

LIVE FROM REST

Charity Number: 1191530

2023 Annual Report

Meditation,
rooted in the way of Jesus



OBJECTIVES AND ACTIVITIES

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.'

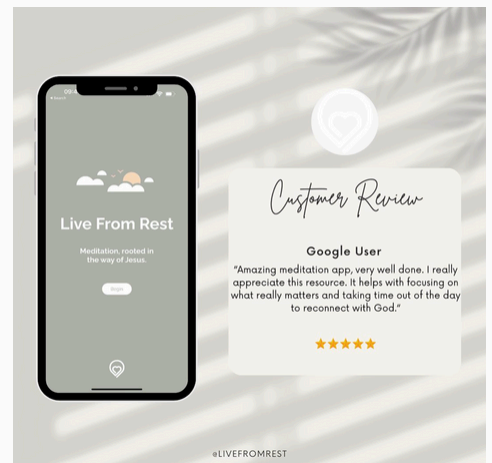
OUR MISSION



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 all too easily find ourselves living simply **FOR** rest. Yet for those who know God, life can and should be lived **FROM** rest! Our meditation app and our various other resources are all designed to help people find and **maintain a place of peace**. It is from this place that we actually become so much more productive and our lives can become more joyful and fruitful. Our hope is that the app and resources will help enable people to **find the rhythm of rest** that God always intended.

Meditation is known to have significant health benefits such as reduced blood pressure, improved pain management and better sleep. Numerous studies have shown a strong association between meditation and drastic improvements in psychological problems including anxiety, depression and eating disorders. Meditation has also been a significant factor for many in overcoming addictions.

The LIVE FROM REST app and resources on our website are available completely free, and they are benefitting many individuals, both in their physical and mental health, and spiritual journeys.



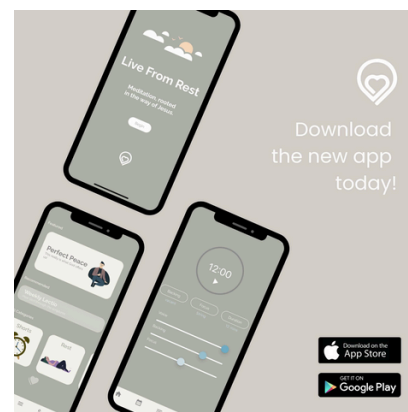
WORD FROM CO-FOUNDER DR STEVE SMITH

Welcome to the annual report for Live From Rest. This year, we continue to celebrate the wonderful impact our app has had worldwide, as many have found rest and freedom from strife through our unique approach to meditation rooted in the way of Jesus. Our ministry has reached hearts and minds across the globe, offering a haven of peace and spiritual renewal. As we look to the future, we are excited to develop new resources for the app, including potential translations into other languages and comprehensive courses that further deepen the journey of transformation and rest in Christ. Thank you for your continued support and partnership in this vital ministry.

ACHIEVEMENTS AND PERFORMANCE

NEW APP LAUNCH

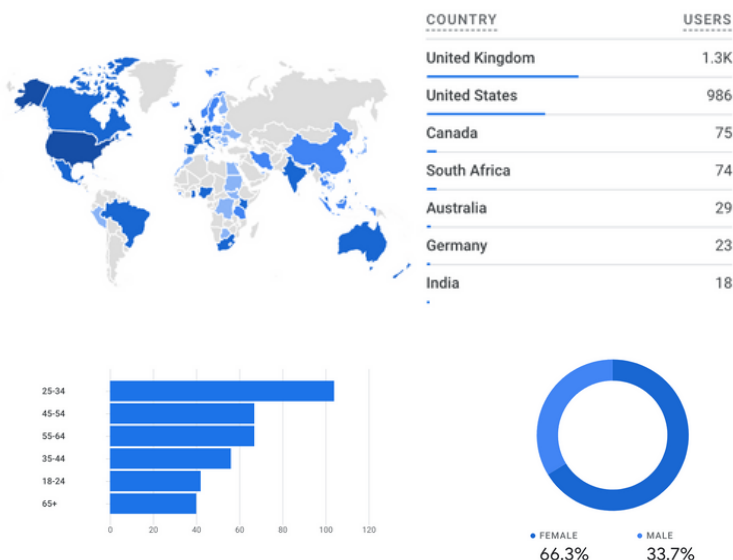
We were excited to launch the new updated version of our app in May. We worked hard to make the interface appealing and easy to use, and we have added new elements such as Lectio meditations and featured sections, an activity calendar and the ability to save favourite meditations for easy access. We will continue to expand the range of meditations and resources available on the app. We have had some encouraging feedback from people telling of their enjoyment in using the new app and we are looking forward to seeing more people benefitting from the app in the coming year.



'Just love this app. Wish more people knew about it! Changed my life on many levels.'



'I have accessed deep pools of peace and healing using this app. Beautifully put together, brimming with options and powerful tools to help you access the freedom and transformation that Jesus wants us to receive.'



During the last year, we have seen **1100 new users** to the app and it has been used in **78 different countries** across the world. As in previous years, our main user demographic is female between the ages of 25-34, though we have regular users from across the age spectrum. We are currently seeing an average of 90 users a day on the app and we hope this will increase in 2024. We have recently enhanced our social media campaign and continue to develop this. We hope that this will draw more users to the app.



The KEYS Project

We are pleased to have formed an association agreement with The KEYS Project, which is a charity working with churches to provide a holistic, community-based programme of medical, spiritual and community support, helping people escape drug and alcohol addiction. Meditation can be a very helpful tool for those in recovery and the Live From Rest app has been widely used, both in recovery meetings and by individual clients being supported by the programme.

AIMS FOR 2024

Looking ahead, we are hoping to make the app available in a range of languages, to make it even more easily accessible around the world. We are in the early stages of producing a French version and we hope to develop this further in 2024 as well as exploring the options of other languages. We also aim to expand our selection of meditations and resources which we will be promoting on our social media channels.

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

Social media:

   @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.

Charity Registration No. 1191530

LIVE FROM REST

RECEIPTS AND PAYMENTS ACCOUNTS

**FOR THE YEAR ENDED
30/09/2023**

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CHARITY INFORMATION

Trustees

Dr John Bibby (Chair)
Lynda 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 2023, 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: 12 January 2024

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>2023</u>	<u>Funds</u>	<u>Funds</u>	<u>2022</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Receipts</u>						
Income from App providers	844		844	2,313		2,313
Individual Donations	1,002	1,600	2,602	8,940		8,940
Income from Sale of Books	522		522	1,159		1,159
Grant Income			-	-	2,500	2,500
Income from Events	6,186		6,186	-		-
			-			-
Total Receipts	8,554	1,600	10,154	12,412	2,500	14,912
<u>Payments</u>						
App Development costs	2,070	1,430	3,500	87	1,070	1,157
Cost of Sales - Books	380		380	1,896		1,896
Payroll and Contractors Fees	2,358	1,600	3,958	3,764		3,764
Other Staff Costs			-	100		100
Office Costs			-	303		303
IT and Communications	1,748		1,748	1,612		1,612
Advertising			-	560		560
Accountancy and independent examination	300		300	300		300
Bank charges			-	1		1
Cost of Events	6,169		6,169			
Total Payments	13,025	3,030	16,055	8,623	1,070	9,693
Net Receipts / (Payments)	(4,471)	(1,430)	(5,901)	3,789	1,430	5,219
Cash Funds at 01/09/2022	4,533	1,430	5,963	744		744
Cash Funds at 30/09/2023	62	-	62	4,533	1,430	5,963

Statement of Assets and Liabilities

<u>Cash funds</u>	30/09/2023	31 Aug 2022
	£	£
Cash Account	62	5,963

Approved by the Trustees on 23rd July 2024 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	1,430	-	1,430	-	-
Payroll Contribution		1,600	1,600	-	-
	1,430	1,600	3,030	-	-