown restrictions, the PPT office remained staffed to ensure the flow of letters and resource packs into prisons. Volunteer letter writers who'd adapted to working from home were encouraged to return to the office for collective practice and training workshops. Four of these took place during windows of possibility, between August and December, with an online alternative.

Prison workshops

The yoga teachers ran workshops for Cat A adult males at HMP Frankland and HMP Brixton, young offenders at HMPYOI Werrington and in secure hospitals, Roseberry Park and the Humber Centre. "It's been a joy to offer a sense of personal value and fun to those who've been missing the deep value of that connection." Yoga classes in prisons increased from 11 in January 2021 to 69 at the end of the year, with some inevitable stop starting. These are back to around a third of pre-pandemic numbers. This is poised to keep increasing as prisons recognise the value of yoga to make improvements in physical and mental health, that has been compromised during the restrictions.

Teacher training

The Prison Phoenix Trust British Wheel of Yoga Teaching Yoga in Prison module was run over 5 days in November 2021, training 17 yoga teachers to teach safely and appropriately in prisons and secure establishments. The 60 hour course is considered the gold standard in prison yoga teacher training and gained exceptional 6 / 6 feedback from all who took part. An online CPD training also took place, supporting teachers with insights about resuming teaching in prison, as well as a three day silent retreat.

Free resources

Freedom Inside, the PPT's dedicated programme on National Prison Radio completed its second year on air, with an estimated 16,750 tuning in across 111 out of 121 prisons in England and Wales. During the year, after a surge in demand in 2020, the books *Peace Inside* and *Becoming*

Free were reprinted and additional copies of the CDs *Clearing the Head* and *Freedom Inside* were produced.

New Initiatives

A strategy to offer new ways of support was based on:

- supporting the wellbeing of prisoners limited to their cells or small groups

- expanding resources, to appeal to the needs of a diverse prison population

- supporting the wellbeing and confidence of prison and probation staff, who'd been stretched to their limits by pandemic working

The Trust worked hard to adapt and meet this demand. The following creative ideas were swiftly implemented in response to changing prison needs:

Online HMPPS staff classes

Prison staff were stretched and under strain. HMPPS management reached out to the Trust for help to build confidence and support wellbeing. Three remote classes were taught and made available to the whole of the HMPPS prison and probation staff.

In-cell practice handouts

A third set of in-cell practice handouts was created and shared amongst prison staff. Women and older prisoners were identified as particularly vulnerable during the pandemic and a package of handouts to help their specialist needs were curated and sent to the Governors of all women's prisons and those with a larger older population.

Digital resources

A new initiative to support education through yoga video content began. The Trust re-purposed existing content to create short videos to use in partnership with prison educator, Novus. These will be used both by Novus to support their education provision and also by the PPT to create a new DVD resource, to meet the more diverse needs of the prison population, particularly young offenders and those with lower literacy.

First night support

A postcard for new prisoners was created for trial in five prisons. Around 80,000 people go into prison each year and the Board's vision is for prisoners to be supported at an earlier stage of their prison experience.

Shared meditation

Pulling together as a community in support of those who live and work in prison, remained important in 2021. The weekly shared meditation continues on a Tuesday, hosted by the Trust's staff, with office and letter writing volunteers, prison staff, prison yoga teachers, former offenders and supporters attending. With ongoing severe restrictions, exacerbating the challenges of the prison environment, this has been fundamental to keeping the support networks going. A three day silent retreat was held in person from 3rd to 5th September at Holland House retreat centre. Five staff members hosted the event.

People

Three new staff members joined in 2021. Chris Holt as Yoga Coordinator; Mike Smith, Letter Writing Lead and Hanan Abdeljaber, Office and Publishing Administrator. The new staff replaced the four staff members who left: Sally Buxton, Jason Doble, Laura Parrack and Lucy Ayrton. New Trustee, Reverend Doug Heming joined the Board and Stephen Eeley retired after over twenty years as a PPT Trustee. Appointments will be made in 2022 of three new trustees.

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From the Chair



Jo attending the PPT BWY Module 2021

2021 was a challenging year for everyone, but especially so for those living and working in secure establishments. I would like to pay tribute to our staff team and volunteer letter writers who kept the office running, and answered requests for support from people in the prison community throughout the restrictions, responding with unwavering commitment, flexibility and resourcefulness to an ever changing situation.

Meanwhile the PPT was itself undergoing changes. Chris Holt, Mike Smith and Hanan Abdeljaber have joined the staff, and Doug Heming became a Trustee. Welcome to them all. Sally Buxton, Laura Parrack, Lucy Ayrton and Jason Doble left the staff team, and Stephen Eeley retired as a Trustee after over twenty years on the Board. Thank you to each of them for all they have done in their different roles; we wish them well.

Under the strong leadership of our Director, Selina Sasse, the PPT has weathered the changes of the past year and is moving forward with exciting plans for 2022. The conditions brought about by the pandemic have called for new ways of supporting people in prison, and the Trust has adapted to meet the challenge.

In 2022 we are launching a new video resource which prisoners can access in their cells, as well as a new prisoner postcard to offer help to those facing their first night behind bars. This, along with a poster campaign, will help us reach our goal that everyone in custody will have heard of the PPT. Meanwhile our popular meditation and yoga programme continues to be streamed on National Prison Radio, yoga teachers are returning to teach in prisons, and the core work of responding to prisoners' letters, sending books and resources, goes on. None of this would be possible without the generous support of the many individuals and trusts who give financially, and of the friends and volunteers who give of their time. We are grateful to them all.

Report of the Trustees for the year to December 31, 2021

The Trustees present their report along with the financial statements of the charity for the year ended December 31, 2021. The financial statements have been prepared in accordance with the accounting policies set out on page 40 and comply with the Charity's Constitution and applicable law.

Structure, Governance and Management

The Prison Phoenix Trust CIO ("the Trust") was established under a constitution dated September 14 2015 and is a registered charitable incorporated organisation No 1163558. The assets and liabilities of the unincorporated charity of the same name were transferred to the CIO as at 31 March 2016. The unincorporated charity remains on the register of charities but is now inactive. The Trustees met four times in the period to December 31 2021.

Appointment of Trustees

Trustees are appointed only when they are fully familiar with the work of the Trust. Potential Trustees respond to advertisements or are recommended by existing Trustees, staff or friends of the Trust because of relevant skills or experience of the prison system, spirituality or charity management. Following interviews, any prospective Trustees are provided with a copy of the Trust Deed, and given appropriate Charity Commission publications including the guidance on public benefit. This induction continues after a Trustee is appointed by the provision of detailed Director's reports in advance of each Trustee meeting. Trustees are invited to all promotional, social and fundraising events of the Trust, in person or online, so they can meet with ex-prisoners, staff, volunteers, supporters and yoga teachers who can provide first-hand feedback on the daily work of the Trust. Rev. Doug Heming has experience of prison chaplaincy in a number of adult and young offenders institutions. He joined as a new Trustee in 2021 contributing much valued insights into prisons and the experience of prisoners and their spiritual lives. A sub-committee of three trustees reviewed the skills in the Trustee Board, advertised and agreed three prospective Trustees to observe a meeting in March 2022.

Risk Management

The Trustees and Director continued to conduct a quarterly review of the major risks to which the charity is exposed and the impact of the pandemic on working practices, utilising the risk management framework to identify the top seven risks. Where appropriate, systems or procedures were developed to mitigate the risks the charity faces. The review highlighted the risks to the charity's work of staff changes, the ongoing pandemic and changes in the prison system. The Trustees formally review the framework annually.

Aims

The objects of the CIO as noted in the constitution are for the public benefit to advance the education of and to rehabilitate and promote the mental and moral improvement of (principally)

prisoners and former prisoners, primarily in the UK and Ireland, but also of:

1. people in other forms of compulsory detention;
2. those undergoing community punishments, and
3. those identified as being at risk of entry into the criminal justice system.

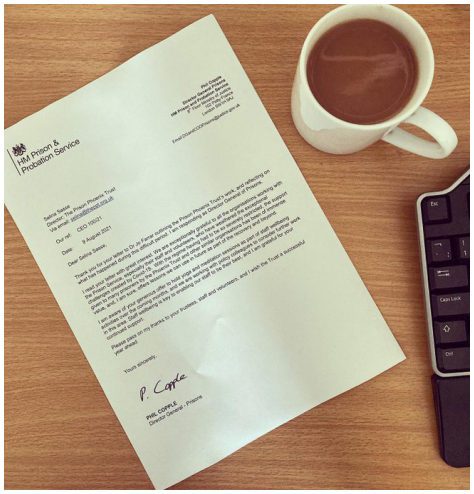
The umbrella term ‘prisoners’ refers to all residents in secure establishments:

Objectives

Our objectives are set to reflect our aims of education, rehabilitation and mental and moral improvement. This is done primarily through correspondence with prisoners, the provision of free books and CDs, our *Freedom Inside* programme on National Prison Radio, a quarterly newsletter, running prison and teacher workshops, and supporting ongoing yoga and meditation classes for prisoners and prison staff. These activities are provided freely and are available to anyone detained in any secure establishment and the staff looking after them in the United Kingdom and Ireland. These objectives reflect the principal aim for which the Trust was established.

The Trustees, together with the staff, meet regularly to review our objectives and activities to ensure that they continue to reflect our principal aims. The Trustees considered the Charity Commission’s general guidance on public benefit and in doing so complied with their duty to have regard for that guidance.

Activities



The Trust was singled out by Phil Copple, Director General Prisons for having 'weathered the exceptional challenges created by Covid-19. With the regime having had to be so severely restricted, the support given to many prisoners by the Phoenix Trust, has been of immense value, and, I am sure, offers lessons we can use in future as part of the recovery and beyond.' We are proud of how our charitable work was one of a few interventions that has been able to continue in prisons during the pandemic and we have been recognised by the Prison Service as a valued and reliable partner.

"I was imprisoned in HMP Birmingham and I discovered your charity through the prison newspaper (Inside Time). You were kind enough to send me some books and a CD on meditation. We also exchanged letters. You have no idea how much this meant to me. I am now out of prison and have been for about 5 months now. Since leaving I have struggled on occasions to remain positive as the negative impact on my life and my family's life was so enormous. When I have a negative thought or a flash back to those challenging times, I focus on my breathing and meditate which usually heals my irrational thinking. Each day is a test but as each day passes, I am feeling more and more like the person I deserve to be." Jay

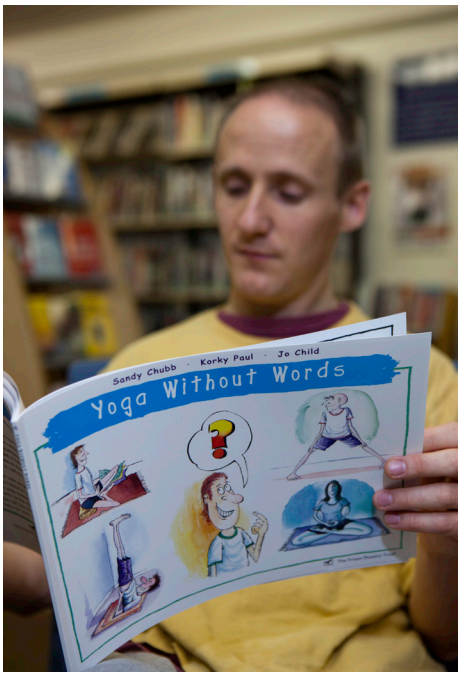
HM Chief Inspector of Prisons said in his annual report that prolonged daily lock-up due to Covid-19 since March 2020 has harmed prisoners' physical and mental welfare. As prison services adapt to life with Covid-19, wellbeing is an urgent priority. The Trust supports 226 establishments across four prison systems – Her Majesty's Prison & Probation Service in England and Wales (HMPPS), Scottish Prison Service (SPS), Northern Ireland Prison Service (NIPS) and the Irish Prison Service (IPS) in the Republic of Ireland. In all regions, meditation and yoga is recognised for its value to the wellbeing of prisoners in their physical, mental and spiritual health. There has been increasing interest from the forensic units of secure hospitals.

The Trust is in direct contact with an estimated 4.44% of the UK and Ireland prison population. **Corresponding with 4,054 prisoners in the UK and Republic of Ireland** out of a population of 91,339 (January 2022). Plus 1,124 prison staff, across 226 establishments, spanning prisons, detention centres, secure hospitals and approved premises. In addition, it remains in touch with 235 ex-prisoners who continue their meditation and yoga practice in the community.

With 16,750 estimated to tune in to the Prison Phoenix Trust prison radio programme, *Freedom Inside,* the Trust has extension reach and interest in its support.

Spiritual guidance to prisoners

The original aim of the Trust, as set out by its founder, Ann Wetherall, was to support and encourage prisoners in their spiritual lives through correspondence. Her vision continues to form the cornerstone of our work, with a team of 10 volunteer letter writers corresponding with people in prison. **During 2021 1,797 prisoners wrote to us for help**. Each prisoner who writes receives a personal, usually hand-written letter in reply, along with the materials they requested, along with an offer to stay in touch, to support them in their practice and **effort to live out the beneficial aspects of what they are discovering.**



Specialist resources - books and CDs

Four meditation and yoga books and two CDs are made available free of charge to prisoners who request them. This includes two books specifically produced for people with low literacy, or for those who cannot read at all, including foreign nationals. One such book is *Freeing the Spirit, a guide to practising yoga and meditation* written at literacy level 1 and using light-hearted drawings. The other is *Yoga Without Words*. Many prisons invested in copies of our books to help those in their care during extended lock-up. e.g HMP Wandsworth bought copies in 2021. *Peace Inside: a prisoner's guide to meditation* and *Becoming Free through Meditation and Yoga* continue to be popular with more confident readers, who want to deepen their practice. Our two CDs allow prisoners to practise a yoga class either on their own, or in a group using the recordings for guidance. Each CD has a number of yoga and meditation sessions narrated by an experienced prison yoga teacher. They are popular with those unable to attend a prison yoga class and with those who do attend, but who wish to practice in their cells in between classes. **1,421 resource packs of books or CDs, with a letter were sent to prisoners during 2021**.


Insidetime July 2021 www.insidetime.org Jailbreak 49

Part of the Furniture

The Prison Phoenix Trust

The 'lockdown bulge'

Patrick - HMP Moorland

Inside Time

Prisoners find out about what we offer through peer encouragement, regular articles in the prison newspaper *Inside Time*, staff sharing our in-cell practices or when we visit prisons to run free taster workshops.

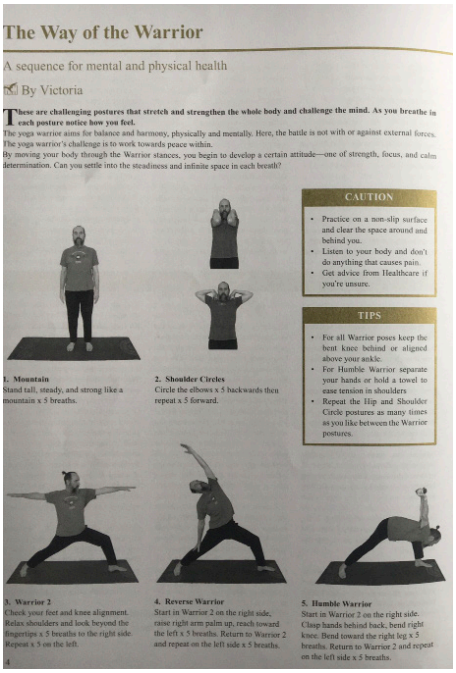
We pay for a half page in *Inside Time* each month to share a practice and engage with new prisoners. Around 80,000 go into prison each year and many get in touch after finding out about the charity in this way. 41,000 were sent to prison to serve a sentence in the year to June 2021. (Prison Reform Trust)

These articles are based around pictures and address specific conditions such as insomnia, bad backs, or anxiety. *Inside Time* has a circulation of over 60,000, so this allows us to reach prisoners who may not have heard of our work. We also offer yoga articles to other prison charities for publication, including *Food Behind Bars, Her Wellbeing, Women In Prison* and *Prisoners Abroad*.



Handouts

A series of new handouts were added to our selection of remote learning resources available for prison staff to download from our website. There are now 28 illustrated yoga handouts with titles such as “Yoga to help you sleep”, “Cell-bed Yoga” and “How to meditate” and can be used when people are confined to their cells. **A set of 10 handouts with yoga sequences to support good mental health were sent to all 20 women’s prison in the UK and Ireland. We also sent a set of 10 handouts with yoga sequences designed for people with reduced mobility to 17 prisons with a high proportion of older inmates.** A password protected area of the website was used to measure interest. This was in response to the prison service identifying these as priority groups.



Newsletters

Everyone we are in touch with receives their own copy of the prisoners newsletter, published quarterly. This is one of the cornerstones of our work. It underpins the spiritual guidance of prisoners, patients and ex-prisoners and keeps us in touch with supporters, yoga teachers, and prison staff. The main content of the newsletter is taken (with permission) from prisoners’ letters. They share the ups and downs of their spiritual journeys, their hopes, fears and breakthroughs. This offers the reader comfort that they are not alone in their experiences and hope that things can change, even in the most difficult circumstances. Prisoners tell us that the newsletter makes them feel hopeful, motivated and less lonely by being connected to a healthy social network.

As the literacy rates in prison tend to be very low the practice guidance is based on clear visuals. **The Trust invested £61,866 in producing the four quarterly issues of the newsletter and distributing around 36,000 copies in 2021, 9,000 each quarter.** Volunteers pay a large part in offering their time freely to help with the newsletter despatch. A further 700 supporters and yoga teachers receive it by email. While the newsletter is geared completely toward prisoners, many friends on the outside who send donations towards our work include a note saying that they too draw hope and inspiration from the newsletter.

National Prison Radio

The Trust's popular meditation and yoga programme *Freedom Inside* ran for its 2nd year in 2021. The series comprises twelve 45 minute yoga and meditation sessions, repeated throughout the year. Each practice session is introduced by a former prisoner in dialogue with a serving prisoner about their experiences of change through practice. The bulk of each episode is a guided practice from one of the expert prison yoga teachers on our staff. Produced by professional radio producer and a member of our board of Trustees, Penny Boreham, the programme has become a lifeline for many prisoners. **In 2021 an estimated 16,750 prisoners tuned into the programme.**

"Freedom Inside was the highlight of my week. To relax and meditate." Sean.



Social Media

Social media platforms and the website are important ways to share our work and raise awareness. Our best performing posts of the year included the promotion of our free chair yoga session for @Clinks on 25th November, followed by a Q&A with the PPT @Novuschange. Twitter was also important in getting the word out about our handouts, and it was heartening to see so many organisations and individuals signposting to our work over the year.







New Digital Initiative

In 2021 the Trust started to develop new ways of teaching meditation and yoga in prison using digital technologies, to support prisoners' rehabilitation. Until now, virtually all rehabilitative interventions in prisons have been delivered either in person or using analogue media, such as books and leaflets. Technologically, prisons resemble the 1950s more than the 21st century. But the Covid-19 pandemic has hastened plans to bring the UK prison estate into the digital age.

Until 2021, only four adult prisons and one Youth Offender Institution in England and Wales had access to in-cell technology through a limited range of pilot schemes. The Ministry of Justice's Digital, Data and Technology Strategy (June 2021) and Prison Strategy White Paper (December 2021) mark a new direction in government policy with emphasis on the role of digital technology in creating a "prison system which offers hope, provides support, and prevents harm."

Since March 2020 prisoners have been confined to their cells for more than 23 hours a day for many months at a time, without access to teachers, group training, education or rehabilitative interventions. This has put more emphasis on resources that can be used by offenders individually in their cells and prompted investment by the Ministry of Justice in in-cell digital technology.

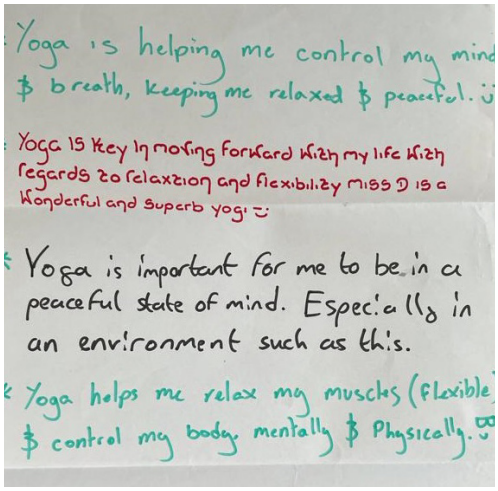
The Trust has been quick and innovative to respond to this change in the prison system. Its project will develop digital technologies, such as DVDs, in-cell laptops, Prison TV and digital kiosks to support prisoners with yoga and meditation. It is a necessary development in order to continue reaching prisoners in times of restricted prison regimes; it is also an opportunity to explore the potential to deliver yoga and meditation in ways that are more accessible and relevant to a wider range of prisoners, including younger demographics less inclined to read and the significant proportion (3 in 10) who have a learning disability or challenge.

The Trust partnered with prison educator, Novus, Foundations for Change to create and distribute 23 yoga and meditation films. These were re-purposed from existing material the Trust had, to keep the costs down and enable the Trust to move quickly. 2022 will see the first digital roll out across the prison service.

Yoga in Prisons

The Prison Phoenix Trust is recognised across prison services in the UK and Ireland as the specialist provider of expertise in meditation and yoga practices in secure settings. Our training programme for yoga teachers, delivered on behalf of the British Wheel of Yoga, is the gold standard. This, together with the ongoing support and training of teachers and volunteer letter-writers, ensures we are trusted to work safely and respectfully with prisoners with a range of complex needs.

While many prison interventions deal with single aspects of behaviour, such as drug or alcohol addiction, meditation and yoga support the whole person, empowering them to engage in other educational and rehabilitative interventions and to achieve sustainable, positive change.



HMP Feltham

More and more, prison managers are recognising the effectiveness of yoga and meditation to help them achieve their rehabilitative aims. It is for this reason, and our unique approach to supporting the whole prison that we have kept in touch with staff from across the prison estate, who reach out to us for help. Prisons are widely engaging with meditation and yoga to support the wellbeing of prisoners in their physical, mental and spiritual health. This is through sharing the Trust's in-cell practice guidance and resources as well as committing to regular yoga classes. In 2021 the Trust invested £75,988 in offering free taster workshops and developing new in-cell practices.



Taster Workshops

In the second half of 2021, restrictions on external teachers visiting prisons began to lift . By December 2021, 69 classes were running in 25 prisons and other secure institutions; around a third of the pre-pandemic levels. Teaching taster workshops to prisons resumed, with staff delivering 30 workshops in five establishments between July and December, including Young Offenders Institution, HMPYOI Werrington and high security male prisons HMP Frankland and HMP Brixton. Taster yoga and meditation workshops are the most effective way of getting weekly classes going in prisons, approved premises, immigration removal centres (IRCs) and secure hospitals. They offer prisoners and staff the direct experience of yoga and meditation. Two PPT staff members take in a local yoga teacher from its network, who can join the discussion about the possibility of an on-going weekly class.



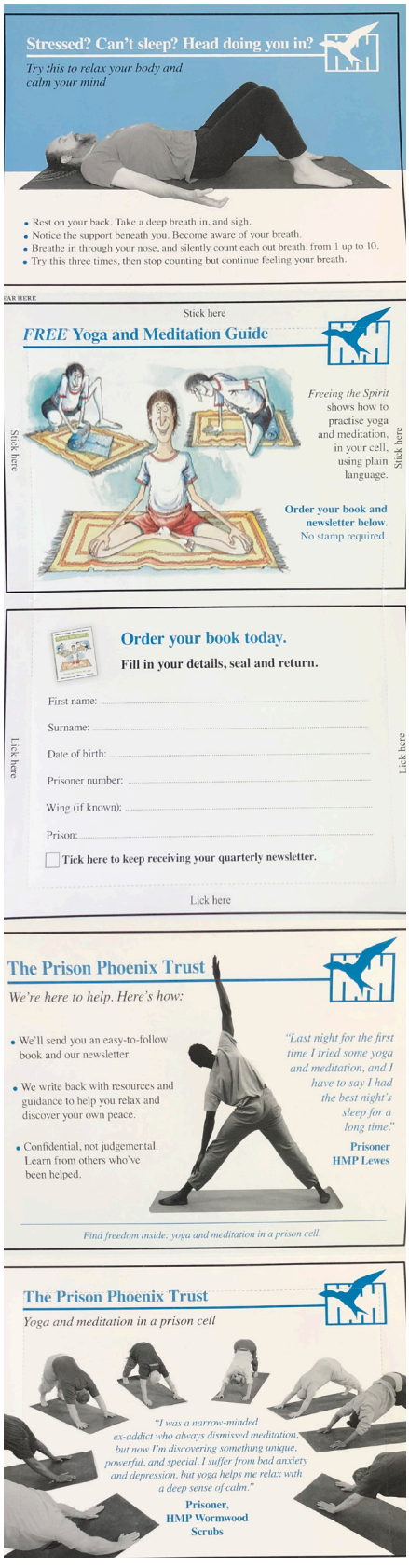
Online Prison Yoga Staff Classes

Staff yoga teachers were invited to teach three remote classes for the whole of the HMPPS prison and probation staff. A first for the charity. The themes were Yoga for Resilience, Yoga for good mental health and Yoga for adapting to change. Recordings were shared on the Trust's YouTube channel to improve accessibility for staff.

The Trust was invited to teach a taster yoga class in May 2021, as part of the **Prison Supply Directorate conference**, presenting the value of meditation and yoga in prisons to around 300 prison staff, also at the annual **Clinks Conference**, supporting the voluntary sector working in the criminal justice system, in November 2021. The Prison Phoenix Trust took part hosting a session aimed at organisations seeking to design effective programmes to address the effects of the pandemic on the wellbeing of people living and working in prisons. It gave participants an experience of simple yoga and meditation techniques and the evidence for their impact on mental health, resilience and emotional regulation. Organisations were offered the support of the Prison Phoenix Trust as they re-think their prison work in a world with Covid-19.

First Night Support

Many of those serving time who write to us express how they wished they'd learnt about our support sooner. In 2020 the Trustees suggested that the Trust create a PPT resource package specifically for the induction stage of the prison journey.
Using former serving prisoners as a focus group, a First Night postcard was created in 2021.



Background

Prisons have an Induction Wing or unit where prisoners arriving from courts, or from prison transfer will spend a period of time being assessed. The induction determines where they are housed within the prison for the duration of their sentence.

Duration

Time spent in Induction is from 1 day to up to 2 weeks depending on type of prison, arrival time and facilities.

The Purpose

To enable prison staff to risk assess individuals and determine their needs so they can be placed in a suitable Wing environment.

Considerations

Once sentenced, prisoners come straight from the courts to the prison with the possessions they had on them. They will be given 2 postage stamps and a 5 minute phone call. This is why incorporating Freepost was essential to the value of this initiative.

Practicalities

The item must be practical for prisoners with limited space in their cell, and suit the high incidence of low literacy and learning difficulties. The concept needed to be mindful of the needs of staff, i.e. doesn't add to their work load or require lengthy explanations.

Focus Group

Drawing on the first-hand experience of those with lived experience, the staff team researched the best format. A colourful robust postcard format was chosen. It is focussed on a simple breath-based practice, that can be done on their bunk, aiming to help new prisoners' anxiety and giving an opportunity to get in touch with the Trust for support.

Development

The initial card was created in 2021 for trial in five men's prisons. A 12-week pilot is being run between March and June 2022.

Feedback

An evaluation of the resource is built into the trial.

Roll out

If it's found to be useful, the Trust has budgeted to invest in a full roll out across the prison estate, later in 2022. Alternative versions of the postcard would be created for the women's and young offenders' estates and rolled out in 2023.

Prison Yoga Teachers



Yoga Teacher Training and Development

Supporting prison yoga teachers and their own relationship with their prisons and institutions has been critical during this time. The Trust has a network of 136 teachers, trained and vetted for prison work, so that when the opportunity arises they can be drawn upon to teach a regular prison yoga class. In 2021 the Trust invested £44,685 in the training and development of yoga teachers, plus £31,032 supporting individual teachers to resume their prison classes or to help them with any issues and challenges arising. Some of the time usually spent by the Yoga Coordinators supporting prison yoga teachers running classes was reallocated to support prisons through the development of new innovative in-cell practices.



Prison Yoga Teachers' Newsletter

From Chris, Selina and Victoria

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Spring 2021

Lockdown becomes the mother of invention

By Chris

"Of all my teaching, it's my prison class I miss the most," says Jane, echoing the feelings of all of us who have been unable to teach face-to-face classes for most of the last 12 months. While many have moved our community classes online, this just isn't possible for prisons where internet access is limited.

"It's frustrating," says Jane, who has taught adults and young offenders at HMP Forest Bank in Salford since 2016. "It was rewarding to see the young men benefit from the practice and they are really keen for it to resume."

Living under extreme restrictions

Since 4th January all adult UK prisons have been fully locked down with chapels, education, and gym sessions cancelled. Family visits have been replaced with secure video calls.

The effect of these heavy restrictions on prisoners' wellbeing is profound, according to prisoners' comments in recent reports on the impact of the pandemic in prisons by the Prison Reform Trust (PRT) and the Irish Penal Reform Trust (IPRT):

"The main problem for me is having nothing of any meaning or consequence to do; i.e., the usual feelings experienced in prison but taken to the extreme." - PRT

"It often feels that the small group I go to the yard with […] are the only prisoners in the place. This virus has sucked the life out of everything, even this prison." - IPRT

Finding new ways to share and teach

The need to prioritise mental health and wellbeing has now been recognised by prison authorities. Lessons are being learnt from last year, when lockdown became the mother of invention in some prisons, sparking new and creative ways of getting through.

The Prison Phoenix Trust encourages prisoners in their spiritual lives through meditation and yoga sensitively tailored to students' needs. We support prisoners and prison staff through teaching, workshops, correspondence, books, and newsletters. We assist qualified yoga teachers in establishing and maintaining weekly classes in prisons, secure hospitals, and hostels throughout the UK and Ireland. We offer training and ongoing support in person and over the phone.

Yoga teacher Tadhg has been submitting audio recordings of guided meditations and relaxations with photographs of nature, which are shown nightly on prison TV in Limerick Prison Republic of Ireland.

Judy has worked with HMP Winchester's education team to produce a series of three-minute seated practices to be broadcast on the hour, every hour, for a week. Bryan, from the team, has also recorded videos of woodland and seaside walks for prisoners to watch in their cells.

Gary is providing a Tuesday night Zoom class for prison officers and has filmed four yoga sessions that are being shown on prison television for men to practise in their cells at HMP Full Sutton.

Many prisons have to rely on books and paper for in-cell activity packs. The PPT has received hundreds of requests for its printed yoga and meditation handouts. Kate, who teaches yoga at HMP Low Moss near Glasgow, organised for PPT newsletters to be delivered to the gym.

Yoga teacher Jen sent a questionnaire to her students at Portlaoise Prison in Ireland, asking what would help them during lockdown. "Some responses included requests for postures to alleviate back pain, nerve pain, and knee pain," says Jen. "Also a set of stretches to do after a gym workout."

At HMP Berwyn in Wales, Philippa has been emailing yoga lesson plans for men to do in their cells. The prison recently started providing laptops, which opens up more possibilities for virtual teaching.

David wrote to the PPT from HMP Hewell in Worcestershire, "The books have helped me to maintain a routine each day to the

2

Yoga Teacher Newsletters

An annual plan of prison yoga teacher training events was devised and publicised through a dedicated yoga teachers' newsletter and personal invitation. Formerly a printed newsletter, this was moved to an online format to enable more regular correspondence and to save printing costs. The need to support our network of prison yoga teachers, whose classes had been suspended with little or no communication from their prisons was recognised. This has led to innovative ways to keep yoga going remotely, including using their own handouts and offering online classes for staff. It was encouraging that when restrictions began to be eased, institutions were keen to get in touch and restart classes; and importantly teachers were ready to go back in.

Monthly online sessions were instigated in 2021 for the PPT yoga staff to keep these teachers up to date on the situation in prisons and the impacts of changing regimes. This was essential in ensuring that when prisons have been ready to restart their yoga classes there are prison yoga teachers ready to go in. Seventeen teachers were trained for prison work, to ensure prisons are able to continue to turn to the charity to facilitate prison yoga classes.



BWY Teaching Yoga in Prison Module

The Prison Phoenix Trust is dedicated to offering training and support to qualified yoga teachers to prepare them to work successfully in prison. Our training and workshops prepare them for the practical realities of prison work, and emphasise the importance of their own ongoing spiritual development. Teachers are helped to have a healthy respect for the prison environment so they can work safely and effectively. They are taught the importance of security and boundaries, by guest speaker prison officers and how to understand and work with the prison hierarchy and to recognise and respect the great work done by prison staff in what are often very challenging conditions.



Module Guest Speaker - Colin Payne

The training covers issues that teachers face when working in prison such as:

1. Rapport with prisoners, prison officers and staff
2. Authority and professional boundaries
3. Adapting yoga to meet all needs
4. The importance of silent breath-based meditation
5. Sex offenders and drug and alcohol rehabilitation
6. Current issues affecting prisons and prisoners
7. How to start up a class



Social Inclusion

In 2021 a new section was introduced to encourage social inclusion, equality and diversity. This included how to adapt a class for prisoners with learning disabilities (3 in 10 prisoners in 2019-2020 MoJ), with all faiths or none and to meet the needs of LGBTQ prisoners. PPT Director , Selina, undertook specialist training to meet this need taking part in courses on Race and Yoga and also Trauma and Yoga.



Teacher Workshops

The PPT has offered a workshop each year since 2016 for current prison yoga teachers to provide an opportunity for the teachers and cover teachers to meet and share experiences. These days are a chance to reconnect with teachers from all over the country and learn from the collective wisdom and experience.

In 2021 the workshop was titled **Through the Gates; Lockdown Inside**. It featured a talk 'The Inside View' from former Governor of Eastwood Park, women's prison and Trustee, Suzy Dymond-White. Sharing her experience of prison life during the past year, she shed light on what teachers might expect from the changes in prisons.

The workshop included how to prepare for a return to prison teaching, whilst continuing to support prisons remotely. A regular part of the programme for the prison yoga teachers' day is time for the teachers to share their challenges and experiences, this included some important insights from those whose classes had resumed; what the new conditions are like and the impact of new measures.

It was an important event to encourage teachers to remain committed to prison yoga teaching. The closing activity for the session was a ten-minute meditation. This is always a core component of workshops, reinforcing the Trust's focus on silence and the breath at the core of what teachers offer their students.

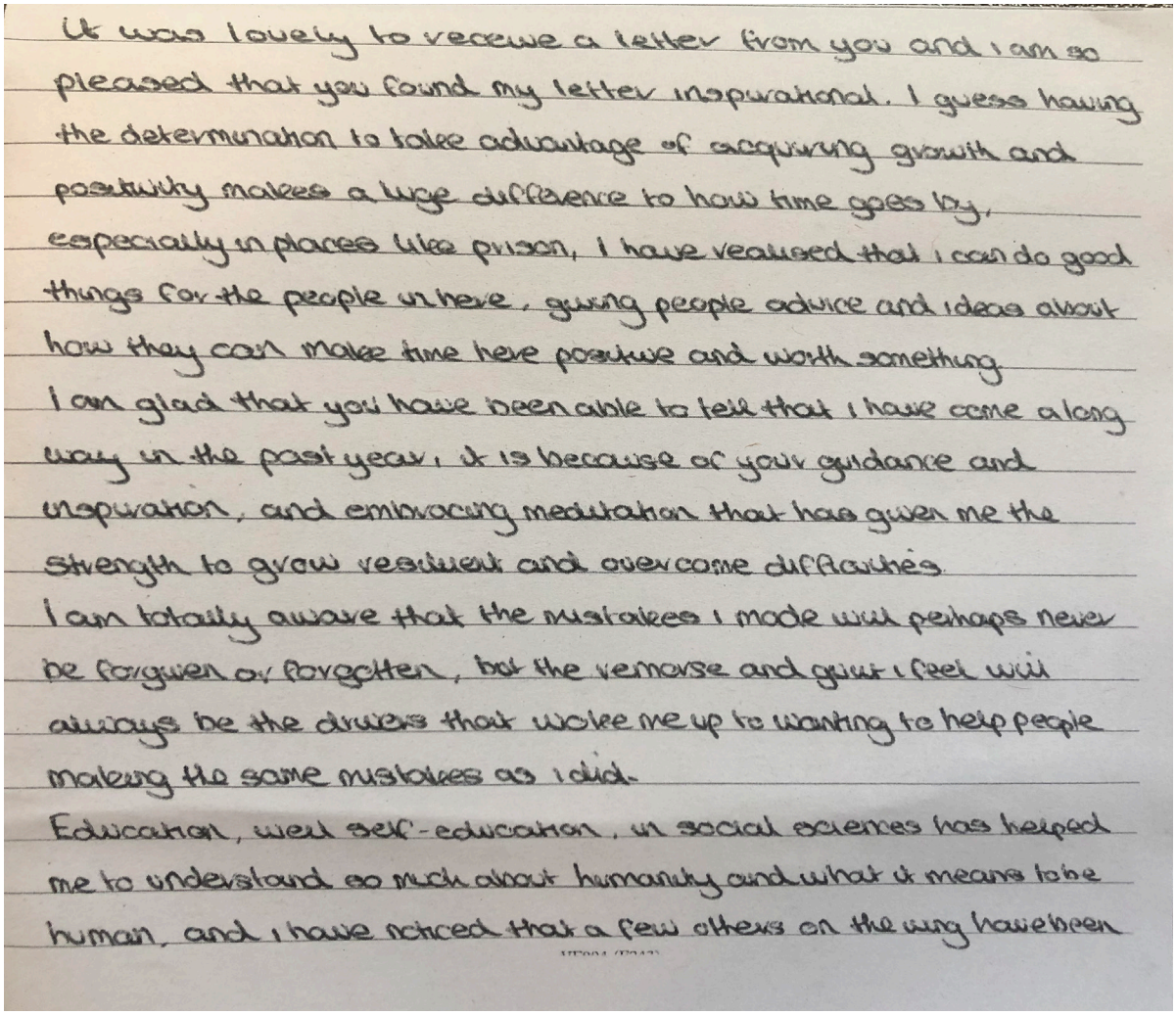
The second event was the bi-annual silent retreat, held in September. By experiencing and deepening their own practice they are helped in their support of those inside. 30 yoga teachers attended. The third event was our bi-annual prison yoga teaching 60 hour training module. This was held in November 2021, having also been postponed during 2020.

How Yoga and Meditation Help Prisoners

Prisoners tell us each day in their letters or when we meet them that the practices we recommend are helping: they allow them to sleep and to feel more at ease; to get along better with family, fellow prisoners and officers; and to discover a sense of hope and purpose for their lives, and their futures. Most importantly, meditation and yoga help them see, at a profound level, that they are not separate from the rest of the world. They speak of feeling less fearful and antagonised, of wanting to give something back to society, of feeling connected with something positive.

The stretches, postures, breathing practices and relaxation of yoga not only keep the body's systems strong and healthy, they also release tension in a safe and controlled fashion. The seated meditation, focussing on the immediate physical experience of the breath, allows the normal activity of the mind to slow down. This break from being locked into the internal chatter is not only deeply refreshing, it gives prisoners a chance to experience thoughts and feelings without reacting to them automatically. This is empowering: it allows one to see that strong physical and mental conditioning can be responded to with wisdom, instead of habit.

That spiritual strength matures through a regular practice of "not thinking," so we offer silent meditation on the breath, as extolled by the world's wisdom traditions. This practice is not confined to any one religion, it is rooted and informed by silence, which means familiarity with the mind that isn't overwhelmed by feeling or conceptual thinking.



It was lovely to receive a letter from you and I am so pleased that you found my letter inspirational. I guess having the determination to take advantage of acquiring growth and positivity makes a huge difference to how time goes by, especially in places like prison. I have realised that I can do good things for the people in here, giving people advice and ideas about how they can make time here positive and worth something.
I am glad that you have been able to tell that I have come a long way in the past year, it is because of your guidance and inspiration, and embracing meditation that has given me the strength to grow resilient and overcome difficulties.
I am totally aware that the mistakes I made will perhaps never be forgiven or forgotten, but the remorse and grief I feel will always be the drivers that woke me up to wanting to help people making the same mistakes as I did.
Education, well self-education, in social sciences has helped me to understand so much about humanity and what it means to be human, and I have noticed that a few others on the wing have been

PPT Scotland



In Scotland there are 18 secure institutions. Our funding goes towards supporting those in Scottish prisons and secure hospitals with free resources to help them practice in their cells, combined with our training and development of Scottish yoga teachers.

In 2021 the Trust spent £4,964 supporting individuals and staff living and working in Scottish prisons and secure hospitals. This enabled 281 prisoners and 84 staff to gain guidance and inspiration from the quarterly newsletters. There was an increase to 175 individual requests from prisoners for books, CDs, guidance and advice. We spent £2,745 responding to this, supported by personal guidance from our volunteer letter writers. Plus a share of the expenditure on teacher workshops and yoga teacher support and Prison Support went towards Scotland.

The lockdown in Scottish prisons and other secure establishments meant no in-person yoga classes were able to take place from March 2020 until Sept 2021. In the last months of 2021 classes had resumed at HMP Low Moss and the Ratho women's wing at HMP Edinburgh, with others due to start in 2022, restrictions permitting.
In addition:
* Copies of a set of yoga handouts suitable for older prisoners were mailed to governors of 2 prisons with a high number of over-55s.
* Copies of a set of yoga handouts to support women's mental health were mailed to 5 women's prisons.
* Staff from HMP Addiewell attended the PPT's first online yoga class in October 2021.

Although some in-person teaching has been on hold, some 15 experienced yoga teachers are ready to resume classes, keeping in touch through attendance at our January update specifically for Scottish teachers and others during the year. A teacher from Scotland took part in the PPT BWY module; Teaching Yoga in Prison gaining 60 hour certification.

PPT Ireland

Republic of Ireland

In the Republic of Ireland, we offer support to eight yoga teachers. Yoga and meditation classes are funded and run as part of the School (IPSE prison education). Alongside the printable yoga sequences available on our website, various methods for providing remote support were implemented by individual teachers which included sending in audio and video classes.

In person sessions gradually returned in the autumn 2021 for three out of 12 prisons, (Cloverhill, Portlaoise and Shelton Abbey) with continued restrictions due to outbreaks of Coronavirus preventing regime activities elsewhere.

With a prison population of 3,704 (Dec 2021), the PPT supported 126 prisoners and 46 staff with quarterly newsletters at a cost of £1,045. We received 42 individual requests from prisoners for books, CDs, guidance and advice costing £517. In April and May printed sets of themed yoga and meditation sequences for women and older prisoners were sent to prison Governors at Arbour Hill, Dochas, Limerick and Midlands prisons.

Regional monthly gathering attendance Jan 2021 – 20% (2/11)

Prison population Dec 2021 = 3,704 (of which; Women = 139)



Northern Ireland

In Northern Ireland the PPT supports four prison yoga teachers with access to print and audio resources, online training, regional updates and phone or email assistance. Strict lockdown measures and Covid prevented in-person yoga classes for most of 2021. Online provision of up to three staff classes a week was funded by South Eastern Health Trust and available to staff at Magilligan, Maghaberry and Hydebank Wood. In October online meditation sessions for prisoners at Maghaberry commenced, supporting individual prisoners' and two group (in-person) classes for prisoners for vulnerable prisoners and young male prisoners

In 2021 the cost for sending 288 quarterly newsletters to prisoners and staff in Northern Ireland was £437. There were 42 individual requests from prisoners for our books, CDs, and letter correspondence costing £659. In April printed sets of themed yoga and meditation sequences for women prisoners were sent to the Governor at Hydebank Wood College

Regional monthly gathering attendance Jan 2021 – 100% (3/3)

Prison population Dec 2021 = 1,539 (of which; Women= 69)

Volunteers



The Trust's exceptional team of 13 volunteers are active in writing to prisoners and despatching books, CDs and the quarterly newsletters. They work closely with Trust staff, and are trained to use relevant and creative ways to encourage prisoners in their meditation and yoga practice. All are outstandingly generous in the time they devote to their work for the Trust.

The volunteers who write to prisoners have a daily meditation practice, which is essential if they are to empathise with those who practise meditation in a prison cell. They receive ongoing support and use our Letter Writers' Manual to show relevant and creative ways to encourage prisoners in their yoga and meditation practice. Letter writers are encouraged to keep advice to a minimum, by reflecting back to each inmate his or her own words of discovery. Their letters are an essential support for many prisoners, who often otherwise struggle alone in prison.

Our volunteers continue to show great devotion and each week several mail sacks of correspondence leave the office destined to help prisoners all over the UK and Ireland.

Our meditation retreat in September was open to yoga teachers and letter writing volunteers too, to help them deepen their own practice and be able to use this experience as they support their prisoner correspondents. Monthly planned workshops specifically for letter writers were held during the year from August, to encourage the sharing of ideas around the subtle art of spiritual guidance. There were three alternative dates focussing on maintaining boundaries during correspondence and highlighting updates to the PPT's safeguarding policy.

Reference and Administrative Information

Trustees

Jo Child, Chair of Trustees, is a yoga teacher and runs a series of high-quality yoga workshops with guest teachers in Oxford. She is a former staff member of the PPT.
Giles Charrington is a management consultant, a coach and therapist. He is also a Zen meditator.
Penny Boreham is a radio producer and broadcaster, and craniosacral therapist.
Nicholas Colloff OBE was Oxfam's Director of Strategy and Innovation and is now Executive Director of the Argidius Foundation. He is a PPT co-founder.
Peter Stevenson, Treasurer, is a chartered accountant who works with a number of charitable organisations.
James Mallett is an advocate of meditation, yoga and their benefits for people in prison and out.
Suzy Dymond-White is in HMPPS Senior Management, formerly Governor of HMP Eastwood Park.
Doug Heming is an Anglican priest and restorative justice facilitator. He has served as a prison chaplain in a number of adult and young offender facilities across the UK.


Suzy Dymond-White


Doug Heming

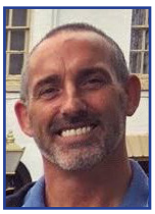

Jo Child


Peter Stevenson


Giles Charrington


Penny Boreham


Nicholas Colloff


James Mallett

Key Management Personnel Remuneration

The Trustees consider that the Director comprises the key management personnel of the charity in charge of directing, controlling, running and operating the charity on a day-to-day basis. The rate of pay for key management personnel is reviewed annually by the Trustees and set at a level commensurate with the market rate for similar roles in the sector.

Staff

Director: Selina Sasse (5 days per week) is responsible for implementing the strategic aims of the charity, reporting to the trustees. She is Yoga Alliance registered in both yoga and mindfulness teaching, with a trauma informed approach suited to prison work. Selina has supported people living behind bars since 2013. Prior to the PPT she worked in senior management. A Zen practitioner, Selina leads the PPT British Wheel of Yoga (BWY) Teaching Yoga in Prison teacher training module.

Finance & Office Manager: Padmakumara (3 days per week) is responsible for financial administration, reporting and office systems. He manages the PPT's IT consultancy Computer Assistance and is Health & Safety Officer. Padmakumara is a practicing Buddhist and professional gardener.

Yoga Lead: Victoria Green (4 days per week) facilitates prison yoga across Central and East England, Wales and Ireland; teaching workshops, enabling classes and devising in-cell practices and resources. Teaching in prison since 2011, Victoria teaches adult males at HMP Grendon. With experience teaching yoga offenders at HMP Aylesbury, she brings this to her role in co-teaching the PPT BWY Teaching Yoga in Prison module.

Yoga Coordinator: Chris Holt (4 days per week) facilitates prison yoga in the South of England, the North-East and Scotland; teaching workshops, enabling regular classes and devising in-cell practices and resources. Chris is editor of the yoga teachers' newsletter and coordinates the charity's grant giving trusts. She has taught in prison since 2014 and brings this, including her specialist experience of women prisoners to her role in co-teaching the PPT BWY Teaching Yoga in Prison module. Chris leads the Trust's development of digital resources.

Letter Writing Lead: Mike Smith (3 days per week) coordinates prisoner correspondence, supporting a team of volunteer letter writers giving guidance and running workshops based on shared practice. Mike is the charity's Safeguarding officer.

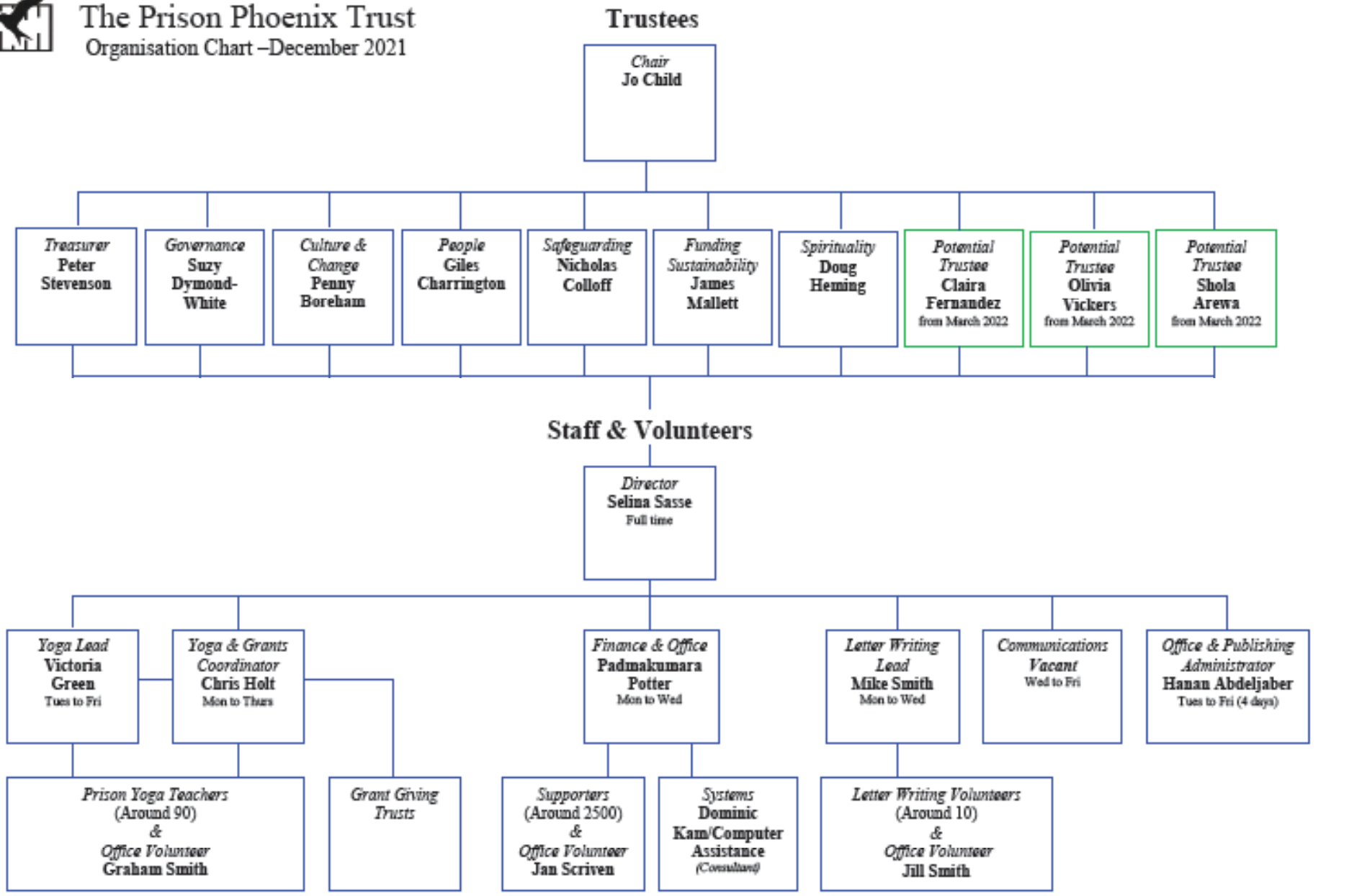
Office & Publishing Administrator: Hanan Abdeljaber (4 days per week) is responsible for publishing the quarterly prisoner and yoga teacher's newsletters and creating printed resources. She supports the smooth running of the office, including the administration of correspondence with prisoners and organising events.

Former staff:

Deputy Director: Jason Doble (4 days per week) until April 2021, moving to a 1 day week consultant until the end of 2021. People and Office Coordinator: Laura Parrack (3 days per week) until May 2021. Communications Manager: Lucy Ayrton (2.5 days per week) until November 2021. Yoga Coordinator: Sally Buxton (2 days per week) until February 2021.

The Prison Phoenix Trust

Organisation Chart –December 2021



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Consultants

We are indebted to our consultants for their help and advice, which they provide voluntarily:

Dr Jamie Bennett, HMPPS Deputy Director, Operational Security Group (BLACK)

The Rev'd George Coppen, Anglican priest and former prison psychotherapist at HMP Grendon

Imam Monawar Hussain DL, MBE, Imam of Eton College and founder of the Oxford Foundation

Professor Alison Liebling, Director, Prisons Research Centre at Cambridge University's Institute of Criminology

Martin O'Neill, West Dublin Prison Campus Governor

Patrons

Dr Kiran Bedi

Mr Erwin James

Sister Elaine MacInnes OLM

Sir Mark Tully OBE

Dr Benjamin Zephaniah

Mr Jeremy Irons

Mrs Shirley du Boulay

Dr Sheila Cassidy

Fr Laurence Freeman OSB

Mrs Sandy Chubb

Independent Examiner

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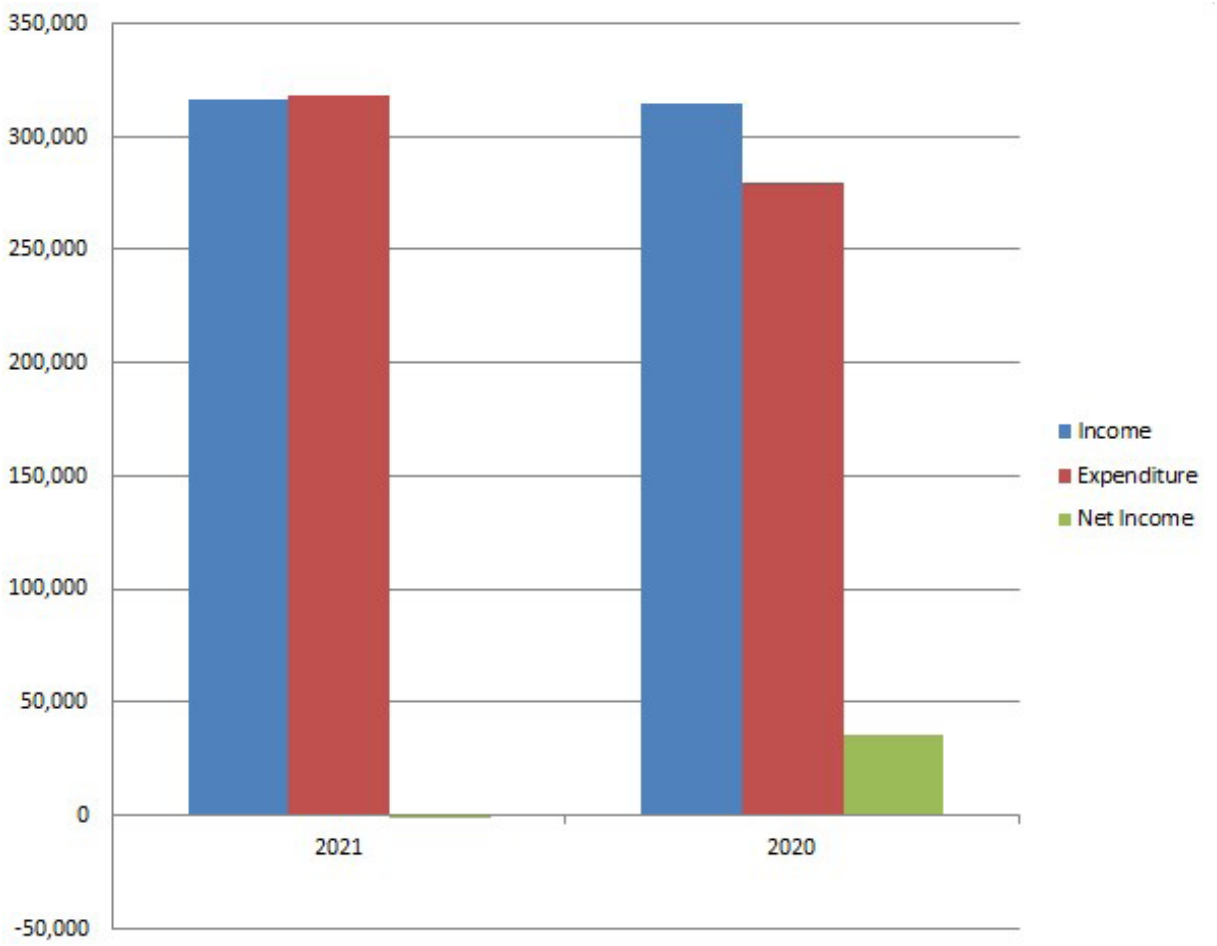
Charity Number 1163558

Financial Review

The Trustees are pleased to present their review of the financial statements (pages 35 to 43) for the year ended December 31, 2021.

In 2021 total income of £316,523 closely matched expenditure of £317,930 to give the charity a deficit of £1,407, well under the budgeted deficit of £74,467. This compared to income of £314,530 and expenditure of £279,154 in 2020, that gave a surplus in the year of £35,376.

Of total funds in 2021, unrestricted income was £314,523, restricted income £2,000. Unrestricted expenditure was £315,482 and restricted expenditure £2,448. This leaves total unrestricted funds at the close of the year at £313,171 (2020 - £314,130) and restricted funds at £1,279 (2020 - £1,727).

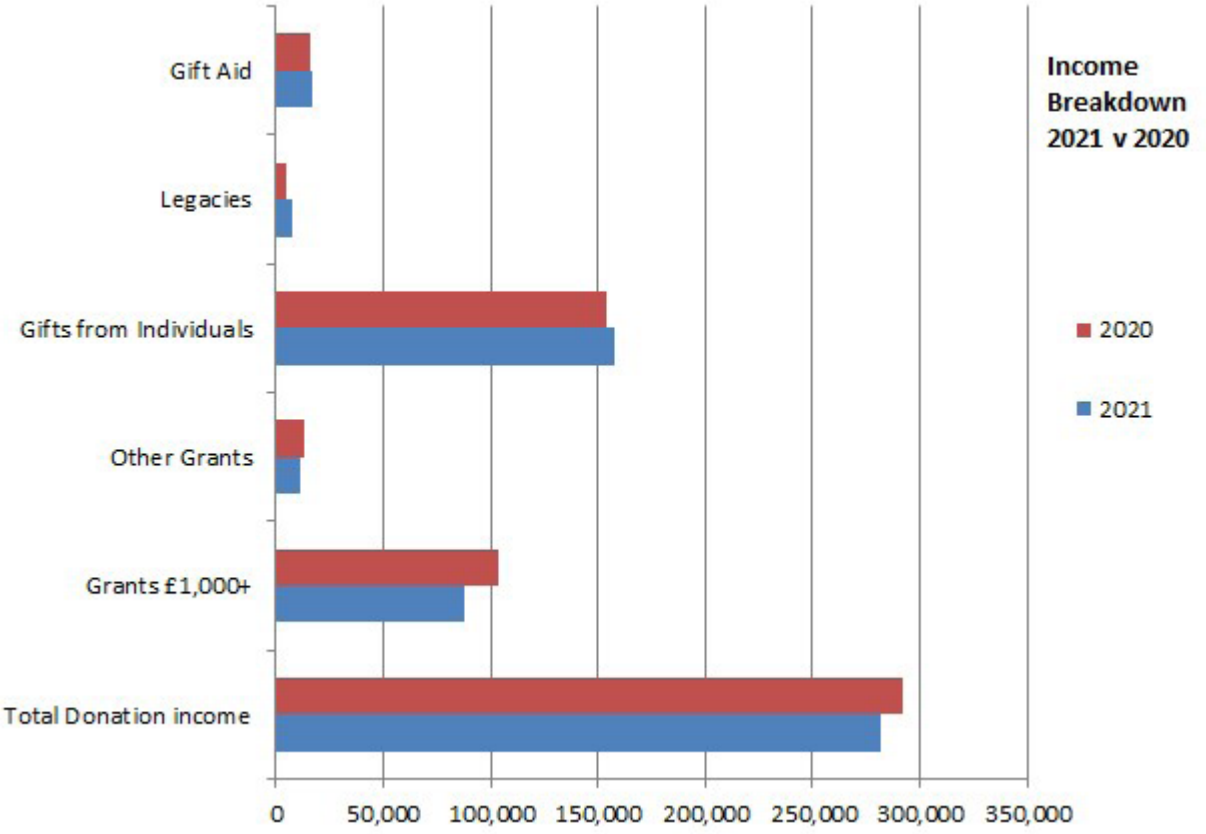


Income

The healthy financial situation reflects the continued generosity of a loyal base of grant giving trusts and individual supporters. Overall, income from donations and legacies was similar to 2020, £281,993 compared to £291,703. A decrease in income from grant-giving trusts and other grants was partially offset by increases in individual giving and legacy income.

Individual supporters

Individuals donated to the Charity through bank transfers, CAF Donate, Just Giving, and Virgin Money Giving. The number who gave regularly was maintained at about 300, amounting to more than £59,115 (£62,541 - 2020) per annum. The Trustees are aware of this drop and will monitor it during 2022 to see if an additional fundraising campaign is required. Despite this 6% fall, with the addition of Gift Aid and individual one-off giving, the charity was in receipt of donations from individuals amounting to £174,513, a rise from £170,259 in 2020. Individuals therefore accounted for more than 60% of total income from all grants and donations. Since much of this sum arrives through committed regular giving, the Trustees feel especially fortunate



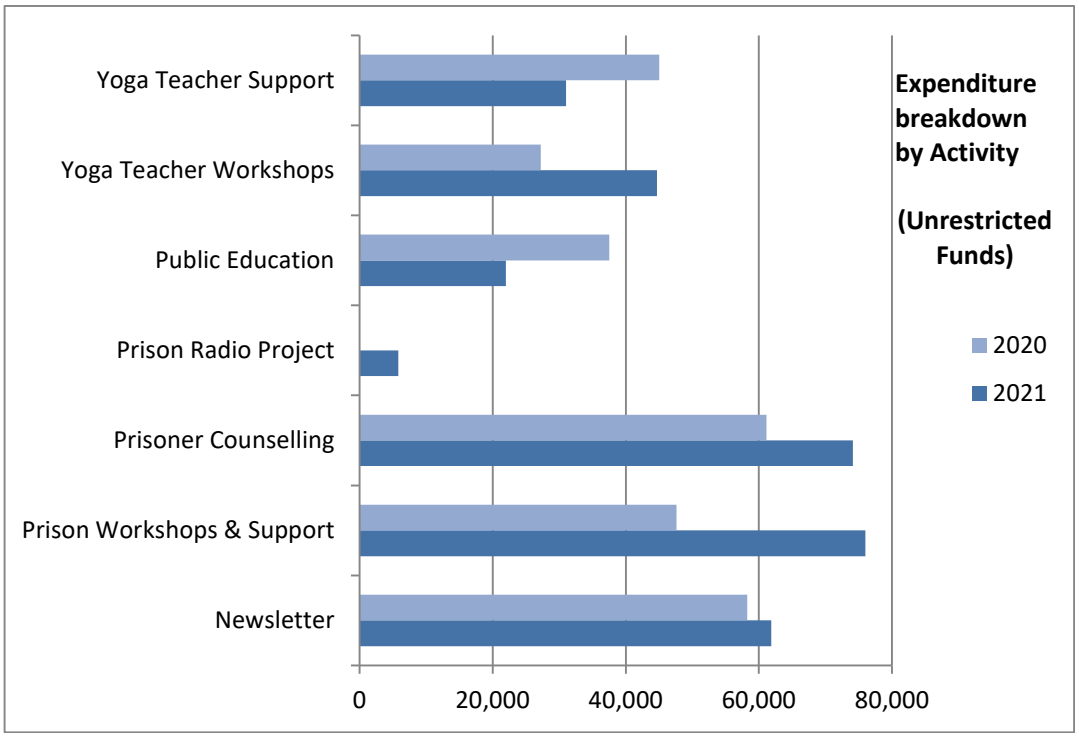
to have this support. The Trustees never take this generosity for granted and they and office staff work to ensure that such donors know how much they are valued. As such, fundraising with existing donors is limited to one letter per year from the Director to all donors in the Summer.

Impact from the pandemic changes

There is little overall impact on the financial income situation from the restricted yoga classes in prison, since the teachers are mostly paid directly by prisons. Additional income in the Financial Activities is attributable to a trend for prisons to pay their yoga teachers through the Trust. This income is paid straight out to teachers conducting the classes so has little impact on the Charity's financial situation, only our Finance Manager's time. With some prison yoga classes remaining paused throughout the year, and others starting and stopping due to changing restrictions, the Charity was pleased to report a slight increase in income from yoga teaching to £11,597 (2020 - £10,501), still far short of 2019's £33,582, a pandemic-free year. The slight rise in expenditure on yoga teachers (£11,260) corresponds with this income, the slight variance between income and expenditure negligible, and related to when income and expenditure fell either side of the accounting period.

Expenditure

Overall expenditure rose in line with budget to £317,930 (2020 - £279,273). The Charity invested in greater support of prisons and teacher training. An investment in office equipment, to be completed in 2022 and the introduction of professional cleaning services as part of its pandemic response, both of which increased Equipment and Office costs. Where expendiure increased greatly was in the Workshops run by the Prison Phoenix Trust. In particular, the postponed 2020 Yoga Module took place in November, and the biennial Silent Retreat in September. 2020 was therefore an anomaly, and it was cause for celebration that these events took place. Event costs were nil, as although we hoped to run an in-person gathering, conditions did not permit this. The restructuring of staff roles continued in 2021, so that costs of salaried staff reduced to £175,860 (2020 - £183,468). Costs of non-salaried consultants and contractors increased to £34,750 (2020 - £25,765), the result being that staffing costs as a whole were very similar over 2021 (£210,550) and 2020 (209,233).



Volunteer Contribution

The Trustees remain ever grateful for the contribution made by volunteers to the work of the charity. We are particularly grateful that, where possible, our volunteers were able to return to the office. Throughout 2020, one-to-one support of prisoners through letter writing was able to continue from home. In 2021 the Charity was able to run some in-person training and sharing, and for volunteers to be present in the office to write letters, The newsletter despatch returned to the office, with volunteers joining us in limited numbers and different days as restrictions allowed. As in the past, the Trustees have not sought to put any monetary value on the hours that volunteers work with us each year but it would doubtless be a significant cost to the Trust if these tasks were not completed voluntarily. The generosity of our volunteers is valued by the Trustees immensely and has enabled the work to continue at a time when it has been needed more than ever.

Investment Policy

The objects of the charity are to advance the education of, and to rehabilitate and promote the mental and moral improvement of, (principally) prisoners and former prisoners.

In fulfilling these objects, the Charity, following Charity Commission guidance, is aware that its investment policy should not solely be devised to find the highest rate of monetary return. It must also consider the impact of its investments on the wider society in which criminal offences take place and that former prisoners are navigating rehabilitation. To the limited extent in which its operations directly affect society at large, therefore, the Charity must be mindful of encouraging, if not maximising, such 'mental and moral improvement'. To this end, the Charity seeks to invest funds in institutions that contribute to this wider improvement, by bringing clear benefits. At the very least, the Charity must avoid bringing moral deterioration and cause harm. This means the Prison Phoenix Trust will not hold funds in institutions that invest in companies or organisations:

1. that extract fossil fuels and profit from their sale, and thus contribute to Global Warming.
2. that manufacture or sell armaments, and thus contribute to violent conflict and the fear of it.
3. that support oppressive regimes, and thus contribute to human persecution, especially of marginalised groups.
4. that profit from tobacco, alcohol, gambling, and adult entertainment industries, thus contributing to addiction and addictive behaviour.
5. that test cosmetics on animals, and thus cause harm to other living beings.
6. that derive income from high interest lending, and thus exploit the poverty of others for financial benefit.
7. that do not adhere to international norms on labour and human rights, biodiversity and climate change, and thus increase the exploitation of humans, animals, and the environment for profit.

There are no investment term restrictions the Charity must adhere to but in consideration of the uncertain flow of funding for the Trust's activities, the Trustees do not consider making long term investments of surplus funds.

The operating surplus is currently being held in cash at bank and in hand, almost wholly in the Charity's current accounts, and stood a £69,905 at the close of the year. The funds held on deposit at December 31 2021 were £223,742 (2020 - £226,904). With continuing uncertainty around the financial impact of the pandemic, it is possible that the Trustees will need to access some funds that are currently held on deposit during 2022. However, it is hoped that there will continue to be an amount in the region of £200,000 invested in term deposit accounts at the end of 2022. The balance of funds held at December 31 2021 continues to be held mainly in a 30-day notice building society account, and two fixed term Bank Deposits.

The Trustees continue to balance the need to maximize the return on investing surplus funds with the need to ensure these funds are available in the relatively short term should cash flow require it. The current balance of investment instruments is considered appropriate in meeting these two needs. When investments mature the Trustees look at the mix of deposit accounts held to ensure that the level of return and accessibility are taken into account before making any new deposits. The Bank of England base rate has risen from 0.1% to 0.25% during the past 12 months so returns on deposited funds continue to be relatively low. At the same time, inflation has risen to 5%. Though it is thought to be a temporary rise, should that not be the case the Trustees will review investments to ensure returns are able to match this to the greatest degree.

The Trustees only deposit funds with financial institutions that are part of the Government's Financial Services Compensation Scheme. The amount of funds covered by the scheme is currently £85,000 per institution and the Trustees continue to take this limit into account when making decisions about the amounts to be deposited in any one bank or building society.

Reserves Policy

Budgeting and financial planning continues with a commitment to keep an adequate level of reserves. Supporters are regularly encouraged to remember the charity in their wills and so the Trustees remain hopeful that reserves will continue to be boosted by occasional bequests. There were two legacies in 2021 that totalled £7,564. The total reserves of £314,450, £313,171 of which is unrestricted, will provide scope for much needed ongoing remote support of prisoners and the running of further workshops when possible. Prisons have identified wellbeing as a priority and recognise the value of meditation and yoga practices, so we expect this demand to grow.

The total reserves should be seen in the context of the Trustees reserves policy which is that unrestricted reserves should not be allowed to fall below a minimum value of six months of unrestricted expenditure. To be prudent, Trustees continue to look to having a level of reserves between the value of six and eight months of such expenditure. Trustees have adopted a sensible and cautious budget in 2022, with a potential deficit of £71,006. With ongoing uncertainty about the lasting impact of the pandemic, it is unknown as to when the Charity's activities teaching in prisons may return to roughly normal levels in 2022. The adopted budget will see a reduction of unrestricted reserves from £313,171 to £242,124. This is 8 months of 2022's budgeted expenditure, and in such an uncertain operational environment, Trustees see no reason to alter the reserves policy.

Going forward, it would be prudent to maintain reserves at this level, and will require budgets from 2023 that break even or show a modest shortfall in income against expenditure.

The Chair of Trustees and the Treasurer will continue in 2022 to be provided with monthly management accounts and the wider Board of Trustees receive quarterly financial updates for consideration at Trustees meetings. Movements in reserves during the year are monitored in this way. The Trustees are fully aware of the need to set and achieve near breakeven outcomes for 2023 and subsequent years in order to maintain reserves at an adequate level.

The Trustees have set their reserves policy using the guidance on reserves provided by the Charity Commission. As such they recognise that any policy that is set needs to be reviewed to ensure that it remains appropriate in the light of the financial, political and economic circumstances in which the Trust is working. At present, the wider environment in which the Trust operates is expected to change as the prison estate adapts to the effect of the pandemic. The Trustees are satisfied that the reserves policy they have set for the Trust remains fit for purpose and consistent with the Charity Commissioners' guidance on charity reserves.

Trustees' Responsibilities in Relation to the Financial Statements

The Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

We would like to thank all who have supported our work throughout the 12 months to December 31 2021, and to acknowledge the financial support of the following individuals, trusts, companies and organisations, as well as those who wish their support to remain anonymous.

Donors whose financial support amounted to £5,000 or more:

David and Anna Mills
Carolyn Wilson
Calleva Foundation
Garfield Weston Foundation
Pelegrin Trust
Porticus UK
Sheepdrove Trust
Tolkien Trust

Donors whose financial support was between £1,000 and £5,000:

Mr D Ainscough & Mrs Alcue Valero
Helen Boaden
Cherry Red Records
Sarah MacIntyre
Frances Ruck-Keene
Norman Blair
Paul Turner
Cotmore Trust
Elmgrant Trust
Halcrow Foundation
Lascelles Charitable Trust
Prince of Wales Charitable Fund
Roundton Trust
S C & M E Morland's Charitable Trust
Whitaker Charitable Trust

Independent Examiner's Report to the Trustees of the Prison Phoenix Trust CIO

I report on the accounts of the Trust for the year to December 31 2021 which are set out on the following pages 35 to 43.

Respective Responsibilities of the Trustees and 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(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under Section 145 of the 2011 Act);
- Follow the procedures laid down in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act); and
- 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 Commissioners. 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 you as 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 expressed as to whether the accounts present a "true and fair view" and the report is limited to those matters set out below.

Independent Examiner's Statement

I have completed my examination. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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



D Pluck
Chartered Accountant
4th April 2022

Wenn Townsend
30 St Giles
Oxford OX1 3LE

Statement of Financial Activities

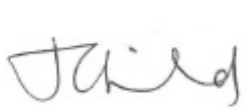
for the year ended December 31 2021

	Note	Unrestricted Funds	Restricted	Total Funds	Unrestricted Funds	Restricted	Total Funds
		2021	2021	2021	2020	2020	2020
		£	£	£	£	£	£
Income							
Donations and Legacies	2	279,993	2,000	281,993	290,239	1,464	291,703
Charitable Activities							
Yoga Teaching Fees		11,597	-	11,597	10,501	-	10,501
Teachers' Workshops		11,905	-	11,905	468	-	468
Sale of Books and Cards		1,144	-	1,144	4,009	-	4,009
Investments	3	1,347	-	1,347	3,537	-	3,537
Other		8,537	-	8,537	4,312	-	4,312
Total		314,523	2,000	316,523	313,066	1,464	314,530
Expenditure							
Cost of Raising Funds	5	12,092	-	12,092	22,181	-	22,181
Expenditure on Charitable Activities	6 & 7	303,390	2,448	305,838	254,591	2,382	256,973
Total	8 & 9	315,482	2,448	317,930	276,772	2,382	279,154
				-			-
Net Income/ (Expenditure)		(959)	(448)	(1,407)	36,294	(918)	35,376
Transfer Between Funds							
Net Movement in Funds		(959)	(448)	(1,407)	36,294	(918)	35,376
					36,294	(918)	35,376
Reconciliation of Funds:							
Total Funds Transferred In	15	314,130	1,727	315,857	277,836	2,645	280,481
Total Funds Carried Forward	14 & 15	£313,1717	£1,279	£314,450	£314,130	£1,727	£315,857

Balance Sheet as at December 31, 2021

	Note	2021	2020
		£	£
Fixed Assets			
Tangible Fixed Assets	10	1,206	2,010
Current Assets			
Debtors and Prepayments	12	26,843	15,496
Funds on Deposit		223,742	226,904
Cash at Bank and in Hand		69,905	78,921
		320,490	321,321
Less: Current Liabilities			
Amounts falling due within a year	13	(7,246)	(7,474)
Net Current Assets		313,244	313,847
Net Assets		£314,450	£315,857
The Funds of the Charity:			
Restricted Income Funds	14	1,279	1,727
Unrestricted Income Funds			
General Funds	15	313,171	314,130
		£314,450	£315,857

The financial statements on pages 35 to 43 were approved by the Trustees on April 1st 2022 and signed on their behalf by:



Joanna Child
Chair of the Board

Notes forming part of the financial statements for the period ended December 31, 2021

1 Accounting Policies

(a) Accounting Basis

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 and the Charities Act 2011.

The Prison Phoenix Trust CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

(b) Depreciation

All assets costing more than £1,000 are capitalised and valued at historical cost. The cost of fixed assets is written off using the straight line method of depreciation.

Office equipment and fittings	25% per annum
Computers	25% per annum

(c) Stock of Books

The PPT holds stock of books, CDs, and DVDs that are distributed to prisoners without charge. The full value is borne as a cost in the year of purchase.

(d) Income Recognition

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

Donations and grants are recognised when the charity has been notified of both the amount and settlement date.

Legacies are recognised on a case by case basis following the grant of probate and when the administrator/executor for the estate has communicated in writing both the amount and settlement date.

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the charity; this is normally upon notification of the interest paid or payable by the bank or deposit taking institution.

(e) Expenditure Recognition
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. The allocation of support and governance costs is analysed in note 6.

(f) Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(g) Cost of Raising Funds
The cost of generating funds consists of staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs.

(h) Charitable Activities
The cost of charitable activities includes governance costs and an apportionment of support costs as shown in note 7.

(i) Volunteer Time
The value of services donated by volunteers is not reflected in the accounts.

(j) Taxation
The Trust is a registered charity. It is not, therefore, liable for tax on income derived from its charitable activities.

(k) Fund Accounting

Unrestricted Income Funds
Unrestricted Funds are funds which the trustees are free to use for any purpose in furtherance of the charitable objects. These comprise a general fund plus designated funds set aside out of unrestricted funds by the Trustees to provide for planned projects and other known contingencies.

Restricted Income Funds
These are funds which are to be used in accordance with specific restrictions imposed by the donor.

Further details of each fund are disclosed in notes 14 and 15.

(l) Pensions
The Charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against income in the year they are payable.

2 Donations and Legacies

	2021	2020
	£	£
Grants of £1,000 and over	88,086	103,276
Other Grants	11,830	13,168
Gifts from Individuals	157,617	153,856
Legacies	7,564	5,000
Events	-	-
Tax Recoverable on Donations	16,896	16,403
Total	281,993	291,703

Two legacies totalling £7,564 (Phillip Oakeshott and Elizabeth Dowd, Dec'd) were received in 2021.

3 Investment Income

All of the Charity's investment income of £1,347 (2020 - £3,537) arises from money held in interest bearing deposits and other bank accounts.

4 Net Outgoing Resources

This is stated after charging:	2021	2020
	£	£
Depreciation	804	804
Independent Examiner's Fees	1,455	1,575
Total	2,259	2,379

5 Cost of Raising Funds

	Unrestricted Funds	Restricted Funds	Total December 31 2021	2020
	£	£	£	
Staff	11,261	-	11,261	21,879
Fundraising Admin Fees	831	-	831	302
	12,092	-	12,092	22,181

6 Analysis of Governance and Support Costs

The Charity identifies the costs of its support functions and of its governance function. Having identified its governance costs, the support and governance costs are apportioned between the main charitable activities undertaken (see Note 7) in the year. The table below shows the basis for apportionment and the analysis of support and governance costs.

	General Support	Governance	Total	Basis of Apportionment
	£	£	£	
Events	0	-		)
Equipment and Other Asset Costs	8,313	-	8,313	)
Office Accommodation	30,920	-	30,920	) Allocated as
Office Costs	14,364	319	14,683	) a % Based on
Salaries, Teacher Fees & Consultants	31,746	8,388	40,134	) Time
Other Staff & Volunteer Costs	1,112	-	1,112	)
Independent Examination	-	1,455	1,455	Governance
Miscellaneous	86,455	10,324	96,977	Governance

7 Analysis of Expenditure on Charitable Activities

	Newsletter	Prison Workshops & Support	Prisoner Counselling	Prison Radio Project	Public Education	Teacher Workshops	Yoga Teacher Support	HMP Ranby Fund	Total
	£	£	£	£	£	£	£	£	£
Salaries, Teachers & Consultants	39,831	60,631	44,218		11,703	23,504	22,275		202,162
Equipment & Other Asset Costs		37							37
Office Costs	10,477	341	5,177		53	60	85	1,639	17,832
Other Staff & Volunteer Costs	32	1,410	150			32	357		1,981
PPT Resources			6,884					809	7,693
Prison Radio Broadcasts				5,820					5,820
Publicity			1,224		336				1,560
Teacher Workshops		396				14,503	82		14,981
Other Fundraising	145	166	208		125	83	104		831
Governance	1,807	2,065	2,581		1,549	1,032	1,290		10,324
Support Costs	9,574	10,942	13,677		8,206	5,471	6,839		54,709
	61,866	75,988	74,119	5,820	21,972	44,685	31,032	2,448	317,930

Expenditure on charitable activities was £317,930 of which £315,482 was unrestricted and £2,448 was restricted.

8 Governance Costs

	Unrestricted Funds	Restricted Funds	Total December 31 2021	2020
	£	£	£	
Staff	8,388	-	8,388	4,802
Independent Examiner's Fees	1,455	-	1,455	1,575
Travel and Meetings	-	-	-	11
Miscellaneous Costs	162	-	162	81
Office Costs	319	-	319	-
	10,324	-	10,324	6,469

9 Total Resources Expended

	Yoga Teacher Costs	Staff Costs	Other Costs	Total December 31 2021	2020
	£	£	£	£	£
Charitable Activities	11,260	164,599	129,979	305,838	256,973
Cost of Generating Funds	-	11,261	831	12,092	22,181
	11,260	175,860	130,810	317,930	279,154

	2021	2020
	£	£
Staff Costs Comprise:-		
Salaries Staff	155,163	162,735
Social Security Costs	13,144	13,069
Pension Costs	7,553	7,664
	175,860	183,468

The average number of staff during the period was 1 full time and 8 part time (equal to a total of 5 full time staff). No employees received emoluments of more than £60,000 per annum (2020 - None).
The total remuneration of the key management personnel - the Director and Deputy Director - including employer's National Insurance and Pension contributions was £61,232 (2020 - £88,193).

10 Tangible Fixed Assets

	Computer Equipment	Office Equipment	Total
Cost	£	£	£
As at January 1 2021	7,086	9,067	16,153
Disposals in the Year	-	-	-
Additions in the Year	-	-	-
As at December 31 2021	7,086	9,067	16,153
Depreciation			
As at January 1 2021	7,086	7,057	14,143
Disposals in the Year	-	-	-
Provision in the Year	-	804	804
As at December 31 2021	7,086	7,861	14,947
Net Book Value at December 31 2021	-	1,206	1,206
Net Book Value at December 31 2020	-	2,010	2,010

11 Stock

	2021	2020
	£	£
Postage	-	-
Printer and Franking Machine Cartridges	-	-
	-	-

12 Debtors and Prepayments

	2021	2020
	£	£
Insurance	651	495
Payroll	-	104
Prison Teacher and Workshop Expenses	9,131	-
Rent Deposit	5,675	5,675
Rent, Service Charge and Utiliites Prepaid	6,195	6,195
Tax Recoverable on Gift Aided Donations	5,191	3,027
	26,843	15,496

13 Creditors: Amounts Falling due Within One Year

	2021	2020
	£	£
Equipment - Computer Supplies	162	-
Governance - Independent Examination	1530	1,575
Office Costs - Cleaning	264	-
Office Costs - Postage Charges	2503	2,500
Office Costs - Printing/Photcopying	318	-
Office Costs - Telephone and Broadband	204	845
Other Staff & Volunteer Costs - Hospitality	200	-
Tax, National Insurance and Pensions	1,199	54
Workshops	696	2,500
Yoga Teaching Fees	170	-
	7,246	7,474

14 Restricted Funds

	Dee Opp Equipment	Whitaker Trust HMP Ranby Fund	Total 2021	2020
		£	£	
Balance at January 1 2021	234	1,493	1,727	2,645
Grants, Donations & Workshops	-	2,000	2,000	1,464
Direct Charitable Expenditure	-	(2,448)	(2,448)	(1,902)
Balances at December 31 2021	234	1,045	1,279	1,727
Represented by:				
Bank and Cash	234	1,045	1,279	1,727

The Whitaker Trust Fund is restricted to activites at HMP Ranby. As Yoga classes could not take at Ranby in 2021 they permitted funds to be used for Nottinghamshire Prisons.

15 Unrestricted Income Funds

	Designated Funds	Unrestricted Funds	Unrestricted Funds December 31 2021	2020
			£	
Balance at January 1 2021	-	314,130	314,130	277,836
Incoming Resources	-	314,523	314,523	313,066
Expenditure		(315,482)	(315,482)	(276,772)
Transfer to Designated Funds	-	-	-	-
Balances at December 31 2021	-	313,171	313,171	314,130
Represented by:				
Fixed Assets	-	1,206	1,206	2,010
Current Assets	-	319,211	319,211	319,594
Creditors	-	(7,246)	(7,246)	(7,474)
	-	313,171	313,171	314,130

16 Financial Commitments

:

As at December 31 2021 the Trust has annual commitments under non-cancellable leases of

	Land and Buildings December 31 2021	Land and Buildings December 31 2020
Length of Commitment	£	£
One Year	22,700	5,675
Two to Five Years	99,120	-

17 Trustee's Remuneration

No Trustee (Nil - 2020) received or waived any emoluments in their role as Trustees during the year. No Trustees were reimbursed for out of pocket expenses (Nil - 2020) in their role as Trustees in the year .

THE PRISON PHOENIX TRUST CIO

England & Wales - Charity number 1163558

Accounts

The Prison Phoenix Trust CIO

Report and Accounts
December 31, 2020



The Prison Phoenix Trust CIO
PO Box 328, Oxford OX2 7HF
Tel. 01865 512521 / 512522
www.theppt.org.uk
Registered Charity Number 1163558



Mission Statement

The opportunity for personal growth exists in a prison cell.

The Prison Phoenix Trust responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The Trust offers personal support to prisoners through teaching, workshops, correspondence, books, CDs and newsletters – and to prison officers too.

The Trust recommends simple yoga sensitively tailored to students' needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence in the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

The Queen's Award for Voluntary Service

The MBE for volunteer groups

A Summary of Activities

In 2020, the year the pandemic created restrictions on everyone's freedoms, meditation and yoga came into their own to support the prison community, which was hit particularly hard. Extreme measures were taken to limit the spread of the virus amongst a community that by its nature is extremely vulnerable. With prisoners experiencing being locked up in their cells for 23 hours a day, overstretched staff reached out to the Prison Phoenix Trust to support their wellbeing.

Unprecedented demand

In April we received our highest ever number of requests for our free meditation and yoga resources, our books and CDs. Several prisons purchased copies for all their inmates. During this year we sent over 2,500 pieces of correspondence supporting prisoners in their spiritual lives. We met this demand while manning the office one or two at a time to keep our staff safe and comply with government measures, with the rest of our staff and volunteers working from home. Our new radio programme *Freedom Inside* began broadcasting on National Prison Radio three times a week, becoming a lifeline for some prisoners.

Quick response

The Trust was quick to adapt, converting existing resources into practice handouts, downloadable from the website, for prison staff to share with inmates. We also converted teacher and public events to online formats. Our planned teacher event, *Race in Prison* with Dr Coretta Phillips, Associate Professor of Social Policy, London School of Economics, was swiftly converted from an in-person to online format, and went ahead as scheduled on the first weekend of lockdown in March. Unlimited by travel restrictions, teachers were able to attend from across the United Kingdom and Ireland. This new mode of communication worked well for us, so we had a second online workshop in June as we launched a campaign to support our network of prison yoga teachers in their outreach to their prisons, *Staying Connected – Emerging Stronger*. In late summer and autumn prison yoga teachers started to return to prison teaching as the prisons cautiously reopened to external visitors. Around twenty prison classes were taking place before lockdown restrictions were reinstated, which shows that teachers were able to pick up where they left off as soon as possible. There was also new demand for classes, such as a class for vulnerable women at HMP Styal.

Widening our reach

Our annual event took the format of a webinar, *Listening In*. This opportunity to hear the dialogues of former and serving prisoners used on our prison radio programme was orchestrated by radio presenter and Trustee Penny Boreham. She was joined by a live panel made up of four of the former prisoners who took part in the programme. The event was attended by over 300 people, extending the awareness of our work at a time when there appeared to be more empathy for prisoners.

We put forward a submission to the prison education service for England and Wales on how we are placed to deliver distance learning initiatives to supporting the wellbeing of prisoners.

Sharing meditation

We began a new online meditation with and for the prison community. These were held weekly on Tuesday mornings and hosted by our Yoga Coordinators and Directors. When our annual

three day silent retreat was not possible in person, we had a good base to offer a silent online day retreat. Extending our commitment to meditation has strengthened the practices of our staff members, volunteers, trustees, prison yoga teachers and supporters. This ripples out to the prisoners, who they in turn guide. Serving prisoners also take part in our meditation mornings offline. *Meditation Together* has become an established part of the week for our participants.

Prison visits paused

The year had got off to a strong start. This included four visits to secure establishments – three prisons and an Approved Premises, where we taught a total of seven classes. Sam and Selina attended a wellbeing day for the Isle of Sheppey prison community of HMP Standford Hill, HMP Elmley and HMP Swaleside. Victoria and Jason ran workshops at HMP Foston Hall women's prison and Selina and Sally ran workshops at Stonnall Road Approved Premises for former prisoners on licence, in Walsall, West Midlands. Three of our staff members also attended HMP Grendon's Prisoner Art Day. During these visits we were all struck by how much prison staff members from all different departments and prisoners themselves spread the word, recommending our resources and the value of our work. This informal network has a huge impact in extending our reach – our workshop at Stonnall Road was due to a former prison yoga student instigating bringing yoga to his new place of residence. Numerous workshops lined up for the year were paused as institutions closed to external visitors across all our four prison systems – Scotland, Ireland, Northern Ireland, and England and Wales.

People

The dedication of our staff and our volunteers' time and skill kept the office running alongside working from home. This allowed our work to continue and us to respond to growing demand in spite of the restrictions. Our deep appreciation goes to our volunteers, who wrote letters, carried home boxes of newsletters to prepare for despatch, and helped us in every way possible.

2020 was a year of change for the staff too. Our Director, Sam, stepped down after some time on compassionate leave. Clive (our Accountant) and Sally (a Yoga Coordinator) also chose to move on for their own lifestyle reasons. Within our small staff team of eight, this had a big impact. Our Trustees stepped in with their support around staff changes and put resources into hiring a human resources consultant to update our policies and work with us on our recruitment procedures. Yoga Coordinator Selina was appointed as Director, after a competitive external recruitment campaign, taking over from Sam in October. She took the opportunity to restructure the staff, promoting Victoria to Yoga Lead and Laura to People and Office Coordinator. To keep operating costs down in an uncertain time, the decision was made to reduce the staff number from eight to seven until after the pandemic, by recruiting one Yoga Coordinator instead of the two who had moved out of the roles. The recruitment of a Letter Writing Lead and Yoga Coordinator went ahead with the new recruits, Mike Smith and Chris Holt, starting in 2021. Padmakumara Potter joined as Accountant.

In May, our consultancy base was strengthened with Martin O'Neill, Campus Governor of the Irish Prison Service joining. During the summer, numbers in the office moved up to two, with staff and volunteers taking it in turns, and a socially distanced staff picnic was able to take place.

Revising policy

With changes to our working practices and staff, the opportunity was taken to revise and update our working policies. A comprehensive staff and volunteer handbook was drafted by our HR consultant, with guidance from the Trustees and a risk assessment of letter writers working from home undertaken. This handbook instigates more robust policies and a greater focus on safeguarding.

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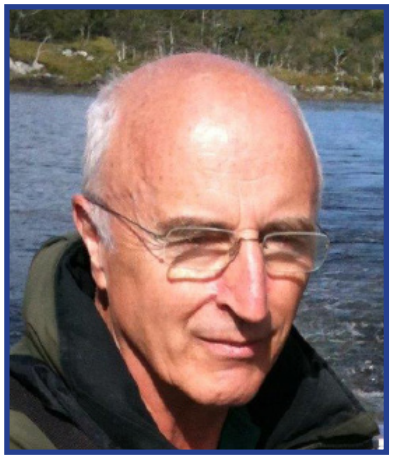
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From the Chair



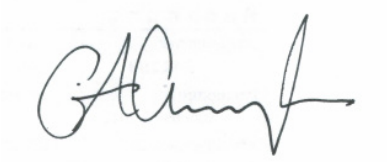
The period of time covered by this annual report of 2020 has been extraordinary and exceptional. The pandemic is on everybody's lips and consciousness. It has produced unexpected challenges and also positive opportunities. I would like to thank all our staff for their tremendous work at this difficult time – not just in holding a steady course but in adapting and creating new and even better ways of reaching and helping prisoners. We are delighted by how many more people we've been able to reach and help this year through initiatives like the handouts and the online lecture.

In October Sam stepped down after ten years as Director (and longer as teacher and yoga coordinator). The Trustees responded with a successful recruitment strategy and with huge pleasure appointed Selina as our new Director. Selina fitted immediately into the role, bringing her valuable leadership skills and professional meditation and yoga teaching capacities to benefit our work, as well as her long association with the PPT. Our accountant, Clive, retired last year and we welcomed Padmakumara, joining us with valuable charitable experience and meditation practice.

We appointed two new trustees in 2020, Suzy Dymond-White and James Mallett, who brought greater depth of prison experience to our Board. Suzy is Governor of Eastwood Park women's prison. With her extensive experience of the prison service, helps guide us through the changes emerging in the prison system. We are also proud to be working with James, a friend and former service user, benefiting from his wisdom of experience. I take this opportunity to show our respect for John Dring OBE, a valued and hardworking trustee for fifteen years, who retired as a trustee in 2019 and recently died.

We have managed change well and come through into a period of new opportunities and strength. My warmest thanks are for the staff who have worked extremely hard during this time. Thank you Sam and Clive for your contribution over many years.

Gratitude too to our loyal and hardworking volunteers, our trustees as a body and as individuals and our supporters who dug deep to keep our work flowing. Pulling together with huge commitment to the organisation we all love, carrying it through a challenging year. I look forward to our next period of reaching out and widening our resources to all prisoners and prison staff in support of their greater focus on wellbeing.



Giles Charrington, Chair of the Trustees

Report of the Trustees for the year to December 31, 2020

The Trustees present their report along with the financial statements of the charity for the year ended December 31, 2020. The financial statements have been prepared in accordance with the accounting policies set out on page 40 and comply with the Charity's Constitution and applicable law.

Structure, Governance and Management

The Prison Phoenix Trust CIO ("the Trust") was established under a constitution dated September 14 2015 and is a registered charitable incorporated organisation No 1163558. The assets and liabilities of the unincorporated charity of the same name were transferred to the CIO as at 31 March 2016. The unincorporated charity remains on the register of charities but is now inactive. The Trustees met four times in the period to December 31 2020.

Appointment of Trustees

Trustees are appointed only when they are fully familiar with the work of the Trust. Potential Trustees respond to advertisements or are recommended by existing Trustees, staff or friends of the Trust because of relevant skills or experience of the prison system, spirituality or charity management. Following interviews, any prospective Trustees observe two Trustee meetings and are given copies of the books and material the PPT sends to prisoners to help them understand our work and philosophy. They are also provided with a copy of the Trust Deed, and given appropriate Charity Commission publications including the guidance on public benefit. This induction continues after a Trustee is appointed by the provision of detailed Director's reports in advance of each Trustee meeting. Trustees are invited to all promotional, social and fundraising events of the Trust, in person or online, so they can meet with ex-prisoners, staff, volunteers, supporters and yoga teachers who can provide first-hand feedback on the daily work of the Trust. Suzy Dymond-White, Governor of Eastwood Park women's prison and James Mallett, a former service user, joined as new Trustees contributing much valued insights into prisons and the experience of prisoners.

Risk Management

The Trustees and Director conducted a review of the major risks to which the charity is exposed and the impact of the pandemic on working practices, utilising the risk management framework to identify the top seven risks. Where appropriate, systems or procedures were developed to mitigate the risks the charity faces. The review highlighted the risks to the charity's work of working remotely and the impact of prisons being in extended periods of lockdown on the charity's core work. Safeguarding was added to the framework as a separate category, with expert guidance instigated by membership of specialists, thirtyone:eight. A new system of identifying the top seven risks each quarter has been put in place. Trustees have also taken responsibility to head up the six areas of risk. The Trustees formally review the framework at least annually.

Aims

The objects of the CIO as noted in the constitution are for the public benefit to advance the education of and to rehabilitate and promote the mental and moral improvement of (principally) prisoners and former prisoners, primarily in the UK and Ireland, but also of:

1. people in other forms of compulsory detention;
2. those undergoing community punishments, and
3. those identified as being at risk of entry into the criminal justice system.

Objectives

Our objectives are set to reflect our aims of education, rehabilitation and mental and moral improvement. This is done primarily through correspondence with prisoners, the provision of free books and CDs, our *Freedom Inside* programme on National Prison Radio, a quarterly newsletter, running prison and teacher workshops, and supporting ongoing yoga and meditation classes for prisoners and prison staff. These activities are provided freely and are available to anyone detained in any secure establishment and the staff looking after them in the United Kingdom and Ireland. These objectives reflect the principal aim for which the Trust was established.

The Trustees, together with the staff, meet regularly to review our objectives and activities to ensure that they continue to reflect our principal aims. The Trustees considered the Charity Commission's general guidance on public benefit and in doing so complied with their duty to have regard for that guidance.

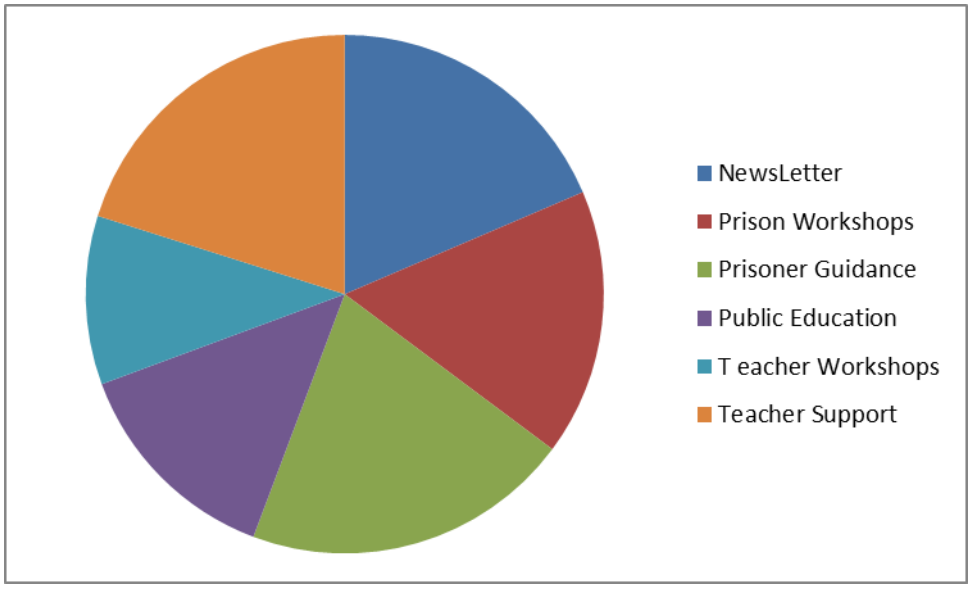
Activities

As set out below, the Trust carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities, for which there is no financial charge, provide benefit to any prisoners, detainees, patients in secure hospitals and approved premises residents who wish to avail themselves of our support. Among those held within these institutions, we place no restrictions on who may benefit from our activities. The umbrella term 'prisoners' refers to residents in all these secure establishments.

A large part the work of the Trust – encouraging prisoners in their self-development through meditation and yoga, working with silence and the breath – carried on as usual in 2020, making a real difference to prisoners' lives during the virus lockdown. The year began with a continuation of usual activities for the Trust. As the country locked down, our over thirty years' experience in supporting prisoners remotely came in to its own, and we carried on by adapting.

From April 2020, we were inundated by requests from prison managers, asking for for our help and recognising the value in what we offer. We were one of the few recognised interventions able to continue and our main objective during the restrictions was to ensure that prisoners had access to materials and knowledge that can help them practise meditation and yoga in their cells. The number of prisoners requesting our help rose by 88% last April. This reflects their desire to use the therapeutic practices of meditation and yoga to nurture their mental and physical wellbeing during the long periods in their cells.

The aspect of our work most impacted by the pandemic was that our prison workshops had to come to a halt when strict measures came in to keep vulnerable prison populations safe from the spread of the virus from outside. The Trust was quick to react and made a strategic decision to shift part of the roles of its three Yoga Coordinators. Time usually spent organising and teaching workshops was redirected to create and share much needed resources to help prisoners in their cells and develop new initiatives. In the chart below, Prison Workshops includes in-cell support.



Pie chart to show distribution of staff time 2020

Spiritual guidance to prisoners

The foundation of the Trust's work in supporting prisoners in their spiritual lives, is directly through letter writing correspondence. This is enriched by sharing free copies of our four

specialist books and our two CDs at appropriate times to support the deepening of the prisoners' practice. We also send all those we are in touch with, their own copy of our prisoners newsletter, published quarterly (see page 22 for more detail).

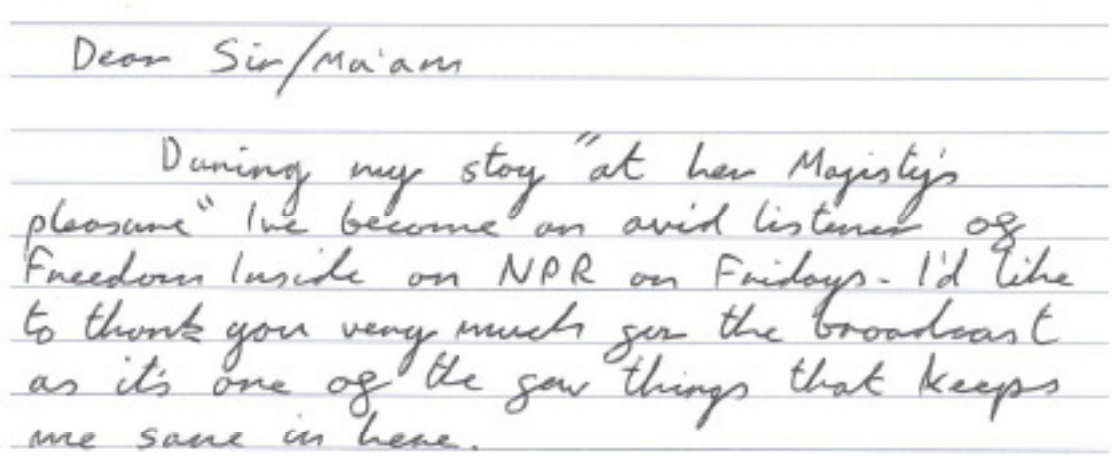
During 2020 over 2,500 pieces of correspondence were shared with those inside. These were personally written by staff members and a strong base of volunteer letter writers. To do this, a decision was made to keep the office open every day to receive and despatch the post, manned by one member of staff at a time, during the strict lockdown times.



PPT staff member Laura sends out books and CDs to prisoners during the first lockdown

Yoga and meditation programme Freedom Inside

A new series of our National Prison Radio programme, *Freedom Inside*, began in 2020. The series comprises twelve 45 minute yoga and meditation sessions, repeated throughout the year. Each practice session is introduced by a former prisoner in dialogue with a serving prisoner about their experiences of change through practice. The bulk of each episode is a guided practice from one of the expert prison yoga teachers on our staff. Produced by professional radio producer and a member of our board of Trustees, Penny Boreham, the programme became a lifeline for many prisoners. National Prison Radio have highlighted *Freedom Inside* on their social media, and the schedule, including our show, is prominently displayed in Inside Time, the prisoners' newspaper. In 2020 33% of prisoners regularly listened to National Prison Radio.



Dear Sir/Ma'am

During my stay "at her Majesty's pleasure" I've become an avid listener of Freedom Inside on NPR on Fridays. I'd like to thank you very much for the broadcast as it's one of the few things that keeps me sane in here.

A letter from a prisoner about our radio show, *Freedom Inside*

Yoga in prisons

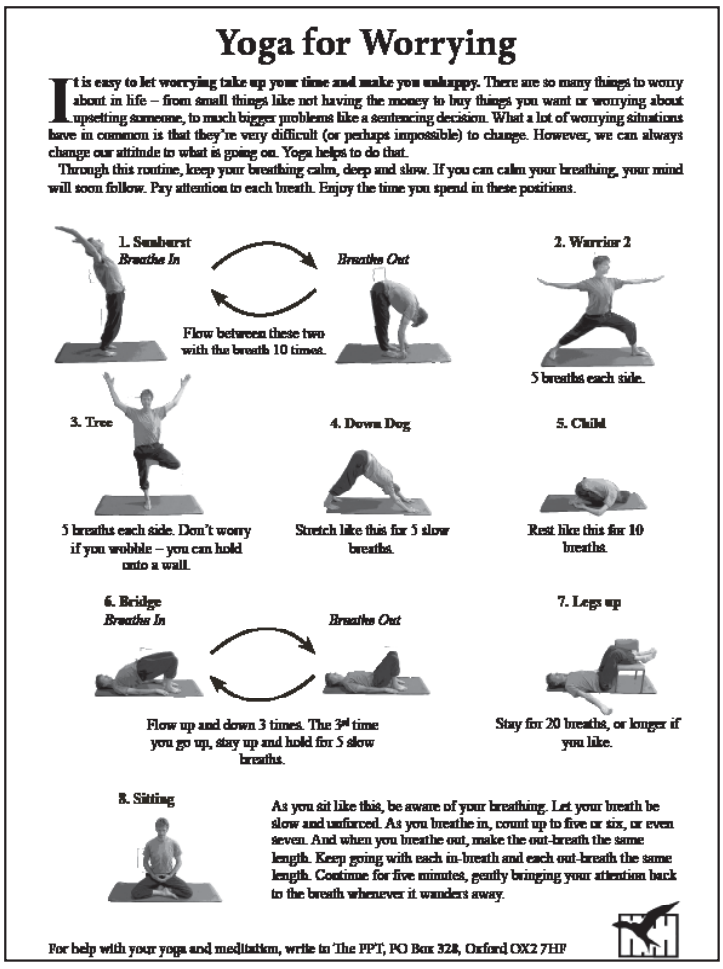
Prisons are widely engaging with yoga to support the wellbeing of prisoners in their physical, mental and spiritual health. Over three quarters of prisons (77%) were either running classes pre-pandemic or have been using our in-cell practice sheets to support their prisoners during this

time. A focus of our work is in establishing and maintaining yoga classes in prisons and secure establishments across the United Kingdom and Ireland. In March 2020, before the pandemic brought prison yoga classes to a halt, classes were running in 51% of prisons throughout the United Kingdom and Ireland. When prisoners became unable to attend classes, twenty in-cell practice sheets were created and shared with prison staff to download from the Prison Phoenix Trust website and hand out to their prisoners.

2020 began with a strong start for those of us involved in running taster workshops. We taught seven workshops in three establishments before the lockdown put many other planned workshops and numerous yoga classes on pause. See page 18 for more details.

As prisons started to lockdown with inmates confined in their cells for up to 23 ½ hours a day and yoga teachers were stopped from going in to teach their regular classes, prison staff started frantically searching for things prisoners could do under their own steam to use their time productively. On 23rd March we received an email request from the Managing Chaplain at HMP Long Lartin, asking if we could send copies of the sequences we feature in our newsletters, for him to print out and distribute more widely to help prisoners not in receipt of our newsletters. This sparked us to find our way to make these accessible to the wider prison community – prison staff and yoga teachers – so they might do the same as Long Lartin. Pulling together as a wider team, we quickly set things in motion. We know prisoners appreciate these practices as featured in Inside Time for their visual clarity and ease of use. With a bank of monthly articles stretching back many years for that publication, we had a depth of resources to draw on.

We took the strategic decision to password protect the handout area of the website, providing the password to teachers and prison staff who phoned. This meant the yoga coordinators could gain a measure of the interest from teachers and prison staff. Of equal importance, this has allowed us to forge new relationships and keep in touch with existing contacts. We could tell them about existing and potential yoga classes we're planning for when circumstances allow outside visitors into prison again. The new area of the website was designed by our Communications Manager, Lucy. This idea had been mooted for some time before the pandemic, so she and the Yoga Coordinators were able to make it happen quickly. The new section was live by 30th March.



Yoga for Worrying

It is easy to let worrying take up your time and make you unhappy. There are so many things to worry about in life – from small things like not having the money to buy things you want or worrying about upsetting someone, to much bigger problems like a sentencing decision. What a lot of worrying situations have in common is that they're very difficult (or perhaps impossible) to change. However, we can always change our attitude to what is going on. Yoga helps to do that.

Through this routine, keep your breathing calm, deep and slow. If you can calm your breathing, your mind will soon follow. Pay attention to each breath. Enjoy the time you spend in these positions.

1. Sunburst
Breathe In

Breathe Out

Flow between these two with the breath 10 times.

2. Warrior 2

5 breaths each side.

3. Tree

5 breaths each side. Don't worry if you wobble – you can hold onto a wall.

4. Down Dog

Stretch like this for 5 slow breaths.

5. Child

Rest like this for 10 breaths.

6. Bridge
Breathe In

Breathe Out

Flow up and down 3 times. The 3rd time you go up, stay up and hold for 5 slow breaths.

7. Legs up

Stay for 20 breaths, or longer if you like.

8. Sitting

As you sit like this, be aware of your breathing. Let your breath be slow and unforced. As you breathe in, count up to five or six, or even seven. And when you breathe out, make the out-breath the same length. Keep going with each in-breath and each out-breath the same length. Continue for five minutes, gently bringing your attention back to the breath whenever it wanders away.

For help with your yoga and meditation, write to The FPT, PO Box 328, Oxford OX2 7HF

One of our handouts

Getting the word out benefitted from us using all routes of communication. Working from our own homes, we responded to requests coming in from email using remote technology linking us in to the office computers. Phone calls to the office were diverted to different staff members, including the Yoga Coordinators. Social media (Twitter) quickly generated interest in the handouts. So far we have spoken to around 200 prison staff from a spectrum of

different disciplines (physical education, chaplaincy, education, psychology and mental health) about our handouts. We need no reminder of this, but it is significant within the criminal justice sector how widely valued yoga and meditation has become.

The unprecedented demand for our yoga and meditation books and CDs meant we were able to capture interest from prisons, where for different reasons no yoga classes had currently been running. This has given us great scope to set up new classes when the doors open again. Aylesbury YOI, for example, bought a book and CD for every one of its 219 inmates and is now back in conversation with us about starting classes again when we can. HMP Warren Hill has been ticking along with interest in yoga and wished they had started earlier. There are numerous examples of this.

Supporting prison yoga teachers and their own relationship with their prisons and institutions has been critical during this time. By having our handouts available for teachers too, we have encouraged them to offer these (or their own) to their prisons so they can support their students from a distance and keep their relationships alive by offering something of value. Teachers have also been able to cultivate new interest in yoga from those not already attending their classes. HMP Guernsey asked their yoga teacher if the handouts she was providing to her students could be extended to everyone.

To keep things fresh, we decided to roll out new handouts in a structured way so we could spark new interest with each release. A second tranche were designed, uploaded to our website and shared in the autumn, giving new practices to engage and support those with an excess of time in their cells. A further set were planned for early spring 2021.

Yoga teacher training and development

An annual plan of prison yoga teacher training events was devised and publicised through our dedicated yoga teachers' newsletter and personal invitation. Training events were moved online using Zoom, giving an opportunity for those who might not have travelled to Oxford to take part. We ran two teacher workshops during the year, one on Race in Prison and the other to launch our new initiative *Staying Connected – Emerging Stronger*. We recognise the need to support our network of prison yoga teachers, whose classes had been suspended with little or no communication from their prisons. This has led to innovative ways to keep yoga going remotely, including using their own handouts and offering online classes for staff. It was encouraging that when restrictions began to be eased, institutions were keen to get in touch and restart classes. Around twenty classes were being run in prisons, hospitals, detention centres and approved premises in the autumn, before the pandemic paused many of these again. Time usually spent by the Yoga Coordinators supporting prison yoga teachers running classes was reallocated to support prison staff in providing in-cell practices.

Public education

It is important to let the public, as well as our friends and supporters, know about our work. Whilst our prisoners' newsletter is shared with an outside audience with the intention to go some way towards that, we also hold an annual public event each year. We began planning 2020's annual event before the pandemic restricted our ability to bring our supporters together in a physical space. The original concept of our *Listening In* event was that former prisoners would discuss the impact of yoga and meditation and we would air some of our new radio show to a physical audience in the auditorium of an Oxford college. This was converted from a physical event into an online event, which we held on 30th June. As planned for the physical event, we heard from four former prisoners about how yoga and meditation helped them in prison and listened to extracts from the PPT's current National Prison Radio show, *Freedom Inside*. We were grateful to radio producer and PPT trustee, Penny Boreham, generously giving her time and adapting skillfully to hosting an online event. Both Penny and Sam were hosts,

with four panellists and five staff members working on the running of the event behind the scenes. Everyone was physically separate, taking part from their own homes. An achievement in itself! Former prisoners James, Sue, Dee and Mike took part as panellists. They had all been featured on the radio programme and continue to support our work. We valued their willingness and confidence in trying the online meeting format and conferencing platform, Zoom.

With unlimited audience capacity and no geographic, physical or social barriers, we were able to publicise the event far and wide: to all our supporters, colleagues in the prison service, our network of prison yoga teachers, yoga teachers interested in prison work, and friends. Through using EventBrite as an event ticketing service and social media marketing, we were also able to reach people unfamiliar with the PPT. 536 people registered for the event through EventBrite and others directly with the PPT. Of these, we know at least 307 took part on the evening. There was good audience engagement, with around 100 questions being put to the panel. Of those who registered, 70 worked in the criminal justice sector and an additional 21 were yoga teachers working in criminal justice. It was evident from the questions submitted by members of the audience that several former prisoners had attended with interest in how to best transition to being out of prison, and with the audience experiencing limitations on their own lives during the pandemic, there was a marked empathy with prisoners' life experiences. Penny and the panellists adeptly discussed themes like anxiety, how prisoners get started with meditation, difficulties of grief and drug relapse, de-toxing, relationships, keeping positive and how they kept going with personal spiritual growth.

We ended the year feeling immensely grateful to all our staff, volunteers, Trustees, consultants, supporters and friends – in prison and out, pulling out all the stops to keep our work not just going, but thriving at a time when it was needed more than ever. We certainly do not know the deep challenges of being imprisoned and suffering extended time in isolation, but our own glimpses of life in lockdown has raised the consciousness of our work and extended our reach.

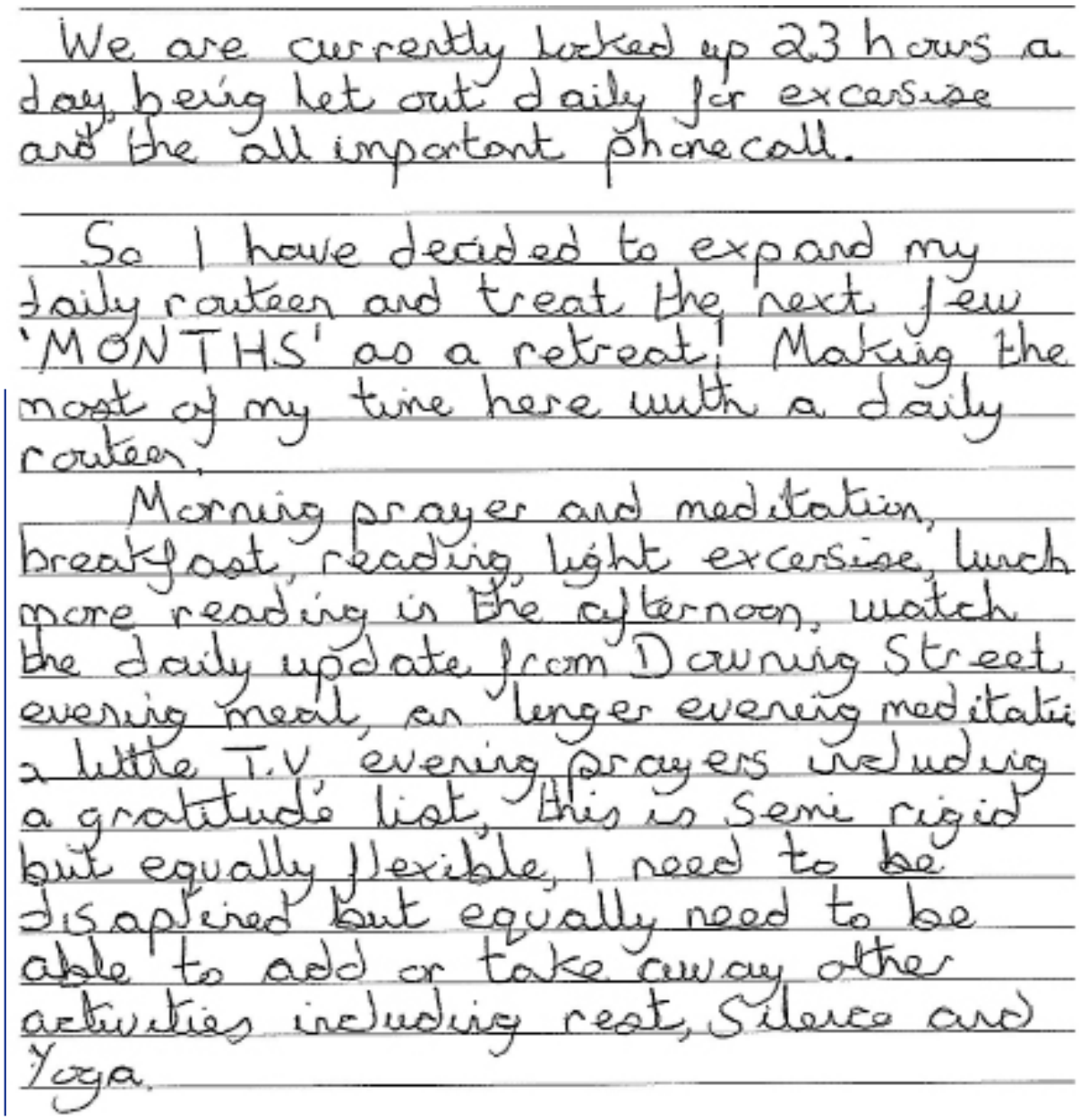


A socially distanced summer meeting for the staff

How Yoga and Meditation Help Prisoners

Prisoners tell us each day in their letters or when we meet them that the practices we recommend are helping: they allow them to sleep and to feel more at ease; to get along better with family, fellow prisoners and officers; and to discover a sense of hope and purpose for their lives, and their futures. Most importantly, meditation and yoga help them see, at a profound level, that they are not separate from the rest of the world. They speak of feeling less fearful and antagonised, of wanting to give something back to society, of feeling connected with something positive.

Day to day stress as well as tension from traumatic events in one's life are held and show up not only in the mind, but also the body. The stretches, postures, breathing practices and relaxation of yoga not only keep the body's systems strong and healthy, they also release tension in a safe and controlled fashion, especially when practised with continued attention on the breathing. The seated meditation, focussing on the immediate physical experience of the breath rather than on thoughts and feelings, allows the normal activity of the mind to slow down, so that they can be more easily seen. This break from being locked into the internal chatter is not only deeply



We are currently locked up 23 hours a day, being let out daily for excersise and the all important phonecall.

So I have decided to expand my daily routeen and treat the next few 'MONTHS' as a retreat! Making the most of my time here with a daily routeen.

Morning prayer and meditation, breakfast, reading, light excersise, lunch more reading in the afternoon, watch the daily update from Downing Street, evening meal, an longer evening meditati a little T.V evening prayers including a gratitude list, this is semi rigid but equally flexible, I need to be disaptined but equally need to be able to add or take away other activities including rest, Silence and Yoga.

refreshing, it gives prisoners a chance to experience thoughts and feelings without reacting to them automatically. This is empowering: it allows one to see that strong physical and mental conditioning can be responded to with wisdom, instead of habit.

As this ability to see one's own inner "workings" strengthens, and with support from PPT letter writers and yoga teachers, prisoners develop concentration, interest and even joy in their meditation. This leads them to become more and more familiar with an inner, living strength which is not reliant on concepts, and which reaches beyond their past and notions of who they are or are not.

That spiritual strength matures through a regular practice of "not thinking," so we offer silent meditation on the breath, as extolled by the world's wisdom traditions. This practice is not confined to any one religion, nor does one have to be a believer in any system to practise it: it is rooted in silence and informed by silence, which means familiarity with the mind that isn't overwhelmed by feeling or conceptual thinking. The only belief necessary is that such silence can be therapeutic, and that one can feel better (and even that belief can be let go of in true inner silence).

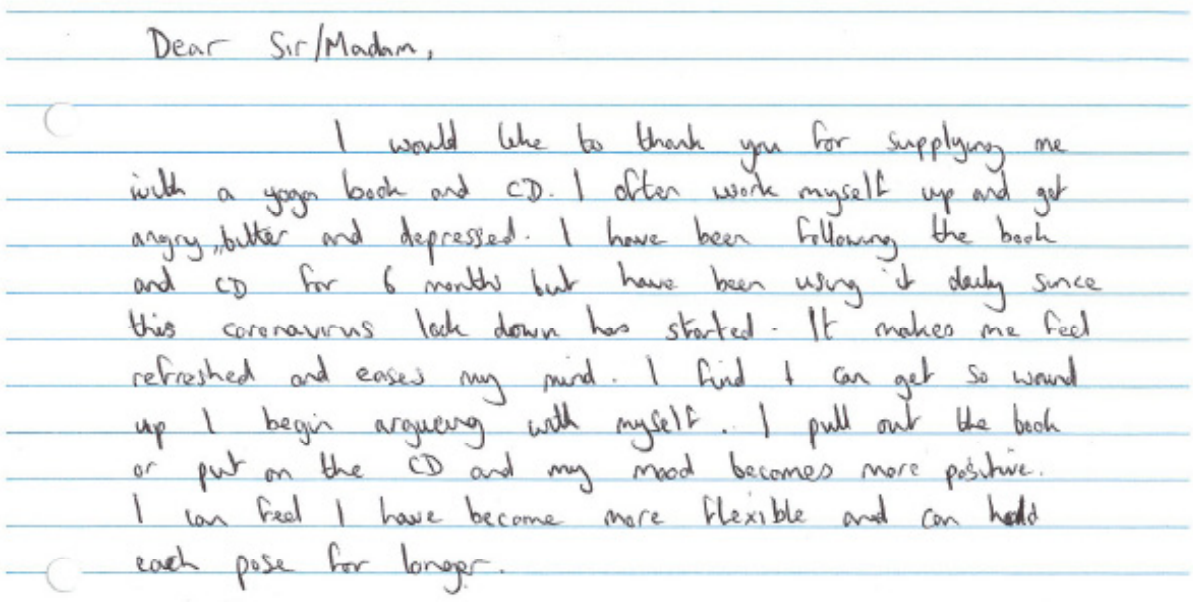
It isn't a matter of minimising or repressing one's personality, thinking or emotional life: the practice of silent meditation and yoga enables a fuller, more harmonious expression of being human. Many prisoners take this daily discipline seriously and discover that their thinking and feeling become clearer and more manageable, and that they have fresh energy and creativity to engage with their lives.

The PPT recognises that prison staff are under tremendous pressure, and that those staff are key to any activity in prison running successfully, so we provide classes, books and support for prison officers too. This not only creates goodwill among staff, making it more likely that they will support the prisoners' yoga classes; of equal importance, yoga and meditation offer practical help for the intense stress of their jobs.

Letters, Books and CDs

The original aim of the Prison Phoenix Trust, as set out by its founder, Ann Wetherall, was to support and encourage prisoners in their spiritual lives through correspondence. Her vision continues to form the cornerstone of our work, with a team of 24 volunteers corresponding with people in prison. During 2020 they despatched 2,674 book packs to prisoners and prison staff who requested our help.

Since mid-March when the pandemic began, we were inundated by requests from prison managers for our help. They recognised that what we offered made a real difference to prisoners' lives. During the virus lockdown, we were one of the few recognised interventions that could continue. Our main objective during the restrictions was to ensure that prisoners had access to materials and knowledge that can help them practise meditation and yoga in their cells. The number of prisoners requesting our help rose by up to 88% during April. This reflected their desire to use the therapeutic practices of meditation and yoga to nurture their mental and physical wellbeing during the long periods in their cells.



Dear Sir/Madam,

I would like to thank you for supplying me with a yoga book and CD. I often work myself up and get angry, bitter and depressed. I have been following the book and CD for 6 months but have been using it daily since this coronavirus lock down has started. It makes me feel refreshed and eases my mind. I find I can get so wound up I begin arguing with myself. I pull out the book or put on the CD and my mood becomes more positive. I can feel I have become more flexible and can hold each pose for longer.

Prisoners find out about what we offer through the prison grapevine, regular articles in the prison newspaper InsideTime, or when we visit prisons to run free taster workshops. Each prisoner who writes receives a personal, usually hand-written letter in reply, along with the books or CD she or he requested. The volunteer will also offer to stay in touch, to support the prisoner in their practice and effort to live out the beneficial aspects of what they are discovering. The Trust stays in contact with nearly 5% of the UK and Ireland prison population: this is at least 4,770 inmates and 1,118 members of staff in 234 prisons, detention centres, young offender institutions, secure hospitals and approved premises. In addition, we remain in touch with 235 ex-prisoners who continue their meditation and yoga practice in the community. Members of the public interested in meditation and yoga, and keen to support our work, also buy the books and CD.

The yoga and meditation books include those we specifically produced for people with low literacy, and for those who cannot read at all. One such book is *Freeing the Spirit*, a guide to practising yoga and meditation written at literacy level 1 and using light-hearted drawings

which accurately depict how to safely practise the postures. The other is *Yoga Without Words,* a picture book showing how to practise yoga and meditation in a prison cell, designed for prisoners with extremely low literacy or who cannot read at all, including foreign nationals.

For those who can read well and want to develop a meditation practice, we have produced *Peace Inside: a prisoner's guide to meditation*. The book features a large section of letters from prisoners telling their experience of meditation and how it is helping them find meaning and hope, as well as replies from letter writers at the Trust. This is the first book we asked a publisher to print, rather than us self-publishing, and this is helping to raise the Trust's public profile as the book is sold in book stores and online. More importantly, it is encouraging more prisoners to correspond with us, and to share their own inner experiences and self-development.

Our two CDs allow prisoners to practise a yoga class either on their own, or in a group using the recordings for guidance. Each CD has a number of yoga and meditation sessions narrated by an experienced prison yoga teacher. They are popular with those unable to attend a prison yoga class and with those who do attend, but who wish to practise in their cells in between classes.

Weekly Classes and Taster Workshops

Taster yoga and meditation workshops are the most effective way of getting weekly classes going in prisons, approved premises (bail hostels), immigration removal centres (IRCs) and secure hospitals.

The introductory workshops offer prisoners and staff alike the direct experience of yoga and meditation. Two PPT staff members will take in a local yoga teacher who we think would be suitable. On the day, that teacher can experience the atmosphere and conditions of prison and just take part in the workshops without any teaching responsibility to begin with. It's a chance for the local teacher to meet the prisoners and prison staff, start to get acclimatised and join the discussion about the possibility of an on-going weekly class.

2020 began with a strong start for us running taster workshops. Sam and Selina taught four mini yoga and meditation classes at the HMP Standford Hill wellbeing day on January 20th for all three prisons in the Sheppey Cluster. This was followed by a further two workshops, before the pandemic lockdown put plans on hold. We held workshops at Foston Hall (a women's closed prison) and Stonnall Road approved premises.

A further four workshops were arranged and ready to go at HMP Brixton, HMP Haverigg, Bilston Approved Premises and the London Pathway Partnership HUB in Southwark, London. We were also due to teach at the HMPPS training centre's wellbeing day for the Prison Maintenance Group and a number of other workshops were being planned. These were put on hold and are expected to run once the establishments are open to outside teachers again.

"I just feel the need to report back straight away just what a fantastic experience the yoga workshop was. We had three residents attend who all got a lot out of it and two staff who also thoroughly enjoyed it. One resident in particular, Michael, can't wait for another session. He said he felt so good after the event, it has helped his back and he knows some good breathing and stretching exercises. We have been offered order forms for some free books and literature for residents to order and use, some are already completing the forms. The staff from Phoenix have been so good and so helpful and all who attended loved the atmosphere. It was also really pleasing to be told how much they enjoyed visiting us and how welcomed they were! Cannot thank you all enough for getting this session sorted and hopefully this will now become regular activity for the residents and staff. It fits in so well with our EE status and continues to show how we want to develop and include new things. Thank you all again so much."

From Dave Grosvenor, Probation



Sally leads a workshop in Stonnall Road approved premises in February 2020

Officer

"Thank you for your support and your help. It has been very helpful today."

"Very relaxing. Helped me de-stress and be mindful."

"Excellent. Would do weekly."

From residents at Stonnall Road Approved Premises

More and more, prison managers are recognising the effectiveness of yoga and meditation to help them achieve their rehabilitative aims. It is for this reason, and our unique approach to supporting the whole prison that we have kept in touch with staff from across the prison estate, who reached out to us for help in supporting those in their care during extended periods of lockdown.



Victoria and a local yoga teacher at HMP Foston Hall

Prison Yoga Teachers

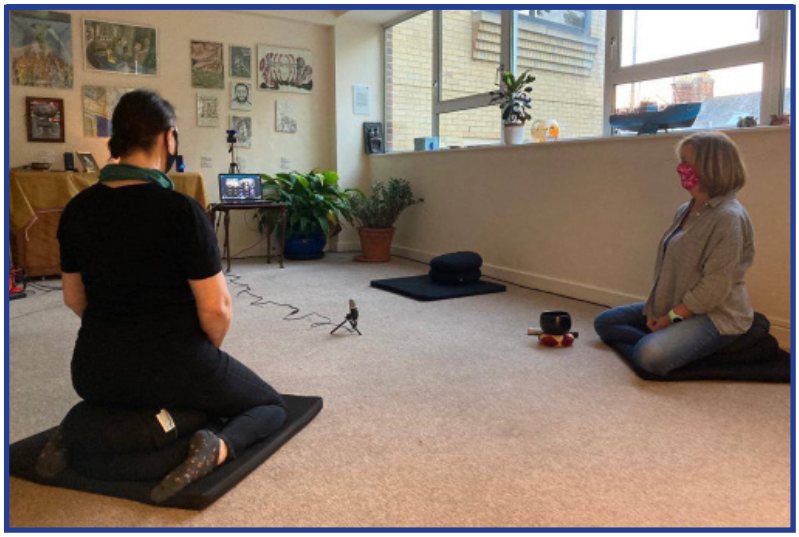
The Prison Phoenix Trust is dedicated to offering training and support to qualified yoga teachers to prepare them to work successfully in prison. Our training and workshops prepare them for the practical realities of prison work, and emphasise the importance of their own ongoing spiritual development. Teachers are helped to have a healthy respect for the prison environment so they can work safely and effectively. They are taught the importance of security and boundaries, to understand and work with the prison hierarchy and to recognise and respect the great work done by prison staff in what are often very challenging conditions.

It is not easy to teach in prison: the pay is usually poor, and teachers often face administrative hurdles when getting their classes established. This can feel isolating and they may feel undervalued by their prison, so we provide support and foster the prison yoga teacher community, reminding them of the power and benefit of their work. We support teachers through such challenges.

We have been offering a workshp each year for current prison yoga teachers since 2016 to provide an opportunity for the teachers and cover teachers to meet and share experiences. These days have become a highlight in the PPT calendar, a chance to reconnect with teachers from all over the country and learn from the collective wisdom and experience. This year's workshop featured a talk on race in prisons by Dr Coretta Phillips, Associate Professor of Social Policy at the London School of Economics and a talk by Mike, a former prisoner who was planning on running the London Marathon for the PPT that year. As March unfolded the usual workshop format was no longer possible and the team were quick to act to ensure the event went ahead online on the first weekend of the lockdown with 24 participants. Coretta talked about race in prisons and the experiences of Black, Asian and minority ethnic groups in the justice system (BAME).

Statistically, BAME groups make up 13% of the general population, but represent 27% of the prison population in this country. Coretta related how racism and unconscious bias in the community impacted the experience of BAME prisoners. Highlighting her research findings Coretta found BAME prisoners reported a culture of mistrust and aggression in prison and coped by adopting a mask of bravado in order to not appear vulnerable to fellow prisoners. "I stand two inches taller when I step outside my cell."

A regular part of the programme for the prison yoga teachers' day is time for the teachers to share their challenges and experiences. With lockdown recently imposed the main topic was how to help prison staff and students when classes were not possible. There was understandable worry about loss of income and shared concern for the wellbeing of the prison community as a whole. We were able to announce the



Victoria and Sally lead an online meditation day

launch of our secure webpage with downloadable handouts for the prisons and encouraged the teachers to have conversations with their prisons about these.

The closing activity for the session was a ten-minute meditation. It was interesting to contrast the stillness and peace of that screen time with the chatter and energy of the previous activities. It felt like a welcome and familiar space and we were pleasantly surprised that the sense of group connection wasn't unduly diminished because of the technology. As the facilitators, we learned a lot from our first experience of hosting an online event. Subsequent feedback from the participants was positive and they were keen to do more in the future.

We followed this with an additional workshop in June which focussed on Approved Premises, and launched our new initiative *Staying Connected – Emerging Stronger*. Dave Grosvenor, Residential Manager of Stonnall Road AP, highlighted the different challenges of this environment for yoga teachers and the opportunities to support their rehabilitation and transition into moving back into the wider community. Four yoga teachers contributed with their experiences of teaching in this environment.

Our third event for teachers, was our annual silent retreat in October, with a day in meditation together online. Prison yoga teachers, were joined by our letter writers, volunteers and Trustees from across the country, to share meditation. By experiencing and deepening their own practice they are helped in their support of those inside.

"For the past few years, I have really looked forward to the PPT meditation weekend. This year was no exception even though it would be on Zoom. I don't consider myself particularly well disciplined and so I use the fixed date as a goal to work towards.

Knowing that on the day there would be a series of sits then I would have to focus in the weeks beforehand to make sure that the day wouldn't be wasted.

The PPT instruction said to sit regularly for at least two weeks before hand. This was an additional spur to practice. For me without such deadlines I would probably drift along with only intermittent sitting."

Prison yoga teacher, Tony.

Keeping In Touch

Newsletter

The quarterly newsletter for prisoners is one of the cornerstones of our work. It keeps us in touch with prisoners, patients and ex-prisoners, as well as supporters, yoga teachers, and prison staff. In 2020 this became more important than ever as our other, face to face methods of communicating with these groups became impossible.

The main content of the newsletter is taken (with permission) from prisoners' letters to our volunteers. They share the ups and downs of their spiritual journeys, their hopes, fears and breakthroughs. We hope that this offers the reader comfort that they are not alone in their experiences and hope that things can change, even in the most difficult circumstances. As the literacy rates in prison tend to be very low, we try to bear this in mind and feature a purely visual sequence that can be accessed by non-readers at least once per issue.

Prisoners tell us that the newsletter makes them feel hopeful, motivated and less lonely by being connected to a healthy social network. While it's geared completely toward prisoners, many friends on the outside who send donations towards our work include a note saying that they too draw hope and inspiration from the newsletter. We circulate around 10,000 paper copies each quarter, and a further 700 supporters and yoga teachers receive it by email.

Prison Media

Another way we keep in touch with those in prison is our monthly article in Inside Time, the prisoners' newspaper. This continued unaffected through the pandemic, as our Communications Manager was able to keep working near-normally from home. These articles tend to be based around pictures and address specific conditions such as insomnia, bad backs, or anxiety. Inside Time has a circulation of over 60,000, so this allows us to reach prisoners who may not have heard of our work. We also offer yoga articles to other prison charities for publication if they request them, including Women In Prison and Prisoners Abroad. In January 2020 we started airing a new set of radio programmes on National Prison Radio, after completing three years of airing our first set in 2018. We receive many positive comments and requests for further help from prisoners who have heard the programme, and it can be a way for them to find us and request

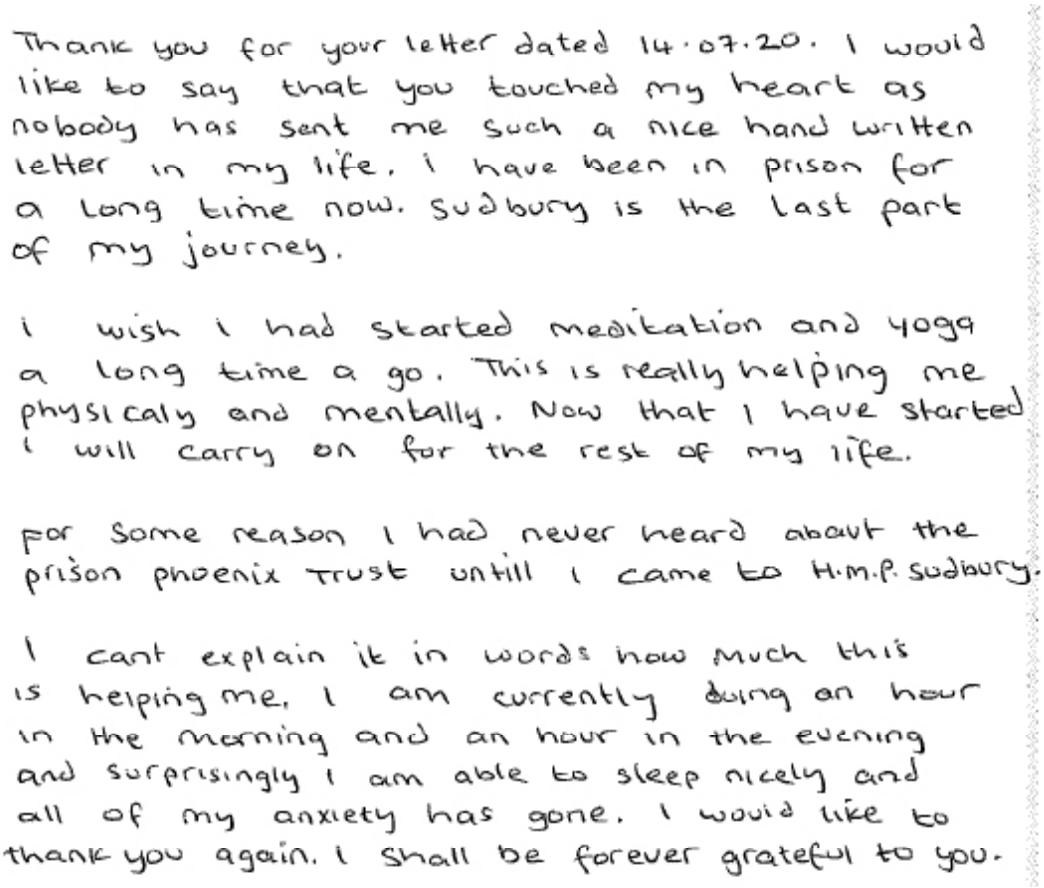


An article from Inside Time

access to other services.

Social Media

Our social media platforms and website continue to do well and are growing steadily. Our best performing posts of the year included an image of a letter from a prisoner (below), and an image of an article we wrote for Inside Time and reshared for Mental Health Awareness week. Another very popular post was an image of one of our handouts and an announcement that they were now available for prisoners, which achieved a reach of 3,235 on Facebook. As a significant part of our audience on social media are yoga teachers, this was a great post to get so much attention. Twitter was also important in getting the word out about our handouts, and it was heartening to see so many organisations and individuals signposting to our work over the year.



Thank you for your letter dated 14.07.20. I would like to say that you touched my heart as nobody has sent me such a nice hand written letter in my life. I have been in prison for a long time now. Sudbury is the last part of my journey.

I wish I had started meditation and yoga a long time a go. This is really helping me physicaly and mentally. Now that I have started I will carry on for the rest of my life.

For some reason I had never heard about the prison phoenix trust untill I came to H.M.P. Sudbury.

I cant explain it in words how much this is helping me. I am currently doing an hour in the morning and an hour in the evening and surprisingly I am able to sleep nicely and all of my anxiety has gone. I would like to thank you again. I shall be forever grateful to you.

One of our more successful social media posts of the year. On facebook this post reached 2,144 people and recieved 155 engagements.

PPT Scotland

We would like to thank our friends and donors in Scotland who have supported the work of the Prison Phoenix Trust in 2020. Your generosity in these unusual times is much appreciated. This support helps prisoners and prison staff in Scotland to receive the benefits of yoga and meditation. Particular thanks go to the M A Lascelles Charitable Trust for their loyal support. We would also like to thank Jim King, Head of Learning and Skills, Scottish Prison Service, for his offer of advice and support as we continue to encourage as many prisons as possible in Scotland to embrace the benefits of yoga and meditation.

As a result of the pandemic prisons in Scotland, as in the rest of the UK, closed their doors to outside staff. Yoga classes, along with other communal activities, were suspended. At the time of writing we do not know when these restrictions will be lifted and regular weekly yoga classes will resume.

Prior to the pandemic classes were being taught successfully in nine out of the eighteen secure institutions in Scotland. This includes yoga and meditation classes in the Royal Edinburgh Hospital and The State Hospital, Scotland's two high security hospitals.

In Scotland, as in the rest of the UK and Ireland, the precious grants and donations we receive go towards producing and sending free books and CD's to prisoners and prison staff and offering them support through on-going correspondence.

Prisons locked down in March 2020 and the focus of the Prison Phoenix Trust's work changed dramatically. Yoga classes were suspended and prisoners were confined to their cells, for their own safety, sometimes for as long as 23 hours a day. We realised that the need for yoga and meditation in prison had never been greater. A number of prisons, some of which had never been in touch with the Prison Phoenix Trust before, came to appreciate the value of yoga and meditation to support prisoners confined to their cells as they struggled to cope with stress, anxiety, lack of sleep and cancelled family visits.

Despite the pandemic, the Prison Phoenix Trust has remained open for business, continuing to support prisons by sending out newsletters, free books and CDs to as many as prisoners as possible. We responded to requests from prisons for help by creating and providing free handouts for prison staff to download from our website and put in activity packs for prisoners.

During 2020 the Prison Phoenix Trust has continued to support prisoners in Scotland. We look forward to the time when yoga teachers will be able to go back into prisons and other secure institutions and offer the benefits of yoga and meditation in person to their prisoner students once again.

PPT Ireland

Claire Ferry is our volunteer Yoga Coordinator for Ireland. She provides a local point of contact for teachers enquiring about prison teaching and training. Claire has taught at Hydebank Wood College and Women's Prison since 2014; and continues to do great work supporting a cross-border community of yoga teachers interested in prison work.

The Prison Phoenix Trust has continued to support prisons and yoga teachers during the pandemic through our accessible resources: newsletters, correspondence, free books and CDs, and by creating and providing themed yoga and meditation content for prison staff to download from our website and use in activity packs for prisoners. For yoga teachers, events moved online with weekly meditations sessions and themed workshops to help keep people connected.

Northern Ireland

Northern Ireland has three prisons – HMP Maghaberry, Hydebank Wood College and Magilligan. Prior to the pandemic and regional lockdowns all held weekly yoga and meditation classes, funded by South Eastern Health and Social Care Trust.

During the lockdown, the implementation of restricted regimes caused group activities for prisoners to be suspended in order to contain and prevent coronavirus infection. Prison yoga teachers and prison staff were able to support the yoga students and wider population through access to themed PPT yoga and meditation worksheets. These printable handouts were produced for download from our website in anticipation of a need to provide wellbeing content for In-Cell Activity packs for prisoners locked in the cells for up to 23 hours a day.

In the summer the South Eastern Health and Social Care Trust allocated some of the unused budget for yoga to organise a series of Zoom classes for prison staff. The experienced prison yoga teachers were invited to teach three online sessions per week on Monday, Wednesday and Friday with access open to staff employed at all three sites on each day.

Republic of Ireland

Yoga teachers in the Republic of Ireland are supported by the Irish Prison Education Service, and benefit from an integrated approach to offering wellbeing, skills training and education to prisoners. Working alongside a small team of teachers of other academic and vocational subjects, yoga and meditation provision is overseen and supported by a Head Teacher within the School. Prior to the pandemic the Republic of Ireland had regular yoga classes in all prisons, with the exception of Castlerea.

Since the March lockdown was implemented, the Irish Prison Service's testing and containment measures have resulted in only a small number of prisoners and staff testing positive, with no Covid fatalities to date (Jan 2021).

After the initial lockdown ended in May, Irish prison teachers reported various initiatives and some were able to teach smaller, socially distanced groups, in person, during the summer and autumn terms. Others provided activity sheets, recordings and newsletter content and made use of the PPT yoga handouts for their students and staff.

Volunteers

The Trust's exceptional team of 24 volunteers are active in writing to prisoners and despatching books, CDs and the quarterly newsletters. They work closely with Trust staff, and are trained to use relevant and creative ways to encourage prisoners in their meditation and yoga practice. All are outstandingly generous in the time they devote to their work for the Trust.



Our volunteers took boxes of newsletters into their homes to process so we could send them to prisoners in a Covid-safe way

The volunteers who write to prisoners have a daily meditation practice, which is essential if they are to empathise with those who practise meditation in a prison cell. They receive ongoing support and use our Letter Writers' Manual to show relevant and creative ways to encourage prisoners in their yoga and meditation practice. Letter writers are encouraged to keep advice to a minimum, by reflecting back to each inmate his or her own words of discovery. Their letters are an essential support for many prisoners, who often otherwise struggle alone in prison.

Our volunteers continue to show great devotion during this unprecedented time and each week several mail sacks of correspondence leave the office destined to help prisoners all over the UK and Ireland.

Our online meditation retreat in October was open to yoga teachers and letter writing volunteers too, to help them deepen their own practice and be able to use this experience as they support their prisoner correspondents. We are planning two training days specifically for letterwriters during the coming year. One of these days will be focussed on maintaining boundaries during correspondence, and if the pandemic allows, we would like to visit a prison so that our volunteers have first-hand experience of the challenges prisoners face.

Reference and Administrative Information

Trustees

Giles Charrington, Chair of the Trustees, is a management consultant, a coach and therapist. He is also a Zen meditator.
Stephen Eeley is a former magistrate and senior administrator at Oxford University, and a member of the Oxford Zen Centre.
Penny Boreham is a radio producer and broadcaster and craniosacral therapist.
Jo Child is a yoga teacher and runs a series of high-quality yoga workshops with guest teachers in Oxford. She is a former staff member of the PPT.
Nicholas Colloff OBE was Oxfam's Director of Strategy and Innovation and is now Executive Director of the Argidius Foundation. He is a PPT co-founder.
Peter Stevenson, Treasurer, is a chartered accountant who works for a number of charitable organisations.
James Mallett is an advocate of meditation, yoga and their benefits for people in prison and out.
Suzy Dymond-White is Governing Governor at HMP Eastwood Park.



Suzy Dymond-White



Stephen Eeley



Jo Child



Peter Stevenson



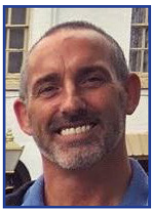
Giles Charrington



Penny Boreham



Nicholas Colloff



James Mallett

Key Management Personnel Remuneration

The Trustees consider that the Director and Deputy Director comprise the key management personnel of the charity in charge of directing, controlling, running and operating the charity on a day-to-day basis. The rate of pay for key management personnel is reviewed annually by the Trustees and set at a level commensurate with the market rate for similar roles in the sector.

Staff

Director (up to October 2020): Sam Settle was in this role from 2010. He joined the PPT in 2003 as a Yoga Coordinator and was a Buddhist monk and development worker in Thailand before that. He is a British Wheel of Yoga (BWY) teacher and a member of the Oxford Zen Centre.

Director (from October 2020): Selina Sasse (Full time) is a Yoga Alliance registered teacher. She has been a volunteer at the PPT since 2013, and then worked as one of our Yoga Coordinators. She teaches a range of classes specialising in yoga and meditation to help with life's challenges and is also a Mindfulness Teacher and zen practitioner.

Deputy Director: Jason Doble is a former engineer. He is a Zen meditator and assists with PPT workshops. He manages the prisoner correspondence, and directs and guides our volunteers. Prior to joining the PPT in 2005, he was a volunteer letter writer for seven years.

Yoga Lead: Victoria Green (4 days per week) teaches yoga, including at HMP Grendon. She has been teaching in prison since 2011, and is also an Indian Head Massage practitioner.

Communications Manager: Lucy Ayrton (2.5 days per week) has a background in fundraising and marketing for arts and theatre productions. Outside the PPT she is an author and creative writing lecturer.

People & Office Coordinator: Laura Parrack (3 days per week) worked in communications before joining the PPT. She looks after the smooth running of the office and supports the wellbeing and development of the PPT staff.

Yoga Co-ordinator: Sally Buxton (2 days per week) is a BWY teacher and teaches yoga and meditation in HMP Eastwood Park. Before joining the Trust in 2011 she worked as a probation officer, both in prisons and the community. Sally is a member of the Oxford Zen Centre.

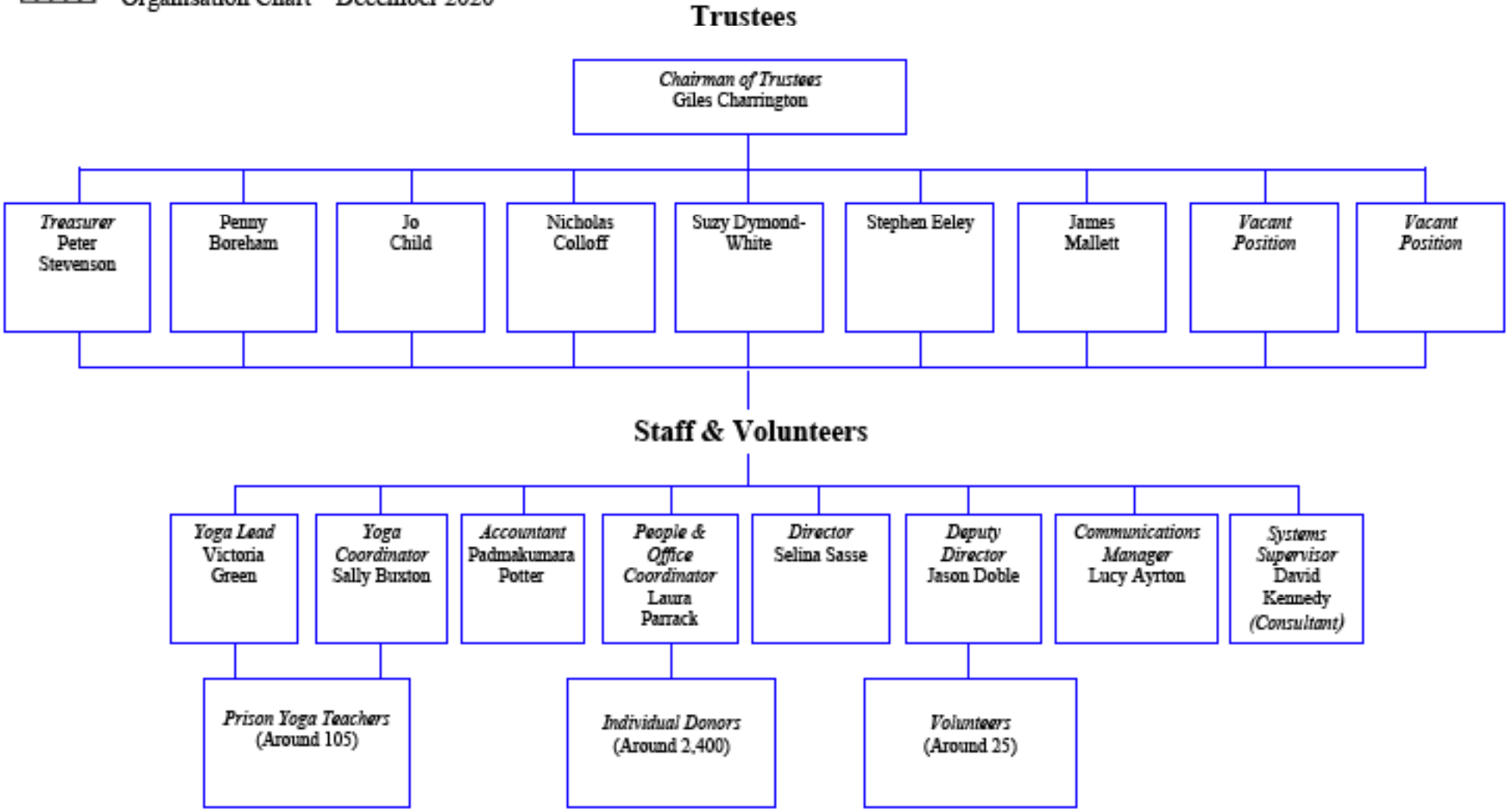
Consultant Systems Administrator: David Kennedy (2 days per week) is an IT trainer and consultant. He worked at a computer company in France, was a Software Team Leader at the Post Office in London, and worked at Oxford Brookes University.

Accountant (until December 2020): Clive Gillam (1.2 days per week) is a Chartered Accountant who has worked in the charitable/voluntary sector in Oxford for nearly 30 years. Now semi-retired, he is also a Trustee of a local charity working inclusively with children and young people.

Accountant (from December 2020): Padmakumara Potter (2 days per week) has experience in all aspects of small charity management and administration. A practising Buddhist, Padmakumara runs Oxford Triratna/Buddhist Centre, teaching meditation and Buddhism to all who wish to explore them.

The Prison Phoenix Trust

Organisation Chart – December 2020



Consultants

We are indebted to our consultants for their help and advice, which they provide voluntarily:

Rev'd George Coppen, Anglican priest and former prison psychotherapist at HMP Grendon

Imam Monawar Hussain DL, MBE, Imam of Eton College and founder of the Oxford Foundation

Professor Alison Liebling, Director, Prisons Research Centre at Cambridge University's Institute of Criminology

Martin O'Neil, Campus Governor, Irish Prison Service

Rachel Holmes, independent charity law consultant and researcher

Patrons

Dr Kiran Bedi

Mr Erwin James

Sister Elaine MacInnes OLM

Sir Mark Tully OBE

Dr Benjamin Zephaniah

Mr Jeremy Irons

Mrs Shirley du Boulay

Dr Sheila Cassidy

Fr Laurence Freeman OSB

Mrs Sandy Chubb

Independent Examiner

Mrs D Pluck, Wenn Townsend, 30 St Giles, Oxford OX1 3LE

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
Lloyds TSB plc, 1 High Street, Oxford OX1 4AA
The Co-operative Bank plc, PO Box 250 Skelmersdale, WN8 6WT

Principal Office

The Prison Phoenix Trust
PO Box 328
Oxford
OX2 7HF

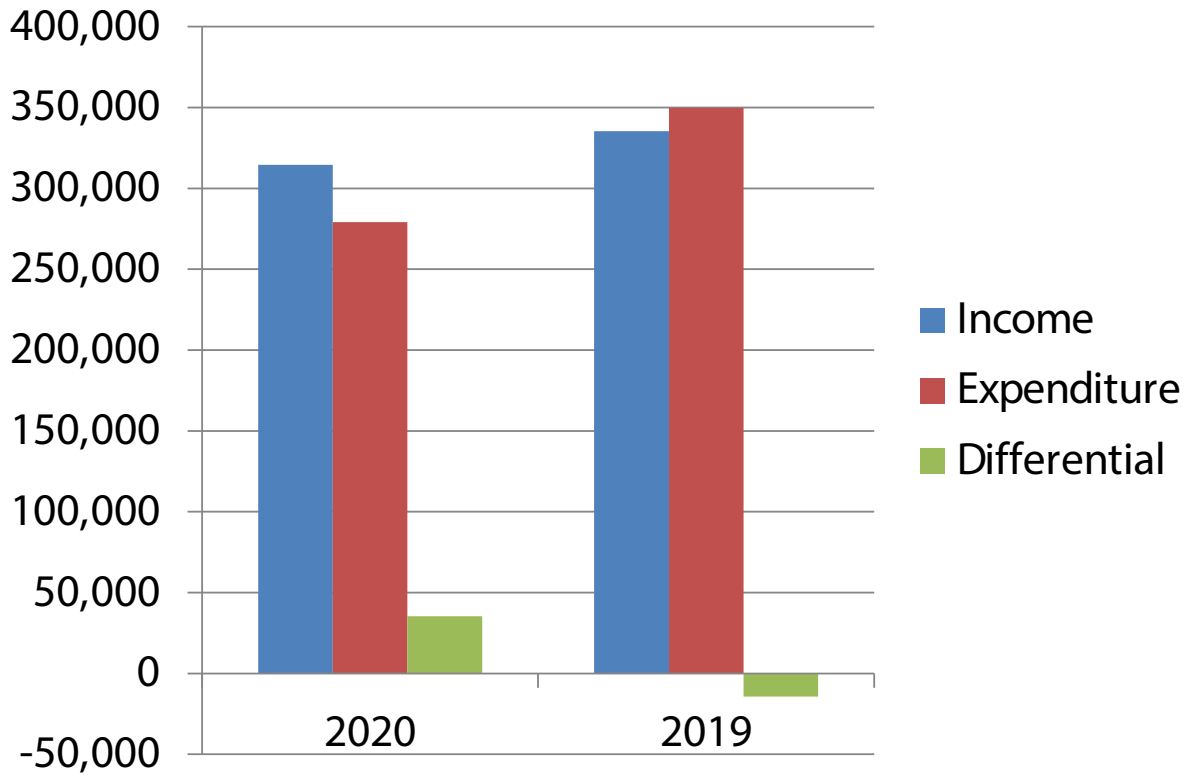
Charity Number 1163558

Financial Review

The Trustees are pleased to present their review of the financial statements (pages 38 to 46) for the year ended December 31, 2020.

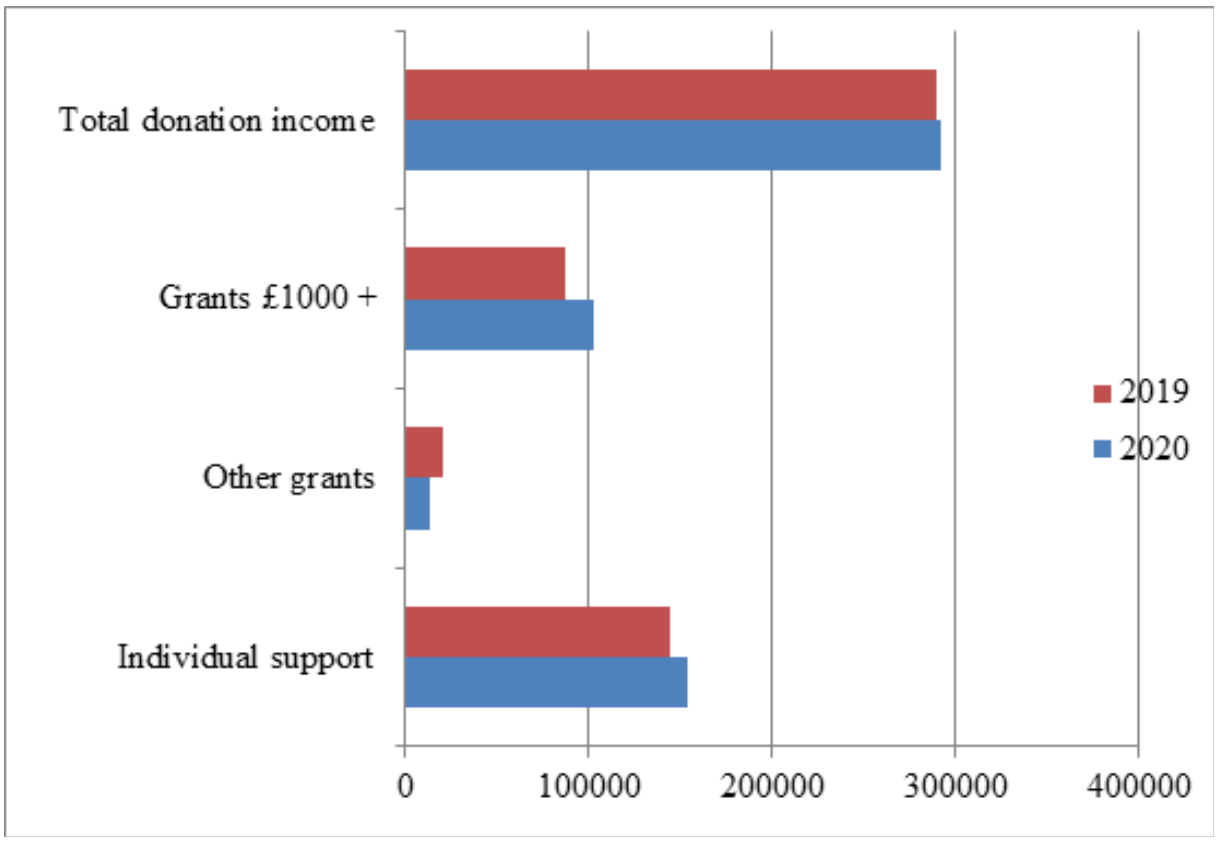
In 2020 total income of £314,530 exceeded expenditure of £279,154 to give the charity surplus of £35,376, considered an appropriate buffer during the uncertain time of the pandemic. This compared to unrestricted income of £335,442 and expenditure of £349,706 in 2019, that gave a deficit over the year of £14,264.

Of total funds in 2020, unrestricted income was £313,066, restricted income £1,464. Unrestricted expenditure was £276,772 and restricted expenditure £2,382. This leaves total unrestricted funds at the close of the year at £314,130 (2019 - £277,836) and restricted funds at £1,727 (2019 - £2,645).



Income

The healthy financial situation reflects the generosity of a loyal base of grant giving trusts and individual supporters and a reduction in expenditure. Overall income from donations and legacies was very similar to 2019, £291,703 compared to £289,970. An increase in income from larger grant giving trusts and individual supporters was offset by a reduction in income from grants under £1000.



Individual supporters

The number of individuals – about 300 – donating to the charity on a regular basis continues to rise, with monthly, quarterly and annual donations through Standing Orders, the Charities Aid Foundation, Just Giving, Virgin Money Giving and Give As You Earn amounting to more than £64,837 per annum. With associated Gift Aid and other generous one-off gifts, the charity was in receipt of donations from individuals amounting to £170,259 in 2020. This amounts to more than 50% of total income from all grants and donations. Since much of this sum arrives through committed regular giving, the Trustees feel especially fortunate to have this support. The Trustees never take this generosity for granted and they and office staff work to ensure that such donors know how much they are valued. As such, fundraising with existing donors is limited to one letter per year from the Director to all donors in the Summer.

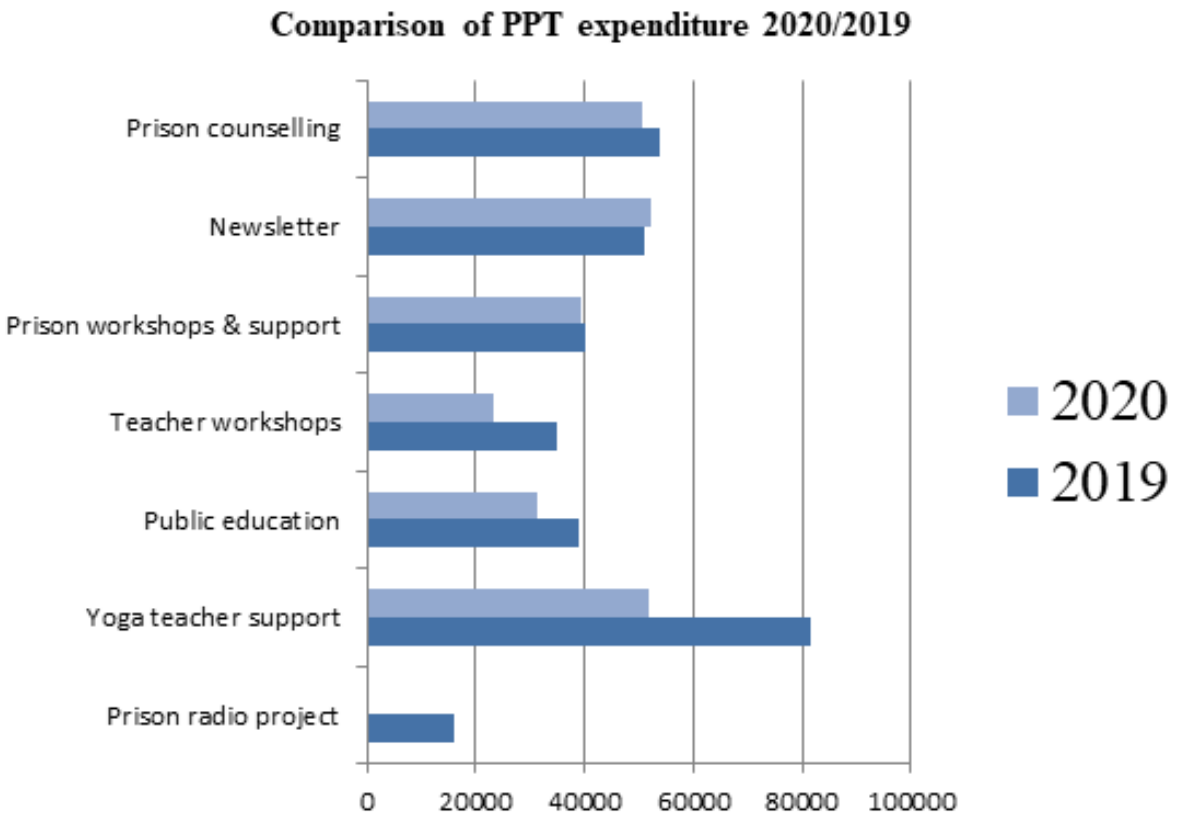
Impact from the pausing of yoga classes

There is very little overall impact on the financial income situation from the forced pause of yoga classes in prison, since the teachers are mostly paid directly by prisons. Additional income on the balance sheet is attributable to a trend for prisons to pay their yoga teachers through the Trust. This income is paid straight out to teachers so has little impact on the Charity's financial situation, only our accountant's time. With prison yoga classes largely paused, there was a drop in this income from yoga teaching fees – £10,501 compared to £33,582 in 2019. The corresponding drop in expenditure on yoga teachers reflected this, and the slight variance between income and expenditure is negligible, relating to when income and expenditure fall either side of the accounting period.

Expenditure

Changing some of our usual working practices, to reflect pandemic restrictions, had a cost

saving. For example, moving in-person events to an online format reduced expenditure on yoga teacher training workshops from late March. Also, our annual public education event was run as an online event, without venue hire. With prison yoga classes largely paused, staff time usually spent supporting teachers was reallocated to remote support of prisoners through prison staff. With our own teaching of prison workshops also paused, the expenditure on travel and accommodation was reduced. Reducing our number of salaried staff from eight to seven, when Selina changed roles, was also a prudent decision. With a restructuring of staff roles from October, the overall staff costs in 2020 were £183,468 – very similar to the £185,815 in 2019.



Volunteer Contribution

The Trustees remain ever grateful for the contribution made by volunteers to the work of the charity. We are particularly grateful that, where possible, our volunteers were willing to continue their vital work remotely. Throughout the pandemic, one to one support of prisoners through letter writing was able to continue. The newsletter despatch was also made possible by volunteers preparing envelopes from their homes and staff time in the office being reallocated. As in the past, the Trustees have not sought to put any monetary value on the hours that volunteers work with us each year but it would doubtless be a significant cost to the Trust if these tasks were not completed voluntarily. The generosity of our volunteers is valued by the Trustees immensely and has enabled the work to continue at a time when it has been needed more than ever.

Investment Policy

There are no restrictions on the charity's investment strategy but the uncertain flow of funding for the Trust's activities means that the Trustees do not consider making long term investments of surplus funds.

The operating surplus is currently being held in cash at bank and in hand, almost wholly in the

Charity's current accounts. The funds held on deposit at December 31 2020 were £226,904 (2019 - £224,497). With some uncertainty around the financial impact of the pandemic, it is possible that the Trustees will need to access some funds that are currently held on deposit during 2021. However, it is hoped that there will continue to be an amount in the region of £200,000 invested in term deposit accounts at the end of 2020. The balance of funds held at December 31 2020 continues to be held mainly in a 30-day notice building society account, a 1 year fixed term Bank Deposit, and a cash account awaiting decision by the Board as to the length of fixed term to invest.

The Trustees continue to balance the need to maximize the return on investing surplus funds with the need to ensure these funds are available in the relatively short term should cash flow require it. The current balance of investment instruments is considered appropriate in meeting these two needs. When investments mature the Trustees look at the mix of deposit accounts held to ensure that the level of return and accessibility are taken into account before making any new deposits. The Bank of England base rate has fallen from 0.75% to 0.1% during the past 12 months so returns on deposited funds continue to be relatively low. At the same time, inflation is at a moderate level which makes the low return on deposits more tolerable.

The Trustees only deposit funds with financial institutions that are part of the Government's Financial Services Compensation Scheme. The amount of funds covered by the scheme is currently £85,000 per institution and the Trustees continue to take this limit into account when making decisions about the amounts to be deposited in any one bank or building society.

Reserves Policy

Budgeting and financial planning continues with a commitment to keep an adequate level of reserves. Supporters are regularly encouraged to remember the charity in their wills and so the Trustees remain hopeful that reserves will continue to be boosted by occasional bequests. There was one legacy in 2020 of £5,000. The total reserves at £315,857, £314,130 of which is unrestricted, will provide scope for much needed ongoing remote support of prisoners and to run workshops when possible again. Prisons have identified wellbeing as a priority and recognise the value of meditation and yoga practices, so we expect this demand to grow.

The total reserves should be seen in the context of the Trustees reserves policy which is that unrestricted reserves should not be allowed to fall below a minimum value of six months of unrestricted expenditure. To be prudent, Trustees continue to look to having a level of reserves between the value of six and eight months of such expenditure. Trustees have adopted a sensible and cautious budget in 2021, with a potential a deficit of £74,467. With ongoing uncertainty about the lasting impact of the pandemic, it is thought the Charity's activities teaching in prisons may return to roughly normal levels only in the final quarter of 2021. The adopted budget will see a reduction of unrestricted reserves from £314,129 to £239,662. This is 11 months of 2021 expenditure, but just above 8 months of a normal trading year such as 2019. This, alongside such an uncertain operational environment, means Trustees see no reason to alter the reserves policy.

Going forward, it would be prudent to maintain reserves at this level, and will require budgets from 2022 that break even or show a modest shortfall in income against expenditure.

The Chair of Trustees and the Treasurer will continue in 2021 to be provided with monthly management accounts and the wider Board of Trustees receive quarterly financial updates for

consideration at Trustees meetings. Movements in reserves during the year are monitored in this way. The Trustees are fully aware of the need to set and achieve near breakeven outcomes for 2022 and subsequent years in order to maintain reserves at an adequate level.

The Trustees have set their reserves policy using the guidance on reserves provided by the Charity Commission. As such they recognise that any policy that is set needs to be reviewed to ensure that it remains appropriate in the light of the financial, political and economic circumstances in which the Trust is working. At present, the wider environment in which the Trust operates is expected to change as the prison estate adapts to the effect of the pandemic. The Trustees are satisfied that the reserves policy they have set for the Trust remains fit for purpose and consistent with the Charity Commissioners' guidance on charity reserves.

Trustees' Responsibilities in Relation to the Financial Statements

The Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

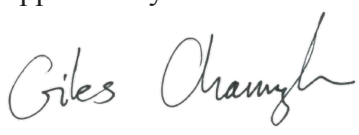
The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the income resources and application of resources, of the charity for that period. In preparing the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements; and
- prepare financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its operations.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the Trustees and signed on their behalf by:



Giles Charrington
Chair of the Trustees

June 8th, 2021

We would like to thank all who have supported our work throughout the 12 months to December 31 2020, and to acknowledge the financial support of the following individuals, trusts, companies and organisations, as well as those who wish their support to remain anonymous.

Donors whose financial support amounted to £5,000 or more:

David and Anna Mills
The Tolkien Trust
The Arm Foundation
Porticus UK
Inlight Trust

Donors whose financial support was between £1,000 and £5,000:

Mr D Ainscough & Mrs Alcue Valero
The Whitaker Charitable Trust
SS Finn
Mrs J Leythorne
Rosalind Wheare
Yoga Matters
The Roundton Trust
Cherry Red Records
Joyce Green Association
DLM Charitable Trust
Halcrow Foundation
Ian MacTaggart Trust
Mrs Lascelles Charitable Trust
S C & M E Morland's Charitable Trust
Park Hill Charitable Trust
The Calleva Foundation
The Pelegrin Trust
The 29th May 1961 Charitable Trust
The Whitaker Charitable Trust

Independent Examiner's Report to the Trustees of the Prison Phoenix Trust CIO

I report on the accounts of the Trust for the year to December 31 2020 which are set out on the following pages 38 to 46.

Respective Responsibilities of the Trustees and 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(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under Section 145 of the 2011 Act);
- Follow the procedures laid down in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act); and
- 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 Commissioners. 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 you as 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 expressed as to whether the accounts present a "true and fair view" and the report is limited to those matters set out below.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

D Pluck
Chartered Accountant
June 4th, 2021

Wenn Townsend
30 St Giles
Oxford OX1 3LE

Statement of Financial Activities

for the year ended December 31 2020

	Note	Unrestricted Funds	Restricted	Total Funds	Unrestricted Funds	Restricted	Total Funds
		2020 £	2020 £	2020 £	2019 £	2019 £	2019 £
Income							
Donations and Legacies	2	290,239	1,464	291,703	285,105	4,865	289,970
Charitable Activities							
Yoga Teaching Fees		10,501	-	10,501	33,582	-	33,582
Teachers' Workshops		468	-	468	3,905	30	3,935
Sale of Books and Cards		4,009	-	4,009	1,793	-	1,793
Investments	3	3,537	-	3,537	3,103	-	3,103
Other		4,312	-	4,312	3,059	-	3,059
Total		313,066	1,464	314,530	330,547	4,895	335,442
Expenditure							
Cost of Raising Funds	5	22,181	-	22,181	25,471	-	25,471
Expenditure on Charitable Activities	6 & 7	254,591	2,382	256,973	311,758	12,477	324,235
Total	8 & 9	276,772	2,382	279,154	337,229	12,477	349,706
				-			
Net Income/ (Expenditure)		36,294	(918)	35,376	(6,682)	(7,582)	(14,264)
Transfer Between Funds					-	-	-
Net Movement in Funds		36,294	(918)	35,376	(6,682)	(7,582)	(14,264)
Reconciliation of Funds:							
Total Funds Transferred In	15	277,836	2,645	280,481	284,518	10,227	294,745
Total Funds Carried Forward	14 & 15	£314,130	£1,727	£315,857	£277,836	£2,645	£280,481

Balance Sheet as at December 31, 2020

	Note	2020 £	2019 £
Fixed Assets			
Tangible Fixed Assets	10	2,010	2,814
Current Assets			
Stocks	11	-	772
Debtors and Prepayments	12	15,496	22,600
Funds on Deposit		226,904	224,497
Cash at Bank and in Hand		78,921	43,244
		321,321	291,113
Less: Current Liabilities			
Amounts falling due within a year	13	(7,474)	(13,446)
Net Current Assets		313,847	277,667
Net Assets		£315,857	£280,481
The Funds of the Charity:			
Restricted Income Funds	14	1,727	2,645
Unrestricted Income Funds			
General Funds	15	314,130	277,836
		£315,857	£280,481

The financial statements on pages 38 to 46 were approved by the Trustees on June 8th 2021 and signed on their behalf by:



Giles Charrington
Chair of the Board

Notes forming part of the financial statements for the period ended December 31, 2020

1 Accounting Policies

(a) Accounting Basis

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 and the Charities Act 2011.

The Prison Phoenix Trust CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

(b) Depreciation

All assets costing more than £1,000 are capitalised and valued at historical cost. The cost of fixed assets is written off using the straight line method of depreciation.

Office equipment and fittings	25% per annum
Computers	25% per annum

(c) Stock of Books

The stock of books, that is held for free distribution to prisoners, is valued at the lower of cost or net realisable value.

(d) Income Recognition

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

Donations and grants are recognised when the charity has been notified of both the amount and settlement date.

Legacies are recognised on a case by case basis following the grant of probate and when the administrator/executor for the estate has communicated in writing both the amount and settlement date.

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the charity; this is normally upon notification of the interest paid or payable by the bank or deposit taking institution.

(e) Expenditure Recognition
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. The allocation of support and governance costs is analysed in note 6.

(f) Irrecoverable VAT
Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(g) Cost of Raising Funds
The cost of generating funds consists of staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs.

(h) Charitable Activities
The cost of charitable activities includes governance costs and an apportionment of support costs as shown in note 7.

(i) Volunteer Time
The value of services donated by volunteers is not reflected in the accounts.

(j) Taxation
The Trust is a registered charity. It is not, therefore, liable for tax on income derived from its charitable activities.

(k) Fund Accounting

Unrestricted Income Funds
Unrestricted Funds are funds which the trustees are free to use for any purpose in furtherance of the charitable objects. These comprise a general fund plus designated funds set aside out of unrestricted funds by the Trustees to provide for planned projects and other known contingencies.

Restricted Income Funds
These are funds which are to be used in accordance with specific restrictions imposed by the donor.

Further details of each fund are disclosed in notes 14 and 15.

(l) Pensions
The Charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against income in the year they are payable.

2 Donations and Legacies

	2020	2019
	£	£
Grants of £1,000 and over	103,276	87,116
Other Grants	13,168	20,938
Gifts from Individuals	153,856	144,614
Legacies	5,000	22,250
Events	-	485
Tax Recoverable on Donations	16,403	14,567
Total	291,703	289,970

One legacy of £5,000 (Judith Morrison Dec'd) was received during the year.

3 Investment Income

All of the Charity's investment income of £3,537 (2019 - £3,103) arises from money held in interest bearing deposits and other bank accounts.

4 Net Outgoing Resources

This is stated after charging:	2020	2019
	£	£
Depreciation	804	402
Independent Examiner's Fees	1,575	1,498

5 Cost of Raising Funds

	Unrestricted Funds	Restricted Funds	Total December 31 2020	2019
	£	£	£	
Staff	21,879	-	21,879	24,827
Fundraising Admin Fees	302	-	302	612
Event Costs	-	-	-	1,032
Travel and Meetings	-	-	-	32
	22,181	-	22,181	26,503

6 Analysis of Governance and Support Costs

The Charity identifies the costs of its support functions and of its governance function. Having identified its governance costs, the support and governance costs are apportioned between the main charitable activities undertaken (see Note 7) in the year. The table below shows the basis for apportionment and the analysis of support and governance costs.

	General Support	Governance	Total	Basis of Apportionment
	£	£	£	
Books & Events	148	-	148	)
Equipment and Other Asset Costs	3,675	-	3,675	)
Office Accommodation	31,111	-	31,111	) Allocated as
Office Costs	15,804	81	15,994	) a % Based on
Salaries, Teacher Fees & Consultants	19,456	4,802	24,203	) Time
Other Staff & Volunteer Costs	2,206	-	2,206	)
Meetings	-	11	11	Governance
Independent Examination	-	1,575	1,575	Governance
	72,400	6,469	78,923	

7 Analysis of Expenditure on Charitable Activities

	Newsletter	Prison Workshops & Support	Prisoner Counselling	Public Education	Teacher Workshops	Yoga Teacher Support	Oxfordshire Fund	HMP Ranby Fund	Total
	£	£	£	£	£	£	£	£	£
Salaries, Teachers & Consultants	37,391	35,292	43,700	28,334	21,225	37,558	480	451	204,431
Events	-	-	-	243	-	-	-	-	243
Office Costs	11,018	-	973	-	-	6	-	809	12,806
Other Staff & Volunteer Costs	25	314	129	-	38	-	-	-	506
Publicity	-	-	1,336	-	-	-	-	-	1,336
Stock - books, CDs, etc	(641)	-	50	-	-	-	-	641	50
Teacher Workshops	-	67	-	-	-	-	-	-	67
Other Fundraising	53	60	75	45	31	38	-	-	302
Governance	1,132	1,294	1,617	970	647	809	-	-	6,469
Support Costs	9,265	10,589	13,236	7,942	5,294	6,618	-	-	52,944
	58,243	47,616	61,116	37,534	27,235	45,029	480	1,901	279,154

Expenditure on charitable activities was £279,154 of which £276,773 was unrestricted and £2,382 was restricted.

8 Governance Costs

	Unrestricted Funds	Restricted Funds	Total December 31 2020	2019
	£	£	£	
Staff	4,802	-	4,802	4,757
Independent Examiner's Fees	1,575	-	1,575	1,498
Travel and Meetings	11	-	11	57
Miscellaneous Costs	81	-	81	180
	6,469	-	6,469	6,492

9 Total Resources Expended

	Yoga Teacher Costs	Staff Costs	Other Costs	Total December 31 2020	2019
	£	£	£	£	£
Charitable Activities	11,418	161,589	83,966	256,973	324,235
Cost of Generating Funds	-	21,879	302	22,181	25,471
	11,418	183,468	84,268	279,154	349,706

	2020	2019
	£	£
Staff Costs Comprise:-		
Salaries Staff	162,735	164,716
Social Security Costs	13,069	13,348
Pension Costs	7,664	7,751
	183,468	185,815

The average number of staff during the period was 1 full time and 7 part time (equal to a total of 5 full time staff). No employees received emoluments of more than £60,000 per annum (2019 - None).
The total remuneration of the key management personnel - the Director and Deputy Director - including employer's National Insurance and Pension contributions was £88,193 (2019 - £85,416).

10 Tangible Fixed Assets

	Computer Equipment	Office Equipment	Total
Cost	£	£	£
As at January 1 2020	7,086	9,067	16,153
Disposals in the Year	-	-	-
Additions in the Year	-	-	-
As at December 31 2020	7,086	9,067	16,153
Depreciation			
As at January 1 2020	7,086	7,746	14,832
Disposals in the Year	-	-	-
Provision in the Year	-	804	804
As at December 31 2020	7,086	8,550	15,636
Net Book Value at December 31 2020	-	2,010	2,010
Net Book Value at December 31 2019	-	2,814	2,814

11 Stock

	2020	2019
	£	£
Postage	-	435
Printer and Franking Machine Cartridges	-	237
Stationery	-	100
	-	772

12 Debtors and Prepayments

	2020	2019
	£	£
Tax Recoverable on Gift Aided Donations	3,027	3,209
Rent, Service Charge and Utilities Prepaid	6,195	6,195
Rent Deposit	5,675	5,675
Prison Teacher and Workshop Expenses	-	7,007
Insurance	495	514
Payroll	104	
	15,496	22,600

13 Creditors: Amounts Falling due Within One Year

	2020	2019
	£	£
Tax, National Insurance and Pensions	54	3,118
Independent Examiner's Remuneration	1575	1,500
Consultancy and Yoga Teachers	0	2,115
Postage Charges	2500	3,000
Telephone, Utilities, Printing, Photocopying and Service Charges	845	1,213
Workshop Expenses	2500	2,500
	7,474	13,446

14 Restricted Funds

	Dee Opp Equipment	Oxfordshire Fund	Whitaker Trust HMP Ranby Fund	Total 2020	2019
		£	£	£	
Balance at January 1 2020	234	1,016	1,395	2,645	10,227
Grants, Donations & Workshops	-	(536)	2,000	1,464	4,895
Direct Charitable Expenditure	-	(480)	(1,902)	(2,382)	(12,477)
Balances at December 31 2018	234	-	1,493	1,727	2,645
Represented by:					
Bank and Cash	234	-	1,493	1,727	10,227

The Whitaker Trust Fund is restricted to activites at HMP Ranby. As Yoga classes could not take at Ranby in 2020 they permitted funds to be used for Nottinghamshire Prisons. The Oxfordshire Fund is restricted to activites in the county. As classes could not take place the donors requested that the balance of previous grants be returned.

15 Unrestricted Income Funds

	Designated Funds	Unrestricted Funds	Unrestricted Funds December 31 2020	2019
			£	
Balance at January 1 2020	-	277,836	277,836	284,518
Incoming Resources	-	313,066	313,066	330,547
Expenditure		(276,772)	(276,772)	(337,229)
Transfer to Designated Funds	-	-	-	-
Balances at December 31 2019	-	314,130	314,130	277,836
Represented by:				
Fixed Assets	-	2,010	2,010	2,814
Current Assets	-	319,594	319,594	288,468
Creditors	-	(7,474)	(7,474)	(13,446)
	-	314,130	314,130	277,836

16 Financial Commitments

:

As at December 31 2020 the Trust has annual commitments under non-cancellable leases of

	Land and Buildings December 31 2020	Land and Buildings December 31 2019
Length of Commitment	£	£
One Year	5,675	22,700
Two to Five Years	-	-

17 Trustee's Remuneration

No Trustee (Nil - 2019) received or waived any emoluments in their role as Trustees during the year. No Trustees were reimbursed for out of pocket expenses (Nil - 2019) in their role as Trustees in the year .