

**The London Shambhala Meditation Centre  
Financial Statements  
Year to 31<sup>st</sup> August 2021**

**Charity registration number: 1073977  
Company registration number: 3605572**

# **The London Shambhala Meditation Centre**

## **Report from the Trustees for the 2020-21 Accounts**

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## **Reference and administrative information**

Charity name: The London Shambhala Meditation Centre  
Charity registration number: 1073977  
Company registration number: 3605572  
Registered Office and operational address: 27 Belmont Close, London SW4 6AY

### Trustees 2020-21

Rachael Chang  
David Hope  
Jane Hope  
David Morris (appointed 13<sup>th</sup> December 2020)  
Angela Newton  
Philip Cohen (resigned 12<sup>th</sup> February 2021)  
Tessa Watt (resigned 24<sup>th</sup> September 2020)

### Company Secretary

Jeremy Taylor

## **Structure, Governance and Management**

### Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 27th July 1998 and registered as a charity on 16th February 1999. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

### Recruitment and Appointment of Trustees

The Directors of the company are also charity trustees for the purposes of charity law. The method for the recruitment and appointment of new trustees is by election by the membership at the Annual General Meeting, or by an Extraordinary General Meeting specially convened for the purpose of appointing trustees. All trustees give their time voluntarily and receive no benefits from the charity.

## Objects and Activities

The charity's objects as set out in the Memorandum of Association are:

1. To advance the education of the public in the principles and practices of Buddhism and the related education programmes of Shambhala training and Nalanda education.
2. To organise meetings, classes and training courses.
3. To publish, issue and circulate such papers, books or other publications as shall further the said objects.

The majority of the charity's activity comprises provision of meditation instruction and training in the principles and practice of Shambhala Buddhism.

### Public benefit

The Centre provides public benefit by providing meditation instruction and by enabling fuller understanding of the principles and practices of Shambhala Buddhism, which fosters both personal development and compassion and promotes altruism and social engagement. Meditation instruction is given without charge to any member of the public who comes to the Centre's meditation sessions but we do invite small donations from those who attend who are not members. People on low incomes are not excluded from the opportunity to benefit from the Centre's activities. The Trustees have had regard to the Charity Commission's guidance on public benefit and endeavour to implement them in all the charity's work.

## Achievements and Performance

### Activities

Despite further periods of closure, taking up a greater portion of this financial year than the last, the centre ends the financial year 2020-21 with a small surplus of £703. This is in part due to a continued lower rent payment to our landlord, the Oddfellows. At the time of writing negotiations are underway for a graduated increase in rent over a two year lease leading to a return to full rent. This has been requested to allow us to regrow following the extended period of closures. The surplus can also be attributed to continued lowering of expenditure, which has offset a further decrease in donations, programme income, room hire and shop sales compared to the last financial year. We continue to pay reduced dues to Shambhala Europe and will make other such cuts when necessary, increasing payments when we are able.

With periodic closures of the Centre in accordance with COVID 19 guidance continuing the majority of our programmes have taken place online, with open-evening sitting taking place in-person when permitted. Online offerings included Buddhist programmes, Shambhala training levels, weekly meditation and compassion practices. They were delivered by local and international teachers, and members of the London centre. The 'Deepening our Practice' retreat, held over three days in December 2020 was one of our most successful with over 40 people joining. Other financially successful programmes included 'The Four Reminders', 'The Effect of Beauty on the Mind' and 'What is the Emptiness of all Phenomena', which all took place online. The number of programmes occurring in-person at the centre increased between September and mid-December of 2021, but fall outside of the financial year 20/21.

We have continued to be guided by the outcome of consultation and community engagements, conducted between 2018 and 2020, which were initiated following the

leadership issues and organisational changes in Shambhala International. Membership has fallen slightly this year. We will continue to seek avenues to accommodate all members, new and old, and remain open to ideas which may inspire those who have left to return to our community. We will be providing opportunities for all members of the community to discuss and process the results of negotiations between the Shambhala Board and the Sakyong Potrang, which are anticipated in March 2022 and may present significant changes.

Courses, administration, and day-to-day running would not be possible without the exertion and generosity of our community, near and far: our teachers, instructors, volunteers and very few paid staff members have all taken on significant duties and offered their time and energy, giving us this opportunity to explore 2022 both online and in our London centre.

### Future Plans

The centre continues to take all the financial and administrative actions required to help guide the charity through continued uncertainty and changes in restrictions. Based upon the growth in programmes that has taken place since August 2021 we are confident that once the situation allows in 2022, the centre will be ready to further develop public meditation and paid courses whilst maintaining and growing our online presence.

Whilst expectations for the end of restrictions in 2021 were not met, and an increase in expenditure is anticipated in 2022, there has been success in the generation of revenue from hiring the centre out in the first part of the financial year 21/22. We intend to continue this alongside a return to in-person programming, and remain committed to our mission; to provide an open, inclusive and kind space where people can feel welcome and encouraged to take an active role in the community.

## Financial Review

The charity recorded a surplus of £703 over the year (2020 deficit of £6,355). Although income was reduced due to the circumstances described above, expenditure was reduced correspondingly. Therefore the charity has ended the year with plenty of funds to continue operations for another year.

### Reserves policy

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organization, under a policy whereby the aim is to have at least six months' unrestricted funds not committed or invested in tangible fixed assets. Annual expenditure on overheads is up to £60,000, therefore the target is £30,000. The reserves are needed to meet the working capital requirements of the charity and the Trustees are confident that at this level they would be able to continue the current activities in the event of a significant drop in funding. At the balance sheet date the uncommitted free reserves were £49,411 (2020 £47,649), and so the Trustees have designated £30,000 of this as a Contingency Reserve.

## Statement of Responsibilities of the Trustees

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006.

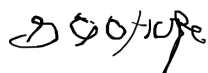
The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiners are unaware.

The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiners.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31st August 2021 was 5 (2019 - 5).

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 29<sup>th</sup> January 2021 and signed on their behalf by:



..... David Hope, trustee



..... David Morris, trustee

# Independent examiner's report to the trustees of the London Shambhala Meditation Centre

I report on the accounts of the company for the year ended 31<sup>st</sup> August 2021 which are set out on pages 8 to 14.

## Respective responsibilities of 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. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

## Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- 2 to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.



..... 2<sup>nd</sup> February 2021

Rupert Taylor  
Easton Business Centre  
Felix Road  
Bristol BS5 0HE

**The London Shambhala Meditation Centre**  
**Statement of Financial Activities**  
**(incorporating Income & Expenditure Account)**  
**Year to 31st August 2021**

		Total funds <b>2021</b> (All unrestricted)	Total funds <b>2020</b> (All unrestricted)
	Notes	£	£
<b>Income:</b>			
Donations	[2]	35,009	38,935
Charitable activities	[3]	12,468	22,044
Investments		287	1,014
<b>Total Income</b>		<b>47,765</b>	<b>61,993</b>
<b>Expenditure:</b>			
Charitable activities	[4]	47,062	68,348
<b>Total Expenditure</b>		<b>47,062</b>	<b>68,348</b>
<b>Net Income / (Expenditure)</b>		<b>703</b>	<b>(6,355)</b>
Transfers between funds		-	-
<b>Net Movement in funds</b>		<b>703</b>	<b>(6,355)</b>
Total funds brought forward		93,947	100,303
<b>Total funds carried forward</b>		<b>94,650</b>	<b>93,947</b>



# The London Shambhala Meditation Centre

## Balance Sheet

As at 31st August 2021

Company no: 3605572

Charity no: 1073977

		2021	2020
	Notes	£	£
<b>Fixed Assets</b>	[5]	1,560	2,080
<b>Current Assets</b>			
Debtors and prepayments	[6]	4,578	8,102
Cash at bank and on hand		93,930	91,258
Stock for resale		1,250	1,340
		<hr/>	<hr/>
		99,758	100,700
<b>Current Liabilities</b>			
Creditors and accruals	[7]	6,668	8,833
		<hr/>	<hr/>
<b>Net Current Assets</b>		93,090	91,867
		<hr/>	<hr/>
<b>Net Assets</b>		<b>94,650</b>	<b>93,947</b>

### The funds of the charity:

#### Unrestricted funds:

General funds	[8]	19,411	17,649
Designated funds	[8]	75,239	76,298
		<hr/>	<hr/>
		<b>94,650</b>	<b>93,947</b>

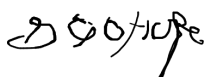
The company is exempt from the requirements relating to preparing audited accounts in accordance with Section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board of Trustees on 29th January 2021 and signed on its behalf by:



David Hope  
Trustee



David Morris  
Trustee

# The London Shambhala Meditation Centre

## Notes to the Accounts

Year to 31st August 2021

### [1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: 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) (effective 1 January 2015), the Charities Act 2011 and the Companies Act 2006.

Charities Act 2011 and the Companies Act 2006.

London Shambhala Meditation Centre 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 note(s).

(b) Preparation of the accounts on a going concern basis

Despite reduced income, expenditure also reduced accordingly, resulting in a small surplus for the year. The charity has ample funds to continue operations for at least another year, at which point the financial position will be reviewed. Therefore the trustees are satisfied that the charity is a going concern on an ongoing basis.

(c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income received in advance of activities is deferred until the criteria for income recognition have been met. There was no such deferred income during the year in question.

(d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value.

(e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

(f) Fund Accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal. There were no such funds during the year in question.

(g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. As the charity is not registered for VAT, all expenditure is expressed inclusive of VAT, which is charged as a cost against the activity for which the expenditure was incurred.

Expenditure is classified under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. There were no such costs during the year in question.

[ii] Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities, and those costs of an indirect nature necessary to support them.

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

# The London Shambhala Meditation Centre

## Notes to the Accounts (continued)

Year to 31st August 2021

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

(j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance method. Individual items costing less than £200 are not treated as fixed assets.

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

(l) 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.

(m) Creditors

Creditors are recognised where the charitable company 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.

(n) Financial instruments

The charity only has financial assets and financial 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.

[2] Income from donations

	2021	2020
Members donations	20,239	22,767
Other individual donations	14,771	16,168
	<hr/> 35,009	<hr/> 38,935

[3] Income from charitable activities

	2021	2020
Income from programmes	10,021	17,469
Room hire income	2,057	3,524
Sales of books & practice materials	391	1,051
	<hr/> 12,468	<hr/> 22,044

The charity received no government grants during the year (2020 nil).

**The London Shambhala Meditation Centre**  
**Notes to the Accounts (continued)**  
**Year to 31st August 2021**

[4] Analysis of expenditure on charitable activities  
*[for previous year, see Note 11]*

	Educational activities £	Support costs £	Governance costs £	2021 Totals £	2020 Totals £
Shambhala Programme	-	-	-	-	1,181
Buddhist programme	-	-	-	-	1,318
Other programmes	675	-	-	675	3,113
Community events	3,330	-	-	3,330	217
Shambhala Europe dues	2,400	-	-	2,400	4,829
Administration fees	-	-	-	-	16,452
Books & shop expenses	150	-	-	150	1,471
Donations paid out	4,000	-	-	4,000	3,500
Rent and rates	-	12,000	-	12,000	19,550
Light and heat	-	1,395	-	1,395	2,992
Telephone and internet	-	546	-	546	846
Cleaning and refuse	-	1,336	-	1,336	1,712
Repairs and renewals	38	318	-	356	4,817
Insurance	-	3,725	-	3,725	3,519
Postage, printing & stationery	-	28	-	28	71
Bank charges	-	661	-	661	731
Legal and professional fees	-	15,035	13	15,048	13
Accountancy	-	-	64	64	42
Independent Examiner's fee	-	-	240	240	238
Marketing and publicity	209	-	-	209	744
Computer software	-	173	-	173	173
Volunteer expenses	78	-	-	78	10
Sundry expenditure	-	129	-	129	120
Depreciation	-	520	-	520	692
	10,879	35,866	317	47,062	68,348

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. As the charity has only one area of activity, the support and governance costs have not been apportioned.

[5] Tangible Fixed Assets

	Furniture & fittings 2021 £	Equipment 2021 £	Totals 2021 £	Furniture & fittings 2020 £	Equipment 2020 £	Totals 2020 £
<u>Cost</u>						
Balance brought forward	11,198	1,672	12,870	11,198	1,672	12,870
	11,198	1,672	12,870	11,198	1,672	12,870
<u>Depreciation</u>						
Balance brought forward	9,311	1,479	10,790	8,683	1,415	10,098
Charge for the year	472	48	520	628	64	692
	9,783	1,527	11,310	9,311	1,479	10,790
Net Book Value	1,415	145	1,560	1,887	193	2,080

# The London Shambhala Meditation Centre

## Notes to the Accounts (continued)

Year to 31st August 2021

[6] <u>Debtors and prepayments</u>	<b>2021</b>	<b>2020</b>
Prepayments	2,191	2,237
Accrued income	430	-
Sundry debtors	1,957	5,865
	<hr/>	<hr/>
	4,578	8,102

[7] <u>Creditors and accruals</u>	<b>2021</b>	<b>2020</b>
<i>Amounts due within 12 months:</i>		
Accruals	3,796	6,743
Prepaid income	515	300
Sundry creditors	2,357	1,790
	<hr/>	<hr/>
	6,668	8,833

Prepaid income consists of payments for programmes after 31/08/21 which were received before that date.

### [8] Movements in funds

*[for previous year, see Note 11]*

	Balance at 31/08/2020	Income	Expenditure	Transfers between funds	Balance at 31/08/2021
<u>Unrestricted Funds:</u>					
Designated Funds:					
Dechen Chöling	1,146	3,507	(4,045)	-	608
Wunsche Scholarship Fund	2,927	-	-	-	2,927
Ziji Project	99	-	-	-	99
Shambhala Day donations	45	-	-	-	45
Future Development Fund	40,000	-	-	-	40,000
Contingency Fund	30,000	-	-	-	30,000
Fixed Assets Fund	2,080	-	-	(520)	1,560
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Designated Funds:	76,298	3,507	(4,045)	(520)	75,239
General Funds	17,649	44,258	(43,017)	520	19,411
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Unrestricted Funds:	93,947	47,765	(47,062)	-	94,650

Dechen Chöling funds are for the purpose of making donations to the Dechen Chöling Meditation Centre. The Wunsche Scholarship fund is for the purpose of subsidising people on low incomes to take part in LSMC activities.

The Ziji Project fund is for a meditation group for young people aged 18-30.

Shambhala Day donations are set aside for the purpose of making donations to the Dechen Chöling Meditation Centre and to Shambhala Europe.

The Future Development Fund has been set aside with the aim of owning a property from which to operate.

The Contingency Fund is set aside for running costs as per the charity's Reserves Policy.

The Fixed Assets Fund is a provision for future depreciation costs on existing assets and represents the value of Fixed Assets at the Balance Sheet date.

### [9] Payments to trustees and related party transactions

2 trustees received honoraria totalling £135 for delivering training programmes during the year (2019-20 £220 to 1 trustee). The legal authority for these payments is contained in the charity's Memorandum of Association. The trustees have had regard to the Charity Commission guidance on trustee payments. The trustees received no remuneration for acting as trustees during the year (2019-20 nil). The trustees received no expenses payments during the year (2019-20 nil). There were no other related party transactions during the year.

### [10] Staffing

The charity does not employ any staff (2020 nil).

The key management personnel of the charity are the trustees.

# The London Shambhala Meditation Centre

## Notes to the Accounts (continued)

Year to 31st August 2021

[11] Previous year comparisons

### Analysis of expenditure on charitable activities 2019-20

	Educational activities	Support costs	Governance costs	2019 Totals
Shambhala Programme	1,181	-	-	1,181
Buddhist programme	1,318	-	-	1,318
Other programmes	3,113	-	-	3,113
Community events	217	-	-	217
Shambhala Europe dues	4,829	-	-	4,829
Administration fees	14,806	1,645	-	16,452
Books & shop expenses	1,471	-	-	1,471
Donations paid out	3,500	-	-	3,500
Rent and rates	-	19,550	-	19,550
Light and heat	-	2,992	-	2,992
Telephone and internet	-	846	-	846
Cleaning and refuse	-	1,712	-	1,712
Repairs and renewals	-	4,817	-	4,817
Insurance	-	3,519	-	3,519
Postage, printing & stationery	-	71	-	71
Bank charges	-	731	-	731
Legal and professional fees	-	-	13	13
Accountancy	-	-	42	42
Independent Examiner's fee	-	-	238	238
Marketing and publicity	744	-	-	744
Computer software	-	173	-	173
Volunteer expenses	10	-	-	10
Sundry expenditure	-	120	-	120
Depreciation	-	692	-	692
	31,190	36,866	293	68,348

### Movements in funds 2019-20

	Balance at 31/08/2019	Income	Expenditure	Transfers between funds	Balance at 31/08/2020
<u>Unrestricted Funds:</u>					
Designated Funds:					
Dechen Chöling	707	3,950	(3,510)	-	1,146
Wunsche Scholarship Fund	2,927	-	-	-	2,927
Ziji Project	99	-	-	-	99
Shambhala Day donations	-	45	-	-	45
Future Development Fund	40,000	-	-	-	40,000
Contingency Fund	30,000	-	-	-	30,000
Fixed Assets Fund	2,772	-	-	(692)	2,080
Total Designated Funds:	76,505	3,995	(3,510)	(692)	76,298
General Funds	23,797	57,998	(64,838)	692	17,649
Total Unrestricted Funds:	100,303	61,993	(68,348)	-	93,947