UMA KADAMPA MEDITATION CENTRE

England & Wales · Charity number 1089869

Details

Other names	UMA BUDDHIST CENTRE
Status	Registered
Legal form	Charitable company
Company number	04271203
Registered	2001-12-19
Register	View on the Charity Commission register

Contact

Address	Uma Kadampa Meditation Centre 16-18 Spencer Street Carlisle CA1 1BG
Phone	01228319344
Email	hello@meditateincarlisle.org
Website	meditateincarlisle.org

Activities

Objects: TO PROMOTE THE BUDDHIST FAITH UNDER THE SPIRITUAL GUIDANCE OF THE ELECTED GENERAL SPIRITUAL DIRECTOR OF THE NEW KADAMPA TRADITION - INTERNATIONAL KADAMPA BUDDHIST UNION PRINCIPALLY THROUGH THE ACTIVITIES OF TEACHING, STUDY, PRACTICE AND THE OBSERVANCE OF MORAL DISCIPLINE ALL WITHIN THE MAHAYANA BUDDHIST TRADITION OF ATISHA AND JE TSONGKHAPA AS TAUGHT BY VENERABLE GESHE KELSANG GYATSO, THE FOUNDER OF THE NEW KADAMPA TRADITION - INTERNATIONAL KADAMPA BUDDHIST UNION, THROUGH THE CONTINUOUS IMPLEMENTATION OF THE THREE NEW KADEMPA TRADITION STUDY PROGRAMMES: THE GENERAL PROGRAMME, THE FOUNDATION PROGRAMME, AND THE TEACHER TRAINING PROGRAMME, ALL DEFINED IN SCHEDULE A OF THIS MEMORANDUM.

Activities: Our activities are to promote the Buddhist faith throught the activities of teaching, study, practice and the observance of moral discipline, all within the Mahayana Buddhist Tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso.

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Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Other Charitable Activities
- **What:** Education/training, Accommodation/housing, Religious Activities
- **Who:** The General Public/mankind

Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£70,094	£68,407	-	-
2024-12-31	£63,056	£71,070	-	-
2023-12-31	£54,272	£62,122	-	-
2022-12-31	£58,446	£58,258	-	-
2021-12-31	£74,283	£69,777	-	-
2020-12-31	£61,889	£50,593	-	-

Trustees

Name	Role	Appointed
Annette Stordy		2025-05-02
Barry John Strotton		2024-04-21
Lisa Devine		2024-09-05

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UMA KADAMPA MEDITATION CENTRE

England & Wales - Charity number 1089869

Accounts

NKT – IKBU

UMA KADAMPA MEDITATION CENTRE LTD

A company limited by guarantee

Annual Trustees Report and Financial Statements

31st December 2025

Registered charity number 1089869

Registered company number 04271203 In England and Wales

A member of the New Kadampa Tradition - International Kadampa Buddhist Union

Uma Kadampa Meditation Centre Ltd - Annual Trustees Report 2025

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Uma Kadampa Meditation Centre Ltd - Annual Trustees Report 2025

REPORT OF THE TRUSTEES (Including Directors' Report)

The trustees (who are also Company Directors) submit their report and unaudited financial statements of the company for the year ended 31st December 2025.

Reference and administrative details

Registered charity name	UMA MEDITATION CENTRE LTD,
Charity registration No:	1089869
Company registration No:	04271203
Registered office	16-18 Spencer Street, Carlisle, CUMBRIA CA1 1BG

Trustee details

Trustee Directors	A Stordy (appointed May 2025) LM Devine BJ Strotton
Company secretary	T Oliver-Walsh (resigned May 2025) S D HOpgood (appointed May 2025)
Independent examiner	Mr A Jenkins 14 Shiels Drive Bristol. BS32 8EA

Structure and Governing Document

The charity, Uma Kadampa Meditation Centre is a charitable company limited by guarantee; incorporated on 15th August 2001 under the Companies Act 1985, as a private limited company. It was registered as a charity on 19th December 2001. Originally incorporated as Uma Buddhist Centre the name was changed by special resolution on the 24th September 2014. 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, as amended by special resolutions on 6th February 2004 and 6th November 2020. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

Trustees are recruited from within the centre or from other similar centres so that they have knowledge and understanding of the charity's aims and workings. To be elected or appointed as a trustee, the nominee must be a member of the charity and are elected by the members at the Annual General Meeting or by the trustees and other members of the organisation, in particular the Administrative Director and Resident Teacher, who have

experience within the organisation.

The number of Directors shall be three, two of whom must be Members (and normally Local Members) and shall be elected by members of the charity. The third Director shall be an ex offico Director and must be the duly appointed Administrative Director of a major NKT-IKBU Kadampa Meditation Centre in the United Kingdom, as specified in the Articles of Association. Neither the Spiritual Director nor the
Administrative Director not the Resident Teacher of the Charity may be a director.

Related Charities
The charity is a member of the New Kadampa Tradition - International Kadampa Buddhist Union ("NKT-IKBU), which is made up of the many centres throughout the world with the same objects, however they are independent charities lined only by their objects and there is no financial dependency although funds may pass between centres to fulfill aims and objectives.

Trustee induction and training
Every trustee must be familiar with the practical work of the charity and the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU). The trustees are familiar with the Memorandum and Articles of the charity, understand their obligations as Management Committee members and are aware of the current financial position of the charity. In addition they must have read, understood entirely and accepted the Internal Rules of NKT-IKBU.

Organisational Structure
The board of Directors shall appoint an Administrative Director and shall delegate the responsibility for all day-to-day management of the charity to him/her. The day-to-day activities and affairs of the charity shall be conducted and all corresponding corporate powers shall be exercised by the Administrative Director, in consultation with the trustees. The charity is affiliated with the New Kadampa Tradition charity, which is a parent organisation for the centres of the NKT-IKBU worldwide. As an affiliated centre, Uma Kadampa Meditation Centre follows and acts in accordance with the Internal Rules of NKT-IKBU.

Related Parties and co-operation with other organisations
None of the trustees receive a remuneration or other benefit from their work with the charity, Uma Kadampa Meditation Centre also occasionally cooperates with the New Kadampa Tradition Charity, and the other NKT-IKBU centres worldwide, for example when organising events.

Pay policy for senior staff
The directors who are the charity's trustees, and the senior management team comprise of

the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day-to-day basis.

All Directors/trustees give of their time freely and no director/trustee received any remuneration in the year.

Risk Management

The trustees have a risk management strategy which comprises of:
-regular reviews of the principal risks and uncertainties that may face the charity;
-the establishment of policies, systems and procedures to mitigate any risks identified in regular reviews;
-and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

Objectives and activities

The company's objects and principal activities are to:
To promote the Buddhist Faith under the spiritual guidance of the elected General Spiritual Director of the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU) principally through the activities of teaching, study, practice and the observance of moral discipline all within the Mahayana Buddhist tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition - International Kadampa Buddhist Union, through the continuous implementation of the three study programmes; the General Programme, the Foundation Programme and the Teacher Training Programme, all as defined in Schedule A.

Schedule A

The General Programme provides a basic introduction to Buddhist View and meditation that is suitable for beginners. The Foundation Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts. The Teacher Training Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhists texts.

Volunteers

The charity makes significant use of volunteers in all areas of its activities. All General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Public Benefits
In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission. They believe that the work of the charity in promoting the Buddhist faith has clearly identifiable benefits. The charity believes that there are three important public benefits to promoting the Buddhist faith: to help people to develop their wisdom, to cultivate a good heart, and to maintain a peaceful mind. If we do not strive to develop our wisdom, we will always remain ignorant to the true nature of reality. Everyone wishes for happiness, but our ignorance or reality leads us to engage in non-virtuous actions, which in turn are the main cause of all our suffering.
Further, if we do not cultivate a good heart towards others, then our selfish motivation destroys the harmony of our relationships with others. We then have no peace, and no chance to gain pure happiness. Without inner peace, outer peace is impossible, both personally and throughout society.

Benefit to the Public
The charity offers regular courses of instruction in Buddhist philosophy, psychology and meditation, bringing personal and social benefit. These courses are accessible to the public for modest fees. The more advanced courses of instruction require a greater commitment of personal time from participants. The charity also maintains a year-round programme of services of prayer and meditation, again open to the public.

Achievements and performance
Changes were made to the Management team half way through the year with the Administrative Director leaving for another Kadampa Centre and the former Administrative Director taking the role again. Running of the Education Programme was then shared between the Resident Teacher and the Administrative Director. The Education Programme remained much the same with extra courses or retreats being offered from September to give more opportunities to attend. The retreats in external venues in the wider district continued to be well attended. The two successful branches in Penrith and Workington continued. Social media was used more extensively to try to increase the reach of advertising. Regular Open House events were held to attract new people and build Community. We continued to engage with the wider community by taking up invitations to many educational visits and community events.

Health and Safety considerations were ongoing throughout the year, in particular attending to Fire Risk Assessments requirements.

Financial review
The trustees were very satisfied with the results for the year. With a decrease in staff and associated costs there was a surplus of £1,687, despite high loan interest rates and the increased cost of living in the UK. Planning ahead, the Trustees will be looking into suitable

the increased cost of living in the UK. Planning ahead, the Trustees will be looking into suitable methods for making savings and increasing income.

Our pricing policy

Our pricing policy reflects our strategy of enabling all within our community, whatever their means, to take part in our activities and to attend our meditation classes and courses. We offer regular discounts as well as some free classes and events. Concessionary admittance to paid events is available on request, and no one is turned away for genuine lack of funds. To view our programme, and for further details of entrance fees, please visit our website uma.org.uk or telephone our office, 01228 319344 or email hello@meditateincarlisle.org, for the centre opening times check our website, meditateincarlisle.org.

Investment powers and policy

The trustees, having regard to the liquidity requirements of operating the charity, have kept available funds in an interest-bearing deposit account and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index. Due to wider economic circumstances deposit rates have been depressed and so this aim was not achieved in the year.

Reserves policy and going concern

The Board of Directors/trustees ensures that there are sufficient reserves available to bridge the gap between the spending and receiving of income, and to cover any unplanned repairs and other expenditure in unrestricted funds based on previous year's expenditure and current budgets. These standards are set out in the Money Handbook issued by the NKT-IKBU. The directors are of the view that the Charity is a going concern, based on the relative stability in the activities of the charity.

Principle Funding Sources

All income in the year came from charitable activities; no funding was received from outside sources.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The charity trustees (who are also the directors of the Charity for the purposes of Company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period.

In preparing the financial statements, the trustees are required to:
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' annual report was approved on 25/5/26
and signed on behalf of the board of trustees by:

B. Strotton

B J Strotton
Company Director/Trustee

(A Company Limited by Guarantee not having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December, 2025

	2025	2024
	£ Unrestricted Funds	£ Unrestricted Funds
Income from:		
Donations	12,126	11,358
Charitable activities	57,968	51,698
Total Income	**70,094**	**63,056**
Expenditure on:		
Charitable activities	68,407	71,070
Total Expenditure	**68,407**	**71,070**
Net (Expense) / Income for the Year	**1,687**	**(8,014)**
RECONCILIATION OF FUNDS		
Funds brought forward	43,430	51,444
Net (Expense) / Income for the Year	1,687	(8,014)
Funds Carried Forward	**45,117**	**43,430**

The accompanying notes on pages 12 – 15 form part of these financial statements.

(A Company Limited by Guarantee not having a Share Capital)

BALANCE SHEET

Uma Kadampa Meditation Centre Ltd - Annual Trustees Report 2025

As at 31 December, 2025

	Notes		2025 £ Unrestricted Funds		2024 £ Unrestricted Funds
FIXED ASSETS Tangible Assets	2		220.500		228.000
CURRENT ASSETS					
Cash at Bank		26.263		21.913	
Debtors		0		963	
Stock		1.508		500	
			27.771		23.376
CREDITORS – Amounts due within one year					
Other creditors	3		9.681		7.149
NET CURRENT ASSETS / (LIABILITIES)			**238,590**		**244,227**
CREDITORS – Amounts due after one year					
Loans	4		193.473		200.797
NET ASSETS OF THE CHARITY			**45,117**		**43,430**
FUNDS OF THE CHARITY					
Unrestricted Funds			45.117		43.430
TOTAL CHARITY FUNDS			**45,117**		**43,430**

The accompanying notes on pages 12 – 15 form part of these financial statements.

For the year ending 31 December 2025, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies and are prepared according to that regime. The Directors' responsibilities include: · (1) The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476; (2) The directors acknowledge their responsibilities for complying with the requirements of the Act for accounting records and preparation of financial statements.

Approved by the board:

B. Strotton

B J Strotton - Company Director/Trustee Date 25/5/26

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

a) Basis of Preparation

The accounts are prepared under the historical cost convention.

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 Companies Act 2006.

b) Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. There are NO restricted funds.

All income and expenditure is unrestricted, hence all balances on page 8 Balance Sheet are fully unrestricted in nature.

c) **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.
- 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.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

1. ACCOUNTING POLICIES (Cont'd)

d) **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, noncharitable 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.

e) **Tangible Fixed Assets and Depreciation**

Tangible fixed assets are stated at cost less accumulated depreciation, where appropriate. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life (cars: 4 years, building: 50 years).

Assets below £250 and grant funded expenditure are not capitalised, but written off within expenses. For property improvements we depreciate over 8 years.

f) **Company Limited by Guarantee**

The company is limited by guarantee and has no share capital. In the event of the winding up or dissolution of the company, the members are liable to contribute an amount not exceeding £1 towards the debts and liabilities of the company.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

2. Fixed Assets

	Freehold property	Motor Vehicle	Total
Cost			
Balance brought forward at 1 January 2025	300,000	6,000	306,000
Additions		0	0
Disposals			
Balance carried forward at 31 December 2025	300,000	6,000	**306,000**
Depreciation			
Balance brought forward at 1 January 2025	76,500	1,500	78,000
Charge for the year	6,000	1,500	7,500
Released			
Balance carried forward at 31 December 2025	82,500	3,000	**85,500**
Net book value at 31 December 2025	**217,500**	**3,000**	**220,500**
Net book value at 31 December 2024	223,500	4,500	228,000

3. CREDITORS within one year

	2025	2024
	£	£
Bank loans and overdrafts	6,179	6,179
Trade creditors	937	610
Accruals and rent deposits	2,565	360
	9,681	**7,149**

Other Creditors within one year includes rent bonds, amounts due back to tenants upon satisfaction of the departure criteria.

4. CREDITORS over one year

	2025	2024
	£	£
Bank loans and overdrafts	**193,473**	**200,797**

The above amount includes a commercial bank loan secured on the freehold property. Interest on this loan is included in the profit and loss account.

5. Staff Costs

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

	2025	2024
	£	£
Wages and salaries	13,304	14,833

The average head count of employees during the year was 1 (2024: 1) and the average number of full-time equivalent employees during the year was also 2 for both years. No employee received employee benefits of more than £60,000 during the year (2024: Nil).

The trustees received no remuneration or benefit from volunteering their services with the charity, or a related entity.

6. Other Costs

	2025	2024
	£	£
Depreciation	7,500	6,000
Independent examination fees	360	360

STATEMENT OF Income and Expenditure

For the year ended 31 December. 2025

		2025		2024
		£		£
		Total Funds		Total Funds
Income:				
Donations and grants received		12.126		11.358
Charitable activities				
Education	19.984		14.194	
Accommodation	36.443		36.246	
Other (incl interest)	1.541		1.258	
		57,968		51,698
Total Income		70,094		63,056
Expenditure:				
Charitable activities				
Education	2.815		2.759	
Offerings & Donations	2.039		1.741	
Shop / Cafe stock	804		595	
Accommodation	5.108		3.816	
Premises - Utilities	9.617		11.630	
Building maintenance/insurance	5.914		6.300	
Staff costs	13.304		14.833	
Sundry / Administration	1.002		1.170	
Bank charges / interest	19.062		21.447	
Depreciation	7.500		6.000	
Professional / Accountancy	1.241		779	
Total Expenditure		68,407		71,070
Net (Expense) / Income for the Year		1,687		(8,014)

This note is provided for management and need not be submitted externally

Independent Examiner's Report

I report to the trustees on my examination of the financial statements of Uma Kadampa Meditation Centre Ltd ('the company') for the year ended 31 December 2025 on pages 10-15.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.



Signed_____ Date _____16/ 04 / 2026____

Alistair Jenkins
14 Shiels Drive, Filton, Bristol, BS32 8EA.

UMA KADAMPA MEDITATION CENTRE

England & Wales - Charity number 1089869

Accounts

COMPANY REGISTRATION NUMBER: 04271203

CHARITY REGISTRATION NUMBER: 1089869

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Unaudited Financial Statements

31 December 2024

GORDON CONSULTANCY LIMITED
Chartered accountants
Briar Lea House
Brampton Road
Longtown
Carlisle
Cumbria
CA6 5TN

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2024

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Independent examiner's report to the trustees	6
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Statement of financial position	8
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The following pages do not form part of the financial statements	
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Uma Kadampa Meditation Centre

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2024.

Reference and administrative details

Registered charity name	Uma Kadampa Meditation Centre
Charity registration number	1089869
Company registration number	04271203
Principal office and registered office	16-18 Spencer Street Carlisle Cumbria CA1 1BG

The trustees

A E R P Jones	(Resigned 21 April 2024)
D N Stones	
T Oliver-Walsh	(Resigned 5 September 2024)
LM Devine	(Appointed 5 September 2024)
BJ Strotton	(Appointed 21 April 2024)

Company secretary	T Oliver-Walsh
Independent examiner	Mr RW Gordon, FCA Briar Lea House Brampton Road Longtown Carlisle Cumbria CA6 5TN

Structure, governance and management

Governing Document

The charity, Uma Kadampa Meditation Centre is a charitable company limited by guarantee; incorporated on 15th August 2001 under the Companies Act 1985, as a private limited company. It was registered as a charity on 19th December 2001. Originally incorporated as Uma Buddhist Centre the name was changed by special resolution on the 24th September 2014. 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, as amended by special resolutions on 6th February 2004 and 6th November 2020. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Structure, governance and management *(continued)*

Recruitment and Appointment of Management Committee
Trustees are recruited from within the centre or from other similar centres so that they have knowledge and understanding of the charity's aims and workings. To be elected or appointed as a trustee, the nominee must be a member of the charity and are elected by the members at the Annual General Meeting or by the trustees and other members of the organisation, in particular the Administrative Director and Resident Teacher, who have experience within the organisation.

The number of Directors shall be three, two of whom must be Members (and normally Local Members) and shall be elected by members of the charity. The third Director shall be an ex offico Director and must be the duly appointed Administrative Director of a major NKT-IKBU Kadampa Meditation Centre in the United Kingdom, as specified in the Articles of Association. Neither the Spiritual Director nor the Administrative Director not the Resident Teacher of the Charity may be a director.

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All Directors/trustees give of their time freely and no director/trustee received any remuneration in the year.

Structure, governance and management *(continued)*

Risk Management
The trustees have a risk management strategy which comprises of:
-regular reviews of the principal risks and uncertainties that may face the charity;
-the establishment of policies, systems and procedures to mitigate any risks identified in regular reviews;
-and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

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To promote the Buddhist Faith under the spiritual guidance of the elected General Spiritual Director of the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU) principally through the activities of teaching, study, practice and the observance of moral discipline all within the Mahayana Buddhist tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition - International Kadampa Buddhist Union, through the continuous implementation of the three study programmes; the General Programme, the Foundation Programme and the Teacher Training Programme, all as defined in Schedule A.

Schedule A
The General Programme provides a basic introduction to Buddhist View and meditation that is suitable for beginners. The Foundation Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts. The Teacher Training Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhists texts.

Volunteers
The charity makes significant use of volunteers in all areas of its activities. All General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Public Benefits
In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission. They believe that the work of the charity in promoting the Buddhist faith has clearly identifiable benefits. The charity believes that there are three important public benefits to promoting the Buddhist faith: to help people to develop their wisdom, to cultivate a good heart, and to maintain a peaceful mind. If we do not strive to develop our wisdom, we will always remain ignorant to the true nature of reality. Everyone wishes for happiness, but our ignorance or reality leads us to engage in non-virtuous actions, which in turn are the main cause of all our suffering. Further, if we do not cultivate a good heart towards others, then our selfish motivation destroys the harmony of our relationships with others. We then have no peace, and no chance to gain pure happiness. Without inner peace, outer peace is impossible, both personally and throughout society.

Benefit to the Public
The charity offers regular courses of instruction in Buddhist philosophy, psychology and meditation, bringing personal and social benefit. These courses are accessible to the public for modest fees. The more advanced courses of instruction require a greater commitment of personal time from participants. The charity also maintains a year-round programme of services of prayer and meditation, again open to the public.

Achievements and performance

There were significant changes made in 2024 in order to improve the spiritual and material development of the centre.

A new Resident Teacher and Admin Director were appointed in June 2024. The education programme was expanded to offer new and more classes to attract more students to the centre. This included trialling classes in various locations throughout North and West Cumbria. The two successful branch locations that continued to operate at the end of 2024 were Penrith and Workington.

Renovations were made to update some of the public area of the centre. This included re-decorating and modernising the lounge and main entrance and hallway.

We continued to engage with the wider community by partaking in numerous school visits and community events.

Financial review

The trustees were satisfied with the results for the year, accepting that the loss incurred, of £8,0140, although significant, is due to the unavoidable increases in loan interest rates and the increased cost of living in the UK. Planning ahead, the Trustees will be looking into suitable methods for making savings and increasing income.

Our pricing policy

Our pricing policy reflects our strategy of enabling all within our community, whatever their means, to take part in our activities, to attend our meditation classes and courses, concessionary admittance to these events is available on request. No one is turned away for genuine lack of funds.

To view our programme, and for further details of entrance fees, visit our website uma.org.uk or telephone our office, 01228 319344 or email info@uma.org.uk, for the centre opening times check our website.

Investment powers and policy

The trustees, having regard to the liquidity requirements of operating the charity, have kept available funds in an interest-bearing deposit account and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index. Due to wider economic circumstances deposit rates have been depressed and so this aim was not achieved in the year.

Reserves policy and going concern

The Board of Directors/trustees ensures that there are sufficient reserves available to bridge the gap between the spending and receiving of income, and to cover any unplanned repairs and other expenditure in unrestricted funds based on previous year's expenditure and current budgets. These standards are set out in the Money Handbook issued by the NKT-IKBU. The directors are of the view that the Charity is a going concern, based on the relative stability in the activities of the charity.

Principle Funding Sources

All income in the year came from charitable activities; no funding was received from outside sources.

Plans for future periods

The charity will work to continue to increase the attendance at the three study programmes and increase volunteer engagement in the organisation and running of the centre.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 28 February 2025 and signed on behalf of the board of trustees by:

D N Stones
Trustee

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2024

	Note	2024 Unrestricted funds £	2024 Total funds £	2023 Total funds £
Income and endowments				
Donations and legacies	5	11,358	11,358	3,829
Charitable activities	6	14,194	14,194	13,505
Other trading activities	7	37,149	37,149	36,590
Investment income	8	355	355	348
Total income		63,056	63,056	54,272
Expenditure				
Expenditure on charitable activities	9,10	71,070	71,070	62,122
Total expenditure		71,070	71,070	62,122
Net expenditure and net movement in funds		(8,014)	(8,014)	(7,850)
Reconciliation of funds				
Total funds brought forward		51,444	51,444	59,294
Total funds carried forward		43,430	43,430	51,444

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 18 form part of these financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Position

31 December 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	**14**	228,000	229,500
Current assets			
Stocks	**15**	500	1,344
Debtors	**16**	963	1,026
Cash at bank and in hand		21,913	39,571
		23,376	41,941
Creditors: amounts falling due within one year	**17**	7,149	12,551
Net current assets		16,227	29,390
Total assets less current liabilities		244,227	258,890
Creditors: amounts falling due after more than one year	**18**	200,797	207,446
Net assets		43,430	51,444
Funds of the charity			
Unrestricted funds		43,430	51,444
Total charity funds	**19**	43,430	51,444

For the year ending 31 December 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

The statement of financial position
continues on the following page.

The notes on pages 10 to 18 form part of these financial statements.

These financial statements were approved by the board of trustees and authorised for issue on 28 February 2025, and are signed on behalf of the board by:



D N Stones
Trustee

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 16-18 Spencer Street, Carlisle, Cumbria, CA1 1BG.

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 Companies Act 2006.

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.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

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.

3. **Accounting policies** *(continued)*

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.

Incoming resources

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.

3. **Accounting policies** *(continued)*

Resources expended

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.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	2% straight line
Motor vehicles	-	25% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. **Accounting policies** *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

3. Accounting policies *(continued)*

Financial instruments *(continued)*

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

The liability of the members in the event of the company being liquidated is limited to £1 per member.

5. Donations and legacies

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Donations				
Donations	6,000	6,000	–	–
Other donations and legacies				
Designated funds	313	313	1,392	1,392
General funds	4,574	4,574	1,308	1,308
Gift Aid	458	458	1,117	1,117
Membership fees	13	13	12	12
	11,358	11,358	3,829	3,829

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Meditation retreats	790	790	378	378
General Programme	4,786	4,786	3,285	3,285
Lunchtime Meditation	475	475	684	684
Foundation Program	1,837	1,837	3,990	3,990
Monthly Membership fees	3,591	3,591	2,560	2,560
School Visits	846	846	76	76
Kids Club	408	408	–	–
Day / Half Day Courses	1,461	1,461	2,064	2,064
Empowerment	–	–	468	468
	14,194	14,194	13,505	13,505

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Fundraising events	–	–	4	4
Dharma Shop income	782	782	706	706
Miscellaneous shop income	121	121	187	187
Casual accomodation	50	50	270	270
Residents rent	19,071	19,071	21,769	21,769
Residents rent sponsorship	5,792	5,792	4,830	4,830
Residents utilities income	6,829	6,829	5,493	5,493
Residents utilities sponsorship	1,980	1,980	1,260	1,260
Residents council tax	1,733	1,733	1,380	1,380
Residents council tax sponsorship	543	543	315	315
Laundry income	248	248	376	376
	37,149	37,149	36,590	36,590

8. Investment income

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	355	355	348	348

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Charitable activities	69,210	69,210	61,762	61,762
Support costs	1,860	1,860	360	360
	71,070	71,070	62,122	62,122

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2024 £**	Total fund 2023 £
Charitable activities	69,210	–	69,210	61,762
Governance costs	–	1,860	1,860	360
	69,210	1,860	71,070	62,122

11. Net expenditure

Net expenditure is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	7,500	6,000

12. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	360	360

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

14. Tangible fixed assets

	Freehold property	Motor vehicles	**Total**
	£	£	£
Cost			
At 1 January 2024	300,000	–	300,000
Additions	–	6,000	6,000
At 31 December 2024	300,000	6,000	306,000
Depreciation			
At 1 January 2024	70,500	–	70,500
Charge for the year	6,000	1,500	7,500
At 31 December 2024	76,500	1,500	78,000
Carrying amount			
At 31 December 2024	223,500	4,500	228,000
At 31 December 2023	229,500	–	229,500

15. Stocks

	2024	2023
	£	£
Raw materials and consumables	500	1,344

16. Debtors

	2024	2023
	£	£
Trade debtors	963	–
Prepayments and accrued income	–	1,026
	963	1,026

17. Creditors: amounts falling due within one year

	2024	2023
	£	£
Bank loans and overdrafts	6,179	5,710
Trade creditors	610	4,486
Accruals and deferred income	360	360
Other creditors	–	1,995
	7,149	12,551

18. Creditors: amounts falling due after more than one year

	2024	2023
	£	£
Bank loans and overdrafts	200,797	207,446

The loan is secured on the property "Uma Kadampa Meditation Centre", in favour of the Triodos Bank, over a period of 25 years.

The loan is repayable in equal monthly instalments to cover capital and interest. Interest only has been paid during the pandemic.

19. Analysis of charitable funds

Unrestricted funds

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
General funds	51,444	63,056	(71,070)	43,430

	At 1 January 2023	Income	Expenditure	At 31 December 2023
	£	£	£	£
General funds	59,294	54,272	(62,122)	51,444

20. Analysis of net assets between funds

	Unrestricted Funds	**Total Funds 2024**
	£	**£**
Tangible fixed assets	228,000	228,000
Current assets	23,376	23,376
Creditors less than 1 year	(7,149)	(7,149)
Creditors greater than 1 year	(200,797)	(200,797)
Net assets	43,430	43,430

	Unrestricted Funds	Total Funds 2023
	£	£
Tangible fixed assets	229,500	229,500
Current assets	41,941	41,941
Creditors less than 1 year	(12,551)	(12,551)
Creditors greater than 1 year	(207,446)	(207,446)
Net assets	51,444	51,444

The following pages do not form part of the financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 December 2024

	2024 £	2023 £
Income and endowments		
Donations and legacies		
Donations	6,000	–
Designated funds	313	1,392
General funds	4,574	1,308
Gift Aid	458	1,117
Membership fees	13	12
	11,358	3,829
Charitable activities		
Meditation retreats	790	378
General Programme	4,786	3,285
Lunchtime Meditation	475	684
Foundation Program	1,837	3,990
Monthly Membership fees	3,591	2,560
School Visits	846	76
Kids Club	408	–
Day / Half Day Courses	1,461	2,064
Empowerment	–	468
	14,194	13,505
Other trading activities		
Fundraising events	–	4
Dharma Shop income	782	706
Miscellaneous shop income	121	187
Casual accomodation	50	270
Residents rent	19,071	21,769
Residents rent sponsorship	5,792	4,830
Residents utilities income	6,829	5,493
Residents utilities sponsorship	1,980	1,260
Residents council tax	1,733	1,380
Residents council tax sponsorship	543	315
Laundry income	248	376
	37,149	36,590
Investment income		
Bank interest receivable	355	348
Total income	63,056	54,272

	2024 £	2023 £
Expenditure		
Expenditure on charitable activities		
Repairs and maintenance	2,594	2,184
Other establishment	13,550	12,478
Other motor/travel costs	733	437
Legal and professional fees	360	360
Other office costs	4,127	2,277
Depreciation	7,500	6,000
Interest on bank loans and overdrafts	21,447	21,769
Advertising and publicity	962	1,150
Venue Costs	2,647	2,773
Course Costs	72	127
Sponsorship	15,337	11,188
Gifts	–	91
Gompa	1,741	1,288
	71,070	62,122
Total expenditure	71,070	62,122
Net expenditure	(8,014)	(7,850)

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 December 2024

	2024	2023
	£	£
Expenditure on charitable activities		
Charitable activities		
Activities undertaken directly		
Repairs & maintenance	2,594	2,184
Premises Costs	13,550	12,478
Motor and travel costs	733	437
Other office costs	4,127	2,277
Depreciation	6,000	6,000
Finance charges	21,447	21,769
Advertising and publicity	962	1,150
Venue Costs	2,647	2,773
Course Costs	72	127
Sponsorship	15,337	11,188
Gifts	–	91
Gompa	1,741	1,288
	69,210	61,762
Governance costs		
Governance costs - accountancy fees	360	360
Governance costs - depreciation	1,500	–
	1,860	360
Expenditure on charitable activities	71,070	62,122

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Uma Kadampa Meditation Centre

Year ended 31 December 2024

I report to the trustees on my examination of the financial statements of Uma Kadampa Meditation Centre ('the charity') for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

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

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Mr RW Gordon, FCA
Independent Examiner

Briar Lea House
Brampton Road
Longtown
Carlisle
Cumbria
CA6 5TN

UMA KADAMPA MEDITATION CENTRE

England & Wales - Charity number 1089869

Accounts

COMPANY REGISTRATION NUMBER: 04271203

CHARITY REGISTRATION NUMBER: 1089869

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Unaudited Financial Statements

31 December 2023

GORDON CONSULTANCY LIMITED

Chartered accountants

Briar Lea House

Brampton Road

Longtown

Carlisle

Cumbria

CA6 5TN

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2023

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Uma Kadampa Meditation Centre

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2023.

Reference and administrative details

Registered charity name	Uma Kadampa Meditation Centre
Charity registration number	1089869
Company registration number	04271203
Principal office and registered office	16-18 Spencer Street Carlisle Cumbria CA1 1BG

The trustees

A E R P Jones	
J Andrews	(Resigned 10 December 2023)
S D Hopgood	
D N Stones	
T Oliver-Walsh	(Appointed 10 December 2023)

Company secretary	S D Hopgood
Independent examiner	Mr RW Gordon, FCA Briar Lea House Brampton Road Longtown Carlisle Cumbria CA6 5TN

Structure, governance and management

Governing Document

The charity, Uma Kadampa Meditation Centre is a charitable company limited by guarantee; incorporated on 15th August 2001 under the Companies Act 1985, as a private limited company. It was registered as a charity on 19th December 2001. Originally incorporated as Uma Buddhist Centre the name was changed by special resolution on the 24th September 2014. 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, as amended by special resolutions on 6th February 2004 and 6th November 2020. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Structure, governance and management *(continued)*

Recruitment and Appointment of Management Committee
Trustees are recruited from within the centre or from other similar centres so that they have knowledge and understanding of the charity's aims and workings. To be elected or appointed as a trustee, the nominee must be a member of the charity and are elected by the members at the Annual General Meeting or by the trustees and other members of the organisation, in particular the Administrative Director and Resident Teacher, who have experience within the organisation.

The number of Directors shall be three, two of whom must be Members (and normally Local Members) and shall be elected by members of the charity. The third Director shall be an ex offico Director and must be the duly appointed Administrative Director of a major NKT-IKBU Kadampa Meditation Centre in the United Kingdom, as specified in the Articles of Association. Neither the Spiritual Director nor the Administrative Director not the Resident Teacher of the Charity may be a director.

Related Charities
The charity is a member of the New Kadampa Tradition - International Kadampa Buddhist Union ("NKT-IKBU), which is made up of the many centres throughout the world with the same objects, however they are independent charities lined only by their objects and there is no financial dependency although funds may pass between centres to fulfill aims and objectives.

Trustee induction and training
Every trustee must be familiar with the practical work of the charity and the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU). The trustees are familiar with the Memorandum and Articles of the charity, understand their obligations as Management Committee members and are aware of the current financial position of the charity. In addition they must have read, understood entirely and accepted the Internal Rules of NKT-IKBU.

Organisational Structure
The board of Directors shall appoint an Administrative Director and shall delegate the responsibility for all day-to-day management of the charity to him/her. The day-to-day activities and affairs of the charity shall be conducted and all corresponding corporate powers shall be exercised by the Administrative Director, in consultation with the trustees.

The charity is affiliated with the New Kadampa Tradition charity, which is a parent organisation for the centres of the NKT-IKBU worldwide. As an affiliated centre, Uma Kadampa Meditation Centre follows and acts in accordance with the Internal Rules of NKT-IKBU.

Related Parties and co-operation with other organisations
None of the trustees receive a remuneration or other benefit from their work with the charity, Uma Kadampa Meditation Centre also occasionally cooperates with the New Kadampa Tradition Charity, and the other NKT-IKBU centres worldwide, for example when organising events.

Structure, governance and management *(continued)*

Pay policy for senior staff
The directors who are the charity's trustees, and the senior management team comprise of the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day-to-day basis.

All Directors/trustees give of their time freely and no director/trustee received any remuneration in the year.

The Resident Teacher received a stipend, food allowance from January to April (after which she declined it) and accommodation.

The Administrative Director received the stipend and accommodation. All other people helping the charity work on a voluntary basis.

Risk Management
The trustees have a risk management strategy which comprises of:
-regular reviews of the principal risks and uncertainties that may face the charity;
-the establishment of policies, systems and procedures to mitigate any risks identified in regular reviews;
-and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

Objectives and activities

The company's objects and principal activities are to:
To promote the Buddhist Faith under the spiritual guidance of the elected General Spiritual Director of the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU) principally through the activities of teaching, study, practice and the observance of moral discipline all within the Mahayana Buddhist tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition - International Kadampa Buddhist Union, through the continuous implementation of the three study programmes; the General Programme, the Foundation Programme and the Teacher Training Programme, all as defined in Schedule A.

Schedule A
The General Programme provides a basic introduction to Buddhist View and meditation that is suitable for beginners. The Foundation Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts. The Teacher Training Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhists texts.

Volunteers
The charity makes significant use of volunteers in all areas of its activities. All General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Objectives and activities *(continued)*

Public Benefits
In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission. They believe that the work of the charity in promoting the Buddhist faith has clearly identifiable benefits. The charity believes that there are three important public benefits to promoting the Buddhist faith: to help people to develop their wisdom, to cultivate a good heart, and to maintain a peaceful mind. If we do not strive to develop our wisdom, we will always remain ignorant to the true nature of reality. Everyone wishes for happiness, but our ignorance or reality leads us to engage in non-virtuous actions, which in turn are the main cause of all our suffering. Further, if we do not cultivate a good heart towards others, then our selfish motivation destroys the harmony of our relationships with others. We then have no peace, and no chance to gain pure happiness. Without inner peace, outer peace is impossible, both personally and throughout society.

Benefit to the Public
The charity offers regular courses of instruction in Buddhist philosophy, psychology and meditation, bringing personal and social benefit. These courses are accessible to the public for modest fees. The more advanced courses of instruction require a greater commitment of personal time from participants. The charity also maintains a year-round programme of services of prayer and meditation, again open to the public.

Achievements and performance

During the year Uma KMC continued to offer daytime and evening classes, half day courses and retreats and other events. Class numbers have gradually decreased this year, especially since September, perhaps due to the rising cost of living. Two branch classes ran for most of the year, one had to close due to poor attendance.

From the material side of things, the increasing cost of running a property, from loan interest and utilities mainly, has become a great challenge for a small Centre such as ours with such large overheads. The resident rent, from eight rental rooms, continues to be the major element of the income, with the former visitor room being repurposed as a continual monthly-paying rental from April 2023. Two wider-community meetings were held during the year to highlight this and to encourage greater engagement and support. There have been some positive results from this and it will be ongoing.

Plans for future periods

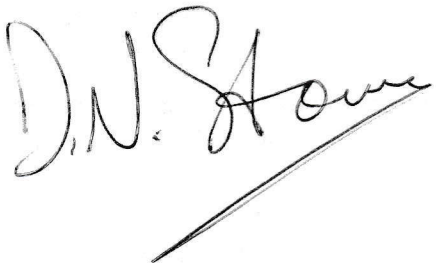
- Looking into ways to raise funds to help pay for the increased energy bills, loan interest rate increases and the general rise in the cost of living. - To try to keep the rooms continually rented and to maintain the property. - To build both the closer and wider community and encourage their involvement in flourishing the Centre in whatever way they can. - To try to develop EPC (Education Programme-Coordinator) help from within the community.
- To find suitable ways to present the benefits of Meditation and Buddhist Study to more people in our area.
- To seek suitable candidates for Directorship/Trusteeship in future
years, following the Constitutional changes regarding re-election, introduced in 2020.- Looking at how to market our courses and classes better and offering some outreach classes in the Carlisle area to introduce more people to Buddhism, and hopefully bring more people back to the Centre.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 31 March 2024 and signed on behalf of the board of trustees by:

D N Stones
Trustee



Achievements and performance *(continued)*

Plans for the future include -
Looking to find more help with managing the Centre.

We would like to try offering classes on different days, at different times, and of different lengths as it seems that night-time parking may be putting off some people from coming.

We would like to increase numbers attending all our classes and courses by creating good publicity and by using social media more effectively. We plan to ask more guest teachers to come here, as this helps to bring in new people. We would like to offer healthy light lunches for a small payment after these half day courses.

We are trying to go out to more people at their workplaces by emailing organisations and offering to lead meditation workshops.

We are also looking into other ways to raise funds to help pay for the increased energy bills, loan interest rate increases and the general rise in the cost of living.

Financial review

The trustees were satisfied with the results for the year, accepting that the loss incurred, of £7,850, although significant, is due to the unavoidable increases in loan interest rates and the increased cost of living in the UK. Planning ahead, the Trustees will be looking into suitable methods for making savings and increasing income.

Our pricing policy
Our pricing policy reflects our strategy of enabling all within our community, whatever their means, to take part in our activities, to attend our meditation classes and courses, concessionary admittance to these events is available on request. No one is turned away for genuine lack of funds.

To view our programme, and for further details of entrance fees, visit our website uma.org.uk or telephone our office, 01228 319344 or email info@uma.org.uk, for the centre opening times check our website.

Investment powers and policy
The trustees, having regard to the liquidity requirements of operating the charity, have kept available funds in an interest-bearing deposit account and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index. Due to wider economic circumstances deposit rates have been depressed and so this aim was not achieved in the year.

Reserves policy and going concern
The Board of Directors/trustees ensures that there are sufficient reserves available to bridge the gap between the spending and receiving of income, and to cover any unplanned repairs and other expenditure in unrestricted funds based on previous year's expenditure and current budgets. These standards are set out in the Money Handbook issued by the NKT-IKBU. The directors are of the view that the Charity is a going concern, based on the relative stability in the activities of the charity.

Principle Funding Sources
All income in the year came from charitable activities; no funding was received from outside sources.

Statement of financial activities
(including income and expenditure account)

Year ended 31 December 2023

	Note	2023 Unrestricted funds £	2023 Total funds £	2022 Total funds £
Income and endowments				
Donations and legacies	**5**	3,829	3,829	9,795
Charitable activities	**6**	13,505	13,505	16,524
Other trading activities	**7**	36,590	36,590	32,082
Investment income	**8**	348	348	45
Total income		54,272	54,272	58,446
Expenditure				
Expenditure on charitable activities	**9,10**	62,122	62,122	58,258
Total expenditure		62,122	62,122	58,258
Net (expenditure)/income and net movement in funds		(7,850)	(7,850)	188
Reconciliation of funds				
Total funds brought forward		59,294	59,294	59,106
Total funds carried forward		51,444	51,444	59,294

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 11 to 19 form part of these financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Position

31 December 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	**14**	229,500	235,500
Current assets			
Stocks	**15**	1,344	1,509
Debtors	**16**	1,026	1,092
Cash at bank and in hand		39,571	45,105
		41,941	47,706
Creditors: amounts falling due within one year	**17**	12,551	9,697
Net current assets		29,390	38,009
Total assets less current liabilities		258,890	273,509
Creditors: amounts falling due after more than one year	**18**	207,446	214,215
Net assets		51,444	59,294
Funds of the charity			
Unrestricted funds		51,444	59,294
Total charity funds	**19**	51,444	59,294

For the year ending 31 December 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

The statement of financial position
continues on the following page.

The notes on pages 11 to 19 form part of these financial statements.

These financial statements were approved by the board of trustees and authorised for issue on 31 March 2024, and are signed on behalf of the board by:

D N Stones
Trustee



1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 16-18 Spencer Street, Carlisle, Cumbria, CA1 1BG.

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 Companies Act 2006.

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.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

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.

3. **Accounting policies** *(continued)*

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.

Incoming resources

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.

3. **Accounting policies** *(continued)*

Resources expended

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.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	2% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. **Accounting policies** *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

3. Accounting policies *(continued)*

Financial instruments *(continued)*

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

The liability of the members in the event of the company being liquidated is limited to £1 per member.

5. Donations and legacies

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Other donations and legacies				
Designated funds	1,392	1,392	1,242	1,242
General funds	1,308	1,308	7,953	7,953
Gift Aid	1,117	1,117	590	590
Membership fees	12	12	10	10
	3,829	3,829	9,795	9,795

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Meditation retreats	378	378	1,760	1,760
General Programme	3,285	3,285	3,378	3,378
Lunchtime Meditation	684	684	482	482
Foundation Program	3,990	3,990	4,170	4,170
Monthly Membership fees	2,560	2,560	3,691	3,691
School Visits	76	76	328	328
Day / Half Day Courses	2,064	2,064	2,091	2,091
Empowerment	468	468	624	624
	13,505	13,505	16,524	16,524

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Fundraising events	4	4	443	443
Dharma Shop income	706	706	924	924
Miscellaneous shop income	187	187	304	304
Casual accomodation	270	270	407	407
Residents rent	21,769	21,769	18,585	18,585
Residents rent sponsorship	4,830	4,830	3,533	3,533
Residents utilities income	5,493	5,493	5,120	5,120
Residents utilities sponsorship	1,260	1,260	922	922
Residents council tax	1,380	1,380	1,280	1,280
Residents council tax sponsorship	315	315	230	230
Laundry income	376	376	334	334
	36,590	36,590	32,082	32,082

8. Investment income

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	348	348	45	45

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Charitable activities	61,762	61,762	56,888	56,888
Support costs	360	360	1,370	1,370
	62,122	62,122	58,258	58,258

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2023 £**	Total fund 2022 £
Charitable activities	61,762	–	61,762	56,888
Governance costs	–	360	360	1,370
	61,762	360	62,122	58,258

11. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	6,000	6,000

12. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	360	360

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

14. Tangible fixed assets

	Freehold property
	£
Cost	
At 1 January 2023 and 31 December 2023	300,000
Depreciation	
At 1 January 2023	64,500
Charge for the year	6,000
At 31 December 2023	70,500
Carrying amount	
At 31 December 2023	229,500
At 31 December 2022	235,500

15. Stocks

	2023	2022
	£	£
Raw materials and consumables	1,344	1,509

16. Debtors

	2023	2022
	£	£
Trade debtors	–	66
Prepayments and accrued income	1,026	1,026
	1,026	1,092

17. Creditors: amounts falling due within one year

	2023	2022
	£	£
Bank loans and overdrafts	5,710	4,652
Trade creditors	4,486	3,250
Accruals and deferred income	360	360
Other creditors	1,995	1,435
	12,551	9,697

18. Creditors: amounts falling due after more than one year

	2023	2022
	£	£
Bank loans and overdrafts	207,446	214,215

The loan is secured on the property "Uma Kadampa Meditation Centre", in favour of the Triodos Bank, over a period of 25 years.

The loan is repayable in equal monthly instalments to cover capital and interest. Interest only has been paid during the pandemic.

19. Analysis of charitable funds

Unrestricted funds

	At 1 January 2023	Income	Expenditure	At 31 December 2023
	£	£	£	£
General funds	59,294	54,272	(62,122)	51,444

	At 1 January 2022	Income	Expenditure	At 31 December 2022
	£	£	£	£
General funds	59,106	58,446	(58,258)	59,294

20. Analysis of net assets between funds

	Unrestricted Funds	**Total Funds 2023**
	£	**£**
Tangible fixed assets	229,500	229,500
Current assets	41,941	41,941
Creditors less than 1 year	(12,551)	(12,551)
Creditors greater than 1 year	(207,446)	(207,446)
Net assets	51,444	51,444

	Unrestricted Funds	Total Funds 2022
	£	£
Tangible fixed assets	235,500	235,500
Current assets	47,706	47,706
Creditors less than 1 year	(9,697)	(9,697)
Creditors greater than 1 year	(214,215)	(214,215)
Net assets	59,294	59,294

The following pages do not form part of the financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 December 2023

	2023 £	2022 £
Income and endowments		
Donations and legacies		
Designated funds	1,392	1,242
General funds	1,308	7,953
Gift Aid	1,117	590
Membership fees	12	10
	3,829	9,795
Charitable activities		
Meditation retreats	378	1,760
General Programme	3,285	3,378
Lunchtime Meditation	684	482
Foundation Program	3,990	4,170
Monthly Membership fees	2,560	3,691
School Visits	76	328
Day / Half Day Courses	2,064	2,091
Empowerment	468	624
	13,505	16,524
Other trading activities		
Fundraising events	4	443
Dharma Shop income	706	924
Miscellaneous shop income	187	304
Casual accomodation	270	407
Residents rent	21,769	18,585
Residents rent sponsorship	4,830	3,533
Residents utilities income	5,493	5,120
Residents utilities sponsorship	1,260	922
Residents council tax	1,380	1,280
Residents council tax sponsorship	315	230
Laundry income	376	334
	36,590	32,082
Investment income		
Bank interest receivable	348	45
Total income	54,272	58,446

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

Year ended 31 December 2023

	2023 £	2022 £
Expenditure		
Expenditure on charitable activities		
Repairs and maintenance	2,184	1,336
Other establishment	12,478	11,723
Other motor/travel costs	437	239
Legal and professional fees	360	1,370
Other office costs	2,277	3,390
Depreciation	6,000	6,000
Interest on bank loans and overdrafts	21,769	15,853
Advertising and publicity	1,150	1,978
Venue Costs	2,773	1,945
Course Costs	127	1,037
Sponsorship	11,188	11,390
Gifts	91	–
Gompa	1,288	1,997
	62,122	58,258
Total expenditure	62,122	58,258
Net (expenditure)/income	(7,850)	188

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 December 2023

	2023 £	2022 £
Expenditure on charitable activities		
Charitable activities		
Activities undertaken directly		
Repairs & maintenance	2,184	1,336
Premises Costs	12,478	11,723
Motor and travel costs	437	239
Other office costs	2,277	3,390
Depreciation	6,000	6,000
Finance charges	21,769	15,853
Advertising and publicity	1,150	1,978
Venue Costs	2,773	1,945
Course Costs	127	1,037
Sponsorship	11,188	11,390
Gifts	91	–
Gompa	1,288	1,997
	61,762	56,888
Governance costs		
Governance costs - accountancy fees	360	1,370
Expenditure on charitable activities	62,122	58,258

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2023

	Note	2023 Unrestricted funds £	2023 Total funds £	2022 Total funds £
Income and endowments				
Donations and legacies	5	3,829	3,829	9,795
Charitable activities	6	13,505	13,505	16,524
Other trading activities	7	36,590	36,590	32,082
Investment income	8	348	348	45
Total income		54,272	54,272	58,446
Expenditure				
Expenditure on charitable activities	9,10	62,122	62,122	58,258
Total expenditure		62,122	62,122	58,258
Net (expenditure)/income and net movement in funds		(7,850)	(7,850)	188
Reconciliation of funds				
Total funds brought forward		59,294	59,294	59,106
Total funds carried forward		51,444	51,444	59,294

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 11 to 19 form part of these financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Uma Kadampa Meditation Centre

Year ended 31 December 2023

I report to the trustees on my examination of the financial statements of Uma Kadampa Meditation Centre ('the charity') for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

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

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Mr RW Gordon, FCA
Independent Examiner

Briar Lea House
Brampton Road
Longtown
Carlisle
Cumbria
CA6 5TN

UMA KADAMPA MEDITATION CENTRE

England & Wales - Charity number 1089869

Accounts

COMPANY REGISTRATION NUMBER: 04271203

CHARITY REGISTRATION NUMBER: 1089869

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Unaudited Financial Statements

31 December 2022

GORDON CONSULTANCY LIMITED

Chartered accountants

Briar Lea House

Brampton Road

Longtown

Carlisle

Cumbria

CA6 5TN

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2022

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Uma Kadampa Meditation Centre

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2022.

Reference and administrative details

Registered charity name	Uma Kadampa Meditation Centre
Charity registration number	1089869
Company registration number	04271203
Principal office and registered office	16-18 Spencer Street Carlisle Cumbria CA1 1BG

The trustees

A E R P Jones	
J P Edwards	(Resigned 10 July 2022)
J Andrews	
S D Hopgood	
D N Stones	(Appointed 10 July 2022)

Company secretary	S D Hopgood
Independent examiner	Mr RW Gordon, FCA Briar Lea House Brampton Road Longtown Carlisle Cumbria CA6 5TN

Structure, governance and management

Governing Document

The charity, Uma Kadampa Meditation Centre is a charitable company limited by guarantee; incorporated on 15th August 2001 under the Companies Act 1985, as a private limited company. It was registered as a charity on 19th December 2001. Originally incorporated as Uma Buddhist Centre the name was changed by special resolution on the 24th September 2014. 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, as amended by special resolutions on 6th February 2004 and 6th November 2020. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Structure, governance and management *(continued)*

Recruitment and Appointment of Management Committee
Trustees are recruited from within the centre or from other similar centres so that they have knowledge and understanding of the charity's aims and workings. To be elected or appointed as a Trustee, the nominee must be a member of the charity and are elected by the members at the Annual General Meeting or by the trustees and other members of the organisation, in particular the Administrative Director and Resident Teacher, who have experience within the organisation.

The number of Directors shall be three, two of whom must be Members (and normally Local Members) and shall be elected by members of the charity. The third Director shall be an ex offico Director and must be the duly appointed Administrative Director of a major NKT-IKBU Kadampa Meditation Centre in the United Kingdom. Neither the Spiritual Director nor the Administrative Director not the Resident Teacher of the Charity may be a director.

Related Charities
The charity is a member of the New Kadampa Tradition - International Kadampa Buddhist Union ("NKT-IKBU), which is made up of the many centres throughout the world with the same objects, however they are independent charities lined only by their objects and there is no financial dependency although funds may pass between centres to fulfill aims and objectives.

Trustee induction and training
Every trustee must be familiar with the practical work of the charity and the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU). The trustees are familiar with the Memorandum and Articles of the charity, understand their obligations as Management Committee members and are aware of the current financial position of the charity. In addition they must have read, understood entirely and accepted the Internal Rules of NKT-IKBU.

Organisational Structure
The board of Directors shall appoint an Administrative Director and shall delegate the responsibility for all day-to-day management of the charity to him/her. The day-to-day activities and affairs of the charity shall be conducted and all corresponding corporate powers shall be exercised by the Administrative Director, in consultation with the trustees.

The charity is affiliated with the New Kadampa Tradition charity, which is a parent organisation for the centres of the NKT-IKBU worldwide. As an affiliated centre, Uma Kadampa Meditation Centre follows and acts in accordance with the Internal Rules of NKT-IKBU.

Related Parties and co-operation with other organisations
None of the trustees receive a remuneration or other benefit from their work with the charity, Uma Kadampa Meditation Centre also occasionally cooperates with the New Kadampa Tradition Charity, and the other NKT-IKBU centres worldwide, for example when organising events.

Structure, governance and management *(continued)*

Pay policy for senior staff
The directors consider the board of directors, who are the charity's trustees, and the senior management team comprise of the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day-to-day basis.

All directors/trustees give of their time freely and no director/trustee received any remuneration in the year.

The Resident Teacher receives a stipend, food allowance and accommodation. The Education Programme Coordinator received a Stipend, food allowance and accommodation until April when she resigned from the job. The Administrative Director received sponsorship equal to the stipend only and from April moved into the Centre on a Working Visitor basis, due to personal changes. All other people helping the charity work on a voluntary basis.

Risk Management
The trustees have a risk management strategy which comprises of:
-regular reviews of the principal risks and uncertainties that may face the charity;
-the establishment of policies, systems and procedures to mitigate any risks identified in regular reviews;
-and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

Objectives and activities

The company's objects and principal activities are to:
To promote the Buddhist Faith under the spiritual guidance of the elected General Spiritual Director of the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU) principally through the activities of teaching, study, practice and the observance of moral discipline all within the Mahayana Buddhist tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition - International Kadampa Buddhist Union, through the continuous implementation of the three study programmes; the General Programme, the Foundation Programme and the Teacher Training Programme, all as defined in Schedule A.

Schedule A
The General Programme provides a basic introduction to Buddhist View, and meditation that is suitable for beginners. The Foundation Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts. The Teacher Training Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhists texts.

The main areas of charitable activity are the provision of its General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Volunteers
The charity makes significant use of volunteers in all areas of its activities. All General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Objectives and activities *(continued)*

Public Benefits
In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission. They believe that the work of the charity in promoting the Buddhist faith has clearly identifiable benefits. The charity believes that there are three important public benefits to promoting the Buddhist faith: to help people to develop their wisdom, to cultivate a good heart, and to maintain a peaceful mind. If we do not strive to develop our wisdom, we will always remain ignorant to the true nature of reality. Everyone wishes for happiness, but our ignorance or reality leads us to engage in non-virtuous actions, which in turn are the main cause of all our suffering. Further, if we do not cultivate a good heart towards others, then our selfish motivation destroys the harmony of our relationships with others. We then have no peace, and no chance to gain pure happiness. Without inner peace, outer peace is impossible, both personally and throughout society.

Benefit to the Public
The charity offers regular courses of instruction in Buddhist philosophy, psychology and meditation, bringing personal and social benefit. These courses are accessible to the public for modest fees. The more advanced courses of instruction require a greater commitment of personal time from participants. The charity also maintains a year-round programme of services of prayer and meditation, again open to the public.

Achievements and performance

We have had a good year of retreats going throughout the year, over weekdays and weekends. In particular we had a beautiful retreat to mark the passing away of our Founder and Spiritual Guide, Venerable Geshe Kelsang Gyatso Rinpoche in September.

Our evening and lunchtime classes have continued throughout the year, with numbers fluctuating week by week, but generally remaining steady.

We have piloted a four-week daytime meditation course at Morton Community Centre and attracted a few new people who continue to come to Uma Centre. Our main area of financial success has been in our half day courses, especially the one with Gen Kelsang Rabten which attracted over 50 people in March, and the course with Gen Kelsang Drolkyi which attracted over 20 people. Both courses were held in outside venues, which worked well.

Our public service has continued to be steady with a weekly half-hour class at the Civic Centre for all those employees wanting to improve their well-being. We have had some wonderful school visits, although fewer than before Covid, due to staff and children's infections.

The Foundation Programme has been attended by 12 people throughout the year, with half of these studying on correspondence programme.

Our prayer schedule was expanded to include extra Tara, Avalokiteshvara and Medicine Buddha prayers due to the world situation of sufferings such as sickness and war. Weekly Prayers for World Peace Classes began in September and had a small following.

Achievements and performance *(continued)*

We have held several Meal and Meditation evenings, and held a thirtieth anniversary celebration, much enjoyed by all.

In November we hosted a Vajrasattva Empowerment which was well attended by local people and our Scottish friends from Dumfries and beyond.

In April, Sharon Hopgood, our Administrative Director, moved into the Centre and is now a resident here, which makes a big difference to the running of the Centre.

Our Education Programme Co-ordinator, Kelsang Gyalwa, moved away to Reading in April so we have been without one until the present time. We are hoping to find a local person to help us.

Volunteers have been dedicated in putting out our paper publicity in Carlisle and beyond, and from November Helen Parsons has been helping to create the publicity. She has also started to teach the Whitehaven meditation class which had been closed since Kelsang Drolma left in 2020.

Plans for the future include -
Looking to find more help with managing the Centre.

We would like to try offering classes on different days, at different times, and of different lengths as it seems that night-time parking may be putting off some people from coming.

We would like to increase numbers attending all our classes and courses by creating good publicity and by using social media more effectively. We plan to ask more guest teachers to come here, as this helps to bring in new people. We would like to offer healthy light lunches for a small payment after these half day courses.

We are trying to go out to more people at their workplaces by emailing organisations and offering to lead meditation workshops.

We are also looking into other ways to raise funds to help pay for the increased energy bills, loan interest rate increases and the general rise in the cost of living.

Financial review

The trustees were satisfied with the results for the year.

Our pricing policy
Our pricing policy reflects our strategy of enabling all within our community, whatever their means, to take part in our activities, to attend our meditation classes and courses, concessionary admittance to these events is available on request.

To view our programme, and for further details of entrance fees, visit our website uma.org.uk or telephone our office, 01228 319344 or email info@uma.org.uk, for the centre opening times check our website.

Financial review *(continued)*

Investment powers and policy
The directors, having regard to the liquidity requirements of operating the charity, have kept available funds in an interest-bearing deposit account and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index. Due to wider economic circumstances deposit rates have been depressed and so this aim was not achieved in the year.

Reserves policy and going concern
The Board of Directors ensures that there is sufficient reserves available to bridge the gap between the spending and receiving of income, and to cover any unplanned repairs and other expenditure in unrestricted funds based on previous year's expenditure and current budgets. These standards are set out in the Money Handbook issued by the NKT-IKBU. The directors are of the view that the Charity is a going concern, based on the increase and stability in the activities of the charity.

Principle Funding Sources
All income in the year came from charitable activities; no funding was received from outside sources.

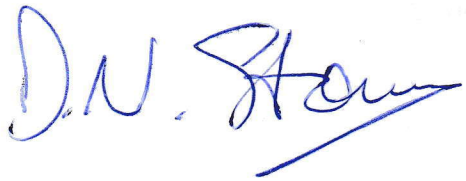
Plans for future periods

- To try to keep the rooms rented and to maintain the property.
- To build both the closer and wider community and encourage their involvement in flourishing the Centre in whatever way they can. - To try to develop EPC (Education Programme-Coordinator) help from within the community. - To find suitable ways to present the benefits of Meditation and Buddhist Study to more people in our area. - To seek suitable candidates for Directorship/Trusteeship in future years, following the Constitutional changes with regard to re-election, introduced in 2020.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 6 July 2023 and signed on behalf of the board of trustees by:



D N Stones
Trustee

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 16-18 Spencer Street, Carlisle, Cumbria, CA1 1BG.

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 Companies Act 2006.

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.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

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.

3. Accounting policies *(continued)*

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.

Incoming resources

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.

3. Accounting policies *(continued)*

Resources expended

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.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	2% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. Accounting policies *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

3. Accounting policies *(continued)*

Financial instruments *(continued)*

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

The liability of the members in the event of the company being liquidated is limited to £1 per member.

5. Donations and legacies

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Grants				
Grants receivable	–	–	17,669	17,669
Other donations and legacies				
Designated funds	1,242	1,242	2,425	2,425
General funds	7,953	7,953	8,241	8,241
Gift Aid	590	590	775	775
Membership fees	10	10	11	11
	9,795	9,795	29,121	29,121

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Meditation retreats	1,760	1,760	1,411	1,411
General Programme	3,378	3,378	2,619	2,619
Lunchtime Meditation	482	482	340	340
Foundation Program	4,170	4,170	3,720	3,720
Monthly Membership fees	3,691	3,691	3,495	3,495
School Visits	328	328	60	60
Kids Club	–	–	26	26
Day / Half Day Courses	2,091	2,091	1,623	1,623
Empowerment	624	624	667	667
	16,524	16,524	13,961	13,961

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Fundraising events	443	443	436	436
Dharma Shop income	924	924	1,109	1,109
Miscellaneous shop income	304	304	406	406
Casual accomodation	407	407	795	795
Residents rent	18,585	18,585	15,809	15,809
Residents rent sponsorship	3,533	3,533	4,600	4,600
Residents utilities income	5,120	5,120	5,020	5,020
Residents utilities sponsorship	922	922	1,200	1,200
Residents council tax	1,280	1,280	1,155	1,155
Residents council tax sponsorship	230	230	300	300
Laundry income	334	334	368	368
	32,082	32,082	31,198	31,198

8. Investment income

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	45	45	3	3

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Charitable activities	56,888	56,888	69,125	69,125
Support costs	1,370	1,370	650	650
	58,258	58,258	69,775	69,775

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2022 £**	Total fund 2021 £
Charitable activities	56,888	–	56,888	69,125
Governance costs	–	1,370	1,370	650
	56,888	1,370	58,258	69,775

11. Net income

Net income is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	6,000	6,000

12. Independent examination fees

	2022	2021
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	360	360

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

14. Tangible fixed assets

	Freehold property
	£
Cost	
At 1 January 2022 and 31 December 2022	300,000
Depreciation	
At 1 January 2022	58,500
Charge for the year	6,000
At 31 December 2022	64,500
Carrying amount	
At 31 December 2022	235,500
At 31 December 2021	241,500

15. Stocks

	2022	2021
	£	£
Raw materials and consumables	1,509	1,539

16. Debtors

	2022	2021
	£	£
Trade debtors	66	–
Prepayments and accrued income	1,026	1,728
	1,092	1,728

17. Creditors: amounts falling due within one year

	2022	2021
	£	£
Bank loans and overdrafts	4,652	–
Trade creditors	3,250	1,033
Accruals and deferred income	360	936
Other creditors	1,435	1,360
	9,697	3,329

18. Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Bank loans and overdrafts	214,215	223,519

The loan is secured on the property "Uma Kadampa Meditation Centre", in favour of the Triodos Bank, over a period of 25 years.

The loan is repayable in equal monthly instalments to cover capital and interest. Interest only has been paid during the pandemic.

19. Analysis of charitable funds

Unrestricted funds

	At 1 January 2022	Income	Expenditure	At 31 December 2022
	£	£	£	£
General funds	59,106	58,446	(58,258)	59,294

	At 1 January 2021	Income	Expenditure	At 31 December 2021
	£	£	£	£
General funds	54,598	74,283	(69,775)	59,106

20. Analysis of net assets between funds

	Unrestricted Funds £	**Total Funds 2022 £**
Tangible fixed assets	235,500	235,500
Current assets	47,706	47,706
Creditors less than 1 year	(9,697)	(9,697)
Creditors greater than 1 year	(214,215)	(214,215)
Net assets	59,294	59,294

	Unrestricted Funds £	Total Funds 2021 £
Tangible fixed assets	241,500	241,500
Current assets	44,454	44,454
Creditors less than 1 year	(3,329)	(3,329)
Creditors greater than 1 year	(223,519)	(223,519)
Net assets	59,106	59,106

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Uma Kadampa Meditation Centre

Year ended 31 December 2022

I report to the trustees on my examination of the financial statements of Uma Kadampa Meditation Centre ('the charity') for the year ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

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

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Mr RW Gordon, FCA
Independent Examiner

Briar Lea House
Brampton Road
Longtown
Carlisle
Cumbria
CA6 5TN

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2022

	Note	2022 Unrestricted funds £	2022 Total funds £	2021 Total funds £
Income and endowments				
Donations and legacies	5	9,795	9,795	29,121
Charitable activities	6	16,524	16,524	13,961
Other trading activities	7	32,082	32,082	31,198
Investment income	8	45	45	3
Total income		58,446	58,446	74,283
Expenditure				
Expenditure on charitable activities	9,10	58,258	58,258	69,775
Total expenditure		58,258	58,258	69,775
Net income and net movement in funds		188	188	4,508
Reconciliation of funds				
Total funds brought forward		59,106	59,106	54,598
Total funds carried forward		59,294	59,294	59,106

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 11 to 19 form part of these financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Position

31 December 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	14	235,500	241,500
Current assets			
Stocks	15	1,509	1,539
Debtors	16	1,092	1,728
Cash at bank and in hand		45,105	41,187
		47,706	44,454
Creditors: amounts falling due within one year	17	9,697	3,329
Net current assets		38,009	41,125
Total assets less current liabilities		273,509	282,625
Creditors: amounts falling due after more than one year	18	214,215	223,519
Net assets		59,294	59,106
Funds of the charity			
Unrestricted funds		59,294	59,106
Total charity funds	19	59,294	59,106

For the year ending 31 December 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

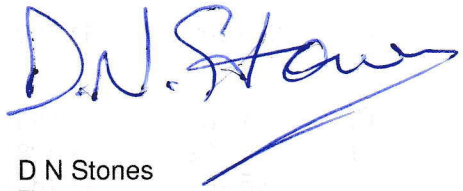
- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

The statement of financial position
continues on the following page.

The notes on pages 11 to 19 form part of these financial statements.

These financial statements were approved by the board of trustees and authorised for issue on 6 July 2023, and are signed on behalf of the board by:



D N Stones
Trustee

UMA KADAMPA MEDITATION CENTRE

England & Wales - Charity number 1089869

Accounts

COMPANY REGISTRATION NUMBER: 04271203

CHARITY REGISTRATION NUMBER: 1089869

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Unaudited Financial Statements

31 December 2021

GORDON CONSULTANCY LIMITED

Chartered accountants

Briar Lea House

Brampton Road

Longtown

Carlisle

Cumbria

CA6 5TN

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2021

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Uma Kadampa Meditation Centre

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2021.

Reference and administrative details

Registered charity name	Uma Kadampa Meditation Centre
Charity registration number	1089869
Company registration number	04271203
Principal office and registered office	16-18 Spencer Street Carlisle Cumbria CA1 1BG
The trustees	
	A E R P Jones J P Edwards J Andrews S D Hopgood
Company secretary	S D Hopgood
Independent examiner	Mr RW Gordon, FCA Briar Lea House Brampton Road Longtown Carlisle Cumbria CA6 5TN

Structure, governance and management

Governing Document

The charity, Uma Kadampa Meditation Centre is a charitable company limited by guarantee; incorporated on 15th August 2001 under the Companies Act 1985, as a private limited company. It was registered as a charity on 19th December 2001. Originally incorporated as Uma Buddhist Centre the name was changed by special resolution on the 24th September 2014. 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, as amended by special resolutions on 6th February 2004 and 6th November 2020. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Structure, governance and management *(continued)*

Recruitment and Appointment of Management Committee
Trustees are recruited from within the centre or from other similar centres so that they have knowledge and understanding of the charity's aims and workings. To be elected or appointed as a Trustee, the nominee must be a member of the charity and are elected by the members at the Annual General Meeting or by the trustees and other members of the organisation, in particular the Administrative Director and Resident Teacher, who have experience within the organisation.

The number of Directors shall be three, two of whom must be Members (and normally Local Members) and shall be elected by members of the charity. The third Director shall be an ex offico Director and must be the duly appointed Administrative Director of a major NKT-IKBU Kadampa Meditation Centre in the United Kingdom. Neither the Spiritual Director nor the Administrative Director not the Resident Teacher of the Charity may be a director.

Related Charities
The charity is a member of the New Kadampa Tradition - International Kadampa Buddhist Union ("NKT-IKBU), which is made up of the many centres throughout the world with the same objects, however they are independent charities lined only by their objects and there is no financial dependency although funds may pass between centres to fulfill aims and objectives.

Trustee induction and training
Every trustee must be familiar with the practical work of the charity and the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU). The trustees are familiar with the Memorandum and Articles of the charity, understand their obligations as Management Committee members and are aware of the current financial position of the charity. In addition they must have read, understood entirely and accepted the Internal Rules of NKT-IKBU.

Organisational Structure
The board of Directors shall appoint an Administrative Director and shall delegate the responsibility for all day-to-day management of the charity to him/her. The day-to-day activities and affairs of the charity shall be conducted and all corresponding corporate powers shall be exercised by the Administrative Director, in consultation with the trustees.

The charity is affiliated with the New Kadampa Tradition charity, which is a parent organisation for the centres of the NKT-IKBU worldwide. As an affiliated centre, Uma Kadampa Meditation Centre follows and acts in accordance with the Internal Rules of NKT-IKBU.

Related Parties and co-operation with other organisations
None of the trustees receive a remuneration or other benefit from their work with the charity, Uma Kadampa Meditation Centre also occasionally cooperates with the New Kadampa Tradition Charity, and the other NKT-IKBU centres worldwide, for example when organising events.

Structure, governance and management *(continued)*

Pay policy for senior staff
The directors consider the board of directors, who are the charity's trustees, and the senior management team comprise of the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day-to-day basis.

All directors give of their time freely and no director received any remuneration in the year.

At present the Resident Teacher is given a stipend, food allowance and accommodation. The new Education Programme Coordinator received a Stipend, food allowance and accommodation from April 18th 2021, when she commenced the job . The Administrative Director receives sponsorship equal to the stipend only and all other people helping the charity work on a voluntary basis.

Risk Management
The trustees have a risk management strategy which comprises of:
-regular reviews of the principal risks and uncertainties that may face the charity;
-the establishment of policies, systems and procedures to mitigate any risks identified in regular reviews;
-and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

Objectives and activities

The company's objects and principal activities are to:
To promote the Buddhist Faith under the spiritual guidance of the elected General Spiritual Director of the New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU) principally through the activities of teaching, study, practice and the observance of moral discipline all within the Mahayana Buddhist tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition - International Kadampa Buddhist Union, through the continuous implementation of the three study programmes; the General Programme, the Foundation Programme and the Teacher Training Programme, all as defined in Schedule A.

Schedule A
The General Programme provides a basic introduction to Buddhist View, and meditation that is suitable for beginners. The Foundation Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts. The Teacher Training Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhists texts.

The main areas of charitable activity are the provision of its General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Volunteers
The charity makes significant use of volunteers in all areas of its activities. All General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Objectives and activities *(continued)*

Public Benefits
In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission. They believe that the work of the charity in promoting the Buddhist faith has clearly identifiable benefits. The charity believes that there are three important public benefits to promoting the Buddhist faith: to help people to develop their wisdom, to cultivate a good heart, and to maintain a peaceful mind. If we do not strive to develop our wisdom, we will always remain ignorant to the true nature of reality. Everyone wishes for happiness, but our ignorance or reality leads us to engage in non-virtuous actions, which in turn are the main cause of all our suffering. Further, if we do not cultivate a good heart towards others, then our selfish motivation destroys the harmony of our relationships with others. We then have no peace, and no chance to gain pure happiness. Without inner peace, outer peace is impossible, both personally and throughout society.

Benefit to the Public
The charity offers regular courses of instruction in Buddhist philosophy, psychology and meditation, bringing personal and social benefit. These courses are accessible to the public for modest fees. The more advanced courses of instruction require a greater commitment of personal time from participants. The charity also maintains a year-round programme of services of prayer and meditation, again open to the public.

Achievements and performance

With the help of Kelsang Dedan, from Manjushri KMC, in Jan/Feb 2021 we changed the meditation room round so that we would be able to open the window at the back of the room and allow fresh air into the room. This was so that we could begin having in person classes again. The shrine looks much better in its current position and many improvements have been made to the offerings and shrine cloths over the past 18 months. Kelsang Deden also co-ordinated more voluntary help from the community, such as Barry taking over looking after the meditation room, and various others becoming class assistants. She stayed with us for 4 weeks to help re-establish our community after a year of Covid.

Gen Lekma and Kadam Paul Jenkins were guest teachers in the early part of 2021, attracting good numbers online - we couldn't offer in person courses by then.

In March 2021 we were devastated at the deaths of Gina and Terry, two of our most prominent volunteers. Uma Centre held a Powa Ceremony for them which was in person with limited numbers and online. About 35 people attended in all.

Kelsang Drolma continued as our remote EPC updating the website and overseeing the Zoom webinars and meetings.

In April 2021 Kelsang Gyalwa was appointed our EPC. She took over the website, MailChimp newsletter, publicity production and distribution, and co-ordinated our classes and events with Sharon. In April 2022 Kelsang Gyalwa was appointed as EPC for KMC Reading. We were grateful for her help for a year, especially it being the first year of in person classes and courses and outside events being started.

Achievements and performance *(continued)*

We re-opened fully for in person classes in mid April 2021- giving people access to online as well as coming into the Centre. The uptake for in person classes was slow and gradually built up during the year, although social distancing was still in place, with mask wearing and hand sanitising protocols, throughout the year.

We had just one school 'visit' which operated online. This reflected the times the schools were having difficulties with children/teacher infections.

We held one half-day course in an external venue with Gen Leksang at Morton Community Centre in May, and this was well attended with social distancing in place.

We were able to re-start our branch classes at Penrith and Workington, which both have had a steady number of regular attendees. These were not live-streamed due to not having the capacity to offer this.

Also we live streamed Foundation Programme for most of the year, and it was well attended. It returned to in person in April 2022.

We have continued to be able to provide weekly workplace meditation sessions as recordings for Carlisle City Council Wellbeing Group. We were invited to a Well-Being half day event at the Civic Centre, where we gave free half hour meditations. This was a token presence - people were still unwilling to return back to the workplace.

Overall class numbers were lower than usual but grew slowly over the year.

Our plans for the future include trying to find a third manager to be the EPC, to invite people to help with various jobs such as the website and publicity, and to find a way to make our classes and courses more popular.

Financial review

The trustees were satisfied with the results for the year.

Our pricing policy
Our pricing policy reflects our strategy of enabling all within our community, whatever their means, to take part in our activities, to attend our meditation classes and courses, concessionary admittance to these events is available on request.

To view our programme, and for further details of entrance fees, visit our website uma.org.uk or telephone our office, 01228 319344 or email info@uma.org.uk, for the centre opening times check our website.

Investment powers and policy
The directors, having regard to the liquidity requirements of operating the charity, have kept available funds in an interest-bearing deposit account and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the retail prices index. Due to wider economic circumstances deposit rates have been depressed and so this aim was not achieved in the year.

Financial review *(continued)*

Reserves policy and going concern
The Board of Directors ensures that there is sufficient reserves available to bridge the gap between the spending and receiving of income, and to cover any unplanned repairs and other expenditure in unrestricted funds based on previous year's expenditure and current budgets. These standards are set out in the Money Handbook issued by the NKT-IKBU. The directors are of the view that the Charity is a going concern, based on the increase and stability in the activities of the charity.

Principle Funding Sources
All income in the year came from charitable activities; no funding was received from outside sources.

Plans for future periods

-To try to keep the rooms rented and maintain the property
-To build both the closer and wider community and encourage their involvement in flourishing the Centre in whatever way they are able to
-To try to find an EPC (Education Programme-Coordinator), a third Manager, following the transfer of the present one to another Centre in mid April 2022
-To find suitable ways to present the benefits of Meditation and Buddhist Study to more people in our area
-To seek suitable candidates for Directorship/Trusteeship in future years, following the Constitutional changes with regard to reelection, introduced last year

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 5th July 2022 and signed on behalf of the board of trustees by:

A E R P Jones
Trustee



Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2021

	Note	2021 Unrestricted funds £	2021 Total funds £	2020 Total funds £
Income and endowments				
Donations and legacies	5	29,121	29,121	18,797
Charitable activities	6	13,961	13,961	18,942
Other trading activities	7	31,198	31,198	24,039
Investment income	8	3	3	111
Total income		74,283	74,283	61,889
Expenditure				
Expenditure on charitable activities	9,10	69,775	69,775	50,610
Total expenditure		69,775	69,775	50,610
Net income and net movement in funds		4,508	4,508	11,279
Reconciliation of funds				
Total funds brought forward		54,598	54,598	43,319
Total funds carried forward		59,106	59,106	54,598

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 11 to 19 form part of these financial statements.

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Statement of Financial Position

31 December 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible fixed assets	**14**	241,500	247,500
Current assets			
Stocks	**15**	1,539	4,564
Debtors	**16**	1,728	2,008
Cash at bank and in hand		41,187	27,406
		44,454	33,978
Creditors: amounts falling due within one year	**17**	3,329	2,589
Net current assets		41,125	31,389
Total assets less current liabilities		282,625	278,889
Creditors: amounts falling due after more than one year	**18**	223,519	224,291
Net assets		59,106	54,598
Funds of the charity			
Unrestricted funds		59,106	54,598
Total charity funds	**19**	59,106	54,598

For the year ending 31 December 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

The statement of financial position
continues on the following page.

The notes on pages 11 to 19 form part of these financial statements.

Statement of Financial Position *(continued)*

31 December 2021

These financial statements were approved by the board of trustees and authorised for issue on 5th July 2022, and are signed on behalf of the board by:

A E R P Jones
Trustee



1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 16-18 Spencer Street, Carlisle, Cumbria, CA1 1BG.

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 Companies Act 2006.

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.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

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.

3. Accounting policies *(continued)*

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.

Incoming resources

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.

3. Accounting policies *(continued)*

Resources expended

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.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	2% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. **Accounting policies** *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

3. Accounting policies *(continued)*

Financial instruments *(continued)*

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

The liability of the members in the event of the company being liquidated is limited to £1 per member.

5. Donations and legacies

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Grants				
Grants receivable type 1	17,669	17,669	–	–
Grants receivable type 2	–	–	10,000	10,000
Other donations and legacies				
Designated funds	2,425	2,425	794	794
General funds	8,241	8,241	6,326	6,326
Gift Aid	775	775	1,661	1,661
Membership fees	11	11	16	16
	29,121	29,121	18,797	18,797

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Meditation retreats	1,411	1,411	1,620	1,620
General Programme	2,619	2,619	5,440	5,440
Lunchtime Meditation	340	340	874	874
Foundation Program	3,720	3,720	5,640	5,640
Monthly Membership fees	3,495	3,495	1,790	1,790
School Visits	60	60	202	202
Kids Club	26	26	836	836
Prayers for World Peace	–	–	3	3
Day / Half Day Courses	1,623	1,623	2,254	2,254
Recordings	–	–	155	155
Empowerment	667	667	128	128
	13,961	13,961	18,942	18,942

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Fundraising events	436	436	1,115	1,115
Dharma Shop income	1,109	1,109	639	639
Miscellaneous shop income	406	406	536	536
Casual accomodation	795	795	20	20
Residents rent	15,809	15,809	11,867	11,867
Residents rent sponsorship	4,600	4,600	4,370	4,370
Residents utilities income	5,020	5,020	3,014	3,014
Residents utilities sponsorship	1,200	1,200	1,140	1,140
Residents council tax	1,155	1,155	753	753
Residents council tax sponsorship	300	300	285	285
Laundry income	368	368	300	300
	31,198	31,198	24,039	24,039

8. Investment income

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable type 1	3	3	111	111

9. Expenditure on charitable activities by fund type

	Unrestricted Funds	**Total Funds 2021**	Unrestricted Funds	Total Funds 2020
	£	**£**	£	£
Charitable activities	69,125	69,125	50,610	50,610
Support costs	650	650	–	–
	69,775	69,775	50,610	50,610

10. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	**Total funds 2021**	Total fund 2020
	£	£	**£**	£
Charitable activities	69,125	–	69,125	50,610
Governance costs	–	650	650	–
	69,125	650	69,775	50,610

11. Net income

Net income is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of tangible fixed assets	6,000	6,000

12. Independent examination fees

	2021	2020
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	–	650

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

14. Tangible fixed assets

	Freehold property £
Cost	
At 1 January 2021 and 31 December 2021	300,000
Depreciation	
At 1 January 2021	52,500
Charge for the year	6,000
At 31 December 2021	58,500
Carrying amount	
At 31 December 2021	241,500
At 31 December 2020	247,500

15. Stocks

	2021 £	2020 £
Raw materials and consumables	1,539	4,564

16. Debtors

	2021 £	2020 £
Trade debtors	–	280
Prepayments and accrued income	1,728	1,728
	1,728	2,008

17. Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	1,033	673
Accruals and deferred income	936	936
Other creditors	1,360	980
	3,329	2,589

18. Creditors: amounts falling due after more than one year

	2021 £	2020 £
Bank loans and overdrafts	223,519	224,291

18. Creditors: amounts falling due after more than one year *(continued)*

Included within creditors: amounts falling due after more than one year is an amount of £Nil (2020: £138,206) in respect of liabilities payable or repayable by instalments which fall due for payment after more than five years from the reporting date.

The loan is secured on the property "Uma Kadampa Meditation Centre", in favour of the Triodos Bank, over a period of 25 years.

The loan is repayable in equal monthly instalments to cover capital and interest. Interest only has been paid during the pandemic.

19. Analysis of charitable funds

Unrestricted funds

	At 1 January 2021	Income	Expenditure	**At 31 December 2021**
	£	£	£	£
General funds	54,598	74,283	(69,775)	59,106

	At 1 January 2020	Income	Expenditure	At 31 December 2020
	£	£	£	£
General funds	43,319	61,889	(50,610)	54,598

20. Analysis of net assets between funds

	Unrestricted Funds	**Total Funds 2021**
	£	£
Tangible fixed assets	241,500	241,500
Current assets	44,454	44,454
Creditors less than 1 year	(3,329)	(3,329)
Creditors greater than 1 year	(223,519)	(223,519)
Net assets	59,106	59,106

	Unrestricted Funds	Total Funds 2020
	£	£
Tangible fixed assets	247,500	247,500
Current assets	33,978	33,978
Creditors less than 1 year	(2,589)	(2,589)
Creditors greater than 1 year	(224,291)	(224,291)
Net assets	54,598	54,598

Uma Kadampa Meditation Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Uma Kadampa Meditation Centre

Year ended 31 December 2021

I report to the trustees on my examination of the financial statements of Uma Kadampa Meditation Centre ('the charity') for the year ended 31 December 2021.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

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

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Mr RW Gordon, FCA
Independent Examiner

Briar Lea House
Brampton Road
Longtown
Carlisle
Cumbria
CA6 5TN

UMA KADAMPA MEDITATION CENTRE

England & Wales - Charity number 1089869

Accounts

Uma Kadampa Meditation Centre

(formerly Uma Buddhist Centre)

(A company limited by guarantee)

Report and Unaudited Financial Statements
For the accounting period 31 December 2020

Registered Charity number 1089869

Registered Company number 4271203

Uma Kadampa Meditation Centre
(formerly Uma Buddhist Centre)
(A company limited by guarantee)

Registered Charity number: 1089869

Report and Financial Statements
For the accounting period to 31 December 2020

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UMA KADAMPA MEDITATION CENTRE

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF UMA KADAMPA MEDITATION CENTRE

FOR THE ACCOUNTING PERIOD 31 DECEMBER 2020

I report on the accounts of the charity for the accounting period 31 December 2020, which are set out on pages 9 to 18

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND INDEPENDENT EXAMINER

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 20011 Act) and that an independent examination is needed. The charity's gross income did not exceed £250,000.

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 the general Direction 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 any 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 set out below

Independent Examiner's Statement

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

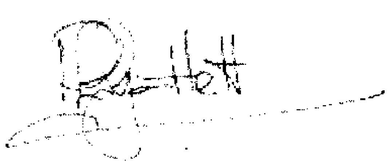
1. which gives me reasonable cause to believe that in any material respect requirements

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with methods and principles of the Statement of Recommended Practice: Accounting and Reporting by charities

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

P L Gauntlett Accounts Ltd
54 Inglewood Crescent
Carlisle
CA2 6JL



Ms P L Gauntlett

Uma Kadampa Meditation Centre

Report of the trustees for the year ending 31 December 2020

The trustees are pleased to present their annual directors' report, and financial statements of the charity for the year ending 31 December 2020 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Reference and Administrative Information

Charity name:	Uma Kadampa Meditation Centre
Registered Charity number:	1089869
Registered Company number:	4271203
Registered Office and Operational address:	16-18 Spencer Street Carlisle Cumbria CA1 1BG

Our advisers

Mortgage lender:	Triodos Bank NV
Bankers:	HSBC Bank PLC - Carlisle
Independent Examiner:	Ms P L Gauntlett P L Gauntlett Accounts Ltd 54 Inglewood Crescent Carlisle CA2 6JL

Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Key management personnel Uma Kadampa Meditation Centre: Trustees' and Directors

Aileen Elise Rowena Pryce Jones
Jane Patricia Edwards
Jennifer Hilary James resigned 10/09/2020
James Cootes resigned 11/11/2020
Jennifer Andrews appointed 10/11/2020
Sharon Dawn Hopgood

Secretary:
Sharon Dawn Hopgood

Structure, Governance and Management

Governing Document

The charity, Uma Kadampa Meditation Centre is a charitable company limited by guarantee; incorporated on 15th August 2001 under the Companies Act 1985, as a private company and the company is limited. It was registered as a charity on 19th December 2001. Originally incorporated as Uma Buddhist Centre the name was changed by special resolution on the 24th September 2014. 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, as amended by special resolutions on 6th February 2004 and 6th November 2020. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

Trustees are recruited from within the centre or from other similar centres so that they have knowledge and understanding of the charity's aims and workings. To be elected or appointed as a Trustee, the nominee must be a member of the charity and are elected by the members at the Annual General Meeting or by the trustees when the need arises according to the Memorandum of Association. Each new trustee is guided by the current trustees and other members of the organisation, in particular the Administrative Director and Resident Teacher, who have experience within the organisation.

The number of Directors shall be three, two of whom must be Members (and normally Local Members) and shall be elected by members of the charity. The third Director shall be an *ex officio* Director and must be the duly appointed Administrative Director of a major NKT-IKBU Kadampa Meditation Centre in the United Kingdom. Neither the Spiritual Director nor the Administrative Director nor the Resident Teacher of the Charity may be a Director.

Related Charities

The charity is a member of the New Kadampa Tradition – International Kadampa Buddhist Union ("NKT-IKBU"), which is made up of many centres throughout the world with the same objects, however they are all independent charities linked only by their objects and there is no financial dependency although funds may pass between centres to fulfil aims and objectives.

Trustee induction and training

Every trustee must be familiar with the practical work of the charity and the New Kadampa Tradition – International Kadampa Buddhist Union (NKT-IKBU). The trustees are familiar with the Memorandum and Articles of the charity, understand their obligations as Management Committee members and are aware of the current financial position of the charity. In addition they must have read, understood entirely and accepted the Internal Rules of NKT-IKBU.

Organisational Structure

The Board of Directors shall appoint an Administrative Director and shall delegate the responsibility for all day-to-day management of the charity to him/her. The day-to-day activities and affairs of the charity shall be conducted and all corresponding corporate powers shall be exercised by the Administrative Director, in consultation with the trustees.

The charity is affiliated with the New Kadampa Tradition charity, which is a parent organisation for centres of the NKT- IKBU worldwide. As an affiliated centre, Uma Kadampa Meditation Centre follows and acts in accordance with the Internal Rules of NKT-IKBU,

Related Parties and co-operation with other organisations

None of our trustees receive a remuneration or other benefit from their work with the charity. Uma Kadampa Meditation Centre also occasionally cooperates with the New Kadampa Tradition Charity, and other NKT-IKBU centres worldwide, for example when organising events.

Pay policy for senior staff

The directors consider the board of directors, who are the charity's trustees, and the senior management team comprise of the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis.

All directors give of their time freely and no director received any remuneration in the year.

At present the Resident Teacher is given a stipend, food allowance and accommodation. The Education Programme Coordinator received a stipend, food allowance and accommodation only for the first three months of the year, after which they left to work remotely due to the pandemic. The Administrative Director receives sponsorship equal to the stipend only and all other people helping the charity work on a voluntary basis.

Risk Management

The trustees have a risk management strategy which comprises of :

- regular reviews of the principal risks and uncertainties that may face the charity;
- the establishment of policies, systems and procedures to mitigate any risks identified in regular reviews;
- and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

Objectives and Activities for the Public Benefit

The company's objects and principal activities are to:

To promote the Buddhist Faith under the spiritual guidance of the elected General Spiritual Director of the New Kadampa Tradition – International Kadampa Buddhist Union (NKT-IKBU) principally through the activities of teaching, study, practice and the observance of moral discipline all within the Mahayana Buddhist tradition of Atisha and Je Tsongkhapa as taught by Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition – International Kadampa Buddhist Union, through the continuous implementation of the three study programmes: the General Programme, the Foundation Programme and the Teacher Training Programme, all as defined in Schedule A

Schedule A

- The General Programme this provides a basic introduction to Buddhist view, and meditation that is suitable for beginners.

- The Foundation Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts.

- The Teacher Training Programme provides an opportunity to deepen our understanding and experience of Buddhism through the systematic study of Buddhist texts.

The main areas of charitable activity are the provision of General Programme, Foundation Programme and Teacher Training Programme. The charity also regularly holds day courses, empowerments and group retreats.

Volunteers

The charity makes significant use of volunteers in all areas of its activities. All General Programme classes held outside the centre are taught on a voluntary basis with support from local class members. The centre itself also regularly makes use of volunteers in many areas, ranging from occasional help, through regular help, to full-time work on specific projects.

Public Benefits

In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission. They believe that the work of the charity in promoting the Buddhist faith has clearly identifiable benefits. The charity believes that there are three important public benefits to promoting the Buddhist faith: to help people to develop their wisdom, to cultivate a good heart, and to maintain a peaceful mind. If we do not strive to develop our wisdom, we will always remain ignorant to the true nature of reality. Everyone wishes for happiness, but our ignorance of reality leads us to engage in non-virtuous actions, which in turn are the main cause of all our suffering. Further, if we do not cultivate a good heart towards others, then our selfish motivation destroys the harmony of our relationships with others. We then have no peace, and no chance to gain pure happiness. Without inner peace, outer peace is impossible, both personally and throughout society.

Benefit to the Public

The charity offers regular courses of instruction in Buddhist philosophy, psychology and meditation, bringing personal and social benefit. These courses are accessible to the public for modest fees. The more advanced courses of instruction require a greater commitment of personal time from participants. The charity also maintains a year-round programme of services of prayer and meditation, again open to the public.

The Achievements and Performance which delivered Public Benefit

This year has been an unusual year with the Covid 19 restrictions.

From January - March we were open for classes. January - March it was an extremely busy time for Gen Dema, the Resident Teacher, with school groups. The uptake on school groups was a substantial increase on previous years.

We focused our energies on an International Teacher, Gen Thubten, coming to teach for UMA KMC. We ran this event in the centre of Carlisle in the city hotel Crown and Mitre. It was a huge success The attendance was very good (137) and many of our community were very involved in organising and helping with this half day course. Overall it was very successful and seemed to have an immediate impact on numbers in UMA KMC classes. It seemed as if people were inspired and had a new confidence in the centre and themselves following this half day course.
Also it was a huge community building event. In fact the teacher met our community the evening prior to the event encouraging participation.

Gen Dema started a morning class in the Tullie House museum in February. Again a new venture to bring and connect with local Carlisle people.
Branch classes numbers in general were very good in Jan - March. Our block booking system seemed to have really helped and in some of our branch classes the numbers were consistently high.

We had our usual half day courses.

In March we closed for in person classes and very quickly we started providing online classes
We did separate online classes for Carlisle & Dumfries & Galloway (D&G)

In July D&G was appointed a resident teacher. As a result, the two places Carlisle (Cumbria), and Dumfries & Galloway in Scotland, became independent of each other. Uma KMC now began serving exclusively Carlisle and North and West Cumbria.
From September 2020 both centres have operated independently

We have provided online live streamed classes in the evening, at lunchtime and on Saturdays for half day courses. Also, for our regular students we continued with our Foundation Programme which has been very well attended.
We have continued to be able to provide weekly Workplace meditation sessions as recordings for Carlisle City Council Wellbeing Group.

We opened for a very short time for in person classes pre and post-Christmas – offering both in person and online classes.

People have been very grateful that we continued our services online and we have tried to reach out to our community in creative ways including hiking during the summer months, meeting up outdoors when permitted.
Overall class numbers decreased but remained ok given the circumstances.

Financial Review

For the 12 months accounting period the charity showed a net gain of £11279. This includes a grant of £10000 due to the Covid pandemic.

Our pricing policy

Our pricing policy reflects our strategy of enabling all within our community, whatever their means, to take part in our activities, to attend our meditation classes and courses, concessionary admittance to these events is available on request.

To view our programme, and for further details of entrance fees, visit our website www.http://uma.org.uk/ or telephone our office: 01228 319344 or email info@uma.org.uk for Centre opening times check our website.

Investment powers and policy

The directors, having regard to the liquidity requirements of operating the charity, have kept available funds in an interest-bearing deposit account and seek to achieve a rate on deposit which matches or exceeds inflation as measured by the retail prices index. Due to wider economic circumstances deposit rates have been depressed and so this aim was not achieved in the year.

Reserves policy and going concern

The Board of Directors ensures that there is sufficient reserves available to bridge the gap between the spending and receiving of income, and to cover any unplanned repairs and other expenditure in unrestricted funds based on previous year's expenditure and current budgets. These standards are set out in the Money Handbook issued by the NKT-IKBU. The directors are of the view that the Charity is a going concern, based on the ~~increase and~~ stability in the activities of the charity.

Principle Funding Sources

All income in the year came from charitable activities; no funding was received from outside sources.

Plans for Future Periods

- To reopen and gradually expand the Centre classes and courses, it's Branch Classes and external courses in accordance with Government regulations regarding Covid-19 safety
- To keep the rooms rented.
- To try to increase attendance at Centre and Branch classes and courses.
- To keep the building in reasonable structural and decorative repair and to make improvements where beneficial
- To encourage people to value and get involved in the Centre in whatever capacity they can.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of Uma Kadampa Meditation Centre for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company of the incoming resources and application of resources, including the income and expenditure, for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Board of Directors are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity, and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Board of Directors

Members of the Board of Directors, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 4

Taxation Status

The company has charitable status for taxation purposes and therefore has no taxation liability.

Auditors

Although the company is exempt from audit, Auditors shall be appointed if required by law and as stated in its Articles of Association.

Small company exemption

'This report has been prepared in accordance with 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 (FRS102) (effective 1 January 2015) – Charities SORP FRS 102 and in accordance with the provisions relating to small companies within Part 15 of the Companies Act 2006.'

Approved by the Board of Directors on 2nd June 2021 and signed on its behalf by:



Aileen Elise Rowena Pryce Jones - Director

Uma Kadampa Meditation Centre
Statement of Financial Activities (Including Income & Expenditure Account)
for the year end 31 December 2020

	Notes	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
Income:					
Donations and legacies	2	8797	-	8797	3208
Charitable activities	3	20117	-	20117	32705
Other trading activities	4	22864	-	22864	29187
Covid grant		10000		10000	
Interest	5	111	-	111	23
Total income		**61889**	-	**61889**	**65123**
Expenditure on:					
Raising funds	6	30		30	5,655
Charitable activities	6	50563		50563	57488
Total expenditure		**50593**		**50593**	**63143**
Net income/(expenditure) and net movement in funds for the year	15	11279			**1980**
Transfer					
Reconciliation of funds					
Total funds brought forward		**43319**		43319	41339
Total funds carried forward	16	**54598**	-	**54598**	**43319**

Statement of total recognised gains and losses

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 11 to 18 form part of these accounts

Registered Company number: 4271203

Uma Kadampa Meditation Centre

Balance Sheet as at 31 December 2020

	Notes	2020 £	2020 £	2019 £	2019 £
Fixed Assets					
Tangible assets – Property	9	247500		253500	
Total fixed assets			247500		253500
Current Assets					
Stocks	10	4564		2471	
Debtors and prepayments	11	280		1026	
Prepaid expenses	11	1026		599	
Accrued Income		702		702	
Cash at bank and in hand		27406		14199	
Total current assets			**33978**		**18997**
Liabilities:					
Creditors: amounts falling due within one year	12				
Trade creditors and accruals		(673)		(1655)	
Prepaid income		(936)		(30)	
Rent bonds		(980)		(1300)	
Loans - Triodos Bank		-		(7448)	
Total current liabilities			(2589)		(10433)
Net current assets or liabilities			**31389**		**8564**
Total assets less current liabilities			**278889**		**262064**
Creditors: amounts falling due more than one year	13				
Long term loans:					
Mortgage – Triodos Bank NV	14	(224291)		(218745)	
			(224291)		(218745)
Total net assets or liabilities	15		**54598**		**43319**
The funds of the charity:					
Restricted funds					
Unrestricted funds			54598		43319
Total charity funds	16		**54598**		**43319**

The trustees are satisfied that the charity is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.
The trustees acknowledge their responsibilities for:

(i) ensuring that the charity keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charity.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the trustees on the 2nd June **2021 and signed on their behalf by:**

Aileen Elise Rowena Pryce Jones - **Director** A E R Pryce Jones

The notes on pages 11 to 18 form part of these accounts

Uma Kadampa Meditation Centre

Notes on the accounts

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 02), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Uma Kadampa 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

The trustees are satisfied that the accounts are prepared on a going concern basis, for the stability of the centre, the charity showed a net gain of £11296 on 2020 accounts, and the charity held reserves at the end of 2020 of £54598.

c) Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income when received in advance for any courses, events, or other specified service, is deferred until the criteria for income recognition are met, when these funds arise see (note 12).

d) Donated services and facilities

Donated professional services and donated 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 of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the trustees' annual report for more information about their contribution.

The charity benefits greatly from the involvement and support of its many volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

e) Interest receivable

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

f) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity. Further details of each fund are disclosed in (note 16)

g) Expenditure and irrecoverable VAT

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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of the costs related to residential income, fund-raising activities and their associated support costs.
- Expenditure on charitable activities includes the costs of meditation classes, courses, events and other educational activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include general office costs, finance, personnel, premises and governance costs which support the charities programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in (note 6)

i) Tangible fixed assets

All assets costing more than £3000 (Inc. VAT) are capitalised and valued at historical cost. Depreciation is charged on a straight-line basis over their estimated useful life of five years from the year of acquisition.

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Investments held as fixed assets are revalued at mid-market value at the balance sheet date and the gain or loss taken to the Statement of Financial Activities.

Depreciation of fixed assets is charged by equal annual instalments estimated to write off their cost less any residual value over the expected useful lives, which equates to the following rates.

Asset Category

Freehold buildings 2.0% - 2.2%
A full year's depreciation is charged in the year the asset is first brought into use.

j) Stock

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

k) 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.

l) Cash at bank and in hand

Cash at bank and cash in hand includes cash, a current and reserves account with instant access.

m) Creditors and provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

n) Financial instruments

The trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. They are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at market rate of interest. Such assets or debt instruments are subsequently carried at amortised cost using the effective interest rate method.'

Income from donations and legacies

2. Donations

	Unrestricted	2020 Total	2019 Total
	£	£	£
Designated funds	794	794	619
General funds	**6326**	**6326**	**2573**
Gift Aid	1661	1661	
Membership fees	16	16	16
	8797	**8797**	**3208**

3. Income from charitable activities

	Unrestricted	2020 Total	2019 Total
	£	£	£
General Programme – Branches	3195	3195	7978
General Programme – Centre	2245	2245	2324
Lunchtime Meditation - Branches	199	199	1162
Lunchtime Meditation - Centre	675	675	1826
Foundation Programme - Centre	5640	5640	6360
Foundation Programme- Branches	-	-	-
Facility Fee - residents	-	-	-
Monthly membership fees	1790	1790	1405
Meditation retreats	168	168	502
Meditation workshops	1452	1452	1200
School Visits	202	202	332
Kids club	836	836	110
Prayers for World Peace	3	3	8
Day/half day courses	2254	2254	6029
Recordings	155	155	18
Empowerment	128	128	723
Public talks	-	-	-
Dharma shop income	639	639	1933
Miscellaneous shop income	536	536	795
	20117	**20117**	**32705**

4. Income earned from other trading activities

	Unrestricted	2020 Total	2019 Total
	£	£	£
Fundraising income	12	12	673
Casual accommodation	20	20	1233
Residents rent	11867	11867	15352
Residents rent sponsorship	4370	4370	4830
Residents utilities income	3014	3014	3900
Residents utilities sponsorship	1140	1140	1260
Residents council tax	753	753	1375
Residents council tax sponsorship	285	285	315
Laundry income	300	300	249
	21761	**21761**	**29187**

5. Investment Income

All the investment income arises from an interest bearing deposit account.

	2020	2019
	£	£
Bank interest	111	23
	111	**23**

6. Net Income/(expenditure) for the year

	2020	2019
Depreciation	6000	6000
Interest paid on mortgage/loans	12059	13240
Buildings maintenance	---	1168

'No trustee of the charity received any remuneration or reimbursement of expenses during the year.'

7. Taxation

As a charity, Uma Kadampa Meditation Centre is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

8. Tangible Fixed Assets

	Freehold Land and Buildings £
Cost or valuation:	
As at 31 December 2019	300000
At 31 December 2019	**300000**
Accumulated Depreciation:	
At 31 December 2019	46500
Depreciation 2020	6000
As at 31 December 2020	**46500**
NBV @ 31 December 2020	**247500**
NBV @ 31 December 2019	253500

9. Stocks

	2020 £	2019 £
Dharma Stocks		1992
Miscellaneous shop stock	4564	479
	4564	**2471**

11. Debtors and Prepayments

	2020 £	2019 £
Debtors	280	--
Prepayments		1026
Prepaid expenses	1026	599
Accrued income	702	702
	2008	**2327**

12. Creditors – amounts falling due within one year

	2020 £	2019 £
Trade creditors	673	719
Accruals	936	936
Rent bonds	980	1300
Prepaid expenses		30
Secured bank loan, mortgage – Triodos Bank NV (note15)		7448
	2589	**10433**

13. Creditors – amounts falling due more than one year

	2020	2019
	£	£
Loans		
Secured bank loan - Tridos Bank NV (note 15)	224291	218745
	224291	**218745**

14. Secured bank loan – Mortgage Triodos

	2020	2019
	£	£
Amounts repayable by instalments:		
Within one year		7448
Within one and two years	20786	15240
Within two and five years	65299	65299
After more than five years	138206	138206
	224291	**226193**

The loan is secured on the property "Uma Kadampa Meditation Centre", in favour of the Triodos bank, over a period of 25 years.

The loan is repayable in equal monthly instalments to cover capital and interest. Interest only has been paid during the pandemic.

15. **Analysis of Net Assets between Funds**

	General Funds	Total funds
	£	£
Tangible fixed assets	247500	247500
Current assets	33978	33978
Current liabilities	(2589)	(2589)
Long term liabilities	(224291)	(224291)
Net assets at 31 December 2020	**54598**	**54598**

16. **Movement in Funds**

	At 31 December 2020	Incoming Resources (Inc. gains)	Outgoing Resources	Transfers	At 31 December 2019
	£	£	£	£	£
Restricted funds:					
Property repair/renovation fund.		-		-	-
Total restricted funds		-		-	-
Unrestricted funds:					
General Funds	54598	61889	50593	-	43,319
Designated Funds	-		17	-	-
Total unrestricted funds	54598	61889	50610	-	43,319
Total funds	**54598**	**61889**	**50610**	-	**43,319**

Purposes of General Funds
This fund is made up of donations for the purpose of using on the objects of the charity.

Purpose of Designated Funds
This fund was made up of donations towards equipment

Purpose of Restricted Funds
The balance of this fund is made up of donations for property renovation and roof repairs which were used in this accounting period 2020.