

Bristol and SW UK Shambhala Meditation Group
Trustees Report and Financial Statements
Year to 31st March 2021

Company Reg no: 06975971
Charity Reg no: 1132160

Bristol and SW UK Shambhala Meditation Group

Trustees' Annual Report

Year to 31st March 2021

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Reference and Administrative Information

Charity name: Bristol and SW UK Shambhala Meditation Group
Charity registration number: 1132160
Company registration number: 06975971
Registered Office & Operational Address:
17 Lower Redland Road, Bristol BS6 6TB

Trustees 2020-21

Christine Jeffcutt (resigned 7th September 2020)
Irene Cleghorn
Keith Ramsden
Peter Bailie
Beryl Susan Blackwell

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 29th July 2009 and registered as a charity on 16th October 2009. Its governing document is the Memorandum and Articles of Association as amended on 16th September 2010.

The Trustees of the charity are also Directors of the company for the purposes of company law.

Recruitment and Appointment of Trustees

Trustees can be appointed at any general meeting of the trustees. Following Shambhala International rules, trustees can only be chosen from among the membership, but any individual is free to become a member provided they follow the charity's guiding principles. When there are no members with the necessary skills to carry out essential trustee functions, training is provided.

Objects and Activities

Charitable Objects

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

Public Benefit

The charity's activities involve teaching and disseminating the principles and practices of Shambhala Buddhism, including free meditation instruction, discussion groups and programmes. This delivers public benefit by fostering personal development and compassion, and promoting altruism and social engagement. People of all backgrounds and incomes are given the opportunity to benefit from the charity's activities. We also provide space to rent for yoga teachers and therapists which contributes to the health and well-being of the public.

The Trustees have had regard to the Charity Commission's guidance on public benefit and endeavour to implement them in all the charity's work.

Achievements and Performance

During the year the group has continued to offer a broad programme of classes aimed at newcomers, current members and more advanced practitioners that make up the group. This has been achieved by the exertion and efforts of a small team of volunteers who have been determined and committed to supporting the charity. This includes the work of our groups in Stroud and Dorchester, which are an integral part of the dissemination of the charity's aims.

Reports from members with responsibility for finance, practice and education, premises, marketing and social media, and room rentals have all been produced for members attending the AGM. In summary, there have been some changeovers of responsibilities as some members of the group take on different roles.

This year has been difficult with problems of the pandemic and also problems continue in the wider Shambhala community. Our membership declined by a half last financial year, but has remained fairly steady this year. Measures taken last year to increase our rental income from yoga teachers and therapists to make up for the loss in membership dues were scuppered by the pandemic.

Covid-19 pandemic

The first lockdown happened on 24th March 2020 and we had to close our centre in Bristol and our groups in Dorchester and Stroud. Because we already had an account with Zoom, we carried on our regular meditation sessions online and held a couple of weekend courses. Our income from therapists and yoga teachers immediately stopped, though member subscriptions remained steady, and also some income came in from online sessions.

Thankfully we received a Covid grant of £10,000 from Bristol City Council in April 2020 and were kindly granted a 3-month rent holiday by our landlord. We received further Covid grants totalling £10,717 in March 2021.

CHARITY AND COMPANY REPORT:

Premises

In a uniquely demanding year, the key decision was taken in January 2021 to give our notice on the premises.

The following is a summary of some of the key events:

- The centre has only been open for approx 30% of the year, due to various restrictions and lockdowns.
- Tenants' hiring and use of the Centre has been greatly reduced throughout the period since March 2020.
- We would expect that the premises will remain closed until early Summer 2021 at least.
- We received £10k grant from the local council which was helpful to finances and in offsetting the costs of rental.
- We received one quarter's nil-rent from the landlord in recognition of the challenges and drop in income.
- We approached the landlord with a request for extended lease based on very low rental, which they rejected.
- The building has been generally in reasonable condition, without (so far) serious deterioration or incidents.

Management of subletting

2020 - 2021 has been a very challenging year for the letting of the centre to third parties. Tenants' hiring and use of the Centre was greatly reduced throughout the period since March 2020. The people who rented from us in the past are yoga teachers and masseurs. Because of the Coronavirus lockdowns, the therapists and yoga instructors who rented from us could not do their work. The Shambhala council made the decision to support our tenants by relieving tenants from their contracts and by doing so waive their rent during the periods they could not work. As a result of this, Shambhala Bristol has lost most of the income we generated from letting out the centre.

Practice and Education

Practice and Programming this year has inevitably been affected by the COVID pandemic and meetings have taken place by Zoom instead of in person during the three lockdowns in England.

PRACTICE:

Wednesday Open House

We have continued to offer an Open House each Wednesday evening either at the Bristol premises or online. The format of this changed in September: we reduced the time of meeting to one hour and a quarter and rather than the monthly format the structure changed to have a period of sitting for 20/25 minutes a short exercise session, a reading chosen and read by one of the regular attendees, a discussion and usually another period of sitting when time allowed.

Second Sunday of the Month

Instead of the usual City Retreat, because so many sessions were online we reduced the period of practice from a whole day to morning only, allowing three hours for those attending in person when this was permitted and an hour and half for those online. The focus of this session has been practice with occasional reading/bodhicitta practice/mindfulness of body exercise.

Shambhala Sadhana

We tried scheduling this for the first Sunday of each month and initially several people attended but because the London Centre were offering this online as well, we decided instead to put a link on the website to the London practice session for people to join.

Tonglen

This was introduced for a Monday and Thursday morning soon after the first lockdown and was well attended until the summer when many people returned to work. From the autumn it has continued every Thursday morning with three people attending consistently.

Vajrayana Practice

Since summer 2020 a monthly session for Scorpion Seal practitioners takes place each Monday afternoon.

EDUCATION:

Wednesday Open House

Until the change of format we continued to have talks offered monthly which included the following topics:

- Generosity
- Obstacles and Antidotes to Resting the Mind: Where Am I? Living in the Bardo - working with uncertainty and groundlessness
- The Six Paramitas
- The Three Marks of Existence
- The Four Foundations of Mindfulness
- The Four Reminders

Sunday One Day Workshops

Wheel of Life

Nine Stages of Resting the Mind

Weekend Programme

Developing Maitri - unfortunately because this fell during a period when COVID numbers were rising and required people to be physically present at the centre it was not considered safe to go ahead and has been postponed until a later date.

Way of Shambhala

Meek - taught by John Seex and took place just before the first lockdown with three people physically present and three people joining online

Perky - taught by John Seex online

Outrageous and Inscrutable - taught by Peter Conradi online

Other Workshops

Love and Death in the time of COVID

A group of people from the Stroud and Dorchester groups and the London centre have organised a series of six workshops taking place monthly on Saturday mornings which began in January 2021.

Vajrayana Study

Several Scorpion Seal practitioners meet and study together weekly.

Connecting to the Wider Mandala

Since the use of Zoom has become much more prevalent, various members of the group join with groups/centres across the world for a variety of other practices and study

Stroud Group

Mostly the group met at its usual Chalford venue during the time that we were not in lockdown but sadly one of their regular attendees, Jo, died of lung cancer during the year. In addition to the usual practice session we were able to watch a series of three videos which were offered by Lion's Roar to celebrate an anniversary of the publication of Zen Mind, Beginner's Mind by Suzuki Roshi and which was well received. We also studied selected chapters from Pema Chödrön's book Living Beautifully.

We have had a couple of enquiries recently from new people and the group hopes to resume meeting at the regular venue once the constraints of lockdown allow.

Dorchester Group

Since the lockdown in March last year we have been meeting on zoom. The sessions are a little shorter and we all acknowledge it is hard not meeting face to face. However, the Zoom sessions have become really valuable and we remain close to one another. The

level of sharing is often quite profound and the group has become an important part of our lives. We continue to follow a similar format as when we were meeting face to face with meditation, a teaching/reading followed by a discussion period and finishing with more sitting. The presentations are shared between group members.

We regularly have 6-8 people attend and occasionally have newcomers, although those who come for the first time are fewer than those who express an interest.

Financial Review

There was a healthy surplus during the year, but only because of the covid support available as detailed below; without these there would have been a loss during the year, and the resulting surplus is necessary to ensure the charity's survival in 2021-22.

Otherwise, income was reduced owing to the loss of activities income and donations; similarly, expenditure was reduced because of fewer programmes and also the reduced rent and rates payments.

Sue Blackwell is now Finance coordinator, supported by Finance assistants Irene Cleghorn who records and pays in cash and cheques from the centre to the bank, and Keith Ramsden who manages invoices to the therapists and yoga teachers that rent rooms at the centre, in communication with Roel Keizer who manages these rentals.

Sue Blackwell is responsible for keeping accurate records of all financial transactions and summarising and consolidating our financial data into one document for council meetings and submitting Gift Aid applications. The aim is to maintain an overview of the finance to provide meaningful reports to the council with which to aid decision making.

We started the year with our finances in good order. Our success in setting up new contracts for the therapists and yoga teachers that sublet from us had brought us enough income to counteract losses the previous year due to the disruption in Shambhala. We had lost half our members and were not generating so much income with our courses. Of course the pandemic hit and we have had to close the building for most of this financial year. Subsequently our income from therapists was drastically reduced, but we did retain some of it as one teacher was using our building to teach yoga online. We received grants from Bristol City Council of £20,717 and they also suspended the payment of Business Rates. Our landlords granted us a 3 month rent holiday. We have continued to offer our meditation and retreat sessions online via Zoom and also some courses and retreats, and these have been quite well attended and have brought in some income. Yoga teachers indicated to us that they would not be returning because pandemic restrictions would mean much reduced participants in classes, so we have decided that the financial burden of the rent for our building, the lack of members willing to give time to help to run the organisation, and the uncertainty going forward of the pandemic has led us to decide not to renew our lease on September 11th 2021 and we will be looking for premises to rent when it is safe to do so.

Reserves Policy

The Trustees have established a policy of reserving approximately three months' running costs to cover any unforeseen drop in the charity's income. Overheads are currently around £20,000 per annum, therefore £5,000 of general reserves have been set aside as a Contingency Fund (2020 £5,000).

Statement of Responsibilities of the Trustees

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

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

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

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

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

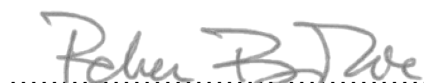
Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at 31st March 2021 was 4 (2019 - 5).

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

Approved by the trustees on 24th May 2021 and signed on their behalf by:



Irene Cleghorn, Trustee



Peter Bailie, Trustee

Independent examiner's report to the trustees of Bristol and SW UK Shambhala Meditation Group

I report to the charity trustees on my examination of the accounts of Bristol and SW UK Shambhala Meditation Group (the Company) for the year ended 31st March 2021, which are set out on pages 10 to 15.

Responsibilities and basis of report

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

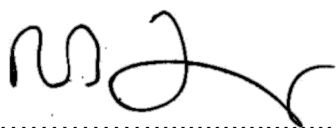
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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.



.....
Rupert Taylor
Easton Business Centre
Felix Road
Bristol BS5 0HE

27th May 2021

Bristol and SW UK Shambhala Meditation Group
Statement of Financial Activities
(incorporating Income & Expenditure Account)
Year to 31st March 2021

		Total funds 2021	Total funds 2020
		(All unrestricted)	(All unrestricted)
	Notes	£	£
Income:			
Donations and grants	[2]	27,678	10,958
Charitable activities	[3]	2,804	2,841
Other trading activities	[4]	1,867	7,298
Investments		7	3
		-----	-----
Total Income		32,356	21,100
 Expenditure:			
<i>Charitable activities:</i>			
Educational and religious activities	[5]	14,277	20,586
		-----	-----
Total Expenditure		14,277	20,586
		-----	-----
Net Income / (Expenditure)		18,079	514
Transfers between funds	[9]	-	-
		-----	-----
Net Movement in Funds		18,079	514
 Total funds brought forward		9,602	9,088
		-----	-----
Total funds carried forward		27,681	9,602

Bristol and SW UK Shambhala Meditation Group

Balance Sheet

As at 31st March 2021

Company Reg no: 06975971

	Notes	2021 £	2020 £
Fixed Assets	[6]	1,121	1,121
Current Assets			
Debtors and prepayments	[7]	3,674	4,977
Cash at bank and on hand		24,700	5,393
		<hr/> 28,374	<hr/> 10,370
Current Liabilities			
Creditors and accruals	[8]	314	390
		<hr/> 28,059	<hr/> 9,981
Net Current Assets			
		<hr/> 29,181	<hr/> 11,102
Net Assets			
Liabilities due after more than one year	[9]	(1,500)	(1,500)
		<hr/> 27,681	<hr/> 9,602
Net Assets			
		<hr/> 27,681	<hr/> 9,602

The funds of the charity:

Unrestricted funds:

General funds	[10]	22,276	4,197
Designated funds	[10]	5,405	5,405
		<hr/> 27,681	<hr/> 9,602

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

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

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

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

Approved by the Board of Trustees on 24th May 2021
and signed on its behalf by



Irene Cleghorn
Trustee



Peter Bailie
Trustee

Bristol and SW UK Shambhala Meditation Group

Notes to the Accounts

Year to 31st March 2021

[1] Principal Accounting Policies

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

(a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) 2nd edition, the Charities Act 2011 and the Companies Act 2006.

Bristol & SW UK Shambhala Meditation Group 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 charity has recorded a large surplus for the financial year, which is sufficient to ensure its survival for at least another year despite the substantial drop in income. Therefore the trustees are satisfied that the charity is a going concern on an ongoing basis.

(c) Income

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

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Income received in advance of activities is deferred until the criteria for income recognition have been met.

(d) Donated services and facilities

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

(e) Interest receivable

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

(f) Fund Accounting

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

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

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) Expenditure

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

Expenditure is classified under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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

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

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities.

These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Taxation

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

(j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

(k) Debtors

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

(l) Cash at bank and in hand

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

Bristol and SW UK Shambhala Meditation Group
Notes to the Accounts (continued)
Year to 31st March 2021

[1] Principal Accounting Policies (continued)

(m) Creditors

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

(n) Financial instruments

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

	2021	2020
	£	£
[2] <u>Income from donations and grants</u>		
Individual donations	6,913	8,558
Gift Aid	48	2,400
	<hr/>	<hr/>
Total donations	6,961	10,958
Bristol City Council covid relief grants	20,717	-
	<hr/>	<hr/>
Total income from donations and grants	27,678	10,958

The charity received government grants, defined as Covid Relief funding from Bristol City Council, totalling £20,717 during the year (2020 nil). There are no unfulfilled conditions or obligations in relation to these grants in 2021-22.

	2021	2020
	£	£
[3] <u>Income from charitable activities</u>		
Fees for educational programmes	2,784	2,595
Sales of books and merchandise	20	246
	<hr/>	<hr/>
	2,804	2,841

	2021	2020
	£	£
[4] <u>Income from other trading activities</u>		
Room hire	1,867	7,298
	<hr/>	<hr/>
	1,867	7,298

[5] Analysis of expenditure on charitable activities

	Educational and religious activities	Support costs	Total	Educational and religious activities	Support costs	Total
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Rent and rates	120	10,084	10,204	740	14,042	14,782
Insurance	-	720	720	-	639	639
Publicity	-	-	-	22	-	22
Programme expenses	315	-	315	655	-	655
Cost of sales	-	-	-	11	-	11
Charitable donations	1,040	-	1,040	44	-	44
Accountancy	-	414	414	-	149	149
Independent Examiner's fee	-	-	-	-	200	200
Bank charges	-	135	135	-	118	118
Repairs and renewals	-	60	60	-	1,127	1,127
Utilities	-	710	710	-	601	601
Telephone and internet	-	362	362	-	540	540
Cleaning	-	128	128	-	1,297	1,297
Sundry expenses	-	190	190	-	28	28
Depreciation	-	-	-	-	374	374
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	1,475	12,802	14,277	1,472	19,114	20,586

As the charity has only one type of activity, the support costs have not been apportioned.

Bristol and SW UK Shambhala Meditation Group
Notes to the Accounts (continued)
Year to 31st March 2021

[6] <u>Tangible Fixed Assets</u>	Equipment	Equipment
	2021	2020
	£	£
<u>Cost</u>		
Opening balance	8,325	8,325
Additions during the year	-	-
	<hr/> 8,325	<hr/> 8,325
<u>Depreciation</u>		
Opening balance	7,204	6,830
Charge for the year	-	374
	<hr/> 7,204	<hr/> 7,204
Net Book Value:	1,121	1,121

[7] <u>Debtors and prepayments</u>	2021	2020
	£	£
Trade debtors	228	721
Rent deposit	3,000	3,000
Gift Aid due	446	1,256
	<hr/> 3,674	<hr/> 4,977

[8] <u>Creditors</u>	2021	2020
	£	£
Trade creditors	20	96
Accruals	294	294
	<hr/> 314	<hr/> 390

[9] <u>Liabilities due after more than one year</u>	2021	2020
	£	£
Loan from trustee	1,500	1,500
	<hr/> 1,500	<hr/> 1,500

[10] <u>Movements in funds</u>	Balance at 31/03/2020	Income	Expenditure	Transfers between funds	Balance at 31/03/2021
<u>Unrestricted Funds:</u>					
Designated Funds:					
Scholarship fund	405	-	-	-	405
Contingency Reserve	5,000	-	-	-	5,000
Total Designated Funds	<hr/> 5,405	<hr/> -	<hr/> -	<hr/> -	<hr/> 5,405
General Funds	4,197	32,356	(14,277)	-	22,276
Total Unrestricted Funds:	<hr/> 9,602	<hr/> 32,356	<hr/> (14,277)	<hr/> -	<hr/> 27,681
Total Funds:	<hr/> 9,602	<hr/> 32,356	<hr/> (14,277)	<hr/> -	<hr/> 27,681

The Contingency Fund is to provide for running costs in the event of loss of income, in line with the charity's Reserves Policy.

Bristol and SW UK Shambhala Meditation Group
Notes to the Accounts (continued)
Year to 31st March 2021

[10] Movements in funds (continued)

<u>Previous year comparison</u>	Balance at 31/03/2019	Income	Expenditure	Transfers between funds	Balance at 31/03/2020
<u>Unrestricted Funds:</u>					
Designated Funds:					
Scholarship fund	405	-	-	-	405
Contingency Reserve	5,250	-	-	(250)	5,000
Total Designated Funds	5,655	-	-	(250)	5,405
General Funds	3,433	21,100	(20,586)	250	4,197
Total Unrestricted Funds:	9,088	21,100	(20,586)	-	9,602
Total Funds:	9,088	21,100	(20,586)	-	9,602

[11] Payments to trustees and related party transactions

3 trustees received honoraria during the year totalling £70 (2020 nil). These comprised token gifts not exceeding £15 per payment for delivering training and meditation instruction. These payments are in accordance with the provisions of Section 185 of the Charities Act 2011.

2 trustees received payments totalling £116 during the year (2020 £513 to 3 trustees). These were all reimbursements of costs incurred on behalf of the charity during the fulfilment of its charitable objects.

There were no other related party transactions during the year.

[12] Staff costs

The charity employed no staff during the year (2020 nil).