

LIVING POTENTIAL FOUNDATION

England & Wales · Charity number 1205323

Details

Status Registered

Legal form CIO

Registered 2023-10-20

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

Contact

Address 1 Garden Square
Rendlesham
Woodbridge
Suffolk
IP12 2GW

Phone 07707 480867

Email contact@livingpotentialfoundation.org

Website livingpotentialfoundation.org

Activities

Objects: THE OBJECTS OF THE CIO ARE, FOR THE PUBLIC BENEFIT:3.1 TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC, BY PROVIDING AND ASSISTING IN THE PROVISION OF COURSES, WORKSHOPS, LECTURES, EVENTS, AND OTHER LEARNING OPPORTUNITIES INCLUDING RESIDENTIAL COURSES AND RETREATS ON TOPICS THAT WILL HELP ADVANCE THEM IN LIFE AND DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS; AND3.2 TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH, PARTICULARLY, BUT NOT EXCLUSIVELY OF WOMEN AND YOUNG PEOPLE BY PROVIDING ACTIVITIES AND HOLISTIC PROGRAMMES.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: We are raising funds to build a residential centre. Our consciousness-based courses are proven to rebalance, integrate and strengthen mind-body, health and wellbeing, providing a firm ground for discovering and opening each person's full potential. We have a special focus on the welfare of women and young people.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Guernsey
- Ireland
- Jersey
- Netherlands
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£72,708	£53,017	-	-
2024-12-31	£169,967	£5,776	-	-

Trustees

Name	Role	Appointed
RUTH MARIE FISKEN	Chair	2021-01-20
Daphne Constance Sheard		2026-02-12
Dr Bernadette Maria van den Hout		2024-08-08
Vanda Nicole Heloise Horvath		2025-07-24

LIVING POTENTIAL FOUNDATION

England & Wales - Charity number 1205323

Accounts

Living Potential Foundation Annual Report and Financial Statements for the year ended 31 December 2025

Reference and Administrative Details

Charity Name: Living Potential Foundation

Registered Charity Number: 1205323

Address: 1 Garden Square, Rendlesham, Suffolk, IP12 2GW

Trustees: Ruth Marie Fisken (Chair), Patricia Mary Law (retired during the year), Dr Bernadette Maria van den Hout, Vanda Nicole Heloise Horvath (appointed during the year). The following trustee was appointed after the year end but prior to the approval of these accounts: Daphne Constance Sheard.

Independent Examiner: James Tattersall

Structure, Governance and Management

Living Potential Foundation is a Charitable Incorporated Organisation (CIO). The charity hires the services of 1 part-time bookkeeper and is supported by 5 volunteers.

Trustee appointment method: There must be a minimum of three trustees. Trustees are appointed by resolution of the trustees and can serve for a three-year term. They may apply for re-election after three years but after the second term they must wait 12 months before applying for a third term of office.

Reserves policy: The charity's policy is to hold at least £15,000 in reserves to cover three months of core operating costs and grant commitments.

Organisational structure: The trustees are responsible for the overall management of the charity and are assisted by a number of volunteers who raise donations and promote courses that are in accordance with the charity's objectives.

Objectives and Activities

The objectives of the charity are:

(1) to advance the education of the general public, by providing and assisting in the provision of courses, workshops, lectures, events, and other learning opportunities including residential courses and retreats on topics that will help advance them in life and develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals; and

(2) to preserve and protect physical and mental health, particularly, but not exclusively of women and young people by providing activities and holistic programmes.

Main activities during the year:

As a new charity the trustees have had to focus on setting up the legal and administration requirements for the charity, including establishing a better bookkeeping system.

The charity succeeded in obtaining several generous grants for LPF's building project's capital fund, known as the LPF Build fund (see note 4), and others that have enabled LPF to offer on-going residential programmes for women's health, wellbeing and self-development.

In accordance with our charitable purposes for the public benefit, residential, day and on-line courses have been held in UK. Topics included a range of health issues, art and life, relationships and emotions, our relationship with creation – a modern and ancient perspective, free will and determinism, yoga and meditation for health and wellbeing, etc. We have had very good feedback from these courses and currently have over 370 people registered on our mailing list. Although the courses were promoted and provided by personnel acting on behalf of LPF, the finances were operated by other charities with similar objects to LPF.

Public Benefit Statement

The trustees confirm compliance with the Charities Act 2011 guidance on public benefit.

Achievements and Performance

Key statistics: £57,821 was raised in donations and interest (2024: £165,486).

Case study: The LPF Build restricted fund for the building project contained £41,509 at the year-end (2024: £35,124).

Challenges faced: The main challenges are to find a suitable site for a residential facility, to raise funds for its construction and to plan and promote new courses.

Financial Review

Income: £72,708 (2024: £169,967).

Expenditure: £53,017 (2024: £5,776).

Principal sources of income: Donations

Investments: £157,000 was invested in an investment account at the end of the year (2024: £137,000).

Plans for the Future

The main goals for the future are to raise funds to build a residential facility and to run many more courses, as outlined in the section on activities above.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing financial statements that give a true and fair view, ensuring proper accounting records are kept, and safeguarding the charity's assets.

Independent examiner's report to the trustees of Living Potential Foundation

I report to the trustees on my examination of the accounts of the Living Potential Foundation for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the Charity 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 Charity'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 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.

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:

Name: James P Tattersall

Address: 27 Lyndhurst, Ashurst, Skelmersdale, Lancashire, WN8 6UH

Date: 13 May 2026

Living Potential Foundation Charity no. 1205323

Statement of Financial Activities for year ended 31 December 2025

	Notes	Unrestricted funds	Restricted funds	Total funds	2024
		£	£	£	£
Receipts					
Donations		49,501	2,200	51,701	165,486
Grants		-	2,475	2,475	-
Tax reclaimed		10,064	330	10,394	3,417
Course income		2,018	-	2,018	-
Interest received		4,681	1,439	6,120	1,064
TOTAL		66,264	6,444	72,708	169,967
Payments					
Grants		18,038	-	18,038	-
Promotional costs		29	-	29	-
Course accommodation		33,670	-	33,670	5,470
Management & admin		1,180	-	1,180	224
Bank charges & interest		77	-	77	-
Stationery & postage		23	-	23	82
TOTAL		53,017	-	53,017	5,776
Net receipts/(payments)		13,247	6,444	19,691	164,191
Total funds at 31/12/24		119,160	36,624	155,784	155,784
Total funds at 31/12/25		132,407	43,068	175,475	

Living Potential Foundation Charity no. 1205323

Balance sheet as at 31 December 2025

	2025	2024
Current assets		
Cash at bank and in hand	180,159	164,191
Unclaimed tax	<u>2,189</u>	=
	182,348	164,191
Current liabilities		
Creditors: Amount due within 1 year (see note 5)	6,873	8,407
Net current and total assets	175,475	155,784
Representing accumulated funds		
Unrestricted funds		
General fund	132,407	119,160
Restricted funds		
LPF Build fund	41,509	35,124
Endowment fund	<u>1,559</u>	<u>1,500</u>
Total	43,068	36,624
Total funds	175,475	155,784

The financial statements were approved and authorised for issue by the trustees on 13 May 2026 and signed on their behalf by:



Ruth Fiskén

Trustee and Chair

Notes to the accounts

1. Basis of preparation

The accounts have been prepared in accordance with the Charities Act 2011 and Charities SORP (FRS 102). The accounts have been prepared to give a true and fair view of the Charity's financial affairs and on a going concern basis.

2. Trustee remuneration, expenses and benefits

One trustee participated in a residential educational programme and received a benefit of course accommodation paid by the charity and costing £5,100.

The trustee received this benefit on the same terms as other participants.

No remuneration was paid to trustees for their services as trustees.

The provision of such benefits is authorised by the charity's governing document.

3. Related party transactions

There were no related party transactions during the year.

4. Restricted funds

Restricted funds are given to the charity for a specific purpose and must be spent on that purpose.

The LPF Build fund is a restricted fund to raise money to build a residential facility for courses offered by the Charity. The building must be built according to the principles of Maharishi Sthapatya Veda.

A donation of £1,500 was given in 2024 to act as an endowment fund where only the interest earned may be used for charitable expenditure.

5. Creditors

The following debts were outstanding at the year end:

	2025	2024
	£	£
Course accommodation	1,500	-
Grants payable - charitable courses	5,373	8,316
Administration fees	<u>-</u>	<u>91</u>
Total	6,873	8,407

LIVING POTENTIAL FOUNDATION

England & Wales - Charity number 1205323

Accounts

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Reference and Administrative Details

Charity Name: Living Potential Foundation

Registered Charity Number: 1205323

Address: 1 Garden Square, Rendlesham, Suffolk, IP12 2GW

Trustees: Ruth Marie Fisken (Chair), Patricia Mary Law, Dr Bernadette Maria van den Hout, Dr Elizabeth Lawson Young (retired during the year), Vanda Nicole Heloise Horvath (appointed 24 July 2025).

Independent Examiner: James Tattersall

Structure, Governance and Management

Living Potential Foundation is a Charitable Incorporated Organisation (CIO). The charity hires the services of 1 part-time bookkeeper and is supported by 5 volunteers.

Trustee appointment method: There must be a minimum of three trustees. Trustees are appointed by resolution of the trustees and can serve for a three-year term. They may apply for re-election after three years but after the second term they must wait 12 months before applying for a third term of office.

Reserves policy: The charity's policy is to hold at least £15,000 in reserves to cover three months of core operating costs and grant commitments.

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The objectives of the charity are:

(1) to advance the education of the general public, by providing and assisting in the provision of courses, workshops, lectures, events, and other learning opportunities including residential courses and retreats on topics that will help advance them in life and develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals; and

(2) to preserve and protect physical and mental health, particularly, but not exclusively of women and young people by providing activities and holistic programmes.

Main activities during the year:

As a new charity the trustees have had to focus on setting up the legal and administration requirements for the charity, including establishing a better bookkeeping system.

The charity succeeded in obtaining several generous grants for LPF's building project's capital fund, known as the LPF Build fund (see note 4), and others that have enabled LPF to offer on-going residential programmes for women's health, wellbeing and self-development.

In accordance with our charitable purposes for the public benefit, residential, day and on-line courses have been held in UK and Ireland. Topics included a range of health issues, art and life, relationships and emotions, our relationship with creation – a modern and ancient perspective, free will and determinism, yoga and meditation for health and wellbeing, etc. We have had very good feedback from these courses and currently have over 370 people registered on our mailing list. Although the courses were promoted and provided by personnel acting on behalf of LPF, the finances were operated by other charities with similar objects to LPF.

Public Benefit Statement

The trustees confirm compliance with the Charities Act 2011 guidance on public benefit.

Achievements and Performance

Key statistics: £165,486 was raised in donations and interest.

Case study: The LPF Build restricted fund for the building project contained £35,124 at the year-end.

Challenges faced: The main challenges are to find a suitable site for a residential facility, to raise funds for its construction and to plan and promote new courses.

Financial Review

Income: £169,967

Expenditure: £5,776

Principal sources of income: Donations

Investments: £137,000 was invested in a high-interest deposit account at the end of the year.

Plans for the Future

The main goals for the future are to raise funds to build a residential facility and to run many more courses, as outlined in the section on activities above.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing financial statements that give a true and fair view, ensuring proper accounting records are kept, and safeguarding the charity's assets.

Independent examiner's report to the trustees of Living Potential Foundation

I report to the trustees on my examination of the accounts of the Living Potential Foundation for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the Charity 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 Charity'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 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.

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:

Name: James P Tattersall

Address: 27 Lyndhurst, Ashurst, Skelmersdale, Lancashire, WN8 6UH

Date: 28 September 2025

Receipts and payments accounts from 12 February 2024 to 31 December 2024

	Notes	Restricted funds £	Unrestricted funds £	Total funds £
Receipts				
Donations		36,399	129,087	165,486
Tax reclaimed		225	3,192	3,417
Interest			1,064	1,064
TOTAL		36,624	133,343	169,967
Payments				
Course accommodation		0	5,470	5,470
Management & administration		0	306	306
TOTAL		0	5,776	5,776
Net receipts/(payments)		36,624	127,567	164,191
Cash funds at 12.2.24		0	0	0
Cash funds at 31.12.24	4	36,624	127,567	164,191

Statement of Assets and Liabilities at 31 December 2024

Assets		£	£	£
Cash at bank		36,624	127,567	164,191
Liabilities				
Creditors	5	0	8,407	8,407
Net assets at 31.12.24		36,624	119,160	155,784

The financial statements were approved and authorized for issue by the trustees on 28 September 2025 and signed on their behalf by:



Ruth Fiskén
Trustee and Chair

Notes to the accounts

1. Basis of preparation

The accounts have been prepared on a receipts and payments basis, in accordance with the Charities Act 2011 and Charities SORP (FRS 102) as applicable to smaller charities.

2. Trustees' remuneration and expenses

No trustee received any remuneration or reimbursement of expenses during the year.

3. Related party transactions

There were no related party transactions during the year.

4. Restricted funds

Restricted funds are given to the charity for a specific purpose and must be spent on that purpose.

Restricted funds at 31 December 2024:

	£
LPF Build fund	35,124
Endowment fund	<u>1,500</u>
Total	36,624

The LPF Build fund is a restricted fund to raise money to build a residential facility for courses offered by the Charity. The building must be built according to the principles of Maharishi Sthapatya Veda.

Only the interest earned by the Endowment fund may be used for charitable expenditure.

5. Creditors

The accounts have been prepared on a receipts and payments basis but the following (unaccrued) debts were outstanding at the year end:

	£
Grants payable for charitable courses	8,316
Administration fee	<u>91</u>
	8,407