

REGISTERED COMPANY NUMBER: 00458404 (England and Wales)
REGISTERED CHARITY NUMBER: 207312

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 June 2024
for
The Society Of The Inner Light Limited

Guymer King Limited
4 Stone Street Court
Stone Street
Hadleigh
Suffolk
IP7 6HY

FRIDAY



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The Society Of The Inner Light Limited

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for the Year Ended 30 June 2024

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The Society Of The Inner Light Limited

Report of the Trustees
for the Year Ended 30 June 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: 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) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00458404 (England and Wales)

Registered Charity number

207312

Registered office

Providence House
141-145 Princes Street
Ipswich
Suffolk
IP1 1QJ

Trustees

Mrs P Arthy Retired
A R Boyle Psychotherapist
C P Gilson Teacher
Professor S R Harrop Professor Emeritus
J Paternoster Retired Dental Surgeon

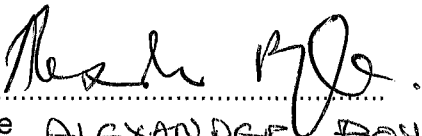
Company Secretary

Birketts Secretaries Limited

Independent Examiner

Guymer King Limited
4 Stone Street Court
Stone Street
Hadleigh
Suffolk
IP7 6HY

Approved by order of the board of trustees on 27th March 2025 and signed on its behalf by:


Trustee ALEXANDER BOYLE

Independent Examiner's Report to the Trustees of
The Society Of The Inner Light Limited

Independent examiner's report to the trustees of The Society Of The Inner Light Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

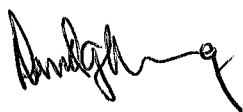
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



David Guymer King FCCA ATII

Guymer King Limited
4 Stone Street Court
Stone Street
Hadleigh
Suffolk
IP7 6HY

Date: 27th March 2025

The Society Of The Inner Light Limited

Statement of Financial Activities
for the Year Ended 30 June 2024

		30.6.24	30.6.23
		Unrestricted	Total
		fund	funds
		£	£
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies		9,060	7,728
Charitable activities			
Publishing and other activities		11,791	12,214
Investment income	2	<u>62,067</u>	<u>56,022</u>
Total		<u>82,918</u>	<u>75,964</u>
EXPENDITURE ON			
Charitable activities			
Publishing and other activities		235	75
Grants		1,429	-
Centre running costs "House"		32,752	23,236
Support costs and administration		<u>27,433</u>	<u>24,397</u>
Total		<u>61,849</u>	<u>47,708</u>
Net gains/(losses) on investments		<u>75,025</u>	<u>(71,202)</u>
NET INCOME/(EXPENDITURE)		96,094	(42,946)
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>1,308,269</u>	<u>1,351,215</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>1,404,363</u></u>	<u><u>1,308,269</u></u>

The notes form part of these financial statements

The Society Of The Inner Light Limited

Balance Sheet
30 June 2024

		30.6.24	30.6.23
		Unrestricted	Total
		fund	funds
	Notes	£	£
FIXED ASSETS			
Tangible assets	6	59,424	46,527
Investments	7	<u>1,176,161</u>	<u>1,101,136</u>
		1,235,585	1,147,663
CURRENT ASSETS			
Debtors	8	12,005	10,902
Cash at bank and in hand		<u>162,363</u>	<u>178,609</u>
		174,368	189,511
CREDITORS			
Amounts falling due within one year	9	(5,590)	(28,905)
		<u>168,778</u>	<u>160,606</u>
NET CURRENT ASSETS			
		<u>168,778</u>	<u>160,606</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		1,404,363	1,308,269
NET ASSETS		<u>1,404,363</u>	<u>1,308,269</u>
FUNDS	10		
Unrestricted funds		<u>1,404,363</u>	<u>1,308,269</u>
TOTAL FUNDS		<u>1,404,363</u>	<u>1,308,269</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

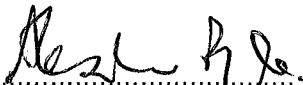
The Society Of The Inner Light Limited

Balance Sheet - continued

30 June 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 27th March 2025 and were signed on its behalf by:



Trustee ALEXANDER BOYLE.

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: 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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 30 June 2024

2. INVESTMENT INCOME

	30.6.24	30.6.23
	£	£
Listed investments	61,353	55,467
Deposit account interest	<u>714</u>	<u>555</u>
	<u>62,067</u>	<u>56,022</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.6.24	30.6.23
	£	£
Depreciation - owned assets	<u>2,295</u>	<u>979</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2024 nor for the year ended 30 June 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2024 nor for the year ended 30 June 2023.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	7,728
Charitable activities	
Publishing and other activities	12,214
Investment income	<u>56,022</u>
Total	<u>75,964</u>
EXPENDITURE ON	
Charitable activities	
Publishing and other activities	75
Centre running costs – "House"	23,236
Support costs and administration	<u>24,397</u>
Total	<u>47,708</u>
Net gains/(losses) on investments	(71,202)

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
	<hr/>
NET INCOME/(EXPENDITURE)	(42,946)
RECONCILIATION OF FUNDS	
Total funds brought forward	1,351,215
	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>1,308,269</u>

6. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 July 2023	37,052	20,171	51,133	800	109,156
Additions	<u>-</u>	<u>-</u>	<u>14,307</u>	<u>885</u>	<u>15,192</u>
At 30 June 2024	<u>37,052</u>	<u>20,171</u>	<u>65,440</u>	<u>1,685</u>	<u>124,348</u>
DEPRECIATION					
At 1 July 2023	-	20,098	42,531	-	62,629
Charge for year	<u>-</u>	<u>18</u>	<u>2,189</u>	<u>88</u>	<u>2,295</u>
At 30 June 2024	<u>-</u>	<u>20,116</u>	<u>44,720</u>	<u>88</u>	<u>64,924</u>
NET BOOK VALUE					
At 30 June 2024	<u>37,052</u>	<u>55</u>	<u>20,720</u>	<u>1,597</u>	<u>59,424</u>
At 30 June 2023	<u>37,052</u>	<u>73</u>	<u>8,602</u>	<u>800</u>	<u>46,527</u>

7. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 July 2023	1,101,136
Revaluations	<u>75,025</u>
At 30 June 2024	<u>1,176,161</u>
NET BOOK VALUE	
At 30 June 2024	<u>1,176,161</u>
At 30 June 2023	<u>1,101,136</u>

There were no investment assets outside the UK.

Cost or valuation at 30 June 2024 is represented by:

	Listed investments £
Valuation in 2019	1,280,903
Valuation in 2020	(181,029)
Valuation in 2021	129,656
Valuation in 2022	(57,191)
Valuation in 2023	(71,203)
Valuation in 2024	<u>75,025</u>
	<u>1,176,161</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.6.24 £	30.6.23 £
Trade debtors	<u>12,005</u>	<u>10,902</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.6.24	30.6.23
	£	£
Trade creditors	5,582	4,807
Other creditors	8	-
Accruals and deferred income	-	24,098
	<u>5,590</u>	<u>28,905</u>

10. MOVEMENT IN FUNDS

	At 1.7.23	Net movement in funds	At 30.6.24
	£	£	£
Unrestricted funds			
General fund	1,308,269	96,094	1,404,363
	<u>1,308,269</u>	<u>96,094</u>	<u>1,404,363</u>
TOTAL FUNDS			

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund	82,918	(61,849)	75,025	96,094
	<u>82,918</u>	<u>(61,849)</u>	<u>75,025</u>	<u>96,094</u>
TOTAL FUNDS				

Comparatives for movement in funds

	At 1.7.22	Net movement in funds	At 30.6.23
	£	£	£
Unrestricted funds			
General fund	1,351,215	(42,946)	1,308,269
	<u>1,351,215</u>	<u>(42,946)</u>	<u>1,308,269</u>
TOTAL FUNDS			

Notes to the Financial Statements - continued
for the Year Ended 30 June 2024

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	75,964	(47,708)	(71,202)	(42,946)
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>75,964</u>	<u>(47,708)</u>	<u>(71,202)</u>	<u>(42,946)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.7.22 £	Net movement in funds £	At 30.6.24 £
Unrestricted funds			
General fund	1,351,215	53,148	1,404,363
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>1,351,215</u>	<u>53,148</u>	<u>1,404,363</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	158,882	(109,557)	3,823	53,148
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>158,882</u>	<u>(109,557)</u>	<u>3,823</u>	<u>53,148</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2024.

The Society Of The Inner Light Limited

Detailed Statement of Financial Activities
for the Year Ended 30 June 2024

	30.6.24 £	30.6.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	9,060	7,728
Investment income		
Listed investments	61,353	55,467
Deposit account interest	<u>714</u>	<u>555</u>
	62,067	56,022
Charitable activities		
Book sales and royalties	10,265	10,813
Study course fee	<u>1,526</u>	<u>1,401</u>
	<u>11,791</u>	<u>12,214</u>
Total incoming resources	82,918	75,964
EXPENDITURE		
Charitable activities		
Rates and water	13,239	11,621
Insurance	9,738	9,975
Light and heat	5,292	7,396
Repairs and maintenance	11,926	4,219
Grants to institutions	<u>1,429</u>	<u>-</u>
	41,624	33,211
Support costs		
Management		
Telephone	1,627	1,706
Postage and stationery	235	105
Sundries	-	263
Travelling	4,394	3,255
Depreciation of tangible and heritage assets	<u>2,295</u>	<u>979</u>
	8,551	6,308
Finance		
Bank charges	192	184

This page does not form part of the statutory financial statements

The Society Of The Inner Light Limited

Detailed Statement of Financial Activities
for the Year Ended 30 June 2024

	30.6.24	30.6.23
	£	£
Finance		
Information technology		
Computer costs	572	416
Other		
Exchange (gains)/losses	2,090	(136)
Legal and professional	1,049	1,123
Audit and accountancy	<u>7,771</u>	<u>6,602</u>
	<u>10,910</u>	<u>7,589</u>
Total resources expended	<u>61,849</u>	<u>47,708</u>
Net income	<u><u>21,069</u></u>	<u><u>28,256</u></u>

This page does not form part of the statutory financial statements