CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st October 2024 to 30th September 2025

Charity name: LIVE FROM REST

Charity registration number: 1191530

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document	**Live From Rest exists to advance the Christian faith for the public benefit by encouraging spiritual growth and wellbeing through Christian meditation, teaching and digital resources. The charity primarily delivers this through the Live From Rest mobile app, website, podcasts and other online resources, making biblically rooted meditation and teaching widely accessible.**
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	**During the year the charity continued to maintain and develop the Live From Rest app, ensuring that users had ongoing access to a growing library of guided Christian meditations and devotional content. In addition, the charity supported the production and distribution of further teaching resources, including Lucinda Smith's teaching ministry and her book The Red Thread, which continued to encourage Christians in their faith.** **The charity also developed and promoted practical educational resources designed to support emotional wellbeing from a Christian perspective. These included the online course Fight For The Night, which combines biblical principles with evidence-based approaches to improving sleep and managing stress. Income generated through the course contributes towards sustaining the wider charitable work of Live From Rest.**
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	**The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when planning and carrying out the charity's activities.**

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	**Throughout the year Live From Rest continued to fulfil its charitable purpose by providing accessible Christian meditation and teaching resources to individuals seeking greater spiritual, emotional and mental wellbeing. The Live From Rest app continued to grow, enabling increasing numbers of people to engage regularly with biblical meditation and reflective prayer as part of their daily lives.** **The charity continued to receive encouraging feedback from users who reported that the resources were helping them experience greater peace, deepen their relationship with God and establish healthier rhythms of prayer and reflection. The trustees remain encouraged that the ministry is reaching people both within the UK and internationally through digital platforms.** **Lucinda Smith continued to contribute teaching through Live From Rest, and The Red Thread remained an important resource for those exploring Christian discipleship and spiritual formation.** **The charity also saw encouraging progress with Fight For The Night, an online course designed to help people struggling with insomnia and stress.** **During the year the course generated a number of sales and received positive feedback from participants who reported improvements in their sleep and wellbeing. As well as directly benefiting participants, the course provides an additional source of income to support the ongoing charitable activities of Live From Rest.** **The trustees are grateful for the continued support of volunteers and users whose encouragement enables the charity to continue its mission of helping people live from a place of rest in Christ.**

Financial Review

Review of the charity's financial position at the end of the period	**During the year the charity continued to operate on a modest financial basis, with income generated through donations, book sales and the development of new online educational resources. The launch and early sales of the Fight For The Night course provided an additional source of income and represent an encouraging step towards supporting the charity's ongoing activities.** **Expenditure during the year was primarily directed towards delivering the charity's objectives, including maintaining and developing its digital resources, online platforms, advertising and administrative support. The trustees have continued to exercise careful stewardship of the charity's finances and are satisfied that the charity remained able to meet its financial commitments throughout the year.** **The trustees continue to seek opportunities to broaden the charity's income streams whilst ensuring that expenditure remains aligned with the charity's charitable purposes.**
Statement explaining the policy for holding reserves stating why they are held	**The trustees have not adopted a formal reserves policy at this stage. The charity seeks to apply its available funds directly towards its charitable objectives and therefore does not currently hold significant reserves.**
Amount of reserves held	**At the year end the charity held no material unrestricted reserves.**
Reasons for holding zero reserves	**The charity is in the early stages of its development and has prioritised the application of available funds to delivering its charitable activities. The trustees keep the position under regular review and will consider establishing a reserves policy as the charity grows.**
Details of fund materially in deficit	**None.**
Explanation of any uncertainties about the charity continuing as a going concern	**The trustees are satisfied that there are no material uncertainties regarding the charity's ability to continue as a going concern.**

Structure, Governance and Management

Description of charity's trusts:	**Not applicable**
Type of governing document	**Constitution of Live From Rest**
How is the charity constituted?	**Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales.**
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	**Trustees are appointed by the existing Board of Trustees in accordance with the charity's Constitution. In making appointments, the trustees seek to ensure that the Board has an appropriate balance of skills, experience and Christian commitment to support the effective governance of the charity.**

Reference and Administrative details

Charity name	**Live From Rest**
Other name the charity uses	**None**
Registered charity number	**1191539**
Charity's principal address	**216 South Meadow Lane** **Preston** **PR1 8JP**

Names of the charity trustees

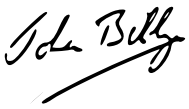
1. **John Bibby – Chair**
2. **Lynda Brooks**
3. **Jonathan Dixon**

   Following the year end, Jonathan Dixon resigned as a trustee on 22nd July 2026 and Aaron Walker was appointed in his place.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees



Signature

Full name John Bibby

Position Chair

28th July 2026

Charity Registration No. 1191530

LIVE FROM REST

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED
30/09/2025

LIVE FROM REST

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CHARITY INFORMATION

Trustees
Dr John Bibby (Chair)
Linda Brooks
Dr Jon Dixon

Charity number
1191530

Address
Live From Rest
216 South Meadow Lane
Preston
PR1 8JP
Lancs

Independent Examiner
Simon Hart
Hart Wright Accounting
24 Hall Drive
Sutton in Craven
BD20 7NH

I report to the charity trustees on my examination of the accounts of Live From Rest ('the CIO') for the year ended 30 September 2025, which are set out on pages 3 to 5.

Responsibilities and basis of the report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 130 of the Act; or

(2) the accounts do not accord with those records.

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.

Simon Hart
Hart Wright Accounting
24 Hall Drive
Sutton in Craven
BD20 7NH

Date: 23rd July 2026

LIVE FROM REST

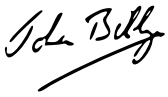
Receipts and Payments Account

	Unrestricted Funds	Restricted Funds	Total 2025	Unrestricted Funds	Restricted Funds	Total 2024
Receipts	£	£	£	£	£	£
Income from App providers			-			-
Individual Donations	225		225	1,699		1,699
Income from Sale of Books	474		474	254		254
Grant Income			-			-
Income from Events	370		370			-
Loan in	12,250		12,250	450		450
Total Receipts	**13,319**	**-**	**13,319**	**2,404**	**-**	**2,404**
Payments						
App Development costs	2,860		2,860	907		907
Cost of Sales - Books	502		502			-
Payroll and Contractors Fees			-	1,200		1,200
Other Staff Costs			-			-
Office Costs	3,963		3,963			-
IT and Communications			-	8		8
Advertising	5,921		5,921			-
Accountancy and independent examination			-	300		300
Bank charges			-			-
Cost of Events			-			-
Total Payments	**13,246**	**-**	**13,246**	**2,415**	**-**	**2,415**
Net Receipts / (Payments)	73	-	73	(12)	-	(12)
Cash Funds at 01/10/2024	50	-	50	62	-	62
Cash Funds at 01/10/2025	**123**	**-**	**123**	**50**	**-**	**50**

Statement of Assets and Liabilities

Cash funds	**30/09/2025**	**30/09/2024**
	£	£
Cash Account	123	50

Approved by the Trustees on 28th July 2028 and signed on its behalf by



Dr John Bibby
Trustee

Notes to the Financial Statements

1 Accounting Policies

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

2 Funds

Unrestricted funds are income funds which are to be spent on the Charity's general purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used.

3 Related party transactions

There were no related party transactions in this financial period

4 Restricted funds

b/f	Income	Expenditure	Transfers	c/f
	-		-	-
			-	-
-	-	-	-	-