

*Hope and healing
through meditation
and yoga*



Annual Report & Accounts for December 31st, 2024

Published August 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 cursive script, 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

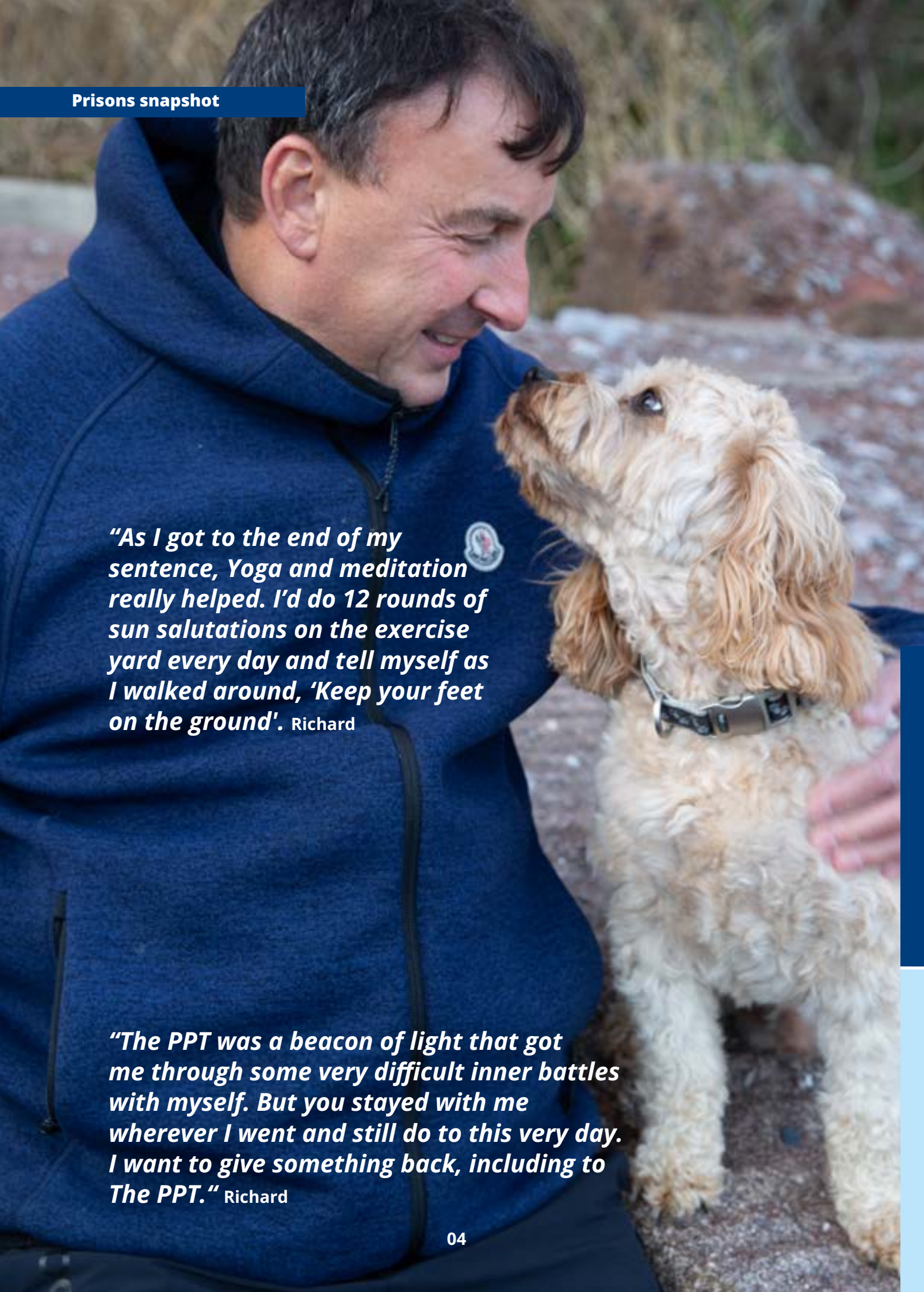


The PPT and British Wheel of Yoga 'Teaching Yoga in Prisons' module 2024

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.

"As I got to the end of my sentence, Yoga and meditation really helped. I'd do 12 rounds of sun salutations on the exercise yard every day and tell myself as I walked around, 'Keep your feet on the ground'". Richard

"The PPT was a beacon of light that got me through some very difficult inner battles with myself. But you stayed with me wherever I went and still do to this very day. I want to give something back, including to The PPT." Richard

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.

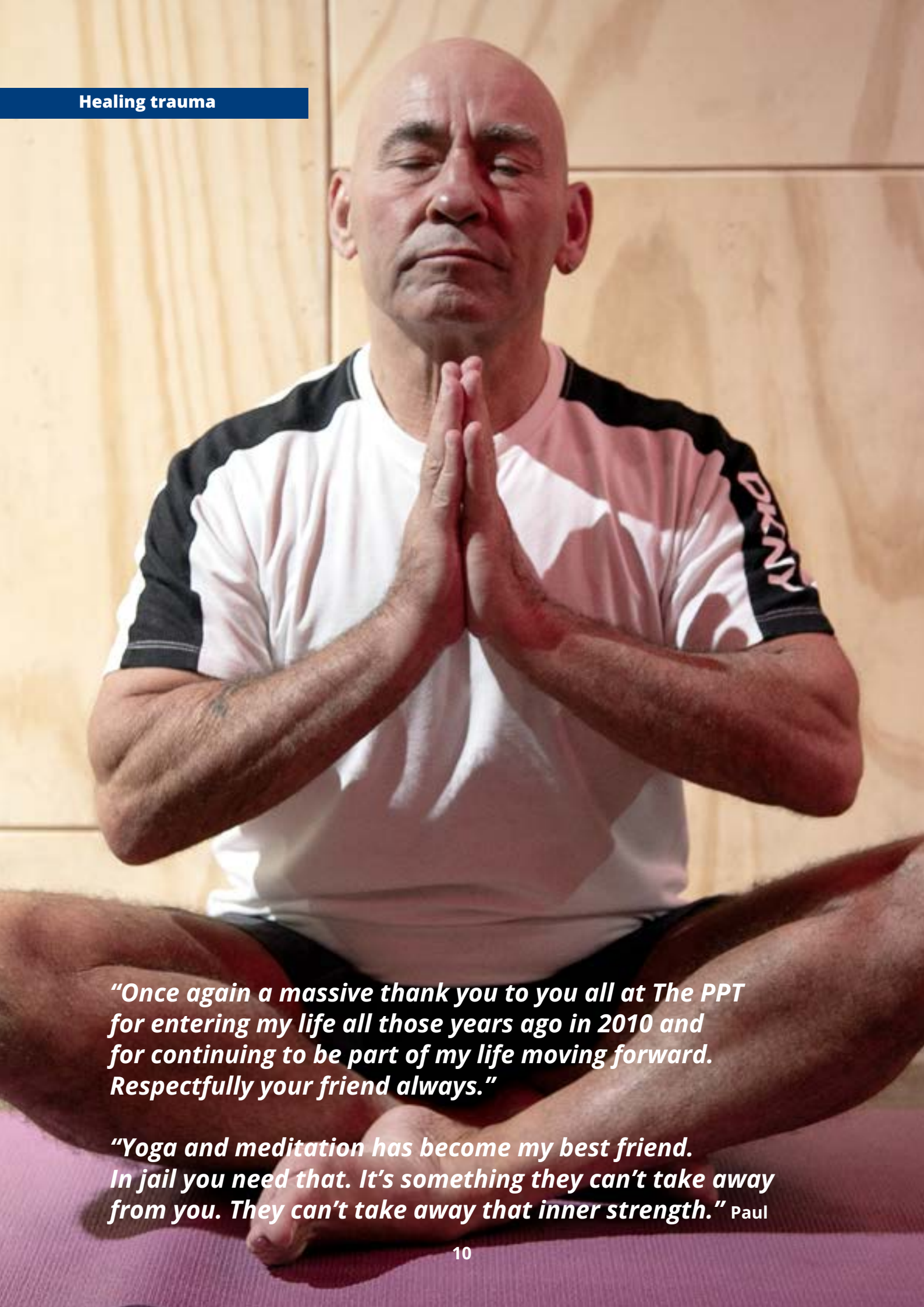
“Meditation has given me an increased self-awareness. It has allowed me to cut through the fog of nonsense in many areas, from the crazy marketing-driven excesses of modern living to my own acceptances of society. Meditation has been helpful in developing that clarity.” Matt, HMP Barlinnie



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

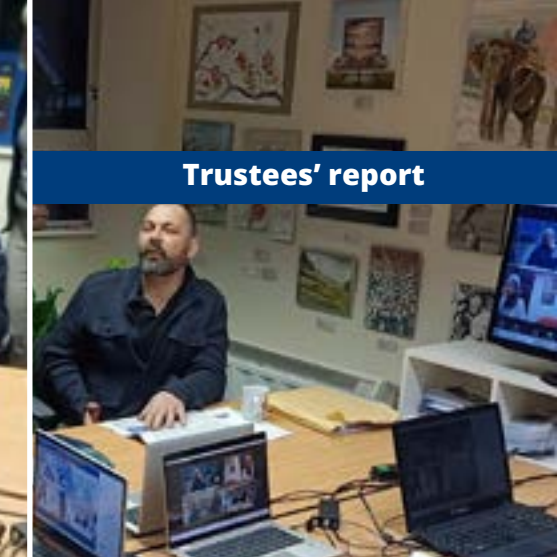
The trustees present their report along with the financial statements of the trust for the year ended December 31, 2024. The financial statements have been prepared in accordance with the accounting policies set out on pages 34 and 35 and comply with the trust's constitution and applicable law.

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

 <p>Shola Arewa</p>	 <p>Joyce Borgs (Vice-chair)</p>	 <p>Jo Child</p>	 <p>Nicholas Colloff OBE</p>
 <p>Richard Dunkerley</p>	 <p>Suzy Dymond-White (Chair)</p>	 <p>Clairea Fernandez</p>	 <p>Rev. Doug Heming</p>
 <p>Stefan Lerche</p>	 <p>Judith Unwin OBE (Vice-chair)</p>	 <p>Olivia Vickers</p>	 <p>Liz Wheen</p>

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.

Clairea 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 with custodial experience 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

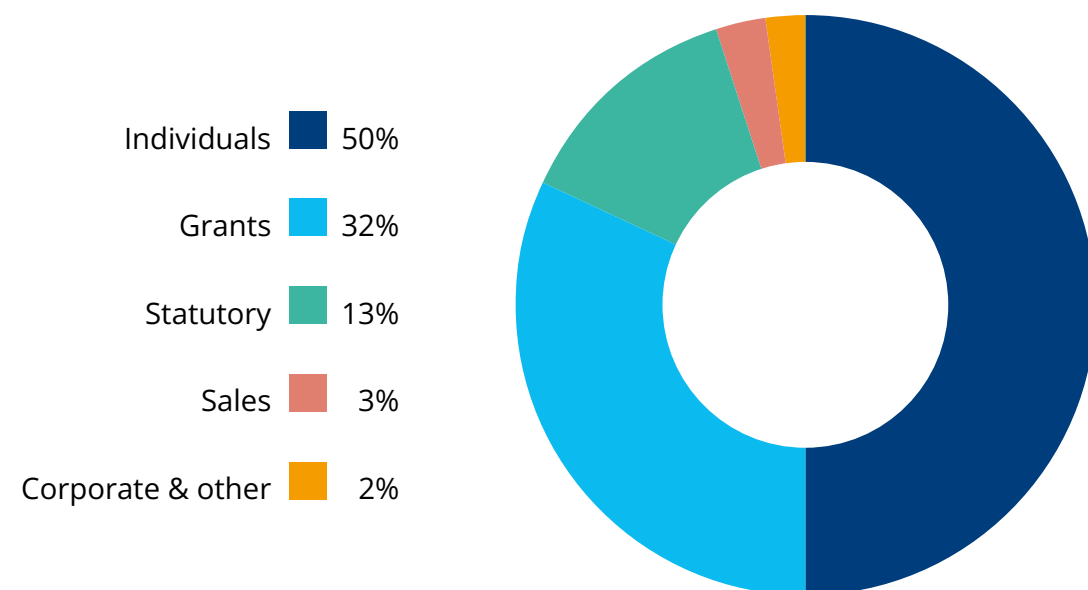
Charity number

1163558

Summary

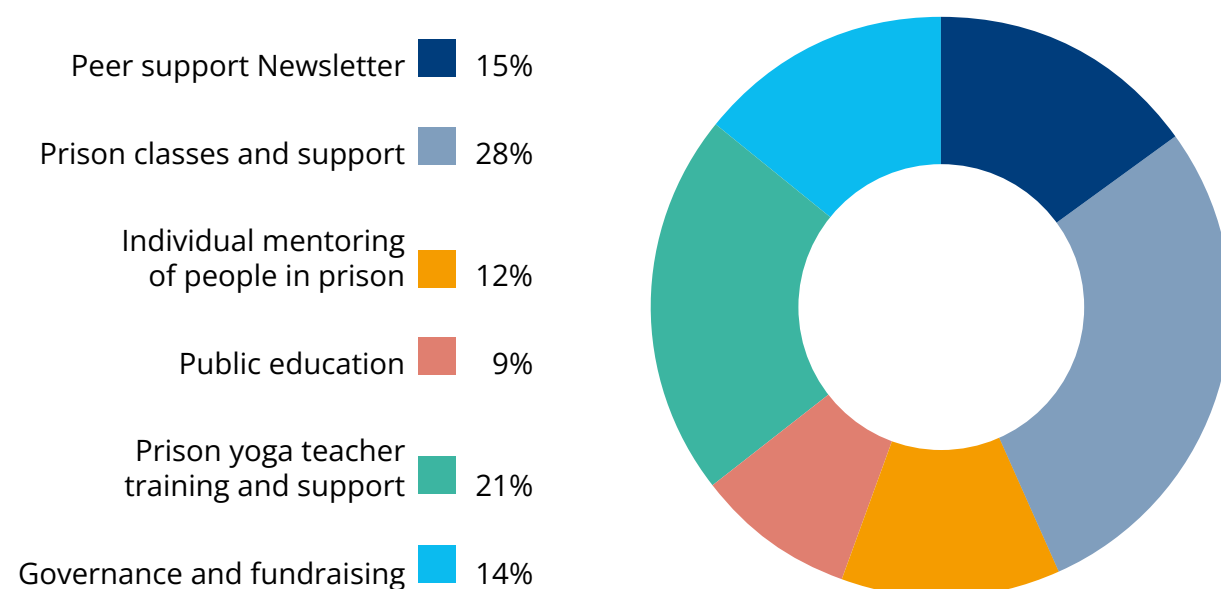
Funding/income

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.



Financial review

The trustees are pleased to present their review of the financial statements for the year ended December 31, 2024.

The Prison Phoenix Trust closed the year with a surplus of £275,978 (2023 – deficit of £9,404). Total income was £686,884 (2023 - £367,969), and total expenditure £410,906 (2023 - £377,373). The board had budgeted for a £22,000 deficit and were very pleased to see such a successful year. This was largely due to extraordinary features of the year. First, legacy income, not included in the budget as it is unreliable, amounted to £217,883 (2023 - £4,162). Most of this came from the estate of a single individual, and the board, conscious of this unique generosity, wished to use it to best effect, namely carefully planned investments and special projects in the longer-term health of the trust. A designated legacy fund was therefore created. No expenditure occurred at the close of the year and the balance remained £217,883.

This new fund allowed the trust to apply for grants that involved matching the funding of donors, with the security that it could fulfil the restrictions of the grant and maintain levels of cashflow and reserves. This resulted in the second extraordinary income feature, a £86,900 grant from Stichting Benevolentia (Porticus), restricted to support capacity building. This award is to be spent by the end of 2025. Most of it remained unspent at the close of 2024. Total restricted fund income for 2024 was £110,926 and the remaining balance £95,225, all of which is to be spent in 2025. With much of a record year of income for the trust being reserved for particular uses, this left a balance on unrestricted funds of £197,439, or 5 months of planned 2025 expenditure.

Income received from applications to grant-making trusts rose by 43% to £197,522 (£110,926 restricted). Income from individuals, excluding legacies but with accompanying gift aid, fell by 20% to £149,980. The revised funding sustainability strategy developed to grow income in 2023 proved highly effective in increasing income from current supporters. 2024 proved similarly effective, with 299 donors (2023 – 290) giving regularly the sum of £53,466 (2023 – £50,916). One-off income from individuals was lower in 2024, at £42,029 (2023 - £66,685), yet this discrepancy is accounted for by a single donation of £30,000 in 2023. The Trust acknowledges that the work of continuing to expand the donor base, and developing more sophisticated systems of donor support, is ongoing and necessary to capitalise on the initial successes of 2023 and 2024. This is why monies have been dedicated and restricted for this purpose (see above). The trust is very grateful for such strength of commitment from its individual donors, both those giving regularly and as a one-off, and it values such supporters highly. Each donation receives a thank you through letter, card, or email, overseen by the CEO.

Income from charitable activities, that is income primarily derived from teaching yoga in prisons, increased substantially, to £110,376 (2023 - £68,632), a rise of 32%. The trust responded quickly to opportunities across the prison sector, especially for contracts around the end of prisons' 2023-24 financial year (first quarter of the trust's financial year), proving very successful. Since this time, a review of the prison system is underway and very few bids have become open to tender. The trust is aware that 2024 might represent a record year for contracts. It is pleasing therefore to report that income from non-contractual yoga classes increased by 120% (£47,517 compared to 2023's £21,587). It may be that if tenders to contract continue not to be available, the trust can, and is well placed, to meet the needs of its beneficiaries via these non-contractual agreements.

Financial review continued

In the process of expanding the staff team and drawing more on specialised consultancy skills to support capacity building and fundraising, expenditure in 2024 (£410,906) was higher than in 2023 (£367,969). As expenditure was budgeted to be £482,00, the Board were pleased to see cost efficiencies continuing to be made across its operations. Some role changes among existing staff took place, reducing costs, and the process of recruitment, expected earlier in the year, only began to have an impact in the final quarter. The trust were also ably supported by a significant and experienced volunteer base.

Investment policy

In line with Charity Commission guidance the trust reviews its investments to consider both the maximum amount of return and how particular investments accord with its aims and objects. Details of the criteria for the latter are available upon request. A further consideration is the impact upon cashflow over the period that the investment takes place.

Interest from a one-year Hampshire Trust Bank Deposit, rolling three-month United Trust Bank Deposit, supplemented with a little from the CAF current account was more than double 2023's £2,616 at £5,742.

The Trust, having received significant, unexpected income in 2024, most of which was not scheduled to be spent in the very short term, reviewed its investment policy. Aware that expenditure would rise considerably in 2025 and of the Financial Services Commission's guarantee extending to a maximum of £85,000 per institution, the Board decided to maintain its current practice of investing in fixed-term deposit accounts, expanding the number of institutions involved. As such, new accounts were created with Charity Bank, Cambridge and Counties Bank, and Buckinghamshire Building Society. With relatively high interest rates persisting to the close of the year, the trustees expect to see a further increase in income from interest in 2025, strengthening the charity's ability to assist its beneficiaries.

Reserves policy

The trust maintains reserves to bridge the gap between spending and receipt of resources and to cover unplanned expenditure. Its policy is to maintain unrestricted reserves of between 3 and 6 months of expenditure. With a budget approved for 2025, the unrestricted reserves level of £197,439 (2023 - £233,487) at the close of 2024 represents 5 months of planned expenditure.

Trustees' responsibilities in relation to the financial statements

The trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the income resources and application of resources, of the charity for that period.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the trust and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable charities (accounts and reports) regulations, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the trust and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:



Suzy Dymond-White
Chair of the trustees

14.08.2025

Our donors

We would like to thank all those who have supported our work throughout the 12 months to December 31 2024, and to acknowledge the financial support of the following individuals, trusts, companies and organisations, as well as those who wish their support to remain anonymous.

Donors whose financial support amounted to £5,000 or more:

- ☐ David and Anna Mills (PEL Estates)
- ☐ Frances Ruck-Keene (via The Park Hill Trust)
- ☐ Anna Bianco-Harnden
- ☐ Blankfort Family Fund
- ☐ Stichting Benevolentia (Porticus)
- ☐ Sir Halley Stewart Trust
- ☐ Halcrow Foundation
- ☐ Sheepdrove Trust
- ☐ Makin Family Trust
- ☐ Pelegrin Trust
- ☐ Christina Mary Hendrie Trust
- ☐ Elizabeth Avery (as Legacy)
- ☐ Shirley Harriot (as Legacy)
- ☐ Rachel Howell (as Legacy)

Donors whose financial support amounted to between £1,000 and £5,000:

- ☐ Deloitte UK
- ☐ Cherry Red Records Ltd
- ☐ Dennis Ainscough
- ☐ Kate Oppel
- ☐ WF Southall Trust
- ☐ Toms Family Charitable Trust
- ☐ Sport England
- ☐ Blankfort Family Trust
- ☐ DLM Charitable Trust
- ☐ 29th May 1961 Trust
- ☐ Lascelles Charitable Trust
- ☐ Whitaker Trust
- ☐ Hedley Foundation Trust
- ☐ Elmgrant Trust
- ☐ Thames Valley Police Community Fund
- ☐ SC & ME Morlands Trust
- ☐ Ian MacTaggart Trust
- ☐ 1772 Charity - Debtors' Relief Fund
- ☐ Whitaker Trust
- ☐ Schroder Charity Trust

Independent Examiner's report to the trustees of The Prison Phoenix Trust CIO

I report on the accounts of the Trust for the year to December 31 2024 which are set out on the following pages 31 to 44.

Respective responsibilities of the trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

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 Commissioners 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 Commissioners. 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 any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is expressed as to whether the accounts present a "true and fair view" and the report is limited to those matters set out overleaf.

Independent Examiner’s statement

I have completed my examination. The charity’s gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a ‘true and fair view’ which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

14.08.2025

Statement of financial activities (SOFA) period ending 31st December 2024

	Notes	Total 2024		Unrestricted Funds		Restricted Funds		Total 2023	
		£	£	£	£	£	£	£	£
Income from:									
Donations and legacies	3	459,840	110,926		294,695	2,000		296,695	
Charitable activities	4	110,376	-		68,632	-		68,632	
Investments	5	5,742	-	5,742	2,616	-		2,616	
Other income		-	-	-	26	-		26	
Total income		575,958	110,926	686,884	365,969	2,000		367,969	
Expenditure on:									
Raising funds	7	43,039	-	43,039	36,128	-		36,128	
Charitable activities	8, 14 &	351,084	16,783	367,867	339,086	2,159		341,245	
Total expenditure		394,123	16,783	410,906	375,214	2,159		377,373	
Net income / (expenditure)		181,835	94,143	275,978	(9,245)	(159)		(9,404)	
Transfers between funds		-	-	-	-	-		-	
Net movement in funds		181,835	94,143	275,978	(9,245)	(159)		(9,404)	
Reconciliation of funds:									
Total funds brought forwards		233,487	1,082	234,569	242,732	1,241		243,973	
Total funds carried forward		415,322	95,225	510,547	233,487	1,082		234,569	

Balance sheet at 31st December 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible Assets	11	1,088	2,174
CURRENT ASSETS			
Debtors	12	23,871	28,597
Cash at bank		492,588	218,253
		<u>516,459</u>	<u>246,850</u>
CREDITORS: Amounts falling due within one year	13	<u>(7,000)</u>	<u>(14,455)</u>
NET CURRENT ASSETS		509,459	232,395
NET ASSETS		<u><u>510,547</u></u>	<u><u>234,569</u></u>
FUNDS			
INCOME FUNDS			
Restricted income funds	14	95,225	1,082
Unrestricted income funds	15	415,322	233,487

Statement of financial activities (SOFA) period ending 31st December 2023

	Notes	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
		£	£	£	£	£	£
Income from:							
Donations and legacies	3	294,695	2,000	296,695	227,326	4,000	231,326
Charitable activities	4	68,632	-	68,632	25,016	-	25,016
Investments	5	2,616	-	2,616	2,253	-	2,253
Other income		26	-	26	167	-	167
Total income		<u>365,969</u>	<u>2,000</u>	<u>367,969</u>	<u>254,762</u>	<u>4,000</u>	<u>258,762</u>
Expenditure on:							
Raising funds	7	36,128	-	36,128	10,452	-	10,452
Charitable activities	8	339,086	2,159	341,245	314,983	3,804	318,787
Total expenditure		<u>375,214</u>	<u>2,159</u>	<u>377,373</u>	<u>325,435</u>	<u>3,804</u>	<u>329,239</u>
Net income / (expenditure)		(9,245)	(159)	(9,404)	(70,673)	196	(70,477)
Transfers between funds		-	-	-	234	(234)	-
Net movement in funds		<u>(9,245)</u>	<u>(159)</u>	<u>(9,404)</u>	<u>(70,439)</u>	<u>(38)</u>	<u>(70,477)</u>
Reconciliation of funds:							
Total funds brought forwards		242,732	1,241	243,973	313,171	1,279	314,450
Total funds carried forward		<u>233,487</u>	<u>1,082</u>	<u>234,569</u>	<u>242,732</u>	<u>1,241</u>	<u>243,973</u>

Notes forming part of the financial statements for the period ended December 31, 2024

1. Accounting Basis

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 and the Charities Act 2011).

The Prison Phoenix Trust CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The Trustees consider that there are no material uncertainties about the trust's ability to continue as a going concern.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £1.

2. Accounting Policies

A. Depreciation

All assets costing more than £1,000 are capitalised and valued at historical cost. The cost of fixed assets is written off using the straight line method of depreciation.

Office equipment and fittings 25% per annum

Computers Stock of Books 25% per annum

The PPT holds stock of books, CDs, and DVDs that are distributed to prisoners without charge. The full value is borne as a cost in the year of purchase.

B. Income Recognition

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

Donations and grants are recognised when the charity has been notified of both the amount and settlement date.

Legacies are recognised on a case-by-case basis following the grant of probate and when the administrator/executor for the estate has communicated in writing both the amount and settlement date.

Interest on funds held on deposit is included when receivable and the amount can be reliably measured by the Charity; this is normally upon notification of the interest paid or payable by the bank or deposit taking institution.

C. Expenditure Recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses are allocated or apportioned to the applicable expenditure headings. The allocation of raising funds, support and governance costs are analysed in notes 7, 8, and 9, respectively.

D. Irrecoverable VAT

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

E. Cost of Raising Funds

The cost of generating funds consists of staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs.

F. Charitable Activities

The cost of charitable activities includes governance costs and an apportionment of support costs and raising funds as shown in note 7.

G. Volunteer Time

The value of services donated by volunteers is not reflected in the accounts.

H. Taxation

The trust is a registered charity. It is not, therefore, liable for tax on income derived from its charitable activities.

I. Fund Accounting

Unrestricted Income Funds

Unrestricted Funds are funds which the Trustees are free to use for any purpose in furtherance of the charitable objects. These comprise a general fund plus designated funds set aside out of unrestricted funds by the Trustees to provide for planned projects and other known contingencies.

Restricted Income Funds

These are funds which are to be used in accordance with specific restrictions imposed by the donor.

J. Designated Funds

Designated funds are earmarked formally by the trustees for a particular purpose and can be formally undesignated and transfer back to unrestricted funds.

Further details of each fund are disclosed in notes 14 and 15.

K. Pensions

The Charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are written off against income in the year they are payable.

Notes to the financial statements year ending 31st December 2024

Unrestricted Funds		Restricted Funds		Total 2024		Unrestricted Funds		Restricted Funds		Total 2023	
£		£		£		£		£		£	
2,000	Corporate Giving	3,445		5,445		-		-		-	
90,041	Trust Grants - Applications	107,481		197,522		103,303		2,000		105,303	
25,571	Trust Donations	-		25,571		33,090		-		33,090	
104,788	Gifts from Individuals	-		104,788		130,007		-		130,007	
14,586	Gift Aid on Individual Donations	-		14,586		19,973		-		19,973	
217,883	Legacies	-		217,883		4,162		-		4,162	
4,971	Collections from Religious Meetings and Yoga	-		4,971		4,160		-		4,160	
459,840		110,926		570,766		294,695		2,000		296,695	

4. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£	£	£	£
Prison Workshops	521	-	521	1,413	-	1,413
Prison Yoga Teaching Fees	46,996	-	46,996	20,174	-	20,174
Prison Service Level Agreements	43,060	-	43,060	35,843	-	35,843
Yoga Teachers' Workshops	18,721	-	18,721	10,482	-	10,482
Sale of Books and cards	1,078	-	1,078	720	-	720
	110,376		110,376	68,632		68,632

Notes to the financial statements year ending 31st December 2024

5. Investment income	Unrestricted Funds	Restricted Funds	Total 2024	Restricted Funds	Total 2023
Bank interest receivable	£ 5,742	-	5,742	£ -	£ 2,616

6. Net Outgoing Resources

Depreciation	2024	2023
	1,086	1,486
Independent Examiner's Remuneration	1,512	1,140

7. Costs of Raising funds

	Unrestricted Funds	Restricted Funds	Total 2024	Restricted Funds	Total 2023
	£	£	£	£	£
Salaries, Teachers & Consultants	39,446	-	39,446	-	30,836
Fundraising admin fees	1,410	-	1,410	-	1,588
Other fundraising costs	2,183	-	2,183	-	3,704
	<u>43,039</u>		<u>43,039</u>		<u>36,128</u>

Notes to the financial statements year ending 31st December 2024

8. Analysis of Expenditure on Charitable Activities
Current Year

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	Peer Support Newsletter	Prison Classes & Support	Prisoner Mentoring	Public Education	Yoga Teacher Support	Yoga Teacher Training	Total
	£	£	£	£	£	£	£
Staff Salaries and Consultants	42,636	60,828	44,343	35,431	24,391	45,170	252,799
Yoga Teacher Fees		51,961					51,961
Other Staff Costs - General	661	1,055	1,149	816	412	1,019	5,112
Other Staff Costs - Travel and Accommodation	34	1,729	244	509	42	919	3,477
Events and Workshops	-	25	-	50	29	12,155	12,259
Resource Production	-	-	-	-	-	-	-
Radio Broadcasts	-	-	-	-	-	-	-
Publicity	10	260	502	1,011	6	11	1,800
Office - Accommodation	5,645	7,970	5,978	4,317	3,321	5,977	33,208
Office - Banking and Insurance	264	372	279	201	155	279	1,550
Office - Equipment and Other Assets	1,179	1,664	1,248	902	693	1,248	6,934
Office - General	1,690	1,392	959	655	504	931	6,131
Office - Photocopying and Printing	10,366	473	355	256	197	816	12,463
Office - Postage and Delivery	5,806	535	3,933	295	215	395	11,179
Office - Software and Website	901	1,271	954	689	673	953	5,441
Fundraising (excluding salaries)	610	862	647	467	359	647	3,592
Governance (excluding salaries)	488	692	523	492	287	517	2,999
	70,290	131,089	61,114	46,091	31,284	71,037	410,905

Previous Year

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	Peer Support Newsletter	Prison Classes and Support	Prisoner Mentoring	Public Education	Yoga Teacher Support	Yoga Teacher Training	Total
	£	£	£	£	£	£	£
Staff Salaries and Consultants	39,869	55,960	49,029	33,112	18,884	20,977	217,831
Yoga Teacher Fees	-	47,212	-	-	-	-	47,212
Other Staff Costs - General	276	778	815	249	181	187	2,486
Other Staff Costs - Travel and Accommodation	201	1,784	84	946	431	48	3,494
Events and Workshops	315	381	491	1,539	225	8,634	11,585
Resource Production	-	-	7,836	-	-	-	7,836
Radio Broadcasts	-	-	1,800	-	-	-	1,800
Publicity	-	378	2,163	576	-	-	3,117
Office - Accommodation	5,710	6,526	8,157	4,894	4,078	3,263	32,628
Office - Banking and Insurance	583	666	833	500	416	391	3,389
Office - Equipment and Other Assets	700	800	1,376	609	500	400	4,385
Office - General	1,039	949	1,541	644	496	445	5,114
Office - Photocopying and Printing	7,640	1,941	1,548	829	584	467	13,009
Office - Postage and Delivery	8,164	620	3,783	82	68	55	12,772
Office - Software and Website	405	462	578	347	1,101	231	3,124
Fundraising (excluding salaries)	926	1,058	1,323	794	662	529	5,292
Governance (excluding salaries)	378	431	539	324	270	216	2,158
Bad Debt	25	28	35	21	18	14	141
	66,231	119,974	81,931	45,466	27,914	35,857	377,373

Notes to the financial statements year ending 31st December 2024

9. Governance costs	Unrestricted Funds		Restricted Funds		Total 2024		Unrestricted Funds		Restricted Funds		Total 2023	
	£		£		£		£		£		£	
Staff	14,663		-		14,663		10,718		-		10,718	
Independent Examiner's fees	1,512		-		1,512		1,140		-		1,140	
Accountancy fees	156		-		156		780		-		780	
Travel and meetings	850		-		850		-		-		-	
Miscellaneous costs	448		-		448		238		-		238	
Office costs	33		-		33		-		-		-	
	17,662		-		17,662		12,876		-		12,876	

10. Staff costs and emoluments

	2024	2023
	£	£
Staff salaries	194,263	177,993
Social security costs	12,979	10,235
Pension costs	9,508	8,410
	216,750	196,638

The average number of staff during the period was a headcount of 7. 6 full time equivalent (2023: headcount 6, full time equivalent 5). No employees received emoluments of more than £60,000.

The total remuneration of the key management personnel - the Director and Deputy Director - including Employer's National Insurance and Employer's Pension contributions was £78,403 (2023: £86,803)

Notes to the financial statements year ending 31st December 2024

11. Tangible Fixed Assets	Computer Equipment		Office Equipment		Total	
	£		£		£	
COST						
At 1 January 2024	784		7,562		8,346	
Disposals	-		-		-	
At 31 December 2024	784		7,562		8,346	
DEPRECIATION						
At 1 January 2024	784		5,388		6,172	
Written back on disposals						
Charge for 2024	1,086		1,086			
At 31 December 2024	784		6,474		6,172	
NET BOOK VALUE						
At 31 December 2024	-		1,088		1,088	
At 31 December 2023	-		2,174		2,174	

12. Debtors and Prepayments

	2024	2023
	£	£
Insurance prepayment	2,296	630
Prison Yoga Classes	6,094	6,928
Rent deposit	5,675	5,675
Rent, service charge and utilities prepaid	6,299	-
Room Hire Yoga Workshop	100	-
Other debtors	3,407	15,364
	23,871	28,597

Notes to the financial statements year ending 31st December 2024

13. Creditors: Amounts falling due within one year

	2024 £	2023 £
Accruals	8,067	1,920
Income in advance	-	3,560
Trade creditors	-	3,891
Tax, NI and pensions	(1067)	5,084
	7,000	14,455

14. Restricted income funds

Current Year

	Balance at 1 January 2024	Income	Expenditure	Transfers	Balance at 31 December 2024
	£	£	£	£	£
Deloitte Digital Connect	-	3,445	(3,445)	-	-
Porticus Capacity Building	-	86,960	(9118)	-	77,842
Sir Halley Stewart	-	15,000	-	-	15,000
Sport England	-	3,521	(1197)	-	2,324
Whitaker Trust HMP Ranby Fund	1,082	2,000	(3,023)	-	59
Total funds	1,082	110,926	(16,783)	-	95,225

Previous Year

	Balance at 1 January 2023	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
Whitaker Trust HMP Ranby Fund	1,241	2,000	(2,159)	-	1,082
Total funds	1,241	2,000	(2,159)	-	1,082

Deloitte Digital Connect was restricted by the donor to support the director to participate in the Deloitte programme examining the trust's systems and identifying improvements. Porticus Capacity Building Fund was restricted by the donor to procure systems, expertise, train staff, and modernise the trust's operations to engage decision-makers, meet burgeoning demand, and sustainably scale up its services. Sir Halley Stewart Fund was restricted by the donor to engage prisons in order to measure the efficacy of online yoga and meditation on prisoners' rehabilitation and wellbeing. The Sport England Fund was restricted by the donor to support the provision of yoga support for prisons in the Manchester area. The Whitaker Trust Fund was originally restricted by the donor to activities at HMP Ranby. Since 2021 it has also included other Nottinghamshire prisons.

Notes to the financial statements year ending 31st December 2024

15. Unrestricted income funds

Current Year

	Balance at 01 January 2024	Income	Expenditure	Transfers	Balance at 31 December 2024
	£	£	£	£	£
General funds	233,487	358,075	(394,123)	-	197,439
Designated legacy fund	-	217,883	-	-	217,883
	233,487	575,958	(394,123)	-	415,322

The designated legacy fund was created by the Charity in order to support longer term investments in pursuit of the aims. This includes but is not exclusive to: systems developments, employee expansion, research, resources, and fundraising.

Previous Year

	Balance at 01 January 2024	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
General funds	242,732	365,969	(375,214)	-	233,487
	242,732	365,969	(375,214)	-	233,487

16. Operating Lease Commitments

As of December 2024, the Trust has annual commitments under non-cancellable leases of:

	Covers 01.01.25 to 31.12.25	Covers 3 months to 12.03.26	Total
	£	£	£
< 1 year	-	> 2-5 yrs	-
	25,195	6,299	31,494

17. Trustee's Remuneration

No trustee (Nil - 2024) received or waived any emoluments in their role as trustees during the year. Five trustees were reimbursed for out of pocket expenses (Nil - 2023) in their role as trustees in the year, at a cost of £621 (£0 - 2023)

18. Related Party Transactions

During the year there were no related party transactions (Nil - 2023)

19. Net Assets by Funds

	Net assets / - liabilities £	Long term creditors £	Total £
Restricted income funds	95,225	-	95,225
Designated income funds	217,883	-	217,883
Unrestricted income funds	197,439	-	197,439
	510,547		510,547



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