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SPANDA TRUST

Harbour House • Arts & Yoga
Bala Brook • Retreat Centre

A Message from the Trustees

4 August 2020

We are writing on behalf of the Board of Trustees to bring you up to date with the affairs of the Trust. Our founding director Jo Pelly has stepped down in her role as a trustee and become Honorary Life President. We thank her for her vision and contribution over the years. We will do our best to safeguard her legacy.

Two years ago the Trust became a Charitable Incorporated Organisation (CIO). Our big challenge is to develop ways of working which reflect that new status and stand on our own two feet without Jo's generous financial support.

The Trust has two invaluable resources in the form of Harbour House and Bala Brook. Both of these branches of the Trust have always operated at a significant annual loss and we find ourselves in an unsustainable position. We cannot afford to continue as we are without making some radical changes.

At Harbour House, we are considering carefully how we make best use of the building and bring down costs. Suggestions include transforming the café and converting some of the existing building into a self-contained flat to generate a more reliable income. Meanwhile we have cautiously started to re-open the building in a limited capacity, with a temporary cafe downstairs and plans in place to reopen the Spanda yoga studio in August and the art gallery in September.

At Bala Brook, we are refurbishing the buildings in order to create a viable, sought after retreat centre in a stunning location surrounded by its own land. We are hoping to re-open in some form in the autumn and provided the pandemic does not prevent us from doing so, we plan to be fully operational in January 2021.

We are also working on a 'soft launch' for the Trust with a new Bala Brook website which will complement a new website for the Spanda Trust. This is the name we have chosen to use to represent the activities of the whole Trust. In Sanskrit, *spanda* refers to the creative impulse which lies at the heart of life and within each one of us.

Other creative ideas across the Trust include mid-week residential courses at Bala Brook run by the Trust and making more use of volunteers in the gardens at both venues. We would like to expand and diversify the range of people who have access to these wonderful places.

We have put together a statement outlining the ethos and purpose of the Trust. It is the first step in a longer process which will involve all those with an interest in the Trust working alongside the Board.

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“A Space to Evolve and Explore”

The Spanda Trust came into being through the vision and generosity of its founding director, Joanna Pelly. Its role is to cherish the two “gemstones” in its care: Harbour House in the centre of Kingsbridge overlooking the estuary and Bala Brook on the edge of Dartmoor.

Harbour House houses an art gallery, café, three yoga studios and meeting rooms for therapeutic, creative and spiritual purposes. Bala Brook is a residential retreat centre for groups of up to fifteen people.

The vision which led to the setting up of the Trust is one of service to humanity. We believe in five core values which can be shared by everyone whatever their personal world view or belief system.

The five core values are:

- creativity – broadening our horizons
- collaboration – working together with kindness
- responsibility – caring for people and the planet
- community – feeling we belong
- well-being – promoting health and happiness

The Trust exists to provide people with space to be themselves and explore who they are. It offers opportunities for creativity and collaboration as we work responsibly to create a positive and lasting impact on the well-being of our communities.

The Trust seeks to uphold its values and fulfil its charitable remit with transparency and integrity.