Charity Registration Number: 1195159

The School of Contemplative Life

Financial Statements

For the Year Ending

31 December 2025

JANE ASCROFT ACCOUNTANCY LIMITED
Chartered accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

The School of Contemplative Life

Financial Statements

Year Ended 31 December 2025

	Page
Trustees' Annual Report	**1**
Independent Examiner's Report to the Trustees	**7**
Statement of Financial Activities	**8**
Statement of Financial Position	**9**
Notes to the Financial Statements	**10**
The Following Pages Do Not Form Part of the Financial Statements	
Detailed Statement of Financial Activities	**18**

The School of Contemplative Life

Trustees' Annual Report

Year Ended 31 December 2025

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2025.

Objectives and Activities

The object of The School of Contemplative Life (SoCL) is to promote and protect emotional, mental, and spiritual health for the benefit of the public by the provision of meditation and in such other ways as the Charity Trustees may decide.

Our vision is to help people establish peace in themselves and become places of peace in the world.

Our aims are to:

1) Contribute to the restoration of contemplative practice as a way of life which purifies our motives and opens us to the Divine - the foundation of peace within us and between us, and the deepest basis for our care of each other and our precious world.

2) Promote the inseparable relationship between interior transformation and social transformation.

3) Be a source of peace and an antidote to the fundamentalism which gives rise to so much conflict and violence in the world.

4) Nurture the common ground between faiths by teaching meditation rooted in the Christian tradition as a simple, universal practice for all people.

Significant activities
The core activities of the SoCL include:

- Hosting a free online meditation group every Saturday morning and Wednesday evening that's accessible to all. Each session involves a contemplative teaching, simple practice guidelines for anyone new, 20-25 mins of silent meditation and some conversation.
- Leading in-person and online day events and residential retreats.
- Publishing online teachings.
- Running workshops and events for organisations on a request basis subject to available capacity.

Public benefit
In accordance with their duties pursuant to Section 4 Charities Act 2011, the Trustees have considered the Trust's objects and activities in light of the Charity Commission's general guidance on public benefit. 'Charities and Public Benefit'.

Volunteers
The charity has recognised donated professional services within the accounts since 2023 where they meet the requirements of the Charities SORP. The charity benefits from substantial donated professional services provided by a small number of individuals and organisations who contribute specialist expertise to strengthen the charity's capacity and advance its charitable purposes.

Donations in-kind total: £144,044
o Retreat development, leadership and teaching: £44,858
o Organisational management: £44,858
o Fundraising and communications: £4,000
o Legal and IP protection: £50,328

Achievements and Performance

2025 was a very successful year as we expanded our reach and impact considerably. A selection of testimonials is included at the bottom of this report. Many more unsolicited testimonials were received throughout the year, demonstrating similar impact.

Points of note are set out below:

- As of December 2025, approximately 200 people attended the Saturday morning practice group and 170 attended the Wednesday evening practice group. The majority of new participants continue to discover the School through personal recommendation and our growing online presence.

- The School's website continued to grow in reach and visibility, enabling increasing numbers of people to discover our teachings and events through online searches.

- Donations from people who regularly attend the online meditation groups continued to grow during the year, providing encouraging evidence that participants value the School's work and wish to support its long-term sustainability.

A highlight of the year was the autumn launch of our book, 'The Missing Peace'. More than 600 people registered for the launch event, and the book quickly went to a second print following strong demand.

A varied programme of events was delivered throughout the year, reflecting both the rhythm of the Christian calendar and the breadth of the Christian contemplative tradition. Events marked key seasons such as Lent and Advent, alongside retreats and workshops exploring themes including peace, the Desert Mothers and Fathers, Meister Eckhart and other contemplative teachers.

We also continued to offer a range of formats, including online workshops, in-person day retreats, residential weekends and longer residential silent retreats - helping make contemplative teaching and practice accessible to all. Virtually all our in-person events sold out and attendance at our online events continued to grow throughout the year.

A selection of testimonials

Every week we receive messages from people who wish to express how the practice is impacting their life. Here are a few examples from Christians and people of other faiths or none in relation to the twice weekly practice group and events/retreats we host:

"I can't imagine not having this practice morning and evening and feel a visceral change in how I am in the world. More steady, more peaceful, a clearer seeing. I am different with my family, clients and colleagues - all my interactions just feel like they are coming from a different place inside."

"Thank you so much for your ministry and for remaining true to your vocation. Attending the sessions on Wednesdays has helped me enormously after struggling for 20 years with my practice, I feel so much more relaxed."

"My gratitude to you, Chris, for your so important words on the loud voices of political division…and for your encouragement to live the hopeful deeper unity."

"I am so grateful for the gift of a teacher and the community of likeminded people on the spiritual path."

"I am very new to meditation, I have been joining in for about 9 months now, so very much a beginner, but find this has become such a journey for me. I am so grateful to you for this opportunity to be a part of a community."

"It was one of the best weeks of my life so far...a truly beautiful time. I return home feeling deeply restored and the grateful recipient of God's healing love. Thank you to Chris and all. Following this introduction to contemplative practice, I am determined to be disciplined about establishing a rhythm of twice-daily meditative prayer."

"The experience was beyond any expectation. I thought the programme was excellent and well balanced. I also felt the teaching was profound and I was amazed at how Chris made complex things understandable."

"A truly transformative week. I felt I had come home."

Financial Review

Financial position

Income during the year continued to reflect the development of the charity's long-term funding model, centred on voluntary donations and earned income from charitable activities. This approach is intended to build a broad and resilient funding base, while remaining open to other appropriate sources of funding that support the charity's strategic priorities.

Grassroots donations continued to grow significantly during the year, reflecting the continued growth and deepening engagement of our online community.

Income from charitable activities continued to grow during the year, reflecting strong demand for our programme of retreats, events and workshops. It was also encouraging that the majority of people purchasing tickets for paid events chose to make an additional voluntary donation as well.

Together, these trends provide encouraging evidence of the value participants place on the School's work and the development of a broader and increasingly resilient funding base.

Expenses, excluding donations in-kind, during this period were primarily incurred in delivering charitable activities.

We continue to build a lean and financially disciplined organisation, avoiding unnecessary fixed costs wherever possible and ensuring that the charity remains agile and lightly structured as it develops.

As such, the majority of our costs are flexible. Our relatively low fixed-cost base largely comprises the digital infrastructure required to maintain our free online offering, together with essential governance, compliance and administrative costs.

Principal funding sources

During the financial period concerned, the primary sources of funding were from event income and voluntary donations.

Reserves policy

Our reserves policy was revised in 2024 to ensure that as much resource as possible is available to advance our mission, while maintaining an appropriate financial cushion. It takes account of our relatively low fixed-cost base, the potential costs associated with winding up the charity if required, and the need to demonstrate going concern should income in a given year fall below projections.

The board has agreed to maintain unrestricted reserves equivalent to approximately nine to twelve months of fixed costs. This level will be kept under review as the charity grows and its cost and income profile develops.

The charity also benefits from substantial donated professional services which are recognised within the financial statements where they meet the requirements of the Charities SORP. These contributions provide the charity with significant professional resources beyond those reflected through cash expenditure alone and continue to strengthen organisational capacity. Whilst recognised as income for accounting purposes, these donations do not represent cash available to fund the charity's day-to-day activities, which continue to rely upon voluntary donations and income generated through charitable activities.

Principal Risks
The top three principal risks identified are shown below and are indicative of where we are in our organisational lifecycle:

1. Dependence on a small number of key individuals in delivering certain aspects of the charity's work.
2. Reliance on third-party delivery partners, which could create operational or reputational risk if services are not delivered to the expected standard.
3. External perceptions of our work and identity, particularly where aspects of the contemplative tradition or our engagement with other wisdom traditions may be misunderstood. Each has an associated mitigation strategy in place.

Structure, Governance and Management

Governing document
The charity is a Charitable Incorporated Organisation (CIO) and is governed by its constitution.

Recruitment and appointment of new trustees
Trustees are appointed by the Members. All trustees are required to have a personal meditation practice and have proven skills which complement those of their fellow trustees.

During the year, Maggie Farrar was appointed as a trustee, strengthening the Board's experience and capacity as the charity continues to develop. Her appointment was approved by the trustees on 26 June 2025. Following a review of Board leadership towards the end of the year, it was subsequently agreed that Maggie would succeed Carla Cooper as Chair from 1 January 2026.

Reference and Administrative Details

Registered charity name	The School of Contemplative Life
Charity registration number	1195159
Principal office	53 Portland Street Cheltenham GL52 2NX

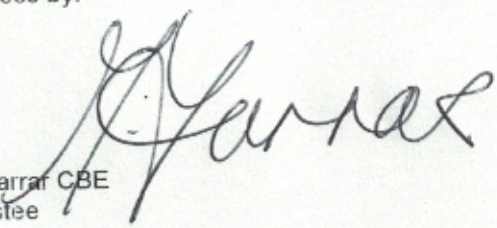
The Trustees

C Cooper Ph.D	
C I Whittington	
P Ruxton Ph.D	
Rev. J W Williams Ph.D	
M Farrar CBE	(Appointed 26 June 2025)

Independent Examiner

Jane Ascroft FCA MA (Cantab)
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

The trustees' annual report was approved on 02.09.26 and signed on behalf of the board of trustees by:



M Farrar CBE
Trustee

The School of Contemplative Life

Independent Examiner's Report to the Trustees of The School of Contemplative Life

Year Ended 31 December 2025

I report to the trustees on my examination of the financial statements of The School of Contemplative Life ('the charity') for the year ended 31 December 2025.

Responsibilities and Basis of Report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (‘the Act’).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 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 charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements 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.



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
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The School of Contemplative Life

Statement of Financial Activities

Year Ended 31 December 2025

	Note	2025 Unrestricted funds £	2025 Restricted funds £	2025 **Total funds** £	2024 Total funds £
Income and endowments					
Donations and legacies	**4**	176,584	150	176,734	176,860
Charitable activities	**5**	36,402	–	36,402	33,400
Investment income	**6**	166	–	166	251
Total income		213,152	150	213,302	210,511
Expenditure					
Expenditure on raising funds:					
Costs of other trading activities	**7**	4,000	–	4,000	6,500
Expenditure on charitable activities	**8,9**	211,765	1,105	212,870	197,508
Total expenditure		215,765	1,105	216,870	204,008
Net (expenditure)/income and net movement in funds		(2,613)	(955)	(3,568)	6,503
Reconciliation of funds					
Total funds brought forward		9,576	4,294	13,870	7,367
Total funds carried forward		6,963	3,339	10,302	13,870

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 10 to 16 form part of these financial statements.

The School of Contemplative Life

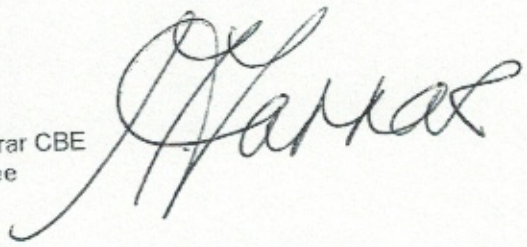
Statement of Financial Position

31 December 2025

	Note	2025 £	2024 £
Current Assets			
Cash at bank and in hand		11,187	14,586
Creditors: amounts falling due within one year	13	885	716
Net Current Assets		10,302	13,870
Total Assets Less Current Liabilities		10,302	13,870
Net Assets		10,302	13,870
Funds of the Charity			
Restricted funds		3,339	4,294
Unrestricted funds		6,963	9,576
Total charity funds	14	10,302	13,870

These financial statements were approved by the board of trustees and authorised for issue on 02.09.26, and are signed on behalf of the board by:

M Farrar CBE
Trustee



The notes on pages 10 to 16 form part of these financial statements.

1. General Information

The charity is a public benefit entity and a registered charity in England and Wales and is a Charitable Incorporated Organisation. The address of the principal office is 53 Portland Street, Cheltenham, GL52 2NX.

2. Statement of Compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity’s ability to continue.

Judgements and Key Sources of Estimation Uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant estimates or judgements affecting these financial statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting Policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

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

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

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

4. Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Donations			
Donations	28,139	–	28,139
Gift aid	4,401	–	4,401
Restricted donation for bursaries	–	150	150
Gifts			
Donations in kind	144,044	–	144,044
	176,584	150	176,734

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	21,610	–	21,610
Restricted donation for bursaries	–	6,250	6,250
Gifts			
Donations in kind	149,000	–	149,000
	170,610	6,250	176,860

5. Charitable Activities

	Unrestricted Funds 2025 £	**Total Funds 2025 £**	Unrestricted Funds 2024 £	Total Funds 2024 £
Ticket sales	24,007	24,007	28,285	28,285
Fee income	11,990	11,990	5,115	5,115
Book sales	405	405	–	–
	36,402	36,402	33,400	33,400

6. Investment Income

	Unrestricted Funds 2025 £	**Total Funds 2025 £**	Unrestricted Funds 2024 £	Total Funds 2024 £
Bank interest receivable	166	166	251	251

7. Costs of Other Trading Activities

	Unrestricted Funds 2025 £	**Total Funds 2025 £**	Unrestricted Funds 2024 £	Total Funds 2024 £
Fundraising costs	4,000	4,000	6,500	6,500

8. Expenditure on Charitable Activities by Fund Type

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	**Total Funds 2025 £**
Teaching, retreat and event costs	107,136	1,105	108,241
Support costs	104,629	–	104,629
	211,765	1,105	212,870

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Teaching, retreat and event costs	97,329	1,956	99,285
Support costs	98,223	–	98,223
	195,552	1,956	197,508

9. Expenditure on Charitable Activities by Activity Type

	Activities undertaken directly	Support costs	**Total funds 2025**	Total fund 2024
	£	£	**£**	£
Teaching, retreat and event costs	108,241	52,638	160,879	194,408
Governance costs	–	51,991	51,991	3,100
	108,241	104,629	212,870	197,508

10. Independent Examination Fees

	2025	2024
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	600	600

11. Staff Costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	30,285	15,700

The average head count of employees during the year was 2 (2024: 2).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

12. Trustee Remuneration and Expenses

During 2025 C Whittington, a trustee and R Sharpe, the spouse of C Whittington, were each paid a salary of £15,142.

Trustees' expenses

Trustees received no expenses during the year (2024: £Nil)

Donations in kind

Donations in kind for retreat development/leadership and teaching costs of £44,858 (2024 - £56,556) relate to professional time provided by Chris Whittington on a voluntary basis.

Donations in kind for organisational development and planning costs of £44,858 (2024 - £88,444) relate to professional time provided by Rachel Sharpe, who is the spouse of Chris Whittington, on a voluntary basis.

13. Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	–	116
Accruals and deferred income	600	600
Social security and other taxes	285	–
	885	716

14. Analysis of Charitable Funds

Unrestricted funds

	At 1 January 2025	Income	Expenditure	**At 31 December 2025**
	£	£	£	£
General funds	9,576	213,152	(215,765)	6,963

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
General funds	7,367	204,261	(202,052)	9,576

Restricted funds

	At 1 January 2025	Income	Expenditure	**At 31 December 2025**
	£	£	£	£
Bursary fund	4,294	150	(1,105)	3,339

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
Bursary fund	–	6,250	(1,956)	4,294

15. Analysis of Net Assets Between Funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Current assets	7,848	3,339	11,187
Creditors less than 1 year	(885)	–	(885)
Net assets	6,963	3,339	10,302

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Current assets	10,292	4,294	14,586
Creditors less than 1 year	(716)	–	(716)
Net assets	9,576	4,294	13,870

The Following Pages Do Not Form Part of the Financial Statements.

The School of Contemplative Life

Detailed Statement of Financial Activities

Year Ended 31 December 2025

	2025 £	2024 £
Income and endowments		
Donations and legacies		
Donations	28,139	21,610
Gift aid	4,401	–
Restricted donation for bursaries	150	6,250
Donations in kind	144,044	149,000
	176,734	176,860
Charitable activities		
Ticket sales	24,007	28,285
Fee income	11,990	5,115
Book sales	405	–
	36,402	33,400
Investment income		
Bank interest receivable	166	251
Total income	213,302	210,511

The School of Contemplative Life

Notes to the Detailed Statement of Financial Activities

Year Ended 31 December 2025

	2025	2024
	£	£
Expenditure		
Fundraising costs		
Fundraising and communications - In kind	4,000	4,000
Other fundraising costs	–	2,500
	4,000	6,500
Expenditure on charitable activities		
Activities undertaken directly		
Staff costs	30,285	15,700
Travel and accommodation	9,162	4,689
Digital, comms & IT	11,823	11,426
Book costs	431	–
Retreat costs	10,577	8,958
Retreat development, leadership and teaching - In kind	44,858	56,556
Bursaries	1,105	1,956
	108,241	99,285
Support costs		
Insurance	1,095	970
Professional fees	4,382	2,539
Organisational management and planning - In kind	44,858	88,444
Postage & stationery	324	119
Dues and Subscriptions	890	1,517
Training	700	762
Other costs	389	772
	52,638	95,123
Governance costs		
Accountancy fees	1,003	600
Consultancy fees	–	2,500
Legal fees	660	–
Legal and IP advice - In kind	50,328	–
	51,991	3,100
Expenditure on charitable activities	212,870	197,508
Total expenditure	216,870	204,008
Net (expenditure)/income	(3,568)	6,503