Hope and healing through meditation and yoga

THE PRISON Phoenix TRUST

Annual Report & Accounts
for December 31st, 2025

"Movement saved me. Meditation saved me. Handwritten letters saved me."

Lisa, now a recovery coach and PPT ambassador, on the life changes she made in prison



Our mission

The opportunity for personal growth exists in a prison cell

The Prison Phoenix Trust responds to and encourages people in prison 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 people in custody 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 and 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

It is such a privilege to chair the board of trustees at The Prison Phoenix Trust. Our charity continues to thrive in a challenging environment, both for the charity sector and within the criminal justice system.

It is a huge credit to the team that yoga and meditation have been delivered in 60 prisons over the last year. Prison life has many challenges for delivery; our yoga teachers continue to offer non-judgemental, trauma-informed yoga despite the need to overcome difficulty with prisoner activity time, security vetting and suitable space for yoga. Thank you to so many of the departments such as chaplaincy, education, healthcare, drug recovery and neurodiversity that help us make this happen.

The team also provide additional services for those who may not be accessing classes. This includes corresponding with mentors, free resource packs and a regular newsletter. This year saw The PPT branch out into digital delivery in a research project with The Royal Holloway University of London. The pilot was a great success and shows how technology can enhance the services offered and bring yoga to a wider group of people in custody. Its success was no doubt partly due to the co-creation of design. The PPT has also widened its reach by delivering at the Bella Centre for Women in Glasgow and beginning to work with probation services, which is an area I am confident will grow. All these developments show that The PPT is remaining relevant in a fast-moving world while holding true to its core values.

We have focussed on sustainable growth to support our 3-year development strategy and lent expertise to wider criminal justice policy forums such as an All-Party Parliamentary Group. This demonstrates the credibility of the trust and the knowledge and commitment of the team of staff and volunteers.

We have an expanded staff team and have welcomed new trustees with a wealth of experience who will support all aspects of the work and bring their unique perspectives.

We remain forever grateful to those individuals, organisations and trusts that support our work and allow us to support men and women in the criminal justice system and help them in their rehabilitative journey.

I thank you all for your contributions of energy, ideas, time and support that ensure the continued work of the Prison Phoenix Trust.



Suzy Dymond-White
Chair of the board of trustees

“I am desperate for someone to listen even if they don’t understand. I don’t want to be regarded as a bad person. I just want to be someone that made a mistake and is doing all that he can to put things right.”

Rob’s first letter to his PPT mentor
See how Rob's feeling today on the back cover



Seeing the person not the prisoner

“You are part of a wonderful community of kindness. From the bottom of my heart, thank you for your support and your compassion.” **Jeremy Irons, PPT Patron**

“I am finally understanding properly the need for mindfulness and being grateful for the small things everyday. My change in attitude and approach has allowed me to deal with the loss of my last contacts with the outside world.” **Matt, HMP Garth**

A common humanity

The Prison Phoenix Trust is grounded in a very simple belief: every person has inherent worth, regardless of what they’ve done.

People in prison are human beings - many with histories of trauma, loss, addiction, and mental ill-health. Prison takes away freedom, but it shouldn’t take away dignity or the opportunity to change. Supporting people in prison isn’t about excusing harm or minimising responsibility. It’s about recognising humanity and creating the conditions for growth, accountability, and repair.

We also believe that how we treat the most marginalised people says a lot about who we are as a society. Choosing to support rehabilitation over punishment alone makes prisons safer, reduces reoffending, and helps break cycles of harm that affect families and communities for generations.

25%	of adults and...	**49%**	of under-21s were in care
27%	of men and...	**59%**	of under-18s are from global majority backgrounds
60%	have literacy difficulties	**53%**	of women survived physical, sexual or emotional abuse in childhood
78%	of women in Scottish prisons have brain injury from violence		

A challenging year in prisons

Prisons became headline news in 2025, as the government took steps to address dangerous levels of overcrowding.

To reduce pressure on prisons operating at 99% capacity since 2023, measures included the controversial emergency early releases of people after serving 40% of their sentence (instead of the usual 50%).

But with more than 6,000 entering prison each month, the population continues to grow with a record 87,332 people incarcerated in England and Wales by November 2025 – a number projected to reach 105,200 by 2029. Numbers remained steady in Scotland at around 8,000 but were rising in Ireland to an average 6.000 in the Republic and 1,900 in the North.[1]

It will be some time before longer term measures such as a prison building programme and a review of sentencing policy will take effect.

Meanwhile the government's June 2025 spending review included cuts of up to 50% in prison education budgets.[2] Prison governors reported resources being the tightest they've been for 30 years.

The toll on the wellbeing of people living and working in overcrowded conditions in under-resourced prisons has been grim. Assaults on staff reached an all-time high. Deaths in custody rose 30% to 411, including 96 self-inflicted deaths. Self-harm incidents also peaked at a rate of one every 7 minutes.[3]

The need for a humane approach focused on rehabilitation and reintegration has never been greater.

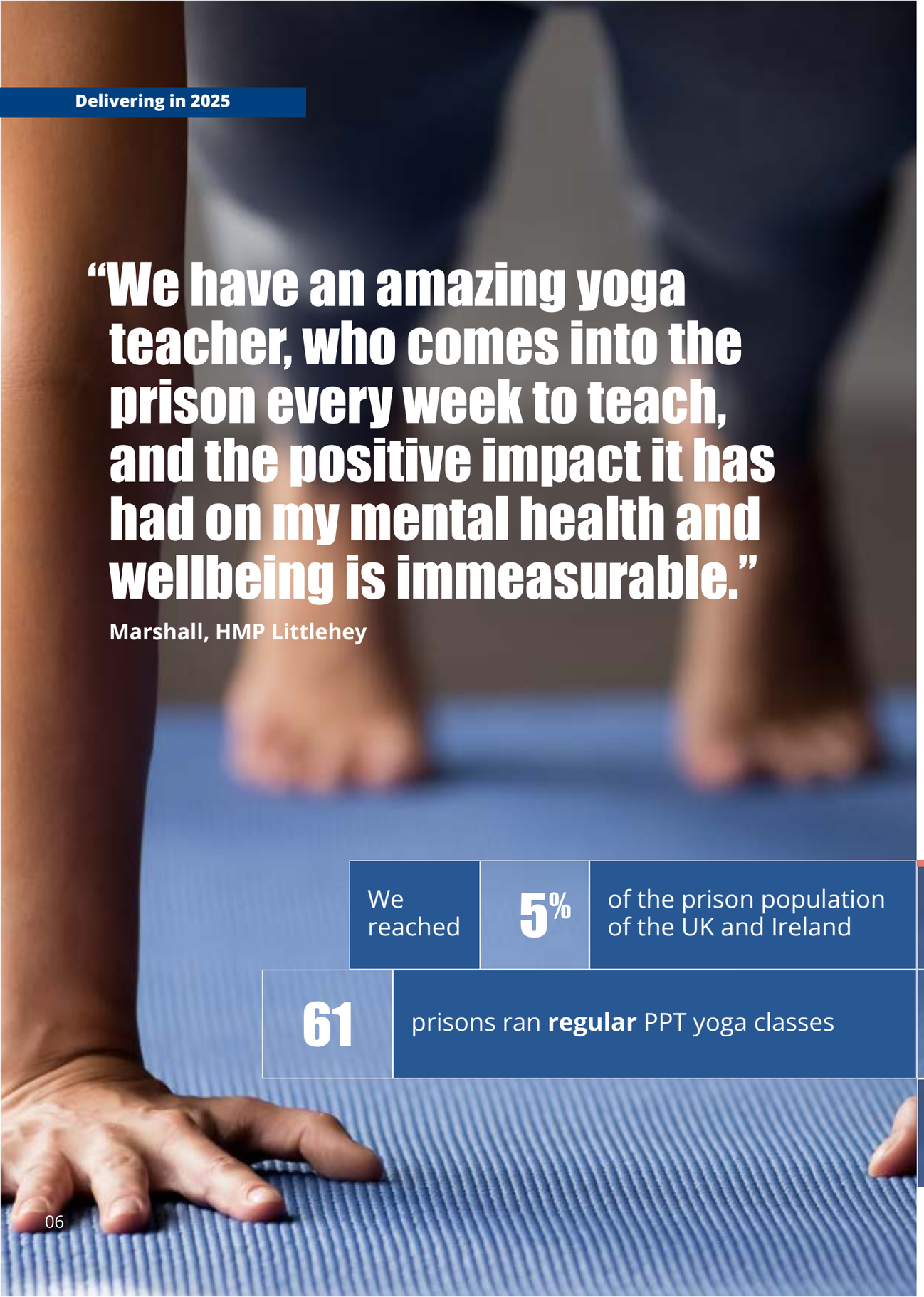
103,232	people are currently living in prison in UK & Ireland	**95%**	of whom are adult men
34%	are locked in their cells for at least 22 hours a day on weekends	**29%**	on weekdays
30%	increase in deaths in custody (411 people)	**96**	self-inflicted deaths

"I am trying to learn to be comfortable in the uncomfortable. I am trying to find a solution to the broken system of things in prison that is obtainable by myself to give me a fighting chance of rehabilitation and to shut the revolving door that prison has become." **Stacey, HMP**



33%	are prolific offenders	**24%**	of men have post-traumatic stress disorder
40%	of men in prison &	**50%**	of women witnessed violence in their childhood home
7 mins	Self-harm incidents peaked at a rate of one every 7 minutes		

1 https://www.prisonstudies.org/
2 https://www.gov.uk/government/publications/spending-review-2025-document/spending-review-2025-html
3 https://www.gov.uk/government/statistics/safety-in-custody-quarterly-update-to-june-2025/safety-in-custody-statistics-england-and-wales-deaths-in-prison-custody-to-september-2025-assaults-and-self-harm-to-june-2025



“We have an amazing yoga teacher, who comes into the prison every week to teach, and the positive impact it has had on my mental health and wellbeing is immeasurable.”

Marshall, HMP Littlehey

Delivering in 2025

Healing through trauma-informed yoga

The PPT hears comments like this one from men and women in prisons across the UK and Ireland. Prison students say their weekly yoga class can be a lifeline. Sometimes it’s the only time in the week that they feel fully human - not just a prison number.

But while overcrowding and under-resourcing of prisons leads to even greater needs for holistic practices such as meditation and yoga, those same pressures also make it harder for prisons and The PPT to provide in-person yoga classes.

When resources are squeezed, the time needed by the prison isn’t available to organise a suitable space, allocate and risk-assess students, unlock them from cells and accompany them from their wings.

Classes can’t begin until the prison has security-vetted the teacher, provided key and security training and arranged for them to be met and accompanied from the gate.

So it’s an immense achievement that, despite this challenge, The PPT’s small yoga co-ordinating team succeeded in supporting yoga classes in more than 60 prisons over the course of 2025, along with taster workshops and wellbeing days in 9.

They found willing partners to work with in prison departments including healthcare, chaplaincy, drug recovery and neurodiversity teams and worked flexibly to meet the individual needs of each prison.

We reached **5%** of the prison population of the UK and Ireland

5,315 used our peer-support newsletter

2,393 prison staff received information & resources

61 prisons ran **regular** PPT yoga classes

176 continued to receive our support after leaving prison

12 workshop days were held in 9 prisons

551 letters were written by our mentoring team



In-cell resources and peer support

“I am a 28-year-old lad three-quarters of the way through my sentence. After getting recalled for self-harm I felt hard done by, but your book Peace Inside has saved me from my negative self. It has inspired me to learn more about yoga, body and spirit.” **Luke, HMP Parc**

When people spend long hours locked behind cell doors, The Prison Phoenix Trust’s flexible approach comes into its own. Our specialist resources, including DVDs, books, CDs and yoga hand-outs, enable people to use their time productively, studying yoga and meditation in their cells.

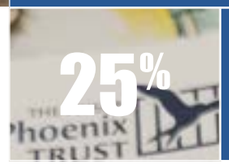
This was ever more important in 2025 when prison over-crowding and under-resourcing meant many people spent long periods of time locked behind doors with only limited opportunities to come out for ‘purposeful activity’ such as education, work or PE.



of people in prison had 4 or more sessions of purposeful activity each week[1]



of prisons, it was available to less than half of prisoners[1]

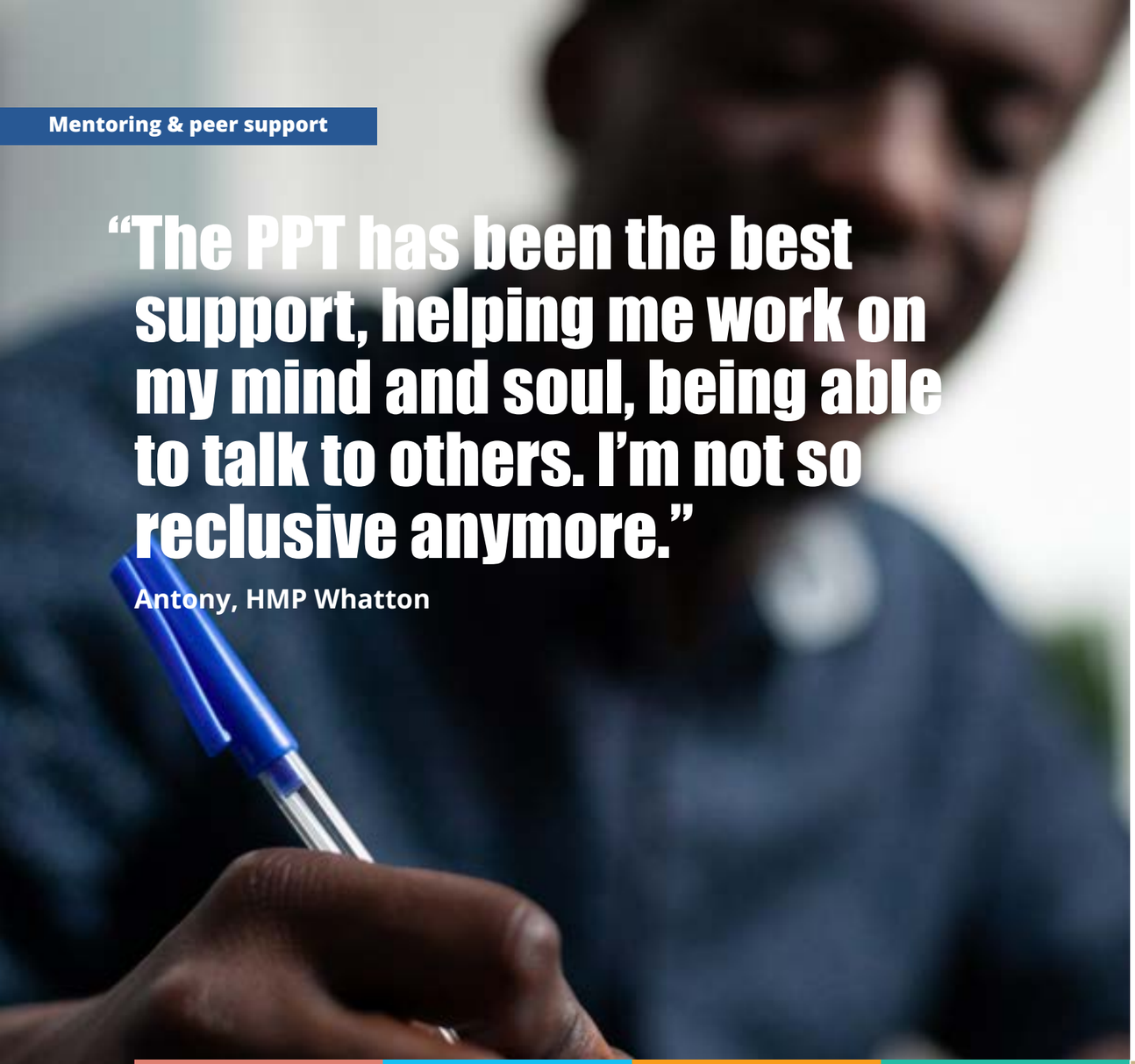


of people in prison are overcrowded, with two crammed into cells designed for one[2]

So we created meditation and yoga practices that can be done in extremely tight spaces and provided these in illustrated handouts and through the quarterly peer-support newsletter.

The newsletter is also where people in prison share with each other their own challenges, advice and experiences of practising yoga and meditation inside. More than 5,100 individuals, representing around 5% of the prison population, asked to receive newsletters in 2025.

1. https://www.instituteforgovernment.org.uk/publication/performance-tracker-2025/criminal-justice/prisons
2. https://www.gov.uk/government/statistics/hmpps-annual-digest-april-2024-to-march-2025/hmpps-annual-digest-2024-to-2025--2



“The PPT has been the best support, helping me work on my mind and soul, being able to talk to others. I’m not so reclusive anymore.”

Antony, HMP Whatton



Sharing hope and experience

Rob was at his lowest, darkest place when he first went to prison; he felt alone, ashamed and fearful of what life now held.

He wrote: *“I am desperate for someone to listen even if they don’t understand. I don’t want to be regarded as a bad person. I just want to be someone that made a mistake and is doing all that he can to put things right.”*

When someone cries out for help from prison, one of The PPT’s dedicated team of 12 volunteers writes back, with a book, CD or DVD – and the offer on ongoing, individual support.

These exchanges of letters chart inspiring journeys of spiritual and personal development happening in prison cells all over the UK and Ireland.

Over the next two years Rob corresponded with volunteer Yvonne and as he neared release he wrote: *“I will always be grateful to you and everyone at The PPT. You have helped me to heal and grow in confidence and self-esteem.*"

“I actually feel like this is who I have always supposed to be. I know that not everyone is going to want to know me when I get out, but I know that I will not be alone. I have resilience and determination.”

Yvonne has mentored many people in prison over 22 years of service and in September, she was highly commended in the BBC Make a Difference Awards, a tribute to all who volunteer their time and expertise.

2,030	people living in prison received FREE resource packs
197	establishments used our services across the UK and Ireland

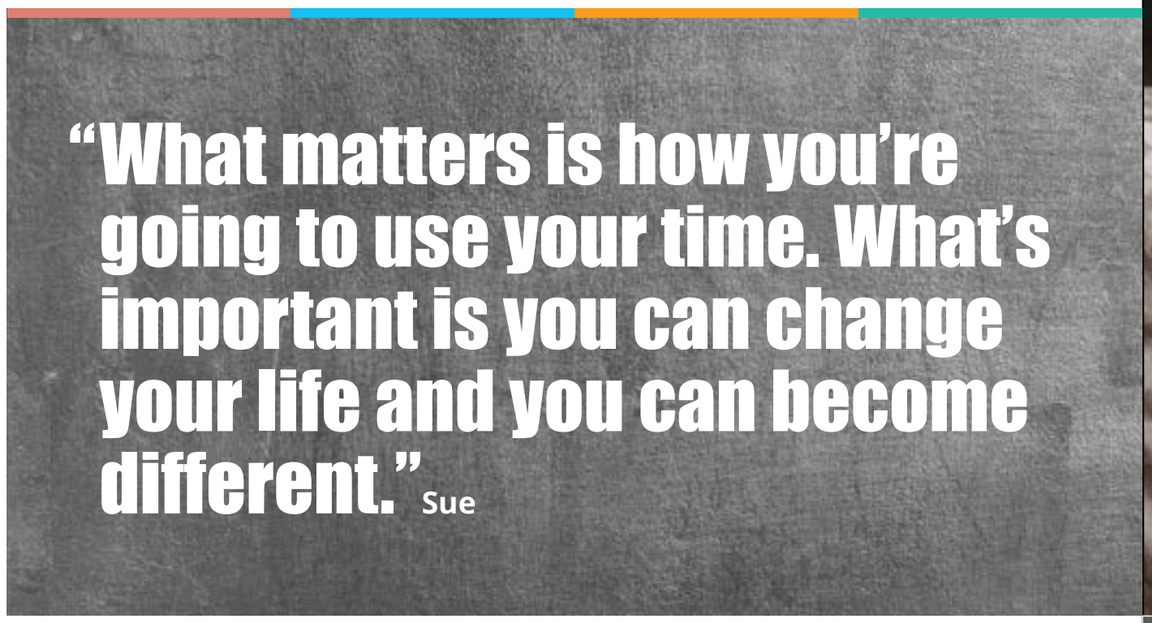
12	volunteer mentors wrote	**45**	letters per month
37	volunteers supported a staff team of 12 (7.1 FTE)		

Case study

Addiction and recovery

Drug dealing to fund her own heroin addiction landed Sue in prison with a 4-year sentence. Her story is familiar to many in prison.

Two-thirds of women and nearly two in five men report committing offences to get money to buy drugs. That's why helping people to beat their addictions is a high priority.



Some prisons have now set up Incentivised Substance-Free Living (ISFL) wings, where people in recovery from addiction submit to regular testing; and are offered support to stay clean.

In 8 of these prisons The PPT has delivered regular yoga and meditation classes to help people develop the skills that will support their sobriety.

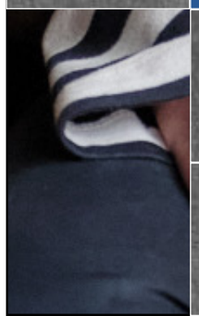
Sue, whose story was featured in our BBC Radio 4 Appeal in 2025, said prison for her was a blessing, a break from the chaos of her former life and chance to start again. Encouraged by a mentor from The PPT, meditation and yoga supported her as she worked through the childhood traumas and addiction that had consumed her.

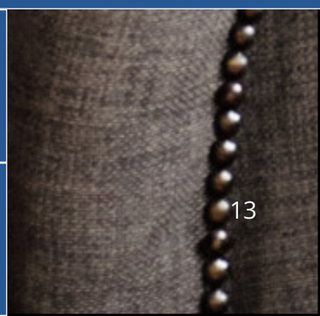
She's now a valued member of The PPT's team of ambassadors, helping to train prison yoga teachers, sharing her experiences, and bringing something good out of the dark times in her life.

ISFL prisons with yoga from The PPT: Bristol, Bullingdon, Erlestoke, Lewes, Dovegate, Peterborough, Lindholme, Portland, Guys Marsh



17%	one in six men and one in seven women (15%) serving a sentence in prison are there for drug offences
70%	of people in prison with alcohol problems had been drinking when they committed the offence for which they were in prison
66%	of women and 38% of men report committing offences to get money to buy drugs
48%	of women in prison report having committed offences to support someone else's drug use





“Yoga isn’t restricted to the mat”

says Emma, who won the British Wheel of Yoga Heart of Yoga Award for her work teaching young offenders in 2025.

“Fran bought so much more than yoga sessions; she reached out to hard-to-engage people who could not trust easily in anything. She bought about a sense of hope and self-worth in a person and through the principle of yoga they found something positive that they could be part of.”

Head of Reducing Reoffending HMP Exeter

61 prisons ran **regular** PPT yoga classes

12 teachers did CPD in trauma-informed yoga

8 attended masculinity workshop for men who teach men in prison

14 yoga teachers completed their accreditation

Advanced training for yoga teachers

Prison yoga teachers are very special people. They need advanced skills to make yoga and meditation accessible to groups that might include in the same class a muscle-bound man used to a gym workout, someone on crutches and someone with a neuro-diverse condition.

And they need strength of character to deal with both the hyper-vigilant atmosphere inside prisons and also the slow-moving logistics of getting a class started. We sometimes warn teachers that HMPPS stands for His Majesty’s Patience and Perseverance Service!

“For me the yoga starts when I knock on a cell door and say I’m a yoga teacher. I try to fit it into every interaction with the staff and with the lads. For all the upheaval the staff and children go through, I can be the one consistent thing in their week, knocking on the door with my bag of yoga mats, asking if they want to do yoga.”

14 of the 20 teachers who trained with The PPT in 2024 continued in 2025 to visit a prison, observe a prison yoga class and then be observed teaching a class, in order to complete our accreditation.

Teachers who trained with The PPT in the last 2 years have gone on to teach regular classes in prisons across the UK, including: Addiewell, Birmingham, Bristol, Channings Wood, Downview, East Sutton Park, Erlestoke, Exeter, Five Wells, Guys Marsh, Hindley, Hollesey Bay, Isle of Wight, Lewes, Manchester, Maidstone, Oakwood, Pentonville, Portland, Wetherby, and a number of Approved Premises housing prison leavers across England and Wales.



Case study

Mental health

Two thirds of people serving prison sentences report mental health struggles. According to an NHS study, more than half have self-harmed. And, tragically, in 2025 nearly 100 people died by suicide.

The relationship between mental health and crime is complex, but evidence suggests that improving mental health both in prison and on release is associated with reduced probability of reoffending.[1,2]

During Mental Health Awareness Week each May many prisons highlight the support available to people who are struggling during their time inside.

In 2025 The PPT helped people in 124 prisons try yoga and meditation for 10 minutes each day during Mental Health Awareness Week with a campaign called Give It 10. It reached people who've never tried yoga and meditation for self-care.

A special pack of resources was created including 7 illustrated yoga sequences, a poster and calendar to tick off progress.

One in 4 people who requested these starter packs have gone on to ask for more support, requesting further yoga resources or individual help from one of The PPT's mentors. This way we're supporting mental health in prison, one yoga pose at a time.

"A large number of people in prison also have risk factors for poor mental health such as experience of childhood trauma, domestic violence and concurrent substance use disorder. In addition, the prison environment, regime and sentence type can inevitably have a negative impact on mental health."[3]

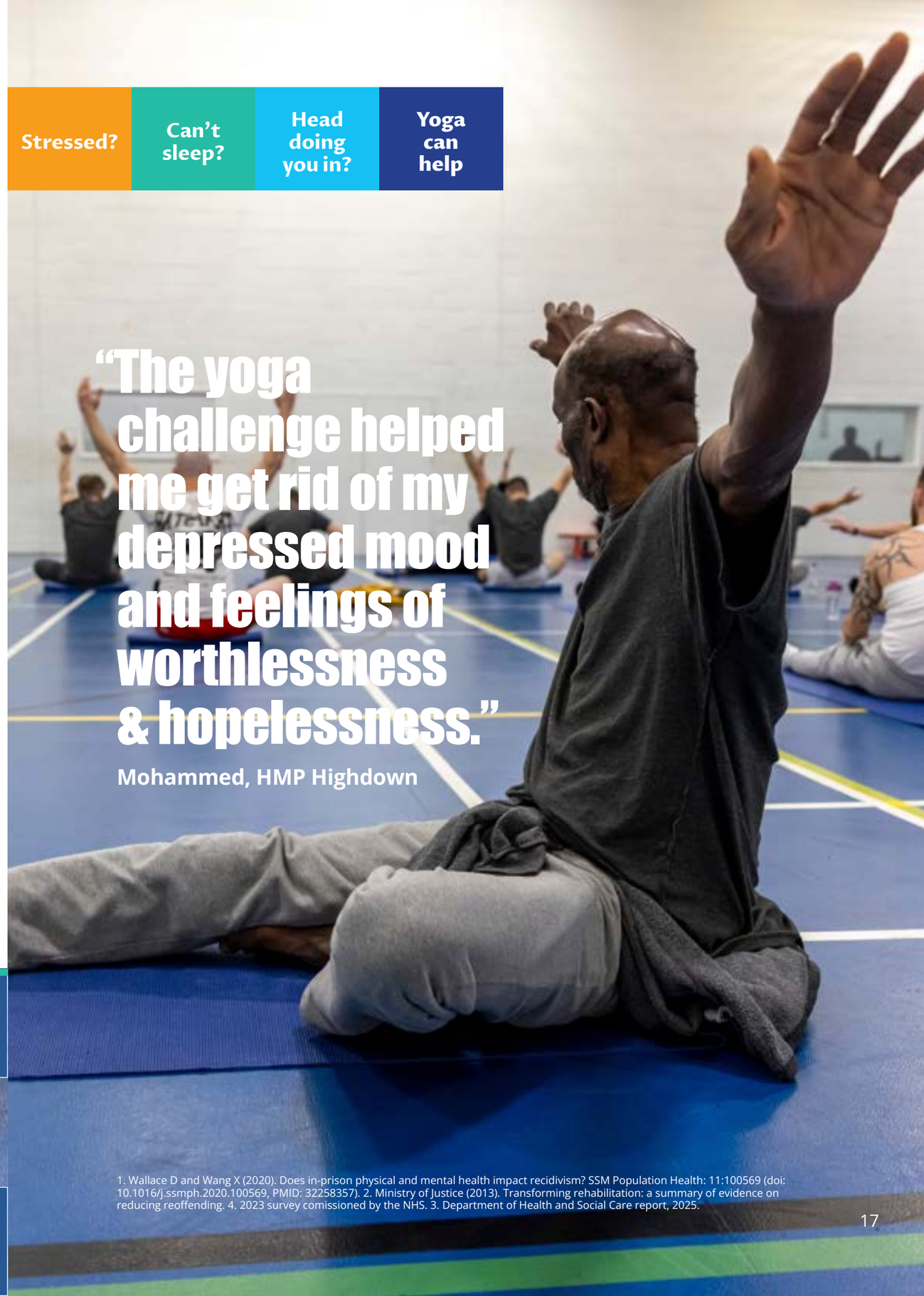
2/3 of people in prison report having mental health struggles
- anxiety/depression (29%), psychosis (22%), personality disorder (17%)[4]

54% had previously self-harmed

39% had attempted suicide and a similar proportion had a history of substance misuse

Yoga Challenge
Give it 10 minutes a day for 7 days

Stressed? | Can't sleep? | Head doing you in? | Yoga can help



1. Wallace D and Wang X (2020). Does in-prison physical and mental health impact recidivism? SSM Population Health: 11:100569 (doi: 10.1016/j.ssmph.2020.100569, PMID: 32258357). 2. Ministry of Justice (2013). Transforming rehabilitation: a summary of evidence on reducing reoffending. 4. 2023 survey comissioned by the NHS. 3. Department of Health and Social Care report, 2025.

With a little help from our friends

Behind every story of change are the supporters who help make it possible. Our work was strengthened in 2025 by the generosity and advocacy of remarkable supporters, who amplified our message, shared powerful stories and inspired others to engage. Their contributions help extend our reach, raise vital funds and bring the benefits of yoga and meditation into prisons.



Monawar Hussain

The PPT's consultant was guest editor of the Sophie Law breakfast show on BBC Radio Oxford in February, inviting our CEO Selina Sasse to talk about our work and also interviewing PPT ambassador Paul, who shared his experiences of yoga and meditation in prison.

Jeremy Irons

Our long-time patron Jeremy told the moving story of The PPT's ambassador Sue for a Radio 4 Appeal broadcast in May. We were overwhelmed by the wonderful response to the appeal, which raised more than £50,000, including match-funding from 3 generous donors. Jeremy said: *"You are part of a wonderful community of kindness. From the bottom of my heart, thank you for your support and your compassion."*

Levi Roots

Levi Roots is not only a celebrity chef and businessman, but also a keen yogi. This year he shared tips on practising yoga and meditation in prison through The PPT's peer-support newsletter and as part of a yoga course on laptops in HMP Erlestoke. He said: *"Yoga is an absolutely wonderful thing. Anyone can do yoga and you can do it anywhere."*

Qian Zephaniah

Our much-missed patron Benjamin Zephaniah's legacy lives on with the continuing support of his widow Qian. She invited The PPT to take the stage at the first ever Official Benjamin Zephaniah Day a Brunel University in April, and through Bejamin's social media channels has helped our campaigns and recruitment drives reach many more people with the power of yoga in prison.

Proud to be part of the conversation

Inside Time – reported the growth in demand for yoga in prison, featuring a front-page picture of yoga in HMP Maidstone.

Life After Prison podcast – The PPT ambassador Lisa was interviewed about her journey from addiction and prison to sober coach and mentor.

BBC Radio Solent – talked to The PPT ambassador Richard about Mental Health Awareness Week in prisons.

BBC Radio York and the Yorkshire Post – reported Emma's Heart of Yoga Award for her work teaching young offenders.

BBC Radio Oxford – invited The PPT on a number of times and broadcast a long piece on volunteer Yvonne being highly commended in the BBC Make a Difference Awards.

National Prison Radio's Inside Out programme interviewed The PPT ambassador Paul about the transition to life on the outside and making a living in the wellbeing field.

Yoga Magazine - ran a 5-page feature on yoga and mental health in prisons.

Spectrum Magazine – ran a 2-page feature on yoga and women in prison, featuring The PPT's ambassador Lisa.

BBC Radio 4 – gave its appeal slot to Jeremy Irons and Sue's story of rehabilitation from addiction and prison.

Ox Mag – had a Q&A with Jeremy Irons about his long-time support for The PPT

Om Magazine, Yahoo News, Oxford Mail, Oxford Herald and **Oxford Times** all featured Jeremy, Sue and our Radio 4 Appeal.

A year of yoga and meditation in prisons













January

New yoga and mindfulness classes started at HMP Portland, with sessions in the gym and substance-free living wing. (Pic 1)

At the Women and Justice: A New Direction summit in London we emphasised the importance of addressing the mental health needs of women in prison and shared the latest findings from 11 mindful yoga programmes delivered in two women's prisons throughout 2023 and 2024. (Pic 2)

In Oxford, Tiny Teahouse and Everybody Yoga Studio raised £400 for The PPT.

February

Celebrity chef and businessman Levi Roots lent his support to yoga in prison with an article in our peer-support newsletter, drawing on his own experience of serving time inside. (Pic 3)

New yoga classes started at HMPs Oakwood and Thameside.

The PPT's consultant Imam Monawar Hussain was guest editor of the breakfast show on BBC Radio Oxford. He invited our CEO Selina Sasse to talk about our work and also PPT ambassador Paul to share his experiences of yoga and meditation in prison. (Pic 4)

March

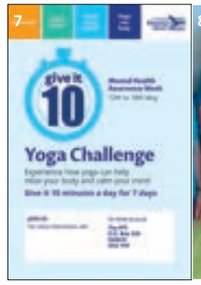
We shared yoga and meditation – and experiences of working in prisons - with chaplains and delegates at the Quakers in Criminal Justice conference.

A new course of yoga classes started at Tulse Hill Approved Premise, London.

April

At HMP Bullingdon we shared yoga at the prison's community day for people who don't currently get visits from family or friends. (Pic 5)

We took part in the first official Benjamin Zephaniah Day at Brunel University. PPT trustee Shola Arewa and Qian Zephaniah had the opportunity to catch up (above). Former director Sandy Chubb shared memories of our much-loved patron, poet and human rights champion, while PPT ambassadors Lisa and Dennis spoke about their experiences of yoga and meditation while serving prison sentences. (Pic 6)













May

Some 55 prisons took part in The PPT's Give It 10, trying 10 minutes of yoga every day during Mental Health Awareness Week. (Pic 7)

People in 10 prisons took part in a meditation "retreat" for World Meditation Day. Handouts with simple yoga sequences and breath-focus meditation were sent in advance so that people in prison could join volunteer mentors, yoga teachers, trustees and staff who practised together in person.

A 12-week pilot course of yoga and meditation delivered into cells via laptops began at HMP Erlestoke, launched with a message from celebrity chef and businessman Levi Roots.

Prison Yoga teacher Emma won the British Wheel of Yoga Heart of Yoga Community Champion Award for her work teaching young offenders. (Pic 8)

A new course of yoga classes began at HMP Hollesey Bay.

At the All-Party Parliamentary Group on Sport and Physical Activity in the Criminal Justice System, yoga lead Victoria along with prison yoga teacher Sandra and PPT ambassador Lisa took part in a round-table discussion on women in prison.

Some 350 people donated to our Radio 4 Appeal, in which actor Jeremy Irons told the story of PPT ambassador Sue. (Pic 9)

The PPT ambassador Paul spoke on National Prison Radio's Inside Out programme about the transition to life on the outside and making a living in the wellbeing field. (Pic 10)

The PPT ambassador Richard spoke on BBC Radio Solent about yoga in prisons for Mental Health Awareness Week.

June

New yoga courses started in HMPs Liverpool and Maidstone.

14 prison yoga teachers attended a one-day workshop updating skills and knowledge of the trauma-informed approach now required to teach in prisons.

Yoga workshops were held for probation staff in Hampshire and Berkshire.

We took part in the Perrie Lectures 2025: the future of prisons: should we do custody differently? (Pic 12)

A year of yoga and meditation in prisons



July

New yoga classes started at the secure Bella Centre for women Glasgow.

August

Taster yoga workshops were held for 25 men in HMP Ashfield.

The PPT ambassador Lisa was the special guest on Life After Prison podcast, talking about the role of meditation and yoga in rehabilitation and the way she has created a new life for herself. (Pic 1)

September

Volunteer Yvonne was highly commended in the BBC Make a Difference Award for her service mentoring people in prison over 22 years with The PPT. (Pic 2)

A new course of yoga classes began at HMP Bullingdon.

We ran a workshop for male yoga teachers, sharing ways of bringing a trauma-informed approach to yoga into a hyper-masculine environment of men's prisons. (Pic 3)

The PPT ambassador Lisa was the star of Remember A Charity Week's national advertising campaign encouraging people to leave a gift in their will. (Pic 4)

October

Simon, who shared yoga with his peers while serving a sentence in 2 prisons, was recognised with a prestigious Hope and Fulfilment Award from the Prison Reform Trust.

Yoga lead Victoria shared The PPT's work with the Yoga Community Outreach Project.

November

We began a partnership with Change Grow Live, introducing yoga and meditation as part of drug and alcohol recovery programmes in 4 prisons in South-West England.

An introduction to mentoring workshop was held for future volunteers.

December

Yoga workshops were held to launch new courses starting at HMP Manchester and HMP Peterborough. (Pic 5)

CEO Selina Sasse attended Justice Futures. (Pic 6)

Hidden heroes

Peer to peer support with the Hope & Fulfilment Awards

In October Simon, a mentee of The Prison Phoenix Trust, was recognised with a Hope and Fulfilment Award for his outstanding contribution to the wellbeing of others in prison.

The award, run by the Prison Reform Trust and generously supported by Lady Edwina Grosvenor & The Wilmington Trust, is a new national scheme designed to recognise, reward and celebrate the achievements, talent, and initiative of people in prison.

While serving his sentence in 2 prisons, Simon created and led the Inner Strength, Movement and Breathwork course — a programme that uses yoga, meditation, and mindfulness to build resilience and emotional strength among his peers.

Celebrating hope and human connection

Simon's recognition was the third major award for The PPT in 2025. In September, long-time volunteer Yvonne was highly commended in the BBC Make a Difference Awards after 22 years of mentoring people in prison.

In May, yoga teacher Emma won the British Wheel of Yoga Heart of Yoga Award for her work teaching young offenders.

Together, Simon, Emma and Yvonne's achievements highlight the power of human connection, compassion, and personal growth in the rehabilitation journey.



Prison yoga goes digital

In 2025 The PPT created a 12-week yoga course, Freedom Inside with Yoga, for people to follow in their cells in HMP Erlestoke on prison service laptops, known as Launchpads.

Part of a 2-year research project, this is a collaboration with colleagues in His Majesty's Prison and Probation Service and Professor of Criminological Psychology Rosie Meek of Royal Holloway University of London.

It aims to contribute to an evidence base that will help the wider criminal justice sector understand how digital learning and enrichment projects can be cost-effective in supporting rehabilitative interventions in prison.

An important aspect of the pilot was the involvement of users of the course in its co-creation, with content designed to meet specific needs they raised. Learnings from this will influence the next stage, which is an expansion of the project to another 3-5 prisons in England and Wales.

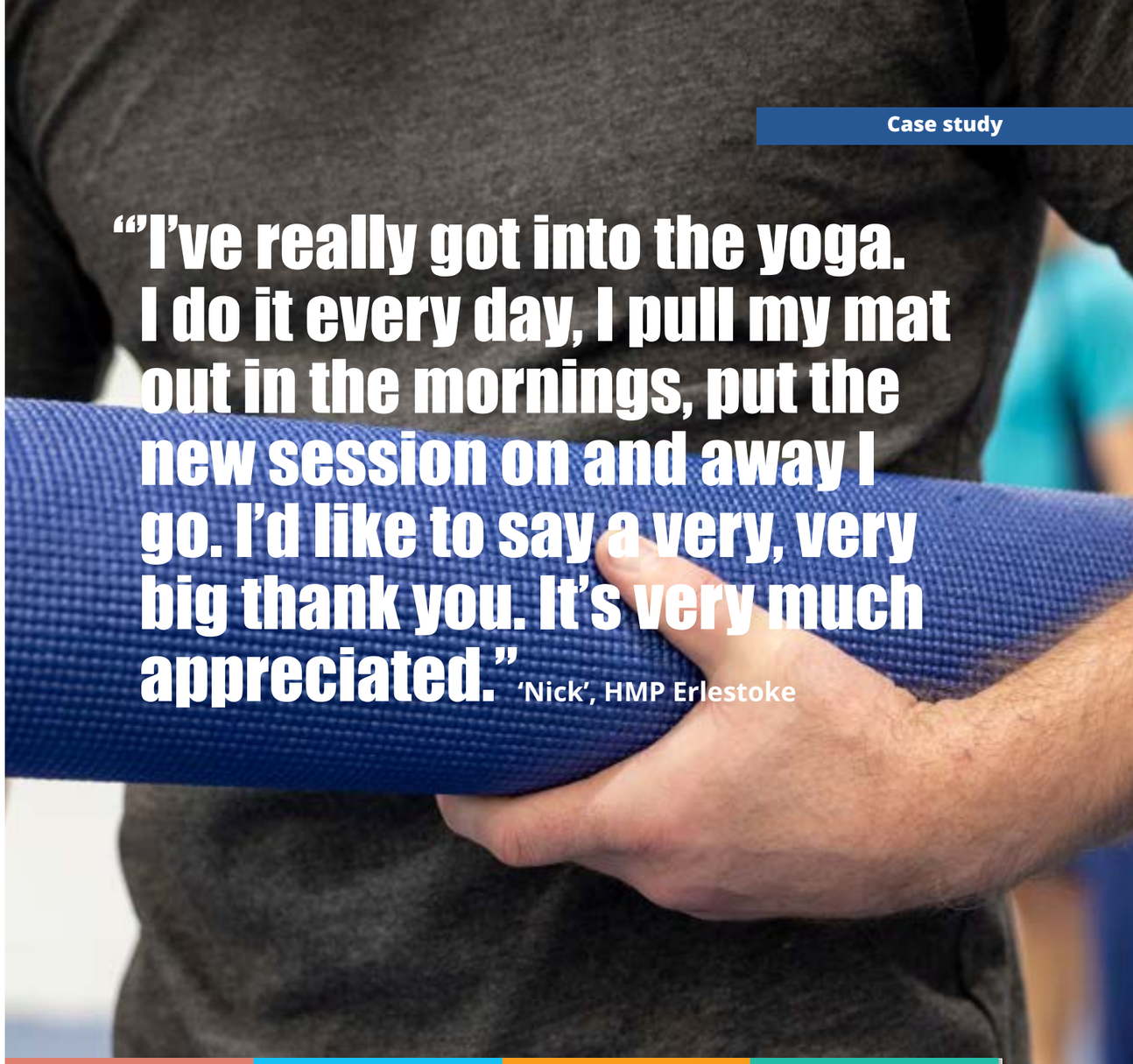
Technologically, most prisons still resemble the 1950s more than the 21st century, but since 2021 more than 16,000 Launchpads have been introduced into 20 prisons.

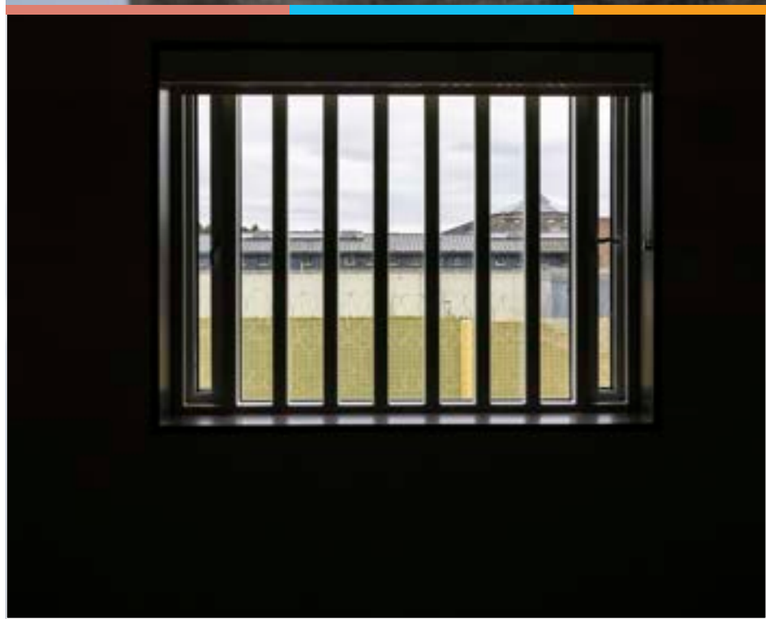
Responses to the pilot were very positive with more than 50% of those in custody at HMP Erlestoke taking part. Prison staff are also being asked if they've noticed any changes in people taking part in yoga.

One staff member wrote that a man in recovery from addiction had a goal to stay sober until lunchtime: *"I just wanted to let you know that he came into my office this morning and was glowing. He stated he loved yesterday; he had the best nights sleep ever and fell asleep at 6pm and slept all night. He also did not use at all yesterday. I am giving him a mat and he is going to try your videos in his cell now."*

Thanks to support from funders, this research project will continue run throughout 2026, with results published in 2027.

"This was an amazing project that has over-delivered in its result, to go from a starting point of 0 prisoners to half the prison population doing some yoga. I really hope you are proud of the achievements and can deliver this to the rest of the estate so they can also engage in this valuable activity and bring yoga into more cells." **Digital Manager, HMP Erlestoke**







Wise women

“I am honoured to be bringing not just my lived experience, but also the voices of countless women who have sat in those same cells, aching to move, to feel, to heal.”

Lisa, PPT ambassador





Three great PPT Women, yoga lead Victoria, prison yoga teacher Sandra and ambassador Lisa, took part in an All-Party Parliamentary Group round-table discussion aimed at informing policy for women in prison.

This follows a growing recognition over 20 years of the distinct needs of women in the criminal justice system, leading at the start of 2025 to the launch of a new Women’s Justice Board with a goal to *“reduce the number of women in custody by using early intervention and tackling the root causes of offending.”*

Minister of State for Prisons, Probation and Reducing Reoffending, James Timpson’s announced his intention to close a women’s prison in England or Wales, redirecting offenders to alternative forms of punishment and rehabilitation.

The PPT is contributing experience of developing trauma-informed ways of working with women in 8 women’s prison over recent years.

“Turning my personal **-show into some small source of service is the greatest privilege of my life. To those still trapped ‘inside’, still struggling with self doubt... Hold on. Breathe. Move. You’re not alone.”** Says Lisa





Strategic approach for 2025

In 2025, prison overcrowding and systemic pressures continued, alongside a government spending freeze while a sentencing review was underway. During this challenging period, The Prison Phoenix Trust maintained a vital level of day-to-day support, ensuring people in prison continued to access meditation and yoga resources to manage stress, build resilience, and foster personal growth. Demand remained high, and the trust focused on strengthening its foundations to ensure long-term sustainability and maximise impact.

Strategic growth concentrated on expanding our delivery model and meeting increasing demand. We piloted our first digital yoga course at HMP Erlestoke, showing strong potential for this modality. We responded to prison-led strategies supporting drug-free living and other specialist interventions, including collaborating with probation to help reduce reoffending. Investment in sustainable income growth continued to pay dividends, underpinning our three-year development strategy.

The trust lent expertise to sector-wide work on rethinking justice for women and contributed to dialogue through parliamentary and sector forums. Throughout, we remained deeply committed to valuing humanity, sharing insights to influence a more dignified prison experience. Strengthened relationships with prison decision-makers, improved digital practices, and an expanded staff team positioned the trust to meet ongoing demand with resilience, accessibility, and high-quality support for all beneficiaries.

EDI 2024 vs 2025

In 2023 the trustees, staff and volunteers began an initiative to assess how demographically relatable the team are to the people they serve and how to adjust this over time. In 2025 the survey was extended to include yoga teachers. In August 2025 60 people across the board, staff, volunteer and yoga teaching teams had taken part. Standouts are:

Life experience	7% (8% 2024) have lived experience of prison or probation, 52% (41% 2024) of working in prison and 3% (6% 2024) of state care
Gender & age	64% (43% 2024) Female and 35% (57% 2024) Male. 50% (60% 2024) 60 years+
Sexual orientation	85% (80% 2024) heterosexual, 3% (5% 2024) gay/lesbian and 3% (3% 2024) bisexual
Disability	22% (28% 2024)
Faith/spirituality	30% (28% 2024) Christian, 35% (30% 2024) spiritual and not aligned with other approaches, 20% (14% 2024) atheist/no religion and 9% (11% 2024) Buddhist
Ethnicity	82% (92% 2024) are white British/other, 8% prefer not to answer

To address board recommendations for improving equality, diversity and inclusion, defined goals were established in recruiting yoga teachers to The PPT training programme. These were to encourage applications from more men, teachers of colour and lived experience of childhood disadvantage, all recognised as over-represented in prison demographics. 16 of the 21 teachers offered places met these EDI goals, with 8 teachers having 2 or more of the priority characteristics.

Report of the trustees for the year to December 31st 2025

The trustees present their report along with the financial statements of the trust for the year ended December 31, 2025. The financial statements have been prepared in accordance with the accounting policies set out on pages 43 and 58 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 was merged with the CIO in 2025.

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 a risk register to identify and track risks. Where necessary, systems were developed to mitigate the risks the trust faces. The 2025 review highlighted the risks of changes in prison funding and a charity sector under increased financial pressure.

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 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.

Leadership



New trustees for 2025

- Rebecca Amoroso
- Jasper Jameson
- Valerie Smith
- Annalena Wolcke

Rebecca Amoroso is an Anglican priest with extensive experience working in prisons and other secure settings.

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.

Richard Dunkerley treasurer since June 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. Suzy was in HMPPS Senior Management, formerly governor of HMP Eastwood Park.

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.

Jasper Jameson is a personal trainer, coach and mentor. He brings valuable experience of serving time in prison, where he discovered yoga and meditation through classes with The Prison Phoenix Trust.

Stefan Lerche joined the board in September 2024. He 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.

Valerie Smith is Head of Legal and Business Affairs at an independent television production company.

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

Annalena Wolcke is a research and policy officer with a background in prison education and criminal justice research. She is a yoga and breathwork practitioner.

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.

Staff team

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.

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. Chris leads the trust's development of digital resources, including the digital yoga initiative.

Mentor Lead: Lou (4 days per week) is responsible for leading a team of volunteer letter writers, remotely and in the office. She facilitates prison yoga in the southwest, and northeast 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: Padmakumara (2 days per week). He is responsible for financial administration and reporting.

Former staff

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

New staff in 2025

To meet the trust's growth and development strategy 4 new staff members joined in 2025:

Lucy as communications coordinator (2.5 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). Delia as regional yoga coordinator - London, southeast & east England. Cathy as development coordinator (3 days per week). Chris as finance coordinator (2 days a week), becoming head of finance in July 2026.

Support and administration

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
- Nicholas Colloff OBE
- Sir Mark Tully OBE (Deceased 2026)

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

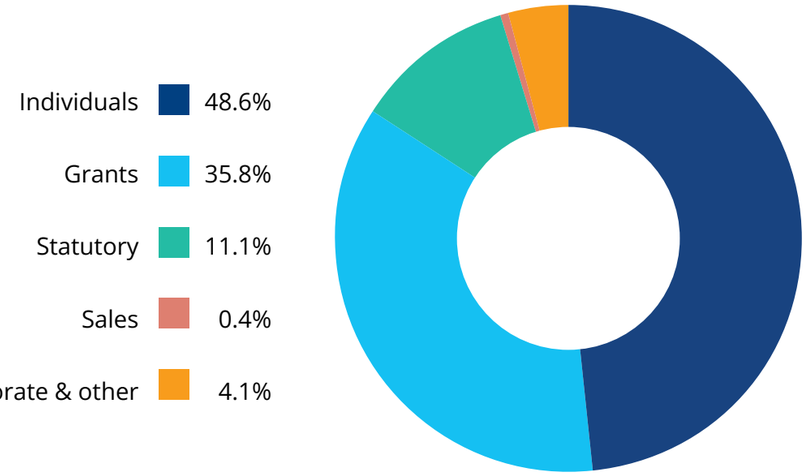
Charity number

1163558

Financial summary

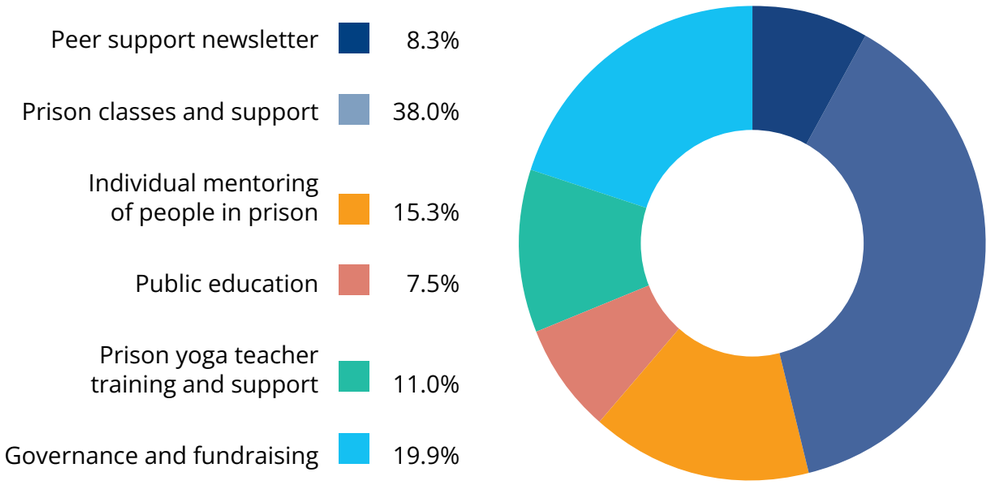
Income: £498,811

The strategy is to grow funding across The PPT's income streams. In 2025, we were following on from 2024, when we received some particularly large one-off legacy and grant income. This meant that year on year there was a fall in income in 2025 vs. 2024, but comparing the 2025 results to other recent years, the overall pattern of growth was maintained. The split of income in 2025 was



Expenditure: £520,266

Expenditure was in line with strategic aims for service delivery and profile-raising. It also reflects investments made in capacity building within the team, and developing a bespoke CRM system to provide more detailed impact reporting & fund raising



Financial review

The trustees are pleased to present their review of the financial statements for the year ended December 31, 2025.

The Prison Phoenix Trust closed the year with an overall deficit of £21,455 which was however significantly smaller than forecast. We did, however, make a modest surplus of £30,870 in Unrestricted Funds. Total income was £498,811, and total expenditure £520,266.

We have begun to spend down our legacy fund, as well as making significant inroads into progressing our capacity-building project, funded by Porticus. This has led to growth in our team from 5.6 FTE in 2024 to 6.9 FTE in 2025, as well as investment in our systems, we are confident both these will strengthen future perfomance.

We had a large brought-forward restricted fund balance of £95,225 at the start of the year. New restricted income for 2025 was £32,500 and after spending significant amounts, particularly on capacity building and digital yoga projects, the remaining balance is £42,900, all of which we expect to spend in 2026.

Our unrestricted funds balance of £446,192 is split between funds remaining in our designated legacy fund of £154,936 and general unrestricted funds of £291,256. The general unrestricted reserves represent 5.5 months of expenditure and are within our reserves policy target range of 3-6 months.

Income received from applications to grant-making trusts fell by 15% to £168,028. This was following a particularly successful year in 2024 as stated earlier. Income from individuals, excluding legacies but with accompanying gift aid, grew by 29% to £193,313. The revised funding sustainability strategy developed in 2023 to grow income continued to prove highly effective in increasing income from current supporters in 2025, with 311 donors giving regularly the sum of £57,498. One-off income from individuals was also higher in 2025 at £53,674. 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.

The trust acknowledges that the work of continuing to expand the donor base and developing more sophisticated systems of donor support is on-going. We are confident that with increased team capacity and being at an advanced stage with developing our CRM we can be even more ambitious in these endeavours.

Income from charitable activities is primarily derived from teaching yoga in prisons. This reduced significantly to £57,250 in 2025, a fall of 48%. This fall was due to significant budget cuts (announced in April 2025) in funds available for prisons to spend on external providers of education and rehabilitation activities.

Financial review continued

As we expanded the staff team and drew on specialised consultancy skills to support capacity building and fundraising, expenditure in 2025 (£520,266) was significantly higher than in 2024 (£410,906), but also much less than the budgeted expenditure of £590,749. The reason for the lower than budgeted expenditure was mostly due to delays in recruiting new team members and in developing the new CRM, which is now scheduled to go live in 2026.

The trust continues to be ably supported by a significant number of experienced volunteers, whose time and effort are greatly appreciated by the board, our staff and most importantly our beneficiaries.

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.

Having received significant, unexpected income in 2024, which we now plan to spend down over a number of years we have taken out several fixed-term deposit accounts, to earn interest on the funds, whilst still being able to meet our financial obligations as they fall due. This policy led to us receiving £15,318 of interest income in the year, all of which will be utilised to deliver our mission.

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 2026, the unrestricted general reserves balance of £291,256 at the close of 2025 (2024 £197,439) represents 5.5 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

10/09/2026

Our donors

We would like to thank all those who have supported our work throughout the 12 months to December 31 2025, 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 during 2025:

- BBC Charities
- Makin Family Trust
- Frances High
- Halcrow Foundation
- Stichting Benevolentia (Porticus)
- Drapers' Charitable Fund
- Sir Halley Stewart Trust
- The Logos Trust
- The Evan Cornish Foundation
- Frances Ruck-Keene
- David and Anna Mills CAF (PEL Estates)
- The Pelegrin Trust
- DLM Charitable Trust
- William A Cadbury Charitable Trust
- Marguerite Berwick (as Legacy)
- Elizabeth Avery (as Legacy)

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 2025 which are set out on the following pages 43 to 58.

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

17/09/2026

Statement of financial activities (SOFA) period ending 31st December 2025

	Notes	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
		£	£	£	£
Income from:					
Donations and legacies	3	393,744	32,500	**426,244**	570,766
Charitable activities	4	57,249	-	**57,249**	110,376
Investments	5	15,318	-	**15,318**	5,742
Other income		-	-	**-**	-
Total income		**466,311**	**32,500**	**498,811**	**686,884**
Expenditure on:					
Raising funds	7	85,625	17,975	**103,600**	43,039
Charitable activities	8, 15 & 16	349,816	66,850	**416,666**	367,867
Total expenditure		**435,441**	**84,825**	**520,266**	**410,906**
Net income / (expenditure)		**30,870**	**(52,325)**	**(21,455)**	**275,978**
Transfers between funds		-	-	**-**	-
Net movement in funds		**30,870**	**(52,325)**	**(21,455)**	**275,978**
Reconciliation of funds:					
Total funds brought forwards		415,322	95,225	**510,547**	234,569
Total funds carried forward		**446,192**	**42,900**	**489,092**	**510,547**

Balance sheet at 31st December 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible Assets	11	-	1,088
Intangible Assets	12	36,072	-
		482,109	23,871
CURRENT ASSETS			
Debtors	13	24,699	492,588
Cash at bank		457,410	516,459
		482,109	-7000
CREDITORS: Amounts falling due	14	(29,089)	509,459
NET CURRENT ASSETS		453,020	510,547
NET ASSETS		489,092	510,547
FUNDS			
INCOME FUNDS			
Restricted income funds	15	42,900	95,225
Unrestricted Income funds	16	446,192	415,322
TOTAL INCOME FUNDS		489,092	510,547

The financial statements were approved by the Board of Trustees on 10.09.2025and are signed on behalf of the board by:

Suzy Dymond-White
Chair of the trustees

Notes forming part of the financial statements for the period ended December 31, 2025

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 & amortisation

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
CRM in development	33% 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. No amortisation charge in the year of development.

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 direct staff costs, subscriptions to online fundraising sites, fundraising advertising and associated costs, as well as an apportionment of support and governance costs as shown in notes 7 & 9.

F. Charitable Activities

The cost of charitable activities includes an apportionment of support and governance costs as shown in notes 8 & 9.

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 2025

3. Donations and legacies

	Unrestricted Funds	Restricted Funds	Total 2025	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£	£	£	£
Corporate Giving	4,957	-	4,957	2,000	3,445	5,445
Trust Grants - Applications	135,528	32,500	168,028	90,041	107,481	197,522
Trust Donations	10,631	-	10,631	25,571	-	25,571
Gifts from Individuals	171,280	-	171,280	104,788	-	104,788
Gift Aid on Individual Donations	19,515	-	19,515	14,586	-	14,586
Legacies	49,316	-	49,316	217,883	-	217,883
Collections from Religious Meetings and Yoga	2,517	-	2,517	4,971	-	4,971
	393,744	32,500	426,244	459,840	110,926	570,766

4. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total 2025	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£	£	£	£
Prison Workshops	753	-	753	521	-	521
Prison Yoga Teaching Fees	37,529	-	37,529	46,996	-	46,996
Prison Service Level Agreements	16,576	-	16,576	43,060	-	43,060
Yoga Teachers' Workshops	1,276	-	1,276	18,721	-	18,721
Sale of Books and cards	1,115	-	1,115	1,078	-	1,078
	57,249	-	57,249	110,376	-	110,376

Notes to the financial statements year ending 31st December 2025

5. Investment income

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Bank interest receivable	15,318	-	15,318	5,742

6. Net Outgoing Resources

	2025	2024
Depreciation	1,088	1,086
Independent Examiner's Remuneration	1,608	1,512

7. Costs of Raising funds

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Salaries, Teachers & Consultants	57,395	16,645	74,040	39,446
Fundraising admin fees	1,128	-	1,128	1,410
Other fundraising costs	2,547	1,330	3,877	2,183
Support & governance costs (note 9)	24,555	-	24,555	-
	85,625	17,975	103,600	43,039

Notes to the financial statements year ending 31st December 2025

8. Analysis of Expenditure on Charitable Activities

Current Year

	Peer Support Newsletter	Prison Classes & Support	Prisoner Mentoring	Public Education	Yoga Teacher Support	Yoga Teacher Training	Total
	£	£	£	£	£	£	£
Direct Staff Salaries, Consultants & Yoga	19,404	141,580	47,603	27,127	12,739	27,031	275,484
Other Directly attributable costs	15,996	21,361	14,506	1,619	1,304	2,594	57,380
Support & governance costs (note 9)	7,919	34,785	17,303	10,244	4,727	8,824	83,802
	43,319	197,726	79,412	38,990	18,770	38,449	416,666

Notes to the financial statements year ending 31st December 2025

Previous Year

	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

Notes to the financial statements year ending 31st December 2025

9. Support & Governance costs

	Unrestricted Funds	Restricted Funds	Total 2025	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£	£	£	£
Support staff salaries & consultants	20,248	5,548	25,796	48,627	-	48,627
Other Staff & volunteer costs	4,314	27	4,341	4,086	-	4,086
Equipment & other asset costs	1,419	173	1,592	4,267	2,667	6,934
Office Accommodation	33,069	-	33,069	33,208	-	33,208
Other Office costs	20,754	243	20,997	16,077	-	16,077
Governance costs	16,570	5,992	22,562	17,662	-	17,662
	96,374	11,983	108,357	123,927	2,667	126,594

10. Staff costs and emoluments

	2025	2024
	£	£
Staff salaries	257,838	194,263
Social security costs	26,548	12,979
Pension costs	12,701	9,508
	297,087	216,750

The average number of staff during the period was a headcount of 12, 6 full time equivalent (2024: headcount 7, full time equivalent 5).
No employeess received emoluments of more than £60,000.

The total remuneration of the key management personnel - the CEO and Operations Director
- including Employer's National Insurance and Employer's Pension contributions was £94,338 (2024: £78,403).

Notes to the financial statements year ending 31st December 2025

11. Tangible Fixed Assets

	Computer Equipment £	Office Equipment £	Total £
COST			
At 1 January 2025	784	7,562	8,346
Additions	-	-	-
At 31 December 2025	784	7,562	8,346
DEPRECIATION			
At 1 January 2025	784	6,474	7,258
Charge for 2025	-	1,088	1,088
At 31 December 2025	784	7,562	8,346
NET BOOK VALUE			
At 31 December 2025	-	-	-
At 31 December 2024	-	1,088	1,088

Notes to the financial statements year ending 31st December 2025

12. Intangible Fixed Assets

	CRM under development £	Total £
COST		
At 1 January 2025	-	-
Additions	36,072	36,072
At 31 December 2025	36,072	36,072
AMORTISATION		
At 1 January 2025	-	-
Charge for 2025	-	-
At 31 December 2025	-	-
NET BOOK VALUE		
At 31 December 2025	36,072	36,072
At 31 December 2024	-	-

Notes to the financial statements year ending 31st December 2025

13. Debtors and Prepayments

	2025 £	2024 £
Prison Yoga Classes	5,388	6,094
Prepayments	11,355	8,695
Rent Deposit	5,675	5,675
Other debtors	2,281	3,407
	24,699	23,871

14. Creditors: Amounts falling due within one year

	2025 £	2024 £
Accruals	1,620	8,067
Income in advance	8,613	-
Trade creditors	12,568	-
Tax, NI and pensions	6,288	(1,067)
	29,089	7,000

Notes to the financial statements year ending 31st December 2025

15. Restricted income funds

Current Year

	Balance at 1 January 2025 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2025 £
Porticus Capacity Building	77,842	-	(59,609)	-	18,233
Sir Halley Stewart	15,000	30,000	(20,367)	-	24,633
Sport England	2,324	-	(2,324)	-	-
Whitaker Trust HMP Ranby Fund	59	2,500	(2,525)	-	34
Total funds	95,225	32,500	(84,825)	-	42,900

Notes to the financial statements year ending 31st December 2025

Previous 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	(9,118)	-	77,842
Sir Halley Stewart	-	15,000	-	-	15,000
Sport England	-	3,521	(1,197)	-	2,324
Whitaker Trust HMP Ranby Fund	1,082	2,000	(3,023)	-	59
Total funds	1,082	110,926	(16,783)	-	95,225

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 2025

16. Unrestricted income funds

Current Year

	Balance at 1 January 2025	Income	Expenditure	Transfers	Balance at 31 December 2025
	£	£	£	£	£
General funds	197,439	466,311	(372,494)	-	291,256
Designated legacy fund	217,883	-	(62,947)	-	154,936
Total funds	415,322	466,311	(435,441)	-	446,192

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,

Previous Year

	Balance at 1 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
Total funds	233,487	575,958	(394,123)	-	415,322

Notes to the financial statements year ending 31st December 2025

17. Operating Lease Commitments

As of December 2025, the Trust has annual commitments under non-cancellable leases of:

Covers 2026	Covers 2027	Total
£	£	
< 1 year	> 2-5 yrs	
6,299	-	6,299

18. Trustee's Remuneration

No trustee (Nil - 2024) received or waived any emoluments in their role as trustees during the year. Four trustees were reimbursed for out of pocket expenses (five - 2024) in their role as trustees in the year, at a cost of £530 (£621 - 2024)

19. Related Party Transactions

During the year, we received income from Trustees related to donations and Festive Card sales to the value of £1,222 (Nil - 2024).

20. Net Assets by Funds

	Net assets / - liabilities £	Long term creditors £	Total £
Restricted income funds	42,900	-	42,900
Designated income funds	154,936	-	154,936
Unrestricted income funds	291,256	-	291,256
	489,092	-	489,092



Hope and healing through meditation and yoga

THE PRISON Phoenix TRUST

PO Box 328, Oxford OX2 7HF
www.theppt.org.uk
Charity reg. no. 1163558

"I will always be grateful to you and everyone at The PPT. You have helped me to heal and grow in confidence and self esteem. I actually feel like this is who I have always supposed to be. I know that not everyone is going to want to know me when I get out, but I know that I will not be alone. I have resilience and determination."

It's 2 years since Rob's first letter to his PPT mentor (page 3)
He's come a long way