

TARIKI TRUST

England & Wales · Charity number 1149658

Details

Status Registered

Legal form Trust

Registered 2012-11-07

Register [View on the Charity Commission register](#)

Contact

Address Pinkerton Cottage
34 Temple
Midlothian
EH23 4SQ

Phone 01875 830298

Email courses@tarikitrust.org

Website www.tarikitrust.org

Activities

Objects: THE TRUSTEES SHALL HOLD THE TRUST FUND AND ITS INCOME UPON TRUST TO APPLY THEM FOR THE ADVANCEMENT OF THE BUDDHIST RELIGION (DHARMA).

Activities: To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world. To support Dharma practitioners and Dharma students. To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, Education/training, Religious Activities, Arts/culture/heritage/science, Environment/conservation/heritage, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** The General Public/mankind

Geography

- Scotland
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£47,978	£68,789	-	-
2024-12-31	£55,924	£88,871	-	-
2023-12-31	£54,491	£39,387	-	-
2022-12-31	£45,525	£34,609	-	-
2021-12-31	£46,887	£45,111	-	-
2020-12-31	£56,805	£39,936	-	-

Trustees

Name	Role	Appointed
Julia Samworth	Chair	2024-05-08
ELISE TATE		2021-10-20
Hussam Al-Nawab		2022-06-15
Kate Joanne Sheridan		2024-05-08

TARIKI TRUST

England & Wales - Charity number 1149658

Accounts

Tariki Trustees Annual Report 2025

Part 1: Reference and Administrative details

Tariki Trust, Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ

OSCR (Office of the Scottish Charity Regulator): SC053905

Charity Commission England and Wales: Registration 1149658

Tariki Trust trustees and Management

On 31 December 2025 Tariki trustees were Julia Samworth (chair), Elise Tate, Hussam Al-Nawab and Kathryn Sheridan.

Day to day management of Tariki Trust is delegated to Independent Practitioners Stephen McCabe, Caroline Brazier and Debbie Swain.

Bankers:

National Westminster Bank PLC

7 Hinckley Road

Leicester

LE3 0TQ

Independent Examiner:

Caroline Sanderson

11 Little Road

Edinburgh

EH16 6SH

Part 2: Structure, Governance and Management

Tariki Trust is a charitable trust in England and Wales no. 1149658 and is governed by a Deed of Trust which was signed in December 2011. It is a registered charity with the Scottish OSCR with the number SC053905.

Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. In 2025 there were no changes to the board; all appointed trustees remain the same as in 2024.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring a better understanding of issues affecting the trust. New trustees are given a welcome letter and are made aware of the structures and activities of the trust.

Decision Making

Policies and major decisions are made at trustee meetings which occur 3-4 times per year. Other decisions are made by Independent Practitioners who act on the trust's behalf. Any decision involving expenditure of more than £500 on a single item will be made in consultation with the trustees, and all significant decisions are normally discussed with one or more trustees. Officers currently submit a written report to each trustee meeting.

Identified Risks

The trustees of Tariki Trust identified the following risks:

- Loss of income from a reduced number of students.
- The trust being sued in the case of accident or professional misconduct.
- Injury or incapacity of Stephen McCabe who carries the main responsibility for the Tariki Ten Directions Ecotherapy Training Programme and other key practitioners.

Risk Reduction Strategies

For the above risks, Tariki Trust has set in place:

- Loss of students: the trustees agreed to continue to retain a financial buffer of at least £20,000 or six months' expenditure so that teaching obligations and other ongoing financial responsibilities can be met.

- Tariki Trust being sued: the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- The Course Leader (an independent practitioner) being unable to fulfil his duties: Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes and the duties which Stephen McCabe currently undertakes. The trustees ensure that access to websites and online platforms is held by more than one person and that passwords are stored securely in more than one place.

Part 3: Objectives and Activities

Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

In furtherance of the objects, but not otherwise, the trustees may exercise any of the following powers:

- To further the integration of Buddhist and Western understanding and wisdom by wide ranging study, research and education.
- To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world.
- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
- To actualise Dharma practice by providing resources to those engaged in the relief of physical, ecological or psychological suffering, including the establishment of social, psychological, pastoral and spiritual services.

Activities of the Charity

Ten Directions Ecotherapy Training Programme

Course Director: Stephen McCabe (Independent Practitioner)

Ten Directions Certificate in Ecotherapy: The ecotherapy programme continued to be offered throughout 2025 in our online training format, with some in-person options offered for those who can travel. As many of our students are overseas, the majority of people do the course fully online. This involves the completion of five online units plus 90 hours of attendance at online seminars and workshops offered over Zoom or in-person. Each of the core units was accompanied by a one-day workshop on Zoom conducted by core staff, and other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. There were 20 people enrolled on the Ten Directions course during the 2024-25 group, and 15 in the 2025-26 group.

The seminars and workshops also attracted a following of people who did not enrol for the full programme, meaning that most individual seminars continued to attract between 6-12 people. A few workshops were cancelled due to poor booking numbers, a situation which we are responding to in the coming year by changing the format of our course.

This year, we offered a discounted bursary on the course for an autistic man on a low wage from the north of England, who is engaging well with the course material. He has also booked a place on the in-person training retreat coming up in the following year. Discounts and free places on individual workshops are also offered to people with financial difficulties; this is awarded case-by-case.

The core Ten Directions staff group continues to consist of Caroline Brazier, Sam Lewis, Paul Maiteny, Stephen McCabe, Harriet Sams and Fairlie Winship, and they continued to do much of the teaching on the programme. We continue to use Squarespace for our website and publicity and Mighty Networks to deliver our online courses. Students seem to find the latter platform engaging to use and they often share photos, poems, artwork and videos in the forum.

By using Eventbrite to advertise and manage our event booking, we have attracted well over 1500 'followers' on the platform (an increase of over 200 since last year), allowing us to reach many new people from across the globe. In the last five years, we have hosted over 300 events, many of which were free to the public or donation-based. This includes the free book launch which we hosted in 2025 and others planned for 2026, where we interview respected writers in the fields of Buddhism and ecotherapy. Our mailing list also continues to grow and we now have 1885 subscribers.

In both academic years that ran in 2025, we offered around 150 hours of workshops for our students to choose their 90 training hours from, creating a tailored experience for students who may want to specialise their ecotherapy work in certain areas.

We received very encouraging feedback from our 2024/25 students in the summer, demonstrating that the course is a powerful experience for many on a personal as well as professional level. Here are some quotes from the feedback forms, which are shared below with permission:

"My personal and professional lives have both already changed! My outdoor practice with individuals and groups has become much more authentically ME as opposed to my previous mode of trying to deliver something I thought I should be. Since being more embodied and authentic my own enjoyment of the work has increased, as has the engagement of others in the work. Personally I have gained so much richness in my interactions with the world around me, and have been inspired to write a novel, which is well underway!"

"Although in the beginning I worried that this would be potentially adding work or stress to my life, it actually became a sanctuary and a place to connect to myself (though it also brought me extra work??) I am so glad I allowed it to change both my personal and professional life."

Ten Directions Diploma in Ecotherapy: The Diploma programme offers a second year of training for students who have taken the Ten Directions Certificate in Ecotherapy and are looking for support to develop their ecotherapy practice. The Diploma programme is designed to be flexible, meeting the needs of students with a variety of specialisms, working in different therapeutic, mental health and community settings. As such, it aims to give support in developing basic skills in offering therapeutic or mental health support, organising events and/or establishing an ongoing practice, and networking within a wider community of practitioners. In achieving this, the approach is adaptable to individual needs as much of it centres on one-to-one mentoring or small group exchanges.

This year, students have continued to follow the same programme format as previous years. This involves planning and completing a project of their own choosing supported by a mentoring process,

participating in a series of monthly gatherings attended by all students, completing a professional studies unit and 90 hours' attendance at workshops. Caroline Brazier co-ordinates the programme and facilitates the monthly gatherings which are partly based around journal activities relating to professional development which are sent out in advance of the meetings. Other staff offer one-to-one mentoring and input to workshops. Staff and students are paired for mentoring according to their common interests and specialisms. Seven students enrolled for the 2024/25 Diploma programme, of whom six have now successfully submitted their final reports whilst one deferred to 2026/27 for personal reasons. The students who have completed their projects will all be awarded the diploma on completion of training hours. Seven new students enrolled in 2025/26. Of these, however, two have now asked to defer to the 2026/27 group in view of planned changes. The remaining group will submit their final reports in September 2026.

During Autumn 2025, it was decided that the structure of the Certificate and Diploma programmes needed to be updated in line with changing patterns of workshop attendance. As a result, we are planning to introduce a new structure for the diploma in 2026/27. The new format will no longer include attendance at a selection of workshops as is currently the case, but will instead involve a more structured approach with 20 online units, an emphasis on networking in term one, followed by project development in term two and its delivery in term three, alongside support in developing a professional practice. Students will receive 12 mentoring sessions in place of the current 4, shifting the emphasis of the course to support the students' work more intensively. There will also be dedicated workshops for diploma students – each term there will be a day led by Caroline and a half day led by another member of staff, and students will have a choice of summer units alongside the certificate students. Because the new format is more staff-intensive, we plan to increase fees somewhat but have decided to keep them under £2,000 for the present.

Purchase and use of Abbey Wood

In April, a team of volunteers (who had been recruited via our newsletter) camped out in Abbey Wood, our new woodland in the Scottish Borders (purchased in 2024). They helped us to change the site from a completely wild space to one with the necessary amenities for holding retreats in. Over the weekend, 10 people came from places as far as the Netherlands and England to support us in activities such as building an outdoor shelter, creating wooden steps down the ravine to the stream, installing and painting a compostable toilet and building a storage shed, amongst other things. We also paid a landscaper to make the track up to the road suitable for driving upon, and to create a small car park, all done with minimum damage to the woods.

During 2025, there were two paid in-person retreats and a free community day retreat, held in Abbey Wood. All were attended by groups of 6-11 people, and these were facilitated by Stephen McCabe (core tutor), Harriet Sams (Core tutor) and Rolinke Bremer (an occasional guest tutor and former Ten Directions graduate).

Supervision Group

In 2024/25 we continued to run the supervision group, as described in the previous annual report. The group met monthly for 90 minutes for 10 monthly sessions between September 2024 and June 2025, facilitated by Caroline Brazier.

In 2025/26 there was a lot of interest in the new supervision group, both from Tariki graduates and from other people were working in ecotherapy but who have not done the Tariki training. In September 2025, we had nine firm bookings, and so, reflecting on how the smaller group had worked better last year we decided to split the group and run two parallel groups. This has worked better, especially as many of the participants are working therapeutically in one-to-one situations. Attendance has generally been good and the groups have broken even, although we plan to raise

the charge next year to bring the group more into line with supervision rates and also to provide some income for Tariki.

Book Launches

In November 2025 we launched a new series of book launches. These events are offered free and not only promote ecotherapy to a wider public, but also showcase the work of people associated with Tariki Trust, enhancing the reputation of the course. The first of these was of Dr Adrian Harris's new book *Nature Connection: Remembering Wholeness*. Dr Adrian Harris completed the Tariki Ten Directions Certificate in Ecotherapy in 2022. Dr Adrian Harris is an ecopsychologist, psychotherapist, and facilitator who has spent more than twenty years exploring nature connection. The book launch event which coincided with the publication of Adrian's recent book was very well attended with over 40 participants. Further book launches are planned for 2026.

Buddhist Psychology and Other-Centred Approach

The early part of 2025 saw the delivery of the second half of the 2024/25 Buddhist psychology programme. These sessions focused particularly on therapeutic methods which were influenced by a Buddhist model of therapy. These had a particular emphasis on ecotherapy practice.

Starting in Autumn 2025, Caroline Brazier once more offered a series of 10 workshops on Buddhist psychology which are continuing into 2026. This year she is covering the basic teachings of Buddhism and their implications for therapy practice with some emphasis on the ecotherapy context. The sessions which were offered as a block of five sessions in the autumn and a further five in the spring attracted a mix of Ten Directions students and members of the public. The course attracted a core of eleven students who signed up for the full year and a number of others who joined for sessions on a one-off basis. This year we offered an option for students to receive recordings of the sessions. This had the benefit of allowing some people who were unable to attend afternoon sessions to still participate and also letting students who did attend review the material. On the other hand, it did sometimes mean that fewer people actually attended in person resulting in small but enthusiastic groups.

Buddhist Teaching

Buddhist classes continued to be offered online throughout 2025. In the earlier part of the year, we offered two classes per month, with one of these classes focused on the teaching of chanting practices and the second on study. In the chanting classes, we focused particularly on supporting participants who were training to take Tokudo ordination. In the study classes we continued to explore Buddhist texts, looking at Sanbutsuge and Juseige, two texts commonly used in Jodo Shinshu practice. Both of these texts come from the Larger Pure Land Sutra. We completed this series in May and then in July we started a series of sessions looking at Jodo Shinshu in the context of other Buddhist traditions. In this series we took topics like practice, mindfulness and the precepts. In addition to these classes, we also held solstice events in summer and winter, each consisting of an online Buddhist service and Dharma talk. The classes were led by Rev Enrique Galvan-Alvarez and Rev Caroline Brazier, sometimes joined by Rev Louella Matsenaga.

Buddhist Action Month

In June 2025 we decided to participate in Buddhist Action Month, an event organised by the Network of Buddhist Organisations. Harriet Sams, Kathryn Sheridan and Caroline Brazier all offered free events during Buddhist Action Month, in line with the theme Sowing Seeds of Compassion in the World. Since these events were publicised as part of the wider Buddhist Action Month programme, they provided an opportunity to offer something to people who might not otherwise come to our events and a chance to let people know about what we are doing at Tariki. These events were well attended and received positive feedback.

Other Involvement with Jodo Shinshu

In 2025, Caroline continued to attend online gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere and to be involved with the wider sangha both in the UK and beyond through online events.

In September 2025 the European Shin Buddhist Conference took place. This is a biennial event which attracts Jodo Shinshu Buddhists from all over Europe as well as from Japan and North America. This year it was held in Oxford where it was hosted at The Ashmolean Museum, taking place over three days. Caroline worked with the other Jodo Shinshu priests in the UK as part of the organizing committee. Tariki Trust supported this event through Caroline's involvement and by making a grant of £2000 to Jodo Shinshu UK, which is now a registered charity, as seed money for the conference.

In the event, as she was suffering health problems which prevented her travelling to Oxford, Caroline took responsibility for coordinating online participation and offering additional online meeting spaces to the many online participants. She also organised a website, making recordings of the presentations available online.

Psychotherapy

Caroline continues to work with a small number of ongoing clients and supervisees on Zoom.

GDPR compliance and other policies

Since their alignment into one schedule, policies did not require review in 2025 according to trustee policy. They will be reviewed in 2026.

Use of volunteers

Tariki Trust has no salaried staff. Stephen McCabe and Debbie Swain receive payments as Independent Practitioners for work done in agreement with the trustees. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of their work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Part 4: Achievements and Performance

Tariki Trust has continued to deliver a substantial programme of events, mostly focused on its training in ecotherapy. This programme, which is based on a Buddhist understanding of psychology, has remained strong. In 2025, we have once again seen graduates of the programme joining the teaching staff, supporting the vibrancy of the Tariki community.

As the charity bought Scottish woodland in 2024, and is offering retreats from Abbey Wood, we registered to become a member of the OSCR, the Scottish charity regulator. This registration took effect in 2025. We continue to keep our registration with the England and Wales charity commission to reflect our UK-wide work.

Our staff team continues to engage in a collaborative approach to decision-making through online gatherings and also through the creation of WhatsApp groups and decision-making forums.

Tariki Trust continues to be international in its outlook. The Ten Directions course programme is now supported by a staff group who are dispersed all over the UK, with current guest tutors based in India, Finland, Spain and the USA. Our student reach remains international with this year's students coming from UK, the Netherlands, Finland, India and the USA.

Tariki Trust continues to offer and support Buddhist practice through online teaching. As a Buddhist priest, Caroline continues to lead Buddhist activities alongside other priests from the Jodo Shinshu community. The Tariki Ecotherapy programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based work.

Part 5: Financial Review

Income: Income during the year 2025 decreased: £47,978 compared to £55,924 in 2024. Expenditure, however, increased to £52,261 in 2025 compared to £48,585 in 2024. This difference was partly brought about by some large items of expenditure, but also by a smaller student intake and an expansion of running costs, both of which will be detailed below.

In terms of income, the major part came once again from student fees. This was however considerably less than in 2024 (£45,339 in 2025 as opposed to £54,312 in 2024) as a result of having a smaller intake of students in September 2025 than we had had in 2024. There was a moderate increase in income from supervision and counselling (£2,291 in 2025 as opposed to £1,418 in 2024), largely coming from the year-long supervision groups and there were also small amounts of income from retreats and from book sales.

Expenditure: Overall expenditure increased from £48,585 in 2024 to £52,261 in 2025. With regard to this, we note the following:

In terms of new areas of expenditure, one new category of Woodland Expenses was introduced in 2025 and this grew as the woods started to be used more by groups. This category was separate from capital expenditure and referred to ongoing costs relating to use of the woods by groups. This amounted to £2,180 in 2025 compared to £277 in 2024. Travel expenses also increased in 2025, largely as a result of trips to the woodlands (£636 in 2025 compared to £245 in 2024). This in part represents a move back to more 'in-person' events after a long period of operating online.

Another exceptional expense in 2025 was the payment of £3,000 to an independent tax consultant.

In 2025, Tariki Trust made a grant of £2,000 to Jodo Shinshu UK as seed money for the European Shin Conference. In addition to this, there was a £45 membership fee for the European Shin Buddhist Association.

The three items listed above (i.e. the additional woodland expenses, payment to the tax consultant and the grant to Jodo Shinshu UK) amount to just over £7,000. The latter two were one-off payments, made by the trust in the knowledge that they would be using money from the charity's considerable reserves. These expenses more than account for the deficit between income and outgoings of £4,283 indicated in the 2025 accounts.

Of the remainder of the accounts one can comment:

Staff costs decreased slightly (from £33,906 in 2024 to £32,609 in 2025) as a result of a reduction in the number of workshops offered. These costs also reflected the fact that staff were given a moderate rise in payment rates in line with general professional rates.

Subscriptions, Hall hire, training etc. This category of miscellaneous course costs decreased substantially (£261 in 2025 compared to £838 in 2024) as we have not needed to hire premises since we are now hosting events in our own woodland.

There was no direct expenditure on advertising (compared to £389 in 2024) because we found this ineffective. Insurance costs, meanwhile, went up somewhat (£1,003 in 2025 compared to £897 in 2024).

Administrative costs were lower in 2025 than the previous year. Printing, postage and stationery were down from £240 in 2024 to £133 in 2025. Internet costs were also lower (£1,669 in 2025 compared to £2,190 in 2024.) This discrepancy can be explained by the timing of payments (as explained in last year's report) so, for the most part, does not represent a real change. We did however reduce subscriptions to some platforms and no longer pay for Typepad or Speechify.

Capital Expenditure: in addition to the new areas of expenditure listed above, a further £16,527 was invested in developing facilities in the woodlands. This extraordinary expenditure had been planned at the time of purchasing the woods and was used to pay for the creation of a parking area and improvement to the track leading to it, purchase and installation of a composting toilet and the installation of a shed for storage with an attached outdoor kitchen facility.

Other costs have remained roughly in line with the previous year's accounts.

Observations: Overall, we can see that 2025 marked a positive continuation of our work in Tariki Trust. Tariki Trust has a good reserve of finance with £58,541 in its bank accounts at the year end. This is well above the trustee group's minimum reserve level and has allowed us to continue to operate with confidence. The fact that this is a reduction on the balance of £79,352 in 2024 reflects in part the additional expenditure on developing the woodland and in part a couple of large exceptional expenses. At the same time, contrasted with the credit of £7,338 in 2024, an overall deficit of £4,283 suggests that there are some reasons to exercise caution moving forwards.

As we go forward into 2026, we are aware that, by reflecting current trends in environmentally-based education and in Engaged Buddhism, and, by continuing to offer a quality service to our students, participants and all who use our services, we are providing an important resource for those interested in these topics. At the same time, we are adjusting our offerings to meet changing patterns of attendance, and particularly, as we move further from the period of lockdown when many people started to operate online, recognising that casual uptake on workshops has diminished. In 2026, we plan to change our programming to reflect changing needs, reducing the number of online workshops that are open to the general public and providing a more dedicated training course. We have seen an opportunity to refine what we offer and shape it to the current needs of students. The changes in the Diploma, for example, are attracting interest already among the current student group. We also plan to continue offering popular workshops and expanding our range of activities, for example with book launch events, to bring in people who could potentially join programmes in the future.

In addition to these changes, we will continue to monitor the balance between income and expenditure in specific areas of provision, particularly the balance between:

- Income from student fees and staff costs
- Income from woodland events and ongoing woodland expenses
- Income from supervision group participants with costs.

With these provisions in place, we look forward to continuing the valuable work of Tariki Trust and expanding the charity's role into the future.

Part 6: Plans for the Coming Year and Beyond

2025 was a good year for Tariki Trust and we plan to build on this success in the year to come.

- To change the format of both the Ten Directions Certificate and Diploma programmes, so that they have set curricula rather than a flexible 'choose your own workshops' approach. In the Certificate, the online learning units will remain as they are now, but there will be a set calendar of events that all students will be expected to attend. This will streamline the course so that key topics will be covered by everyone who signs up. It also takes some pressure off Tariki needing to fill 150-200 hours of Eventbrite workshops as the general public is engaging less with online workshops than in previous years.
- To introduce a substantially remodelled Diploma programme, including online units and increased levels of tutoring and a practical approach embedded in local communities.
- To work with the staff group to develop the Ten Directions Certificate programme further and offer related short courses and events within a learning community model.
- To continue to recruit people onto our mailing list and to publicise our events and training.
- To look into other channels for promoting Tariki events and services.
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To offer our first recreational/wellbeing-based retreats in Abbey Wood, branching out from only offering ecotherapy events that focus on training students.
- To foster systems of communication between the ecotherapy staff team and the trustees.
- To maintain firm financial and managerial systems so that the organisation continues on a solid basis.
- To offer Buddhist teaching and practice online.
- To continue to deliver events related to Buddhist psychology, psychotherapy and Buddhist practice.
- To offer more free book launches.
- To foster our links with Jodo Shinshu and other Buddhist traditions and to support their activities.

Tariki Trust Accounts for the Year Ended 31 December 2025
Statement of Financial Activity

	Note	2025	2024
Incoming Resources			
Voluntary Income: Donations	1	96.80	194.00
From Charitable Activities	2	47,881.46	55,730.04
Total Incoming Resources		47,978.26	55,924.04
Resources Expended			
Cost of Generating Funds	3		
Charitable Activities	4	52,261.51	48,585.18
Governance Costs	5		
Total Resources Expended		52,261.51	48,585.18
Net Incoming Resources		- 4,283.25	7338.86
Less major capital expenditure	9	16,527.00	40286.00
Net Movement in Funds		- 20,810.25	-32947.14
General Funds: Balance brought forward		79,351.93	112,299.07
Total Funds Carried Forward		58,541.68	79,351.93
Represented By:			
Current Assets			
Cash and Bank	8	58,541.68	79,351.93
Total Assets		58,541.68	79,351.93

Notes Forming part of the Statement of Financial Activity
for the Year to 31 December 2025

	2025 £	2024 £
1 Donations consists of		
Donations	96.80	194.00
	<u>96.80</u>	<u>194.00</u>
2 Charitable Activities Income		
Student Fees	45,339.49	54,312.08
Counselling and Supervision	2,291.97	1,417.96
Retreats	200.00	
Books	50.00	
	<u>47,881.46</u>	<u>55,730.04</u>
3 There were no appeals or fund-raising events in the year.		
4 Charitable Activities Expenditure		
Course Costs & Training		
Staff costs	32,609.55	33906.80
Administration payments	8,125.00	8500.00
Supervision	380.00	380.00
Subscriptions, hire of hall etc	261.00	838.00
Books and equipment	0.00	56.44
Promotion/advertising	0.00	389.43
Insurance	1,003.24	897.81
Woodland Expenses (not included in 9 below)		
Equipment	1,459.88	0.00
Food and consumables	269.99	245.16
Miscellaneous	449.00	0.00
Office and Admin costs		
Printing postage and stationery	133.03	239.97
Phone and internet	1,669.32	2190.38
Independent examiner for end of year accounts	220.00	220.00
Hiring of tax consultant	3,000.00	0.00
Travel and Subsistence		
Other Travel and in transit Accommodation	636.50	276.87
Buddhist outreach, networking and Sacristy	2,045.00	241.77
Trustees - present for retiring trustee	0.00	50.00
Accounting		
Bank charges (French bank account)	0.00	21.00
Adjustment re closing French bank account	0.00	131.55
	<u>52,261.51</u>	<u>48,585.18</u>
5 Governance Costs		
No trustee claimed any expenses and there were no other governance costs.		
6 No income received was earmarked (restricted) for any particular purposes. Thus all Tariki Trust's funds are unrestricted funds.		
7 Debtors - none		
8 Cash and Bank closing balances		
National Westminster main account	54,421.31	77430.41
Pay Pal	4,120.37	1921.52
	<u>58,541.68</u>	<u>79,351.93</u>
9 Major Capital Expenditure		
Woodland capital expenditure	16527.00	40286.00



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Tariki Trust

On accounts for the year
ended

31 December 2025

Charity no
(if any)

1149658

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2025.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

C. A. Sanderson

Date:

28 May 2026

Name:

Caroline Sanderson

Relevant professional
qualification(s) or body
(if any):

Member of the Institute of Certified Bookkeepers

Address:

11 Little Road

Edinburgh

EH16 6SH

TARIKI TRUST

England & Wales - Charity number 1149658

Accounts

Tariki Trustees Annual Report 2024

Part 1: Reference and Administrative details

Tariki Trust, Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ

Charity Registration number: 1149658

Tariki Trust trustees and Management

On 31 December 2024 Tariki trustees were Julia Samworth (chair), Elise Tate, Hussam Al-Nawab and Kathryn Sheridan.

Day to day management of Tariki Trust is delegated to Stephen McCabe, Caroline Brazier and Debbie Swain as Officers of the Trust.

Bankers:

National Westminster Bank PLC

7 Hinckley Road

Leicester

LE3 0TQ

Independent Examiner:

Caroline Sanderson

11 Little Road

Edinburgh

EH16 6SH

Part 2: Structure, Governance and Management

Tariki Trust is a charitable trust in England and Wales no. 1149658 and is governed by a Deed of Trust which was signed in December 2011. It is a registered charity with the Scottish OSCR with the number SC053905.

New Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. In 2024 Paul Burt stood down as chairperson of the trust and Julia Samworth was voted by the trustees as new chairperson. Kathryn Sheridan also joined the board as a trustee in 2024.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring a better understanding of issues affecting the trust. New trustees are given a welcome letter and are made aware of the structures and activities of the trust.

Decision Making

Policies and major decisions are made at trustee meetings which occur every few months and not less than two per year. Other decisions are made by the officers of the trust, acting on the trust's behalf, or by others to whom specific decision-making power is delegated. Any decision involving expenditure of more than £500 on a single item will be made in consultation with the trustees, and all significant decisions are normally discussed with one or more trustees. Officers currently submit a written report to each trustee meeting.

Identified Risks

The trustees of Tariki Trust identified the following risks:

- Loss of income from a reduced number of students.
- The trust being sued in the case of accident or professional misconduct.
- Injury or incapacity of Stephen McCabe who carries main responsibility for the Tariki Ecotherapy Training Programme and other key staff members.
- Finances in regard to the upkeep of the trust's woodlands (information provided further down in this report).

Risk Reduction Strategies

For the above risks, Tariki Trust has set in place:

- Loss of students: the trustees agreed to continue to retain a financial buffer of at least £20,000 or six months' expenditure so that teaching obligations and other ongoing financial responsibilities can be met.
- Tariki Trust being sued: the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- The Course Leader being unable to fulfil his duties: Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes and the duties which Stephen McCabe currently undertakes. The trustees ensure that access to websites and online platforms is held by more than one person and that passwords are stored securely in more than one place.
- We limited our expenses in relation to the recent purchase of our woodlands to a maximum of £55,000, in order to retain healthy reserves.

Part 3: Objectives and Activities

Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

In furtherance of the objects, but not otherwise, the trustees may exercise any of the following powers:

- To further the integration of Buddhist and Western understanding and wisdom by wide ranging study, research and education.
- To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world.
- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
- To actualise Dharma practice by providing resources to those engaged in the relief of physical, ecological or psychological suffering, including the establishment of social, psychological, pastoral and spiritual services.

Activities of the Charity

Ten Directions Ecotherapy Training Programme

Ten Directions Certificate in Ecotherapy: The ecotherapy programme continued to be offered throughout 2024 in our popular online training format, with some in-person options offered for those in the UK who can travel. As many of our students are overseas, the majority of people do the course fully online. This involves the completion of five online units plus 90 hours of attendance at online seminars and workshops offered over Zoom or in-person. Each of the core units was accompanied by a one-day workshop on Zoom conducted by core staff, and other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. Online courses and seminars proved popular and the number of students taking the year-long certificate was at record levels with 32 people enrolled in the 2023/24 course and a further 21 students enrolled in 2024/25.

The seminars and workshops also attracted a following of people who did not enrol for the full programme, meaning that most individual seminars continued to attract between 8-15 people. No workshops were cancelled in 2024 due to low numbers, which has happened in previous years.

During 2024, there were two in-person offerings, all held in Lothian, Scotland, both non-residential weekends in Midlothian. All were attended by groups of 7-10 people and these were facilitated by Stephen McCabe and Caroline McIntosh, a recent graduate of the Certificate programme.

This year, we offered bursaries to three students in India. All of these women have proven to be extremely engaged in the course and one has become a guest tutor on the course, providing workshops on storytelling and Hinduism's relationship with nature. It feels important for graduates to run workshops alongside us, helping to cement the Ten Directions course as a learning community, rather than something run by a top-down teaching team. Also, we aim to diversify the backgrounds and religious practices of our tutors. Offering training bursaries to people in developing countries – and then offering them paid teaching work if they have something to offer – seems like an excellent way to do this naturally.

The core Ten Directions staff group continues to consist of Caroline Brazier, Sam Lewis, Paul Maiteny, Stephen McCabe, Harriet Sams and Fairlie Winship, and they continued to do much teaching on the programme. We continue to use Squarespace for our website and publicity and Mighty Networks to deliver our online courses. Students seem to find the latter platform engaging to use and they often share photos, poems, artwork and videos in the forum.

By using Eventbrite to advertise and manage our event booking, we have attracted almost 1500 'followers' on the platform, which is allowing us to reach many new people from across the globe. Our mailing list also continues to grow. Monthly newsletters are sent with updates on our upcoming workshops and Tariki Trust's general activities.

In both academic years that ran in 2024, we offered over 250 hours worth of workshops for our students to choose their 90 training hours from, creating a tailored experience for students who may want to specialise their ecotherapy work in certain areas.

We received some very encouraging feedback from our 2023/24 students in the summer, demonstrating that the course is a powerful experience for many on a personal as well as professional level. Here are some quotes from the feedback forms, which are shared below with permission:

'I think the whole theme of embodiment and wilderness were quite groundbreaking for me. I enjoyed finding out that I'm a soft animal that belongs in this world.'

'The whole process was precious. The daily exercises were a tremendous support, and I also loved the fact that we could chose all kinds of different workshops. I discovered so many different possibilities in ecotherapy thanks to those, it was wonderful.'

'Too many highlights to count - the workshops were almost all fabulous. The modules were great. Fantastic connection with other participants. Amazing support from tutors. Wonderful learnings and gentle guidance. Thank you'

'I have really enjoyed going out in all weathers and having to think about the activities I have chosen to do, focusing my attention and approach. The units around storytelling and ritual were particularly relevant to me and my background, and I have been pleasantly surprised at how much I have enjoyed taking photographs. It has been good to consider how to encourage others into exploring their surroundings again, and it was refreshing to not be told how to do this. I have learned a lot from my fellow students and their comments.'

'I've looked forward to the daily exercises and will miss these. It's been a great way to move through the content and deepen my understanding of the subject and relationship with nature. I really enjoyed the poetry therapy module. Reading the thoughts of other participants and the feedback from the teachers has enhanced learning in the core modules as well.'

Ten Directions Diploma in Ecotherapy: The Diploma programme offers a second year of training for students who had taken the Ten Directions Certificate in Ecotherapy and are looking for support to develop their ecotherapy practice. The Diploma programme is designed to be flexible, meeting the needs of students with a variety of specialisms, working in different therapeutic, mental health and community settings.

Students are expected to plan and complete a project of their own choosing supported by a mentoring process; participate in a series of monthly gatherings attended by all students; complete a professional studies unit; and 90 hours of attendance. Caroline co-ordinates the programme and facilitates the monthly gatherings which are partly based around journal activities relating to professional development which are sent out in advance of the meetings. Other staff offer one to one mentoring. Staff and students are paired according to their common interests and specialisms. Three students took the programme in 2023/24 and in September 2024 six new students enrolled and were joined by one student who had deferred from 2023/24. The other two students from the 2023/24 group completed their projects and received dipomas.

Purchase and use of Abbey Wood

In the summer of 2024, we purchased a small plot of woodland (just under 3 acres) in the Scottish Borders for use as a retreat space. We had previously been searching for land for around three years and we were delighted to find a space in the Borders area of Scotland (which we needed for ease of staff access). The woods has plenty of flat ground for camping and is surrounded by hills, rivers and natural beauty. The woods itself cost £39,000, which we bought with our reserves, but there were many other costs associated with the purchase of (legal and basic renovation costs) which cost roughly an extra £16000 (also purchased with our reserves). In 2025, we will be holding our first retreats in the space for students of the Ten Directions programme. This is an optional choice for students who wish to learn ecotherapy in-person – the course, however, remains flexible in its delivery and other students have chosen to study entirely online. Before we offer our first retreats, we will have landscapers come to create a small car parking area so that staff can get supplies up the steep track into the woods. We are also paying for the filling in of potholes on this difficult track. The work is scheduled to take place in April 2025. We will then run a volunteer weekend in May with a

group of recently recruited volunteers (all recruited via our newsletter) to help us to build a shed, an outdoor kitchen shelter, wooden steps down the steep ravine and also to put a compostable toilet in place, as well as other small jobs that need doing before retreats can take place. We look forward to using the space to develop our work in the field of ecotherapy further. We will use the space to offer a more flexible training course, responding to requests from the public to have more in-person training options.

Supervision Group

Following the success of the supervision group which we ran in 2023/24 for graduates of the Tariki Ecotherapy programme, we reopened the group in 2024/25 to new participants. The group continues to meet monthly for 90 minutes and will run for 10 monthly sessions, facilitated by Caroline. This year the group has been smaller with four practitioners initially, later joined by a fifth member. This smaller number has allowed more in depth supervision so has proved very useful and has still broken even financially. We will continue to set a maximum of 8 participants for future groups and will keep a minimum of 4.

Buddhist Psychology and Other-Centred Approach

Starting in the autumn of 2024 Caroline has offered a series of 10 workshops on Buddhist psychology which are continuing into 2025. These workshops are particularly orientated towards the interface between Buddhist psychology and ecotherapy work. The sessions were well attended with about 15-20 participants at each some of whom were Ten Directions students, but others were members of the public. The courses offered in the autumn covered core principles of Buddhist psychology and those in the spring and summer of 2025 will cover their application in therapeutic contexts.

Buddhist Teaching

Buddhist Classes continued to be offered online twice a month throughout 2024. Each month, one of these classes was focused on the teaching of chanting practices and the second on study. In the study classes we completed our teaching series on Sanbutsuge in the first half of the year. This was part of a series of sessions, called the Heart of Amida, which has looked at Sanbutsuge and Juseige, two texts commonly used in Jodo Shinshu practice. Both of these texts come from the Larger Pure Land Sutra. In July we interrupted this series and ran a short series of sessions looking at Buddhist ethics, and particularly at Jodo Shinshu approaches to environmental issues. We then resumed looking at Juseige in January 2025. The classes were led by Enrique Galvan-Alvarez and Caroline. In the monthly chanting practice sessions we practiced core texts, particularly Shoshinge and the Wasan, and have particularly been supporting a group of people who are going to be taking Tokudo ordination through these classes, but we have also been joined by members of the public. In addition, we held solstice events in summer and winter, each consisting of an online Buddhist service and Dharma talk.

Other Involvement with Jodo Shinshu

In 2024 Caroline continued to attend online gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere and to be involved with the wider sangha both in the UK and beyond through online events. In September 2025 The European Shin Buddhist Conference will be held in Oxford and Caroline is working with the other Jodo Shinshu priests in the UK who have formed an organizing committee. The event will be hosted at The Ashmolean Museum and will take place over three days. It is a biennial event which attracts Jodo Shinshu Buddhists from all over Europe as well as from Japan and North America. Tariki Trust made a grant of £2000 which is providing seed money

for this event. Any remaining after the event will be kept to support the work of the Jodo Shinshu sangha in the UK. As part of this process, Jodo Shinshu UK is currently applying for charitable status.

Psychotherapy

Caroline continues to work with a small number of ongoing clients and supervisees on Zoom.

GDPR compliance and other policies

In 2018 with the introduction of GDPR legislation, Tariki Trust reviewed its data handling and adopted new policies as a result. At the same time, the officers and trustees worked together on a major review of all policy documents of the trust. These policies have continued to be reviewed in line with the requirements established by the trustee group.

Use of volunteers

Tariki Trust has no salaried staff. Stephen McCabe and Debbie Swain receive administration payments for work done in agreement with the trustees. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of their work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Part 4: Achievements and Performance

Tariki Trust has continued to deliver a substantial programme of events, mostly focused on its training in ecotherapy. This programme, which is based on a Buddhist understanding of psychology, has grown from strength to strength. In 2024 we saw continued high levels in applications which resulted in 21 enrolments at certificate level and 6 at diploma level. In addition, we have once again seen graduates of the programme joining the teaching staff, supporting the vibrancy of the Tariki community.

Our staff team continues to engage in a collaborative approach to decision making through online gatherings and also through the creation of WhatsApp groups and decision-making forums. In June 2023 we held an overnight meeting, camping in a wood in Cumbria attended by four Tariki staff at which we shared ideas and discussed practice.

Tariki Trust continues to be international in its outlook. The Ten Directions course programme is now being supported by a staff group who are dispersed all over the UK, with guest tutors in Japan, USA, India and Finland. Our student reach remains international with this year's students coming from UK, Ireland, USA and Croatia. In 2024 we offered heavily discounted places to carers of sick and disabled relatives.

Tariki Trust also continues to offer and support Buddhist practice through online teaching. As a Buddhist priest, Caroline continues to lead Buddhist activities alongside other priests from the Jodo Shinshu community. The Tariki programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based working.

Part 5: Financial Review

Income during the year increased somewhat: £55,924 in 2024 as opposed to £54,490 in 2023. Expenditure, however, also increased to £ 48,585 in 2024 (excluding the purchase of woodland) as opposed to £39,836 in 2023. This difference was largely brought about by an expansion of running costs which will be detailed below. There was also an item of substantial expenditure incurred during 2024 with the purchase of a piece of woodland for use as a place to offer attendance-based activities. As a result of this, the total funds held by Tariki Trust at the end of 2024 had considerably diminished in comparison with those held in 2023 (£79,351 in 2024 as opposed to £112,299 in 2023). This expenditure was in line with the trustees' decision that some of the large reserve accumulated since the formation of Tariki Trust in 2012 should be invested in ways which will support the charity's work in the future. Tariki Trust still retains a very healthy reserve, some of which will be used in 2025 for the ongoing development of the woodland.

In terms of income, the major part of that taken in 2024 once again came from student fees. In addition, there was increased income from supervision and counselling. This particularly came from a year-long supervision group.

With regard to expenditure, we can note the following:

Phone and Internet: shows an increase from £249 to £2190. In part, this reflects the timing of particular payments within the financial year but also a number of improvements made to our online capabilities. In addition to subscriptions to our various providers, we have started to pay for 'Speechify' yearly. This is an AI app that transcribes text into voice files and is a development which was needed to make our courses more accessible for a number of students.

Staff and officer costs were a lot higher this year, in part due to our largest ever calendar of events and in part due to some moderate increases in staff payment rates. In September 2025 this will be pared back significantly as we deliver less online in general, something identified as needing paring back for the long-term security of the course.

Subscriptions, Hall hire, training etc: This category increases from £255 to £838. This is due to hosting several in-person retreats in Scotland, where hiring a venue was necessary to deliver the events. This will not be needed from now onwards, due to us having our own land. Likewise, two staff were trained in Outdoor First Aid this year, which is required only every three years.

Advertising costs rose this year as we experimented with advertising via paid magazines and online ads. Neither proved fruitful and so this will not be happening again in the near future.

Accounting Costs: There were costs of £152 associated with adjustments and costs involved in closing the French bank account. Closure of this account had proved extremely difficult and in the end we were not able to achieve it in the most straight forward way but instead had to make a series of smaller transfers. These costs incurred therefore included bank charges associated with these transfers as well as losses due to exchange rates. The loss also reflected the fact that in the accounts figures had not been adjusted in line with exchange rates for several years, making the actual sum transferred to the UK bank account rather less than had appeared in previous accounts.

Purchase of Woods: During the year the event that stood out was the purchase of a piece of land in the Scottish Borders. We have been looking into the possible purchase of a piece of land on which we can conduct ecotherapy events for several years without success so we were delighted to find this particular parcel which is part of a larger wood near to Earlston. The place has particular folklore associations which add to its suitability for ecotherapy work. The trustees agreed a sum of £55,000

for the purchase and this has more than covered costs so far. The purchase price of the woods was £39,000 and then there were additional legal costs. Other costs will be met in 2025 and will involve creating suitable working conditions. Planned expenditure amounts to roughly £16,000. We do not envisage ongoing costs for the woodland being high, though there will be some expenses involved as we develop the site. These should be offset in future by income from events held there and from general Tariki revenue.

Other costs have remained roughly in line with the previous year's accounts.

Overall, we can see that 2024 was another very successful year for Tariki Trust. As we go forward into 2025, we are confident that, by reflecting current trends in environmentally based education and in engaged Buddhism, we will continue to offer a quality service to our students, participants and all who use our services whilst maintaining financial prudence.

Part 6: Plans for the Coming Year and Beyond

2024 was a good year for Tariki Trust so we plan to build on this success in the year to come. In particular we hope to offer more events in our woodlands, Abbey Wood, the purchase of which has been a highlight.

- To continue running the Ten Directions Certificate and Diploma courses in largely the same format as we did in 2024, yet offering more in-person retreats for those who would like to train in this way.
- To work with the staff group to develop the Ten Directions programme further and offer related short courses and events within a learning community model.
- To continue to recruit people onto our mailing list and to publicise our events and training.
- To look into other channels for promoting Tariki events and services.
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To offer recreational/wellbeing based retreats in Abbey Wood, branching out from only offering ecotherapy events that focus on training students.
- To offer a more flexible training course with in-person retreat options as well as online learning.
- To foster systems of communication between the ecotherapy staff team and the trustees.
- To maintain firm financial and managerial systems so that the organisation continues on a solid basis.
- To offer Buddhist teaching and practice online.
- To continue to deliver events related to Buddhist psychology, psychotherapy and Buddhist practice.
- To foster our links with Jodo Shinshu and other Buddhist traditions and to support their activities.

Tariki Trust Accounts for the Year Ended 31 December 2024
Statement of Financial Activity

	Note	2024	2023
Incoming Resources			
Voluntary Income: Donations	1	194.00	1,257.54
From Charitable Activities	2	55,730.04	53,233.15
Total Incoming Resources		55,924.04	54,490.69
Resources Expended			
Cost of Generating Funds	3		
Charitable Activities	4	48,585.18	39,386.73
Governance Costs	5		
Total Resources Expended		48,585.18	39,386.73
Net Incoming Resources		7338.86	15,103.96
Less major capital expenditure	9	40286.00	
Net Movement in Funds		-32947.14	15,103.96
General Funds: Balance brought forward		112,299.07	97,195.11
Total Funds Carried Forward		79,351.93	112,299.07
Represented By:			
Current Assets			
Cash and Bank	8	79,351.93	112,299.07
Total Assets		79,351.93	112,299.07

Notes Forming part of the Statement of Financial Activity
for the Year to 31 December 2024

	2024 £	2023 £
1 Donations consists of		
Donations	194.00	1,257.54
	<u>194.00</u>	<u>1,257.54</u>
2 Charitable Activities Income		
Student Fees	54,312.08	53,083.15
Counselling and Supervision	1,417.96	150.00
	<u>55,730.04</u>	<u>53,233.15</u>
3 There were no appeals or fund-raising events in the year.		
4 Charitable Activities Expenditure		
Food and Consumables	245.16	94.24
Travel and Subsistence		
Car Running Expenses	0.00	-
Other Travel and in transit Accommodation	276.87	398.27
Office and Admin costs		
Printing postage and stationery	239.97	205.56
Computers	0.00	1,287.99
Phone and internet	2190.38	249.55
Independent examiner for end of year accounts	220.00	220.00
Course Costs & Training		
Staff costs	33906.80	27,656.94
officer honorarium	8500.00	7,560.00
Supervision	380.00	350.00
Subscriptions, hire of hall etc	838.00	255.00
Books and equipment	56.44	70.93
Promotion/advertising	389.43	-
Insurance	897.81	838.25
Buddhist outreach, networking and Sacristy	241.77	200
Trustees - present for retiring trustee	50.00	-
Accounting		
Bank charges (French bank account)	21.00	-
Adjustment re closing French bank account	131.55	-
	<u>48,585.18</u>	<u>39,386.73</u>
5 Governance Costs		
No trustee claimed any expenses and there were no other governance costs.		
6 No income received was earmarked (restricted) for any particular purposes. Thus all Tariki Trust's funds are unrestricted funds.		
7 Debtors - none		
8 Cash and Bank closing balances		
National Westminster main account	77430.41	104,509.94
Euros cash and bank	0.00	3,764.33
Pay Pal	1921.52	4,024.80
	<u>79,351.93</u>	<u>112,299.07</u>
9 Major Capital Expenditure		
Purchase of Woodland	40286.00	0.00



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Tariki Trust

**On accounts for the year
ended**

31 December 2024

**Charity no
(if any)**

1149658

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

C. A. Sanderson

Date:

20 August 2025

Name:

Caroline Sanderson

**Relevant professional
qualification(s) or body
(if any):**

Member of the Institute of Certified Bookkeepers

Address:

11 Little Road

Edinburgh

EH16 6SH

TARIKI TRUST

England & Wales - Charity number 1149658

Accounts

Tariki Trustees Annual Report 2023

Part 1: Reference and Administrative details

Tariki Trust, Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ

Charity Registration number: 1149658

Tariki Trust trustees and Management

On 31 December 2023 Tariki trustees were Paul Burt (chair), Elise Tate, Hussam Al-Nawab and Julia Samworth.

Day to day management of Tariki Trust is delegated to Stephen McCabe, Caroline Brazier and Debbie Swain as Officers of the Trust.

Bankers:

National Westminster Bank PLC

7 Hinckley Road

Leicester

LE3 0TQ

Independent Examiner:

Caroline Sanderson

11 Little Road

Edinburgh

EH16 6SH

Part 2: Structure, Governance and Management

Tariki Trust is a charitable trust no. 1149658 and is governed by a Deed of Trust which was signed in December 2011.

New Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. Throughout the year 2021 Paul Burt remained chairperson of the trust. Julia Samworth joined the board in January 2023.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring a better understanding of issues affecting the trust. New trustees are given a welcome letter and are made aware of the structures and activities of the trust.

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Identified Risks

The trustees of Tariki Trust identified the following risks:

- loss of income from a reduced number of students.
- The trust being sued in the case of accident or professional misconduct.
- Injury or incapacity of Stephen McCabe who carries main responsibility for the Tariki Ecotherapy Training Programme and other key staff members.
- If we are to buy land and/or property in the coming year (as explained later in the report), this could pose a financial risk due to ongoing costs of upkeep.

Risk Reduction Strategies

For the above risks, Tariki Trust has set in place:

- Loss of students: The trustees agreed to continue to retain a financial buffer of at least £20,000 or six month's expenditure so that teaching obligations and other ongoing financial responsibilities can be met.
- Tariki Trust being sued: the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- The Course Leader being unable to fulfil his duties: Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes and the duties which Stephen McCabe currently undertakes. The trustees ensure that access to websites and online platforms is held by more than one person and that passwords are stored securely in more than one place.
- Any property that we buy will be covered by insurance and we intend to be frugal where initial costs are concerned; the charity will still save healthy reserves.

Part 3: Objectives and Activities

a) Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

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- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
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Ten Directions Certificate in Ecotherapy: The ecotherapy programme continued to be offered throughout 2023 in our popular online training format, with some in-person options offered for

those in the UK who can travel. As many of our students are overseas, the majority of people do the course fully online. This involves the completion of five online units plus 90 hours of attendance at online seminars and workshops offered over Zoom or in-person. Each of the core units was accompanied by a one-day workshop on Zoom conducted by core staff, and other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. Online courses and seminars proved extremely popular and the number of students taking the year-long certificate remained high with 21 people enrolled in the 2022/23 course and 31 students enrolled in 2023/24.

The seminars and workshops also attracted a following of people who did not enrol for the full programme, meaning that most individual seminars continued to attract between 8-15 people. Occasionally workshops have been cancelled in early 2023 due to low numbers, but this has not been an issue since summer after we enrolled such a high number of students for the new Certificate intake.

During 2023, there were three in-person offerings, all held in Lothian, Scotland: two non-residential weekends in Midlothian and one full-day coastal walk along the East Lothian coast. All were attended by small groups of 4-7 people and these were facilitated by Stephen McCabe and Stephanie Whitelaw, a current Diploma student and past graduate of the Certificate programme.

As applications were at our record highest in 2023 (over 50 applications across the year), Caroline and Stephen started to run Recruitment Events in the summer, rather than standard one-to-one interviews. These online events invited all potential students to have a 'taster' of what our online sessions are like, as well as giving them an opportunity to talk about their interest in ecotherapy.

This year, we offered free bursaries to three students in India. All of these women have proven to be extremely engaged in the course and we hope to invite one of these students (should she graduate) to run workshops for us next year exploring storytelling and Hinduism's relationship with nature. It feels important for graduates to run workshops alongside us, helping to cement the Ten Directions course as a learning community, rather than something run by a top-down teaching team. Also, we aim to diversify the backgrounds and religious practices of our tutors. Offering training bursaries to people in developing countries – and then offering them paid teaching work if they have something to offer – seems like an excellent way to do this naturally.

The core Ten Directions staff group continues to consist of Elise Tate, Fairlie Winship, Paul Maiteny, Harriet Sams, Stephen McCabe, Sam Lewis and Caroline Brazier, and they continued to do much teaching on the programme. We continue to use Squarespace for our website, Mailchimp for publicity and Mighty Networks to deliver our online courses. Students seem to find the latter platform engaging to use and they often share photos, poems, artwork and videos in the forum.

By using Eventbrite to advertise and manage our event booking, we have attracted over 1000 'followers' on the platform, which is allowing us to reach many new people from across the globe. Our mailing list also continues to grow. Monthly newsletters are sent with updates on our upcoming workshops and Tariki Trust's general activities.

Stephen and Caroline have hosted promotional ecotherapy workshops in the summer for the popular online CPD platform, 'Online Events', and this activity has led to direct sign-ups on the Ten Directions Certificate.

In both academic years that ran in 2023, we offered over 250 hours worth of workshops for our students to choose their 90 training hours from, creating a tailored experience for students who may want to specialise their ecotherapy work in certain areas.

We received some very encouraging feedback from our 2022/23 students in the summer, demonstrating that the course is a powerful experience for many on a personal as well as professional level. Here are some quotes from the feedback forms, which are shared below with permission:

'I had no real idea of what it would bring, but I have been blown away by the depth but also the subtlety of the teachings. I loved doing some of the more hands-on things, making the mobile or mandalas. But also getting really up close with things I thought I knew. Learning to see the details. Looking back at paths travelled to encourage a perspective shift. The days we all spent together. And much more. Learning to see the details. I know that I will start to work in this direction - I'm just not sure how at the moment. But I know it is going to happen. Really just thank you. I have loved being a part of this and am quite sad that it is over.'

'The course has been quality, well thought out, passionate, supportive. From the feedback, to interaction with peers, and the monthly workshops – it's such good value for money. From a work point of view, the content is so rich and replete with content and ideas – both from the exercises and the feedback and comments. I like that the passion and delivery of the course has helped me to dive deeper into my values and to also think about my spiritual practice and work role. I feel the strongest contribution of the course will be harnessing the power of nature as I work with people. I would highly recommend this course to people interested in eco-therapy. The passion, commitment, knowledge, delivery and dedication to providing support, comments and feedback has been staggeringly impressive. I think Stephen, Caroline and Tariki should be really proud of the delivery of this course. Thank you. x'

'I know my personal life will change because I have so many more tools for my own self-care and I am hoping to be able to use what I have learned in my work as an outdoor educator.'

'I think it was a different type of learning than I thought it would be, but have enjoyed it fully. I thought it would be a more traditional "teaching" course but this was very experimental and self-reflective, to just let the thoughts rise without pinpointing anything specifically. I enjoyed a lot the weekly exercises! You realized the things that started circling in the unconscious, too, and it was nicely intensive during the modules.'

'In my personal life, I am already reducing my consumption, reusing and recycling more. In my work, I am about to announce an online workshop series based on some of the learning I've taken from the course, based on connecting to our sense of place. Stephen has been absolutely brilliant throughout this time. I felt his presence, support and meaningful reflections were always motivating and encouraging. I know I will need to go over some of the reading and tasks again in order to let them land fully, as there was so much to take in throughout the 5 units. The tasks with less reading often felt like a welcome break!'

Ten Directions Diploma in Ecotherapy: for several years now we have been offering an optional second year of training for students who had taken the Ten Directions Certificate in Ecotherapy and are looking for support to develop their ecotherapy practice. This programme provides a mix of mentoring and ongoing training. In 2022, this second year was consolidated into a Diploma Programme.

The Diploma programme is designed to be flexible, meeting the needs of students with a variety of specialisms, working in different therapeutic, mental health and community settings. It consists of monthly gatherings attended by all students; a project supported by a mentoring process; completion of a professional studies unit; and 90 hours of attendance. Caroline co-ordinates the programme and facilitates the monthly gatherings which are partly based around journal activities relating to professional development which are sent out in advance of the meetings. Other staff offer one to one mentoring. Staff and students are paired according to their common interests and specialisms. Two students took the programme in 2022/23. In September 2023 three new students enrolled. Because of the nature of the project and the mentoring, a few students from previous intakes are still completing their projects.

Free Events and Book Launches

We hosted a number of free and donation-based online events in 2023, offering wellbeing events as well as Buddhist-themed talks and a free book launch event for Nagapriya's book, 'The Promise of a Sacred World'. In July 2024, we will also launch Mary Reynolds Thompson's launch for her new book, 'The Way of the Wild Soul Woman', with a free/donation-based online event.

Supervision Group

In October 2023, in response to a number of requests, we decided to launch a supervision group for graduates of the Tariki Ecotherapy programme. This group meets monthly for 90 minutes, and was initially advertised for six sessions running October to March, but will be extended due to its success until June 2024. The group, which is led by Caroline, consists of six practitioners. This number is ideal for supervision and we have set a maximum of 8 participants for future groups.

Buddhist Psychology and Other-Centred Approach

In the spring of 2023, Caroline offered a series of six introductory workshops on Buddhist psychology and other-centred approach. Sadie Mansell and Claire Wirsig ran a workshop entitled Avalokiteshvara: Compassion, Responsibility, and Self-Care in April 2023. These were followed in the autumn of 2023 by another workshop run by Caroline on the Ant Hill Sutta – a text which provides an important description of the Buddhist understanding of layers of resistance in the mind. Throughout the academic year 2023/24 Caroline is also running a series of workshops on working with the elements (meditations on the elements are traditional Buddhist practices, exploring the elements both within the body and in the environment). Caroline also offered an introductory workshop on the other-centred approach through the organisation Online Events which has proved a useful way of raising interest in Tariki courses within the counselling community.

Buddhist Teaching

Buddhist Classes continued to be offered online twice a month throughout 2023. Each month, one of these classes was focused on the teaching of chanting practices and the second on study. We completed our teaching series on The Twelve Lights of Amida in the first half of the year. This compared texts by Tan Luan, Shinran and Ippen. In July we started a new series of sessions, called

the Heart of Amida which is looking at two texts commonly used in Jodo Shinshu practice, both of which come from the Larger Pure Land Sutra: Sanbutsuge and Juseige. These classes were led by Enrique Galvan-Alvarez and Caroline. In addition to these regular classes, we held solstice events in summer and winter, consisting of an online Buddhist service and Dharma talk. In October Enrique also offered a workshop on Shomyo chanting, an ancient Japanese form of chanting which draws on the sounds of nature, for students on the Ten Directions programme and the general public.

Other Involvement with Jodo Shinshu

In 2023 Caroline continued to attend online gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere and to be involved with the wider sangha. In September she hoped to travel to Dusseldorf to attend the European Shin Buddhist conference but was unable to go as she was suffering from concussion following an accident. She attended online instead. She also attended Hoonko celebrations held in Dusseldorf in November online. In November Caroline and Enrique both attended a conference in Malvern, UK, which was a gathering of Pure Land Buddhists from different groups within the UK. This conference was attended by priests and lay people from Jodo Shinshu (Nishi and Higashi), Bright Dawn, Amida Shu, and Triratna and was an opportunity to meet one another and share practice.

Psychotherapy

Caroline continues to work with a small number of ongoing clients and supervisees on Zoom. The training agency which was originally established in 2021 to offer placements to students on the psychotherapy training programme continued to operate in the early part of 2023. As students had all completed their studies, it became a counselling service, operating within Tariki Trust and organised by a team of graduates headed by Claire Wirsig, however during the spring of 2023 its level of activity dwindled. Some of those involved have, however, continued to meet for peer supervision sessions as they establish themselves in private practice.

GDPR compliance and other policies

In 2018 with the introduction of GDPR legislation, Tariki Trust reviewed its data handling and adopted new policies as a result. At the same time, the officers and trustees worked together on a major review of all policy documents of the trust. These policies have continued to be reviewed in line with the requirements established by the trustee group.

Use of volunteers

Tariki Trust has no salaried staff. Stephen McCabe and Debbie Swain receive small ad hoc payments for administrative work done in agreement with the trustees. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of their work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Part 4: Achievements and Performance

Tariki Trust has continued to deliver a substantial programme of events, mostly focused on its training in ecotherapy. This programme, which is based on a Buddhist understanding of psychology, has grown from strength to strength. In 2023 we saw an increase in applications which resulted in 31 enrolments at certificate level and 3 at diploma level, both increases on 2022 intakes. In addition, we have seen a number of graduates of the programme joining the teaching staff, supporting the vibrancy of the Tariki community. In response to these increased numbers, several of the core staff have had to step up in the autumn of 2023 with Sam and Harriet joining the main teaching team alongside Stephen in delivering the online units. This larger student body has meant that online workshops continue to be well attended despite a drop in casual online attendances resulting from the end of Covid restrictions.

Our staff team continues to engage in a collaborative approach to decision making through online gatherings and also through the creation of WhatsApp groups and decision-making forums. In June 2023 we held an overnight meeting, camping in a wood in Cumbria attended by four Tariki staff at which we shared ideas and discussed practice.

Tariki Trust continues to be international in its outlook. The Ten Directions course programme is now being supported by a staff group who are dispersed all over the UK, with guest tutors in Japan, USA and Finland. Our student reach is truly international with this year's students coming from UK, USA, India, France, Finland, Australia, New Zealand and Romania. In 2023 we offered free places to three students from India, in part funded by a bequest made by a former friend and supporter, Derek Goldby. To support our students in Australia and New Zealand, we started to run extra monthly sessions at 9am (WET), as they sometimes struggle with timezone differences to attend other workshops.

Tariki Trust also continues to offer and support Buddhist practice through online teaching. As a Buddhist priest, Caroline continues to lead Buddhist activities alongside other priests from the Jodo Shinshu community. The Tariki programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based working.

Part 5: Financial Review

Income during the year increased somewhat: £54,490 in 2023 as opposed to £45,524 in 2022. This included a bequest of £1000 from Derek Goldby, an old friend of Tariki Trust who had lived in The Buddhist House in the past and died in 2022. Expenditure was £39,836 in 2023 as opposed to £34,609 in 2022, and the total funds held at the end of 2023 were substantially greater than those held at the end of 2022 (£112,299 in 2023 as opposed to £97,195 in 2022). The healthy balance reflects the prudent approach which has been taken since the closure of the psychotherapy training programme and the ending of operations at the Buddhist House. However, we have increased our outgoing payment rates for guest tutors considerably – over the line of inflation – and the trust continues to benefit from a high number of people attending our courses throughout the year.

In terms of income, the major part of that taken in 2023 once again came from student fees. These fees made up the bulk of income in 2023, as they did in 2022.

Catering and venue hire fees were limited to three attendance-based events in Scotland. Computer costs included the purchase of a new laptop for Stephen who continues to provide the bulk of the admin support for the Ten Directions Certificate. Otherwise, the bulk of the outgoing costs were spent on teaching fees and the management of the online websites and platforms where we deliver and advertise our courses. It is apparent in the figures that a greater amount was paid out in 2022 than in 2023 on phone and internet. This in fact reflects the fact that due to variations in the timing of annual payments for web hosting and services, two sets of payments were taken in 2022 and none in 2023. The trustees also made higher honoraria payments in 2023 than they had in 2022 to Debbie and Stephen during the year to better reflect the amount of admin work that they do (Stephen for the course admin, Debbie for her finance work). These payments amounted to £6188 for Stephen and £1372 for Debbie.

Overall, we can see that 2023 was another very successful year for Tariki Trust. We have continued to look into the possible purchase of a piece of land on which we can conduct ecotherapy events. A suitable place has not come onto the market, but the Tariki trustees have agreed to support such a venture should such a place become available. However, we are now considering the purchase of a suitable community building in 2024, should one become available, instead of land. It appears that the purchase of suitable land is very difficult given our location needs and budget; little of interest has come onto the market in the three years in which we have been searching.

As we go forward into 2024, we are confident that, by reflecting current trends in environmentally based education and in engaged Buddhism, we will continue to offer a quality service to our students, participants and all who use our services whilst maintaining financial prudence.

Part 6: Plans for the Coming Year and Beyond

2023 was a good year for Tariki Trust so we plan to build on this success in the year to come. In particular we hope to offer more in-person events and with that in mind are continuing to look into the possibility of purchasing a small piece of woodland or other rural space. Our aims for next year are:

- To continue running the Ten Directions Certificate and Diploma courses in largely the same format as we did in 2023, yet responding to the changing landscape of online learning as the year goes on.
- To work with the staff group to develop the Ten Directions programme further and offer related short courses and events within a learning community model
- To continue to recruit people onto our mailing list and to publicise our events and training.
- To look into other channels for promoting Tariki events and services
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To offer in-person attendance-based ecotherapy events in Scotland, and possibly other areas of the UK.

- To foster systems of communication between the ecotherapy staff team and the trustees
- To maintain firm financial and managerial systems so that the organisation continues on a solid basis
- To offer Buddhist teaching and practice online
- To continue to deliver events related to Buddhist psychology, psychotherapy and Buddhist practice.
- To foster our links with Jodo Shinshu and other Buddhist traditions and to support their activities.
- To explore investing in our own land in the Scottish Borders which we can use for in-person camping retreats, or perhaps a suitable community building instead.
- To attend and promote Tariki Trust at the Forest Mind conference in August 2024 in Havinkaa, Finland.

Tariki Trust Accounts for the Year Ended 31 December 2023
Statement of Financial Activity

	Note	2023	2022
Incoming Resources			
Voluntary Income: Donations	1	1,257.54	454.00
From Charitable Activities	2	53,233.15	45,070.67
Total Incoming Resources		54,490.69	45,524.67
Resources Expended			
Cost of Generating Funds	3		
Charitable Activities	4	39,386.73	34,609.14
Governance Costs	5		
Total Resources Expended		39,386.73	34,609.14
Net Incoming Resources		15,103.96	10,915.53
Net Movement in Funds		15,103.96	10,915.53
General Funds: Balance brought forward		97,195.11	86,279.58
Total Funds Carried Forward		112,299.07	97,195.11
Represented By:			
Current Assets			
Cash and Bank	8	112,299.07	97,195.11
Total Assets		112,299.07	97,195.11

Notes Forming part of the Statement of Financial Activity
for the Year to 31 December 2023

	2023 £	2022 £
1 Donations consists of		
Donations	1,257.54	454.00
	<u>1,257.54</u>	<u>454.00</u>
2 Charitable Activities Income		
Student Fees	53,083.15	44,155.82
Counselling and Supervision	150.00	330.00
	<u>53,233.15</u>	<u>44,485.82</u>
3 There were no appeals or fund-raising events in the year.		
4 Charitable Activities		
Food and Consumables	94.24	55.13
Travel and Subsistence		
Motor Running Expenses	-	146.47
Other Travel and in transit Accommodation	398.27	-
Office and Admin costs		
Printing postage and stationery	205.56	127.67
Computers	1,287.99	518.99
Phone and internet	249.55	3,308.75
Officer's Allowance	7,560.00	2,735.00
Insurance	838.25	825.70
Course Costs & Training		
- staff costs	27,656.94	25,165.25
- supervision	350.00	250.00
- subscription, hire of hall etc	255.00	40.00
- books, equipment etc.	70.93	147.19
Buddhist outreach, networking and Sacristy		
- sacristy	200.00	200.00
Donations relating to ecotherapy training	-	806.99
Presents for retiring trustees	-	82.00
Independent examiner for end of year accounts	220.00	200.00
	<u>39,386.73</u>	<u>34,609.14</u>
5 Governance Costs		-
No trustee claimed any expenses and there were no other governance costs.		
6 No income received was earmarked (restricted) for any particular purposes. Thus all Tariki Trust's funds are unrestricted funds.		
7 Debtors - none		-
8 Cash and Bank closing balances		
National Westminster main account	104,509.94	91,407.64
National Westminster cash account	-	1,143.29
Euros cash and bank	3,764.33	3,764.33
Pay Pal	4,024.80	879.85
	<u>112,299.07</u>	<u>97,195.11</u>



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Tariki Trust

On accounts for the year
ended

31 December 2023

Charity no
(if any)

1149658

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2023.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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:

C. A. Sanderson

Date: 4 April 2024

Name:

Caroline Sanderson

Relevant professional
qualification(s) or body
(if any):

Member of the Institute of Certified Bookkeepers

Address:

11 Little Road

Edinburgh

EH16 6SH

TARIKI TRUST

England & Wales - Charity number 1149658

Accounts

Tariki Trust Annual Report 2022

Part 1 Reference and Administrative details

Tariki Trust, Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ

Charity Registration number: 1149658

Tariki Trust trustees at 31 December 2022 were Paul Burt (chair), Elise Tate and Hussam Al-Nawab.

Day to day management of Tariki Trust is delegated to Caroline Brazier and Debbie Swain as Officers of the Trust.

Bankers:

National Westminster Bank PLC
7 Hinckley Road
Leicester
LE3 0TQ

Independent Examiner:

Caroline Sanderson
11 Little Road
Edinburgh
EH16 6SH

Part 2 Structure, Governance and Management

- a) Tariki Trust is a charitable trust no. 1149658 and is governed by a Deed of Trust which was signed in December 2011.

New Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. Throughout the year 2021 Paul Burt remained chairperson of the trust. There were several changes in the trustee group. Trish Hibbert resigned in July 2022 due to ill health and Hussam Al-Nawab was appointed in March 2022. Julia Samworth was also approved to become a new trustee, and is to join the board in January 2023.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring better understanding of issues affecting the trust. New trustees are given a welcome letter and are made aware of the structures and activities of the trust.

Decision Making

Policies and major decisions are made at trustee meetings which occur every few months and not less than two per year. Other decisions are made by the officers of the trust, acting on the trust's behalf, or by others to whom specific decision-making power is delegated. Any decision involving expenditure of more than £500 on a single item will be made in consultation with the trustees, and all significant decisions are normally discussed with one or more trustees. Officers currently submit a written report to each trustee meeting.

Identified Risks

The trustees of Tariki Trust identified the following risks:

- loss of income from reduced number of students.
- The trust being sued in the case of accident or professional misconduct.
- Injury or incapacity of Stephen McCabe who carries main responsibility for the Tariki Ecotherapy Training Programme and other key staff members.

Risk Reduction Strategies

For the above risks, Tariki Trust has set in place:

- **Loss of students:** The trustees agreed to continue to retain a financial buffer of at least £20,000 or six months' expenditure so that teaching obligations and other ongoing financial responsibilities can be met.
- **Tariki Trust being sued:** the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- **The Course Leader being unable to fulfil his duties:** Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes and the duties which Stephen McCabe currently undertakes. The trustees ensure that access to websites and online platforms is held by more than one person and that passwords are stored securely in more than one place.

Part 3 Objectives and Activities

a) Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

In furtherance of the objects, but not otherwise, the trustees may exercise any of the following powers:

- To further the integration of Buddhist and Western understanding and wisdom by wide ranging study, research and education.
- To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world.
- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
- To actualise Dharma practice by providing resources to those engaged in the relief of physical, ecological or psychological suffering, including the establishment of social, psychological, pastoral and spiritual services.

Psychotherapy Course Programmes

The psychotherapy training programme ceased teaching in June 2021, however a number of students remained enrolled as they still needed to complete their placements which had been disrupted during the Covid pandemic. These were finished and seven completion meetings were held during 2022 with the last students receiving the Diploma in Counselling in November 2022.

Ten Directions Ecotherapy Training Programme

The ecotherapy programme continued to be offered throughout 2022 in the online-based format devised in previous years. The training involves the completion of five online units plus 90 hours of attendance at online seminars and workshops offered over Zoom (or occasionally at in-person UK events). Each of the core units was accompanied by a one-day workshop on Zoom conducted by core staff, and other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. Online courses and seminars proved popular and the number of students remained high with over 20 students enrolled in 2021/22 and beyond. The seminars and workshops also attracted a following of people who did not enrol for the full programme, meaning that most individual seminars continue to attract 5-15 people – less than last year, where the numbers averaged 10-20. From researching this issue online, and speaking with other providers of online events, it appears that this is a global trend since the pandemic; people are generally more keen to meet in-person for recreational events than go to one-off online events.

We have, however, noticed another interesting trend in 2022: whilst the number of people attending individual workshops has been lower this year than last year, we have received a record number of applications for the 2023 full-year Certificate programme. It appears that whilst people are not as willing to spend recreational time in short online events, more people than ever perhaps feel encouraged to invest in our longer training programmes. We feel this is down to global trends and also the reach of our website: we are now one of the top-ranking websites in the world on search engines for ecotherapy training.

The core staff team continues to be Elise Tate, Fairlie Winship, Paul Maiteny, Harriet Sams and Sam Lewis with Caroline Brazier and Stephen McCabe. Stephen continues in the role of Course Director for the Certificate programme, running the online learning units as well as the day to day running of the course. Caroline looks after the Year Two Diploma.

By using Eventbrite to advertise and manage our event bookings, we have attracted almost 800 'followers' on the platform – double last year's numbers – which is allowing us to reach new people. Our online workshops and seminars continue to be attended by people from all over the world. We have recently received very encouraging feedback from our 2022 students (some of which are copied and pasted below), which continues to demonstrate that the move to become a (mostly) online course has been a transformational experience for many.

"I had no real idea of what it would bring, but I have been blown away by the depth but also the subtlety of the teachings. I don't know how you could improve it. I loved the way it was delivered. A balance of seminars and exercises. I think it flows beautifully."

"I am considering creating some kind of group work, which awaken people's connection, creativity and compassion towards self and the world. Need to think about it. But for sure I will utilise this. And I have gained some kind of peace. I do not have to try so hard, everything will work out as it is supposed to and I have so many ideas cooking. I want to browse through the exercises and some parts of the writings, too, to remember and apply into something new I will create. I have so much enjoyed the non-judgmental, non-achievement-based way of teaching and learning and loved your insights, Stephen. Thank you so much."

"In my personal life, I am already reducing my consumption, reusing and recycling more. In my work, I am about to announce an online workshop series based on some of the learning I've taken from the course, based on connecting to our sense of place. The support has been absolutely brilliant throughout this time. I felt Stephen's presence, support and meaningful reflections were always motivating and encouraging. I know I will need to go over some of the reading and tasks again in order to let them land fully, as there was so much to take in throughout the 5 units. The tasks with less reading often felt like a welcome break!"

"It offered more than I expected. I really enjoyed it and would recommend it to others. Getting to work with like-minded people from across the globe has been inspiring. Also, the variety and creativity of experiences has helped to expand my own imagination for all that can be done with Ecotherapy."

We offered around 250 hours-worth of workshops for our students to choose their 90 training hours from this year. This means that the course is flexible, where people develop their skills based on their personal interests. We also hosted two in-person training weekends in the UK (Whitley Bay and Midlothian) and we have several more in-person events in the diary for the coming year. This gives those in the UK an option to do some of their training in-person, although this will remain optional so that we can continue to attract an international student group who can do the training fully online.

It may be the case that if the public continues to attend fewer online events, it may not be viable to offer so many different online events to our Ten Directions students. We are reviewing this situation as the year goes on.

Ten Directions Diploma in Ecotherapy: for several years we have been offering a second year of training for students who had taken Ten Directions and wanted mentoring and support to develop their ecotherapy practice. In 2021 we began to offer a more structured second year programme to meet the needs of those who had trained under the new online format. This programme was designed to be flexible and consisted of monthly gatherings attended by all students, a project supported by a mentoring process, and 90 hours of attendance. In 2022, in recognition of the increased status of this second year programme, we decided to confine it to students who wanted to do the full programme and relaunch it as a Diploma Programme, adding a professional studies unit to the requirements. Caroline co-ordinated the year and facilitated the monthly sessions. Other staff offered mentoring. In September 2022 we had two new students enrolling on the programme whilst some student from 2021/22 were still completing their projects.

Free Events

We continue to offer free 'Monthly Wellbeing Event' online, which are open for anybody to attend. These sessions offer people different activities which support their emotional wellbeing (such as guided meditations). We also host a number of free and donation-based workshops based on Buddhist teachings.

Introduction to Buddhist Psychology and Other-Centred Approach

In Autumn Caroline offered a series of five introductory workshops on Buddhist psychology. The workshops were three hour teaching sessions, covering basic theory and were well attended. These are to be followed by six workshops on Other-Centred Approach in spring 2023.

Buddhism Classes continued to be offered online twice a month throughout 2022. One of the monthly classes focused on study. In the early part of the year we completed our examination of The Shoshinge Wasan, key texts in the Jodo Shinshu tradition. We then began a teaching series on The Twelve Lights of Amida comparing texts by Tan Luan, Shinran and Ippen. These were led by Enrique Galvan-Alvarez and Caroline. These classes alternated with chanting classes in which we learned and practiced chanting of the Shoshinge and the Shoshinge Wasan.

Other Involvement with Jodo Shinshu

In 2022 Caroline continued to attend online gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere and to be involved with the wider sangha.

Psychotherapy

Caroline continues to work with a small number of ongoing clients on Zoom and also has a number of supervisees. The training agency which was established in 2021 to offer placements to students on the psychotherapy training programme also continued to operate throughout 2022 and, as students completed their studies, became a counselling service, operating within Tariki Trust and organised by a team of graduates headed by Claire Wirsig. The report from this service follows.

Tariki Counselling Service Report 2022-23

This past year has seen a transition in the Tariki Counselling service as it shifted from a placement agency for students earning their Counselling Diplomas to a collective of therapists in private practice, unified by a Buddhist approach to therapy. In March 2022, there were five student counsellors and one fully qualified counsellor seeing between 3 – 10 clients each through this service. Both student and qualified counsellors saw clients on a voluntary basis. The service received feedback from clients regarding their experience of the therapy provided:

- *Client 1 (who had nearly two years of therapy with the service): I could never afford long-term therapy and I tried everywhere to get free therapy but there wasn't anything available, only a few sessions. I'm just so grateful to have had this opportunity and also proud of myself for making the most of it.*
- *Client 2: Therapy has allowed me to go through my difficult childhood and to see the damage it has caused me and my life. Although it has been really difficult at times I feel like I have processed so much stuff. Being heard and being able to be myself has been really freeing. I see myself in a much kinder way; I didn't release how hard on myself I was. I can only describe it as feeling lighter. I am starting to build a more positive life now.*
- *Client 3: As a Buddhist it was nice to have a therapist that could understand my practice and I didn't have to repeatedly explain this important part of my life.*

The service collected feedback from counsellors as well, with respect to their experience as students on placement:

- *In the last year I completed the counselling diploma and I feel very fortunate that I got to see a wide spectrum of clients including different presenting issues, ages, cultures, religious / spiritual backgrounds, and sexual orientations.*
- *I had the experience of delivering both short and long-term therapy as well as the various challenges that therapists have to face; helping my learning process greatly.*
- *It was great to be on a placement where the Buddhist approach could be explicit.*

As the student counsellors qualified between March – November 2022, they allowed their voluntary client work to reach a natural ending, and the service began advertising itself as a collective of fully qualified practitioners. Alongside these changes, the majority of the counsellors began seeking employment and/or developing their own private practices as qualified professionals.

The Tariki Counselling Service continues to offer online therapy from a Buddhist perspective, with variable rates for sessions dependent on the practitioner. The therapists in this group meet every other month to support one another, share ideas, and discuss practical issues. We are in the process of exploring how we promote ourselves as a collective of practitioners, each with our own individual styles and yet united by our Buddhist underpinning. We look forward to seeing what the next phase of our journey holds.

GDPR compliance and other policies

In 2018 with the introduction of GDPR legislation, Tariki Trust reviewed its data handling and adopted new policies as a result. At the same time, the officers and trustees worked together on a major review of all policy documents of the trust. These policies have continued to be reviewed in line with the requirements established by the trustee group.

Use of volunteers

Tariki Trust has no salaried staff. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of this work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Part 4 Achievements and Performance

Although some of our online events were attended in fewer numbers than last year, we have also received 35 applications for next year's training, and are likely to receive more by the time the course starts. This may mean that, for the first time, the online units will be so busy that they will need more than one member of staff to support their delivery. If it comes to this, Stephen will be supported by the wider staff team, in particular Sam and Harriet.

Our staff team continues to engage in a collaborative approach to decision making.

Our in-person events in the UK went very well; both events attracted small numbers but it was commented by several that having the opportunity to train in-person really made a difference for them. At least one person is about to apply for the year-long training after coming along to an in-person event.

Tariki Trust continues to provide training and services, particularly in the fields of Buddhist psychology and ecotherapy. The Ten Directions course programme is now being supported by a staff group who are dispersed all over the UK, with guest tutors in Japan, USA and Finland. Our student reach is truly international with this year's students coming from Spain, USA, Belgium, Mexico, Germany, UK and Finland.

Tariki Trust also continues to offer and support Buddhist practice through online teaching. As a Buddhist priest, Caroline continues to lead Buddhist activities alongside other priests from the Jodo Shinshu community. The Tariki programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based working.

We have offered around 15 free online wellbeing events for people who are not able to afford our paid events. These sessions have covered offered meditation, storytelling therapy, yoga and more.

Part 5 Financial Review

2022 was a year in which Tariki Trust maintained a steady course under its new operational structure, both in its finances and in its delivery of services. Income during the year was very similar to 2021 (£45,500 in 2022 as opposed to £46,800 in 2021). Despite this slight reduction in income, because overall expenditure was lower (£34,600 in 2022 as opposed to £45,100 in 2021), the total funds held at the end of 2022 were substantially greater than those held at the end of 2021 (£97,100 in 2022 as opposed to £86,200). The healthy balance reflects the prudent approach which has been taken during the transitional period following the closure of the psychotherapy training programme and the ending of operations at the Buddhist House and shows that the new regime is operating successfully in a way that is financially stable.

In terms of income, the major part of that taken in 2022 once again came from student fees. At £44,000, this was a remarkably similar amount to that taken in income from student fees in 2021. These fees made up the bulk of income in 2022, whereas in 2021 there was still a modest income which came largely from dispersal of items from The Buddhist House. Income from Caroline's therapeutic work also reduced greatly in 2022 compared to 2021, reflecting her changing work pattern. (£330 in 2022 as opposed to £1445 in 2021) There was also a small gain of just under £600 which came from the transfer of funds which had been held in euros into Tariki Trust's sterling account.

Expenditure was lower overall than in previous years with several expenditure headings largely disappearing. Catering was limited to a couple of attendance-based events, and travel expenses to the reimbursement of petrol costs for attending Buddhafield and a couple of other Tariki-related events. A

number of small categories of expenditure disappeared altogether. The budget for training was very much reduced as were insurance payments as some of these previously related to The Buddhist House.

Computer costs included the purchase of a new laptop for Debbie who continues to have a strong role in supporting the trust through bookkeeping, accounts and trustee administration. Internet costs increased to £3,300 in 2022 from £900 in 2021 reflecting our increasing reliance on online platforms.

Officers' allowances were substantially lower in 2022 than in the past (£2,700 in 2022 as opposed to £15,500 in 2021). This is partly because the nature of the officers' roles have changed with Caroline and Debbie's semi-retirement and the closure of the psychotherapy programme and The Buddhist House, but also Stephen is largely remunerated on the same sessional basis for teaching as other staff so that the proportion of his work to be covered by a separate fee is smaller. Taking account of the healthy balance of income to expenditure in 2022, the trustees are in the process of reviewing remuneration given to staff for administrative, technical, management and other supporting roles so officers' allowances will increase in 2023. Other staff costs covered sessional teaching. These increased in 2022 to £25,000 as opposed to £19,000 in 2021, reflecting an increase in the number of hours of course provision offered, and also a modest increase in the rates paid to staff for teaching to reflect changes in the cost of living.

The item listed under sacristy (£200) was an honorarium paid to Enrique in respect of teaching which he has done this year and directly reflects dana (donations) received for his classes.

Overall, we can see that 2022 was a very successful year for Tariki Trust, financially and in other respects. As an organization, we are aware that our changing responsibilities mean that the level of funds held in our bank accounts are in excess of what is needed. We have therefore, for some time, been looking into the possible purchase of a piece of land on which we can conduct ecotherapy events. So far, a suitable place has not come onto the market, but the Tariki trustees have agreed to support such a venture should such a place become available.

As we go forward into 2023, we are confident that, by reflecting current trends in environmentally based education and in engaged Buddhism, we will continue to offer a quality service to our students, participants and all who use our services whilst maintaining financial prudence.

Part 6 Plans for the Coming Year and Beyond

2022 was the third year in which we ran an (almost) fully-online ecotherapy training system which we started to develop during the pandemic. Since then, we have created many new systems such as using slicker platforms like Eventbrite and Mighty Networks for the delivery of our online courses. We believe that we have established a system that really works and as such, next year we will continue to tweak this rather than reinventing anything.

Our aims for next year are:

- To continue running the Ten Directions Certificate and Diploma courses in largely the same format as we did in 2021, yet responding to the changing landscape of online learning as the year goes on.
- To work on new ways of promoting our online events in light of them not being as popular this year. This will include (in 2023) hosting some events in partnership with the extremely popular 'Online Events' CPD platform as well as exploring other avenues on social media.
- To respond to our record number of Ten Directions applications by having more than one member of staff supporting the students in the online forum for the Ten Directions Certificate.
- To work with the staff group to develop the Ten Directions programme further and offer related

short courses and events within a learning community model

- To continue to recruit people onto our mailing list, which now has almost 1300 signups (up by about 300 in the last year).
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To offer several in-person attendance-based ecotherapy events in Scotland, and possibly other areas of the UK.
- To foster systems of communication between the ecotherapy staff team and the trustees
- To offer Buddhist teaching and practice online
- To review and establish firm financial and managerial systems so that the organisation continues on a solid basis
- To continue to deliver events related to Buddhist psychology, psychotherapy and Buddhist practice, as we did this year with our 'Other Centred Therapy' and 'Buddhist Psychology' series.
- To foster our links with Jodo Shinshu and other Buddhist traditions.
- To explore investing in our own land in the Scottish Borders which we can use for in-person camping retreats.

Tariki Trust Accounts for the Year Ended 31 December 2022
Statement of Financial Activity

	Note	2022	2021
Incoming Resources			
Voluntary Income: Donations	1	454.00	722.53
From Charitable Activities	2	45,070.67	46,164.45
Total Incoming Resources		45,524.67	46,886.98
Resources Expended			
Cost of Generating Funds	3		
Charitable Activities	4	34,609.14	45,110.72
Governance Costs	5		
Total Resources Expended		34,609.14	45,110.72
Net Incoming Resources		10,915.53	1,776.26
less Major Building Expenses	11		2,295.00
Net Movement in Funds		10,915.53	(518.74)
General Funds: Balance brought forward		86,279.58	86,798.32
Total Funds Carried Forward		97,195.11	86,279.58
Represented By:			
Current Assets			
Cash and Bank	8	97,195.11	86,279.58
Total Assets		97,195.11	86,279.58

Notes Forming part of the Statement of Financial Activity
for the Year to 31 December 2022

	2022 £	2021 £
1	Donations consists of	
	Donations	722.53
	Start up Grants	0.00
	454.00	722.53
2	Charitable Activities Income	
	Student Fees	43,912.05
	Postage and stationary	19.79
	Counselling and Supervision	1,445.00
	External events	20.00
	Sales of Books	206.38
	Other Income	561.23
	Revaluation Profit	-
	584.85	-
	45,070.67	46,164.45
3	There were no appeals or fund-raising events in the year.	
4	Charitable Activities	
	Food and Consumables	76.66
	Utilities	1,938.14
	Travel and Subsistence	
	Motor Running Expenses	623.99
	Other Travel and in transit Accommodation	-
	Office and Admin costs	
	Printing postage and stationery and bank charges	359.68
	Exchange differences	-
	Computer running	60.99
	Phone and internet	960.07
	Officer's Allowance	15,500.00
	Insurance	1,580.99
	House and Garden	1,299.46
	Vets	-
	Course Costs & Training	
	- staff costs	19,881.83
	- supervision and training (courses, conferences and festivals)	2,006.01
	-subscriptions	-
	- books, equipment etc.	37.99
	Buddhist outreach, networking and Sacristy	
	- Chaplaincy expenses	-
	- sacristy	100.00
	- Retreats, conferences & Buddhist events	-
	- donations to Buddhist causes	-
	Donations relating to ecotherapy training	684.91
	Presents for retiring trustees	-
	Independent examiner for end of year accounts	-
	200.00	-
	34,609.14	45,110.72
5	Governance Costs	-
	No trustee claimed any expenses and there were no other governance costs.	
6	No income received was earmarked (restricted) for any particular purposes. Thus all Tariki Trust's funds are unrestricted funds.	
7	Debtors	-
8	Cash and Bank	
	National Westminster main account	78,583.20
	National Westminster cash account	1,873.38
	Euros cash and bank	5,410.48
	Pay Pal	412.52
	879.85	412.52
	97,195.11	86,279.58
9	Creditors	0.00
10	Foreign Currency	
11	Major Building Expenses	2,295.00
	-	2,295.00



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Tariki Trust

**On accounts for the year
ended**

31 December 2022

**Charity no
(if any)**

1149658

Set out on pages

9 and 10

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2022.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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: C.A. Sanderson

Date: 27 July 2023

Name: Caroline Sanderson

**Relevant professional
qualification(s) or body
(if any):**

Member of the Institute of Certified Bookkeepers

Address:

11 Little Road

Edinburgh

EH16 6SH

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

TARIKI TRUST

England & Wales - Charity number 1149658

Accounts

Tariki Trustees Annual Report 2021

Part 1 Reference and Administrative details

Tariki Trust, Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ

Charity Registration number: 1149658

Tariki Trust trustees at 31 December 2021 were Paul Burt (chair), Trish Hibbert and Elise Tate.

Day to day management of Tariki Trust is delegated to Caroline Brazier and Debbie Swain as Officers of the Trust.

Bankers:

National Westminster Bank PLC
7 Hinckley Road
Leicester
LE3 0TQ

Independent Examiner:

Caroline Sanderson
11 Little Road
Edinburgh
EH16 6SH

Part 2 Structure, Governance and Management

- a) Tariki Trust is a charitable trust no. 1149658 and is governed by a Deed of Trust which was signed in December 2011.

New Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. Throughout the year 2021 Paul Burt remained chairperson of the trust. There were several changes in the trustee group. Elise Tate was appointed a trustee in June 2021 and David Bray resigned in October 2021.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring better understanding of issues affecting the trust. New trustees are given a welcome letter and are made aware of the structures and activities of the trust.

Decision Making

Policies and major decisions are made at trustee meetings which occur every few months and not less than two per year. Other decisions are made by the officers of the trust, acting on the trust's behalf, or by others to whom specific decision-making power is delegated. Any decision involving expenditure of more than £500 on a single item will be made in consultation with the trustees, and all significant decisions are normally discussed with one or more trustees. Officers currently submit a written report to each trustee meeting.

Identified Risks

The trustees of Tariki Trust identified the following risks:

- loss of income from reduced number of students.
- the trust being sued in the case of accident or professional misconduct.
- injury or incapacity of Stephen McCabe who carries main responsibility for the Tariki Ecotherapy Training Programme and other key staff members.
- difficulties arising from the handover of various roles to the new staff team including liaison with the Tariki trustee group and related administrative roles.

Risk Reduction Strategies

Since Caroline's retirement and the ending of the agreement regarding use of The Buddhist House in August 2021, Tariki Trust no longer holds ongoing responsibility for the upkeep of premises. The psychotherapy training programme is nearing its formal ending so liability to those students who are still completing it is vastly reduced. Students on the trust's ecotherapy training programmes generally complete the main training within a year as opposed to three years on the psychotherapy programme. Both of these factors mean that the level of risk involved in Tariki Trust's future operations will be substantially lower than previously.

For the above risks, Tariki Trust has set in place:

- **Loss of students:** the trustees agreed to continue to retain a financial buffer of at least £20,000 or six months' expenditure so that teaching obligations can be met. Whilst this is no longer as necessary as it was when the psychotherapy training was functioning, Tariki Trust continues to hold a very healthy balance of funds as it moves through its transitional phase. The psychotherapy training programme is scheduled to finish in November 2022 so only a modest sum is still required to cover the costs of completion meetings. The financial buffer may therefore be reviewed over the forthcoming period. Tariki Trust continues to hold responsibility for the Ten Directions ecotherapy training, however costs associated with this are much lower and are, for the most part, directly linked to income. The trust has no on-going commitment to expenditure beyond honouring the commitment to training prepaid students. It should therefore retain a sufficient financial buffer to cover refund of course fees in the unlikely event of a sudden termination of the training.
- **Tariki Trust being sued:** the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- **The Course Leader being unable to fulfil his duties:** Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes and the duties which Stephen McCabe currently undertakes. The trustees ensure that access to websites and online platforms is held by more than one person and that passwords are stored securely in more than one place.
- **Reliance of a new staff team:** The new staff team led by Stephen McCabe are now taking most of the responsibility for the day to day running of the ecotherapy training programme. Caroline has remained involved in a supportive role, and worked closely with Stephen McCabe as he took over many of her functions following her retirement in June 2021. She is still available and is also

overseeing the support of students who are completing the psychotherapy programme. We are reviewing this situation into the future and planning actions to cover ongoing aspects of the transitional phase.

Part 3 Objectives and Activities

a) Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

In furtherance of the objects, but not otherwise, the trustees may exercise any of the following powers:

- To further the integration of Buddhist and Western understanding and wisdom by wide ranging study, research and education.
- To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world.
- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
- To actualise Dharma practice by providing resources to those engaged in the relief of physical, ecological or psychological suffering, including the establishment of social, psychological, pastoral and spiritual services.

The Buddhist House

Until August 2021, Tariki Trust operated primarily out of premises at The Buddhist House, 12 Coventry Road, Narborough LE19 2GR. Since March 2020 most in-house activities had ceased due to the Covid 19 pandemic and activities had largely moved online so that use of the house was vastly reduced throughout the period of this report. After August 2021 Tariki activities became almost completely online and the charity address was moved to Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ.

The move from The Buddhist House involved a considerable amount of work, undertaken by Caroline and Debbie. The house had been furnished and equipped using a combination of Caroline and Debbie's personal furnishings, donations made by previous residents prior to the house being run by Tariki Trust and some items purchased by Tariki Trust. Many of these items were disposed of through a number of routes and much was given to other charities. In particular, Buddhist books and periodicals were donated to a Buddhist library and the large Buddha rupa, meditation hall furnishings and other religious items were given to other Buddhist centres. Some of the furniture was given to the family who took over the building who do long term fostering. Debbie and Caroline agreed to continue to store files and other small items of Tariki office equipment for the present as Debbie continued doing much of the administrative support.

Psychotherapy Course Programmes

In 2021 the Tariki psychotherapy training programme entered its final stages of wind-down. During the spring and summer terms, course training hours were offered, taught by the four members of teaching staff: Caroline, Elise, Jeff and Liz. Since Covid restrictions continued to make in-person attendance impossible, the hours requirements were met by offering the main teaching blocks on Zoom with reduced teaching hours. Additional weekly seminars were offered during term time so that the total number of staff-contact hours offered was slightly greater than would have been offered through normal nine-day course blocks. Debbie continued to offer administrative and other support work for these courses. During this period all the remaining students on the programme finished the required number of attendance hours.

At the beginning of 2021 there were a total of 17 registered students. Students enrolled on the shorter certificate programmes finished their training by the summer of 2021 leaving 13 diploma students still enrolled in July 2021. Of these, 3 graduated with Diplomas in Psychotherapy in October 2021, leaving 10 students still to complete in 2022. The online units which form core theory for the psychotherapy training programme also finished in June 2021, though some students completed outstanding work in the autumn of 2021.

The biggest factor limiting students' progression on the Psychotherapy and Counselling Diploma programmes was the completion of client work. Since many placement agencies closed or offered limited services during the Covid19 pandemic, many students struggled to find suitable placements. In response to this, Tariki Trust set up its own online counselling agency, taking advantage of the new online culture and the acceptability of online working to professional organisations. This agency was run on a day-to-day basis by psychotherapy students who were themselves already qualified counsellors and the operation was overseen by Tariki staff. This project enabled the students to complete their training hours more quickly than had previously been anticipated with a result that all students will graduate by November 2022.

Ten Directions Ecotherapy Training Programme

The ecotherapy programme continued to be offered throughout 2021 and continued in the online format devised the previous year in response to the pandemic. This involves the completion of five online units plus 90 hours of attendance at online seminars and workshops offered over Zoom. Each of the core units was accompanied by a one-day workshop on Zoom conducted by core staff, and other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. Online courses and seminars proved extremely popular and numbers of students remained high with 24 students enrolled 2020/21. The seminars and workshops also attracted a following of people who did not enrol for the full programme, meaning that most individual seminars continued to attract 10-20 people.

In the remainder of the 2020-21 academic year, the core units were run by Caroline who also coordinated the workshop and seminar programme. As we approached the summer of 2021, plans were finalised for the continued running of Ten Directions and the ecotherapy training programme. From the autumn of 2020 the core staff group had been expanded to include some of those who were currently presenting workshops and seminars on the programme. This enlarged group started to meet regularly to discuss the running of the programme and plan for future developments. Stephen McCabe emerged as a core member of this team and agreed to take on the core teaching and coordinating role when Caroline stepped down in August 2021. The new staff team became Elise Tate, Fairlie Winship, Paul Maiteny, Harriet Sams and Sam Lewis with Caroline, who continued to do some teaching on the programme, and Stephen. Over the summer of 2021 Stephen set up new websites to promote Tariki's work and the course in particular. He also set up a new platform for teaching and streamlined the enrolments on seminars and short events by using automatic booking and payment systems.

By using Eventbrite to advertise and manage our event bookings, we have attracted almost 400 'followers' on the platform, which is allowing us to reach many new people. Our online workshops and seminars are attended by people from all over the world. Indeed, the Ten Directions programme in 2021/22 was attended by people from many different continents. We have received very encouraging feedback from our 2021/22 students (some of which we have included at Appendix 1), demonstrating that the move to becoming a fully online course has been a transformational experience for many. Regardless of this success, we are committed to offering some in-person training weekends in the UK over the next year so that UK-based students will have that option. Those students who are abroad or who prefer online learning can still do the course entirely online. In the 2022/23 programme we aim to continue our new approach of offering one of the most flexible and thorough ecotherapy training programmes in the world; we will be offering around 250 hours' worth of workshops for our students to choose their 90 training hours from.

Ten Directions Year Two: for several years we have been offering a second year of training for students who had taken Ten Directions and wanted mentoring and support to develop their ecotherapy practice.

This was previously taken up by individuals working on their own supported by a tutor but in 2021 we decided to offer a more structured second year programme to meet the needs of those who had trained under the new online format. This programme was designed to be flexible and consisted of monthly gatherings attended by all students, a project supported by a mentoring process, and 90 hours of attendance. Students were able to join this programme in full or take parts of it. In September 2021 there were 8 students who joined the monthly support group. Of these, 6 planned to undertake a project with mentoring and 3 of these are also signed up to do the full year including attendance. Caroline co-ordinated the year and attended all the monthly sessions assisted by other staff members who also took on students for mentoring.

What is Ecotherapy? online conference

A day conference was held online in May 2021. This consisted of 11 speakers, giving short presentations on the question 'What is Ecotherapy?'. Some speakers were Tariki staff or former students and others were practitioners from a range of different backgrounds invited to reflect aspects of ecotherapy. The conference was well attended and provided a good platform for those wishing to enrol in 2021 to experience online teaching with Tariki.

Free Events

We offer a free 'Monthly Wellbeing Event' online, which is open for anybody to attend. These sessions offer people different activities which support their emotional wellbeing (such as guided meditations) and they are well attended. We also host a number of free and donation-based workshops on Buddhist teachings and nature-based storytelling throughout the year.

Introduction to Buddhist Psychology and Other-Centred Approach

In Spring 2021 Caroline offered a re-run of the ten-week introductory course on Buddhist psychology and Other-Centred Approach which was developed in 2020. This consisted of ten two-hour seminars, supported by supplementary handouts and references.

Meditation Classes continued to be offered online throughout the first part of 2021. This included half an hour of guided meditation followed by half an hour of conversation. Numbers attending this class dropped off however, and in January 2021 we started offering fortnightly seminars on The Shoshinge, a key text in the Jodo Shinshu tradition. These were led by Enrique Galvan-Alvarez and Caroline. These classes alternated with the meditation group throughout the spring and then continued for the remainder of the year.

Other Involvement with Jodo Shinshu

In 2021 Caroline continued to attend regular gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere and to be involved with the wider sangha.

Psychotherapy

With her retirement approaching in 2021, Caroline reduced her client work and has a small number of ongoing clients, working on Zoom and the phone.

GDPR compliance and other policies

In 2018 with the introduction of GDPR legislation, Tariki Trust reviewed its data handling and adopted new policies as a result. At the same time, the officers and trustees worked together on a major review of all policy documents of the trust. These policies have continued to be reviewed in line with the requirements established by the trustee group.

Use of volunteers

Tariki Trust has no salaried staff. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of this work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Part 4 Achievements and Performance

2021 was a year of transition for Tariki Trust. After the Covid19 pandemic during which we had to recreate our course programmes in new formats and face many challenges associated with becoming a largely online community, we then had to negotiate another set of changes associated with Caroline's retirement in June 2021 and the loss of The Buddhist House as our central operating venue. Last year we remarked on the fact that, despite all the restrictions and difficulties of the pandemic, Tariki Trust had in fact ended 2020 with more activities on offer and more students enrolled than it had at the outset of the year, and with its funds substantially increased at a time when it was expected that they would be gradually reducing. 2021 saw this trend continuing and a growing confidence in online working and in the new team of staff.

Summer 2021 saw the end of teaching on the psychotherapy training programme. This was a significant event, since this programme was in direct continuity with that originally established in 1981 under the auspices of the Eigenwelt Institute. The course changed and evolved over the years in its title, its model of therapy (it was originally grounded in Person Centred Approach, which remains an influence), its staffing and in the organisation which ran it, however, much of the original spirit remained in its innovative, committed style and its insistence on excellence. Much of this legacy is to be found in the things which Tariki now does, and especially the ecotherapy programme which succeeds it. As the last psychotherapy and counselling students continue their studies to graduation, we hope they will take something of this spirit on into the world.

At the same time, Tariki Trust continues to provide training and services, particularly in the fields of Buddhist psychology and ecotherapy. The Ten Directions course programme is now being run mostly online and at a distance, delivered by a staff group who are dispersed all over the UK, and reaches out, not just across the UK, but to students in many countries round the world. This programme has enabled Tariki to expand the staff team, and this team now shares in teaching and engages in a collaborative approach to decision making.

Tariki Trust also continues to offer and support Buddhist practice through online teaching. As a Buddhist priest, Caroline continues to lead Buddhist activities alongside other priests from the Jodo Shinshu community. The Tariki programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based working.

Part 5 Financial Review

2021 was a year of transition in which Tariki ceased to operate from The Buddhist House in Narborough and Caroline and Debbie retired from their full-time roles. The patterns of income and expenditure had already changed during the previous year as a result of the move to online teaching during the Covid19 pandemic, but as The Buddhist House ceased to be the centre of operations, other changes in income and expenditure occurred. These are reflected in the accounts for the year.

One major effect is that the overall turnover of the Trust was lower than in 2020 and this trend is likely to continue since overheads are also greatly reduced. Expenditure decreased, resulting in a remarkably steady level of funds in the bank at the year end. (£86,280 in 2021 and £86,800 in 2020). This, despite the fact that trustees had allowed for a gradual running down of funds over the period during which the psychotherapy programme closed and the Buddhist House ceased to operate.

The Buddhist House, which has been the base for Tariki residential and non-residential courses and events, was used by Tariki without charge since its foundation in 2011. Up until its closure in August 2021, this building still incurred running costs. These were kept to a minimum during Covid, resulting in a substantial reduction in utilities for the period up until its closure in August 2021 at just under £2000 (for 8 months) as opposed to £5500 in 2020 (for 12 months)

The total income for 2021 at a little over £46,000, was about £10,000 less than in 2020. This reduction was

the result of a number of changes. Student fees were substantially lower than in the previous year since no new psychotherapy students enrolled and only a few had outstanding instalments of fees to be paid in the time up until June 2021. The student fees recorded reflect a larger proportion of Ten Directions students, showing the increase in numbers on this programme. Other income that decreased included that from Buddhist House events, room rentals and resident visitors which were absent in 2021 whereas they had previously totalled around £5500. Caroline also reduced her counselling and consultancy work over the early part of 2021, resulting in reduced income from these sources.

On the other hand, expenditure also reduced substantially. As has already been noted, expenditure on utilities was substantially reduced for this period. There was very little cost involved in catering and hospitality as the only event hosted at The Buddhist House in 2021 was a farewell garden weekend in June. Travel and motor running expenses were also much lower. House repair costs were similar in 2021 to 2020. This year they mainly involved repairs to woodwork and painting as well as some roofing work.

Allowances paid to Debbie and Caroline in 2021 accounted for £14,000 of expenditure. This was the same as in 2020. The honorarium paid to Caroline as officer of the trust was £10,000 and an honorarium payment to Debbie in recognition of her work in supporting house events and programmes remained £4000. Although both retired from the Buddhist House in August, these allowances covered their ongoing work as they continue to do a considerable amount for Tariki Trust. It was agreed with the trustees that Caroline's allowance would cover work in supporting students on the psychotherapy programme until they completed, but that she should now be paid sessionally as a member of staff for workshops run on the ecotherapy programme. Debbie continued providing support and administration to the Trust and working with Stephen on aspects of the ecotherapy training programme. Stephen received an honorarium of £1500 for initial work on websites and recruitment for the ecotherapy programme. Remuneration for administrative, development and management work is currently being reviewed in the light of changes and of the new financial balance of the Trust so that we establish good practice in this field for the future, however, with a good reserve accumulated over the ten years of the trust's existence, we can be confident in moving forward.

2021 saw a substantial increase in staff costs. This follows a trend in 2020 where many more outside staff were invited to contribute workshops to the Ten Directions programme. There was also a review of trainer fees and these were increased somewhat in line with current norms. During the first part of the year, Caroline did a large proportion of the extra teaching on the psychotherapy and Ten Directions programmes, which were covered by her honorarium, but from September all Ten Directions staff were paid for teaching sessions. Staff payments in 2021 were nearly £20,000 as opposed to £9,600 in 2020.

With the transition to becoming an online organisation, we have taken steps to ensure that income balances outgoings. Tariki Trust no longer has to cover the expenses of a building, and its finances are more predictable as a result. A broad principle has been adopted whereby staff payments are proportional to income from events. We aim for staff payments to reflect 50-65% of takings for any given event, the remainder of income going to cover other expenses of Tariki Trust, which are much lower than previously and payments for administration. We are also very aware that a lot of work is done on a semi-voluntary basis in order to keep costs down but will also continue to review payments and course fees in the light of current circumstances.

The year ended with a healthy balance in the bank accounts and a flourishing online programme. Since Tariki entered its new phase in September 2021, it is still early to tell how things will develop, but the indications are that the programme is on course for a positive future and is establishing itself on a financially sound base.

Part 6 Plans for the Coming Year and Beyond

2021 was a year of many changes. At this point we are implementing plans established ahead of the move from The Buddhist House and the overall forward direction remains similar to that established in 2020.

- To support Stephen McCabe and the Ten Directions staff group in taking the Ten Directions programme forward.
- To work with the staff group to develop the Ten Directions programme further and offer related short courses and events within a learning community model.
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To offer some attendance-based ecotherapy events.
- To foster systems of communication between the ecotherapy staff team and the trustees.
- To offer Buddhist teaching and practice online.
- To review and establish firm financial and managerial systems so that the organisation continues on a solid basis.
- To consolidate aspects of the handover of practical arrangements for things which were handled through The Buddhist House for example storage of archives, banking and other financial organisation.
- To continue supporting psychotherapy students in completing final assignments and holding completion meetings.
- To develop occasional events related to Buddhist psychology, psychotherapy and Buddhist practice.
- To foster our links with Jodo Shinshu and other Buddhist traditions.
- To expand the trustee group in ways that reflect the developing nature of the charity.

APPENDIX 1 - Comments from Ten Directions students



The course content has been very thoughtful, and a special thank you goes to the freedom in doing the exercises in a personally meaningful way instead of "right".

I have also loved the fact there have been so many workshops to choose from, and they have mostly been very high quality! Such a great way to grow professionally as an adult, to be able to go one's own way but at the same time share experiences with like-minded people.

The biggest thanks go to Stephen and you incredible colleagues on the course. It is not easy to build a safe group environment, but it has happened with this group. Stephen has such a reflective and kind way of being, a superpower I would say.

Thank you all 💜

Tariki Trust's Ecotherapy course is the best course I've **ever** studied, for a mountain of reasons. [Stephen McCabe](#), you are a kind and wonderful facilitator; you have deeply inspired me - thank you. And, our group is full of truly amazing people; I feel so grateful to have shared this experience over the past year with such wonderful human beings. I have gained the ability to connect with Nature, on a much deeper level; so much so that I now walk barefoot and freak out the farmers, stick my hands in mud and draw strange symbols, jump in-between light and dark, notice natural shrines everywhere and bow to them even if people are watching etc. 😊 I've also experienced healing, especially in Unit 3, which I found extremely eco-therapeutic. This course arrived at a perfect time in my life. It became a safe container for me to express my emotions, thoughts and feelings, and information about myself and situation that I hadn't been able to before. It also became a friend and colleague. It brought the partnership of Nature closer to me. I love the isolation here, as you know, but a year ago I wasn't sure how to make that isolation a companion - now I do.

I will never forget Unit One, which will always hold a special place in my heart (It's my fave - I loved every single day :D). The exercises were profound, mystical and transformational. Now I see and sense the sacred in Nature during every moment outside. I've reflected on why I felt Unit One was so special for me; it helped me to understand myself and Nature's spirit and soul better. I read all my posts back again this week, which has shown me where my passions and interests truly lie, plus areas where I need to grow more and open my mind further.

Tariki Trust Accounts for the Year Ended 31 December 2021
Statement of Financial Activity

	Note	2021	2020
Incoming Resources			
Voluntary Income: Donations	1	722.53	610.47
From Charitable Activities	2	46,164.45	56,194.83
Total Incoming Resources		<u>46,886.98</u>	<u>56,805.30</u>
Resources Expended			
Cost of Generating Funds	3		
Charitable Activities	4	45,110.72	39,552.32
Governance Costs	5		
Payments in error	7		383.24
Total Resources Expended		<u>45,110.72</u>	<u>39,935.56</u>
Net Incoming Resources		1,776.26	16,869.74
less Major Building Expenses	11	2,295.00	2,190.00
Net Movement in Funds		<u>(518.74)</u>	<u>14,679.74</u>
General Funds: Balance brought forward		86,798.32	72,118.58
Total Funds Carried Forward		86,279.58	<u>86,798.32</u>
Represented By:			
Current Assets			
Cash and Bank	8	86,279.58	86,798.32
Total Assets		<u>86,279.58</u>	<u>86,798.32</u>



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Tariki Trust

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

1149658

Set out on pages

6 and 7

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2021.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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: *C. A. Sanderson*

Date: 28 September 2022

Name: Caroline Sanderson

**Relevant professional
qualification(s) or body
(if any):**

Member of the Institute of Certified Bookkeepers

Address: 11 Little Road

Edinburgh

EH16 6SH

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

TARIKI TRUST

England & Wales - Charity number 1149658

Accounts

Tariki Trustees Annual Report 2020

Part 1 Reference and Administrative details

Tariki Trust, The Buddhist House, 12, Coventry Road, Narborough, Leicester LE19 2GR

Charity Registration number: 1149658

Tariki Trust trustees at 31 December 2020 were Paul Burt (chair), David Bray and Trish Hibbert.

Day to day management of Tariki Trust is delegated to Caroline Brazier and Debbie Swain as Officers of the Trust.

Bankers:

National Westminster Bank PLC
7 Hinckley Road
Leicester
LE3 0TQ

Independent Examiner:

Jeremy Collingridge
1 Coventry Road
Narborough LE19 2GD

Part 2 Structure, Governance and Management

- a) Tariki Trust is a charitable trust no. 1149658 and is governed by a Deed of Trust which was signed in December 2011.

New Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. 2018 saw no changes to the trustee body. Throughout the year 2020 Paul Burt remained chairperson of the trust. No new trustees were appointed during the year.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring better understanding of issues affecting the trust. New trustees are given an induction pack and are made aware of the structures and activities of the trust.

Decision Making

Policies and major decisions are made at trustee meetings which occur every few months and not less than two per year. Other decisions are made by the officers of the trust, acting on the trust's behalf, or by others to whom specific decision-making power is delegated. Any decision involving expenditure of more than £500 on a single item will be made in consultation with the trustees, and all significant decisions will normally be discussed with one or more trustees. Officers currently submit a written report to each trustee meeting.

Identified Risks

The trustees of Tariki Trust identified the following risks:

- loss of income from reduced number of students.
- the trust being sued in the case of accident or professional misconduct.
- Injury or incapacity of Caroline Brazier as Course Leader of the Tariki Training Programmes and Officer of Tariki Trust which renders her out of action for a long period of time.
- difficulties arising from the introduction of a team of new staff who will manage and run the ecotherapy training programme in collaboration with Caroline

Risk Reduction Strategies

After Caroline's retirement in June 2021, Tariki Trust will no longer hold ongoing responsibility for the upkeep of premises. The psychotherapy training programme is nearing its formal ending so liability to those students who are still completing is vastly reduced. Students on the trust's ecotherapy training programmes generally complete training within a year as opposed to three years on the psychotherapy programme. Both of these factors mean that the level of risk involved in Tariki Trust's future operations will be much lower than previously.

For the above risks, Tariki Trust has set in place:

- **Loss of students:** The trustees agreed to retain a financial buffer of at least £20,000 or six month's expenditure whilst the psychotherapy programme was in full operation. This sum was still available at the end of 2020 and Tariki Trust holds a very healthy balance of funds as it moves into its transitional phase. Whilst responsibility for the psychotherapy training programme will now continue until at least the summer of 2023 to allow students to complete placements and course work, the financial obligations involved in this are low and will easily be covered from the remaining funds in hand. The buffer may therefore be gradually used for other purposes over the forthcoming period. Tariki Trust continues to hold responsibility for the Ten Directions ecotherapy training, however the costs associated with this are much lower, so agreement of a lower financial buffer will be appropriate in future. The trust has no on-going commitment to expenditure. The only on-going commitment is to honour the offer of training to students. The financial buffer is always sufficient to cover refund of course fees in the unlikely event of a sudden termination of the training.
- **Tariki Trust being sued:** the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- **The Course Leader being unable to fulfil her duties:** Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes. With the transfer of responsibility to a growing team of staff, there will no longer be as much dependence on Caroline for the delivery of courses and other events.
- **Reliance of a new staff team:** As the new staff team start to take more responsibility for the day to day running of the ecotherapy training programme, Caroline will remain in a management role, supporting the staff in delivery of the courses. In particular she is working closely with Stephen McCabe who will be taking over many of her functions following her retirement in June 2021. She will carry on in this supportive role at least until the new team is working smoothly. Caroline will also oversee the support of students who are completing the psychotherapy programme in the period up to June 2023.

Part 3 Objectives and Activities

a) Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

In furtherance of the objects, but not otherwise, the trustees may exercise any of the following powers:

- To further the integration of Buddhist and Western understanding and wisdom by wide ranging study, research and education.
- To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world.
- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
- To actualise Dharma practice by providing resources to those engaged in the relief of physical, ecological or psychological suffering, including the establishment of social, psychological, pastoral and spiritual services.

The Buddhist House

In the light of the above, at the beginning of 2020 Tariki Trust operated primarily out of its premises at The Buddhist House, 12 Coventry Road, Narborough LE19 2GR. After March 2020 most of these in-house activities ceased due to the Covid 19 pandemic and activities largely moved online. The impact of Covid 19 and our response to it is outlined below. Prior to March, activities happening within and from the house were:

- Regular Buddhist practice both in in-house meetings and in public retreats and classes
- The Tariki Psychotherapy Training Programme in Other-Centred Approach
- The Ten Directions environmental therapy training programme based on Buddhist principles
- A Psychotherapy and Counselling Service
- Meditation classes for the public
- Chaplaincy in local hospitals
- Providing educational resources to schools, university students and others
- A venue for classes in yoga which complement a Buddhist approach
- Developing activities related to environmental concern, such as green living and mindfulness
- Gardening as a way to provide activity and enjoyment for house users

Covid 19 impact and responses

With the advent of restrictions associated with Covid 19 in March 2020, all participatory activities held in the house ceased, including the yoga group which met one evening a week in the house. These activities did not restart during the remainder of the year, and in fact, it looks unlikely that the house will reopen as a course centre before Caroline's retirement in June 2021. Residential facilities are particularly unsuitable for distancing measures and it was decided to move all activities online. Caroline and Debbie continued to live in the house and work from it.

Psychotherapy Course Programmes

Tariki continued to offer psychotherapy and ecotherapy training throughout 2020. The psychotherapy programme staff group has four members of teaching staff: Caroline, Elise, Jeff and Liz. In addition, Debbie offers administrative and other support work for the courses.

- The psychotherapy programme generally operates with three attendance-based intensive blocks of nine teaching days per year, run in February, May and October. From May 2020 it was no longer possible to hold these in person, so the teaching blocks were offered online. In moving online, we took into account guidance from BACP (British Association for Counselling and Psychotherapy) and spread the teaching over a longer period to allow breaks in screen time. This meant that in addition to a reduced number of days offered at the time when the block was originally scheduled, we offered weekly afternoon seminars throughout the term. Although many students found that meeting online lacked the immediacy of in-person teaching, the ongoing contact through these weekly seminars in many cases improved students' experience of the course programme.
- Many students were affected by problems finding placements under Covid 19 restrictions. For those who had placements, there was a need to adapt to working online by Zoom or phone. Extra training was offered to support this, and we also made use of provision from BACP and other training organisations. Students who had not yet started a placement found it very difficult to obtain one. For these students we decided to set up our own in-house online counselling service to offer them referrals, working on Zoom or phone and this was established to start in January 2021. With these difficulties in mind, the deadline for final submission of work was extended to June 2023. The deadline for attendance, however, remained June 2021.
- In June 2020 Liz's husband, Perry, who had also had a long term involvement with Tariki Trust, died suddenly. As a result, she took some time out of teaching. During that time her commitments were covered by others in the staff team.
- Planning ahead towards staff retirements in July 2021, it was intended that the delivery of the psychotherapy training programme would be undertaken by a new organisational group, Shoshin. Shoshin was set up by Jeff Harrison, a current member of staff, and Bo Gort and Fairlie Winship who are both senior psychotherapy students, and established itself as a CIC. In the summer of 2020, however, with the uncertainties introduced by the Covid 19 pandemic, this group decided not to go ahead. In view of this, the decision was made to close the psychotherapy programme once the current cohort of students have completed their training. There will therefore be no further teaching on this programme from June 2021, but, in view of the delays to placements, a further two years will be allowed from that date for completion of these and other work. During this period, remaining students will be supported by Caroline and members of the staff team.

At the beginning of 2020 there were 19 registered students. This number remained high throughout the year, with one student completing the counselling diploma in February 2020 and three new students joining the programme in October 2020. In December 2020 numbers of students registered were as follows: 2 Foundation Certificate; 9 Diploma in Counselling; 7 Diploma in Psychotherapy; 2 Post Qualifying Certificate; 1 General Registration; Total 21 students. Some of these students are scheduled to finish in February 2021, but the majority will continue through to June 2021 and beyond, meaning that we will have a satisfactory group for the ending of the training programme.

Ten Directions Ecotherapy Training Programme

The ecotherapy programme continued to be run by Caroline, Elise Tate and Paul Maiteny through the spring of 2020, with the last attendance weekend in March 2020, immediately prior to the first lockdown. This meant that students from the 2019/20 cohort were able to attend all but one of the core unit weekends.

The Ten Directions programme in its original form consisted of five core units plus an intensive, each core unit involving a month of online activity with exercises delivered by daily email and responded to on a group forum plus an attendance weekend. With Covid 19 restrictions, we were able to carry on offering the

online parts of the core units, but were no longer able to offer the attendance-based parts of the programme.

At this point it was decided that, since the course had previously required 15 days of attendance spread over the year, we would offer the equivalent (90 hours) in the form of a range of optional online units, seminars and workshops offered over Zoom. Each of the core units was accompanied by a one day workshop on Zoom conducted by core staff, and the other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. This allowed for a more diverse range of activities and allowed students some choice in subject areas. We even offered an 'online' solo in August, where students did solitary retreats in the wild supported by a series of online groups and planning sessions. These online courses proved extremely popular and numbers attending more than doubled our previous best attendance figures. In the autumn of 2020, we had 24 registered students and were also getting regular attendance at seminars and workshops from other people who had an interest in the topics but who didn't want to sign up for the full programme, meaning that most individual seminars attracted 15-30 people.

We saw this success as resulting from a number of factors:

- People looking for new online activities in lockdown
- Many counsellors and psychotherapists looking to work outdoors because it is more Covid secure
- Increasing interest in ecotherapy as environmental awareness improves
- It became possible for students who couldn't come to Narborough to complete the full programme. We have had attendance from students in Australia, Japan, North America and various European countries since we moved to the new online teaching.
- Our decision to offer ecotherapy training at a reasonable cost so that it was affordable to people in lower paid circumstances.
- High quality seminars with presenters from a range of backgrounds and perspectives.

The Future of Ten Directions

Following the success of the new format for Ten Directions, during the autumn of 2021 the core staff group was extended to include some of those who were currently presenting courses on this programme. This enlarged group started to meet regularly to discuss how the programme might continue to be delivered after the summer of 2021. In discussion with the Tariki Trustees, it was decided that:

- The course should continue to be offered in the new format. When attendance-based events became possible, these will be integrated into the current structure. Some fine tuning may be needed, perhaps setting some compulsory units, but by and large the intention is to keep an open structure so that it can meet the needs of students from a variety of backgrounds.
- Stephen McCabe will take on a major role in teaching the online core units and picking up many of the roles of coordinating the programme, formerly done by Caroline. He will be assisted by Elise Tate and Fairlie Winship in aspects of this work. Other key teaching staff will be Paul Maiteny, Harriet Sams and Sam Lewis. Caroline will continue to be a member of the staff team and a support to Stephen in making the transition to the new way of working.
- Stephen will set up new websites for promoting the course and as a platform for teaching and will streamline bookings by using automatic booking and payment systems.

Early Buddhist Texts

Throughout the period of lockdown, we have had a series of monthly seminars presented by Don de Silva, a Buddhist and environmentalist with many years of experience. His seminars have addressed social and environmental themes, drawing on references from the Pali Canon, the earliest Buddhist literature, and other Buddhist sources.

Introduction to Buddhist Psychology and Other-Centred Approach

In May 2020 Caroline offered a ten week introductory course on Buddhist psychology and Other-Centred Approach. This consisted of ten two hour seminars, supported by supplementary handouts and references. The programme proved popular and attracted 23 participants. It was repeated in the autumn of 2020 with 18 participants.

On-Line Presence

Tariki Trust has increased its use of online facilities substantially during 2020. We continue to have a strong on-line presence with two main web sites, on-line courses and two Ning social networking sites (one public and one for registered students) and we have also started to create new websites for the ecotherapy programme. The psychotherapy training course programmes include modules delivered by distance learning through a dedicated Ning site and Ten Directions core units are also taught online. We make use of facebook and twitter for advertising activities and raising issues and host several groups on facebook and post news of events. In addition to these platforms, Tariki opened a Zoom account to host courses, meetings and events. This is in constant use.

Meditation Classes were offered in the house until March 2020 and thereafter the weekly meditation class was offered on Zoom. This included half an hour of guided meditation followed by half an hour of conversation. Numbers attending this class fluctuated over the year and were not as high as they had been for the classes held at The Buddhist House. They did, however, provide an important source of support for a number of regular participants.

Retreats

We held a number of online retreats through the year. There were a Naikan retreat in June 2020, a retreat day in July and a winter retreat in December.

Chaplaincy & Other Religious Activities

Caroline continued to offer chaplaincy support in the Leicester University Hospitals Trust in January and February 2020 and continued to work with other chaplains to deliver sessions on mindfulness for hospital staff. These stopped with lockdown and as a volunteer chaplain, Caroline was no longer able to visit the hospital, although she kept in touch with the chaplaincy by email. In autumn 2020, Caroline was asked to conduct two funerals, both based on referrals from the chaplaincy.

Other Involvement with Jodo Shinshu

In July 2020 Caroline, working with Rev Enrique Galvan-Alvarez, offered an Introduction to Jodo Shinshu. This was well attended and was followed by a series of three monthly sessions on different aspects of Pure Land Buddhism held through the autumn of 2020. Caroline also attended Hoonko teachings online, transmitted from Eko Haus in Dusseldorf. In addition to these Caroline attended weekly online gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere.

Gardens and Horticultural Therapy

Debbie continued to volunteer at *A Place to Grow* until lockdown. This local gardening project offers support to people with mental health problems, learning difficulties and other disabilities up. After this time, she and Caroline did a considerable amount of work in the gardens at The Buddhist House. In the autumn of 2020 they rescued six young hedgehogs and took them to Leicester Animal Hospital for over-wintering.

Psychotherapy

With her retirement approaching in 2021, Caroline has been gradually reducing her client work. She has a small number of ongoing clients, working on Zoom and the phone.

Attendance at Conferences, training and Events

- Buddhafield talk by Caroline on Zoom July 2020
- Network of Buddhist Organisations environmental group: talk by Caroline on Zoom November 2020

Overseas Work

In February 2020 Caroline gave a weekend course on Introduction to Buddhist Psychology for SWPS University of Social Sciences and Humanities in Warsaw. This involved travel by train across Europe, which she chose to do in order to avoid the environmental impact of flying. Events in Netherlands, scheduled for April 2020, were cancelled due to the Covid 19 lockdown.

GDPR compliance and other policies

In 2018 with the introduction of GDPR legislation, Tariki Trust reviewed its data handling and adopted new policies as a result. At the same time, the officers and trustees worked together on a major review of all policy documents of the trust. These policies have continued to be reviewed in line with the requirements established by the trustee group.

Use of volunteers

Tariki Trust has no salaried staff. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of this work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Building Work

The Buddhist House is a large Victorian building and typically requires ongoing repairs. During 2020 we had some roof repairs and the replacement of a skylight window which was leaking. Other repairs were delayed due to the difficulty of having workmen in the house during 2020.

Part 4 Achievements and Performance

2020 was a difficult year for many people. It brought challenges to Tariki Trust at a time when it had been planned for things to move smoothly towards the transition that will happen around Caroline's retirement in June 2021. It is remarkable, therefore that Tariki Trust ended the year with more activities on offer and more students than it had at the outset and with its funds substantially increased at a time when it was expected that they would be gradually reducing.

In the spring of 2020, faced with the prospect of an ongoing lockdown and an uncertain financial future, we took the decision to move the training events which we usually run in-person online. This decision led to the development of a whole new range of courses, involving a wider staff group and drawing in many new students so that we ended the year with more registered students than at any time in our history, having re-shaped plans for the future and created a very different teaching environment.

Tariki Trust thus continues its work as a provider of training and services, particularly in the fields of Buddhist psychotherapy and ecotherapy. This teaching is, however, no longer based at The Buddhist House, being now run entirely online and at a distance, delivered by a staff group who are dispersed all over the UK. Whilst the psychotherapy course programme has remained a central part of our work, the Ten Directions programme in ecotherapy has grown substantially and now represents a larger part of our ongoing activity. This change has brought with it a larger staff team who continue to share teaching and engage in a collaborative approach to decision making.

Tariki Trust has continued to offer and support Buddhist practice in a number of ways through online meditation groups and retreat days. As a Buddhist priest, Caroline continues to lead Buddhist activities and has conducted a couple of funerals. The Tariki training programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based working.

As we look ahead towards Caroline's retirement date in June 2021 we have planned for the winding up of the psychotherapy training programme in such a way that current students are able to finish their studies with us in as satisfactory a way as possible under the current circumstances. At the same time, we have

established a firm basis for the continuation of the Ten Directions training in ecotherapy and have recruited a team of people who will take main responsibility for its management and delivery on a day-to-day basis. The shape of other Tariki activities in the future is still uncertain, but it seems likely that some activities, particularly in the fields of Buddhism and Buddhist psychology will continue beyond the summer of 2021 under the Tariki umbrella.

Part 5 Financial Review

2020 was a year in which the finances of many organisations suffered as a result of the restrictions related to Covid 19 but Tariki Trust maintained a healthy income stream throughout, adapting to the changed circumstances and overall receiving more than it did in the previous year despite having allowed for a reduced income in its forward planning.

The total income of Tariki Trust for 2020 was a little over £56,000 which was about £3,000 more than the previous year. The source of these funds, however, show a very different profile. As is generally the case, the main source of funds continued to be the income from student fees which was over £48,000, substantially more than the £35,000 in 2019, and of this, the bulk of the income came from the ecotherapy programme rather than the psychotherapy. Other main sources of income came from Buddhist House events (reflecting online events attended by people who were not students) £2,600, which was substantially more than the sum for 2019 (£785), counselling and supervision and resident visitors. These latter two categories of income were both substantially reduced from 2019. Counselling and supervision at £2,500 was down from £6200, reflecting the reduction in Caroline's work in this area, and resident visitors income was £2500 as opposed to £8,400 in 2019, only reflecting stays by visitors during the period up until mid-March 2020. Income from donations, room hire and book sales all dropped substantially, reflecting the fact that for most of the year no visitors were using the house. This remarkable state of affairs shows how income from courses, and particularly ecotherapy events, increased substantially during 2020, more than compensating for the lack of other income.

At the same time, because the house was not being used and we were not travelling or attending events, expenditure decreased in 2020 to £39,500 (as opposed to £43,500 in 2019).

After staff costs, the biggest item of on-going expenditure in 2020 was once more utility bills. These were somewhat increased to £5,500 (£4,900 in 2019). A lot of this resulted from a switch to a green energy company for ethical reasons, which proved to be much more expensive than our previous provider. Once this became apparent, we switched back to the previous provider. Food and consumables were substantially less at under £1,000 for the year, as opposed to just over £3,000 in 2019. This was because there was almost no expenditure on catering after March. Travel costs were also substantially down in 2020 totalling £1200 altogether. This included travel to Poland for teaching in February 2020. Expenditure on the house and garden came to nearly £3000 because it included repairs to the roof on two occasions and the replacement of a skylight window with a Velux window.

Allowances paid to Debbie and Caroline in 2020 accounted for £14,000 of expenditure. The honorarium paid to Caroline as officer of the trust is £10,000 and an honorarium payment to Debbie in recognition of her work in supporting house events and programmes remains £4000. During this year, Caroline did a large proportion of the extra teaching, which is covered by her honorarium, but there were also increased trainers' fees as staff were paid for online teaching in courses, seminars and workshops. Staff teaching on the psychotherapy programme are remunerated sessionally at a standard rate. Those teaching on the ecotherapy programme were also offered sessional rates which were linked to the number of participants at the event. The total cost of these staff payments was £9,600 in 2020 as opposed to £8,400 in 2019. Other expenses included £673 on a new laptop and the programmes for it for Caroline. Other categories of expenditure including stationary, phone, internet and insurance remained fairly constant. Training costs were reduced to just over £1,000 which was payment for supervision received as opposed to just over £2,000 the previous year. A payment of £170 under sacristy was a donation to support Chomon House, the

Jodo Shinshu centre in Southampton in recognition of journals and other services received.

The year ended with £86,800 funds carried forward. This is £14,500 more than last year. This gives us a substantial cushion to cover any additional costs arising from the winding down of The Buddhist House and the ongoing commitment to provide support to psychotherapy students as they finish their training. It also demonstrates the viability of the ecotherapy programme. Whilst we cannot be sure whether it will continue to flourish in the same way as lockdown comes to an end, Tariki Trust is left in a very sound financial position to support its ongoing development in the future.

Part 6 Plans for the Coming Year and Beyond

2020 has been a year in which many things in the world changed and Tariki Trust has shown itself to be capable of changing and adapting to the new situation. This theme of change will continue in 2021 with the planned retirement of several of the staff, including Caroline and Debbie, and with the sale of The Buddhist House. These changes will be reflected in the following plans

- To work towards a smooth transition within the ecotherapy programme staff group with Stephen McCabe taking over co-ordination and running of the core units from Caroline and doing so in association with a number of other staff members
- To work with the staff group to develop the Ten Directions programme and related short courses within a learning community model
- To improve and develop systems of communication between the new ecotherapy staff team and the trustees
- To review and establish firm financial and managerial systems within the new staff group so that the organisation continues on a solid basis
- To support the sale of the Buddhist House and the transfer of its functions elsewhere
- To review practical arrangements for the move from an organisation based at The Buddhist House to one that is more web-based, such as the change of the charity's address, storage of archives and equipment, banking and other financial organisation.
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To consider offering attendance-based ecotherapy events in other venues
- To continue supporting psychotherapy students as they complete their placements and submit final work assignments.
- To develop occasional events related to Buddhist psychology, psychotherapy and Buddhist practice.
- To foster our links with Jodo Shinshu and other Buddhist traditions.
- To expand the trustee group in ways that reflect the developing nature of the charity

Notes Forming part of the Statement of Financial Activity
for the Year to 31 December 2020

	2020 £	2019 £
1	Donations consists of	
	Donations	1,272.00
	Start up Grants	0.00
	<u>610.47</u>	<u>1,272.00</u>
2	Charitable Activities Income	
	Student Fees	35,408.55
	Buddhist House events	785.00
	Rent from Community members	-
	Residential visitors	8,463.50
	Counselling and Supervision	6,230.00
	Events and consultancy	155.40
	Room Hire	1,257.75
	Sales of Books	438.96
	Other Income	5.15
	<u>56,194.83</u>	<u>52,744.31</u>
3	There were no appeals or fund-raising events in the year.	
4	Charitable Activities	
	Food and Consumables	3,119.36
	Utilities	4,919.78
	Travel and Subsistence	
	Motor Running Expenses	1,567.87
	Other Travel and in transit Accommodation	1,843.49
	Office and Admin costs	
	Printing postage and stationery and bank charges	195.79
	Exchange differences	-
	Computer running	-
	Phone and internet	1,002.98
	Officer's Allowance	15,136.77
	Insurance	1,934.47
	House and Garden	851.45
	Vets	28.36
	Course Costs & Training	
	- staff costs	8,413.00
	- supervision and training (courses, conferences and festivals)	2,135.00 (625+215+280)
	advertising and outreach	72.00
	- books, equipment etc.	722.04
	Buddhist outreach, networking and Sacristy	
	- Chaplaincy expenses	
	- sacristy	1,585.73
	- Retreats, conferences & Buddhist events	
	- donations to Buddhist causes	0.00
	Medical	
	<u>39,552.32</u>	<u>43,528.09</u>
5	Governance Costs	0.00
	No trustee claimed any expenses and there were no other governance costs.	
6	No income received was earmarked (restricted) for any particular purposes. Thus all Tariki Trust's funds are unrestricted funds.	
7	Debtors	0.00
	Payments in error	383.24
8	Cash and Bank	
	National Westminster main account	63,956.96
	National Westminster cash account	2,711.61
	Euros cash and bank	5,410.48
	Pay Pal	39.53
	<u>86,798.32</u>	<u>72,118.58</u>
9	Creditors	0.00
	<u> </u>	<u> </u>
10	Foreign Currency	
	Euros have been converted to sterling at a rate of 0.78 per pound for the whole of 2018 (same exchange rate as for 2017)	
11	Major Building Expenses	1,820.00
	<u>2,190.00</u>	<u>1,820.00</u>



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
TAKIRI TRUST

On accounts for the year
ended

31 December 2020

Charity no
(if any)

1149658

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2020**.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 25 May 2021

Name:

Jeremy M.R. Collingridge

Relevant professional
qualification(s) or body
(if any):

B.Sc., C.Eng, M.I.Mech.E

Address:

1 Coventry Road

Narborough

Leicestershire LE19 2GD

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NONE FOUND