

# Open Pathway Retreat Centre

England & Wales · Charity number 800412

## Details

---

<b>Other names</b>	DENTON REALIZATION HEALING CENTRE CHARITABLE TRUST, SELF REALIZATION MEDITATION HEALING CENTRE T/A OPEN PATHWAY RETREAT CENTRE & TRAINING COLLEGE, SELF-REALIZATION MEDITATION HEALING CENTRE, Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre & Training College, THE SELF REALIZATION HEALING CENTRE CHARITABLE TRUST
<b>Status</b>	Registered
<b>Legal form</b>	Charitable company
<b>Company number</b>	<a href="#">02294320</a>
<b>Registered</b>	1989-02-01
<b>Register</b>	<a href="#">View on the Charity Commission register</a>

## Contact

---

<b>Address</b>	Same Roots Collective (Formally Open Pathway) Laurel Lane Queen Camel Somerset BA22 7NU
<b>Phone</b>	07708045743
<b>Email</b>	<a href="mailto:info@samerootscollective.org.uk">info@samerootscollective.org.uk</a>
<b>Website</b>	<a href="https://www.samerootscollective.org.uk">https://www.samerootscollective.org.uk</a>

## Activities

---

**Objects:** TO SERVE THE PUBLIC GOOD BY PROMOTING THE STUDY AND PRACTICE OF THE ART AND SCIENCE OF MEDITATION AND NATURAL HEALING.

**Activities:** To serve the public good by promoting the study and practice of the art and science of Meditation and Natural Healing.

## Classification

- **How:** Makes Grants To Individuals, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Animals
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

- **Area of benefit:** SOMERSET
- Somerset

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£576,562	£745,914	£1,157,844	2
2024-01-31	£111,742	£371,180	-	-
2023-01-31	£109,617	£203,512	-	-
2022-01-31	£109,715	£219,406	-	-
2021-01-31	£109,548	£165,065	-	-

## Trustees

Name	Role	Appointed
David Cassian Cole		2024-12-02
Dr Charlotte Naylor-Davis		2026-01-12
Joel Denno		2026-01-12
Mark John Berry		2026-01-06
Ronald Kevin Muhl		2026-01-06

**Open Pathway Retreat Centre**

England & Wales - Charity number 800412

---

# Accounts

---

Open Pathway Retreat Centre

Charity No. 800412

Company No. 02294320

Trustees' Report and Unaudited Accounts

31 January 2025

Open Pathway Retreat Centre  
Contents

	Pages
Trustees' Annual Report	2 to 5
Independent Examiners' Report	6
Statement of Financial Activities	7
Balance Sheet	8
Statement of Cash flows	9
Notes to the Accounts	10 to 18

Trading as - Open Pathway Retreat Centre & Training College

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2025.

#### REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 02294320

Charity No. 800412

Principal Office

Laurel Lane

Queen Camel

Yeovil

Somerset

BA22 7NU

Registered Office

Laurel Lane

Queen Camel

Yeovil

Somerset

BA22 7NU

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

S. Althorpe	(Resigned 6 October 2024)
D.C. Cole	(Appointed 2 December 2024)
C. Douglas	(Resigned 25 February 2025)
R. Simpson	(Appointed 22 February 2024, resigned 27 July 2024)
D. Urch	(Resigned 1 January 2025)

Company Secretary

D.F. Casley

Accountants

Charltons Accountancy Limited

The Offices

Middle Farm

Charlton Horethorne

Sherborne

DT9 4NL

Bankers

Lloyds Bank Plc

9 High Street

Yeovil

BA20 1RN

Independent Examiner  
Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth  
Cornwall  
TR15 1LS

## OBJECTIVES AND ACTIVITIES

The purpose of the charity as set out in its governing document is ' the advancement of public health'. The trustees define this as being able to serve the public good by promoting the study and practice of the art and science of meditation and natural healing.

The main activities undertaken in relation to those purposes are as follows:

1. Kriya Meditation & Peace Meditation - By learning meditation techniques & practices individuals benefit from physical, emotional, mental & spiritual wellbeing. This wellbeing helps them in their interaction with others, making that interaction a positive one. Therefore not only those practising meditation benefit but, like ripples in a pool that benefit spreads out to society in general.
2. Natural Energy Therapy/ Progressive Counselling/ Transformation Hatha Yoga and other therapies and self-help courses - These also help people to transform and empower their lives in a very positive sense, once again positively affecting society in general.
3. Retreats - By spending from a hour to a day to a week or more, to reflect & unwind within the Charity's environs, including its gardens and therapy pool, to imbibe in the peaceful surroundings of the Centre, people leave refreshed, relaxed and inspired.
4. Bursaries - A direct financial help to those with limited income to benefit from the facilities and courses the Charity has to offer.

There are various volunteer contributions including: Regular volunteers which vary but generally consist of between 1 or 2. Occasional volunteers may vary as these are used for specific projects, e.g. maintenance. There may also be 1 or 2 temporary community members.

## ACHIEVEMENTS AND PERFORMANCE

The charity continues to streamline existing operations so that practical aspects are more time, energy and labour efficient, whilst also being more accurate and complete. The process of further training of paid and volunteer staff continues each year, with the aim that senior members can act in a more supervisory role and use their time more creatively and expansively and focus more on the in depth spiritual work. This has not been achieved as much as hoped. There is still more demand for in-depth spiritual work. The charity is committed to training, both within the Centre and for the many who wish to take this ethos into their own lives. Empowering others in all ways is central to the charity's objectives. As a professional training school, the charity continues to train Natural Energy Therapists and Animal Healers.. The Centre's Course Programme continues to reflect new courses. The Centre has opened its doors to those who wish to lead retreats and other suitable courses in accordance with the Charity's objectives.

The Centre's clinic continues to serve patients for both Natural Energy Therapy and Intuitive Guidance. As a Retreat Centre, the Centre continues to accommodate people in need.

## FINANCIAL REVIEW

The trustees consider the financial performance by the charity during the year to have been satisfactory. The level of funding during the year was adequate to support both the continuation of the charity's work and its financial commitments at the time, but was not sustainable long term. The Trustees are hopeful that funding will increase again.

Due to the current situation in the financial markets the Charity's investment policy is one of flexibility and funds continue to be held in a number of accounts to reduce risk. The Charity feels it is important that investments should be as risk free as possible.

The principal funding source for the Charity is accommodation (including Self Catering and Personal Retreats) and course fees. Fees for Natural Energy Therapy, Intuitive Guidance/Coaching and use of Therapy Pool also contribute. Donations are encouraged, particularly by regular direct debit, which helps to fund Bursaries for those in need. Large donations require the person donating to seek legal advice first.

It is the policy of this charity to hold 3 months running costs in reserve to cover unforeseen emergencies. The level of reserves currently required is £45,000, to be reviewed quarterly at trustee meetings. Reserves held at the year-end were £159,025 in the Charity's main bank accounts. This policy was reviewed in August 2023 and remains the same.

Claims have been outstanding against the charity for many years. The final claims were settled and transfers made in May 2024. This difficult period for the charity is therefore now at an end.

## PLANS FOR FUTURE PERIODS

The Centre will continue to adapt to meet the changing needs of those it serves. The focus will always be on teaching Meditation. Although the Centre is still going through a period of contraction in some avenues, and this may continue for some time within the economic climate, the Trustees feel confident that the programme will expand again, and that more outreach work can be done which will, in turn, provide even more demand for Meditation. The Charity will continue to train and support those who wish to take this way of living into their own lives. The Charity's involvement in accrediting organisations to help to set standards is continuing and the Charity will continue to meet with and aim to exceed the standards of all accrediting organisations to which it belongs or seeks to belong.

The Charity will continue to streamline and refine its procedures and delegate the practical aspects where appropriate so that those members with specialist training can focus more on expanding the spiritual work to meet the ever growing demand.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a company limited by guarantee registered under the Companies Act incorporated on 8 September 1988 and registered as a charity on 1 February 1989 (Change of names took place on 13 March 1999, 22 December 2018 and to current on 22 March 2022) It is governed by its Memorandum and Articles of Association. In the event of the company being wound up, directors are required to contribute an amount not exceeding £1.

The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation. There are no restrictions in the governing documents on the operation of the charity or on its investment powers other than those imposed by Charity Law. By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

All directors of the company are also trustees of the charity, and there are no other trustees. The board has the power to appoint additional trustees as it considers fit. As positions become available, or as the board sees fit, it seeks to appoint trustees with an understanding of the nature, depth and scope of the work of the charity and those who can bring to its management their own particular skills, experience and outlook to encourage continual expansion of thought and direction.

New trustees would normally already be familiar with the work of the charity. Through copies of past minutes, they gain a deeper understanding of the background work involved in the management and day to day running of the charity, further insight being given by our Company Secretary who is part of the Senior Management Team. As the work of the Charity expands and new systems come into operation, all trustees are kept informed by relevant departmental reports at the quarterly meeting.

Trustees are encouraged to spend time at the Centre to view and experience at first hand any changes taking place and to become familiar with key members of staff.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

D.C. Cole  
Trustee  
08 December 2025

Independent Examiner's Report to the trustees of Open Pathway Retreat Centre

I report to the charity trustees on my examination of the financial statements of Open Pathway Retreat Centre for the year ended 31 January 2025 which are set out on pages 7 to 18.

Responsibilities and basis of report

The trustees (who are also its directors for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Charity 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 financial statements 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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.

Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth, Cornwall TR15 1LS

8 December 2025

Open Pathway Retreat Centre  
Statement of Financial Activities  
for the year ended 31 January 2025

	Notes	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:				
Donations and legacies	4	1,974	1,974	4,961
Charitable activities	5	45,529	45,529	84,006
Other trading activities	6	60	60	712
Investments	7	137	137	144
Other	8	528,862	528,862	21,919
Total		576,562	576,562	111,742
Expenditure on:				
Charitable activities	9	21,938	21,938	18,481
Other	10	723,976	723,976	352,699
Total		745,914	745,914	371,180
Net gains on investments		-	-	-
Net expenditure	11	(169,352)	(169,352)	(259,438)
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		(169,352)	(169,352)	(259,438)
Other gains and losses				
Net movement in funds		(169,352)	(169,352)	(259,438)
Reconciliation of funds:				
Total funds brought forward		1,327,196	1,327,196	1,586,634
Total funds carried forward		1,157,844	1,157,844	1,327,196

Open Pathway Retreat Centre

Balance Sheet

at 31 January 2025

Company No. 02294320	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	14	1,008,278	1,308,820
		<u>1,008,278</u>	<u>1,308,820</u>
Current assets			
Stocks	15	-	1,222
Debtors	16	-	1,197
Cash at bank and in hand		159,566	61,488
		<u>159,566</u>	<u>63,907</u>
Creditors: Amount falling due within one year	17	(10,000)	(30,053)
Net current assets		<u>149,566</u>	<u>33,854</u>
Total assets less current liabilities		1,157,844	1,342,674
Creditors: Amounts falling due after more than one year	18	-	(15,478)
Net assets excluding pension asset or liability		<u>1,157,844</u>	<u>1,327,196</u>
Total net assets		<u><u>1,157,844</u></u>	<u><u>1,327,196</u></u>
The funds of the charity			
Restricted funds	19		
Unrestricted funds	19		
General funds		1,157,844	1,327,196
		<u>1,157,844</u>	<u>1,327,196</u>
Reserves	19		
Total funds		<u><u>1,157,844</u></u>	<u><u>1,327,196</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 January 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 27 November 2025

And signed on its behalf by:

D.C. Cole

Trustee

27 November 2025

Open Pathway Retreat Centre  
Statement of Cash flows  
for the year ended 31 January 2025

	2025 £	2024 £
Cash flows from operating activities		
Net expenditure per Statement of Financial Activities	(169,352)	(259,438)
Adjustments for:		
Depreciation of property, plant and equipment	9,382	11,453
Proceeds on disposal of tangible fixed assets	(511,766)	-
Dividends, interest and rents from investments	(137)	(144)
Decrease/(Increase) in stocks	1,222	(772)
Decrease/(Increase) in trade and other receivables	1,197	(1,197)
(Decrease)/Increase in trade and other payables	(8,444)	4,269
Net cash used in operating activities	<u>(677,898)</u>	<u>( 245,828)</u>
Cash flows from investing activities		
Proceeds from sales of property, plant and equipment	805,725	-
Payments for property, plant and equipment	(2,799)	(10,314)
Dividends, interest and rents from investments	137	144
Net cash from investing activities	<u>803,063</u>	<u>(10,170)</u>
Cash flows from financing activities		
Repayment of borrowings	(27,087)	(11,609)
Net cash used in financing activities	<u>(27,087)</u>	<u>(11,609)</u>
Net increase/(decrease) in cash and cash equivalents	98,078	(267,607)
Cash and cash equivalents at the beginning of the year	61,488	329,095
Cash and cash equivalents at the end of the year	<u>159,566</u>	<u>61,488</u>
Components of cash and cash equivalents		
Cash and bank balances	159,566	61,488
	<u>159,566</u>	<u>61,488</u>

for the year ended 31 January 2025

## 1 Accounting policies

### Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

### Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

### Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

#### Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

#### Taxation

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

#### Tangible fixed assets and depreciation

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

Freehold property	0.5% Straight line
Plant and machinery	25% Reducing balance
Motor vehicles	25% Reducing balance

The Charity has a general policy of capitalisation for fixed assets if the value of the individual asset purchased exceeds £300. In rare circumstances the Charity may consider an item of value under £300 should be capitalised due to its nature.

#### Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

#### Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

#### Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

#### Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### Research and development

Expenditure on research and development is written off in the year in which it is incurred.

#### Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

#### Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

#### Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income and endowments from:			
Donations and legacies	4,766	195	4,961
Charitable activities	84,006	-	84,006
Other trading activities	712	-	712
Investments	144	-	144
Other	21,919	-	21,919
Total	<u>111,547</u>	<u>195</u>	<u>111,742</u>
Expenditure on:			
Charitable activities	18,481	-	18,481
Other	352,504	195	352,699
Total	<u>370,985</u>	<u>195</u>	<u>371,180</u>
Net income	<u>(259,438)</u>	<u>-</u>	<u>(259,438)</u>
Net income before other gains/(losses)	(259,438)	-	(259,438)
Other gains and losses:			
Net movement in funds	<u>(259,438)</u>	<u>-</u>	<u>(259,438)</u>
Reconciliation of funds:			
Total funds brought forward	1,586,634	-	1,586,634
Total funds carried forward	<u><u>1,327,196</u></u>	<u><u>-</u></u>	<u><u>1,327,196</u></u>

4 Income from donations and legacies

	Unrestricted £	Total 2025 £	Total 2024 £
Donations and legacies	1,949	1,949	4,961
Gift Aid	25	25	-
	<u><u>1,974</u></u>	<u><u>1,974</u></u>	<u><u>4,961</u></u>

5 Income from charitable activities

	Unrestricted	Total 2025	Total 2024
	£	£	£
Courses	24,901	24,901	28,582
Income from pool membership	8,274	8,274	9,410
Associate subscriptions & activity	105	105	358
Accommodation relating to yoga retreats	12,249	12,249	45,656
	<u>45,529</u>	<u>45,529</u>	<u>84,006</u>

6 Income from other trading activities

	Unrestricted	Total 2025	Total 2024
	£	£	£
Sale of goods & publications / Misc fundraising	60	60	712
	<u>60</u>	<u>60</u>	<u>712</u>

7 Income from investments

	Unrestricted	Total 2025	Total 2024
	£	£	£
Bank interest receivable	137	137	144
	<u>137</u>	<u>137</u>	<u>144</u>

8 Other income

	Unrestricted	Total 2025	Total 2024
	£	£	£
Profit on sale of fixed assets	511,764	511,764	-
Hire of centre as venue	15,104	15,104	21,919
Australian account	1,994	1,994	-
	<u>528,862</u>	<u>528,862</u>	<u>21,919</u>

9 Expenditure on charitable activities

	Unrestricted	Total	Total
		2025	2024
	£	£	£
<i>Expenditure on charitable activities</i>			
Courses	16,425	16,425	15,674
Stock movement	1,222	1,222	(772)
Associate subscriptions & activity	2,651	2,651	2,013
<i>Governance costs</i>			
Independent examiners fees	800	800	766
Accountancy fees	840	840	800
	<u>21,938</u>	<u>21,938</u>	<u>18,481</u>

10 Other expenditure

	Unrestricted	Total	Total
		2025	2024
	£	£	£
Bank loan and overdraft interest payable	237	237	1,061
Other interest payable	-	-	(20)
Employee costs	608,853	608,853	202,731
Motor and travel costs	6,568	6,568	5,231
Premises costs	59,311	59,311	100,907
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	9,381	9,381	11,454
General administrative costs	17,628	17,628	11,620
Legal and professional costs	21,998	21,998	19,715
	<u>723,976</u>	<u>723,976</u>	<u>352,699</u>

11 Net expenditure before transfers

	2025	2024
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	9,381	11,454

12 Trustee remuneration and expenses

One or more of the trustees has been paid expenses in the current or prior periods.

	2025 Number	2024 Number
Number of trustees paid expenses	2	-
The nature of the reimbursed expenses	Mileage allowance	
	£	£
Total expenses reimbursed to trustees	<u>618</u>	-

13 Staff costs

	2025	2024
Salaries and wages	89,159	56,843
Social security costs	4,571	-
Pension costs	822	633
	<u>94,552</u>	<u>57,476</u>

No employee received emoluments in excess of £60,000. All employees are considered to be key management personnel

The average monthly number of full time equivalent employees during the year was as follows:

	2025 Number	2024 Number
Administration	2	2
	<u>2</u>	<u>2</u>

The charity operates a defined contribution pension scheme for employees. The scheme was set up on 1 February 2021. Contributions are payable into a NEST pension scheme.

14 Tangible fixed assets

	Land and buildings	Plant and machinery	Motor vehicles	Total
	£	£	£	£
Cost or revaluation				
At 1 February 2024	1,452,403	115,012	24,138	1,591,553
Additions	-	2,799	-	2,799
Disposals	(337,886)	-	-	(337,886)
At 31 January 2025	<u>1,114,517</u>	<u>117,811</u>	<u>24,138</u>	<u>1,256,466</u>
Depreciation and impairment				
At 1 February 2024	156,182	104,868	21,683	282,733
Depreciation charge for the year	5,573	3,195	614	9,382
Disposals	(43,927)	-	-	(43,927)
At 31 January 2025	<u>117,828</u>	<u>108,063</u>	<u>22,297</u>	<u>248,188</u>
Net book values				
At 31 January 2025	<u>996,689</u>	<u>9,748</u>	<u>1,841</u>	<u>1,008,278</u>
At 31 January 2024	<u>1,296,221</u>	<u>10,144</u>	<u>2,455</u>	<u>1,308,820</u>

15 Stocks

	2025	2024
	£	£
Raw materials and consumables	-	1,222
	<u>-</u>	<u>1,222</u>

16 Debtors

	2025	2024
	£	£
Trade debtors	-	1,197
	<u>-</u>	<u>1,197</u>

17 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Bank loans and overdrafts	-	11,609
Trade creditors	1,368	2,085
Other creditors	7,081	14,008
Accruals	1,551	2,351
	<u>10,000</u>	<u>30,053</u>

18 Creditors:

amounts falling due after more than one year

	2025	2024
	£	£
Bank loans and overdrafts	-	15,478
	<u>-</u>	<u>15,478</u>

19 Movement in funds

	At 1 February 2024	Incoming resources (including other gains/losses ) £	Resources expended £	At 31 January 2025 £
Restricted funds:				
Unrestricted funds:				
General funds	1,327,196	576,562	(745,914)	1,157,844
Total funds	<u>1,327,196</u>	<u>576,562</u>	<u>(745,914)</u>	<u>1,157,844</u>

20 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	1,008,278	1,008,278
Net current assets	149,566	149,566
	<u>1,157,844</u>	<u>1,157,844</u>

21 Reconciliation of net debt

	At 1 February 2024 £	Cash flows £	At 31 January 2025 £
Cash and cash equivalents	61,488	98,078	159,566
	<u>61,488</u>	<u>98,078</u>	<u>159,566</u>
Bank loans	(27,087)	27,087	-
	<u>(27,087)</u>	<u>27,087</u>	<u>-</u>
Net debt	<u>34,401</u>	<u>125,165</u>	<u>159,566</u>

22 Commitments

*Pension commitments*

	2025 £	2024 £
The pension cost charge to the company amounted to:	<u>822</u>	<u>633</u>

23 Related party disclosures

*Controlling party*

The company is limited by guarantee and has no share capital; thus no single party controls the company.

**Open Pathway Retreat Centre**

England & Wales - Charity number 800412

---

# Accounts

---

Open Pathway Retreat Centre

Charity No. 800412

Company No. 02294320

Trustees' Report and Unaudited Accounts

31 January 2024

Open Pathway Retreat Centre  
Contents

	Pages
Trustees' Annual Report	2 to 6
Independent Examiners Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Accounts	10 to 18
Detailed Statement of Financial Activities	19 to 21

Trading as - Open Pathway Retreat Centre & Training College

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2024.

#### REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 02294320

Charity No. 800412

Principal Office

Laurel Lane  
Queen Camel  
Yeovil  
Somerset  
BA22 7NU

Registered Office

Laurel Lane  
Queen Camel  
Yeovil  
Somerset  
BA22 7NU

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

S. Althorpe	(Resigned 6 October 2024)
C. Barnes	(Resigned 31 December 2023)
P.S. Beard	(Resigned 11 March 2023)
M.A. Chappell	(Resigned 14 February 2023)
H. Cookson	(Resigned 18 November 2023)
C. Douglas	
D. Hallett	(Resigned 19 February 2023)
K. Marson	(Resigned 26 May 2023)
M. Simmons	(Resigned 31 December 2023)
J. Twigg	(Resigned 15 August 2023)
D. Urch	

Company Secretary

D.F. Casley

#### Accountants

Charltons Accountancy Limited  
The Offices  
Middle Farm  
Charlton Horethorne  
Sherborne  
DT9 4NL

#### Bankers

Lloyds Bank Plc  
9 High Street  
Yeovil  
BA20 1RN

#### Independent Examiner

Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth  
Cornwall  
TR15 1LS

#### OBJECTIVES AND ACTIVITIES

The purpose of the charity as set out in its governing document is 'the advancement of public health'. The trustees define this as being able to serve the public good by promoting the study and practice of the art and science of meditation and natural healing.

The main activities undertaken in relation to those purposes are as follows:

1. Kriya Meditation & Peace Meditation - By learning meditation techniques & practices individuals benefit from physical, emotional, mental & spiritual wellbeing. This wellbeing helps them in their interaction with others, making that interaction a positive one. Therefore not only those practising meditation benefit but, like ripples in a pool that benefit spreads out to society in general.
2. Natural Energy Therapy/ Progressive Counselling/ Transformation Hatha Yoga and other therapies and self-help courses - These also help people to transform and empower their lives in a very positive sense, once again positively affecting society in general.
3. Retreats - By spending from a hour to a day to a week or more, to reflect & unwind within the Charity's environs, including its gardens and therapy pool, to imbibe in the peaceful surroundings of the Centre, people leave refreshed, relaxed and inspired.
4. Bursaries - A direct financial help to those with limited income to benefit from the facilities and courses the Charity has to offer.

There are various volunteer contributions including: Regular volunteers which vary but generally consist of 1 person on reception and 1 or 2 general helpers. Occasional volunteers may vary as these are used for specific projects, e.g. maintenance. There may also be 1 or 2 temporary community members.

## ACHIEVEMENTS AND PERFORMANCE

The charity continues to streamline existing operations so that practical aspects are more time, energy and labour efficient, whilst also being more accurate and complete. The process of further training of paid and volunteer staff continues each year, so that senior members can act in a more supervisory role and use their time more creatively and expansively and focus more on the in depth spiritual work. There is still more demand for this work. The charity is committed to training, both within the Centre and for the many who wish to take this ethos into their own lives. Empowering others in all ways is central to the charity's objectives. As a professional training school, the charity continues to train Natural Energy Therapists, Intuitive Guidance Coaches and Yoga teachers. The teacher training programme also includes Peace Meditation, Holistic Energy Care, Animal Energy Therapy and specialist Hatha Yoga certificate courses. The Centre's Course Programme continues to reflect new courses.

The Centre's membership role for Natural Energy Therapists, Intuitive Guidance Coaches/Progressive Counsellors and Yoga teachers under the title of Open Pathway Associates continues to bring more and more important work with it. Not only do Associates receive support (practical, spiritual and by receiving updates and new information important to their prospective roles) access to a referral list and insurance as benefits of membership, they also benefit from the work the Centre members do at exhibitions and with regulatory and advisory bodies. Associates have no 'voting' rights in the running of the Centre. The Centre's clinic continues to serve patients for both Natural Energy Therapy and Intuitive Guidance. As a Retreat Centre, the Centre continues to accommodate people in need.

## FINANCIAL REVIEW

The trustees consider the financial performance by the charity during the year to have been satisfactory. The level of funding during the year was adequate to support both the continuation of the charity's work and its financial commitments at the time, but was not sustainable long term. The Trustees are hopeful that as restrictions continue to ease and the country gets to a post pandemic phase, funding will increase again.

Due to the current situation in the financial markets the Charity's investment policy is one of flexibility and funds continue to be held in a number of accounts to reduce risk. The Charity feels it is important that investments should be as risk free as possible.

The principal funding source for the Charity is accommodation (including Self Catering and Personal Retreats) and course fees. Fees for Natural Energy Therapy, Intuitive Guidance/Coaching and use of Therapy Pool also contribute. Donations are encouraged, particularly by regular direct debit, which helps to fund Bursaries for those in need. Large donations require the person donating to seek legal advice first.

It is the policy of this charity to hold 3 months running costs in reserve to cover unforeseen emergencies. The level of reserves currently required is £45,000, to be reviewed quarterly at trustee meetings. Reserves held at the year-end were £60,874 in the Charity's main bank accounts. This policy was reviewed in August 2023 and remains the same.

Claims made against the charity remain outstanding as at the year end. Negotiations are ongoing between Trustees, claimants and the charity commission with the trustees making use of legal support to resolve these. As noted in the prior year accounts 1 claim has been settled in this financial year at a value of £145,000 and this is shown as employee costs in the accounts. A further 2 claims were settled after the year end at a value of £495,000. This will conclude all outstanding claims against the charity,

#### PLANS FOR FUTURE PERIODS

The Centre will continue to adapt to meet the changing needs of those it serves. The focus will always be on teaching Meditation. Although the Centre is going through a period of contraction in some avenues, and this may continue for some time within the economic climate. The Trustees feel confident that the teacher training programme will expand again, and that more outreach work can be done which will, in turn, provide even more demand for Meditation. The Charity will continue to train and support those who wish to take this way of living into their own lives. The Charity's involvement in accrediting organisations to help to set standards is continuing and the Charity will continue to meet and aim to exceed the standards of all accrediting organisations to which it belongs or seeks to belong.

The Charity will continue to streamline and refine its procedures and delegate the practical aspects where appropriate so that those members with specialist training can focus more on expanding the spiritual work to meet the ever growing demand.

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a company limited by guarantee registered under the Companies Act incorporated on 8 September 1988 and registered as a charity on 1 February 1989 (Change of names took place on 13 March 1999, 22 December 2018 and to current on 22 March 2022) It is governed by its Memorandum and Articles of Association. In the event of the company being wound up, directors are required to contribute an amount not exceeding £1.

The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation. There are no restrictions in the governing documents on the operation of the charity or on its investment powers other than those imposed by Charity Law. By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

All directors of the company are also trustees of the charity, and there are no other trustees. The board has the power to appoint additional trustees as it considers fit. As positions become available, or as the board sees fit, it seeks to appoint trustees with an understanding of the nature, depth and scope of the work of the charity and those who can bring to its management their own particular skills, experience and outlook to encourage continual expansion of thought and direction.

Open Pathway Retreat Centre  
Trustees Annual Report

New trustees would normally already be familiar with the work of the charity. Through copies of past minutes, they gain a deeper understanding of the background work involved in the management and day to day running of the charity, further insight being given by our Trustee/Company Secretary who is part of the Senior Management Team. As the work of the Charity expands and new systems come into operation, all trustees are kept informed by relevant departmental reports at the quarterly meeting.

Trustees are encouraged to spend time at the Centre to view and experience at first hand any changes taking place and to become familiar with key members of staff.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

D. Urch

Trustee

27 November 2024

Independent Examiner's Report to the trustees of Open Pathway Retreat Centre

I report to the charity trustees on my examination of the financial statements of Open Pathway Retreat Centre for the year ended 31 January 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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the Charity 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 financial statements 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 can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.

Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth  
TR15 1LS  
27 November 2024

Open Pathway Retreat Centre  
Statement of Financial Activities  
for the year ended 31 January 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	4	4,766	195	4,961	7,472
Charitable activities	5	84,006	-	84,006	64,430
Other trading activities	6	712	-	712	1,343
Investments	7	144	-	144	77
Other	8	21,919	-	21,919	36,296
Total		111,547	195	111,742	109,618
Expenditure on:					
Charitable activities	9	18,481	-	18,481	18,526
Other	10	352,504	195	352,699	184,986
Total		370,985	195	371,180	203,512
Net gains on investments		-	-	-	53,208
Net expenditure	11	(259,438)	-	(259,438)	(40,686)
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		(259,438)	-	(259,438)	(40,686)
Other gains and losses					
Net movement in funds		(259,438)	-	(259,438)	(40,686)
Reconciliation of funds:					
Total funds brought forward		1,586,634	-	1,586,634	1,627,320
Total funds carried forward		1,327,196	-	1,327,196	1,586,634

Open Pathway Retreat Centre

Balance Sheet

at 31 January 2024

Company No. 02294320	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	13	1,308,820	1,309,960
		<u>1,308,820</u>	<u>1,309,960</u>
Current assets			
Stocks	14	1,222	450
Debtors	15	1,197	-
Cash at bank and in hand		61,488	329,095
		<u>63,907</u>	<u>329,545</u>
Creditors: Amount falling due within one year	16	(30,053)	(25,784)
Net current assets		<u>33,854</u>	<u>303,761</u>
Total assets less current liabilities		1,342,674	1,613,721
Creditors: Amounts falling due after more than one year	17	(15,478)	(27,087)
Net assets excluding pension asset or liability		<u>1,327,196</u>	<u>1,586,634</u>
Total net assets		<u><u>1,327,196</u></u>	<u><u>1,586,634</u></u>
The funds of the charity			
Restricted funds	18		
Unrestricted funds	18		
General funds		1,327,196	1,586,634
		<u>1,327,196</u>	<u>1,586,634</u>
Reserves	18		
Total funds		<u><u>1,327,196</u></u>	<u><u>1,586,634</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 January 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 27 November 2024

And signed on its behalf by:

D. Urch  
Trustee  
27 November 2024

for the year ended 31 January 2024

## 1 Accounting policies

### Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

### Fund accounting

**Unrestricted funds** These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

**Designated funds** These are unrestricted funds earmarked by the trustees for particular purposes.

**Revaluation funds** These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

**Restricted funds** These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

### Income

**Recognition of income** Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

**Income with related expenditure** Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

**Donations and legacies** Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

**Tax reclaims on donations and gifts** Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

**Donated services and facilities** These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

**Volunteer help** The value of any volunteer help received is not included in the accounts.

**Investment income** This is included in the accounts when receivable.

**Gains/(losses) on revaluation of fixed assets** This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

**Gains/(losses) on investment assets** This includes any gain or loss on the sale of investments.

#### Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

#### Taxation

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

#### Tangible fixed assets and depreciation

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

Freehold property	0.5% Straight line
Plant and machinery	25% Reducing balance
Motor vehicles	25% Reducing balance

The Charity has a general policy of capitalisation for fixed assets if the value of the individual asset purchased exceeds £300. In rare circumstances the Charity may consider an item of value under £300 should be capitalised due to its nature.

#### Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

#### Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

#### Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period. Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred. All exchange differences are taken into account in arriving at net income/expenditure.

#### Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease. Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases. Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs. Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

#### Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

#### Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

## 2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Total funds 2023 £
Income and endowments from:		
Donations and legacies	7,471	7,471
Charitable activities	64,430	64,430
Other trading activities	1,343	1,343
Investments	77	77
Other	36,296	36,296
Total	<u>109,617</u>	<u>109,617</u>
Expenditure on:		
Charitable activities	18,526	18,526
Other	184,986	184,986
Total	<u>203,512</u>	<u>203,512</u>
Net gains on investments	53,208	53,208
Net income	<u>(40,687)</u>	<u>(40,687)</u>
Net income before other gains/(losses)	(40,687)	(40,687)
Other gains and losses:		
Net movement in funds	<u>(40,687)</u>	<u>(40,687)</u>
Reconciliation of funds:		
Total funds brought forward	1,627,321	1,627,321
Total funds carried forward	<u><u>1,586,634</u></u>	<u><u>1,586,634</u></u>

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Donations and legacies	<u>4,766</u>	<u>195</u>	<u>4,961</u>	<u>7,472</u>
	<u><u>4,766</u></u>	<u><u>195</u></u>	<u><u>4,961</u></u>	<u><u>7,472</u></u>

5 Income from charitable activities

	Unrestricted	Total 2024	Total 2023
	£	£	£
Courses	28,582	28,582	30,975
Stock movement	9,410	9,410	10,075
Associate subscriptions & activity	358	358	1,157
Accommodation relating to yoga retreats	45,656	45,656	22,223
	<u>84,006</u>	<u>84,006</u>	<u>64,430</u>

6 Income from other trading activities

	Unrestricted	Total 2024	Total 2023
	£	£	£
Sale of goods & publications / Misc fundraising	712	712	1,343
	<u>712</u>	<u>712</u>	<u>1,343</u>

7 Income from investments

	Unrestricted	Total 2024	Total 2023
	£	£	£
Bank interest receivable	144	144	77
	<u>144</u>	<u>144</u>	<u>77</u>

8 Other income

	Unrestricted	Total 2024	Total 2023
	£	£	£
Holiday accomodation	-	-	15,507
Hire of centre as venue	21,919	21,919	20,789
	<u>21,919</u>	<u>21,919</u>	<u>36,296</u>

9 Expenditure on charitable activities

	Unrestricted	Total 2024	Total 2023
	£	£	£
<i>Expenditure on charitable activities</i>			
Courses	15,674	15,674	14,418
Stock movement	(772)	(772)	(75)
Associate subscriptions & activity	2,013	2,013	2,520
<i>Governance costs</i>			
Independent examiners fees	766	766	740
Accountancy fees	800	800	923
	<u>18,481</u>	<u>18,481</u>	<u>18,526</u>

10 Other expenditure

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Bank loan and overdraft interest payable	1,061	-	1,061	1,024
Other interest payable	(20)	-	(20)	-
Employee costs	202,731	-	202,731	52,177
Motor and travel costs	5,231	-	5,231	6,394
Premises costs	100,712	195	100,907	69,832
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	11,454	-	11,454	12,906
General administrative costs	11,620	-	11,620	21,097
Legal and professional costs	19,715	-	19,715	21,556
	<u>352,504</u>	<u>195</u>	<u>352,699</u>	<u>184,986</u>

11 Net expenditure before transfers

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	11,454	11,851

12 Staff costs

	2024	2023
Salaries and wages	56,843	47,101
Social security costs	-	413
Pension costs	633	531
	<u>57,476</u>	<u>48,045</u>

No employee received emoluments in excess of £60,000. All employees are considered to be key management personnel

The average monthly number of full time equivalent employees during the year was as follows:

	2024	2023
	Number	Number
Administration	2	2
	<u>2</u>	<u>2</u>

The charity operates a defined contribution pension scheme for employees. The scheme was set up on 1 February 2021. Contributions are payable into a NEST pension scheme.

13 Tangible fixed assets

	Land and buildings	Plant and machinery	Motor vehicles	Total
	£	£	£	£
Cost or revaluation				
At 1 February 2023	1,445,019	112,082	24,138	1,581,239
Additions	7,384	2,930	-	10,314
At 31 January 2024	<u>1,452,403</u>	<u>115,012</u>	<u>24,138</u>	<u>1,591,553</u>
Depreciation and impairment				
At 1 February 2023	148,920	101,495	20,865	271,280
Depreciation charge for the year	7,262	3,373	818	11,453
At 31 January 2024	<u>156,182</u>	<u>104,868</u>	<u>21,683</u>	<u>282,733</u>
Net book values				
At 31 January 2024	<u>1,296,221</u>	<u>10,144</u>	<u>2,455</u>	<u>1,308,820</u>
At 31 January 2023	<u>1,296,099</u>	<u>10,587</u>	<u>3,273</u>	<u>1,309,959</u>

14 Stocks

	2024	2023
	£	£
Raw materials and consumables	1,222	450
	<u>1,222</u>	<u>450</u>

15 Debtors

	2024	2023
	£	£
Trade debtors	1,197	-
	<u>1,197</u>	<u>-</u>

Open Pathway Retreat Centre  
Notes to the Accounts

16 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Bank loans and overdrafts	11,609	11,609
Trade creditors	2,085	5,331
Other creditors	14,008	7,245
Accruals	2,351	1,599
	<u>30,053</u>	<u>25,784</u>

17 Creditors:

amounts falling due after more than one year

	2024	2023
	£	£
Bank loans and overdrafts	15,478	27,087
	<u>15,478</u>	<u>27,087</u>

18 Movement in funds

	At 1 February 2023	Incoming resources (including other gains/losses ) £	Resources expended £	At 31 January 2024 £
Restricted funds:				
Restricted income funds:				
Flood Donations	-	195	(195)	-
<i>Total</i>	<u>-</u>	<u>195</u>	<u>(195)</u>	<u>-</u>
Unrestricted funds:				
General funds	1,586,634	111,547	(370,985)	1,327,196
<b>Total funds</b>	<u>1,586,634</u>	<u>111,742</u>	<u>(371,180)</u>	<u>1,327,196</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

Flood Donations

19 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	1,308,820	1,308,820
Net current assets	33,854	33,854
Creditors due in more than one year and provisions	(15,478)	(15,478)
	<u>1,327,196</u>	<u>1,327,196</u>

20 Reconciliation of net debt

	At 1 February 2023 £	Cash flows £	At 31 January 2024 £
Cash and cash equivalents	329,095	(267,607)	61,488
	<u>329,095</u>	<u>(267,607)</u>	<u>61,488</u>
Bank loans	(38,696)	11,609	(27,087)
	<u>(38,696)</u>	<u>11,609</u>	<u>(27,087)</u>
Net debt	<u>290,399</u>	<u>(255,998)</u>	<u>34,401</u>

21 Commitments

*Operating lease commitments*

Annual commitments under non-cancellable operating leases are as follows:

	2024 Land and buildings £	2024 Other £	2023 Land and buildings £	2023 Other £
--	------------------------------------	--------------------	------------------------------------	--------------------

Operating leases with expiry date:

*Pension commitments*

	2024 £	2023 £
The pension cost charge to the company amounted to:	<u>633</u>	<u>531</u>

22 Related party disclosures

*Controlling party*

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Open Pathway Retreat Centre  
Detailed Statement of Financial Activities  
for the year ended 31 January 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies				
Donations and legacies	4,766	195	4,961	7,472
	<u>4,766</u>	<u>195</u>	<u>4,961</u>	<u>7,472</u>
Charitable activities				
Courses	28,582	-	28,582	30,975
Stock movement	9,410	-	9,410	10,075
Associate subscriptions & activity	358	-	358	1,157
Accommodation relating to yoga retreats	45,656	-	45,656	22,223
	<u>84,006</u>	<u>-</u>	<u>84,006</u>	<u>64,430</u>
Other trading activities				
Sale of goods & publications / Misc fundraising				
	712	-	712	1,343
	<u>712</u>	<u>-</u>	<u>712</u>	<u>1,343</u>
Investments				
Bank interest receivable				
	144	-	144	77
	<u>144</u>	<u>-</u>	<u>144</u>	<u>77</u>
Other				
Holiday accommodation				
	-	-	-	15,507
Hire of centre as venue				
	21,919	-	21,919	20,789
	<u>21,919</u>	<u>-</u>	<u>21,919</u>	<u>36,296</u>
Total income and endowments	111,547	195	111,742	109,618
Expenditure on:				
Charitable activities				
Courses	15,674	-	15,674	14,418
Stock movement	(772)	-	(772)	(75)
Associate subscriptions & activity	2,013	-	2,013	2,520
	<u>16,915</u>	<u>-</u>	<u>16,915</u>	<u>16,863</u>
Governance costs				
Independent examiners fees				
	766	-	766	740
Accountancy fees				
	800	-	800	923
	<u>1,566</u>	<u>-</u>	<u>1,566</u>	<u>1,663</u>
Total of expenditure on charitable activities	18,481	-	18,481	18,526
Other expenditure				
Bank loan and overdraft interest payable				
	1,061	-	1,061	1,024
Other interest payable				
	(20)	-	(20)	-

Open Pathway Retreat Centre  
Detailed Statement of Financial Activities

	1,041	-	1,041	1,024
Employee costs				
Salaries/wages	56,843	-	56,843	47,101
Employer's NIC	-	-	-	413
Pension costs	633	-	633	531
Staff recruitment	145,000	-	145,000	-
Staff training	255	-	255	4,132
	<u>202,731</u>	<u>-</u>	<u>202,731</u>	<u>52,177</u>
Motor and travel costs				
Vehicles - General costs	4,628	-	4,628	5,025
Travel and subsistence	603	-	603	1,369
	<u>5,231</u>	<u>-</u>	<u>5,231</u>	<u>6,394</u>
Premises costs				
Rates	8,263	-	8,263	6,028
Light, heat and power	21,220	-	21,220	27,529
Premises cleaning	8,912	-	8,912	11,386
Premises insurances	8,223	-	8,223	-
Premises repairs and maintenance	42,335	195	42,530	13,345
Other premises costs	11,759	-	11,759	11,544
	<u>100,712</u>	<u>195</u>	<u>100,907</u>	<u>69,832</u>
General administrative costs, including depreciation and amortisation				
Depreciation of land and buildings	7,262	-	7,262	7,225
Depreciation of Plant and machinery	3,374	-	3,374	3,535
Depreciation of Motor vehicles	818	-	818	1,091
Loss on disposal of tangible fixed assets	-	-	-	1,055
Bank charges	(48)	-	(48)	151
Equipment repairs and maintenance	839	-	839	1,114
General insurances	1,338	-	1,338	8,532
Postage and couriers	5	-	5	26
Software, IT support and related costs	2,987	-	2,987	3,732
Stationery and printing	1,476	-	1,476	721
Subscriptions	1,074	-	1,074	2,320
Sundry expenses	-	-	-	130
Telephone, fax and broadband	3,949	-	3,949	4,371
	<u>23,074</u>	<u>-</u>	<u>23,074</u>	<u>34,003</u>
Legal and professional costs				
Consultancy fees	1,680	-	1,680	-
Solicitor's fees	9,331	-	9,331	11,417

Open Pathway Retreat Centre  
Detailed Statement of Financial Activities

Other legal and professional costs	8,704	-	8,704	10,139
	<u>19,715</u>	<u>-</u>	<u>19,715</u>	<u>21,556</u>
Total of expenditure of other costs	<u>352,504</u>	<u>195</u>	<u>352,699</u>	<u>184,986</u>
Total expenditure	370,985	195	371,180	203,512
Net gains on investments	-	-	-	53,208
	<u>(259,438)</u>	<u>-</u>	<u>(259,438)</u>	<u>(40,686)</u>
Net expenditure				
Net expenditure before other gains/(losses)	<u>(259,438)</u>	<u>-</u>	<u>(259,438)</u>	<u>(40,686)</u>
Other Gains	-	-	-	-
Net movement in funds	<u>(259,438)</u>	<u>-</u>	<u>(259,438)</u>	<u>(40,686)</u>
Reconciliation of funds:				
Total funds brought forward	1,586,634	-	1,586,634	1,627,320
Total funds carried forward	<u>1,327,196</u>	<u>-</u>	<u>1,327,196</u>	<u>1,586,634</u>

**Open Pathway Retreat Centre**

England & Wales - Charity number 800412

---

# Accounts

---

**Open Pathway Retreat Centre**

**Charity No. 800412**

**Company No. 02294320**

**Trustees' Report and Unaudited Accounts**

**31 January 2023**

**Open Pathway Retreat Centre  
Contents**

	Pages
Trustees' Annual Report	2 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9 to 17

**Open Pathway Retreat Centre  
Trustees Annual Report**

Open Pathway Retreat Centre & Training College

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2023.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Company No. 02294320**

**Charity No. 800412**

**Principal Office**

Laurel Lane  
Queen Camel  
Yeovil  
Somerset  
BA22 7NU

**Registered Office**

Laurel Lane  
Queen Camel  
Yeovil  
Somerset  
BA22 7NU

**Directors and Trustees**

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

P.S. Beard	
M.A. Chappell	(Resigned 14 February 2023)
N. Daniel	(Resigned 1 February 2022)
D. Hallett	(Appointed 31 January 2023)
K. Marson	(Appointed 18 December 2022)

**Company Secretary**

D.F. Casley

**Accountants**

Charltons Accountancy Limited  
The Offices  
Middle Farm  
Charlton Horethorne  
Sherborne  
DT9 4NL

**Bankers**

Lloyds Bank Plc  
9 High Street  
Yeovil  
BA20 1RN

**Open Pathway Retreat Centre  
Trustees Annual Report**

**Independent Examiners**

Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth  
Cornwall  
TR15 1LS

**OBJECTIVES AND ACTIVITIES**

The purpose of the charity as set out in its governing document is ' the advancement of public health'. The trustees define this as being able to serve the public good by promoting the study and practice of the art and science of meditation and natural healing.

The main activities undertaken in relation to those purposes are as follows:

1. Kriya Meditation & Peace Meditation - By learning meditation techniques & practices individuals benefit from physical, emotional, mental & spiritual wellbeing. This wellbeing helps them in their interaction with others, making that interaction a positive one. Therefore not only those practising meditation benefit but, like ripples in a pool that benefit spreads out to society in general.
2. Natural Energy Therapy/ Progressive Counselling/ Transformation Hatha Yoga and other therapies and self-help courses - These also help people to transform and empower their lives in a very positive sense, once again positively affecting society in general.
3. Retreats - By spending from a hour to a day to a week or more, to reflect & unwind within the Charity's environs, including its gardens and therapy pool, to imbibe in the peaceful surroundings of the Centre, people leave refreshed, relaxed and inspired.
4. Bursaries - A direct financial help to those with limited income to benefit from the facilities and courses the Charity has to offer.

There are various volunteer contributions including: Regular volunteers which vary but generally consist of 1 person on reception and 1 or 2 general helpers. Occasional volunteers may vary as these are used for specific projects, e.g. maintenance. There may also be 1 or 2 temporary community members.

**ACHIEVEMENTS AND PERFORMANCE**

The charity continues to streamline existing operations so that practical aspects are more time, energy and labour efficient, whilst also being more accurate and complete. The process of further training of paid and volunteer staff continues each year, so that senior members can act in a more supervisory role and use their time more creatively and expansively and focus more on the in depth spiritual work. There is still more demand for this work. The charity is committed to training, both within the Centre and for the many who wish to take this ethos into their own lives. Empowering others in all ways is central to the charity's objectives. As a professional training school, the charity continues to train Natural Energy Therapists, Intuitive Guidance Coaches and Yoga teachers. The teacher training programme also includes Peace Meditation, Holistic Energy Care, Animal Energy Therapy and specialist Hatha Yoga certificate courses. The Centre's Course Programme continues to reflect new courses.

## **Open Pathway Retreat Centre**

### **Trustees Annual Report**

The Centre's membership role for Natural Energy Therapists, Intuitive Guidance Coaches/Progressive Counsellors and Yoga teachers under the title of Open Pathway Associates continues to bring more and more important work with it. Not only do Associates receive support (practical, spiritual and by receiving updates and new information important to their prospective roles) access to a referral list and insurance as benefits of membership, they also benefit from the work the Centre members do at exhibitions and with regulatory and advisory bodies. Associates have no 'voting' rights in the running of the Centre. The Centre's clinic continues to serve patients for both Natural Energy Therapy and Intuitive Guidance. As a Retreat Centre, the Centre continues to accommodate people in need.

### **FINANCIAL REVIEW**

The trustees consider the financial performance by the charity during the year to have been satisfactory in light of the huge financial impact of the on-going Covid-19 pandemic. The level of funding during the year was adequate to support both the continuation of the charity's work and its financial commitments at the time, but was not sustainable long term. The Trustees are hopeful that as restrictions continue to ease and the country gets to a post pandemic phase, funding will increase again.

Due to the current situation in the financial markets the Charity's investment policy is one of flexibility and funds continue to be held in a number of accounts to reduce risk. The Charity feels it is important that investments should be as risk free as possible.

The principal funding source for the Charity is accommodation (including Self Catering and Personal Retreats) and course fees. Fees for Natural Energy Therapy, Intuitive Guidance/Coaching and use of Therapy Pool also contribute. Donations are encouraged, particularly by regular direct debit, which helps to fund Bursaries for those in need. Large donations require the person donating to seek legal advice first.

It is the policy of this charity to hold 3 months running costs in reserve to cover unforeseen emergencies, and to fund any shortfall in income resulting from recent restructuring and the economic effects of Covid-19. The level of reserves currently required is £45,000, to be reviewed quarterly at trustee meetings. Reserves held at the year-end were £307,232 in the Charity's main bank account. This policy is to be reviewed in August 2023.

Claims made against the charity remain outstanding as at the year end. Negotiations are ongoing between Trustees, claimants and the charity commission with the trustees making use of legal support to resolve these.

### **Contingent liability**

Three claims made against the charity remain outstanding as at the balance sheet date. One of these has been settled at the time of signing the accounts at a value of £145,000. Two remain outstanding and currently cannot be quantified as negotiations are still ongoing.

### **PLANS FOR FUTURE PERIODS**

The Centre will continue to adapt to meet the changing needs of those it serves. The focus will always be on teaching Meditation. Although the Centre is going through a period of contraction in some avenues, and this may continue for some time with the economic effects of Covid-19, the Trustees feel confident that the teacher training programme will expand again, and that more outreach work can be done which will, in turn, provide even more demand for Meditation. The Charity will continue to train and support those who wish to take this way of living into their own lives. The Charity's involvement in accrediting organisations to help to set standards is continuing and the Charity will continue to meet and aim to exceed the standards of all accrediting organisations to which it belongs or seeks to belong.

The Charity will continue to streamline and refine its procedures and delegate the practical aspects where appropriate so that those members with specialist training can focus more on expanding the spiritual work to meet the ever growing demand.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

The charity is constituted as a company limited by guarantee registered under the Companies Act incorporated on 8 September 1988 and registered as a charity on 1 February 1989 (Change of names took place on 13 March 1999, 22 December 2018 and to current on 22 March 2022) It is governed by its Memorandum and Articles of Association. In the event of the company being wound up, directors are required to contribute an amount not exceeding £1.

The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation. There are no restrictions in the governing documents on the operation of the charity or on its investment powers other than those imposed by Charity Law. By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

All directors of the company are also trustees of the charity, and there are no other trustees. The board has the power to appoint additional trustees as it considers fit. As positions become available, or as the board sees fit, it seeks to appoint trustees with an understanding of the nature, depth and scope of the work of the charity and those who can bring to its management their own particular skills, experience and outlook to encourage continual expansion of thought and direction.

New trustees would normally already be familiar with the work of the charity. Through copies of past minutes, they gain a deeper understanding of the background work involved in the management and day to day running of the charity, further insight being given by our Trustee/Company Secretary who is part of the Senior Management Team. As the work of the Charity expands and new systems come into operation, all trustees are kept informed by relevant departmental reports at the quarterly meeting.

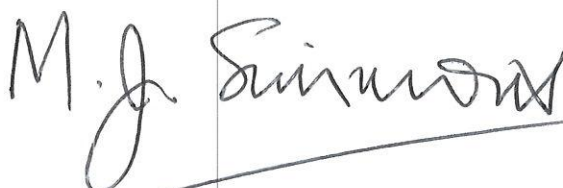
Trustees are encouraged to spend time at the Centre to view and experience at first hand any changes taking place and to become familiar with key members of staff.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

M Simmons  
Trustee  
27 October 2023

A handwritten signature in black ink, appearing to read 'M. J. Simmons', is written over a horizontal line. The signature is cursive and somewhat stylized.

**Open Pathway Retreat Centre  
Independent Examiners Report**

**Independent Examiner's Report to the trustees of Open Pathway Retreat Centre**

I report to the charity trustees on my examination of the financial statements of Open Pathway Retreat Centre for the year ended 31 January 2023.

**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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act.')

Having satisfied myself that the financial statements of the Charity 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 financial statements 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 can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.



Debbie Risborough (FCCA)  
Cornwall Community Accounting Service  
The Elms, 61 Green Lane  
Redruth  
Cornwall  
TR15 1LS  
27 October 2023

**Open Pathway Retreat Centre**  
**Statement of Financial Activities**  
**for the year ended 31 January 2023**

	Notes	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
<b>Income and endowments from:</b>				
Donations and legacies	4	7,471	7,471	9,182
Charitable activities	5	64,430	64,430	65,449
Other trading activities	6	1,343	1,343	2,419
Investments	7	77	77	30
Other	8	36,296	36,296	32,635
<b>Total</b>		<b>109,617</b>	<b>109,617</b>	<b>109,715</b>
<b>Expenditure on:</b>				
Charitable activities	9	18,526	18,526	18,699
Other	10	184,986	184,986	200,707
<b>Total</b>		<b>203,512</b>	<b>203,512</b>	<b>219,406</b>
Net gains on sale of fixed assets		53,208	53,208	137,420
<b>Net (expenditure)/income</b>	<b>11</b>	<b>(40,687)</b>	<b>(40,687)</b>	<b>27,729</b>
Transfers between funds		-	-	-
<b>Net (expenditure)/income before other gains/(losses)</b>		<b>(40,687)</b>	<b>(40,687)</b>	<b>27,729</b>
<b>Other gains and losses</b>				
<b>Net movement in funds</b>		<b>(40,687)</b>	<b>(40,687)</b>	<b>27,729</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward		1,627,321	1,627,321	1,599,592
<b>Total funds carried forward</b>		<b>1,586,634</b>	<b>1,586,634</b>	<b>1,627,321</b>

**Open Pathway Retreat Centre****Balance Sheet**

at 31 January 2023

Company No. 02294320

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	13	1,309,960	1,530,776
		<u>1,309,960</u>	<u>1,530,776</u>
<b>Current assets</b>			
Stocks	14	450	375
Cash at bank and in hand		329,095	148,007
		<u>329,545</u>	<u>148,382</u>
<b>Creditors: Amount falling due within one year</b>	15	(25,784)	(18,504)
<b>Net current assets</b>		303,761	129,878
<b>Total assets less current liabilities</b>		1,613,721	1,660,654
<b>Creditors: Amounts falling due after more than one year</b>	16	(27,087)	(33,333)
<b>Net assets excluding pension asset or liability</b>		1,586,634	1,627,321
<b>Total net assets</b>		<u>1,586,634</u>	<u>1,627,321</u>
<b>The funds of the charity</b>			
<b>Restricted funds</b>	17		
<b>Unrestricted funds</b>	17		
General funds		1,586,634	1,627,321
		<u>1,586,634</u>	<u>1,627,321</u>
<b>Reserves</b>	17		
<b>Total funds</b>		<u>1,586,634</u>	<u>1,627,321</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 January 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 27 October 2023

And signed on its behalf by:

M Simmons  
Trustee  
27 October 2023



**Open Pathway Retreat Centre**  
**Notes to the Accounts**  
**for the year ended 31 January 2023**

**1 Accounting policies**

**Basis of preparation**

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**Change in basis of accounting or to previous accounts**

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

**Fund accounting**

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

**Income**

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

## Open Pathway Retreat Centre

### Notes to the Accounts

#### Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

#### Taxation

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

#### Tangible fixed assets and depreciation

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

Freehold property	0.5% Straight line
Plant and machinery	25% Reducing balance
Motor vehicles	25% Reducing balance

The Charity has a general policy of capitalisation for fixed assets if the value of the individual asset purchased exceeds £300. In rare circumstances the Charity may consider an item of value under £300 should be capitalised due to its nature.

#### Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

#### Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

## **Open Pathway Retreat Centre**

### **Notes to the Accounts**

#### **Trade and other creditors**

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### **Foreign currencies**

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

#### **Leased assets**

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

#### **Pension costs**

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

#### **Receipt of donated goods, facilities and services**

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

## **2 Company status**

The company is a private company limited by guarantee and consequently does not have share capital.

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**3 Statement of Financial Activities - prior year**

	<b>Unrestricted funds 2022</b>	<b>Total funds 2022</b>
	<b>£</b>	<b>£</b>
<b>Income and endowments from:</b>		
Donations and legacies	9,183	9,183
Charitable activities	67,867	67,867
Investments	30	30
Other	32,635	32,635
<b>Total</b>	<u>109,715</u>	<u>109,715</u>
<b>Expenditure on:</b>		
Charitable activities	18,699	18,699
Other	200,707	200,707
<b>Total</b>	<u>219,406</u>	<u>219,406</u>
Net gains on investments	137,420	137,420
<b>Net income</b>	<u>27,729</u>	<u>27,729</u>
<b>Net income before other gains/(losses)</b>	27,729	27,729
<b>Other gains and losses:</b>		
<b>Net movement in funds</b>	<u>27,729</u>	<u>27,729</u>
<b>Reconciliation of funds:</b>		
Total funds brought forward	1,599,592	1,599,592
<b>Total funds carried forward</b>	<u>1,627,321</u>	<u>1,627,321</u>

**4 Income from donations and legacies**

	<b>Unrestricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Donations and legacies	7,471	7,471	9,182
	<u>7,471</u>	<u>7,471</u>	<u>9,182</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**5 Income from charitable activities**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2023</b>	<b>2022</b>
	£	£	£
Courses	30,975	30,975	27,568
Income from pool membership	10,075	10,075	9,800
Associate subscriptions & activity	1,157	1,157	2,075
Accommodation relating to yoga retreats	22,223	22,223	26,006
	<u>64,430</u>	<u>64,430</u>	<u>65,449</u>

**6 Income from other trading activities**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2023</b>	<b>2022</b>
	£	£	£
Sale of goods & publications / Misc fundraising	1,343	1,343	2,419
	<u>1,343</u>	<u>1,343</u>	<u>2,419</u>

**7 Income from investments**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2023</b>	<b>2022</b>
	£	£	£
Bank interest receivable	77	77	30
	<u>77</u>	<u>77</u>	<u>30</u>

**8 Other income**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2023</b>	<b>2022</b>
	£	£	£
Coronavirus rates relief grant	-	-	3,143
Holiday accomodation	15,507	15,507	22,530
Hire of centre as venue	20,789	20,789	6,962
	<u>36,296</u>	<u>36,296</u>	<u>32,635</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**9 Expenditure on charitable activities**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<i>Expenditure on charitable activities</i>			
Courses	14,418	14,418	11,850
Stock movement	(75)	(75)	415
Associate subscriptions & activity	2,520	2,520	3,316
Payments to associates	-	-	315
<i>Governance costs</i>			
Independent examiners fees	740	740	1,203
Accountancy fees	923	923	1,600
	<u>18,526</u>	<u>18,526</u>	<u>18,699</u>

**10 Other expenditure**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Bank loan and overdraft interest payable	1,024	1,024	787
Employee costs	52,177	52,177	62,091
Motor and travel costs	6,394	6,394	2,713
Premises costs	69,832	69,832	81,640
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	12,906	12,906	11,440
General administrative costs	21,097	21,097	18,476
Legal and professional costs	21,556	21,556	23,560
	<u>184,986</u>	<u>184,986</u>	<u>200,707</u>

**11 Net (expenditure)/income before transfers**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
This is stated after charging:		
Depreciation of owned fixed assets	11,851	11,440

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**12 Staff costs**

	<b>2023</b>	<b>2022</b>
Salaries and wages	47,101	57,104
Social security costs	413	-
Pension costs	531	773
	<u>48,045</u>	<u>57,877</u>

No employee received emoluments in excess of £60,000.

The average monthly number of full time equivalent employees during the year was as follows:

	<b>2023</b>	<b>2022</b>
	<b>Number</b>	<b>Number</b>
Administration	2	3
	<u>2</u>	<u>3</u>

The charity operates a defined contribution pension scheme for employees. The scheme was set up on 1 February 2021. Contributions are payable into a NEST pension scheme.

**13 Tangible fixed assets**

	<b>Land and buildings</b>	<b>Plant and machinery</b>	<b>Motor vehicles</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost or revaluation</b>				
At 1 February 2022	1,676,232	126,927	24,138	1,827,297
Additions	-	9,429	-	9,429
Disposals	(231,213)	(24,274)	-	(255,487)
At 31 January 2023	<u>1,445,019</u>	<u>112,082</u>	<u>24,138</u>	<u>1,581,239</u>
<b>Depreciation and impairment</b>				
At 1 February 2022	155,568	121,179	19,774	296,521
Depreciation charge for the year	7,225	3,534	1,091	11,850
Disposals	(13,873)	(23,219)	-	(37,092)
At 31 January 2023	<u>148,920</u>	<u>101,494</u>	<u>20,865</u>	<u>271,279</u>
<b>Net book values</b>				
At 31 January 2023	<u>1,296,099</u>	<u>10,588</u>	<u>3,273</u>	<u>1,309,960</u>
At 31 January 2022	<u>1,520,664</u>	<u>5,748</u>	<u>4,364</u>	<u>1,530,776</u>

**14 Stocks**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Raw materials and consumables	450	375
	<u>450</u>	<u>375</u>
<b>Carrying value analysed by activities</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Charitable activities	450	375
	<u>450</u>	<u>375</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**15 Creditors:**

amounts falling due within one year

	<b>2023</b>	<b>2022</b>
	£	£
Bank loans and overdrafts	11,609	10,000
Trade creditors	5,331	3,516
Other creditors	7,245	3,188
Accruals	1,599	1,800
	<u>25,784</u>	<u>18,504</u>

**16 Creditors:**

amounts falling due after more than one year

	<b>2023</b>	<b>2022</b>
	£	£
Bank loans and overdrafts	27,087	33,333
	<u>27,087</u>	<u>33,333</u>

**17 Movement in funds**

	<b>At 1 February 2022</b>	<b>Incoming resources (including other gains/losses ) £</b>	<b>Resources expended £</b>	<b>At 31 January 2023 £</b>
<b>Restricted funds:</b>				
<b>Unrestricted funds:</b>				
<b>General funds</b>	1,627,321	162,825	(203,512)	1,586,634
	<u>1,627,321</u>	<u>162,825</u>	<u>(203,512)</u>	<u>1,586,634</u>

**18 Analysis of net assets between funds**

	<b>Unrestricted funds £</b>	<b>Total £</b>
Fixed assets	1,309,960	1,309,960
Net current assets	303,761	303,761
Creditors due in more than one year and provisions	(27,087)	(27,087)
	<u>1,586,634</u>	<u>1,586,634</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**19 Reconciliation of net debt**

	<b>At 1 February 2022 £</b>	<b>Cash flows £</b>	<b>At 31 January 2023 £</b>
Cash and cash equivalents	148,007	181,088	329,095
	<u>148,007</u>	<u>181,088</u>	<u>329,095</u>
Bank loans	(43,333)	4,637	(38,696)
	<u>(43,333)</u>	<u>4,637</u>	<u>(38,696)</u>
Net debt	<u>104,674</u>	<u>185,725</u>	<u>290,399</u>

**20 Commitments**

***Operating lease commitments***

Annual commitments under non-cancellable operating leases are as follows:

	<b>2023 Land and buildings £</b>	<b>2023 Other £</b>	<b>2022 Land and buildings £</b>	<b>2022 Other £</b>
--	--	-----------------------------	--	-----------------------------

Operating leases with expiry date:

***Pension commitments***

The pension cost charge to the company  
amounted to:

	<b>2023 £</b>	<b>2022 £</b>
	531	773
	<u>531</u>	<u>773</u>

**21 Related party disclosures**

***Controlling party***

The company is limited by guarantee and has no share capital; thus no single party controls the company.

**Open Pathway Retreat Centre**

England & Wales - Charity number 800412

---

# Accounts

---

**Open Pathway Retreat Centre**

**Charity No. 800412**

**Company No. 02294320**

**Trustees' Report and Unaudited Accounts**

**31 January 2022**

**Open Pathway Retreat Centre**  
**Contents**

	Pages
Trustees' Annual Report	2 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Summary Income and Expenditure Account	9
Balance Sheet	10
Notes to the Accounts	11 to 19

**Open Pathway Retreat Centre  
Trustees Annual Report**

Open Pathway Retreat Centre & Training College

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2022.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Company No. 02294320**

**Charity No. 800412**

**Principal Office**

Laurel Lane  
Queen Camel  
Yeovil  
Somerset  
BA22 7NU

**Registered Office**

Laurel Lane  
Queen Camel  
Yeovil  
Somerset  
BA22 7NU

**Directors and Trustees**

The Directors of the charitable company are its Trustees for the purposes of charity law.  
The following Directors and Trustees served during the year:

P.S. Beard  
M.A. Chappell  
N. Daniel

**Company Secretary**

D.F. Casley

**Accountants**

Charltons Accountancy Limited  
The Offices  
Middle Farm  
Charlton Horethorne  
Sherborne  
DT9 4NL

**Bankers**

Lloyds Bank Plc  
9 High Street  
Yeovil  
BA20 1RN

## **Open Pathway Retreat Centre**

### **Trustees Annual Report**

#### **Independent Examiners**

Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms,  
61 Green  
Lane  
Redruth  
Cornwall  
TR15 1LS

#### **OBJECTIVES AND ACTIVITIES**

The purpose of the charity as set out in its governing document is 'the advancement of health'. The trustees define this as being to serve the public good by promoting the study and practice of the art and science of meditation and natural healing.

The main activities undertaken in relation to those purposes are as follows:

1. Kriya Meditation & Peace Meditation - By learning meditation techniques & practices individuals benefit from physical, emotional, mental & spiritual wellbeing. This wellbeing helps them in their interaction with others, making that interaction a positive one. Therefore not only those practising meditation benefit but, like ripples in a pool that benefit spreads out to society in general.
2. Natural Energy Therapy/ Progressive Counselling/ Transformation Hatha Yoga and other therapies and self-help courses - These also help people to transform and empower their lives in a very positive sense, once again positively affecting society in general.
3. Retreats - By spending from an hour to a day to a week or more, to reflect & unwind within the Charity's environs, including its gardens and therapy pool, to imbibe in the peaceful surroundings of the Centre, people leave refreshed, relaxed and inspired.
4. Bursaries - A direct financial help to those with limited income to benefit from the facilities and courses the charity has to offer.

There are various volunteer contributions including: Regular volunteers which vary but generally consist of 1 person on reception and 1 or 2 general helpers. Occasional volunteers may vary as these are used for specific projects, e.g. maintenance. There may also be 1 or 2 temporary community members.

#### **ACHIEVEMENTS AND PERFORMANCE**

The charity continues to streamline existing operations so that practical aspects are more time, energy and labour efficient, whilst also being more accurate and complete. The process of further training of paid and volunteer staff continues each year, so that senior members can act in a more supervisory role and use their time more creatively and expansively and focus more on the in depth spiritual work. There is still more demand for this work. The charity is committed to training, both within the Centre and for the many who wish to take this ethos into their own lives. Empowering others in all ways is central to the charity's objectives. As a professional training school, the charity continues to train Natural Energy Therapists, Intuitive Guidance Coaches and Yoga teachers. The teacher training programme also includes Peace Meditation, Holistic Energy Care, Animal Energy Therapy and specialist Hatha Yoga certificate courses. The Centre's Course Programme continues to reflect new courses.

## **Open Pathway Retreat Centre**

### **Trustees Annual Report**

The Centre's membership role for Natural Energy Therapists, Intuitive Guidance Coaches/Progressive Counsellors and Yoga teachers under the title of Open Pathway Associates continues to bring more and more important work with it. Not only do Associates receive support (practical, spiritual and by receiving updates and new information important to their prospective roles) access to a referral list and insurance as benefits of membership, they also benefit from the work the Centre members do at exhibitions and with regulatory and advisory bodies. Associates have no 'voting' rights in the running of the Centre. The Centre's clinic continues to serve patients for both Natural Energy Therapy and Intuitive Guidance. As a Retreat Centre, the Centre continues to accommodate people in need.

### **FINANCIAL REVIEW**

The trustees consider the financial performance by the charity during the year to have been satisfactory in light of the huge financial impact of the on-going Covid-19 pandemic. Supported by the sale of a property (Owl Cottage), the level of funding during the year was adequate to support both the continuation of the charity's work and its financial commitments at the time, but was not sustainable long term. The Trustees are hopeful that as restrictions continue to ease and the country gets to a post pandemic phase, funding will increase again.

During the year the trustees continued to address the various governance issues raised under the Charity Commission warning of October 2020. This work was completed in the early part of the financial year and the warning was lifted during October 2021. As in the previous year, the charity has incurred costs in respect of this regulatory and restructuring work, specifically increased employment costs and premises costs. Although the regulatory has now been successfully completed, the restructuring work continues and further related costs are envisaged in the coming financial year.

Claims made against the charity have been reported to the Charity Commission and legal support is being taken. The work continues and a contingent liability exists upon the charity. This is not shown in the accounts as this cannot be quantified at this stage.

Due to the current situation in the financial markets the Charity's investment policy is one of flexibility and funds continue to be held in a number of accounts to reduce risk. The Charity feels it is important that investments should be as risk free as possible.

The principal funding source for the Charity is accommodation (including Self Catering and Personal Retreats) and course fees. Fees for Natural Energy Therapy, Intuitive Guidance/Coaching and use of Therapy Pool also contribute. Donations are encouraged, particularly by regular direct debit, which helps to fund Bursaries for those in need. Large donations require the person donating to seek legal advice first.

It is the policy of this charity to hold 3 months running costs in reserve to cover unforeseen emergencies, and to fund any shortfall in income resulting from recent restructuring and the economic effects of Covid-19. The level of reserves currently required is £45,000, to be reviewed quarterly at trustee meetings. Reserves held at the year-end were £120,315.54 in the Charity's main bank account. This policy is to be reviewed in August 2022.

### **PLANS FOR FUTURE PERIODS**

The Centre will continue to adapt to meet the changing needs of those it serves. The focus will always be on teaching Meditation. Although the Centre is going through a period of contraction in some avenues, and this may continue for some time with the economic effects of Covid-19, the Trustees feel confident that the teacher training programme will expand again, and that more outreach work can be done which will, in turn, provide even more demand for Meditation.

## **Open Pathway Retreat Centre Trustees Annual Report**

The Charity will continue to train and support those who wish to take this way of living into their own lives. The Charity's involvement in accrediting organisations to help to set standards is continuing and the Charity will continue to meet and aim to exceed the standards of all accrediting organisations to which it belongs or seeks to belong.

The Charity will continue to streamline and refine its procedures and delegate the practical aspects where appropriate so that those members with specialist training can focus more on expanding the spiritual work to meet the ever growing demand.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

The charity is constituted as a company limited by guarantee registered under the Companies Act incorporated on 8 September 1988 and registered as a charity on 1 February 1989 (Change of names took place on 13 March 1999, 22 December 1992, 19 September 2018 and to current on 22 March 2022). It is governed by its Memorandum and Articles of Association. In the event of the company being wound up, directors are required to contribute an amount not exceeding £1.

The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation. There are no restrictions in the governing documents on the operation of the charity or on its investment powers other than those imposed by Charity Law. By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

All directors of the company are also trustees of the charity, and there are no other trustees. The board has the power to appoint additional trustees as it considers fit. As positions become available, or as the board sees fit, it seeks to appoint trustees with an understanding of the nature, depth and scope of the work of the charity and those who can bring to its management their own particular skills, experience and outlook to encourage continual expansion of thought and direction.

New trustees would normally already be familiar with the work of the charity. Through copies of past minutes, they gain a deeper understanding of the background work involved in the management and day to day running of the charity, further insight being given by our Trustee/Company Secretary who is part of the Senior Management Team. As the work of the Charity expands and new systems come into operation, all trustees are kept informed by relevant departmental reports at the quarterly meeting.

Trustees are encouraged to spend time at the Centre to view and experience at first hand any changes taking place and to become familiar with key members of staff.

**Open Pathway Retreat Centre**  
**Trustees Annual Report**

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

N Daniel  
Trustee  
01 December 2022

**Open Pathway Retreat Centre  
Independent Examiners Report**

**Independent Examiner's Report to the trustees of Open Pathway Retreat Centre**

I report to the charity trustees on my examination of the financial statements of Open Pathway Retreat Centre for the year ended 31 January 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

**Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the 2011 Act"). The trustees consider that an audit is not required for this year under section 144(2) of the 2011 Act and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act;
- and state whether particular matters have come to my attention

**Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all of the evidence that would be required for an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below

**Independent examiner's statement**

In connections with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 130 of the 2011 Act ;and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;

2) or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth  
Cornwall  
TR15 1LS  
01 December 2022

**Open Pathway Retreat Centre**  
**Statement of Financial Activities**  
for the year ended 31 January 2022

		<b>Unrestricted</b>		
		<b>funds</b>	<b>Total funds</b>	<b>Total funds</b>
		<b>2022</b>	<b>2022</b>	<b>2021</b>
	<b>Notes</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income and endowments from:</b>				
Donations and legacies	4	9,183	9,183	5,025
Charitable activities	5	67,867	67,867	72,002
Investments	6	30	30	85
Other	7	32,635	32,635	32,436
<b>Total</b>		<u>109,715</u>	<u>109,715</u>	<u>109,548</u>
<b>Expenditure on:</b>				
Charitable activities	8	18,699	18,699	31,803
Other	9	200,707	200,707	133,262
<b>Total</b>		<u>219,406</u>	<u>219,406</u>	<u>165,065</u>
Net gains on sale of fixed assets		137,420	137,420	-
<b>Net income/(expenditure)</b>	10	<u>27,729</u>	<u>27,729</u>	<u>(55,517)</u>
Transfers between funds		-	-	-
<b>Net income/(expenditure) before other gains/(losses)</b>		<u>27,729</u>	<u>27,729</u>	<u>(55,517)</u>
<b>Other gains and losses</b>				
<b>Net movement in funds</b>		<u>27,729</u>	<u>27,729</u>	<u>(55,517)</u>
<b>Reconciliation of funds:</b>				
Total funds brought forward		1,599,592	1,599,592	1,655,109
<b>Total funds carried forward</b>		<u><u>1,627,321</u></u>	<u><u>1,627,321</u></u>	<u><u>1,599,592</u></u>

The statement of financial activities includes all gains and losses recognised in the year

**Open Pathway Retreat Centre**  
**Summary Income and Expenditure Account**  
**for the year ended 31 January 2022**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Income	109,685	109,463
Profit on disposal of fixed assets	137,420	-
Interest and investment income	30	85
<b>Gross income for the year</b>	<u>247,135</u>	<u>109,548</u>
Expenditure	207,179	152,225
Interest payable	787	-
Depreciation and charges for impairment of fixed assets	11,440	12,840
<b>Total expenditure for the year</b>	<u>219,406</u>	<u>165,065</u>
Net income/(expenditure) before tax for the year	27,729	(55,517)
<b>Net income /(expenditure )for the year</b>	<u><u>27,729</u></u>	<u><u>(55,517)</u></u>

**Open Pathway Retreat Centre****Balance Sheet**

at 31 January 2022

Company No. 02294320	Notes	2022 £	2021 £
<b>Fixed assets</b>			
Tangible assets	12	1,530,776	1,608,439
		<u>1,530,776</u>	<u>1,608,439</u>
<b>Current assets</b>			
Stocks	13	375	790
Debtors	14	-	1,577
Cash at bank and in hand		148,007	63,752
		<u>148,382</u>	<u>66,119</u>
<b>Creditors: Amount falling due within one year</b>	15	<u>(18,504)</u>	<u>(31,633)</u>
<b>Net current assets</b>		129,878	34,486
<b>Total assets less current liabilities</b>		1,660,654	1,642,925
<b>Creditors: Amounts falling due after more than one year</b>	16	<u>(33,333)</u>	<u>(43,333)</u>
<b>Net assets excluding pension asset or liability</b>		<u>1,627,321</u>	<u>1,599,592</u>
<b>Total net assets</b>		<u><u>1,627,321</u></u>	<u><u>1,599,592</u></u>
<b>The funds of the charity</b>			
<b>Unrestricted funds</b>			
General funds	17	1,627,321	1,599,592
		<u>1,627,321</u>	<u>1,599,592</u>
<b>Reserves</b>	17		
<b>Total funds</b>		<u><u>1,627,321</u></u>	<u><u>1,599,592</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 January 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 01 December 2022

And signed on its behalf by:

N. Daniel

Trustee

01 December 2022

**1 Accounting policies**

**Basis of preparation**

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**Change in basis of accounting or to previous accounts**

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

**Fund accounting**

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

**Income**

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

## Open Pathway Retreat Centre

### Notes to the Accounts

#### Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

#### Taxation

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

#### Tangible fixed assets and depreciation

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

Freehold property	0.5% Straight line
Plant and machinery	25% Reducing balance
Motor vehicles	25% Reducing balance

The Charity has a general policy of capitalisation of fixed assets if the value of the individual asset purchased exceeds £300. In rare circumstances the Charity may consider an item of value under £300 should be capitalised due to its nature

#### Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

#### Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

#### Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Cash and cash equivalents**

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

**Trade and other creditors**

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**Leased assets**

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs. Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

**Pension costs**

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

**Receipt of donated goods, facilities and services**

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

**2 Company status**

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	<b>Unrestricted</b>	<b>Total funds</b>
	<b>2021</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Income and endowments from:</b>		
Donations and legacies	5,025	5,025
Charitable activities	72,002	72,002
Investments	85	85
Other	32,436	32,436
<b>Total</b>	<u>109,548</u>	<u>109,548</u>
<b>Expenditure on:</b>		
Charitable activities	31,803	31,803
Other	133,262	133,262
<b>Total</b>	<u>165,065</u>	<u>165,065</u>
<b>Net income</b>	<u>(55,517)</u>	<u>(55,517)</u>
<b>Net income before other gains/(losses)</b>	<u>(55,517)</u>	<u>(55,517)</u>
<b>Other gains and losses:</b>		
<b>Net movement in funds</b>	<u>(55,517)</u>	<u>(55,517)</u>
<b>Reconciliation of funds:</b>		
Total funds brought forward	1,655,109	1,655,109
<b>Total funds carried forward</b>	<u><u>1,599,592</u></u>	<u>1,599,592</u>

4 Income from donations and legacies

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Donations and legacies	9,183	9,183	5,025
	<u>9,183</u>	<u>9,183</u>	<u>5,025</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**5 Income from charitable activities**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Charitable activities	27,568	27,568	20,235
Sales of good & publications	1,637	1,637	20
Misc fundraising activity	781	781	511
Income from pool memberships	9,800	9,800	6,710
Associate subscriptions and activity	2,075	2,075	1,604
Accommodation relating to yoga retreats	26,006	26,006	42,922
	<u>67,867</u>	<u>67,867</u>	<u>72,002</u>

**6 Income from investments**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Bank interest receivable	30	30	85
	<u>30</u>	<u>30</u>	<u>85</u>

**7 Other income**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Coronavirus rates relief grant	3,143	3,143	21,357
Holiday accommodation	22,530	22,530	11,079
Hire of centre as venue	6,962	6,962	-
	<u>32,635</u>	<u>32,635</u>	<u>32,436</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**8 Expenditure on charitable activities**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<i>Expenditure on charitable activities</i>			
Food & consumables	11,850	11,850	11,793
Stock movement	415	415	1,106
Bursaries	3,316	3,316	2,779
Cleaning and cooking	-	-	13,489
Payments to associates	315	315	633
<i>Governance costs</i>			
Independent examiners fees	890	890	1,175
Accountancy fees	1,913	1,913	828
	<u>18,699</u>	<u>18,699</u>	<u>31,803</u>

**9 Other expenditure**

	<b>Unrestricted</b>	<b>Total</b>	<b>Total</b>
		<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Bank loan and overdraft interest payable	787	787	-
Employee costs	62,091	62,091	8,141
Motor and travel costs	2,713	2,713	1,670
Premises costs	81,640	81,640	49,082
Amortisation, depreciation, impairment of fixed assets	11,440	11,440	12,840
General administrative costs	18,476	18,476	20,628
Legal and professional costs	23,560	23,560	40,901
	<u>200,707</u>	<u>200,707</u>	<u>133,262</u>

**10 Net income/(expenditure) before transfers**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
This is stated after charging:		
Depreciation of owned fixed assets	11,440	12,840

## Open Pathway Retreat Centre

### Notes to the Accounts

#### 11 Staff costs

	<b>2022</b>	<b>2021</b>
Salaries and wages	57,104	5,508
Pension costs	773	-
Training	4,214	-
	<u>62,091</u>	<u>5,508</u>

No employee received emoluments in excess of £60,000.

#### Key management personnel

Remuneration paid to key management personnel, which consist of 3 centre managers, during the year was £57,877.

The average monthly number of full time equivalent employees during the year was as follows:

	<b>2022</b>	<b>2021</b>
	<b>Number</b>	<b>Number</b>
Administration	3	3
	<u>3</u>	<u>3</u>

The charity operates a defined contribution pension scheme for employees. The scheme was set up on 1 February 2021. Contributions are payable into a NEST pension scheme.

#### 12 Tangible fixed assets

	<b>Land and buildings</b>	<b>Plant and machinery</b>	<b>Motor vehicles</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost or revaluation</b>				
At 1 February 2021	1,752,122	125,987	24,138	1,902,247
Additions	-	940	-	940
Disposals	(75,890)	-	-	(75,890)
At 31 January 2022	<u>1,676,232</u>	<u>126,927</u>	<u>24,138</u>	<u>1,827,297</u>
<b>Depreciation and impairment</b>				
At 1 February 2021	155,914	119,575	18,319	293,808
Depreciation charge for the year	8,381	1,604	1,455	11,440
Disposals	(8,727)	-	-	(8,727)
At 31 January 2022	<u>155,568</u>	<u>121,179</u>	<u>19,774</u>	<u>296,521</u>
<b>Net book values</b>				
At 31 January 2022	<u>1,520,664</u>	<u>5,748</u>	<u>4,364</u>	<u>1,530,776</u>
At 31 January 2021	<u>1,596,208</u>	<u>6,412</u>	<u>5,819</u>	<u>1,608,439</u>

#### 13 Stocks

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Raw materials and consumables	375	790
	<u>375</u>	<u>790</u>
<b>Carrying value analysed by activities</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Charitable activities	375	790
	<u>375</u>	<u>790</u>

**Open Pathway Retreat Centre**

**Notes to the Accounts**

**14 Debtors**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade debtors	-	1,577
	<u>-</u>	<u>1,577</u>

**15 Creditors:**

amounts falling due within one year

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	10,000	6,667
Trade creditors	3,516	10,409
Other taxes and social security	-	214
Other creditors	3,188	11,669
Accruals	1,800	2,674
	<u>18,504</u>	<u>31,633</u>

**16 Creditors:**

amounts falling due after more than one year

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	33,333	43,333
	<u>33,333</u>	<u>43,333</u>

**17 Movement in funds**

	<b>At 1 February 2021</b>	<b>Incoming resources (including other gains/losses)</b>	<b>Resources expended</b>	<b>At 31 January 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Restricted funds:</b>				
<b>Unrestricted funds:</b>				
<b>General funds</b>	1,599,592	247,135	(219,406)	1,627,321
<b>Total funds</b>	<u>1,599,592</u>	<u>247,135</u>	<u>(219,406)</u>	<u>1,627,321</u>

**18 Analysis of net assets between funds**

	<b>Unrestricted funds</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Fixed assets	1,530,776	1,530,776
Net current assets	129,878	129,878
Creditors due in more than one year and provisions	(33,333)	(33,333)
	<u>1,627,321</u>	<u>1,627,321</u>

**Open Pathway Retreat Centre**  
**Notes to the Accounts**

**19 Reconciliation of net debt**

	<b>At 1 February</b>		<b>At 31</b>
	<b>2021</b>	<b>Cash flows</b>	<b>January</b>
	<b>£</b>	<b>£</b>	<b>2022</b>
			<b>£</b>
Cash and cash equivalents	63,752	84,255	148,007
	<hr/> 63,752	<hr/> 84,255	<hr/> 148,007
Bank loans	(50,000)	6,667	(43,333)
	<hr/> (50,000)	<hr/> 6,667	<hr/> (43,333)
Net debt	<hr/> <u>13,752</u>	<hr/> <u>90,922</u>	<hr/> <u>104,674</u>

**20 Related party disclosures**

***Controlling party***

The company is limited by guarantee and has no share capital; thus no single party controls the company.

**Open Pathway Retreat Centre**

England & Wales - Charity number 800412

---

# Accounts

---

Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre &  
Training College

Charity No. 800412

Company No. 02294320

Trustees' Report and Unaudited Accounts

31 January 2021

	Pages
Trustees' Annual Report	2 to 5
Independent Examiners Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9 to 18

Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre & Training College  
Trustees Annual Report

Open Pathway Retreat Centre & Training College

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 02294320

Charity No. 800412

Principal Office

Laurel Lane

Queen Camel

Yeovil

Somerset

BA22 7NU

Registered Office

Laurel Lane

Queen Camel

Yeovil

Somerset

BA22 7NU

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

P.S. Beard

M.A. Chappell

N. Daniel

D.F. Casley (Resigned 8 June 2020)

M. Lovatt (Resigned 31 October 2020)

Company Secretary

D.F. Casley

Accountants

Charltons Accountancy Limited

The Offices

Middle Farm

Charlton Horethorne

Sherborne

DT9 4NL

Bankers

Lloyds Bank Plc

9 High Street

Yeovil

BA20 1RN

Independent Examiner  
Debbie Risborough (FCCA)  
Cornwall Community Accountancy Service  
The Elms, 61 Green Lane  
Redruth  
Cornwall  
TR15 1LS

#### OBJECTIVES AND ACTIVITIES

The purpose of the charity as set out in its governing document is 'the advancement of health'. The trustees define this as being to serve the public good by promoting the study and practice of the art and science of meditation and natural healing.

The main activities undertaken in relation to those purposes are as follows:

1. Kriya Meditation & Peace Meditation - By learning meditation techniques & practices individuals benefit from physical, emotional, mental & spiritual wellbeing. This wellbeing helps them in their interaction with others, making that interaction a positive one. Therefore not only those practising meditation benefit but, like ripples in a pool that benefit spreads out to society in general.
2. Natural Energy Therapy/ Progressive Counselling/ Transformation Hatha Yoga and other therapies and self-help courses - These also help people to transform and empower their lives in a very positive sense, once again positively affecting society in general.
3. Retreats - By spending from a hour to a day to a week or more, to reflect & unwind within the Charity's environs, including its gardens and therapy pool, to imbibe in the peaceful surroundings of the Centre, people leave refreshed, relaxed and inspired.
4. Bursaries - A direct financial help to those with limited income to benefit from the facilities and courses the Charity has to offer.

There are various volunteer contributions including: Regular volunteers which vary but generally consist of 1 person on reception and 1 or 2 general helpers. Occasional volunteers may vary as these are used for specific projects, e.g. maintenance. There may also be 1 or 2 temporary community members/training posts.

#### ACHIEVEMENTS AND PERFORMANCE

The charity continues to streamline existing operations so that practical aspects are more time, energy and labour efficient, whilst also being more accurate and complete. The process of further training of paid and volunteer staff continues each year, so that senior members can act in a more supervisory role and use their time more creatively and expansively and focus more on the in depth spiritual work. There is still more demand for this work. The charity is committed to training, both within the Centre and for the many who wish to take this ethos into their own lives. Empowering others in all ways is central to the charity's objectives. As a professional training school, the charity continues to train Natural Energy Therapists, Progressive Counsellors and Transformation Hatha Yoga teachers. The teacher training programme also includes Meditation Foundation, Holistic Energy Care, Animal Energy Therapy and specialist Hatha Yoga certificate courses. The Centre's Course Programme continues to reflect new courses.

The Centre's membership role for Natural Energy Therapists, Progressive Counsellors and Transformation Hatha yoga teachers under the title of Open Pathway Associates continues to bring more and more important work with it. Not only do Associates receive support (practical, spiritual and by receiving updates and new information important to their perspective roles) access to a referral list and insurance as benefits of membership, they also benefit from the work the Centre members do at exhibitions and with regulatory and advisory bodies. Associates have no 'voting' rights in the running of the Centre. The Centre's clinic continues to serve patients for both Natural Energy Therapy and Progressive Counselling. As a Retreat Centre, the Centre continues to accommodate people in need.

## FINANCIAL REVIEW

The trustees consider the financial performance by the charity during the year to have been satisfactory given the challenges faced. The present level of funding is adequate to support both the continuation of the charity's work and its financial commitments. Although funds have diminished this year, the Trustees consider the financial position of the charity to be satisfactory. During the 2021 financial year the charity has faced the unprecedented challenge of the Covid-19 pandemic, the pandemic has had a significant impact on the charity, reducing income streams leading to a further drop in funds despite the charity working hard to control costs. The charity has also incurred costs in respect of restructuring and regulatory work again this year and further costs are anticipated.

Due to the current situation in the financial markets the Charity's investment policy is one of flexibility and funds continue to be held in a number of accounts to reduce risk. The Charity feels it is important that investments should be as risk free as possible.

The principal funding source for the Charity is accommodation (including Self Catering and Personal Retreats) and course fees. Fees for Natural Energy Therapy, Progressive Counselling and use of Therapy Pool also contribute. Donations are encouraged, particularly by regular direct debit, which helps to fund Bursaries for those in need. Large donations require the person donating to seek legal advice first.

It is the policy of this charity to hold 3 months running costs in reserve to cover unforeseen emergencies, and to fund any shortfall in income resulting from recent restructuring and the economic effects of Covid-19. The level of reserves currently required is £45,000, to be reviewed quarterly at trustee meetings. Reserves held at the year-end were £1,599,592 although if fixed assets are excluded from this figure there is a deficit of £8,847. This policy is periodically reviewed to ensure this level is adequate.

## PLANS FOR FUTURE PERIODS

The Centre will continue to adapt to meet the changing needs of those it serves. The focus will always be on teaching Meditation. Although the Centre is going through a period of contraction in some avenues, and this may continue for some time with the economic effects of Covid-19, the Trustees feel confident that the teacher training programme will expand again, and that more outreach work can be done which will, in turn, provide even more demand for Meditation. The Charity will continue to train and support those who wish to take this way of living into their own lives. The Charity's involvement in accrediting organisations to help to set standards is continuing and the Charity will continue to meet and aim to exceed the standards of all accrediting organisations to which it belongs or seeks to belong.

The Charity will continue to streamline and refine its procedures and delegate the practical aspects where appropriate so that those members with specialist training can focus more on expanding the spiritual work to meet the ever growing demand.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a company limited by guarantee registered under the Companies Act incorporated on 8 September 1988 (change of name to The Self Realization Healing Centre Charitable Trust on 22 December 1992) and registered as a charity on 1 February 1989 (Change of name to Self-Realization Meditation Healing Centre on 13 March 1999 and change of name to current on 19 September 2018) governed by its Memorandum and Articles of Association. In the event of the company being wound up, directors are required to contribute an amount not exceeding £1.

The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation. There are no restrictions in the governing documents on the operation of the charity or on its investment powers other than those imposed by Charity Law. By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

All directors of the company are also trustees of the charity, and there are no other trustees. The board has the power to appoint additional trustees as it considers fit. As positions become available, or as the board sees fit, it seeks to appoint trustees with an understanding of the nature, depth and scope of the work of the charity and those who can bring to its management their own particular skills, experience and outlook to encourage continual expansion of thought and direction.

New trustees would normally already be familiar with the work of the charity. Through copies of past minutes, they gain a deeper understanding of the background work involved in the management and day to day running of the charity, further insight being given by our Trustee/Company Secretary who is part of the Senior Management Team. As the work of the Charity expands and new systems come into operation, all trustees are kept informed by relevant departmental reports at the quarterly meeting.

Trustees are encouraged to spend time at the Centre to view and experience at first hand any changes taking place and to become familiar with key members of staff.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Charity Commission issued a warning on 23rd October 2020 regarding various governance issues and the trustees continue to follow legal advice to ensure the Charity Commission requirements are met. This is reflected in the high level of legal fees incurred in the current year. The agreement reached was for the requirements of the Charity Commission to be met by the end of October 2021.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

N Daniel

Trustee

29 November 2021

Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre & Training College  
Independent Examiners Report

Independent Examiner's Report to the trustees of Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre & Training College

I report on the accounts of the company for the year ended 31 January 2021, which are set out on pages 7 to 18.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the 2011 Act"). The trustees consider that an audit is not required for this year under section 144(2) of the 2011 Act and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act;
- and state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all of the evidence that would be required for an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connections with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 130 of the 2011 Act ;and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;
- 2) or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Debbie Risborough  
Chartered Certified Accountant  
Cornwall Community Accountancy Service  
The Elms  
61 Green Lane  
Redruth  
Cornwall  
TR15 1LS  
29 November 2021

Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre & Training College

Statement of Financial Activities

for the year ended 31 January 2021

	Notes	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:				
Donations and legacies	4	5,025	5,025	18,322
Charitable activities	5	72,002	72,002	110,342
Investments	6	85	85	270
Other	7	32,436	32,436	33,851
<b>Total</b>		<b>109,548</b>	<b>109,548</b>	<b>162,785</b>
Expenditure on:				
Charitable activities	8	31,803	31,803	59,106
Other	9	133,262	133,262	176,728
<b>Total</b>		<b>165,065</b>	<b>165,065</b>	<b>235,834</b>
Net gains on investments		-	-	-
Net expenditure	10	(55,517)	(55,517)	(73,049)
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		(55,517)	(55,517)	(73,049)
Other gains and losses				
Net movement in funds		(55,517)	(55,517)	(73,049)
Reconciliation of funds:				
Total funds brought forward		1,655,109	1,655,109	1,728,158
Total funds carried forward		<u>1,599,592</u>	<u>1,599,592</u>	<u>1,655,109</u>

The statement of financial activities includes all gains and losses recognised in the year.

## Self Realization Meditation Healing Centre T/A Open Pathway Retreat Centre &amp; Training College

## Balance Sheet

at 31 January 2021

Company No. 02294320	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	12	1,608,439	1,621,279
		<u>1,608,439</u>	<u>1,621,279</u>
Current assets			
Stocks	13	790	1,896
Debtors	14	1,577	2,349
Cash at bank and in hand		63,752	45,269
		<u>66,119</u>	<u>49,514</u>
Creditors: Amount falling due within one year	15	(31,633)	(15,684)
Net current assets		<u>34,486</u>	<u>33,830</u>
Total assets less current liabilities		1,642,925	1,655,109
Creditors: Amounts falling due after more than one year	16	(43,333)	-
Net assets excluding pension asset or liability		<u>1,599,592</u>	<u>1,655,109</u>
Total net assets		<u><u>1,599,592</u></u>	<u><u>1,655,109</u></u>
The funds of the charity			
Restricted funds	17		
Unrestricted funds	17		
General funds		1,599,592	1,655,109
		<u>1,599,592</u>	<u>1,655,109</u>
Reserves	17		
Total funds		<u><u>1,599,592</u></u>	<u><u>1,655,109</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 January 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 26 November 2021

And signed on its behalf by:

N. Daniel

Trustee

29 November 2021

for the year ended 31 January 2021

## 1 Accounting policies

### Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

### Functional currency

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

### Statement of cash flows

The charity is exempt from preparing a statement of cash flows on the grounds that it is a small charity.

### Fund accounting

**Unrestricted funds** These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

**Designated funds** These are unrestricted funds earmarked by the trustees for particular purposes.

**Revaluation funds** These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

**Restricted funds** These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Notes to the Accounts

Income

Recognition of income      Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure      Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies      Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts      Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities      These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help      The value of any volunteer help received is not included in the accounts.

Investment income      This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets      This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets      This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure      Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds      These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities      These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable      All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs      These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure      These are support costs not allocated to a particular activity.

Taxation

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

Notes to the Accounts

Tangible fixed assets and depreciation

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

Freehold property	0.5% Straight line
Plant and machinery	25% Reducing balance
Motor vehicles	25% Reducing balance

The Charity has a general policy of capitalisation of fixed assets if the value of the individual asset purchased exceeds £300. In rare circumstances the Charity may consider an item of value under £300 should be capitalised due to its nature.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

#### Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

#### Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

## 2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2020 £	Total funds 2020 £
Income and endowments from:		
Donations and legacies	18,322	18,322
Charitable activities	144,193	144,193
Investments	270	270
Total	<u>162,785</u>	<u>162,785</u>
Expenditure on:		
Charitable activities	59,106	59,106
Other	176,728	176,728
Total	<u>235,834</u>	<u>235,834</u>
Net income	<u>(73,049)</u>	<u>(73,049)</u>
Net income before other gains/(losses)	(73,049)	(73,049)
Other gains and losses:		
Net movement in funds	<u>(73,049)</u>	<u>(73,049)</u>
Reconciliation of funds:		
Total funds brought forward	1,728,158	1,728,158
Total funds carried forward	<u><u>1,655,109</u></u>	<u><u>1,655,109</u></u>

4 Income from donations and legacies

	Unrestricted £	Total 2021 £	Total 2020 £
Donations	5,025	5,025	15,319
Legacies		-	3,003
	<u>5,025</u>	<u>5,025</u>	<u>18,322</u>

5 Income from charitable activities

	Unrestricted	Total 2021	Total 2020
	£	£	£
Courses	20,235	20,235	65,347
Sales of publications	20	20	10,592
Miscellaneous fundraising activity	511	511	5,584
Income from pool memberships	6,710	6,710	8,323
Associate subscriptions and activity	1,604	1,604	1,642
Accommodation relating to yoga retreats	42,922	42,922	18,854
	<u>72,002</u>	<u>72,002</u>	<u>110,342</u>

6 Income from investments

	Unrestricted	Total 2021	Total 2020
	£	£	£
Interest receivable on bank deposits	85	85	270
	<u>85</u>	<u>85</u>	<u>270</u>

7 Other income

	Unrestricted	Total 2021	Total 2020
	£	£	£
Coronavirus rates relief grant	21,357	21,357	-
Holiday accommodation	11,079	11,079	33,851
	<u>32,436</u>	<u>32,436</u>	<u>33,851</u>

8 Expenditure on charitable activities

	Unrestricted	Total	Total
		2021	2020
	£	£	£
<i>Expenditure on charitable activities</i>			
Food and consumables	11,793	11,793	23,957
Stock movement and write offs	1,106	1,106	(1,301)
Bursaries	2,779	2,779	3,601
Cleaning and cooking	13,489	13,489	22,620
Sub-contract cook	-	-	7,836
Payments to associates	633	633	583
<i>Governance costs</i>			
Independent examiners fees	1,175	1,175	600
Accountancy fees	828	828	1,210
	<u>31,803</u>	<u>31,803</u>	<u>59,106</u>

9 Other expenditure

	Unrestricted	Total	Total
		2021	2020
	£	£	£
Other interest payable	-	-	465
Subcontract admin	5,508	5,508	-
Staff wages	1,609	1,609	-
CPD training	1,025	1,025	-
Payments to former residents	-	-	18,799
Motor and travel costs	1,670	1,670	5,139
Premises costs	49,081	49,081	69,134
Depreciation and loss on disposal of fixed assets	12,840	12,840	15,339
General administrative costs	20,628	20,628	31,493
Legal and professional costs	40,901	40,901	7,824
	<u>133,262</u>	<u>133,262</u>	<u>176,728</u>

10 Net expenditure before transfers

	2021	2020
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	12,840	14,266
Independent Examiner's fee	1,175	600

11 Staff Costs

	2021	2020
	£	£
Gross Salary	1,609	-
Employer's NI	-	-
Staff Pension	-	-

No employee received emoluments in excess of £60,000.

The average monthly number of full time equivalent employees during the year was as follows:

	2021	2020
	Number	Number
Administration	3	-
	<u>3</u>	<u>-</u>

The charity operates a defined contribution pension scheme for employees. The scheme was set up on 1 February 2021. Contributions are payable into a NEST pension scheme.

12 Tangible fixed assets

	Land and buildings	Plant and machinery	Motor vehicles	Total
	£	£	£	£
Cost or revaluation				
At 1 February 2020	1,752,122	125,987	24,138	1,902,247
At 31 January 2021	<u>1,752,122</u>	<u>125,987</u>	<u>24,138</u>	<u>1,902,247</u>
Depreciation and impairment				
At 1 February 2020	147,153	117,436	16,379	280,968
Depreciation charge for the year	8,761	2,139	1,940	12,840
At 31 January 2021	<u>155,914</u>	<u>119,575</u>	<u>18,319</u>	<u>293,808</u>
Net book values				
At 31 January 2021	<u>1,596,208</u>	<u>6,412</u>	<u>5,819</u>	<u>1,608,439</u>
At 31 January 2020	<u>1,604,969</u>	<u>8,551</u>	<u>7,759</u>	<u>1,621,279</u>

13 Stocks

	2021	2020
	£	£
Raw materials and consumables	790	1,896
	<u>790</u>	<u>1,896</u>
Carrying value analysed by activities		
	2021	2020
	£	£
Charitable activities	790	1,896
	<u>790</u>	<u>1,896</u>

## Notes to the Accounts

## 14 Debtors

	2021	2020
	£	£
Trade debtors	1,577	2,349
	<u>1,577</u>	<u>2,349</u>

## 15 Creditors:

amounts falling due within one year

	2021	2020
	£	£
Bank loans and overdrafts	6,667	-
Trade creditors	10,409	212
Other taxes and social security	214	-
Other creditors	11,669	13,972
Accruals and deferred income	2,674	1,500
	<u>31,633</u>	<u>15,684</u>

## 16 Creditors:

amounts falling due after more than one year

	2021	2020
	£	£
Bank loans and overdrafts	43,333	-
	<u>43,333</u>	<u>-</u>

## 17 Movement in funds

	At 1 February 2020	Incoming resources (including other gains/losses) £	Resources expended £	At 31 January 2021 £
Restricted funds:				
Unrestricted funds:				
General funds	1,655,109	109,548	(165,065)	1,599,592
Revaluation Reserves:				
Total funds	<u>1,655,109</u>	<u>109,548</u>	<u>(165,065)</u>	<u>1,599,592</u>

## 18 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	1,608,439	1,608,439
Net current assets	34,486	34,486
Creditors due in more than one year and provisions	(43,333)	(43,333)
	<u>1,599,592</u>	<u>1,599,592</u>

19 Reconciliation of net debt

	At 1 February 2020	Cash flows	At 31 January 2021
	£	£	£
Cash and cash equivalents	45,269	18,483	63,752
	<u>45,269</u>	<u>18,483</u>	<u>63,752</u>
Bank loans	-	(50,000)	(50,000)
	<u>-</u>	<u>(50,000)</u>	<u>(50,000)</u>
Net debt	<u>45,269</u>	<u>(31,517)</u>	<u>13,752</u>

20 Related party disclosures

<i>Name of related party</i>	Daniel Francis Casley
<i>Description of relationship between the parties</i>	A Company Secretary and former Trustee
<i>Description of transaction and general amounts involved</i>	The charity provided rent free accommodation to Daniel Francis Casley, the Company Secretary and former Trustee. Living at the Centre was considered necessary for the performance of the Trustee's unpaid duties to enable the charity to run effectively.

*Controlling party*

The company is limited by guarantee and has no share capital; thus no single party controls the company.