

Paramitha Community Development Foundation

Trustees Report

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1. Reference and Administrative details

1.1 Organization Details

Charity/Company Name: Paramitha Community Development Foundation

Address: 87 Church Road, Frampton Cotterell, Bristol, BS36 2NE
(From 01/08/2023)

Telephone number: Tel: +44117 977 0465

E-Mail: info@bristolbuddhistvihara.org.uk

Website: www.bristolbuddhistvihara.org.uk

Legal status: Company Limited by Guarantee
Charity commission Registered No 1160561
Companies House No. 08199348

1.1 Members and Trustees

Name	Skills / Qualifications
Ven Pelwatte Dhammananda Thero	Ordained over 22 years and have managed the Bristol Temple just over 10 years. Has taught in schools and has been carrying out spiritual and social work from the day ordained.
Mr Upali Gunathilaka	Over 20 years of experience in printing in a well-known newspaper.
Raymond Anthony Douglas Cole	Retired Media worker. Over 40 years of experience.
Mr. Aruna Duminda Banduseela	Over 20 years of experience in software development
Prof Mahesh Sooriyabandara	Managing director for a multi-national telecommunication research company and PhD in engineering and a chartered engineer

2 Structure, Governance and Management

2.1 Overview

Paramitha Community Development Foundation (PCDF) is a non-profit community organisation under charity number 1160561 and Companies House No: 08199348. It has been established to meet the social and spiritual needs of community based in Bristol and surrounding South West and Wales region. Through its cultural and educational activities, it now provides services to wider multi-cultural communities from Bristol, Cardiff, Swindon, Southampton and Gloucester. The organisation is fully supported by volunteers and over the years it has grown into a strong organisation with over 200 permanent members from all parts of the community. As a charitable organisation all services that include educational, cultural, advising, counselling, welfare and interfaith activities are offered for free.

2.2 Our Mission Statement

Introduce and advance the Buddhist religion in the UK for the benefit of the public through the holding of prayer meetings, lectures, celebration of religious/cultural festivals, producing and distributing literature on the Buddhist thought to enlighten others about the Buddhist religion and promotion of religious harmony for the benefit of public by promoting knowledge and mutual understanding of the beliefs and practice of different religious faiths.

2.3 Our Activities

Since 2012, the PCDF has been working collaboratively with many culturally diverse community groups and their organisations, to deliver numerous social and cultural services, annual events and support systems in South West and Wales.

Monthly “Mindfulness and Meditation” sessions conducted organised by PCDF are attended by people belonging to several ethnic groups and the “Sunday” school, which teaches Language and culture is attended by children belonging to different denominations as well.

The annual multicultural celebration organised by the PCDF is turning into a popular community event in the region which is drawing crowds from neighbouring cities such as Cardiff, Gloucester, Swindon and Southampton and has been attended by the Lord Mayor of Bristol.

2.4 Performance and Monitoring

PCDF conducts a range of charitable, educational, wellbeing and entertainment related activities as regular annual events to assist individuals and communities in cultural, spiritual, wellbeing and financial needs. We have been providing services since 2012.

Support/services	Demographic information	No. services	No. assisted/participated
Counselling	Majority aged 20-60y	1/month	50/year
Community awareness (Blood, Organ donation)	Majority adults in all age groups.	1/month	800/year >50 signed up
Multicultural events	multicultural Males ≈ Females	Annual	2000/year
Language and Buddhist School	Children: 5-18y	1/week	150/week
Charity	N/A	SOS	Covid relief and good Friday Attack in Sri Lanka. Support for individuals and families during difficult times
Mindfulness and meditation)	Children	Ad hoc on request	
Multifaith group discussions		Ad hoc as organised	

2.5 Major events, progress and achievements of the Charity throughout the year

This year has been a remarkable one for PCDF, as we continue to fulfill our mission of promoting peace, compassion, and wisdom through our various charitable activities. Our PCDF remains dedicated to serving both our local community and the broader global family through our diverse range of initiatives.

This year the main success was securing the permanent place for the temple and dwelling for the monks. In August 2023 the Charity managed to secure a mortgage and purchase the property.

Major Events

- **Annual Vesak Celebration:** We celebrated Vesak with a week-long series of events, including meditation sessions, Dhamma talks, and a candlelight procession that attracted over 1,000 participants.
- **Annual Dhamma day (Poson)** We have organised four major events in different places in UK
- **Winter Retreat:** Our annual winter retreat provided an opportunity for over 150 practitioners to deepen their meditation practice under the guidance of esteemed monks and nuns.
- **Weekly Program:** Every Saturday we have meditation class and Dhamma talk sessions.
- **Monthly Poya Program** – We have a monthly poya day program

Progress and Achievements

- **New Initiatives:** We launched a mental health support group aimed at providing a safe space for those dealing with anxiety and depression, which has already seen active participation from over 60 individuals.

Impact on the Community

- **Beneficiaries:** Our various programs have directly benefited over 2500 individuals this year, providing them with not only material support but also spiritual guidance and emotional comfort.
- **Volunteering:** We are immensely grateful to our dedicated volunteers, whose 5,000+ hours of service have been instrumental in the success of our initiatives.

Future Plans:

Looking ahead, we plan to expand our educational programs, introduce new community health initiatives, and further develop our sustainability projects to continue making a positive impact.

2.6 How our activities deliver public benefit

We deliver services to individuals or small groups and classes. We enabled the community to remain connected. It was also enabling to some new members as the distances involved precluded travel at the time so contacting us and joining in with activities was easier. It was significant that maintaining contact helped with minimizing any sense of isolation that was reported from some quarters.

At **PCDF**, our activities are designed to deliver significant public benefits, enriching the lives of individuals and the community as a whole. Through a combination of spiritual, educational, and charitable programs, we strive to create a positive and lasting impact.

1. Spiritual Growth and Well-being

Meditation and Mindfulness Programs:

- **Public Benefit:** Our meditation and mindfulness programs help individuals reduce stress, enhance emotional well-being, and develop inner peace. These benefits extend to their personal lives, improving relationships, productivity, and overall mental health.

Dhamma Talks and Teachings:

- **Public Benefit:** Regular Dhamma talks and teachings provide valuable insights into Buddhist philosophy, promoting ethical living, compassion, and wisdom. These teachings encourage individuals to lead more mindful, compassionate, and fulfilling lives, which in turn fosters a more harmonious society.

2. Community Outreach and Support

Mental Health Support Group:

- **Public Benefit:** The mental health support group offers a safe and supportive environment for individuals dealing with anxiety and depression. By providing emotional support and practical coping strategies, we help improve mental health outcomes and enhance the quality of life for participants.

3. Educational Initiatives

Mindfulness and Stress Reduction Workshops:

- **Public Benefit:** These workshops equip individuals with tools to manage stress effectively, promoting better mental health and resilience. Participants learn techniques that they can apply in their daily lives, leading to improved well-being and productivity.

Youth Programs:

- **Public Benefit:** Our educational programs for youth teach important values such as compassion, respect, and responsibility. These programs help shape well-rounded, ethical individuals who are better prepared to contribute positively to society.

4. Cultural and Social Enrichment

Annual Events and Celebrations:

- **Public Benefit:** Events such as the Vesak, Poson celebration and cultural festivals foster community spirit, cultural exchange, and social cohesion. These gatherings provide opportunities for people from diverse backgrounds to come together, celebrate, and learn from each other.

5. Volunteerism and Community Engagement

Volunteer Opportunities:

- **Public Benefit:** By offering numerous volunteer opportunities, we encourage civic engagement and foster a sense of community responsibility. Volunteers gain valuable skills, experience personal growth, and contribute positively to the well-being of others.

**PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
(COMPANY LIMITED BY GUARANTEE) ANNUAL REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
(COMPANY LIMITED BY GUARANTEE) ANNUAL REPORT
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PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
COMPANY INFORMATION
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Directors	Ven Pelwatte Dhammananda Thero Biyagama Tennenahalage Upali Gunatilaka Prof Mahesh Sooriyabandara Raymond Anthony Douglas Cole Aruna Duminda Banduseela
Company Number	08199348 (England and Wales)
Registered Office	6 HAMMOND CLOSE BRISTOL BS4 5HY
Accountants	Samanalarisi Solutions 11 Shubb Leaze BRISTOL BS16 1WX

PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
(COMPANY NO: 08199348 ENGLAND AND WALES)
DIRECTORS' REPORT

The directors present their report and accounts for the year ended 30 September 2023.

Principal activity

Religious and Community Services

Directors

The following directors held office during the whole of the period:

Ven Pelwatte Dhammananda Thero
Biyagama Tennenahalage Upali Gunatilaka
Prof Mahesh Sooriyabandara
Raymond Anthony Douglas Cole
Aruna Duminda Banduseela

Statement of directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors

.....
Ven Pelwatte Dhammananda Thero
Director

Approved by the board on: 30 June 2024

**CHARTERED MANAGEMENT ACCOUNTANTS' REPORT TO THE BOARD OF DIRECTORS
ON THE PREPARATION OF THE UNAUDITED STATUTORY ACCOUNTS OF
PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION for the year ended 30 September 2023 which comprise of the Profit and Loss Account, the Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a CIMA Registered Member in Practice and Practising Certificate holder, I am subject to its ethical and other professional requirements which are detailed at <https://www.cimaglobal.com/Members/Your-Membership-Information/Members-handbook/Licensing-and-monitoring/Members-in-practice/>

Our work has been undertaken in accordance with the requirements of the Chartered Institute of Management Accountants as detailed at <http://www.cimaglobal.com>.

Samanalarisi Solutions
Member in Practice

11 Shubb Leaze
BRISTOL
BS16 1WX

30 June 2024

PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
INCOME STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2023

	2023	2022
	£	£
Turnover	103,716	75,305
Administrative expenses	(22,498)	(24,262)
Operating profit	81,218	51,043
Profit on ordinary activities before taxation	81,218	51,043
Tax on profit on ordinary activities	4 -	-
Profit for the financial year	81,218	51,043

PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
STATEMENT OF FINANCIAL POSITION
AS AT 30 SEPTEMBER 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	5	530,000	-
Current assets			
Debtors	6	-	21,000
Cash at bank and in hand		7,267	225,749
		<u>7,267</u>	<u>246,749</u>
Net current assets		<u>7,267</u>	<u>246,749</u>
Total assets less current liabilities		<u>537,267</u>	<u>246,749</u>
Creditors: amounts falling due after more than one year	7	(280,000)	-
Net assets		<u><u>257,267</u></u>	<u><u>246,749</u></u>
Capital and reserves			
Profit and loss account		<u>257,267</u>	<u>246,749</u>
Shareholders' funds		<u><u>257,267</u></u>	<u><u>246,749</u></u>

For the year ending 30 September 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board of Directors and authorised for issue on and were signed on its behalf by

Ven Pelwatte Dhammananda Thero
Director

Company Registration No. 08199348

PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Statutory information

PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION is a private company, limited by shares, registered in England and Wales, registration number 08199348. The registered office is 6 HAMMOND CLOSE, BRISTOL, BS4 5HY.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

4 Taxation

The company is exempt from Income Tax

5 Tangible fixed assets

	Land & buildings £
Cost or valuation	At cost
At 1 October 2022	-
Additions	530,000
At 30 September 2023	530,000
Depreciation	
At 30 September 2023	-
Net book value	
At 30 September 2023	530,000

6 Debtors

	2023 £	2022 £
Amounts falling due after more than one year		
Other debtors	-	21,000

7 Creditors: amounts falling due after more than one year

	2023 £	2022 £
Bank loans	280,000	-

**PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

8 Average number of employees

During the year the average number of employees was 0 (2022: 0).

PARAMITHA COMMUNITY DEVELOPMENT FOUNDATION
DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 30 SEPTEMBER 2023

This schedule does not form part of the statutory accounts.

	2023	2022
	£	£
Turnover		
Sales	103,716	54,305
Fees	-	21,000
	<hr/> 103,716	<hr/> 75,305
Administrative expenses		
Travel and subsistence	3,210	4,210
Rent	12,150	12,950
Rates	1,698	3,237
Service charges	-	1,250
Light and heat	1,668	-
Telephone and fax	428	1,039
Subscriptions	-	539
Bank charges	60	52
Insurance	754	985
Solicitors fees	2,530	-
	<hr/> 22,498	<hr/> 24,262
Operating profit	<hr/> 81,218	<hr/> 51,043
Profit on ordinary activities before taxation	<hr/> <hr/> 81,218	<hr/> <hr/> 51,043