

Spiritual Direction Forum UK

Trustees' Annual Report for the period

1 January to 31 December 2025

Charity registration number: 1207982

Charity name	**SPIRITUAL DIRECTION FORUM UK**
Other name the charity uses	sdforum.uk
Registered charity number	**1207982**
Charity's principal address	1 Targets Mead Tisbury SP2 6SR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Appointed	Retired / Resigned
1	Julie Dunstan	Co-Chair	24/4/2024	
2	Nicholas Helm	Co-Chair	24/4/2024	
3	Ruth Holgate		24/4/2024	
4	Catherine Williams		24/4/2024	
5	Susanne Carlsson		24/4/2024	
6	Julia Mourant		24/4/2025	

Objectives and Activities

The purposes of the charity are: To advance the Christian faith for the benefit of the public by promoting awareness and understanding of the practice of "Spiritual Direction", defined as help given by one person (a "Spiritual Director") to another informed by (but not limited to) a Christian understanding which enables that person to pay attention to God's personal communication to them, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship.

Its main activities relate to the six objectives in the constitution:

a. promoting and protecting good practice of Spiritual Direction;

b. enabling, advocating and encouraging the development and availability of Spiritual Direction within all denominations of the Christian church and the wider world.

c. developing, providing and promoting resources for the understanding, articulation and development of good practice of Spiritual Direction;

d. facilitating means to collaborate with others in the discussion and development of such good practice;

e. encouraging and promoting clear guidelines and resources for good practice within Spiritual Direction; and

f. creating and promoting training opportunities for the practice and development of Spiritual Direction.

The trustees have had regard to the Charity Commission's guidance on public benefit for its activity.

Much of the work of the charity is dependant on volunteers who have led events, participated in the subgroups that have organised online events and participated in consultations and activities. The charity began employing a part-time administrator in August 2025.

Structure, Governance and Management

The charity is governed by its Constitution.

The charity is a Charitable Incorporated Organisation.

Trustees are appointed by the Committee.

There are three sub-committees, which hold responsibility for organising and developing particular areas of the charities objectives. A wider network of people interested in the Charity's work is comprised of people who have signed up to receive mailings and those who have participated in our online events.

Achievements and Performance

Following the establishing of the Charity in April 2024, the committee has continued to develop its activities to fulfil its purposes to promote awareness and understanding of Spiritual Direction through:

- **hosting a website** www.sdforum.uk which promotes our purposes and activities.
- **circulation of information about the charity** and its activities and invitations to participate. There were 8 general mailings in 2025. The mailing list continues to grow and had over 1300 members in December 2025
- **holding of online events**: 11 online events were held in 2025. Total number of bookings for these events was 1116. All of these events related to our objectives (a) – (f).

Financial Review

The Financial Year, began with an opening balance of £533.16. Donations through the remaining part of 2025 totalled £2793.47. Expenditure through 2025 totalled £1343.75, leaving an end of year credit balance of £1449.72.

Donations from individual supporters provide the primary sources of funds.

Reserves are currently at £1449.72. Our running costs in 2025 were £1343.75 and are expected to rise to approximately £2000 in 2026. We have sufficient in reserves at present to cover over 70% of anticipated running costs. Thus we have achieved our policy of holding at least 50% of the annual running costs.

At present there are no significant financial risks for the charity. Donations in support of its work are greater than its financial commitments.

Spiritual Direction Forum UK

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Receipts and Payments Accounts for the year ended 31.12.2025

	Note	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £
Receipts				
Donations	1	2793 47	0 00	2793 47
Bank Interest		0 00	0 00	0 00
		2793 47	0 00	2793 47
Payments				
Payments relating to charitable activites	2	1197 20	0 00	1197 20
Governance costs	3	146 55	0 00	146 55
		1343 75	0 00	1343 75
Surplus for the year		1449 72	0 00	1449 72

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Balance Sheet as at 31.12.2025

	Note	Unrestricted 2025	Restricted 2025	Total 2025
Funds Held				
Opening Balance		533 16	0	533 16
Surplus for the year		1449 72	0 00	1449 72
Balance at end of period	4	2002 88	0 00	1982 88
Assets				
Bank account			0 00	
Cash		0 00	0 00	0 00
Bank balance at end of period			0 00	

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Notes to the Accounts for the year ended 31.12.2025

		Unrestricted 2025 £	Restricted 2025 £	Total 2025 £
1 **Donations**				
	Individual Donations	2793 47	0 00	2793 47
		2793 47	0 00	2793 47
2 **Payments relating to charitable activites**				
	Website & IT costs	468 51	0 00	468 51
	Publicity	40 58		40 58
	Administrator	682 50		682 50
	Bank Charges	5 61		5 61
3 **Governance Costs**				
	Committee Travel	146 55	0 00	146 55
Total Outgoings		2540 95	0 00	1343 75

4 **Fund Balances** The year's surplus of **£1449.72** is held as an unrestricted fund.

Short Independent Check Report

Independent examiner/checker: Elena Eeles, MAAT

Charity: Spiritual Direction Forum UK

Accounting period: 31 December 2025

I have carried out an independent check of the charity's accounts and supporting records for the accounting period stated above. The charity's income is understood to be below £3,000, and my work was therefore carried out as a limited independent check of the accounting records and accounts provided.

This review was carried out with reference to the Charity Commission's Directions for independent examiners and, where applicable, the relevant provisions of the Charities Act 2011, including sections 133, 145 and 156.

As part of this review, I checked the bank receipts and payments against the accounting records and supporting documents. I also reviewed the available invoices, receipts and evidence for expenditure items. Only a small number of expenditure items were recorded, and these were supported by invoices or other proof of payment. No cash transactions were identified.

Donation income received through CAF was checked to the CAF payment reports/remittance information and traced to the bank receipts. I did not identify any restricted donations from the records reviewed.

Based on the records and explanations provided, the accounting records appear to support the figures shown in the accounts. I found no unexplained bank transactions, unsupported expenditure, cash balances, restricted funds, or other matters requiring adjustment or further investigation.

Nothing has come to my attention from the work carried out to suggest that the accounts are inconsistent with the records provided or that the records are inadequate for the charity's circumstances.



Elena Eeles, MAAT
1 September 2026

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Nicholas Helm	Julie Dunstan
Position	Co-Chair	Co-Chair

Date	28 September 2026