

# Live From Rest

Charity number: 1191530

## Annual Report 2024



**Meditation, rooted in the way of Jesus**

# Objectives and Activities

## Charitable objective – 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 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.



# A word from our co-founder

## **Dr Steve Smith:**

As we reflect on this past year, I'm once again struck by the quiet yet meaningful ways Live From Rest continues to reach people.

In a world that feels increasingly restless, it is a privilege to offer a space rooted in the peace and presence of Christ.

Our simple mission remains unchanged: to help people draw near to God and find rest in Him.

Thank you for being part of this journey—your support makes it possible for us to keep sharing this gift of stillness and spiritual renewal.



## **ACHIEVEMENTS AND PERFORMANCE**

This year saw a steady and consistent stream of new downloads, with 2,400 additional users engaging with the app. Daily and monthly usage figures continue to show that Live From Rest is being used regularly as a source of spiritual grounding and peace.

We've continued to receive encouraging feedback from users, including a number of 5-star reviews that affirm the gentle impact of the app. A modest number of Lucinda Smith's book "The Red Thread" have also been sold via the platform, adding a rich, reflective dimension to our offering.

In addition, a new online course has been written by Dr Steve Smith entitled "The Fight For The Night", designed to help people struggling with sleep. We hope this resource will support many and also generate income to sustain the wider work of the charity in the coming year.



# Reference/administration details

**UK Registered Charity Number:**

1191530

**Registration History:**

Registered as a CIO on 29 September 2020

**Principal address:**

36A Horsell Road, London N5 1XP

**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:**

livefromrest.com

**Email:**

hello@livefromrest.com

**Social media:**

@livefromrest

## Structure, governance and management

**Organisation type:** Charitable Incorporated Organisation

**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.



# Examples of some 5-star reviews

## Reviews of the Live From Rest app...

Exactly what I was looking for. So easy and intuitive to use, I love having meditation and Bible time first thing and last thing to bookend my day.

This is exactly what I was looking for!!

I was thrilled to find this app via a friend. I'd been meditating for a while and love it but I particularly like that these meditations are based in Christian scripture. I get the benefits of meditation and stillness while also being with God.

So thankful for this App. Supports my engagement with God. Recently had some trouble sleeping due to some anxiety I was experiencing but was signposted to this app "Live from rest" and has really helped me get back into a healthy and relaxed sleeping pattern again.

The mindfulness meditation helped me to calm my mind, discipline myself in effective breathing, practicing gratitude, resetting thought processes and gave me a lot peace whilst doing it so I'd highly recommend it, especially if you are a Christian. Thanks a lot Steve 🙏🌞😴zzz

Beautiful meditations based on the Bible. I use the app frequently as they provide meditations on many topics and of various lengths, to suit any time or situation. Thank you!



Charity Registration No. 1191530

**LIVE FROM REST**

**RECEIPTS AND PAYMENTS ACCOUNTS**

**FOR THE YEAR ENDED  
30 September 2024**

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**CHARITY INFORMATION**

**Trustees**

Dr John Bibby (Chair)  
Lynda Brooks  
Dr Jonathan Dixon

**Charity number**

1191530

**Address**

Live From Rest  
Basement Flat  
26A Horsell Road  
London  
N5 1XP

**Independent Examiner**

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



**30/09/2024**

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I report to the charity trustees on my examination of the accounts of Live From Rest ('the CIO') for the year ended 30 September 2024, 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 July 2025

**Receipts and Payments Account**

	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>	<b><u>Total</u></b>	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>	<b><u>Total</u></b>
	<b><u>Funds</u></b>	<b><u>Funds</u></b>	<b><u>2024</u></b>	<b><u>Funds</u></b>	<b><u>Funds</u></b>	<b><u>2023</u></b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b><u>Receipts</u></b>						
Income from App providers			-	844		844
Individual Donations	1,699		1,699	1,002	1,600	2,602
Income from Sale of Books	254		254	522		522
Grant Income			-			-
Income from Events			-	6,186		6,186
Loan in	450		450			-
<b>Total Receipts</b>	<b>2,404</b>	<b>-</b>	<b>2,404</b>	<b>8,554</b>	<b>1,600</b>	<b>10,154</b>
<b><u>Payments</u></b>						
App Development costs	907		907	2,070	1,430	3,500
Cost of Sales - Books			-	380		380
Payroll and Contractors Fees	1,200		1,200	2,358	1,600	3,958
Other Staff Costs			-			-
Office Costs			-			-
IT and Communications	8		8	1,748		1,748
Advertising			-			-
Accountancy and independent examination	300		300	300		300
Bank charges			-			-
Cost of Events			-	6,169		6,169
<b>Total Payments</b>	<b>2,415</b>	<b>-</b>	<b>2,415</b>	<b>13,025</b>	<b>3,030</b>	<b>16,055</b>
	2					
<b>Net Receipts / (Payments)</b>	<b>(12)</b>	<b>-</b>	<b>(12)</b>	<b>(4,471)</b>	<b>(1,430)</b>	<b>(5,901)</b>
<b>Cash Funds at 01/10/2023</b>	<b>62</b>	<b>-</b>	<b>62</b>	<b>4,533</b>	<b>1,430</b>	<b>5,963</b>
<b>Cash Funds at 30/09/2024</b>	<b>50</b>	<b>-</b>	<b>50</b>	<b>62</b>	<b>-</b>	<b>62</b>

**Receipts and Payments Account**

	<b><u>Unrestricted</u></b> <b><u>Funds</u></b> <b>£</b>	<b><u>Restricted</u></b> <b><u>Funds</u></b> <b>£</b>	<b><u>Total</u></b> <b><u>2024</u></b> <b>£</b>	<b><u>Unrestricted</u></b> <b><u>Funds</u></b> <b>£</b>	<b><u>Restricted</u></b> <b><u>Funds</u></b> <b>£</b>	<b><u>Total</u></b> <b><u>2023</u></b> <b>£</b>
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**30/09/2024**

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**Statement of Assets and Liabilities****Cash funds****30/09/2024****30/09/2023**

£

£

Cash Account

50

62

Approved by the Trustees on 25th July 2025 and signed on its behalf by



Dr John Bibby  
**Trustee**

30/09/2024

**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	-	-