

*Hope and healing
through meditation
and yoga*



Impact Report 2024

Published June 2025



Our mission statement

The opportunity for personal growth exists in a prison cell



The Prison Phoenix Trust responds to and encourages prisoners in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The Trust offers personal support to prisoners through teaching, workshops, correspondence, books, CDs, DVDs and newsletters – and to prison officers too.

The trust recommends simple yoga sensitively tailored to students’ needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence in the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

The Prison Phoenix Trust

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We encourage spiritual growth and personal responsibility

In the challenging environment of prisons, it is hard to find the focus, determination and self-belief that is required for someone to break free from harmful patterns that lead to reoffending.



An introduction from the chair

During a year of much change, we are proud to have maintained the level of one to one support offered by our staff and volunteers to those in custodial settings. Our Letter Writers are now known as Mentors and provide an excellent service to those they are in contact with. We are very proud of them and the work they do. Our yoga teachers continue to deliver classes within the custodial environment and the impact is far reaching. Our digital resources are proving popular with excellent feedback supports our belief that yoga and meditation have a profoundly positive impact on mood, sleep, stress, mental focus and peace of mind. We are extremely proud of the way The Prison Phoenix Trust has managed the political implications of the change of Government and the impact on prison budgets. Our work continues to provide the valued provision of yoga and meditation to those coping with custody and supporting their rehabilitation.

Throughout 2024 The Prison Phoenix Trust has seen some changes in staff; notably the appointment of an Operations Director, the board welcomes this addition that provides investment in office processes and HR management. This allows our CEO to focus on development and strategic priorities. the board has welcomed a new Treasurer who is supporting the organisation to maintain its keen focus on funding sustainability. I would like to welcome new Board members and thank those stepping down for being so generous with their time and support.

We remain forever grateful to those organisations, trusts and individuals who give so generously in many ways to ensure we can keep providing resources to those who live and work in our prisons.

I would like to take this opportunity to make a special mention to our volunteer Caroline who received a Highly Commended Award for her length of service and commitment at the Oxfordshire Community Volunteer Action Awards. We also received a Highly Commended for health and wellbeing in the Inspire Justice Awards.

Staff and trustees attended numerous external events across the year demonstrating the organisation's commitment to having a broad and diverse reach into the many communities we engage with. We maintain our spiritual focus and keep the support of rehabilitation high on our agenda. Our annual staff and volunteer event demonstrated the high level of commitment and excellent working relationships that make The Prison Phoenix Trust such a continued success.

A handwritten signature in dark ink, reading 'Suzy Dymond-White'.

Suzy Dymond-White
Chair of the board of trustees

"The PPT is able to help countless people in prisons and secure settings, because of the dedication and committment of 100s of yoga teachers."

Selina, The PPT CEO



A common humanity

Actor Jeremy Irons, a longstanding patron of The Prison Phoenix Trust (The PPT), says that whenever he spends time talking to people who've been to prison, he realises how thin the line is between being inside and being outside. "There but for the grace of God go I," he says.

"Many people in prison are just like you and me who have, by force of circumstances, lack of education, poor decisions, or difficult childhoods, fallen over that line," he says.

While we never underestimate the huge toll crime takes on its victims, many support The PPT because we recognise that whatever we have done, we all share a common humanity.



"Getting involved in working in prisons doesn't just help the individual, but society as a whole."

2024 prison yoga trainee

40%
of men in prison and
50%
of women witnessed
violence in their
childhood home

25%
of adults and
50%
of under-21s
were in care

80%
of women in Scottish
prisons have brain
injury from violence

"Yoga doesn't discriminate, it's here to help everyone, no matter what walk of life you're from."

2024 prison yoga trainee



The PPT and British Wheel of Yoga 'Teaching Yoga in Prisons' module 2024

1 in 3
women in prison
self-harm

60%
have literacy
difficulties

64%
have used
class A drugs



A crisis of overcrowding

The UK has the highest imprisonment rate in western Europe. In England and Wales, the number of people in prison rose by 93% in the last 30 years and is predicted to reach up to 105,200 by 2029.

The crisis of overcrowding in 2024 combined with under-staffing led to most people in prison spending excessive time locked in their cells with limited opportunity for training, education or exercise.

The toll on their wellbeing has been profound: a 25% increase in self-harm incidents among men, the highest-ever recorded levels of self-harm among women, and a 27% rise in self-inflicted deaths among male prisoners.

Our challenge has never been greater.

86,463

in England and Wales
in 122 prisons

94%

of people in prison
are adult men

4,799

in secure hospitals

2,000

in 100 approved
premises

1,204

in immigration
removal centres

66%

are locked in cells
for at least 18 hours
on weekdays

82%

at weekends

8,260

in Scotland
in 17 establishments

1,909

in Northern Ireland
in 3 prisons

5,075

in Republic of Ireland
in 12 prisons

27%

of men and

53%

of women survived
physical, sexual or
emotional abuse
in childhood

27%

of all people
in prison and

50%

of under-18s are
from global majority
backgrounds

Responding to all who reach out

we reached
5%
of the prison
population
of the UK
and Ireland



5,012
prisoners &
1,669
prison staff opt-in
to our quarterly
newsletters

179
former prisoners
corresponded
with us in 2024 &
received support
to continue their
practice



196
establishments
across 4 prison
systems in the UK
and Ireland

33%
increase in prisons
with regular yoga
classes

Thanks to the dedicated work of volunteers, staff and freelance yoga teachers, and the continuing financial support of donors, The Prison Phoenix Trust was able to meet the challenge of rising demand from a growing and overcrowded prison population. There was more need than ever for the healing, rehabilitative power of yoga and meditation.

Awareness of yoga and meditation amongst prison managers is high and, despite ongoing funding and staffing challenges in prisons, the number of establishments with regular yoga classes grew from 58 in 2023 to 75 in 2024.

We also remained able to respond to every individual who reached out for help, by providing the offer of one-to-one mentoring, in-cell resources and peer-support newsletters. We were in direct contact with 5012 individuals serving prison sentences in 2024 and some 1,669 prison staff.

Together, you supported people in 196 establishments across four prison systems. These included 156 prisons, 27 secure hospitals and 6 approved premises, where some people stay for a few months after release.

41
volunteers
supported our
staff team of 7
(6 FTE)



Individual support in prison



2,143
people living in
prison received
FREE
resource packs

13
volunteer mentors
47
letters per month

The original aim of The PPT, as set out by its founder, Ann Wetherall, was to support and encourage people in prison in their spiritual lives. Her vision continues to be the cornerstone of our work. A team of 13 volunteer mentors correspond with people in prison offering support and guidance in meditation and yoga. During 2024 some 2,679 people reached out from prison for this support. Of these 2,143 were sent one of our specialist books, CDs and DVDs, chosen to match their learning needs.

A further 536 wanted written mentor support. For what might be the first time in their lives, they have someone who guides their work towards rehabilitation through contemplative practice. These dialogues can stretch over decades, with our dedicated mentors hearing first-hand their spiritual and personal wellbeing progress.

“Everything is so quick these days and there’s something quite intimate about writing letters. How special it is to get a letter from someone writing in a non-trivial way – quite a sacred thing. It’s not something we do much anymore. What a privilege it is to write to people in this way.”

The words our prison students share through correspondence form the heart of the quarterly peer-support newsletters, received by 5,012 people in prison in 2024, along with 1,669 prison staff. In this way those practising yoga and meditation in prison share with each other the joys – and challenges – of their practice, encourage each other and feel a sense of worth in being part of a prison yoga community.

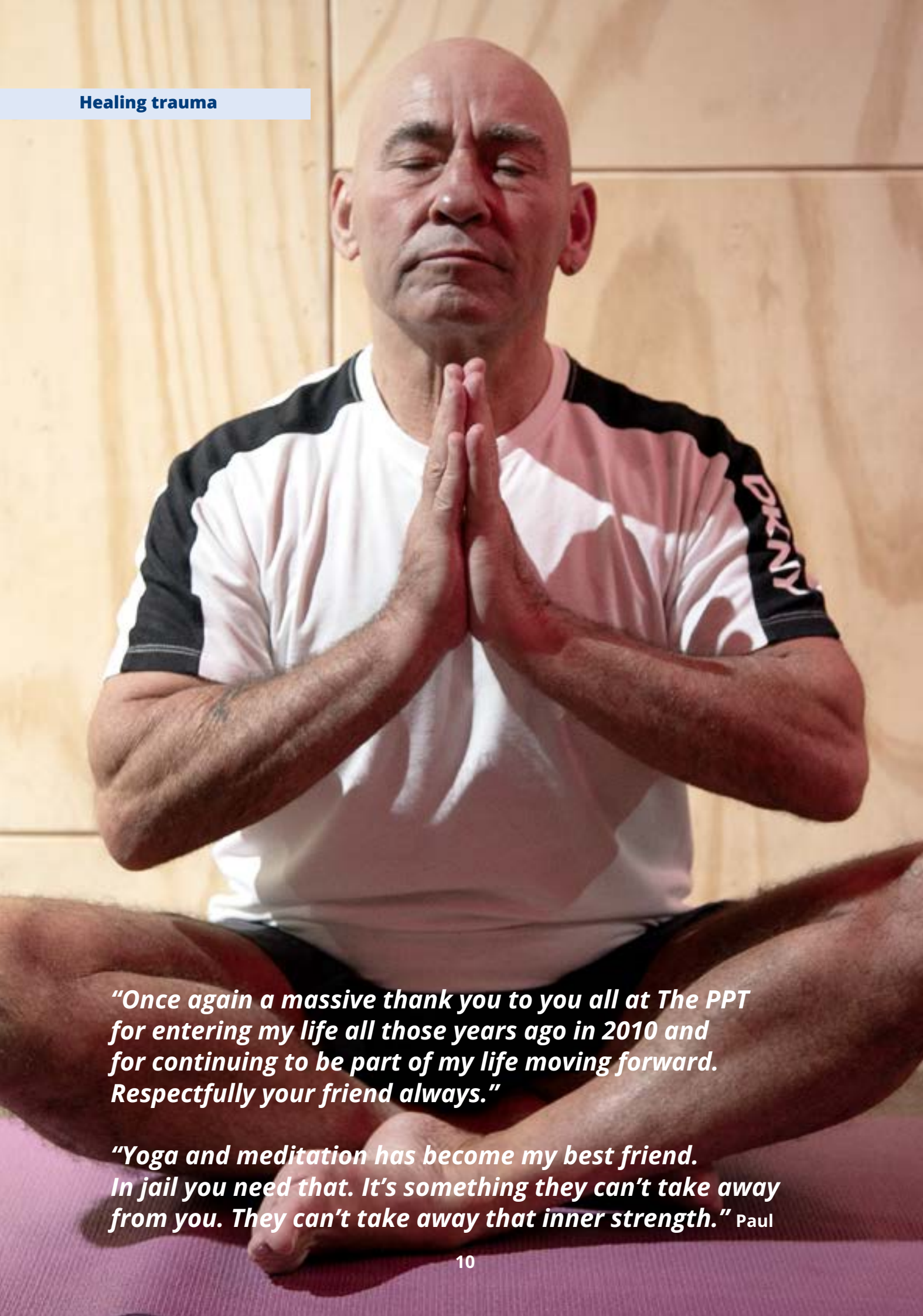
“Meditation has given me an increased self-awareness. It has allowed me to cut through the fog of nonsense in many areas, from the crazy marketing-driven excesses of modern living to my own acceptances of society. Meditation has been helpful in developing that clarity.” Matt, HMP Barlinnie



5,012
prisoners
request our
peer-support
newsletter



“Meditation and Religion (I am CofE) have become very important to me, they are totally complementary. One helps and aids the other. You can be deprived of books and they can be restricted, but the two things no one can deprive you of are your faith and your mind. However bad things get, you always have those two things.” Simon, HMP Risley



"Once again a massive thank you to you all at The PPT for entering my life all those years ago in 2010 and for continuing to be part of my life moving forward. Respectfully your friend always."

"Yoga and meditation has become my best friend. In jail you need that. It's something they can't take away from you. They can't take away that inner strength." Paul

The power of yoga to heal

What is trauma?

"Trauma is an event or series of events outside of the range of 'usual' human experience, which threatens the physical and emotional safety of self or others"

Ashley Macdonald, trauma specialist and prison yoga teacher

Yoga teachers who train with The PPT learn that in all prison classes there will be high levels of trauma in their students. But they also learn how a trauma-sensitive approach to yoga that prioritises safety, choice and agency has a powerful role to play in supporting healing and resilience.

A trauma-responsive approach to yoga is required in all secure settings. It offers a powerful set of tools to help the process of healing from trauma. We have an opportunity to:

- ❑ share practices that enable our students to self-regulate the nervous system
- ❑ help our students begin to feel safe and at home in their own bodies and relationships
- ❑ model boundaried relationships of trust and respect
- ❑ help our students feel confidence and self-worth

Trauma in prison

- ❑ **24% of men** have post-traumatic stress disorder
- ❑ **40% of men** in prison and **50% of women** witnessed violence in their childhood home
- ❑ **27% of men** and **53% of women** survived physical, sexual or emotional abuse in childhood
- ❑ **80% of women** in Scottish prisons have brain injury from violence

Lessons in yoga - for life

In 2024, 20 new prison yoga teachers trained in the trauma-responsive approach to yoga that is required in prisons and we accredited a further 16 teachers by taking them to watch a prison class in action and then observing them teaching a prison yoga class.

These new trainees joined a cohort of yoga teachers delivering regular classes in 75 prisons in the UK and Ireland during 2024.

Some classes run continuously, with others being short courses of 4,10 or 12 weeks. In 5 prisons, yoga was delivered through contracts with the Ministry of Justice won by competitive tender. We also ran 21 taster workshops in 7 prisons. And we supported 55 prisons to include yoga and meditation in their activities for Mental Health Awareness Week.

Using the internationally recognised Warwick-Edinburgh Mental Wellbeing Scale, we are able to monitor the impact of yoga and meditation on people’s emotional wellbeing in prison. We also recorded what people in prison told us about the impact of yoga on their lives.

Of the 40 participants in Mindful Yoga courses we ran in 2 women’s prisons in 2024, 84% experienced meaningful improvement in mental wellbeing; participants with low mental wellbeing fell from 69% to 5%; moderate mental wellbeing rose from 31% to 78%; high mental wellbeing rose from 0% to 18%.

75
prisons ran
regular
PPT yoga classes
up 33% on 2023

96
PPT accredited
teachers
are teaching
(or ready to go)

20
new teachers
were trained
16
more accredited
after we observed
their prison teaching

84%
of the 40
participants in
Mindful Yoga courses
experienced
an improvement in
mental wellbeing

high mental
wellbeing rose from
0%
to
18%

low mental wellbeing
fell from
69%
to
5%

21
taster workshops
were held in
7 prisons



*“I feel calmer,
happier, healthier and
I sleep loads better
than ever before and
throughout the night.”*

*“I’ve become more
aware of the
importance of
practising on the day
to day basis.
It makes such a
difference on the way
you face life that is
definitely worthy.
Life improving 100%”*

*“I can drop into
stillness quicker.
I can block negative,
spiralling thoughts
better. I can calm
myself better.”*

A year of sharing & celebration



CEO Selina Sasse spoke at Cambridge University's forum Contemplation: Theory / Practice



Highly commended for long service in Oxfordshire Volunteer Awards



Highly commended at The Inspire Justice Awards for health and wellbeing



Sir Halley Stewart Trust 100th anniversary celebration event



SOAS BWY Autumn Summit

Cambridge University lecture

In January, CEO Selina Sasse spoke at Cambridge University's forum Contemplation: Theory / Practice, a network of the university's Centre for Research in the Arts, Social Sciences and Humanities that brings together ideas, history and the application of contemplative traditions from around the globe. Selina highlighted the theory, evidence and experience of the value of meditation and yoga for vulnerable people in prisons. This included how yoga improves physical and mental health, emotional resilience, self-esteem and a profound sense of connection and how neuroscience validates the experiential evidence from those The PPT supports.

Oxfordshire Volunteer Celebration Award

In June, dedicated volunteer Caroline was highly commended for long service in Oxfordshire's Volunteer Celebration Awards. Over 17 years she has written more than 3,000 letters to people who have reached out for help from prison. She represents all 31 volunteers, including 13 mentors, who form a vital part of The PPT team.

Inspire Justice Award

In September we were delighted to be highly commended for supporting the health and wellbeing of people in prison in the 2024 Inspire Justice Awards.

Host Clive Myrie presented CEO Selina Sasse and the team with a Highly Commended Health and Wellbeing Employer of the Year award, saying: *"Their work represents the best of us."*

Helen Judge, Area Executive Director HMPPS, recognised The PPT's work with *'some of the most troubled in society'*.

In the UK's only awards programme dedicated to recognising the achievements of the entire criminal justice sector, The PPT was praised highly for its innovative use of yoga and meditation to support the mental health of prisoners during the Covid-19 pandemic and beyond.

Showcasing with Sir Halley Stewart

In October we were one of the charities showcased by the Sir Halley Stewart Trust as part of its 100th anniversary celebration event in London.

SOAS – BWY Autumn Summit

In November we took part in an all-day conference on Yoga, Health, Harm and Healing. The morning sessions were dedicated to yoga in prisons, with lectures by The PPT's consultant Dr Rosie Meek and prison yoga teacher Rose Parks.

In the news Media that covered the work of The PPT in 2024 included:

Spectrum
The magazine of the British Wheel of Yoga

Yoga Magazine

The Friend
Quaker magazine

Quakers in Criminal Justice

Inside Time

Oxford Mail

In 2024, prison overcrowding became a major issue in the news and a priority for the new government, along with a spending review. The PPT focused on how to continue meeting the growing demand for our support from people under extreme stress, who are eager to make a positive impact during their time in prison.

With budget cuts, rising inflation, and increased pressure on charitable donations, a new growth strategy was launched in 2024, marking a turning point in the trust’s 36-year history. The aim is to ensure long-term sustainability by evaluating the effectiveness of our multi-faceted approach.

- ❑ **Strategic growth** to influence more dignified prison experience & keep pace with demand
- ❑ **Expansion of delivery model.** Digital yoga evaluation. 3 year project initiated in 2024
- ❑ Completed 6 month mentoring with Deloitte Digital Connect 2023/24 to upskill in **digital strategies**
- ❑ **Stakeholder research** as part of leading role in Yoga in Society All Party Parliamentary Group to influence prison funding & structure
- ❑ Invited to contribute to City Forum, QiCJ and Justice & Women events about **rethinking prisons**

Growing capacity for service delivery through:

- ❑ A significant development grant from Porticus & legacy donations
- ❑ Enhanced engagement with prison service decision makers
- ❑ More efficient working practices through digital solutions
- ❑ Investment in sustainable income growth
- ❑ Restructured and expanded staff team

In 2023 the trustees, staff and volunteers agreed to measure their demographics to assess how relatable the team are to the people they serve and how to adjust this over time. Of a total team of 56 PPT people at the end of 2024, 66% took part in the survey: 8 staff, 12 trustees, 41 volunteers and 7 paid consultants.

- 1. Life experience:** 8% have lived experience of prison or probation, 41% of working in prison and 6% of state care
- 2. Gender & age:** 43% Female and 57% Male. 60% 60 years+
- 3. Sexual Orientation:** 80% heterosexual, 5% gay/lesbian and 3% bisexual
- 4. Disability:** 28%
- 5. Faith or spiritual approach:** 28% Christian, 30% spiritual and not aligned with other approaches, 14% atheist/no religion and 11% Buddhist
- 6. Ethnicity:** 92% are white British/other, 8% prefer not to answer

The board’s recommendations for improving equality, diversity and inclusion is to:

Address the age distribution through strategies to attract younger employees and volunteers

Look at why there is low representation of ethnic diversity

More closely represent the diversity of faith/ religion in prison populations, especially to reflect the Muslim population

Maintain or grow the level of lived and working experience in prisons

Value the experience of disability within The PPT people to inform our service delivery

Report of the trustees for the year to December 31st 2024

The trustees present their report along with the financial statements of the trust for the year ended December 31, 2024. The financial statements have been prepared in accordance with the accounting policies set out on pages 34 and 35 and comply with the trust's constitution and applicable law.

Structure, governance, and management

The Prison Phoenix Trust CIO (henceforth "the trust", "The PPT") was established under a constitution dated September 14th 2015 and is a registered charitable incorporated organisation (CIO), no 1163558. The assets and liabilities of the unincorporated charity of the same name were transferred to the CIO as at March 31, 2016. The unincorporated charity remains on the register of charities but is now inactive. The trustees met four times in the period to December 31, 2024.

Appointment of trustees

Trustees are appointed only when fully familiar with the work of the trust. Before seeking new trustees, the board conducts a review of its existing membership, looking at the skills, experience, diversity, and knowledge represented on the board, and identifying what particular skills and attributes the board needs to meet the challenges expected in the next few years. Vacancies are advertised widely, using The PPT website and agencies. Following interviews, prospective trustees observe a trustee meeting and are given a copy of the CIO's governing document. They are also provided with relevant Charity Commission information, including the guidance on public benefit, before being formally appointed for a period of three years. Trustees are given a comprehensive induction — which could include attending an external training course — and are paired with an existing trustee who acts as a "buddy" in their first year. Trustees are invited to all promotional, social, and fundraising events of the trust so they can meet with staff, volunteers, supporters, and yoga teachers and have first-hand feedback on the daily work of the trust.



Risk management

The trustees and CEO continued to conduct a quarterly review of the major risks to which The PPT is exposed, using the risk management framework to identify the top seven risks. Where necessary, systems were developed to mitigate the risks the trust faces. The review highlighted the risks of inflation and a charity sector under increased financial pressure. A funding sustainability group of staff and trustees met regularly to address this risk. The trustees formally review the risk management framework each year.

Aims

The objects of the CIO as noted in the constitution are for the public benefit to advance the education of and to rehabilitate and promote the mental and moral improvement of (principally) prisoners and former prisoners, primarily in the UK and Ireland, but also of:

1. People in other forms of compulsory detention;
2. Those undergoing community punishments; and
3. Those identified as being at risk of entry into the criminal justice system.

The umbrella term 'prisoners' refers to all residents in secure establishments.

Objectives

The trust's objectives are set to reflect the aims of education, rehabilitation, and mental and moral improvement through supporting the practice of meditation and yoga. This is done primarily through mentoring of prisoners; the provision of free books, CDs, and DVDs; yoga classes; regular columns in the prisoner newspaper Inside Time; a quarterly peer-support newsletter; running prison workshops; and training and supporting yoga teachers to run yoga and meditation classes for prisoners and staff. These activities are available to anyone detained in any secure establishment in the United Kingdom and Ireland, and to the staff looking after them.

The trustees and staff meet regularly to review the trust's objectives and activities to ensure that they continue in order to reflect its principle aims. The trustees considered the Charity Commission's general guidance on public benefit and, in doing so, complied with their duty to regard that guidance.

Reference and administrative information trustees



Shola Arewa provides health and wellbeing training internationally. She has been supporting prisons as a yoga teacher and psychologist since the 1990s.

Joyce Borgs vice-chair, from Wales works for the Centre for the Acceleration of Social Technology (CAST) which helps charities harness the power of digital technology, and supports them to embed digital and design across their services, strategy and governance.

Jo Child former chair. Retired March 2025.

Nicholas Colloff OBE was Oxfam's Director of Strategy and Innovation and is now Executive Director of the Argidius Foundation. He is a PPT co-founder.

Richard Dunkerley treasurer since June 2024.

Suzy Dymond-White chair since June 2024.

Claira Fernandez retired January 2025.

Doug Heming is an Anglican priest and restorative justice facilitator. He has served as a prison chaplain in many adult and young offender facilities across the UK.

Stefan Lerche trustee since September 2024.

Judith Unwin OBE vice-chair, is from Oxford and has held trusteeships before. She brings experience of fund-raising, profile-raising and financial strategy.

Olivia Vickers retired January 2025

Liz Wheen is from London with a background in prisoner education for HM Prison and Probation Service (HMPPS), implementing programmes that support prisoners to rebuild their lives. She is currently Head of Future Models for Prisoner Education.

Reference and administrative information

New trustees for 2024

Suzy Dymond-White, who had been vice-chair of the board of The Prison Phoenix Trust, began her 3-year tenure as chair in June 2024, taking over from Jo Child who remained a member of the board. Joyce Borgs and Judith Unwin stepped in to the roles of vice-chair, to support Suzy. Suzy is in HMPPS Senior Management, formerly governor of HMP Eastwood Park.

Richard Dunkerley joined the board of trustees as treasurer in June 2024. Richard qualified as a certified accountant and worked for several companies including EMI and Reuters. He has been co-director of the Alternatives events programme at St James's Church, Piccadilly, London for 24 years. He is also Treasurer of the Cowley St John parish in East Oxford.

Stefan Lerche joined the board in September 2024. He lives in Hertfordshire and has a background in human resources, learning and development and organisational development. He works as a business psychologist and executive coach in the IT sector.

Key management personal remuneration

The trustees consider that the CEO and Operations Director roles comprise the key management personnel of The PPT in charge of directing, controlling, running, and operating the Trust on a day-to-day basis. The rate of pay for key management personnel is reviewed annually by the trustees and set at a level commensurate with the market rate for similar roles in the sector.

Staff

CEO: Selina Sasse (5 days per week) is responsible for implementing the strategic aims of the charity, reporting to the trustees. She is Yoga Alliance registered in both yoga and mindfulness teaching, with a trauma-informed approach suited to prison work. Selina has supported people living behind bars since 2013. Prior to The PPT she worked in senior management. A Zen practitioner, Selina leads The PPT British Wheel of Yoga (BWY) Teaching Yoga in Prison teacher training module.

Operations Director: Rebecca (3 days a week) joined in July 2024 in an expanded deputy director role with responsibility for operations, including developing the trust's systems and harnessing digital technologies. She has over 15 years of experience working in small charities in operations and deputy director roles, including most recently managing a food bank in East Oxford. She is helping the organisation plan and implement systems changes needed for it to meet the demand for its services from a growing prison population.

Finance Manager: Former Deputy Director Padmakumara, stepped down from this role in March 2024, remaining with the trust as finance manager (2 days per week). He is responsible for financial administration and reporting.

Yoga Lead: Victoria (3 days a week) facilitates prison yoga by teaching workshops, establishing new classes in prisons, and devising in-cell practices and resources. Teaching in prison since 2011, Victoria teaches adult males at HMP Grendon. She brings experience of teaching yoga to offenders at HMP Aylesbury to her role in co-teaching The PPT BWY Teaching Yoga in Prison module.

Reference and administrative information

Development Lead: Chris (4 days per week) heads up communications and fundraising at the trust. Chris is editor of the yoga teachers’ bulletins and coordinates the charity’s grant-giving trusts. She has taught in prison since 2014 and brings this, including her specialist experience of women prisoners, to her role in co-teaching The PPT BWY Teaching Yoga in Prison module. Chris leads the trust’s development of digital resources, including the digital yoga initiative. She facilitated prison yoga in the South of England and Scotland by teaching workshops, establishing regular classes, and devising in-cell practices and resources, until the end of 2024.

Mentor Lead: Lou (4 days per week) is responsible for coordinating and developing a team of volunteer letter writers, remotely and in the office. She facilitates prison yoga in the South West, East and North-East of England, establishing classes, selecting teachers and supporting staff and beneficiaries with resources for self-practice. Lou manages the administration of the trust’s yoga teacher training ensuring we have full take up of our Teaching Yoga in Prison module, through a rigorous selection process of those most suited to prison work.

Finance Manager: Hetty (2 days) a week, joined in November 2024 to support Padmakumara and provide an expanded finance team. She is responsible for financial administration.

Former staff

Publishing, Events, and Outreach Coordinator: Sebastian (5 days per week) until December 2024, was responsible for publishing the quarterly prisoner newsletters and creating printed and digital resources, coordinating our events and supporting the CEO with supporter relationships and outreach.

New staff in 2025

To meet the trust’s growth and development strategy 4 new staff members have joined in 2025: Lucy as communications coordinator (2½ days per week), Emma as digital yoga coordinator (1 day per week), Imogen as administrator (2 days per week) and Dervla as mentor coordinator (2 days per week). A further yoga coordinator is being recruited in 2025.

Reference and administrative information

Consultants

We are indebted to our consultants for their help and advice, which they provide voluntarily:

Dr Jamie Bennett
Prison Contract Group Director

The Rev’d George Coppen
Anglican priest and former prison psychotherapist at HMP Grendon

Imam Monawar Hussain DL, MBE
Imam of Eton College and founder of the Oxford Foundation

Professor Alison Liebling
Director, Prisons Research Centre at Cambridge University’s Institute of Criminology

Patrons

- Dr Kiran Bedi
- Dr Sheila Cassidy
- Mrs Sandy Chubb
- Fr Laurence Freeman OSB
- Mr Jeremy Irons
- Mr Erwin James (Deceased 2024)
- Sir Mark Tully OBE

Independent examiner

Caroline Webster, UHY Ross Brooke, Suite I, Windrush Court, Abingdon Business Park, OX14 1SY

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

Cambridge and Counties Bank, Charnwood Court, 5B New Walk, Leicester LE1 6TE

The Charity Bank Limited, Fosse House, 182 High Street, Tonbridge, TN9 1BE

The Co-operative Bank plc, PO Box 250 Skelmersdale, WN8 6WT

Hampshire Trust Bank Plc, 80 Fenchurch Street, London, EC3M 4BY

Lloyds TSB plc, 1 High Street, Oxford OX1 4AA

United Trust Bank Limited, One Ropemaker Street, London, EC2Y 9AW

Principal office

The Prison Phoenix Trust, PO Box 328, Oxford, OX2 7HF

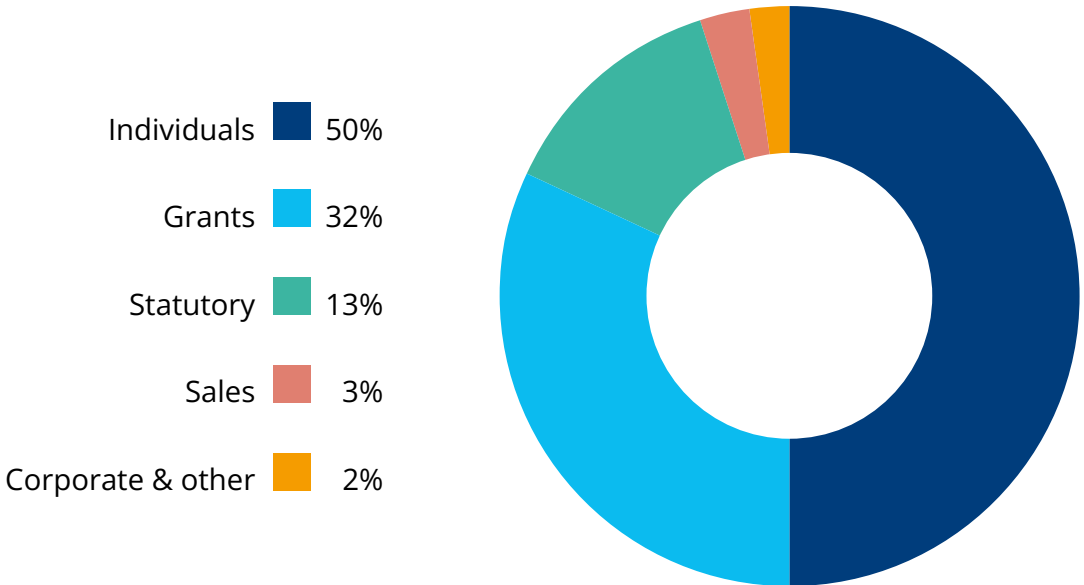
Charity number

1163558

Summary

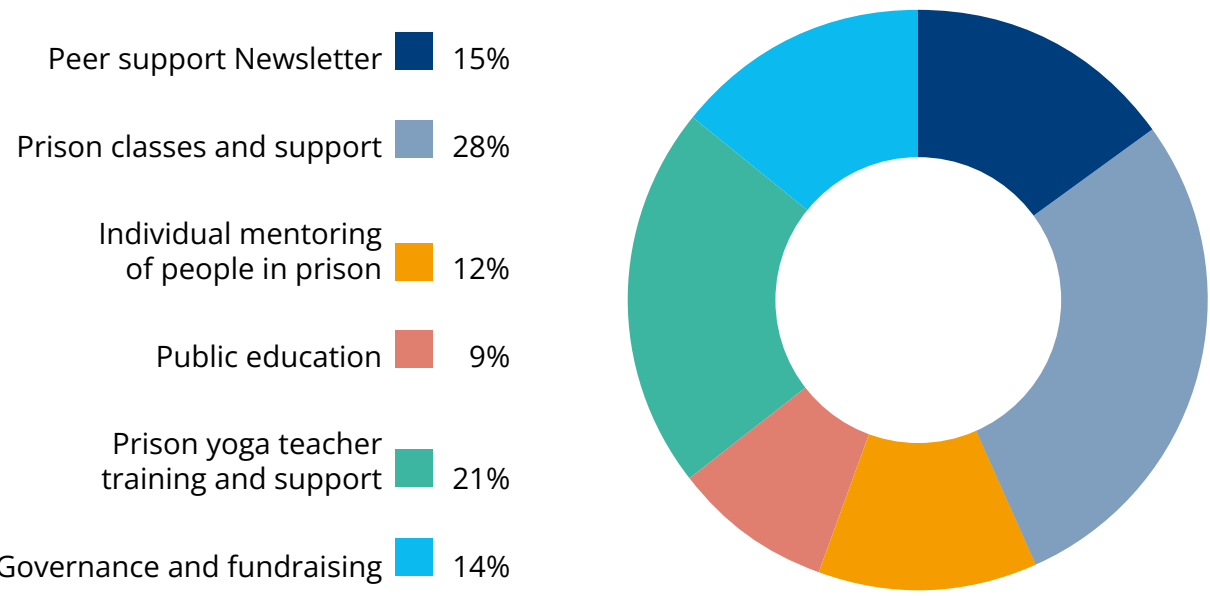
Funding/income

The strategy is to grow funding across The PPT’s income streams, broadly in line with historical patterns. In 2024 this was largely maintained, with a marked growth in income from statutory funding (prison contracts) at 13%, off-setting a proportional slight decline in the proportion of income from individuals at 50%.



Expenditure

Expenditure was in line with strategic aims for service delivery and profile-raising. It also reflects the cost of training prison yoga teachers in the intensive part of The PPT/British Wheel of Yoga module.



*Hope and healing
through meditation
and yoga*

