

Charity Number: 1191530

Live From Rest

2022

Annual Report

Meditation,
rooted in the way of Jesus



Reference and administration details

UK Registered Charity Number:

1191530

Registration History:

Registered as a CIO on the 29th September 2020

Principal address:

216 South Meadow Lane
Preston
PR1 8JP

Trustees:

Dr John Bibby – Chair
Dr Jonathan Dixon
Mrs Lynda Brooks

Founders:

Dr Stephen Smith
Joshua Smith

Accountants for Independent Examination of Accounts:

Hart Wright Accounting
24 Hall Drive
Sutton-in-Craven
BD20 7NH

Website:

www.livefromrest.com

Email:

hello@livefromrest.com



@livefromrest

Structure, governance and management

Organisation Type: Charitable Incorporated Organisation (CIO)

Governing Document: The Constitution of Live From Rest

Recruitment and Appointment of Trustees:

Trustees are recruited and appointed by the existing Board of Trustees and are representative of medical, professional, business, and charitable Christian service backgrounds.

Charitable objects as set out in the governing document:

“TO ADVANCE THE CHRISTIAN FAITH FOR THE PUBLIC BENEFIT MAINLY, BUT NOT EXCLUSIVELY, BY MEANS OF SPIRITUAL ENCOURAGEMENT AND TEACHING THROUGH A CHRISTIAN MEDITATION APP, WEBSITE AND PODCASTS.”

Our Mission

Life for too many is a struggle. So often we adopt a lifestyle that is frantic and busy and we then long for the next day off, for the next vacation or to simply get beyond the next deadline. We find ourselves longing and living FOR rest. Yet for those who know God, life can, and should be lived FROM rest!

Many people, including Christians, are suffering from anxiety and stress, yet we are told many times in the Bible that we can have peace in God, despite what is going on around us.

App



Our app, which is free to download and use, with no subscriptions or ads, provides meditations and prayers focused on God’s word and is designed to help people find and maintain a place of peace.

We believe that when living from this place of trust and surrender, founded on God’s truth, our lives can be much more joyful and fruitful.

The app has been used successfully in a national Christian based detox project (KEYS community detox project), and has been a helpful tool for many people in their journey of freedom from addiction. It has had many downloads on both the Apple App Store and Google Play and the consistently positive reviews testify to the beneficial impact this app is having on many around the world.

The app has been, and continues to be, instrumental in helping many people find greater depth in their walk with God alongside significantly improved mental health, especially in relation to freedom from anxiety and depression.

We also have an increasing number of other resources available through our website including online courses, teachings, a blog, a book and a podcast.

Achievements and performance in 2022

We have gained 2.8k new users to the app across Android and IOS in 2022 and we hope to further increase this in 2023 with the introduction of a new updated version of the app.

Book release

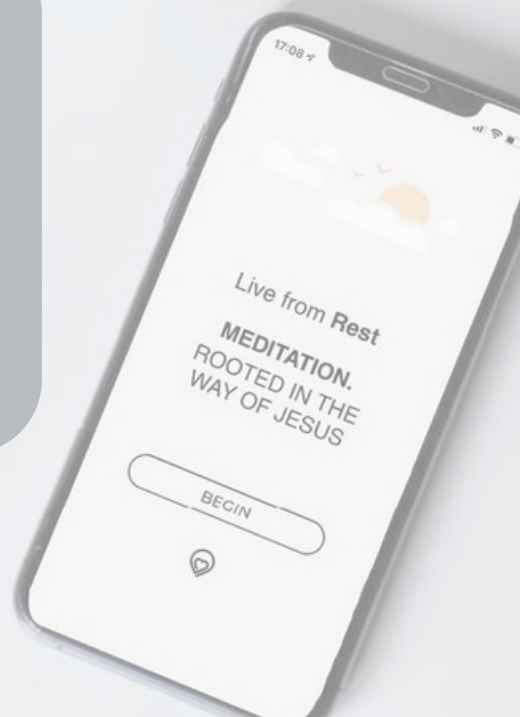
Our first book, **The Red Thread: Finding Home in the Heart of God** written by Lucinda Smith was released in March 2022 and has been well received with many sales and positive reviews.

The book aims to help us understand our true identity as children of our Heavenly Father and explores themes of hope and freedom. Hope for all of us who love God, but who find ourselves struggling with fears and insecurities, and freedom from the things that hold us back from living the abundant life promised by Jesus.



Updated version of the app

We have been working on a new version of the app which is due to be released in early 2023. Our goal is to make it more functional and even easier to use. We will continue to produce new content to keep the app fresh and provide further resources such as a webinar to help people who struggle with poor sleep. We are excited to see people benefiting from this update in 2023 and beyond.



Charity Registration No. 1191530

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED
30/09/2022

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CHARITY INFORMATION

Trustees

Dr John Bibby (Chair)
Linda Brooks
Dr Jon Dixon

Charity number

1191530

Address

Live From Rest
216 South Meadow Lane
Preston
PR1 8JP
Lancs

Independent Examiner

Simon Hart
Hart Wright Accounting
24 Hall Drive
Sutton in Craven
BD20 7NH

I report to the charity trustees on my examination of the accounts of Live From Rest ('the CIO') for the year ended 30 September 2022, which are set out on pages 3 to 5.

Responsibilities and basis of the report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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.



Simon Hart
Hart Wright Accounting
24 Hall Drive
Sutton in Craven
BD20 7NH

Date: 23rd December 2022

Receipts and Payments Account

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>
	<u>Funds</u>	<u>Funds</u>	<u>2022</u>	<u>Funds</u>	<u>Funds</u>	<u>2021</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Receipts</u>						
Income from App providers	2,313		2,313	11,561		11,561
Individual Donations	8,940		8,940	8,072		8,072
Income from Sale of Books	1,159		1,159	-		-
Grant Income		2,500	2,500	-		-
			-			-
Total Receipts	12,412	2,500	14,912	19,633	-	19,633
<u>Payments</u>						
App Development costs	87	1,070	1,157	5,128		5,128
Cost of Sales - Books	1,896		1,896			-
Payroll and Contractors Fees	3,764		3,764	1,987		1,987
Other Staff Costs	100		100	162		162
Office Costs	303		303	500		500
IT and Communications	1,612		1,612	3,734		3,734
Advertising	560		560	7,378		7,378
Accountancy and independent examination	300		300			-
Bank charges	1		1			-
Total Payments	8,623	1,070	9,693	18,889	-	18,889
Net Receipts / (Payments)	3,789	1,430	5,219	744	-	744
Cash Funds at 01/09/2021	744	-	744			-
Cash Funds at 30/09/2022	4,533	1,430	5,963	744	-	744

Statement of Assets and Liabilities

<u>Cash funds</u>	30/09/2022	31 Aug 2021
	£	£
Cash Account	5,963	744

Approved by the Trustees on 28th December 2022 and signed on its behalf by



Dr John Bibby
Trustee

Notes to the Financial Statements

1 Accounting Policies

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

2 Funds

Unrestricted funds are income funds which are to be spent on the Charity's general purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used.

3 Related party transactions

There were no related party transactions in this financial period

4 Restricted funds

	b/f	Income	Expenditure	Transfers	c/f
App Development		2,500	1,070	-	1,430
	-	2,500	1,070	-	1,430