

PRISON YOGA PROJECT UK

England & Wales · Charity number 1204210

Details

Status Registered

Legal form CIO

Registered 2023-08-03

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF PRISONERS AND THOSE AT RISK OF BECOMING PRISONERS IN PARTICULAR THROUGH THE PROVISION OF A TRAUMA-INFORMED AND MINDFULNESS-BASED YOGA AND MEDITATION PROGRAMME DELIVERED AS A MEANS OF ADDRESSING THEIR TRAUMA, MENTAL OR PHYSICAL ILL-HEALTH AND PROVIDING THE OPPORTUNITY FOR RECOVERY, REHABILITATION AND PERSONAL DEVELOPMENT.

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Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, Economic/community Development/employment, Other Charitable Purposes

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£47,124	£27,372	-	-

Trustees

Name	Role	Appointed
James Fox	Chair	2023-08-03
DAVID JOHN RENNIE		2023-08-03
Geoff O'Meara		2023-08-03
Nicole Hellthaler		2023-08-03

PRISON YOGA PROJECT UK

England & Wales - Charity number 1204210

Accounts

**PRISON YOGA PROJECT UK
CIO
UNAUDITED FINANCIAL STATEMENTS
31 DECEMBER 2024**

Charity Number 1204210

PRISON YOGA PROJECT UK

FINANCIAL STATEMENTS

PERIOD ENDED 31 DECEMBER 2024

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PRISON YOGA PROJECT UK
TRUSTEES' ANNUAL REPORT
PERIOD ENDED 31 DECEMBER 2024

The trustees present their report and the unaudited accounts of the charity for the period ended 31 December 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name	Prison Yoga Project UK
Charity registration number	1204210
Principal office	80 Knighton Road, Leicester LE2 3HJ

The trustees

The trustees who served the charity during the period were as follows:

James Fox (Chair)
Geoff O'Meara
Nicole Hellthaler
David John Rennie

PRISON YOGA PROJECT UK
TRUSTEES' ANNUAL REPORT *(continued)*
PERIOD ENDED 31 DECEMBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Prison Yoga Project UK is governed by a governing document that was issued when it registered as a CIO in August 2023.

The Trustees hereby submit their annual report and the financial statements of Prison Yoga Project UK for the period ending 31 December 2024. The trustees confirm that the annual report and financial statements of the Charity comply with the current UK statutory requirements, the requirements of the Charity's governing document (the Memorandum and the Articles of Association), and the provision of the Statement of Recommended Practice (SORP) - 'Accounting and Reporting by Charities'.

Trustee Selection Method

The Trustees are elected by existing Membership of the Charity according to: i) their expressed wish to serve as a Trustee; ii) their personal commitment and support for the objectives of the Charity; iii) the skills and experience they can offer as a Member of the Board; iv) their financial stability; v) their legal eligibility for the position.

Board of Trustees

The Trustees meet regularly to discuss, and decide by vote, matters relating to the Charity's activities.

Staff/Volunteers

All Trustees and other volunteers continue to work for the Charity without remuneration. The Charity uses contractors for other required roles.

OBJECTIVES AND ACTIVITIES

The purpose of Prison Yoga Project UK as set out in the Articles of Association of the charity are:

To relieve the needs of prisoners and those at risk of becoming prisoners in particular through the provision of a trauma-informed and mindfulness based yoga and meditation programme delivered as a means of addressing their trauma, mental or physical ill-health and providing the opportunity for recovery, rehabilitation and personal development.

PRISON YOGA PROJECT UK
TRUSTEES' ANNUAL REPORT *(continued)*

PERIOD ENDED 31 DECEMBER 2024

The above objective is achieved by providing yoga classes, programmes and yoga equipment and supplies for such persons in prisons or at risk of becoming prisoners. Additionally, the Charity offers training to prepare others to become facilitators of such services.

ACHIEVEMENTS AND PERFORMANCE

In carrying out its purpose over this report's stated period, Prison Yoga Project UK has delivered 310 Yoga/mindfulness sessions comprising 1,396 attendees at 5 HMPPS facilities. The Charity sent out – free of charge – 824 copies of its practice books.

Additionally, the Charity delivered five trainings contracted to HMPPS which cumulatively served 80 staff members from 46 unique HMPPS facilities.

The Charity also visited several additional prisons in-person or held online meetings with prison staff to discuss the implementation of future programming.

PRISON YOGA PROJECT UK
TRUSTEES' ANNUAL REPORT *(continued)*
PERIOD ENDED 31 DECEMBER 2024

Statement on public benefit

The Trustees have had regard to the Charity Commission's guidance on public benefit.

Promoting health through yoga is a benefit in that it cultivates participants' physical and mental health, with a growing body of evidence demonstrating this benefit. There are no detriments resulting from the purpose to outweigh these benefits. The activities of the Charity promote rehabilitation, reduce reoffending and enhance public safety, which are benefits to the public.

FINANCIAL REVIEW

The charity made a surplus of £19,752 in the period ending 31 December 2024.

The Trustees are of the opinion that the charity is financially viable and can continue to meet its liabilities, when they fall due.

Charity's principal sources of funds

- Contract for services with HMPPS to provide yoga services for prisoners and staff in the UK

Reserves policy

The Charity makes sure it has reserves to meet its liabilities three (3) months ahead of them falling due. This includes rental payments, contractor payments, and systems.

Going Concern

The trustees consider that the charity is a going concern, as it has positive cash funds and maintains a balance to cover any fixed costs.

PRISON YOGA PROJECT UK
TRUSTEES' ANNUAL REPORT *(continued)*
PERIOD ENDED 31 DECEMBER 2024

STATEMENT OF TRUSTEES RESPONSIBILITIES

The Charities Act requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and which are sufficient to show and explain the Charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the independent examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

I approve the attached statement of financial activities and balance sheet for the period ended 31 December 2024 and confirm that I have made available all information necessary for its preparation.

Signed on behalf of the trustees

A handwritten signature in black ink, appearing to be 'G O'Meara', followed by a horizontal line extending to the right.

Geoff O'Meara
Trustee

30 October 2025

PRISON YOGA PROJECT UK

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)

PERIOD ENDED 31 DECEMBER 2024

	Note	Unrestricted funds 2024	Restricted funds 2024	Total Funds 2024
INCOME AND ENDOWMENTS				
Charitable activities	2	47,124	0	<u>47,124</u>
TOTAL INCOME		47,124	0	<u>47,124</u>
EXPENDITURE				
Expenditure on charitable activities	5/6	(27,372)	(0)	<u>(27,372)</u>
TOTAL EXPENDITURE		(27,372)	(0)	<u>(27,372)</u>
NET (EXPENDITURE)/INCOME AND NET MOVEMENT IN FUNDS FOR THE PERIOD	7	19,752	(0)	19,752
RECONCILIATION OF FUNDS				
Total funds brought forward		0	0	<u>0</u>
TOTAL FUNDS CARRIED FORWARD		19,752	0	<u><u>19,752</u></u>

The Statement of financial activities includes all gains and losses in the period.

All of the above amounts relate to continuing activities.

The notes on pages 8 to 13 form part of these financial statements

PRISON YOGA PROJECT UK

BALANCE SHEET

31 DECEMBER 2024

		2024		
	Note	Unrestricted funds	Restricted funds	Total funds
FIXED ASSETS				
Tangible assets		-	-	-
CURRENT ASSETS				
Cash at bank		20,052	0	20,052
CREDITORS: Amounts falling due within one year	10	(300)	=	(300)
NET CURRENT ASSETS		19,752	0	19,752
TOTAL ASSETS LESS CURRENT LIABILITIES		19,752	0	19,752
NET (LIABILITIES)/ASSETS		19,752	0	19,752
TOTAL CHARITY FUNDS	11	19,752	0	19,752

Trustees' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the period in question in accordance with section 476; and
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the board of trustees and authorised for issue on 30 October 2025 and are signed on their behalf by:



Geoff O'Meara
member of the committee

Charity Number - 1204210

The notes on pages 8 to 13 form part of these financial statements

PRISON YOGA PROJECT UK
NOTES TO THE FINANCIAL STATEMENTS
PERIOD ENDED 31 DECEMBER 2024

1. GENERAL INFORMATION

The charity is a CIO, registered in England and Wales. The address of the registered office is 80 Knighton Road, Leicester, LE2 3HJ.

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future projects or commitments. The charity has no designated funds.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

Financial Reporting Standard 102 – Reduced Disclosure Exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'

PRISON YOGA PROJECT UK

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

PERIOD ENDED 31 DECEMBER 2024

- The requirements of Section 7 Statement of Cash Flows.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised where there is evidence of entitlement to the gift, receipt is probable, and its amount can be measured reliably.

Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of resources. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other gains and losses, except to the extent to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

PRISON YOGA PROJECT UK

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

PERIOD ENDED 31 DECEMBER 2024

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	-	3-year straight line
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Financial Instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal

PRISON YOGA PROJECT UK

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

PERIOD ENDED 31 DECEMBER 2024

does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Taxation

The charity is exempt from tax on its charitable activities.

4. MEMBERS

The number of members at 31 December 2024 was four and they have no liability in the event of a winding up of the CIO.

5. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds	Total Funds 2024 £
Charitable services			
HMPPS	47,124	-	47,124
	<u>47,124</u>	<u>-</u>	<u>47,124</u>

6. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds £	Restricted Funds	Total Funds 2024 £
Cost of providing services	26,481	-	26,481
Governance costs	891	-	891
	<u>27,372</u>	<u>-</u>	<u>27,372</u>

7. EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly £	Total Funds 2024 £
Cost of providing services	26,841	26,841
Governance costs	891	891
	<u>27,372</u>	<u>27,372</u>

PRISON YOGA PROJECT UK

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

PERIOD ENDED 31 DECEMBER 2024

8. NET (OUTGOING)/INCOMING RESOURCES FOR THE PERIOD

This is stated after charging:

	2024
	£
Depreciation	-
	<u> </u>

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2024
	£
Wages and salaries	-
Social security costs	-
	<u> </u>
	<u> </u>

Particulars of employees:

The average number of employees during the period, was as follows:

	2024
	No.
Number of other staff	-
	<u> </u>

No employee received remuneration of more than £60,000 during the period.

Trustee remuneration and expenses

The trustees received no remuneration from the charity for their services as trustees in the financial period to 31 December 2024. One trustee provided paid services to the charity in the period in accordance with the charity's governing documents.

10. CREDITORS: Amounts falling due within one year

	2024
	£
Accruals and deferred income	300
Other creditors	-
	<u> </u>
	<u>300</u>

PRISON YOGA PROJECT UK

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

PERIOD ENDED 31 DECEMBER 2024

11. ANALYSIS OF CHARITABLE FUNDS UNRESTRICTED INCOME FUNDS

	Balance at 3 August 2023	Income	Expenditure	Balance at 31 December 2024
	£	£	£	£
General Funds	-	<u>47,124</u>	<u>(27,372)</u>	<u>19,752</u>

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net current assets/ (liabilities)	Total
	£	£	£
Unrestricted Income Funds	-	19,752	19,752
Restricted funds	-	-	-
Total Funds	<u>-</u>	<u>19,752</u>	<u>19,752</u>

13. RELATED PARTY TRANSACTIONS

One trustee received payment for services provided to the charity outside of their role as trustee. This was done in accordance with the provision of the charity's governing document.

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Prison Yoga Project UK CIC

On accounts for the year ended

31 December 2024

Charity no
(if any)

1204210

Set out on pages

1-13

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31/12/2024.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 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 which gives me cause to believe that in, any material respect:

- * the accounting records were not kept in accordance with section 130 of the Charities Act; or
- * the accounts did not accord with the accounting records; or
- * the accounts did 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.

Signed:

Jessica Mills

Date: 30/10/2025

Name: Jessica Mills

Relevant professional

ICAEW

qualification(s) or body (if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.