



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1 st	January	2024		31 st	December	2024

Section A Reference and administration details

Charity name

Buddha Metta Society

Other names charity is known by

Registered charity number (if any)

1154796

Charity's principal address

Flat 36
Ryland House
16-18 Edge Lane
MANCHESTER
M21 9JP

Names of the charity trustees who manage the charity

1
2
3
4
5
6
7
8
9
10

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Kenneth Garrod	Chair		
Jeremy Bruce	Treasurer		
Zarine Katrak	Secretary		
Marjorie Jack			
Miranda Walker			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Independent Examiner	Tax Driven Accountants	Unit 4, Ffordd Richard Davies, St Asaph, LL17 0LJ

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Trust

Trustee selection methods
(eg. appointed by, elected by)

Appointed by existing Trustee majority vote

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance the understanding of the general public in the Buddhist religion by:

- providing opportunities for them to spend time with experienced and ordained representatives from the Thai Forest Tradition Monastic Sangha
- arranging pilgrimages to significant world Buddhist sites for anyone interested in Buddhism, accompanied by experienced guides and teachers
- supporting the work of the Buddhist monk Luangpoh Sudhiro who has been ordained for over 30 years in the Thai forest tradition to teach and host pilgrimages
- providing information to the general public in relation to the Buddhism

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity has a number of regular donors who give money to support the work of Theravadin Thai Forest tradition monk Chaowaphit Sudhiro (Luangpoh).

The charity also invites Luangpoh to the UK and provides transport and accommodation for him during his stay. He tries to visit everyone that invites him and he spends time at various places including Buddhist temples around the country.

The BMS invited Luangpoh Sudhiro to the UK from July to November 2024. During this time he gave talks in schools, universities, monasteries and community groups and ran retreats in Wales, Manchester and Leeds.

It also arranges annual pilgrimages to Thailand which includes an international conference and provides opportunities for people to experience living simply as the monks and nuns. The money raised from these also contributes to the charity's objectives.

The BMS will continue to provide free help with English teaching in Thailand and members of the charity will return to Thailand in January 2025.

The Buddha Metta Society runs a weekly online Dhamma discussion group open to everyone. It is facilitated by trustees and Luangpoh Sudhiro.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary
of the main
achievements
of the
charity
during the
year**

The charity continues to raise funds in the UK by:

- a) running two residential retreats attended by over 40 people
- b) renting accommodation in Scotland for four months enabled over 50 people through multiple visits to spend time with Luangpoh Sudhiro, other monks and nuns.
- c) this period ended with a well-attended ceremony. All these events were generously supported with money and food
- d) the Charity has enabled the formation of a SCIO with the aim of setting up a permanent Monastery in Scotland.

In Thailand

Luangpoh has continued to sponsor students with our donations, both ordained and lay at Mahamakut Buddhist University Khon Kaen, offering some less privileged young people to be educated at a higher level than they might otherwise have been able.

The donations have also been used to support the establishment and ongoing development of three temples, Baan Sammuang, Phu Kaat and Wat Pah Kanjanabhisek

The charity donations continue to provide school socks for all the children at the primary school in Baan Sammuang.

As stated elsewhere, the charity encourages and supports the ordination of monks and nuns and a number of westerners have travelled to Thailand to do so. This year 3 young men from the UK ordained as Buddhist monks under Luangpoh's guidance, joining another young man from the UK who has now been a monk for over 6 years.

The Thai tradition allows temporary as well as long term ordinations and it is up to the individual to decide whether to remain in robes or leave at any time.

The ordination of westerners into the Thai tradition not only helps the individual concerned through physical discipline and self-reflection reducing stress and increasing mental strength; but also provides encouragement for the Thai people who witness the event and are extremely happy to be involved and have their faith strengthened.

Trustees and members are in regular contact and new trustees will take over the management of the charity in 2025 to inject new ideas and energy into the charity as well as provide a well-earned rest for the current ones.

Section E Financial review

Brief statement of the charity's policy on reserves

Depending on the future annual income, the BMS will need to reserve an amount to pay for an independent examination as the charity's income exceeded the 25K limit after which an examination is required.

All remaining donations will be forwarded to continue to support the causes in Thailand and the UK. No member of the BMS benefits from any donations made.

Details of any funds materially in deficit

N/
A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity's principal source of funds is via individual donations made. Some of these are regular donors, some donate to support particular causes arising through the charity and some are due to events held by the charity.

Two members of the charity continue to host an annual weekend "Living in Dhamma" retreat at Hill Cottage Retreat Centre in Wales and donations made are forwarded to support Luangpoh.

The BMS will continue to offer advice and support in travelling to Thailand and spending time at a monastery, living in a simple and often monastic-style way. It is also possible for people to ordain, either temporarily or long-term and through these kinds of events, people often feel it right to donate.


Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
Full name(s)	Kenneth Garrod
Position (eg Secretary, Chair, etc)	Chair

Date 07/05/2026

Buddha Metta Society

**BUDDHA METTA SOCIETY
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

Buddha Metta Society
Income and Expenditure
For The Year Ended 31 December 2024

	2024	
	£	£
Turnover		
Sales		57,635
Cost of Sales		
GROSS PROFIT		57,635
Expenditure		
Accountancy fees	613	
Donations	56,970	
		57,583
NET SURPLUS		52

Buddha Metta Society
Balance Sheet
As At 31 December 2024

	Notes	2024	
		£	£
CURRENT ASSETS			
Cash at bank and in hand		725	
CURRENT LIABILITIES			
Other creditors		613	
NET CURRENT ASSETS			112
TOTAL ASSETS LESS CURRENT LIABILITIES			112
NET ASSETS			112
Balance Carried Forward			112

**Buddha Metta Society
Independent Examiners Report
For The Year Ended 31 December 2024**

Independent Examiners Report

For The Year Ended 31 December 2024

We report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2024

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").

It is our responsibility to:

- i Examine the accounts under section 145 of the 2011 Act.
- ii To follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act: and
- iii To state whether matters have come to my attention.

We 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

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

Signed

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Tax Driven Accountants
Unit 4, Ffordd Richard Davies
St Asaph
LL17 0LJ