

THE MID ESSEX BUDDHIST CENTRE

England & Wales · Charity number 1172278

Details

Status Registered

Legal form CIO

Registered 2017-03-27

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

Contact

Address The Mid Essex Buddhist Centre
70 Upper Chase
Chelmsford
CM2 0BN

Phone 07936 534546

Email Info@mid-essex-buddhist-centre.org.uk

Website www.mid-essex-buddhist-centre.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS TO SUPPORT THE ADVANCEMENT OF THE BUDDHIST RELIGION, IN PARTICULAR BY:1. ENCOURAGING MEMBERS AND OTHERS TO LIVE ETHICAL LIVES IN ACCORDANCE WITH THE TEACHINGS OF THE BUDDHA.2. SUPPORTING ORDAINED MEMBERS OF THE TRIRATNA BUDDHIST COMMUNITY AND OTHER DULY ORDAINED BUDDHISTS, AT THE DISCRETION OF THE COUNCIL OF THE CIO.3. MAINTAINING CLOSE COMMUNICATION WITH AND WORKING UNDER THE GUIDANCE OF THE TRIRATNA BUDDHIST ORDER AND IN CO-OPERATION WITH OTHER GROUPS WITH THE SAME OBJECTS.4. USING APPLICATIONS OF THE BUDDHA'S TEACHING TO PROMOTE THE HEALTH AND WELL-BEING OF ALL.

Activities: Spiritual activities - regarded as religious in nature; they include the teaching and practice of Buddhism. All are welcome to any teaching or practice session. A number of one-day and weekend events are also held..Secular activities - consist of courses on Mindfulness and ancillary activities, such as art classes and complementary treatments which are compatible with Buddhist ethics.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** Religious Activities
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£56,789	£45,428	-	-
2024-04-01	£36,802	£39,307	-	-
2023-04-01	£132,952	£20,976	-	-
2022-04-01	£144,879	£15,382	-	-
2021-04-02	£75,981	£15,459	-	-

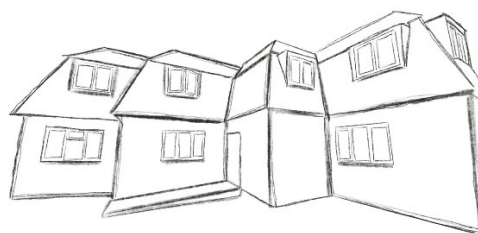
Trustees

Name	Role	Appointed
Gary Nelson Murray	Chair	2017-01-01
CHRISTINE TRUSS		2017-01-01
DIANE LINDA CARTER		2024-02-19
KATRINA KUZMINAS		2024-08-19
LYNDA rose		2023-01-24
NIGEL WARD		2024-08-19
Rachel Floater		2026-01-20
TIMOTHY CARL WOLSTENHOLME		2024-08-19
Viryanatha Rey		2019-10-05

Accounts

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting 2023-2024



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Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

Introduction

This document is the report of the Trustees of the Mid Essex Buddhist Centre (MEBC) to the members, covering the tax year 2023-2024.

This report should be read in conjunction with:

- The Minutes of the Last AGM
- The Chair's Report
- The Treasurer's Report
- The Mitra Convenors' Report
- The Minutes of the meetings of the Board of Trustees.

Chair's Introduction

I am delighted to welcome you to our AGM and want to express our deepest gratitude to you for being members of MEBC. It is so important to have a wider Triratna perspective for our activities which you are so generously providing. I am delighted that this year, coming out of covid, we have finally purchased permanent premises for the MEBC in Chelmsford. This has only been possible by the hard work and commitment not only of our Trustees and Volunteer Coordinators but of all the members of the MEBC Sangha. To date, we are also extremely fortunate to have Ratnaghosha as our President whose wise counsel, abundant and continuous practical support has been immensely helpful and gratefully received.

With metta.

Dh. Aryasara, Chair of the Mid Essex Buddhist Centre

Reference Details

The Centre

Charity name:	The Mid Essex Buddhist Centre
Other names charity is known by:	MEBC
Registered charity number:	1172278
Type of governing document:	Constitution – dated 24 th March, 2017, accepted by Charity Commission 27 th March, 2017
How the charity is constituted:	CIO – Association
Companies House Reference:	CE009745
Trustee selection methods:	Trustees are selected either by the members of the MEBC at an AGM or by the Board of Trustees at any time.
Address:	Mid Essex Buddhist Centre, 70 Upper Chase, Chelmsford, Essex CM20BN
Email:	info@mid-essex-buddhist-centre.org.uk

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

The Team

President:

- Ratnaghosha President

Trustees:

- Aryasara Chair & Safeguarding
- Upekshadhi Mitra Convenor for Women
- Shraddhadasa Treasurer, handing over to
- Diane Carter during 2024
- David Rey Communications Coordinator & Centre Manager
- Anudaya Trustee

Other Order Members:

- Ksantivajra Mitra Convenor for Men
- Vandana Citta
- Nanadaketu Study Leader
- Dharmavartin Study Leader
- Abhayavani Study Leader
- Saranaloka Study Leader

Volunteers Coordinators:

- Abby Brealey Under 35s
- Eric Harrison Communications Assistant, & Centre Sustainability
- Jean Miley Fundraising Coordinator
- Katrina Kuzminas Retreat Organiser & School Liaison
- Lisa Bailey Secretary
- Rachel Floater Accounts and Gardening Coordinator
- Susy Hicks Centre Cleaning Coordinator
- Terri Hanmore Inclusion Coordinator
- Vicki Passmore Retreat Organiser, Events coordinator & Safeguarding

Governance Issues

- **Relationships** - The MEBC maintains close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
- **Organisation** – The MEBC is run on a daily basis by Volunteer Coordinators, whose members are appointed by the Board of Trustees. At the time of submission, the members of the Volunteer Coordinators consist of the senior staff listed above and report to the Centre Manager.
- **Activities** – The activities of the MEBC divide into two parts:
 - Spiritual – religious; the teaching and practice of Buddhism.
 - Secular – courses on Mindfulness plus other compatible activities – pilates classes and relaxation classes.
- **Members** - Membership of the MEBC is open to those who are members of the Triratna Buddhist Order.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

- **Trustees** - Every trustee of the MEBC must be a member of the Triratna Buddhist Order or a Mitra of the Triratna Buddhist Order who is training for ordination.
- **Safeguarding** – The MEBC has prepared specific guidelines intended to offer guidance where Order Members or other experienced members of the Triratna community are presenting to and communicating with those where a particular duty of care is owed. There are overall Ethical Guidelines with separate documents for the spiritual and secular activities covering Child Protection and the treatment of Sub-Adults and “Adults at Risk”. All documents have been recently updated,
- **Health and Safety** – The MEBC has additional procedures for handling and evacuating the premises in the case of fire or flooding. The Health, Safety Fire Risk and Security Risk Register is updated annually.
- **Sustainability** - The MEBC Trustees have decided that the Triratna Sustainable Buddhist Centre Scheme is an aspiration to work towards. One member has agreed to lead this work, reporting to the Centre Manager. The centre uses an ethical bank and has a sustainable electricity supplier. Additional policies are in place to ensure that, wherever possible, all food consumed and material used within the centre is ethically sourced. Lift sharing to the Centre and Retreats is actively encouraged.
- **Diversity** – Our inclusion coordinator is preparing policy to support our ongoing desire to ensure we are a centre that all feel included and welcome.

Objects and Activities

Summary

The object of the MEBC is to support the advancement of the Buddhist religion, in particular by:

1. Encouraging members and others to live ethical lives in accordance with the teachings of the Buddha.
2. Supporting ordained members of the Triratna Buddhist Community and other members of the Sangha, at the discretion of the Trustees of the MEBC.
3. Maintaining close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
4. Using applications of the Buddha's teaching to promote the health and well-being of all.

Main Activities

The trustees are fully aware that all of the activities of the MEBC must have a public benefit as defined by the Charity Commission. Furthermore:

- All MEBC organised activities, wherever conducted, must conform to the objects of the MEBC (see previous section).
- All activities conducted at the centre organised by third parties must be compatible with the objects of the MEBC.

As outlined above, the activities of the MEBC divide into two parts:

Spiritual

These activities are regarded as religious in nature; they include the teaching and practice of Buddhism.

(Objects 1 & 4, above):

Weekly:

- Dharma Night - Wednesday evenings teaching session – In Person at the Centre; with two streams, one for regulars and one for new members.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

- Drop-In Class – Thursday mornings session – on Zoom
- A series of 6 week courses are held throughout the year. These include Introduction to Buddhism & Meditation Parts 1 & 2, The Journey and the Guide and Life with Full Attention.
- Morning Meditation – every morning of the week – on Zoom
- Classes – Mitra study groups (currently 4 groups) - by invitation:
 - Saturday mornings (2 groups) – on Zoom
 - Saturday morning (2 groups) - In Person at the Centre
- Training for Ordination (GfR) Groups (various) - In Person at the Centre and on Zoom
- Lunchtime Meditation Classes on Mondays, Wednesdays and Saturdays

Monthly:

- Transforming Self and World (3rd Friday of the month) — on Zoom
- Under 35s 3rd Monday of the month.
- Festival Sundays - In Person at the Centre

Periodically, throughout the year:

- Women's Days, in person
- Men's Days, in person
- Urban Weekend retreats

Teaching sessions normally start with an activity on a Buddhist topic of interest which is followed by a discussion in which all are encouraged to engage. The discussion is followed by a guided meditation practice; either the Mindfulness of Breathing or the Metta Bhavana. All are welcome to any teaching or practice session.

A number of one-day events (such as day retreats for women and men) are held regularly. A yearly Sangha weekend retreat, open to all those who are interested, is normally held at the Vajrasana Retreat Centre. A yearly urban weekend retreat is normally also held at the centre. A yearly camping retreat is held at a local campsite. The retreats are an opportunity to go deeper and give more time for both teaching and practice.

(Objects 3 & 4, above) Order members from other centres teach at our public sessions. In turn, order members attributed to the MEBC attend other centres. By this means, contact with the wider Triratna Buddhist Community is enhanced and a cross fertilisation of ideas encouraged.

Secular

These activities consist of courses on Mindfulness and ancillary activities, such as, Pilates classes and complementary treatments which are compatible with Buddhist ethics.

The role of Order Members and Volunteers

At the moment, the Chair is supported with a small monthly salary.

All spiritual activities of the MEBC are provided by volunteers and most of the organisational activities are also provided by volunteers.

Order members of the Triratna Buddhist Community freely give their time to teach and provide spiritual guidance. Where a guest order member has to travel to attend a meeting of the MEBC then only their travel expenses are reimbursed. Sometimes, the MEBC Sangha offer money to be given to the speaker as a donation.

Other order members, Mitras and Friends bring to the centre personal support and organisational skills which are given without payment.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

Grantmaking policy

In general, the MEBC looks kindly on supporting other Triratna organisations and centres as well as charitable organisations local to the centre.

In particular, the trustees of the MEBC have agreed that it should be paying approximately 5% of its income to the Triratna Buddhist Community and Order (TBCO). This payment recognises the support, both spiritual and practical, which the centre receives in many ways from the TBCO. The trustees also recognise that, due to the newness of the MEBC, it cannot yet afford to fully pay this percentage. Each year, in consultation with the treasurer of the MEBC, an increasing payment to the TBCO will be agreed. The objective is to reach the 5% threshold within 6 years.

Donations to other organisations will be considered by the trustees on an ad hoc basis.

Financial Overview

Funding

The MEBC is funded by a combination of donations and fees.

- People attending the regular spiritual activities donate whatever they can afford to the centre; either on a monthly basis or at each meeting.

Day and weekend retreats are charged on a fee basis. The MEBC has also received “one off” personal donations from people interested in supporting its objects and from “sister organisations”. The majority of the funding for the MEBC is sourced from personal donations and fees.

- The secular zoom activities are provided free or voluntary donation.

Expenditure

Some of the expenditure which would normally be expected is covered at no cost by volunteers (see above) who freely donate their time.

Where a professional service (solicitor, accountants.) cannot be provided by one of the Sangha, then a paid outside resource is recruited.

Banking & Investment Policy

The Trustees have decided that all banking and investment organisations used by the MEBC should follow an Ethical Code of Practice; the minimum requirement being a certification that the institution is certified B Corp¹.

¹ An ethical organisation, also known as a social, alternative, civic, or sustainable institution, is a financial organisation concerned with the social and environmental impacts of its investments and loans with rigorous standards of social and environmental performance, accountability and transparency. One of the criteria for being an ethical financial organisation is that it is a certified B Corp. B Corp registration includes a publicly available B Impact Report which explains the efficacy of the organisation with respect to ethical practices.

Mid Essex Buddhist Centre (MEBC) Treasurer's Year End Financial Report



April 2024 until March 2025

Generated By: Ms Diane Carter, Treasurer

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INTRODUCTION

This is the Year End Financial Report for the Mid Essex Buddhist Centre (MEBC) for the Financial Year from April 2024 until March 2025.

This report starts with a review of our “Bank Accounts”. An overview of the payments and receipts is contained in the next section “Management Accounts”. In the next section, “Source and Use of Funds”, the payments and receipts are presented in the form of a series of categories; these categories, which net payment and receipts, provide the baseline for managing our money. Then there is an Appendix which explains some elements of our Accounting Policy. Finally, in “Reviewer’s Report and Balance Sheet”, comes the formal presentation of the accounts and balance sheet as drawn up by Maynard Heady, the accountants who have reviewed the accounts every year since Financial Year 2018-2019.

Highlights

This financial year coincides with our second full year of occupation of Chase House in Chelmsford.

- The financial position is dominated by two factors:
 - The repayment of interest and part of the principal on the £220,00 loan which was taken from Windhorse Trading for the purchase of Chase House. The repayment portion (for 5% of the original principal) was £11,000, while the interest came in at £13,200, giving a total payment to Windhorse this year of £24,200.
 - The support for the Chair of the MEBC which amounted to £16,490 - £12,100 salary with PAYE and Tax being £4,390.
- The total expenditure, at £65,000, is around £1,000 down on last year. The total income, at £60,500, is around £13,000 more than last year.
- The result of these movements is a **Bank Balance** of just under **£32,000**, a reduction of approx. £4,500 from the end of last financial year. This reduction compares with last year’s which came in at just over £18,000.

Queries and Requests for Information

Please address any questions and requests for further information to:

treasurer@mid-essex-buddhist-centre.org.uk

LOAN

We have a £220,000 loan from Windhorse Trading, of which £209,000 remains.

The yearly loan cycle is almost perfectly in line with the yearly financial cycle.

BANKING

Bank Accounts

Throughout this year our primary Current Account has been held with Triodos. We also run a Deposit Account with Triodos.

Balances

The table on the right shows the high-level status of the Bank Accounts at the beginning and the end of this Financial Year.

Bank Account	Account Balance		
	Start of Year	Nett Change	End of Year
Triodos Deposit Account	24,856.43	-19,289.81	5,566.62
Triodos Current Account	11,288.82	14,845.02	26,133.84
Bank Total	36,145.25	-4,444.79	31,700.46

On the following pages we look at where this money came from and how it was spent – Source & Use.

MANAGEMENT ACCOUNTS

Summary

This table shows the Summary of this year compared to last year. The expenses for both years are about the same (£66T vs £65T). The difference is the increased income for 2024-2025 (an increase of £13T over 2023-2024) which delivers a reduced loss of £4.5T - £14T less than the previous year.

Summary	Yearly totals	
	2024-2025	2023-2024
Income Total	60,495.30	47,610.52
Expense Total	64,940.09	65,825.33
Nett Decrease	-4,444.79	-18,214.81
Bank Start of Year	36,145.25	54,370.06
Bank End of Year	31,700.46	36,145.25

The decreased loss is due to the increased level of income for the current year.

Income

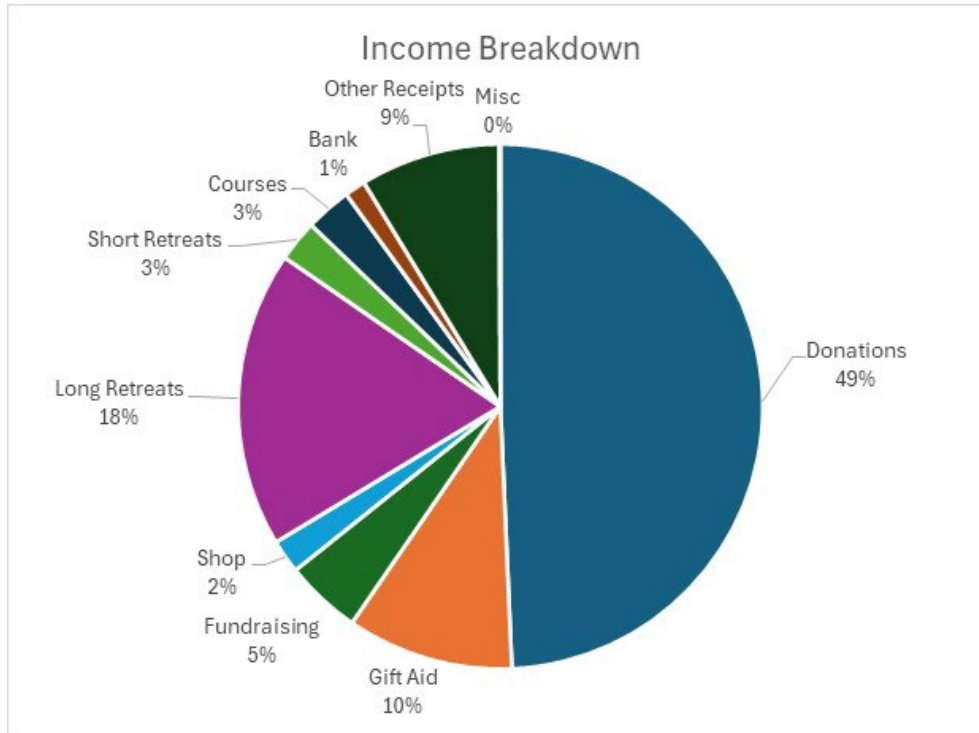
Income Summary

This table shows the Income broken down by our Management Account categories.

Income Account	Yearly totals	
	2024-2025	2023-2024
Donations	29,827.61	22,823.20
Gift Aid	6,212.52	1,333.03
Fundraising	2,848.55	5,123.18
Shop	1,253.70	1,389.06
Long Retreats	11,045.83	10,652.42
Short Retreats	1,544.64	262.02
Courses	1,708.74	3,866.70
Bank	784.73	1,608.20
Other Receipts	5,228.98	177.50
Misc	40.00	375.21
Income Totals	60,495.30	47,610.52

Note:

- **Gift Aid** – the Gift Aid received for last year (2023-2024) was low due to HMRC not paying a claim of £2,844. The payment was received in this financial year (2024-2025), thus inflating the amount shown.



Income Details

Breaking out these category totals:

	Income Account	Item	Item Total	Account Total
Donated by the Sangha	Donations			29,827.61
	Gift Aid			6,212.52
	Fundraising	Art Auction	713.96	
		Buddha Tile	35.00	
		Heating Fund	1,001.78	
		Misc	33.73	
		Sangha Soiree	393.88	
		Sangha Together	670.20	2,848.55
	Shop			1,253.70
	Long Retreats	Camping Weekend 2024	936.72	
		Camping Weekend 2025	73.75	
		Mitra Retreat	414.14	
		Sangha Retreat 2024	1,007.92	
		Sangha Retreat 2025	7,863.04	
		Urban Retreat	711.22	
		Women's Day	39.04	11,045.83
	Short Retreats	Women's Day 2024	586.96	
		Men's Day	558.02	
		Jewel Quest	399.66	1,544.64
	Courses	CPR Training	-38.64	
		Death and Dying	-199.93	
		Eight Verses	-214.92	
		Intro to Buddhism	-993.65	
		Life with Full Attention	-261.6	1,708.74
	Bank			784.73
	Other Receipts			5,228.98
	Misc			40.00
	Income Totals			60,495.30

Expenses

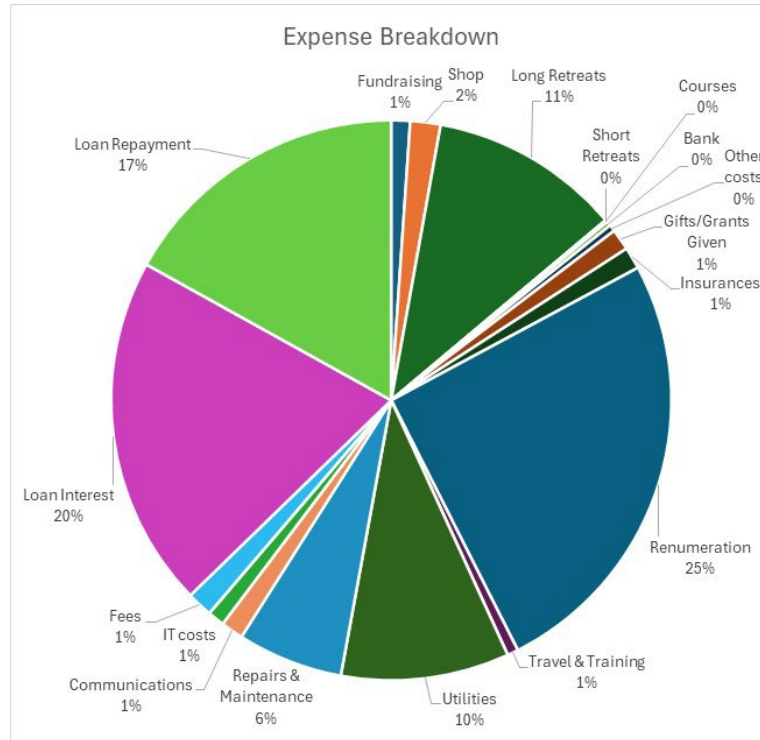
Expense Summary

	Expenses Account	Yearly totals	
		2024-2025	2023-2024
Costs of running Fundraising activities	Fundraising	703.70	1,035.71
Purchases of Books and Goods for resale	Shop	1,130.23	1,067.45
Longer than 1 Day	Long Retreats	7,180.07	4,038.95
Bank Interest Paid	Short Retreats	0.00	40.00
Monies connected for other charities	Courses	85.00	353.00
Support for Chair	Bank	163.00	1,015.95
Extraordinary Cost – See Note Below	Other costs	251.62	516.07
Interest on Windhorse Trading loan	Gifts/Grants Given	802.00	1,079.41
Principal on Windhorse Trading loan	Insurances	819.32	1,166.13
	Remuneration	16,489.63	15,024.58
	Travel & Training	412.00	2,309.90
	Utilities	6,308.29	1,946.71
	Repairs & Maintenance	3,961.03	20,274.91
	Communications	840.94	630.90
	IT costs	632.06	633.00
	Fees	961.20	1,466.50
	Loan Interest	13,200.00	13,236.16
	Loan Repayment	11,000.00	0.00
	Expense Total	64,940.09	65,835.33

This table shows the Expenses broken down by our Management Account categories.

Note:

- **Utilities** – the utilities expenses are inflated by over £5,000 due to the additional charges levied by the water company for a leak in the freshwater inlet for Chase House. We have contested this additional charge, so far without success. This matter is ongoing in the hope that we can obtain a waiver.



Expense Details

Breaking out these category totals:

Expenses	Account	Item	Item Total	Account Total
Fundraising		Buddha Tile Material	18.30	703.70
		Centre Review - Viryanaga	470.40	
		CAF	215.00	
Shop				1,130.23
Long Retreats		Camping Weekend 2024	494.07	7,180.07
		Camping Weekend 2025	200.00	
		Sangha Retreat 2024	5,063.00	
		Sangha Retreat 2025	1,423.00	
Short Retreats				0.00
Courses		Intro to Buddhism	85.00	85.00
Bank				163.00
Other costs		Safeguarding	179.00	251.62
		Misc	72.62	
Gifts/Grants Given		Chairs Assoc	600.00	802.00
		Gift for Ratnagosha	100.00	
		Misc	102.00	
Insurances				819.32
Renumeration		Salary	12,100.00	16,489.63
		PAYE & Tax	4,389.63	
Travel & Training				412.00
Utilities		Electricity & Gas	1077.26	6,308.29
		Water	5,231.03	
Repairs & Maint.		Air Source Heat Pump	2,256.00	3,961.03
		Alarms Service	150.00	
		CollecTin Device	425.00	
		External Lighting	59.89	
		IKEA	195.00	
		Insurance Excess	250.00	
		Lead Roll for Roof	95.96	
		Misc	85.69	
		Plants	113.49	
		Sofa	330.00	
Communications				840.94
IT costs				632.06
Fees				961.20
Loan Interest				13,200.00
Loan Repayment				11,000.00
Expense Total				64,940.09

Costs of running Fundraising activities
Individual Activities

Purchases of Books and Goods for resale

Longer than 1 Day
Individual Retreats

1 Day or Shorter

Course Expenses

Monies connected for other charities

Support for Chair

Travel & "Working" Retreats for Functional
Roles (Chair, Mitra Conveners, etc.)

Refurbishment costs and new items

Consists of Professional Accounts Review, Accounting
Software Rental & Safeguarding Registration

Interest on Windhorse Trading loan
- 6% on £220,000

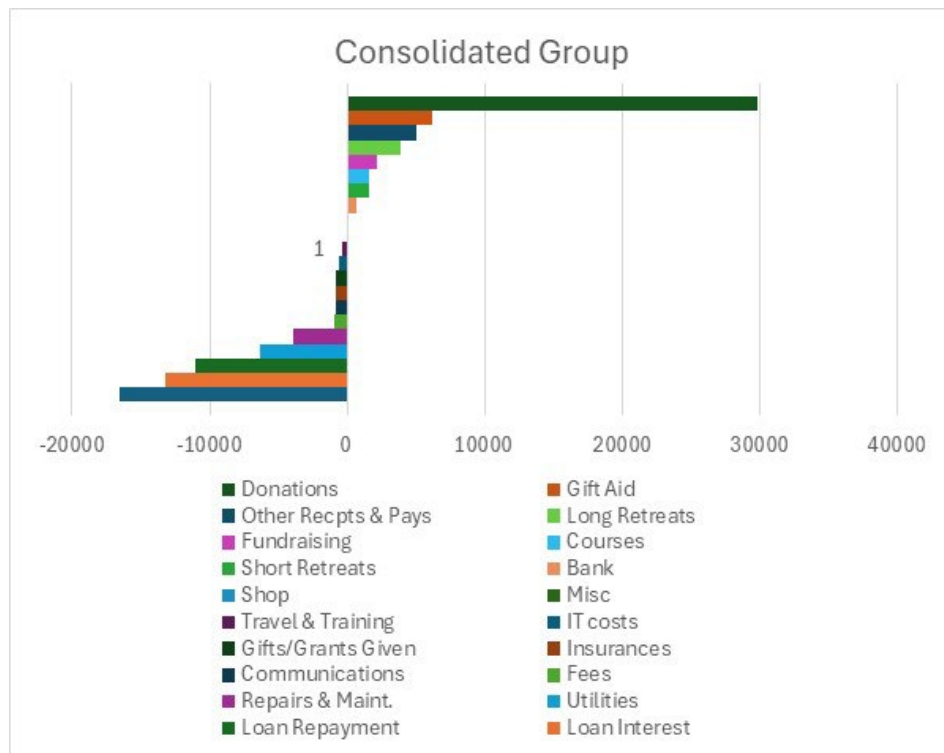
Principal Repayment on Windhorse
Trading loan - 5% on £220,000

Consolidated

Consolidated Summary

Consolidating Income and Expenses we have:

Consolidated Group	Nett	Income	Expense
Donations	29,827.61	29,827.61	0.00
Gift Aid	6,212.52	6,212.52	0.00
Fundraising	2,144.85	2,848.55	703.70
Shop	123.47	1,253.70	1,130.23
Long Retreats	3,865.76	11,045.83	7,180.07
Short Retreats	1,544.64	1,544.64	0.00
Courses	1,623.74	1,708.74	85.00
Bank	621.73	784.73	163.00
Other Recpts & Pays	4,977.36	5,228.98	251.62
Misc	40.00	40.00	0.00
Gifts/Grants Given	-802.00	0.00	802.00
Insurances	-819.32	0.00	819.32
Remuneration	-16,489.63	0.00	16,489.63
Travel & Training	-412.00	0.00	412.00
Utilities	-6,308.29	0.00	6,308.29
Repairs & Maint.	-3,961.03	0.00	3,961.03
Communications	-840.94	0.00	840.94
IT costs	-632.06	0.00	632.06
Fees	-961.20	0.00	961.20
Loan Interest	-13,200.00	0.00	13,200.00
Loan Repayment	-11,000.00	0.00	11,000.00
Totals	-4,444.79	60,495.30	64,940.09



Mid Essex Buddhist Centre – Financial Year Report 2024 -2025

Consolidated Detail

Consolidated Group	Item	Nett	Income	Expense
Donations		29,827.61	29,827.61	
Gift Aid		6,212.52	6,212.52	
Fundraising	Art Auction	713.96	713.96	
	Buddha Tile	16.70	35.00	18.30
	Heating Fund	1,001.78	1,001.78	
	Misc	33.73	33.73	
	Sangha Soiree	393.88	393.88	
	Sangha Together	670.20	670.20	
	Centre Review - Viryanaga	-470.40		470.40
	CAF	-215.00		215.00
Shop		123.47	1,253.70	1,130.23
Long Retreats	Camping Weekend 2024	442.65	936.72	494.07
	Camping Weekend 2025	-126.25	73.75	200.00
	Mitra Retreat	414.14	414.14	
	Sangha Retreat 2024	-4,055.08	1,007.92	5,063.00
	Sangha Retreat 2025	6,440.04	7,863.04	1,423.00
	Urban Retreat	711.22	711.22	
	Women's Day	39.04	39.04	
Short Retreats	Women's Day 2024	586.96	586.96	
	Men's Day	558.02	558.02	
	Jewel Quest	399.66	399.66	
Courses	CPR Training	38.64	38.64	
	Death and Dying	199.93	199.93	
	Eight Verses	214.92	214.92	
	Intro to Buddhism	908.65	993.65	85.00
	Life with Full Attention	261.60	261.60	
Bank		621.73	784.73	163.00
Other Receipts & Payments		4,977.36	5,228.98	251.62
Misc		40.00	40.00	
Gifts/Grants Given	Chairs Assoc	-600.00		600.00
	Gift for Ratnagosha	-100.00		100.00
	Misc	-102.00		102.00
Insurances		-819.32		819.32
Remuneration	Salary	-12,100.00		12,100.00
	PAYE & Tax	-4,389.63		4,389.63
Travel & Training		-412.00		412.00
Utilities	Electricity & Gas	-1,077.26		1,077.26
	Water	-5,231.03		5,231.03
Repairs & Maint.	Air Source Heat Pump	-2,256.00		2,256.00
	Alarms Service	-150.00		150.00
	Collectin Device	-425.00		425.00
	External Lighting	-59.89		59.89
	IKEA	-195.00		195.00
	Insurance Excess	-250.00		250.00
	Lead Roll for Roof	-95.96		95.96
	Misc	-85.69		85.69
	Plants	-113.49		113.49
	Sofa	-330.00		330.00
Communications		-840.94		840.94
IT costs		-632.06		632.06
Fees		-961.20		961.20
Loan Interest		-13,200.00		13,200.00
Loan Repayment		-11,000.00		11,000.00
Totals		-4,444.79	60,495.30	64,940.09

APPENDIX - ACCOUNTING POLICY

We have adopted a few simple guidelines with respect to the treatment of income and expense items. We have an option as to how we treated payment and receipts. This affects how we report to the Charity Commission. There are two alternatives, each with their own reporting forms:

1. Payments and Receipts Based - We may choose to recognise receipts and payments as income and expense and have them directly contribute to P&L, effectively at the date that we received or paid the monies. This approach is simple but gives a potential for a rather “bumpy” bottom line, with each sum of money which moves in or out of the bank account also moving in or out of P&L.
2. Accrual Based - We may choose to separate receipts and payments from income and expense, where necessary defraying the income and expense; only moving the money into or out of P&L at the point that it was earned. For example, under this scheme we could take the premium for our yearly Public Liability and Contents Insurance, pay the whole sum out of the bank account but every month move just 1/12 of the sum out of P&L. For larger sums, this approach smooths out the impact on the P&L.

Under advice, we believe that running an Accrual Based scheme like that outlined in 2., above, is too complex for a small charity such as the MEBC. Therefore, we have adopted the simple Payments and Receipts Based approach.

However, this overall statement of policy may need some additional features where there are obvious cases where virtually all the item either relates to a future financial year or is a sum of money which we have paid or are holding and will in due course be returned. Such items are separately reported.

We trust that we have correctly followed this policy in our reporting.

REVIEWER’S REPORT & BALANCE SHEET

Please find attached Maynard Heady’s UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025 in the following pages.

THE MID ESSEX BUDDHIST CENTRE
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

THE MID ESSEX BUDDHIST CENTRE

CHARITY INFORMATION

Trustees

G.N. Murray
D. Carter
D. Rey
C. Truss
L. Rose
N. Ward
T. Wolstenholme
K Kuzminas

Accountants

Maynard Heady LLP
Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

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Accountants' report	1
Income and expenditure account	2
Balance sheet	3 - 4
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THE MID ESSEX BUDDHIST CENTRE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES

ON THE UNAUDITED ACCOUNTS OF THE MID ESSEX BUDDHIST CENTRE

We report on the accounts of the charity for the year ended 31 March 2025 set out on pages 2 to 6.

Respective responsibilities of Trustees and Examiners.

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is our responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- To state whether particular matters have come to our attention.

Basis of Independent Examiners' report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiners' statement

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

(a) which gives me reasonable cause to believe that in any material respect the requirements:

(i) to keep accounting records in accordance with section 130 of the 2011 Act; and

(ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

have not been met; or

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

This report is made solely to you, in accordance with the terms of our engagement letter dated 9 June 2022. Our work has been undertaken solely to prepare for your approval the accounts of The Mid Essex Buddhist Centre and state those matters that we have agreed to state to you in this report in accordance with ICAEW Technical Release TECH08/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than you, for our work or for this report.

Maynard Heady LLP

Chartered Accountants

.....

Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

DETAILED INCOME AND EXPENDITURE LOSS ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		2025		2024
	£	£	£	£
Income				
Donations, general income		52,410		37,572
Gift Aid		6,213		1,333
		<u>58,623</u>		<u>38,905</u>
Direct costs				
Goods for resale	1,130		1,067	
Fundraising costs	704		1,036	
	<u>1,834</u>		<u>2,103</u>	
		(1,834)		(2,103)
Gross surplus		<u>56,789</u>		<u>36,802</u>
Administrative expenses				
Wages and salaries	16,490		15,025	
Staff training	412		2,097	
Grants	802		-	
Water rates	9,546		-	
Insurance	722		621	
Light and heat	1,077		1,947	
Cleaning	-		138	
Repairs and maintenance	3,377		10,139	
Printing, postage and stationery	171		40	
Advertising	-		437	
Telephone	270		88	
Website and computer expenses	1,505		1,131	
Retreats	7,680		4,896	
Travelling expenses	-		407	
Accountancy	504		858	
Bank charges	163		148	
Sundry expenses	499		516	
Depreciation on fixtures, fittings and equipment	2,210		819	
		<u>(45,428)</u>		<u>(39,307)</u>
Operating surplus/(deficit)		<u>11,361</u>		<u>(2,505)</u>
Other income				
Bank interest received		785		1,781
Interest payable				
Non-bank interest payable on loans		<u>(9,223)</u>		<u>(14,186)</u>
Net surplus/(deficit) for the year		<u><u>2,923</u></u>		<u><u>(14,910)</u></u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2025

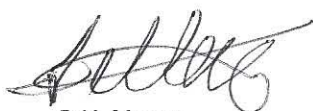
	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	2		505,684		506,944
Current assets					
Prepayments		1,019		1,781	
Cash at bank and in hand		31,701		36,318	
		<u>32,720</u>		<u>38,099</u>	
Current liabilities					
Accruals		13,010		11,572	
		<u>13,010</u>		<u>11,572</u>	
Net current assets			19,710		26,527
Total assets less current liabilities			525,394		533,471
Creditors due after more than one year					
Loans			(209,000)		(220,000)
			<u>316,394</u>		<u>313,471</u>
Funds	3		<u>316,394</u>		<u>313,471</u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2025

In accordance with the engagement letter dated 9 June 2022, we approve the accounts set out on pages 2 to 6. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Maynard Heady LLP with all information and explanations necessary for their compilation.



G.N. Murray



D. Carter



C. Truss

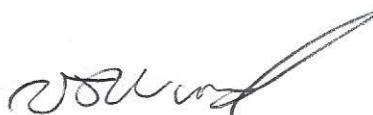
D. Rey



L Rose



N. Ward



T. Wolstenholme



K. Kuzminas

Date : 20 June 2025

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

1.1 Accounting convention

The financial information is compiled on an agreed accounting basis that:

- enables surplus to be calculated such as to meet the requirements of Section 25 of the Income Tax (Trading and Other Income) Act 2005; and
- provides sufficient and relevant information to enable the completion of a tax return.

1.2 Compliance with accounting standards

The financial information is not intended to achieve full compliance with the provisions of UK Generally Accepted Accounting Principles.

1.3 Turnover

Turnover represents amounts received from donations and gift aid together with other general income.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Freehold	No depreciation
Fixtures, fittings & equipment	20% reducing balance

2 Tangible fixed assets

	Land and buildings Freehold £	Fixtures, fittings & equipment £	Total £
Cost			
At 1 April 2024	496,572	11,767	508,339
Additions	-	950	950
At 31 March 2025	496,572	12,717	509,289
Depreciation			
At 1 April 2024	-	1,395	1,395
Charge for the year	-	2,210	2,210
At 31 March 2025	-	3,605	3,605
Net book value			
At 31 March 2025	496,572	9,112	505,684
At 31 March 2024	496,572	10,372	506,944

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

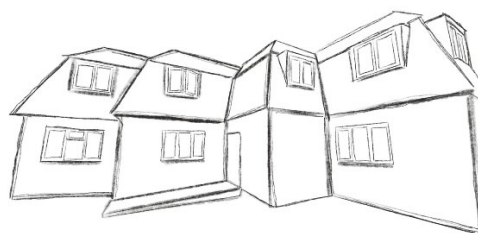
3 Accumulated funds

At 1 April 2024 £	Surplus for year £	At 31 March 2025 £
313,471	2,923	316,394
313,471	2,923	316,394

Accounts

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting 2023-2024



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Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

Introduction

This document is the report of the Trustees of the Mid Essex Buddhist Centre (MEBC) to the members, covering the tax year 2023-2024.

This report should be read in conjunction with:

- The Minutes of the Last AGM
- The Chair's Report
- The Treasurer's Report
- The Mitra Convenors' Report
- The Minutes of the meetings of the Board of Trustees.

Chair's Introduction

I am delighted to welcome you to our AGM and want to express our deepest gratitude to you for being members of MEBC. It is so important to have a wider Triratna perspective for our activities which you are so generously providing. I am delighted that this year, coming out of covid, we have finally purchased permanent premises for the MEBC in Chelmsford. This has only been possible by the hard work and commitment not only of our Trustees and Volunteer Coordinators but of all the members of the MEBC Sangha. To date, we are also extremely fortunate to have Ratnaghosha as our President whose wise counsel, abundant and continuous practical support has been immensely helpful and gratefully received.

With metta.

Dh. Aryasara, Chair of the Mid Essex Buddhist Centre

Reference Details

The Centre

Charity name:	The Mid Essex Buddhist Centre
Other names charity is known by:	MEBC
Registered charity number:	1172278
Type of governing document:	Constitution – dated 24 th March, 2017, accepted by Charity Commission 27 th March, 2017
How the charity is constituted:	CIO – Association
Companies House Reference:	CE009745
Trustee selection methods:	Trustees are selected either by the members of the MEBC at an AGM or by the Board of Trustees at any time.
Address:	Mid Essex Buddhist Centre, 70 Upper Chase, Chelmsford, Essex CM20BN
Email:	info@mid-essex-buddhist-centre.org.uk

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

The Team

President:

- Ratnaghosha President

Trustees:

- Aryasara Chair & Safeguarding
- Upekshadhi Mitra Convenor for Women
- Shraddhadasa Treasurer, handing over to
- Diane Carter during 2024
- David Rey Communications Coordinator & Centre Manager
- Anudaya Trustee

Other Order Members:

- Ksantivajra Mitra Convenor for Men
- Vandana-citta
- Nanadaketu Study Leader
- Dharmavartin Study Leader
- Abhayavani Study Leader
- Saranaloka Study Leader

Volunteers Coordinators:

- Abby Brealey Under 35s
- Eric Harrison Communications Assistant, & Centre Sustainability
- Jean Miley Fundraising Coordinator
- Katrina Kuzminas Retreat Organiser & School Liaison
- Lisa Bailey Secretary
- Rachel Floater Accounts and Gardening Coordinator
- Susy Hicks Centre Cleaning Coordinator
- Terri Hanmore Inclusion Coordinator
- Vicki Passmore Retreat Organiser, Events coordinator & Safeguarding

Governance Issues

- **Relationships** - The MEBC maintains close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
- **Organisation** – The MEBC is run on a daily basis by Volunteer Coordinators, whose members are appointed by the Board of Trustees. At the time of submission, the members of the Volunteer Coordinators consist of the senior staff listed above and report to the Centre Manager.
- **Activities** – The activities of the MEBC divide into two parts:
 - Spiritual – religious; the teaching and practice of Buddhism.
 - Secular – courses on Mindfulness plus other compatible activities – pilates classes and relaxation classes.
- **Members** - Membership of the MEBC is open to those who are members of the Triratna Buddhist Order.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

- **Trustees** - Every trustee of the MEBC must be a member of the Triratna Buddhist Order or a Mitra of the Triratna Buddhist Order who is training for ordination.
- **Safeguarding** – The MEBC has prepared specific guidelines intended to offer guidance where Order Members or other experienced members of the Triratna community are presenting to and communicating with those where a particular duty of care is owed. There are overall Ethical Guidelines with separate documents for the spiritual and secular activities covering Child Protection and the treatment of Sub-Adults and “Adults at Risk”. All documents have been recently updated,
- **Health and Safety** – The MEBC has additional procedures for handling and evacuating the premises in the case of fire or flooding. The Health, Safety Fire Risk and Security Risk Register is updated annually.
- **Sustainability** - The MEBC Trustees have decided that the Triratna Sustainable Buddhist Centre Scheme is an aspiration to work towards. One member has agreed to lead this work, reporting to the Centre Manager. The centre uses an ethical bank and has a sustainable electricity supplier. Additional policies are in place to ensure that, wherever possible, all food consumed and material used within the centre is ethically sourced. Lift sharing to the Centre and Retreats is actively encouraged.
- **Diversity** – Our inclusion coordinator is preparing policy to support our ongoing desire to ensure we are a centre that all feel included and welcome.

Objects and Activities

Summary

The object of the MEBC is to support the advancement of the Buddhist religion, in particular by:

1. Encouraging members and others to live ethical lives in accordance with the teachings of the Buddha.
2. Supporting ordained members of the Triratna Buddhist Community and other members of the Sangha, at the discretion of the Trustees of the MEBC.
3. Maintaining close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
4. Using applications of the Buddha's teaching to promote the health and well-being of all.

Main Activities

The trustees are fully aware that all of the activities of the MEBC must have a public benefit as defined by the Charity Commission. Furthermore:

- All MEBC organised activities, wherever conducted, must conform to the objects of the MEBC (see previous section).
- All activities conducted at the centre organised by third parties must be compatible with the objects of the MEBC.

As outlined above, the activities of the MEBC divide into two parts:

Spiritual

These activities are regarded as religious in nature; they include the teaching and practice of Buddhism.

(Objects 1 & 4, above):

Weekly:

- Dharma Night - Wednesday evenings teaching session – In Person at the Centre; with two streams, one for regulars and one for new members.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

- Drop-In Class – Thursday mornings session – on Zoom
- A series of 6 week courses are held throughout the year. These include Introduction to Buddhism & Meditation Parts 1 & 2, The Journey and the Guide and Life with Full Attention.
- Morning Meditation – every morning of the week – on Zoom
- Classes – Mitra study groups (currently 4 groups) - by invitation:
 - Saturday mornings (2 groups) – on Zoom
 - Saturday morning (2 groups) - In Person at the Centre
- Training for Ordination (GfR) Groups (various) - In Person at the Centre and on Zoom
- Lunchtime Meditation Classes on Mondays, Wednesdays and Saturdays

Monthly:

- Transforming Self and World (3rd Friday of the month) — on Zoom
- Under 35s 3rd Monday of the month.
- Festival Sundays - In Person at the Centre

Periodically, throughout the year:

- Women's Days, in person
- Men's Days, in person
- Urban Weekend retreats

Teaching sessions normally start with an activity on a Buddhist topic of interest which is followed by a discussion in which all are encouraged to engage. The discussion is followed by a guided meditation practice; either the Mindfulness of Breathing or the Metta Bhavana. All are welcome to any teaching or practice session.

A number of one-day events (such as day retreats for women and men) are held regularly. A yearly Sangha weekend retreat, open to all those who are interested, is normally held at the Vajrasana Retreat Centre. A yearly urban weekend retreat is normally also held at the centre. A yearly camping retreat is held at a local campsite. The retreats are an opportunity to go deeper and give more time for both teaching and practice.

(Objects 3 & 4, above) Order members from other centres teach at our public sessions. In turn, order members attributed to the MEBC attend other centres. By this means, contact with the wider Triratna Buddhist Community is enhanced and a cross fertilisation of ideas encouraged.

Secular

These activities consist of courses on Mindfulness and ancillary activities, such as, Pilates classes and complementary treatments which are compatible with Buddhist ethics.

The role of Order Members and Volunteers

At the moment, the Chair is supported with a small monthly salary.

All spiritual activities of the MEBC are provided by volunteers and most of the organisational activities are also provided by volunteers.

Order members of the Triratna Buddhist Community freely give their time to teach and provide spiritual guidance. Where a guest order member has to travel to attend a meeting of the MEBC then only their travel expenses are reimbursed. Sometimes, the MEBC Sangha offer money to be given to the speaker as a donation.

Other order members, Mitras and Friends bring to the centre personal support and organisational skills which are given without payment.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2023-2024

Grantmaking policy

In general, the MEBC looks kindly on supporting other Triratna organisations and centres as well as charitable organisations local to the centre.

In particular, the trustees of the MEBC have agreed that it should be paying approximately 5% of its income to the Triratna Buddhist Community and Order (TBCO). This payment recognises the support, both spiritual and practical, which the centre receives in many ways from the TBCO. The trustees also recognise that, due to the newness of the MEBC, it cannot yet afford to fully pay this percentage. Each year, in consultation with the treasurer of the MEBC, an increasing payment to the TBCO will be agreed. The objective is to reach the 5% threshold within 6 years.

Donations to other organisations will be considered by the trustees on an ad hoc basis.

Financial Overview

Funding

The MEBC is funded by a combination of donations and fees.

- People attending the regular spiritual activities donate whatever they can afford to the centre; either on a monthly basis or at each meeting.

Day and weekend retreats are charged on a fee basis. The MEBC has also received "one off" personal donations from people interested in supporting its objects and from "sister organisations". The majority of the funding for the MEBC is sourced from personal donations and fees.

- The secular zoom activities are provided free or voluntary donation.

Expenditure

Some of the expenditure which would normally be expected is covered at no cost by volunteers (see above) who freely donate their time.

Where a professional service (solicitor, accountants.) cannot be provided by one of the Sangha, then a paid outside resource is recruited.

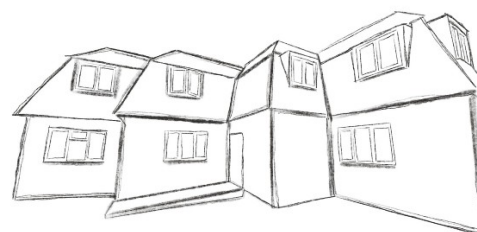
Banking & Investment Policy

The Trustees have decided that all banking and investment organisations used by the MEBC should follow an Ethical Code of Practice; the minimum requirement being a certification that the institution is certified B Corp¹.

¹ An ethical organisation, also known as a social, alternative, civic, or sustainable institution, is a financial organisation concerned with the social and environmental impacts of its investments and loans with rigorous standards of social and environmental performance, accountability and transparency. One of the criteria for being an ethical financial organisation is that it is a certified B Corp. B Corp registration includes a publicly available B Impact Report which explains the efficacy of the organisation with respect to ethical practices.

Mid Essex Buddhist Centre (MEBC)

Treasurer's Year End Financial Report



April 2023 until March 2024

**Generated By: Dh. Shraddhadasa (Mike Pidgeon)
Treasurer**

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INTRODUCTION

This is the Year End Financial Report for the Mid Essex Buddhist Centre (MEBC) for the Financial Year from April 2023 until March 2024.

This report starts with a review of our “Bank Accounts”. An overview of the payments and receipts is contained in the next section “Management Accounts”. In the next section, “Source and Use of Funds”, the payments and receipts are presented in the form of a series of categories; these categories, which net payment and receipts, provide the baseline for managing our money. Then there is an Appendix which explains some elements of our Accounting Policy. Finally, in “Reviewer’s Report and Balance Sheet”, comes the formal presentation of the accounts and balance sheet as drawn up by Maynard Heady, the accountants who have reviewed the accounts every year since Financial Year 2018-2019.

Highlights

This financial year coincides with our first full year of occupation of Chase House in Chelmsford.

- The financial position is dominated by two factors:
 - The work and expenditure which was required to bring what was essentially a suite of offices into a Buddhist Centre. This work is substantially completed, but ran over budget by around £10,000. (£20,000 vs a budget of £10,000).
 - The repayment of interest on the £220,00 loan which was taken from Windhorse Trading for the purchase of Chase House. This came in at £13,236 against a budget of £13,200.
- The result of these movements is a **Bank Balance** of just over **£36,000** against a projected balance of £39,000.

This first year in Chase House was unusual in many ways, with many “one-off” costs, so projecting the cash flow into next year may well not be as accurate as would be possible in more regular circumstances.

Queries and Requests for Information

Please address any questions and requests for further information to:

treasurer@mid-essex-buddhist-centre.org.uk

LOAN

We have a £220,000 loan from Windhorse Trading.

The yearly loan cycle is almost perfectly in line with the yearly financial cycle.

The first year of the loan attracts a Repayment Holiday in that no principal is to be repaid. This is designed to enable new enterprises to concentrate their buying power on setup expenses. This has been most advantageous.

This Interest Rate throughout the financial year was consistent at 6%, giving a single interest repayment at the end of the year of £13,236.

BANKING

Bank Accounts

Throughout this year our primary Current Account has been held with Triodos. We also run a Deposit Account with Triodos. .

Balances

The table on the right shows the high level status of the Bank Accounts at the beginning and the end of this Financial Year.

Bank Account	Account Balance		
	Start of Year	Nett Change	End of Year
Triodos Deposit Account	24,007.57	759.96	24,956.43
Triodos Current Account			
Bank Total			

On the following pages we look at where this money came from and how it was spent – Source & Use.

MANAGEMENT ACCOUNTS

Summary

This table shows the Summary of the year. It would be normal practice to show a comparison between this year (2023-2024) with last year (2022-2023). The environment in which the MEBC operates is significantly different across these two years (Zoom based with occasional rented facilities vs. owned property). Therefore, comparisons would not be meaningful.

Summary	
Income Total	47,610.52
Expense Total	65,825.33
Nett Decrease	-18,214.81
B/Fwd Bank Total	54,370.06
C/Fwd Bank Total	36,155.25

This decrease is due to the outfitting of our new premises, about £10,000 more than budgeted

Income

Income Summary

This table shows the Income broken down by our Management Account categories.

Donations received directly into our account or via PayPal or Cash

The Gift Aid total – reduced due to late posting by HMRC. Outstanding amount received in the following month which falls into next financial year.

Sales of Books and Goods for resale

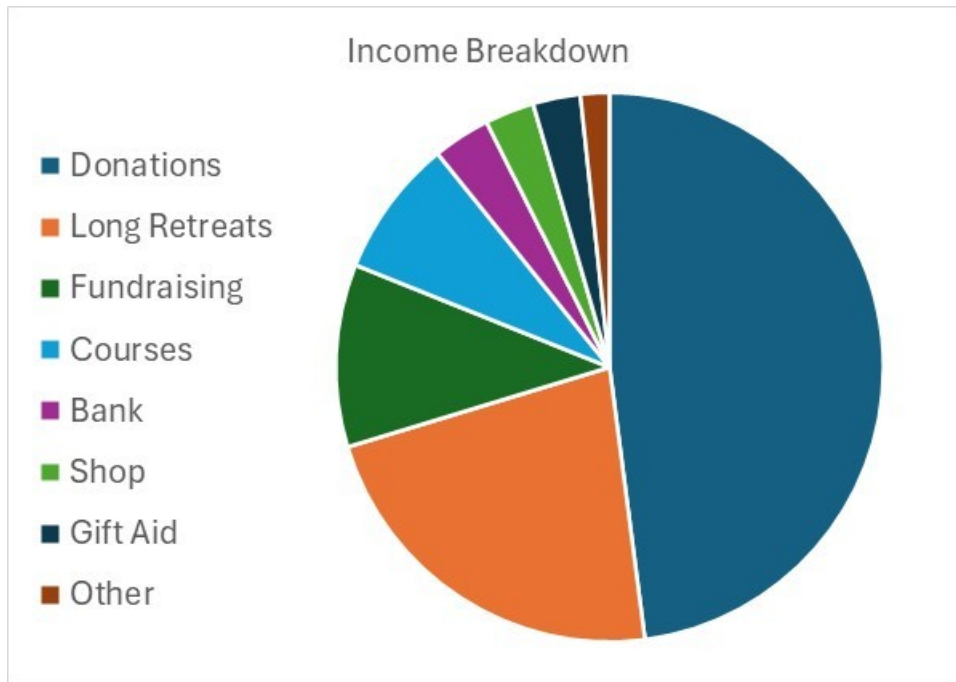
Longer than 1 Day

1 Day or Shorter

Bank interest received

Money collected for other charities and good causes

Income Account	Yearly Total
Donations	22,823.20
Gift Aid	1,333.03
Fundraising	5,123.18
Shop	1,389.06
Long Retreats	10,652.42
Short Retreats	262.02
Courses	3,866.70
Bank	1,608.20
Rent income	37.50
Other Receipts	140.00
Other Charities	375.21
Total Receipts	47,610.52



Income Details

Breaking out these category totals:

Income			
Account	Item	Item Total	Account Total
Donations			22,823.20
Gift Aid			1,333.03
Fundraising	Room Paint Sponsorship	878.04	
	Crystal Bowl Sound Bath	234.04	
	Sangha Building Skills Sale	1,182.79	
	Buddha Tile Project	1,400.98	
	Sangha Soiree	288.94	
	2023 Quiz Night	61.92	
	2023 Death & Dying	372.96	
	Sangha Coming Together	168.19	
	Sam's Gong Bath	496.88	
	2024 Sangha Soiree	38.44	5,123.18
Shop	Books & Goods Purchase		1,389.06
Long Retreats	2023 Sangha	2,004.90	
	2023 Sangha Camping	730.77	
	2023 Mitra	1,096.99	
	2023 Urban GFR	800.63	
	2024 Sangha	5,752.92	
	2024 Sangha Camping	191.67	
	2024 Urban	74.54	10,652.42
Short Retreats	2023 Womens Day	58.76	
	2024 Intuitive Connection	183.74	
	2024 Women's Day	19.52	262.02
Courses	2023 Intro 1	791.09	
	2023 Intro 2	619.30	
	2024 Journey & Guide	1,336.46	
	2024 Cyberloka Course	47.13	
	2024 Life with Full Attention	1,072.72	3,866.70
Bank	Interest		1,608.20
Rent income			37.50
Other Receipts			140.00
Other Charities			375.21
TOTAL			47,610.52

Donated by the Sangha

Raised by the Sangha
Individual Activities

Sales of Books and Goods for resale

Longer than 1 Day
Individual Retreats

1 Day or shorter
Individual Retreats

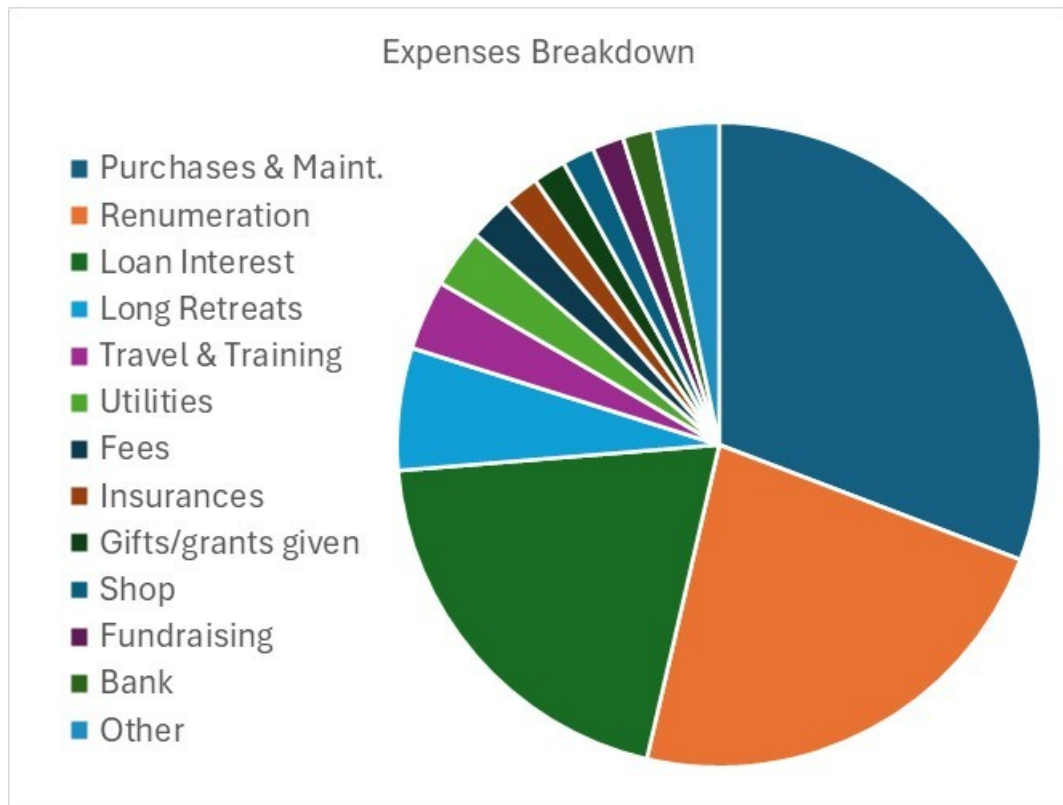
Courses Given
Individual Courses

Expenses

Expense Summary

Expense Account	Yearly Total
Fundraising	1,035.71
Shop	1,067.45
Long Retreats	4,038.95
Short Retreats	40.00
Courses	353.00
Bank	1,015.95
Other costs	516.07
Gifts/grants given	1,079.41
Insurances	1,166.13
Remuneration	15,024.58
Travel & Training	2,309.90
Utilities	1,946.71
Purchases & Maint.	20,274.91
Communications	630.90
IT	633.00
Fees	1,466.50
Loan Interest	13,236.16
Total Payments	65,835.39

This table shows the Expenses broken down by our Management Account categories.



Expense Details

Breaking out these category totals:

Expense			
Account	Item	Item Total	Account Total
Fundraising	Crystal Bowl Sound Bath	78.00	1,035.71
	Buddha Tile Project	454.03	
	Sangha Soiree	167.00	
	2023 Quiz Night	56.00	
	Sam's Gong Bath	280.68	
Shop	Books & Goods Purchases	913.63	1,067.45
Long Retreats	2023 Sangha	1,948.96	4,038.95
	2023 Sangha Camping	410.99	
	2023 Urban GFR Retreat	865.00	
	2024 Sangha	814.00	
Short Retreats	2023 Womens Day		40.00
Courses	2023 Intro 1	80.00	343.00
	2024 Journey & Guide	263.00	
Bank			1,015.95
Other costs			516.07
Gifts/grants given			1,079.41
Insurances			1,166.13
Remuneration	Salaries and wages	12,400.00	15,024.58
	PAYE/Employer NI	2,624.58	
Travel & Training	Staff training costs	2,097.00	2,309.90
	Travel costs	212.90	
Utilities	Electricity	1,707.03	1,946.71
	Water	239.68	
Purchases & Maint	Repairs & Maint	10,123.83	20,274.91
	Equipment purchases	10,013.45	
	Caretaking	137.63	
Communications	Printing/photocopying	22.58	630.90
	Stationery	17.30	
	Telephone/broadband	88.04	
	Website	65.91	
	Publicity costs	437.07	
IT			633.00
Fees	Audit & Accountancy	1,272.00	1,466.50
	Other professional fees	194.50	
Loan Interest	Windhorse Loan		13,236.16
TOTAL			65,825.38

Costs of running Fundraising activities
Individual Activities

Purchases of Books and Goods for resale

Longer than 1 Day
Individual Retreats

Course Expenses

Monies connected for other charities

Support for Chair

Travel & "Working" Retreats for Functional
Roles (Chair, Mitra Conveners, etc.)

Refurbishment costs and new items
Exceed Budget by £10,000

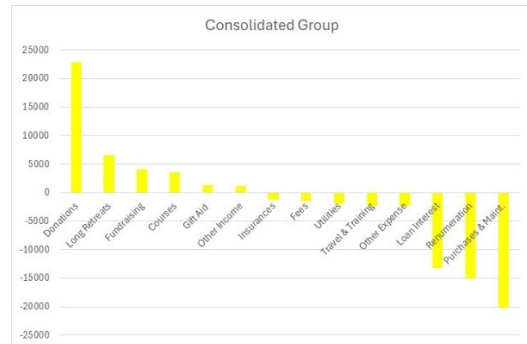
Consists of Professional Accounts Review, Accounting
Software Rental & Safeguarding Registration

Interest on Windhorse Trading loan
6% on £220,000

Consolidated

Consolidating Income and Expenses we have:

Consolidated				
Group	Item	Nett	Income	Expense
Donations		22,823.20	22,823.20	
Gift Aid		1,333.03	1,333.03	
Fundraising	Room Paint Sponsorship	878.04	878.04	
	Crystal Bowl Sound Bath	156.04	234.04	78.00
	Sangha Building Skills Sal	1,182.79	1,182.79	
	Buddha Tile Project	946.95	1,400.98	454.03
	Sangha Soiree	121.94	288.94	167.00
	2023 Quiz Night	5.92	61.92	56.00
	2023 Death & Dying	372.96	372.96	
	Sangha Coming Together	168.19	168.19	
	Sam's Gong Bath	216.20	496.88	280.68
	2024 Sangha Soiree	38.44	38.44	
	TOTAL	4,087.47	5,123.18	1,035.71
Shop		321.61	1,389.06	1,067.45
Long Retreats	2023 Sangha	55.94	2,004.90	1,948.96
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	2024 Sangha	4,938.92	5,752.92	814.00
	2024 Sangha Camping	191.67	191.67	
	2024 Urban	74.54	74.54	
	TOTAL	6,613.47	10,652.42	4,038.95
Short Retreats	2023 Womens Day	18.76	58.76	40.00
	2024 Intuitive Connection	183.74	183.74	
	2024 Women's Day	19.52	19.52	
	TOTAL	222.02	262.02	40.00
Courses	2023 Intro 1	711.09	791.09	80.00
	2023 Intro 2	619.30	619.30	
	2024 Journey & Guide	1,073.46	1,336.46	263.00
	2024 Cyberloka Course	47.13	47.13	
	2024 Life with Full Attention	1,072.72	1,072.72	
	TOTAL	3,523.70	3,866.70	343.00
Bank		592.25	1,608.20	1,015.95
Rent Income		37.50	37.50	
Other Rents & Prints		-376.07	140.00	516.07
Other Charities		-704.20	375.21	1,079.41
Insurances		-1,166.13		1,166.13
Remuneration		-15,024.58		15,024.58
Travel & Training		-2,309.90		2,309.90
Utilities		-1,946.71		1,946.71
Purchases & Maint.		-20,274.91		20,274.91
Communications		-630.90		630.90
IT		-633.00		633.00
Fees		-1,466.50		1,466.50
Loan Interest		-13,236.16		13,236.16
TOTAL		-18,214.81	47,610.52	65,825.33



APPENDIX - ACCOUNTING POLICY

We have adopted a few simple guidelines with respect to the treatment of income and expense items. We have an option as to how we treated payment and receipts. This affects how we report to the Charity Commission. There are two alternatives, each with their own reporting forms:

1. Payments and Receipts Based - We may choose to recognise receipts and payments as income and expense and have them directly contribute to P&L, effectively at the date that we received or paid the monies. This approach is simple but gives a potential for a rather “bumpy” bottom line, with each sum of money which moves in or out of the bank account also moving in or out of P&L.
2. Accrual Based - We may choose to separate receipts and payments from income and expense, where necessary defraying the income and expense; only moving the money into or out of P&L at the point that it was earned. For example, under this scheme we could take the premium for our yearly Public Liability and Contents Insurance, pay the whole sum out of the bank account but every month move just 1/12 of the sum out of P&L. For larger sums, this approach smooths out the impact on the P&L.

Under advice, we believe that running an Accrual Based scheme like that outlined in 2., above, is too complex for a small charity such as the MEBC. Therefore, we have adopted the simple Payments and Receipts Based approach.

However, this overall statement of policy may need some additional features where there are obvious cases where virtually all the item either relates to a future financial year or is a sum of money which we have paid or are holding and will in due course be returned. Such items are separately reported.

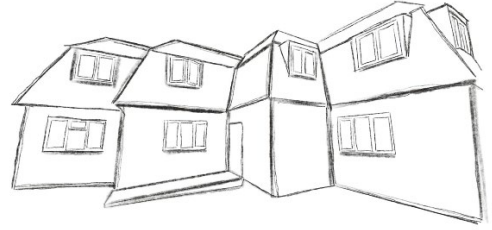
We trust that we have correctly followed this policy in our reporting.

REVIEWER’S REPORT & BALANCE SHEET

In the following pages.....

Mid Essex Buddhist Centre (MEBC)

Treasurer's Year End Financial Report



April 2023 until March 2024

**Generated By: Dh. Shraddhadasa (Mike Pidgeon)
Treasurer**

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INTRODUCTION

This is the Year End Financial Report for the Mid Essex Buddhist Centre (MEBC) for the Financial Year from April 2023 until March 2024.

This report starts with a review of our “Bank Accounts”. An overview of the payments and receipts is contained in the next section “Management Accounts”. In the next section, “Source and Use of Funds”, the payments and receipts are presented in the form of a series of categories; these categories, which net payment and receipts, provide the baseline for managing our money. Then there is an Appendix which explains some elements of our Accounting Policy. Finally, in “Reviewer’s Report and Balance Sheet”, comes the formal presentation of the accounts and balance sheet as drawn up by Maynard Heady, the accountants who have reviewed the accounts every year since Financial Year 2018-2019.

Highlights

This financial year coincides with our first full year of occupation of Chase House in Chelmsford.

- The financial position is dominated by two factors:
 - The work and expenditure which was required to bring what was essentially a suite of offices into a Buddhist Centre. This work is substantially completed, but ran over budget by around £10,000. (£20,000 vs a budget of £10,000).
 - The repayment of interest on the £220,00 loan which was taken from Windhorse Trading for the purchase of Chase House. This came in at £13,236 against a budget of £13,200.
- The result of these movements is a **Bank Balance** of just over **£36,000** against a projected balance of £39,000.

This first year in Chase House was unusual in many ways, with many “one-off” costs, so projecting the cash flow into next year may well not be as accurate as would be possible in more regular circumstances.

Queries and Requests for Information

Please address any questions and requests for further information to:

treasurer@mid-essex-buddhist-centre.org.uk

LOAN

We have a £220,000 loan from Windhorse Trading.

The yearly loan cycle is almost perfectly in line with the yearly financial cycle.

The first year of the loan attracts a Repayment Holiday in that no principal is to be repaid. This is designed to enable new enterprises to concentrate their buying power on setup expenses. This has been most advantageous.

This Interest Rate throughout the financial year was consistent at 6%, giving a single interest repayment at the end of the year of £13,236.

BANKING

Bank Accounts

Throughout this year our primary Current Account has been held with Triodos. We also run a Deposit Account with Triodos.

Balances

The table on the right shows the high level status of the Bank Accounts at the beginning and the end of this Financial Year.

On the following pages we look at where this money came from and how it was spent – Source & Use.

Bank Account	Account Balance		
	Start of Year	Nett Change	End of Year
Triodos Deposit Account	24,097.57	758.86	24,856.43
Triodos Current Account	30,272.49	-18,983.67	11,288.82
Bank Total	54,370.06	-18,224.81	36,145.25

This decrease is due to the outfitting of our new premises, about £10,000 more than budgeted

MANAGEMENT ACCOUNTS

Summary

This table shows the Summary of the year. It would be normal practice to show a comparison between this year (2023-2024) with last year (2022-2023). The environment in which the MEBC operates is significantly different across these two years (Zoom based with occasional rented facilities vs. owned property). Therefore, comparisons would not be meaningful.

Summary	
Income Total	47,610.52
Expense Total	65,825.33
Nett Decrease	-18,214.81
B/Fwd Bank Total	54,370.06
C/Fwd Bank Total	36,155.25

Income

Income Summary

This table shows the Income broken down by our Management Account categories.

Donations received directly into our account or via PayPal or Cash

The Gift Aid total – reduced due to late posting by HMRC. Outstanding amount received in the following month which falls into next financial year.

Sales of Books and Goods for resale

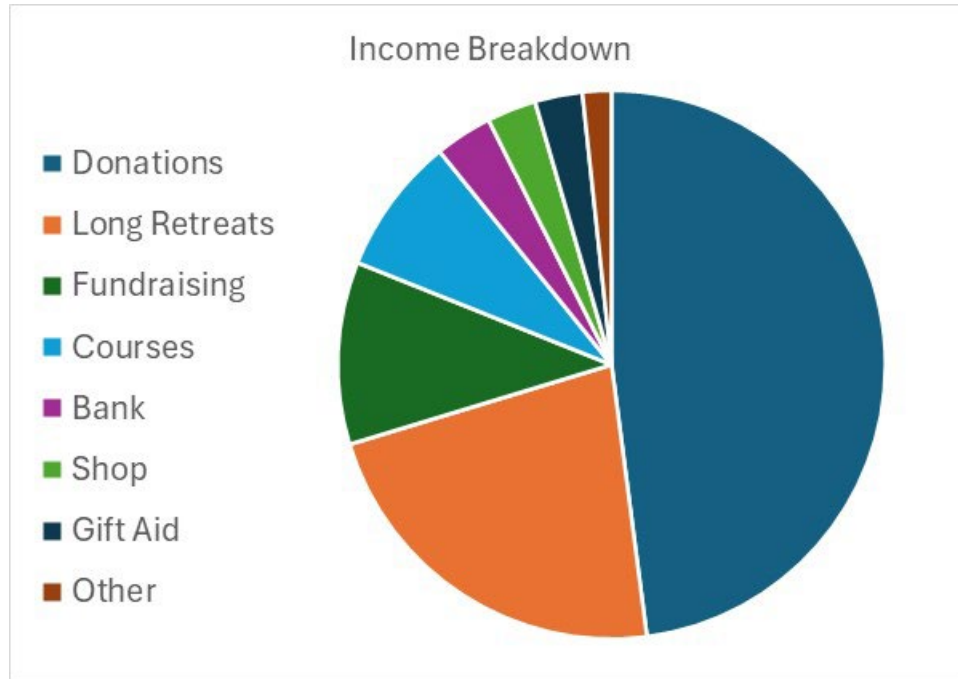
Longer than 1 Day

1 Day or Shorter

Bank interest received

Money collected for other charities and good causes

Income Account	Yearly Total
Donations	22,823.20
Gift Aid	1,333.03
Fundraising	5,123.18
Shop	1,389.06
Long Retreats	10,652.42
Short Retreats	262.02
Courses	3,866.70
Bank	1,608.20
Rent income	37.50
Other Receipts	140.00
Other Charities	375.21
Total Receipts	47,610.52



Income Details

Breaking out these category totals:

Income			
Account	Item	Item Total	Account Total
Donations			22,823.20
Gift Aid			1,333.03
Fundraising	Room Paint Sponsorship	878.04	
	Crystal Bowl Sound Bath	234.04	
	Sangha Building Skills Sale	1,182.79	
	Buddha Tile Project	1,400.98	
	Sangha Soiree	288.94	
	2023 Quiz Night	61.92	
	2023 Death & Dying	372.96	
	Sangha Coming Together	168.19	
	Sam's Gong Bath	496.88	
	2024 Sangha Soiree	38.44	5,123.18
Shop	Books & Goods Purchase		1,389.06
Long Retreats	2023 Sangha	2,004.90	
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Short Retreats	2023 Womens Day	58.76	
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Courses	2023 Intro 1	791.09	
	2023 Intro 2	619.30	
	2024 Journey & Guide	1,336.46	
	2024 Cyberloka Course	47.13	
	2024 Life with Full Attention	1,072.72	3,866.70
Bank	Interest		1,608.20
Rent income			37.50
Other Receipts			140.00
Other Charities			375.21
TOTAL			47,610.52

Donated by the Sangha

Raised by the Sangha
Individual Activities

Sales of Books and Goods for resale

Longer than 1 Day
Individual Retreats

1 Day or shorter
Individual Retreats

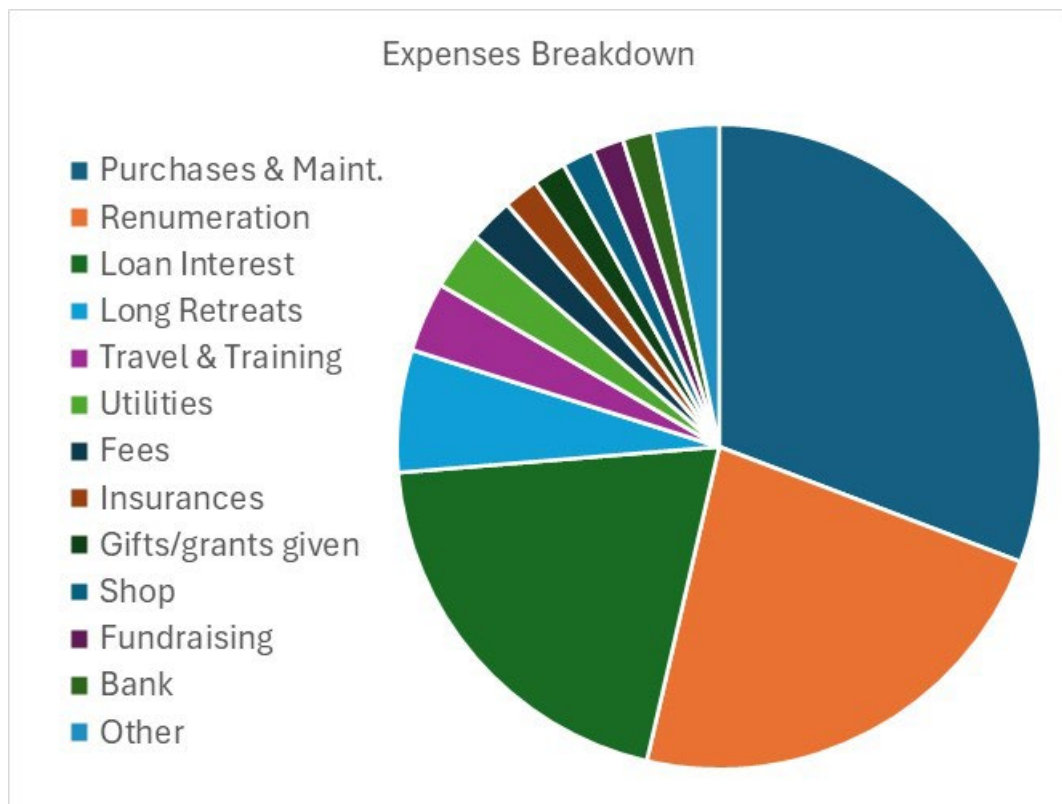
Courses Given
Individual Courses

Expenses

Expense Summary

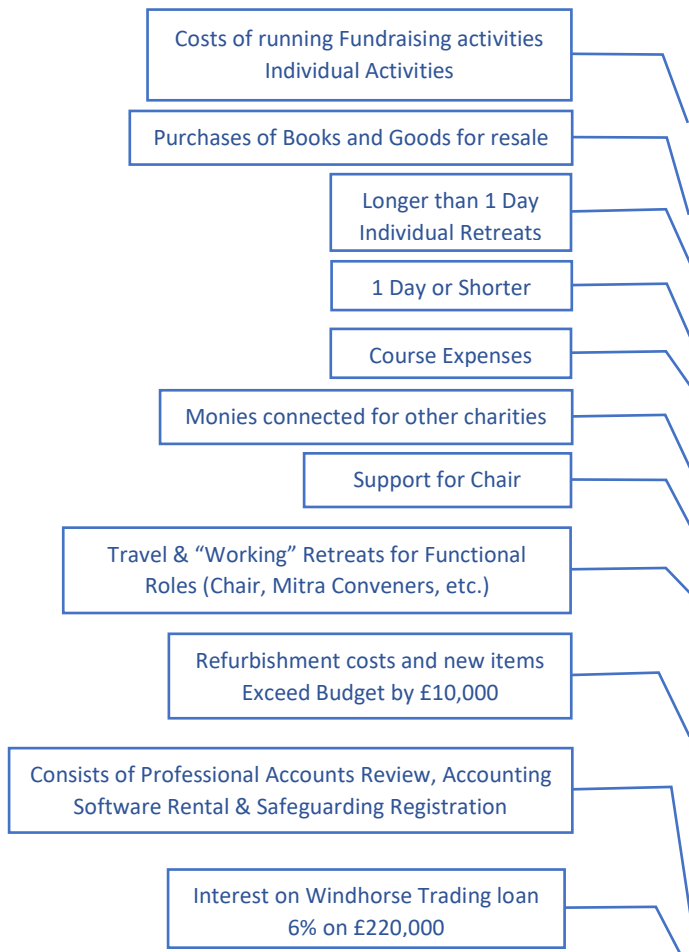
Expense Account	Yearly Total
Fundraising	1,035.71
Shop	1,067.45
Long Retreats	4,038.95
Short Retreats	40.00
Courses	353.00
Bank	1,015.95
Other costs	516.07
Gifts/grants given	1,079.41
Insurances	1,166.13
Remuneration	15,024.58
Travel & Training	2,309.90
Utilities	1,946.71
Purchases & Maint.	20,274.91
Communications	630.90
IT	633.00
Fees	1,466.50
Loan Interest	13,236.16
Total Payments	65,835.33

This table shows the Expenses broken down by our Management Account categories.



Expense Details

Breaking out these category totals:

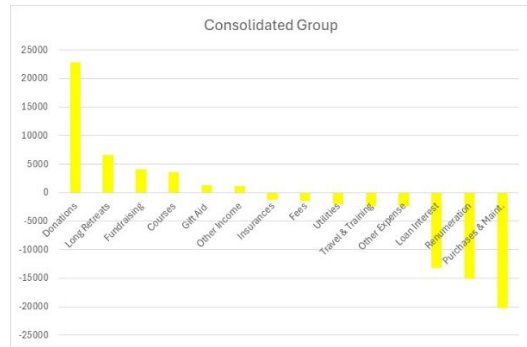


Expense Account			Account Total
	Item	Item Total	
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	2024 Sangha	814.00	4,038.95
Short Retreats	2023 Womens Day		40.00
Courses	2023 Intro 1	80.00	
	2024 Journey & Guide	263.00	343.00
Bank			1,015.95
Other costs			516.07
Gifts/grants given			1,079.41
Insurances			1,166.13
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	PAYE/Employer NI	2,624.58	15,024.58
Travel & Training	Staff training costs	2,097.00	
	Travel costs	212.90	2,309.90
Utilities	Electricity	1,707.03	
	Water	239.68	1,946.71
Purchases & Maint	Repairs & Maint	10,123.83	
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	Stationery	17.30	
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IT			633.00
Fees	Audit & Accountancy	1,272.00	
	Other professional fees	194.50	1,466.50
Loan Interest	Windhorse Loan		13,236.16
TOTAL			65,825.33

Consolidated

Consolidating Income and Expenses we have:

Consolidated				
Group	Item	Nett	Income	Expense
Donations		22,823.20	22,823.20	
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Other Rects & Pmnts		-376.07	140.00	516.07
Other Charities		-704.20	375.21	1,079.41
Insurances		-1,166.13		1,166.13
Remuneration		-15,024.58		15,024.58
Travel & Training		-2,309.90		2,309.90
Utilities		-1,946.71		1,946.71
Purchases & Maint.		-20,274.91		20,274.91
Communications		-630.90		630.90
IT		-633.00		633.00
Fees		-1,466.50		1,466.50
Loan Interest		-13,236.16		13,236.16
TOTAL		-18,214.81	47,610.52	65,825.33



APPENDIX - ACCOUNTING POLICY

We have adopted a few simple guidelines with respect to the treatment of income and expense items. We have an option as to how we treated payment and receipts. This affects how we report to the Charity Commission. There are two alternatives, each with their own reporting forms:

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Under advice, we believe that running an Accrual Based scheme like that outlined in 2., above, is too complex for a small charity such as the MEBC. Therefore, we have adopted the simple Payments and Receipts Based approach.

However, this overall statement of policy may need some additional features where there are obvious cases where virtually all the item either relates to a future financial year or is a sum of money which we have paid or are holding and will in due course be returned. Such items are separately reported.

We trust that we have correctly followed this policy in our reporting.

REVIEWER’S REPORT & BALANCE SHEET

In the following pages.....

THE MID ESSEX BUDDHIST CENTRE
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

THE MID ESSEX BUDDHIST CENTRE

CHARITY INFORMATION

Trustees

G.N. Murray
M.J. Pidgeon
D. Rey
C. Truss
L. Rose
D. Carter

Accountants

Maynard Heady LLP
Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

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Accountants' report	1
Income and expenditure account	2
Balance sheet	3 - 4
Notes to the accounts	5 - 6

THE MID ESSEX BUDDHIST CENTRE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES

ON THE UNAUDITED ACCOUNTS OF THE MID ESSEX BUDDHIST CENTRE

We report on the accounts of the charity for the year ended 31 March 2024 set out on pages 2 to 6.

Respective responsibilities of Trustees and Examiners.

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is our responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- To state whether particular matters have come to our attention.

Basis of Independent Examiners' report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiners' statement

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

(a) which gives me reasonable cause to believe that in any material respect the requirements:

(i) to keep accounting records in accordance with section 130 of the 2011 Act; and

(ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

have not been met; or

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

This report is made solely to you, in accordance with the terms of our engagement letter dated 9 June 2022. Our work has been undertaken solely to prepare for your approval the accounts of The Mid Essex Buddhist Centre and state those matters that we have agreed to state to you in this report in accordance with ICAEW Technical Release TECH08/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than you, for our work or for this report.

Maynard Heady LLP

15 May 2024

Chartered Accountants

Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

DETAILED INCOME AND EXPENDITURE LOSS ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		2024		2023
	£	£	£	£
Income				
Donations, general income		37,572		113,630
Gift Aid		1,333		23,104
Bursary fund receipts		-		486
		38,905		137,220
Direct costs				
Goods for resale	1,067		4,218	
Fundraising costs	1,036		50	
	2,103		4,268	
		(2,103)		(4,268)
Gross surplus		36,802		132,952
Administrative expenses				
Wages and salaries	15,025		7,718	
Staff training	2,097		1,385	
Hardship fund payment	-		365	
Rent	-		4,254	
Insurance	621		19	
Light and heat	1,947		-	
Cleaning	138		-	
Repairs and maintenance	10,139		500	
Moving costs	-		833	
Printing, postage and stationery	40		-	
Advertising	437		-	
Telephone	88		334	
Website and publicity	1,131		1,443	
Retreats	4,896		1,662	
Travelling expenses	407		435	
Accountancy	858		498	
Bank charges	148		1,024	
Sundry expenses	516		209	
Depreciation on fixtures, fittings and equipment	819		297	
		(39,307)		(20,976)
Operating (deficit)/surplus		(2,505)		111,976
Other income				
Bank interest received		1,781		1,416
Interest payable				
Non-bank interest payable on loans		(14,186)		(3,027)
Net (deficit)/surplus for the year		(14,910)		110,365

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2024

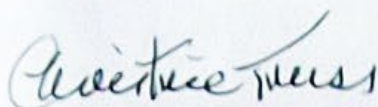
	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	2		506,944		497,765
Current assets					
Prepayments		1,781		621	
Cash at bank and in hand		36,318		53,501	
		<u>38,099</u>		<u>54,122</u>	
Current liabilities					
Accruals		<u>11,572</u>		<u>3,506</u>	
Net current assets			26,527		50,616
Total assets less current liabilities			533,471		548,381
Creditors due after more than one year					
Loans			(220,000)		(220,000)
			<u>313,471</u>		<u>328,381</u>
Funds	3		<u>313,471</u>		<u>328,381</u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2024

In accordance with the engagement letter dated 9 June 2022, we approve the accounts set out on pages 2 to 6. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Maynard Heady LLP with all information and explanations necessary for their compilation.



C. Truss



G.N. Murray

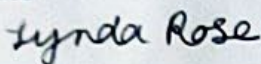


M.J. Pidgeon

D. Rey



L. Rose



D. Carter



Date : 15 May 2024

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

1.1 Accounting convention

The financial information is compiled on an agreed accounting basis that:

- enables surplus to be calculated such as to meet the requirements of Section 25 of the Income Tax (Trading and Other Income) Act 2005; and
- provides sufficient and relevant information to enable the completion of a tax return.

1.2 Compliance with accounting standards

The financial information is not intended to achieve full compliance with the provisions of UK Generally Accepted Accounting Principles.

1.3 Turnover

Turnover represents amounts receivable for goods and services net of trade discounts.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Freehold	No depreciation
Fixtures, fittings & equipment	20% reducing balance

2 Tangible fixed assets

	Land and buildings Freehold £	Fixtures, fittings & equipment £	Total £
Cost			
At 1 April 2023	496,572	1,769	498,341
Additions	-	9,998	9,998
At 31 March 2024	496,572	11,767	508,339
Depreciation			
At 1 April 2023	-	576	576
Charge for the year	-	819	819
At 31 March 2024	-	1,395	1,395
Net book value			
At 31 March 2024	496,572	10,372	506,944
At 31 March 2023	496,572	1,193	497,765

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

3 Accumulated funds

At 1 April 2023 £	Surplus for year £	At 31 March 2024 £
328,381	(14,910)	313,471
<u>328,381</u>	<u>(14,910)</u>	<u>313,471</u>
<u><u>328,381</u></u>	<u><u>(14,910)</u></u>	<u><u>313,471</u></u>

Accounts

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting 2022-2023



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Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2022-2023

Introduction

This document is the report of the Trustees of the Mid Essex Buddhist Centre (MEBC) to the members, covering the tax year 2022-2023.

This report should be read in conjunction with:

- The Minutes of the Last AGM
- The Chair's Report
- The Treasurer's Report
- The Mitra Convenors' Report
- The Minutes of the meetings of the Board of Trustees.

Chair's Introduction

I am delighted to welcome you to our AGM and want to express our deepest gratitude to you for being members of MEBC. It is so important to have a wider Triratna perspective for our activities which you are so generously providing. I am delighted that this year, coming out of covid, we have finally purchased permanent premises for the MEBC in Chelmsford. This has only been possible by the hard work and commitment not only of our Trustees and Volunteer Coordinators but of all the members of the MEBC Sangha. We are also extremely fortunate to have Ratnaghosha as our President whose wise counsel, abundant and continuous practical support has been immensely helpful and gratefully received.

With metta.

Aryasara

Reference Details

The Centre

Charity name:	The Mid Essex Buddhist Centre
Other names charity is known by:	MEBC
Registered charity number:	1172278
Type of governing document:	Constitution – dated 24 th March, 2017, accepted
by	Charity Commission 27 th March, 2017
How the charity is constituted:	CIO – Association
Companies House Reference:	CE009745
Trustee selection methods:	Trustees are selected either by the members of the
MEBC	at an AGM or by the Board of Trustees at any time.
Address:	Mid Essex Buddhist Centre, 70 Upper Chase, Chelmsford, Essex CM20BN
Telephone:	07936 534546
Email:	info@mid-essex-buddhist-centre.org.uk

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2022-2023

The Team

President:

- Ratnaghosha President

Trustees:

- Aryasara Chair,
- Upekshadhi Mitra Convenor for Women
- Ksantivajra Mitra Convenor for Men
- Shraddhadasa Treasurer
- Vandanacitta Temporarily unavailable due to illness
- David Rey Communications Coordinator

Other Order Members:

- Ksantivajra Mitra Convenor for Men

Volunteers Coordinators:

- Lisa Bailey Secretary
- Rachel Floater Accounts and Sangha Sunday Coordinator
- Vicki Passmore Retreat Organiser and Events coordinator
- Jean Miley Fundraising Coordinator
- Terri Hanmore Inclusion Coordinator
- Katrina Kuzminas Retreat Organiser and School Liaison
- Abby Brealey Under 35s
- Eric Harrison Communications Assistant
- Dave Ellis and Eric Harrison Centre Sustainability

Governance Issues

- **Relationships** - The MEBC maintains close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
- **Organisation** - The MEBC is run on a daily basis by Volunteer Coordinators, whose members are appointed by the Board of Trustees. At the time of submission, the members of the Volunteer Coordinators consist of the combined membership of the Board of Trustees and the all senior staff listed above.
- **Activities** - The activities of the MEBC divide into two parts:
 - o Spiritual - religious; the teaching and practice of Buddhism.
 - o Secular -courses on Mindfulness plus other compatible activities - pilates classes and relaxation classes.
- **Members** - Membership of the MEBC is open to those who are members of the Triratna Buddhist Order.
- **Trustees** - Every trustee of the MEBC must be a member of the Triratna Buddhist Order or a Mitra of the Triratna Buddhist Order who is training for ordination.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2022-2023

- **Safeguarding** - The MEBC has prepared specific guidelines intended to offer guidance where Order Members or other experienced members of the Triratna community are presenting to and communicating with those where a particular duty of care is owed. There are overall Ethical Guidelines with separate documents for the spiritual and secular activities covering Child Protection and the treatment of Sub-Adults and "Adults at Risk". All documents are in the process of being updated following guidelines from Triratna's Safeguarding Manager.
- **Health and Safety** - The MEBC has additional procedures for handling and evacuating the premises in the case of fire or flooding. The Health, Safety and Security Risk Register is updated annually.
- **Sustainability** - The MEBC Trustees have decided that the Triratna Sustainable Buddhist Centre Scheme is an aspiration to work towards. Two Sangha members have agreed to lead this work. Progress has already been made to select a sustainable electricity supplier and encourage lift sharing to the Centre and Retreats. MEBC already uses an ethical bank.
- **Diversity** - Our inclusion coordinator is preparing policy to support our ongoing desire to ensure we are a centre that all feel included and welcome.

Objects and Activities

Summary

The object of the MEBC is to support the advancement of the Buddhist religion, in particular by:

1. Encouraging members and others to live ethical lives in accordance with the teachings of the Buddha.
2. Supporting ordained members of the Triratna Buddhist Community and other members of the Sangha, at the discretion of the Trustees of the MEBC.
3. Maintaining close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
4. Using applications of the Buddha's teaching to promote the health and well-being of all.

Main Activities

The trustees are fully aware that all of the activities of the MEBC must have a public benefit as defined by the Charity Commission. Furthermore:

- All MEBC organised activities, wherever conducted, must conform to the objects of the MEBC (see previous section).
- All activities conducted at the centre organised by third parties must be compatible with the objects of the MEBC.

As outlined above, the activities of the MEBC divide into two parts:

Spiritual

These activities are regarded as religious in nature; they include the teaching and practice of Buddhism.

(Objects 1 & 4, above):

Weekly:

- Dharma Night - Wednesday evenings teaching session - In Person at the Centre

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2022-2023

- Drop-In Class – Thursday mornings session – on Zoom
- Introduction to Buddhism & Meditation Parts 1 & 2 – 6 weeks courses – repeated regularly throughout the year – In Person at the Centre
- Morning Meditation – every morning of the week – on Zoom
- Classes – Mitra study groups (currently 4 groups) – by invitation:
 - Saturday mornings (2 groups) and Tuesday evenings – on Zoom
 - Saturday morning (1 group) – In Person at the Centre
- GfR Groups (various) – In Person at the Centre and on Zoom

Monthly:

- Transforming Self and World (3rd Friday of the month) -- on Zoom
- Under 35s 3rd Monay of the month.
- Festival Sundays – In Person at the Centre

Teaching sessions normally start with an activity on a Buddhist topic of interest which is followed by a discussion in which all are encouraged to engage. The discussion is followed by a guided meditation practice; either the Mindfulness of Breathing or the Metta Bhavana. All are welcome to any teaching or practice session.

A number of one-day events (such as day retreats for women and men) are held regularly. A yearly Sangha weekend retreat, open to all those who are interested, is normally held at Ringsfield Hall. A yearly Mitra-only weekend retreat is normally also held at Ringsfield Hall. The retreats are an opportunity to go deeper and give more time for both teaching and practice.

(Objects 3 & 4, above) Order members from other centres regularly teach at our public sessions. In turn, order members attributed to the MEBC attend other centres. By this means, contact with the wider Triratna Buddhist Community is enhanced and a cross fertilisation of ideas encouraged.

Secular

These activities consist of courses on Mindfulness and ancillary activities, such as, Pilates classes and complementary treatments which are compatible with Buddhist ethics.

(Object 4, above) To date we have run four 8-week Mindfulness courses (Mindfulness for Stress and Life with Full Attention). The Mindfulness for Stress courses are run by Breathworks trained personnel (see <http://www.breathworks-mindfulness.org.uk>.)

For the benefits of Mindfulness see “Mindful Nation UK”, published by the Report by the Mindfulness All-Party Parliamentary Group (MAPPG)
http://themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

(Object 4, above) At the present time we have the following running on zoom:

- Weekly relaxation class
- Weekly Pilates class.

The role of Order Members and Volunteers

At the moment, the Chair is supported with a small monthly salary.

All spiritual activities of the MEBC are provided by volunteers and most of the organisational activities are also provided by volunteers.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2022-2023

Order members of the Triratna Buddhist Community freely give their time to teach and provide spiritual guidance. Where a guest order member has to travel to attend a meeting of the MEBC then only their travel expenses are reimbursed. Sometimes, the MEBC Sangha offer money to be given to the speaker as a donation.

Other order members, Mitras and Friends bring to the centre personal support and organisational skills which are given without payment.

Grantmaking policy

In general, the MEBC looks kindly on supporting other Triratna organisations and centres as well as charitable organisations local to the centre.

In particular, the trustees of the MEBC have agreed that it should be paying approximately 5% of its income to the Triratna Buddhist Community and Order (TBCO). This payment recognises the support, both spiritual and practical, which the centre receives in many ways from the TBCO. The trustees also recognise that, due to the newness of the MEBC, it cannot yet afford to fully pay this percentage. Each year, in consultation with the treasurer of the MEBC, an increasing payment to the TBCO will be agreed. The objective is to reach the 5% threshold within 6 years.

Donations to other organisations will be considered by the trustees on an ad hoc basis.

Financial Overview

Funding

The MEBC is funded by a combination of donations and fees.

- People attending the regular spiritual activities donate whatever they can afford to the centre; either on a monthly basis or at each meeting.

Day and weekend retreats are charged on a fee basis. The MEBC has also received "one off" personal donations from people interested in supporting its objects and from "sister organisations". The majority of the funding for the MEBC is sourced from personal donations and fees.

- The secular zoom activities are provided free or voluntary donation.

Expenditure

Some of the expenditure which would normally be expected is covered at no cost by volunteers (see above) who freely donate their time.

Where a professional service (solicitor, accountants.) cannot be provided by one of the Sangha, then a paid outside resource is recruited.

Banking & Investment Policy

The Trustees have decided that all banking and investment organisations used by the MEBC should follow an Ethical Code of Practice; the minimum requirement being a certification that the institution is certified B Corp¹.

¹ An ethical organisation, also known as a social, alternative, civic, or sustainable institution, is a financial organisation concerned with the social and environmental impacts of its investments and loans with rigorous standards of social and environmental performance, accountability and transparency. One of the criteria for being an ethical financial organisation is that it is a certified B Corp. B Corp registration includes a publicly available B Impact Report which explains the efficacy of the organisation with respect to ethical practices.

Mid Essex Buddhist Centre (MEBC)

Treasurer's Year End Financial Report



April 2022 until March 2023

**Generated By: Shraddhadasa (Mike Pidgeon)
Treasurer**

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INTRODUCTION

This is the Year End Financial Report for the Mid Essex Buddhist Centre (MEBC) for the Financial Year from April 2022 until March 2023.

This report starts with a review of our “Bank Accounts”. An overview of the payments and receipts is contained in the next section “Management Accounts”. In the next section, “Source and Use of Funds”, the payments and receipts are presented in the form of a series of categories; these categories, which net payment and receipts, provide the baseline for managing our money. Then there is an Appendix which explains some elements of our Accounting Policy. Finally, in “Reviewer’s Report and Balance Sheet”, comes the formal presentation of the accounts as drawn up by Maynard Heady, the accountants who have reviewed the accounts since Financial Year 2018-2019.

Highlights

- For most of this Financial Year we have been running the MEBC from hired halls in the Woodham Ferrers and South Woodham Ferrers area and paying for storage in a professional facility.
- Across this year we have been looking for permanent premises. Early in 2023, we found Chase House in Chelmsford as a new home for the MEBC, made a successful offer of **£489,500** and completed the purchase on March 31st, 2023 – the last day of our Financial Year.
- This purchase was funded partly by the money we gathered in previous years, another Special Donation of just over **£100,000** (with Gift Aid) from a very generous Sangha member and a loan of from Windhorse trust.
- The result of these movements is a **Bank Balance** of just over **£53,000**.

Queries and Requests for Information

Please address any questions and requests for further information to:

treasurer@mid-essex-buddhist-centre.org.uk

BANKING

Bank Accounts

Throughout this year our primary Current Account has been held with Triodos. We also run a Deposit Account with Triodos. .

Balances

The table on the right shows the high level status of the Bank Accounts at the beginning and the end of this Financial Year.

On the following pages we look at where this money came from and how it was spent – Source & Use.

Bank Account	Account Balance		
	Start of Year	Nett Change	End of Year
Triodos Deposit Account	212,428.74	-188,331.17	24,097.57
Triodos Current Account	7,738.64	22,533.85	30,272.49
Bank Total	220,167.38	-165,797.32	54,370.06

This large decrease is due to the purchase of our new premises
See below for more information

MANAGEMENT ACCOUNTS

Summary

This table shows the Summary of the year. It would be normal practice to show a comparison between this year (2022-2023) with last year (2021-2022). For the last three years, the environment in which the MEBC operates has changed significantly. Therefore, any comparison would not be meaningful.

Summary	
Income Total	134,715.11
Expense Total	300,512.43
Nett Decrease	-165,797.32
B/fwd Bank Balance	220,167.38
Cfwd Bank Balance	54,370.06

Income

Donations received directly into our account or via PayPal, including the Special Donation

The Gift Aid total – just under 25% of the total of all Donations.

This table shows the Income broken down by our Management Account categories.

Income Account	Yearly Total
Donations Received - BACS	96,198.42
Donations Received - Cash	4,591.46
Gift aid tax received	23,103.89
Fundraising income	2,255.52
Shop Income - Books	159.99
Shop Income - Goods	195.42
Retreat Income Long	4,922.28
Retreat Income Short	984.28
Course Income	402.49
Interest received	1,415.75
Hardship Fund Receipts	0.00
Bursary Fund Receipts	485.61
Income Totals	134,715.11

Donations

In addition to the Special Donations received in Financial Years 2020-2021 and 2021-2022 the MEBC was gifted in 2022-2023 another £83,606 which with Gift Aid contributed £104,507.

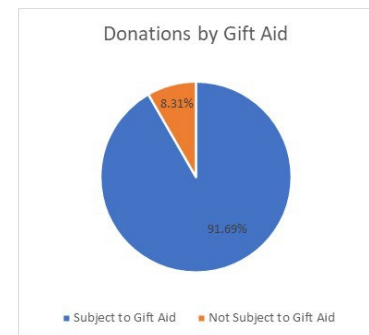
Money Raised by the Sangha

This table breaks out the Special Donation so that the funds raised by “regular activities” can be clearly identified – see the Regular Column.

Additionally, the Gift Aid raised for these regular activities can be seen to be a more realistic figure.

Income Account	Contribution		
	Yearly Total	Regular	Special
Donations Received - BACS	96,198.42	12,592.42	83,606.00
Donations Received - Cash	4,591.46	4,591.46	
Gift aid tax received	23,103.89	2,202.39	20,901.50
Fundraising income	2,255.52	2,255.52	
Shop Income - Books	159.99	159.99	
Shop Income - Goods	195.42	195.42	
Retreat Income Long	4,922.28	4,922.28	
Retreat Income Short	984.28	984.28	
Course Income	402.49	402.49	
Interest received	1,415.75	1,415.75	
Hardship Fund Receipts	0.00	0.00	
Bursary Fund Receipts	485.61	485.61	
Income Total	134,715.11	30,207.61	
Expense Total	300,512.43	300,512.43	
Nett Decrease	-165,797.32	-270,304.82	104,507.50

Finally, by virtue of this Special Donation, all of which was subject to Gift Aid, the percentage of Gift Aided Donations is particularly high in this Financial Year (91.69%). This is expected to be a “one off” situation, with the percentage of Gift Aided donations in a “normal year” falling to around 75%.



Sangha Fundraising

This table breaks down the Fundraising Activities of the Sangha. As can be seen, the Sangha has been very active, raising nearly £9,000 from a series of events.

Classification	Item	Income	Total
Fundraising Income	Soirées	710	
	Annual Grand Hamper Raffle	505	
	Virtual Quiz Night	179	
	Crystal Bowl Sound Bath	381	
	Easy Fundraising	327	
	Misc.	154	2,255
Shop	Shop Income - Goods	195	
	Shop Income - Books	159	354
Retreat Income Long	2022 Sangha retreat at Vajrasana	2,831	
	2023 Mitra retreat at Ringsfield Hall	817	
	2022 Sangha Camping Weekend	674	
	2023 Sangha retreat at Ringsfield Hall	600	4,922
Retreat Income Short	2023 Spring Women's Day	652	
	2023 Spring Men's Day	332	984
Course Income	Introduction Course	402	402
	Grand Total		8,919

Expense

Expense	Expenses	Yearly Total
Support for Chair.	Fundraising costs	50.00
	Goods for Resale -Books	30.00
	Retreat Expense Long	4,188.07
	Retreat Expense Short	0.00
	Gifts/grants given	542.38
	Salaries and wages	6,000.00
Supported Retreats	PAYE/Employer NI	1,718.26
	Staff training costs	1,385.00
	Travel costs	210.00
Costs for Storage and Hall Hire prior to purchase of Chase House	Utilities - Electricity	0.00
	Utilities -Water	0.00
	Rent	4,253.62
	Chase House Initial Expenses	7,846.47
	Insurances	639.87
	Repairs & maintenance	0.00
	Telephone/broadband	333.53
	Website	328.80
	Publicity costs	188.99
	IT costs	565.70
	Equipment purchases	349.98
Pre-purchase expenses for Chase House	Hardship Fund Payment	365.00
	Other costs	208.56
	Moving Costs	209.10
	Audit & accountancy costs	1,218.00
	Bank charges	156.10
	Other professional fees	225.00
Bank Account contribution for the purchase of Chase House, the remaining £220,000 coming from Windhorse Trust	Chase House	269,500.00
	Expense Total	300,512.43

This table shows the breakdown of the Expenses for the Financial Year 2022-2023.

APPENDIX - ACCOUNTING POLICY

We have adopted a few simple guidelines with respect to the treatment of income and expense items. We have an option as to how we treated payment and receipts. This affects how we report to the Charity Commission. There are two alternatives, each with their own reporting forms:

1. Payments and Receipts Based - We may choose to recognise receipts and payments as income and expense and have them directly contribute to P&L, effectively at the date that we received or paid the monies. This approach is simple but gives a potential for a rather “bumpy” bottom line, with each sum of money which moves in or out of the bank account also moving in or out of P&L.
2. Accrual Based - We may choose to separate receipts and payments from income and expense, where necessary defraying the income and expense; only moving the money into or out of P&L at the point that it was earned. For example, under this scheme we could take the premium for our yearly Public Liability and Contents Insurance, pay the whole sum out of the bank account but every month move just 1/12 of the sum out of P&L. For larger sums, this approach smooths out the impact on the P&L.

Under advice, we believe that running an Accrual Based scheme like that outlined in 2., above, is far too complex for a small charity such as the MEBC. Therefore, we have adopted the simple Payments and Receipts Based approach.

However, this overall statement of policy may need some additional features where there are obvious cases where virtually all the item either relates to a future financial year or is a sum of money which we have paid or are holding and will in due course be returned. Such items are separately reported.

We trust that we have correctly followed this policy in our reporting.

REVIEWER’S REPORT & BALANCE SHEET

In the following pages.....

THE MID ESSEX BUDDHIST CENTRE
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

THE MID ESSEX BUDDHIST CENTRE

CHARITY INFORMATION

Trustees

G.N. Murray
M.J. Pidgeon
D. Rey
C. Truss
L. Rose

Accountants

Maynard Heady LLP
Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

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THE MID ESSEX BUDDHIST CENTRE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF THE MID ESSEX BUDDHIST CENTRE

We report on the accounts of the charity for the year ended 31 March 2023 set out on pages 2 to 6.

Respective responsibilities of Trustees and Examiners.

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is our responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- To state whether particular matters have come to our attention.

Basis of Independent Examiners' report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiners' statement

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

(a) which gives me reasonable cause to believe that in any material respect the requirements:

(i) to keep accounting records in accordance with section 130 of the 2011 Act; and

(ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

have not been met; or

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

This report is made solely to you, in accordance with the terms of our engagement letter dated 9 June 2022. Our work has been undertaken solely to prepare for your approval the accounts of The Mid Essex Buddhist Centre and state those matters that we have agreed to state to you in this report in accordance with ICAEW Technical Release TECH08/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than you, for our work or for this report.

Maynard Heady LLP

27 July 2023

Chartered Accountants

Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		2023		2022
	£	£	£	£
Income				
Donations, general income		113,630		116,863
Gift Aid		23,104		29,155
Hardship Fund receipts		-		170
Bursary fund receipts		486		-
		<u>137,220</u>		<u>146,188</u>
Cost of sales				
Goods for resale	4,218		434	
Fundraising costs	50		1,065	
	<u>4,268</u>		<u>1,499</u>	
		(4,268)		(1,499)
Gross surplus		<u>132,952</u>		<u>144,689</u>
Expenditure for the year				
Wages and salaries	7,718		-	
Staff training	1,385		-	
Grants given	-		1,560	
Hardship fund payment	365		550	
Rent	4,254		5,794	
Rates	-		149	
Insurance	19		378	
Light and heat	-		62	
Repairs and maintenance	500		72	
Moving costs	833		3,175	
Telephone	334		59	
Website and publicity	1,443		1,314	
Retreats	1,662		1,055	
Travelling expenses	435		222	
Accountancy	498		600	
Bank charges	1,024		139	
Sundry expenses	209		81	
Depreciation on fixtures, fittings and equipment	297		172	
		<u>(20,976)</u>		<u>(15,382)</u>
Surplus for the year		<u>111,976</u>		<u>129,307</u>
Other income				
Bank interest received		1,416		190
Interest payable				
Non-bank interest payable on loans		(3,027)		-
Net surplus for the year		<u><u>110,365</u></u>		<u><u>129,497</u></u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	2		497,765		1,490
Current assets					
Prepayments		621		1,120	
Cash at bank and in hand		53,501		220,168	
		<u>54,122</u>		<u>221,288</u>	
Current liabilities					
Other creditors		-		522	
Accruals		3,506		4,240	
		<u>3,506</u>		<u>4,762</u>	
Net current assets			50,616		216,526
Total assets less current liabilities			548,381		218,016
Creditors due after more than one year					
Loans			(220,000)		-
			<u>328,381</u>		<u>218,016</u>
Funds	3		<u>328,381</u>		<u>218,016</u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2023

In accordance with the engagement letter dated 9 June 2022, we approve the accounts set out on pages 2 to 6. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Maynard Heady LLP with all information and explanations necessary for their compilation.

Christine Truss

C. Truss

G.N. Murray

G.N. Murray

D. Rey

D. Rey

M.J. Pidgeon

M.J. Pidgeon

Lynda Rose

L Rose

Date : 27 July 2023

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.1 Accounting convention

The financial information is compiled on an agreed accounting basis that:

- enables surplus to be calculated such as to meet the requirements of Section 25 of the Income Tax (Trading and Other Income) Act 2005; and
- provides sufficient and relevant information to enable the completion of a tax return.

1.2 Compliance with accounting standards

The financial information is not intended to achieve full compliance with the provisions of UK Generally Accepted Accounting Principles.

1.3 Turnover

Turnover represents amounts receivable for goods and services net of trade discounts.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Freehold	No depreciation
Fixtures, fittings & equipment	20% reducing balance

2 Tangible fixed assets

	Land and buildings Freehold £	Fixtures, fittings & equipment £	Total £
Cost			
At 1 April 2022	-	1,769	1,769
Additions	496,572	-	496,572
At 31 March 2023	496,572	1,769	498,341
Depreciation			
At 1 April 2022	-	279	279
Charge for the year	-	297	297
At 31 March 2023	-	576	576
Net book value			
At 31 March 2023	496,572	1,193	497,765
At 31 March 2022	-	1,490	1,490

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

3 Accumulated funds

At 1 April 2022 £	Surplus for year £	At 31 March 2023 £
218,016	110,365	328,381
218,016	110,365	328,381

Mid Essex Buddhist Centre (MEBC)

Treasurer's Year End Financial Report



April 2022 until March 2023

**Generated By: Shraddhadasa (Mike Pidgeon)
Treasurer**

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INTRODUCTION

This is the Year End Financial Report for the Mid Essex Buddhist Centre (MEBC) for the Financial Year from April 2022 until March 2023.

This report starts with a review of our “Bank Accounts”. An overview of the payments and receipts is contained in the next section “Management Accounts”. In the next section, “Source and Use of Funds”, the payments and receipts are presented in the form of a series of categories; these categories, which net payment and receipts, provide the baseline for managing our money. Then there is an Appendix which explains some elements of our Accounting Policy. Finally, in “Reviewer’s Report and Balance Sheet”, comes the formal presentation of the accounts as drawn up by Maynard Heady, the accountants who have reviewed the accounts since Financial Year 2018-2019.

Highlights

- For most of this Financial Year we have been running the MEBC from hired halls in the Woodham Ferrers and South Woodham Ferrers area and paying for storage in a professional facility.
- Across this year we have been looking for permanent premises. Early in 2023, we found Chase House in Chelmsford as a new home for the MEBC, made a successful offer of **£489,500** and completed the purchase on March 31st, 2023 – the last day of our Financial Year.
- This purchase was funded partly by the money we gathered in previous years, another Special Donation of just over **£100,000** (with Gift Aid) from a very generous Sangha member and a loan of from Windhorse trust.
- The result of these movements is a **Bank Balance** of just over **£53,000**.

Queries and Requests for Information

Please address any questions and requests for further information to:

treasurer@mid-essex-buddhist-centre.org.uk

BANKING

Bank Accounts

Throughout this year our primary Current Account has been held with Triodos. We also run a Deposit Account with Triodos. .

Balances

The table on the right shows the high level status of the Bank Accounts at the beginning and the end of this Financial Year.

On the following pages we look at where this money came from and how it was spent – Source & Use.

Bank Account	Account Balance		
	Start of Year	Nett Change	End of Year
Triodos Deposit Account	212,428.74	-188,331.17	24,097.57
Triodos Current Account	7,738.64	22,533.85	30,272.49
Bank Total	220,167.38	-165,797.32	54,370.06

This large decrease is due to the purchase of our new premises
See below for more information

MANAGEMENT ACCOUNTS

Summary

This table shows the Summary of the year. It would be normal practice to show a comparison between this year (2022-2023) with last year (2021-2022). For the last three years, the environment in which the MEBC operates has changed significantly. Therefore, any comparison would not be meaningful.

Summary	
Income Total	134,715.11
Expense Total	300,512.43
Nett Decrease	-165,797.32
B/fwd Bank Balance	220,167.38
Cfwd Bank Balance	54,370.06

Income

Donations received directly into our account or via PayPal, including the Special Donation

The Gift Aid total – just under 25% of the total of all Donations.

This table shows the Income broken down by our Management Account categories.

Income Account	Yearly Total
Donations Received - BACS	96,198.42
Donations Received - Cash	4,591.46
Gift aid tax received	23,103.89
Fundraising income	2,255.52
Shop Income - Books	159.99
Shop Income - Goods	195.42
Retreat Income Long	4,922.28
Retreat Income Short	984.28
Course Income	402.49
Interest received	1,415.75
Hardship Fund Receipts	0.00
Bursary Fund Receipts	485.61
Income Totals	134,715.11

Donations

In addition to the Special Donations received in Financial Years 2020-2021 and 2021-2022 the MEBC was gifted in 2022-2023 another £83,606 which with Gift Aid contributed £104,507.

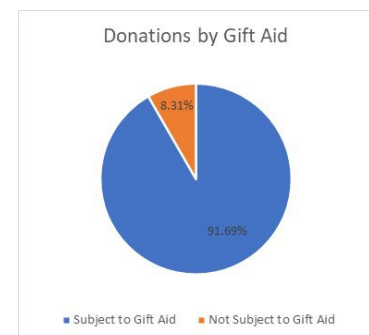
Money Raised by the Sangha

This table breaks out the Special Donation so that the funds raised by “regular activities” can be clearly identified – see the Regular Column.

Additionally, the Gift Aid raised for these regular activities can be seen to be a more realistic figure.

Income Account	Contribution		
	Yearly Total	Regular	Special
Donations Received - BACS	96,198.42	12,592.42	83,606.00
Donations Received - Cash	4,591.46	4,591.46	
Gift aid tax received	23,103.89	2,202.39	20,901.50
Fundraising income	2,255.52	2,255.52	
Shop Income - Books	159.99	159.99	
Shop Income - Goods	195.42	195.42	
Retreat Income Long	4,922.28	4,922.28	
Retreat Income Short	984.28	984.28	
Course Income	402.49	402.49	
Interest received	1,415.75	1,415.75	
Hardship Fund Receipts	0.00	0.00	
Bursary Fund Receipts	485.61	485.61	
Income Total	134,715.11	30,207.61	
Expense Total	300,512.43	300,512.43	
Nett Decrease	-165,797.32	-270,304.82	104,507.50

Finally, by virtue of this Special Donation, all of which was subject to Gift Aid, the percentage of Gift Aided Donations is particularly high in this Financial Year (91.69%). This is expected to be a “one off” situation, with the percentage of Gift Aided donations in a “normal year” falling to around 75%.



Sangha Fundraising

This table breaks down the Fundraising Activities of the Sangha. As can be seen, the Sangha has been very active, raising nearly £9,000 from a series of events.

Classification	Item	Income	Total
Fundraising Income	Soirées	710	
	Annual Grand Hamper Raffle	505	
	Virtual Quiz Night	179	
	Crystal Bowl Sound Bath	381	
	Easy Fundraising	327	
	Misc.	154	2,255
Shop	Shop Income - Goods	195	
	Shop Income - Books	159	354
Retreat Income Long	2022 Sangha retreat at Vajrasana	2,831	
	2023 Mitra retreat at Ringsfield Hall	817	
	2022 Sangha Camping Weekend	674	
	2023 Sangha retreat at Ringsfield Hall	600	4,922
Retreat Income Short	2023 Spring Women's Day	652	
	2023 Spring Men's Day	332	984
Course Income	Introduction Course	402	402
	Grand Total		8,919

Expense

Expense	Expenses	Yearly Total
Support for Chair.	Fundraising costs	50.00
	Goods for Resale -Books	30.00
	Retreat Expense Long	4,188.07
	Retreat Expense Short	0.00
	Gifts/grants given	542.38
	Salaries and wages	6,000.00
Supported Retreats	PAYE/Employer NI	1,718.26
	Staff training costs	1,385.00
	Travel costs	210.00
Costs for Storage and Hall Hire prior to purchase of Chase House	Utilities - Electricity	0.00
	Utilities -Water	0.00
	Rent	4,253.62
	Chase House Initial Expenses	7,846.47
	Insurances	639.87
	Repairs & maintenance	0.00
	Telephone/broadband	333.53
	Website	328.80
	Publicity costs	188.99
	IT costs	565.70
	Equipment purchases	349.98
Pre-purchase expenses for Chase House	Hardship Fund Payment	365.00
	Other costs	208.56
	Moving Costs	209.10
	Audit & accountancy costs	1,218.00
	Bank charges	156.10
	Other professional fees	225.00
Bank Account contribution for the purchase of Chase House, the remaining £220,000 coming from Windhorse Trust	Chase House	269,500.00
	Expense Total	300,512.43

This table shows the breakdown of the Expenses for the Financial Year 2022-2023.

APPENDIX - ACCOUNTING POLICY

We have adopted a few simple guidelines with respect to the treatment of income and expense items. We have an option as to how we treated payment and receipts. This affects how we report to the Charity Commission. There are two alternatives, each with their own reporting forms:

1. Payments and Receipts Based - We may choose to recognise receipts and payments as income and expense and have them directly contribute to P&L, effectively at the date that we received or paid the monies. This approach is simple but gives a potential for a rather “bumpy” bottom line, with each sum of money which moves in or out of the bank account also moving in or out of P&L.
2. Accrual Based - We may choose to separate receipts and payments from income and expense, where necessary defraying the income and expense; only moving the money into or out of P&L at the point that it was earned. For example, under this scheme we could take the premium for our yearly Public Liability and Contents Insurance, pay the whole sum out of the bank account but every month move just 1/12 of the sum out of P&L. For larger sums, this approach smooths out the impact on the P&L.

Under advice, we believe that running an Accrual Based scheme like that outlined in 2., above, is far too complex for a small charity such as the MEBC. Therefore, we have adopted the simple Payments and Receipts Based approach.

However, this overall statement of policy may need some additional features where there are obvious cases where virtually all the item either relates to a future financial year or is a sum of money which we have paid or are holding and will in due course be returned. Such items are separately reported.

We trust that we have correctly followed this policy in our reporting.

REVIEWER’S REPORT & BALANCE SHEET

In the following pages.....

THE MID ESSEX BUDDHIST CENTRE
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

THE MID ESSEX BUDDHIST CENTRE

CHARITY INFORMATION

Trustees

G.N. Murray
M.J. Pidgeon
D. Rey
C. Truss
L. Rose

Accountants

Maynard Heady LLP
Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

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Income and expenditure account	2
Balance sheet	3 - 4
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THE MID ESSEX BUDDHIST CENTRE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES

ON THE UNAUDITED ACCOUNTS OF THE MID ESSEX BUDDHIST CENTRE

We report on the accounts of the charity for the year ended 31 March 2023 set out on pages 2 to 6.

Respective responsibilities of Trustees and Examiners.

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is our responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- To state whether particular matters have come to our attention.

Basis of Independent Examiners' report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiners' statement

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

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have not been met; or

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

This report is made solely to you, in accordance with the terms of our engagement letter dated 9 June 2022. Our work has been undertaken solely to prepare for your approval the accounts of The Mid Essex Buddhist Centre and state those matters that we have agreed to state to you in this report in accordance with ICAEW Technical Release TECH08/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than you, for our work or for this report.

Maynard Heady LLP

27 July 2023

Chartered Accountants

Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		2023		2022
	£	£	£	£
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Goods for resale	4,218		434	
Fundraising costs	50		1,065	
	<u>4,268</u>		<u>1,499</u>	
		(4,268)		(1,499)
Gross surplus		<u>132,952</u>		<u>144,689</u>
Expenditure for the year				
Wages and salaries	7,718		-	
Staff training	1,385		-	
Grants given	-		1,560	
Hardship fund payment	365		550	
Rent	4,254		5,794	
Rates	-		149	
Insurance	19		378	
Light and heat	-		62	
Repairs and maintenance	500		72	
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Website and publicity	1,443		1,314	
Retreats	1,662		1,055	
Travelling expenses	435		222	
Accountancy	498		600	
Bank charges	1,024		139	
Sundry expenses	209		81	
Depreciation on fixtures, fittings and equipment	297		172	
		<u>(20,976)</u>		<u>(15,382)</u>
Surplus for the year		<u>111,976</u>		<u>129,307</u>
Other income				
Bank interest received		1,416		190
Interest payable				
Non-bank interest payable on loans		(3,027)		-
Net surplus for the year		<u><u>110,365</u></u>		<u><u>129,497</u></u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	2		497,765		1,490
Current assets					
Prepayments		621		1,120	
Cash at bank and in hand		53,501		220,168	
		<u>54,122</u>		<u>221,288</u>	
Current liabilities					
Other creditors		-		522	
Accruals		3,506		4,240	
		<u>3,506</u>		<u>4,762</u>	
Net current assets			50,616		216,526
Total assets less current liabilities			548,381		218,016
Creditors due after more than one year					
Loans			(220,000)		-
			<u>328,381</u>		<u>218,016</u>
Funds	3		<u>328,381</u>		<u>218,016</u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2023

In accordance with the engagement letter dated 9 June 2022, we approve the accounts set out on pages 2 to 6. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Maynard Heady LLP with all information and explanations necessary for their compilation.

Christine Truss

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Lynda Rose

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Date : 27 July 2023

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.1 Accounting convention

The financial information is compiled on an agreed accounting basis that:

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- provides sufficient and relevant information to enable the completion of a tax return.

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The financial information is not intended to achieve full compliance with the provisions of UK Generally Accepted Accounting Principles.

1.3 Turnover

Turnover represents amounts receivable for goods and services net of trade discounts.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Freehold	No depreciation
Fixtures, fittings & equipment	20% reducing balance

2 Tangible fixed assets

	Land and buildings Freehold £	Fixtures, fittings & equipment £	Total £
Cost			
At 1 April 2022	-	1,769	1,769
Additions	496,572	-	496,572
At 31 March 2023	496,572	1,769	498,341
Depreciation			
At 1 April 2022	-	279	279
Charge for the year	-	297	297
At 31 March 2023	-	576	576
Net book value			
At 31 March 2023	496,572	1,193	497,765
At 31 March 2022	-	1,490	1,490

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

3 Accumulated funds

At 1 April 2022 £	Surplus for year £	At 31 March 2023 £
218,016	110,365	328,381
218,016	110,365	328,381

Accounts

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting 2021-2022



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Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2021-2022

Introduction

This document is the report of the Trustees of the Mid Essex Buddhist Centre (MEBC) to the members, covering the tax year 2021-2022.

This report should be read in conjunction with:

- The Minutes of the Last AGM
- The Chair's Report
- The Treasurer's Report
- The Mitra Convenors' Report
- The Minutes of the meetings of the Board of Trustees.

Chair's Introduction

I am delighted to welcome you to our fifth AGM and want to express our deepest gratitude to you for agreeing to be members of MEBC. It is so important to have a wider Triratna perspective for our activities which you are so generously providing. I am delighted with the progress we continue to make at MEBC in such a short space of time, particularly during covid lockdown. This would not have been possible without the hard work and commitment not only of our Trustees and Management Committee but of all the members of the MEBC Sangha. We are also extremely fortunate to have Ratnaghosha as our President whose wise counsel, abundant and continuous practical support has been immensely helpful and gratefully received. The future remains bright!

With metta.

Aryasara

Reference Details

The Centre

Charity name:	The Mid Essex Buddhist Centre
Other names charity is known by:	MEBC
Registered charity number:	1172278
Type of governing document:	Constitution – dated 24 th March, 2017, accepted by Charity Commission 27 th March, 2017
How the charity is constituted:	CIO - Association
Trustee selection methods:	Trustees are selected either by the members of the MEBC at an AGM or by the Board of Trustees at any time.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2021-2022

The Team

President:

- Ratnaghosha President

Trustees:

- Aryasara Chair, Safeguarding
- Upekshadhi Mitra Convenor for Women
- Ksantivajra Mitra Convenor for Men
- Shraddhadasa Treasurer
- Vandanacitta Co-ordinator for Mitras Training for Ordination
- David Rey Social Media Manager

Other Management Committee Members:

- Lisa Bailey Secretary
- Rachel Floater Centre Co-ordinator
- Vicki Passmore Retreats Manager
- Stephanie Rees Events schedule
- Sophie Pinney Fundraising Manager
- Jas Sambi Centre Manager (Administration)
- Katrina Kuzminas Retreat Organiser and Schools.
- Abby Brealey Under 35s

Governance Issues

- **Relationships** - The MEBC maintains close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
- **Organisation** – The MEBC is run on a daily basis by a Management Committee, whose members are appointed by the Board of Trustees. At the time of submission, the members of the Management Committee consist of the combined membership of the Board of Trustees and the all senior staff listed above.
- **Activities** – The activities of the MEBC divide into two parts:
 - Spiritual – religious; the teaching and practice of Buddhism.
 - Secular –courses on Mindfulness plus other compatible activities – pilates classes and relaxation classes.
- **Members** - Membership of the MEBC is open to those who are members of the Triratna Buddhist Order.
- **Trustees** - Every trustee of the MEBC must be a member of the Triratna Buddhist Order or a Mitra of the Triratna Buddhist Order who is training for ordination.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2021-2022

- **Safeguarding** – The MEBC has prepared specific guidelines intended to offer guidance where Order Members or other experienced members of the Triratna community are presenting to and communicating with those where a particular duty of care is owed. There are overall Ethical Guidelines with separate documents for the spiritual and secular activities covering Child Protection and the treatment of Sub-Adults and “Adults at Risk”. All documents are in the process of being updated following guidelines from Triratna's Safeguarding Manager.
- **Health and Safety** – The MEBC has additional procedures for handling and evacuating the premises in the case of fire or flooding. The Health, Safety and Security Risk Register is updated annually.

Objects and Activities

Summary

The object of the MEBC is to support the advancement of the Buddhist religion, in particular by:

1. Encouraging members and others to live ethical lives in accordance with the teachings of the Buddha.
2. Supporting ordained members of the Triratna Buddhist Community and other members of the Sangha, at the discretion of the Trustees of the MEBC.
3. Maintaining close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
4. Using applications of the Buddha's teaching to promote the health and well-being of all.

Main Activities

The trustees are fully aware that all of the activities of the MEBC must have a public benefit as defined by the Charity Commission. Furthermore:

- All MEBC organised activities, wherever conducted, must conform to the objects of the MEBC (see previous section).
- All activities conducted at the centre organised by third parties must be compatible with the objects of the MEBC.

As outlined above, the activities of the MEBC divide into two parts:

Spiritual

These activities are regarded as religious in nature; they include the teaching and practice of Buddhism.

(Objects 1 & 4, above):

Weekly:

- Dharma Night - Wednesday evenings teaching session
- Drop-In Class – Thursday mornings session
- Introduction to Buddhism & Meditation Parts 1 & 2 – Sunday mornings – 6 weeks courses – repeated regularly throughout the year.
- Morning Meditation – every morning of the week
- Classes – Mitra study groups (currently 3 groups) - by invitation – Saturday mornings and Tuesday evenings

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2021-2022

Monthly:

- Meditation and Puja (4th Friday of the month)
- Transforming Self and World (3rd Friday of the month)
- In person Sangha Sunday events.

Teaching sessions normally start with an activity on a Buddhist topic of interest which is followed by a discussion in which all are encouraged to engage. The discussion is followed by a guided meditation practice; either the Mindfulness of Breathing or the Metta Bhavana. All are welcome to any teaching or practice session.

A number of one-day events (such as day retreats for women and men) are held regularly. A yearly Sangha weekend retreat, open to all those who are interested, is normally held at Vajrasana, and a yearly Mitra-only weekend retreat is normally held at Ringsfield Hall. The retreats are an opportunity to go deeper and give more time for both teaching and practice.

(Objects 3 & 4, above) Order members from other centres regularly teach at our public sessions. In turn, order members attributed to the MEBC attend other centres. By this means, contact with the wider Triratna Buddhist Community is enhanced and a cross fertilisation of ideas encouraged.

Secular

These activities consist of courses on Mindfulness and ancillary activities, such as, Pilates classes and complementary treatments which are compatible with Buddhist ethics. To separate the secular from the spiritual, the Mindfulness, Pilates courses and complementary treatments are run under the banner of Tranquility.

(Object 4, above) To date we have run four 8-week Mindfulness courses (Mindfulness for Stress and Life with Full Attention). The Mindfulness for Stress courses are run by Breathworks trained personnel (see <http://www.breathworks-mindfulness.org.uk>.)

For the benefits of Mindfulness see "Mindful Nation UK", published by the Report by the Mindfulness All-Party Parliamentary Group (MAPPG) http://themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

(Object 4, above) At the present time we have the following running on zoom:

- Weekly relaxation class
- Weekly Pilates class.

Additional Details

The role of volunteers

All spiritual activities of the MEBC are provided by volunteers and most of the organisational activities are also provided by volunteers.

Order members of the Triratna Buddhist Community freely give their time to teach and provide spiritual guidance. Where a guest order member has to travel to attend a meeting of the MEBC then only their travel expenses are reimbursed. Sometimes, the MEBC Sangha offer money to be given to the speaker as a donation.

Order members, Mitras and Friends bring to the centre personal support and organisational skills which are given without payment.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2021-2022

Grantmaking policy

In general, the MEBC looks kindly on supporting other Triratna organisations and centres as well as charitable organisations local to the centre.

In particular, the trustees of the MEBC have agreed that it should be paying approximately 5% of its income to the Triratna Buddhist Community and Order (TBCO). This payment recognises the support, both spiritual and practical, which the centre receives in many ways from the TBCO. The trustees also recognise that, due to the newness of the MEBC, it cannot yet afford to fully pay this percentage. Each year, in consultation with the treasurer of the MEBC, an increasing payment to the TBCO will be agreed. The objective is to reach the 5% threshold within 6 years.

Donations to other organisations will be considered by the trustees on an ad hoc basis.

Financial Overview

Funding

The MEBC is funded by a combination of donations and fees.

- People attending the regular spiritual activities donate whatever they can afford to the centre; either on a monthly basis or at each meeting.

Day and weekend retreats are charged on a fee basis. The MEBC has also received "one off" personal donations from people interested in supporting its objects and from "sister organisations". The majority of the funding for the MEBC is sourced from personal donations and fees.

- The secular zoom activities are provided free or voluntary donation.

Expenditure

Some of the expenditure which would normally be expected is covered at no cost by volunteers (see above) who freely donate their time.

Any income from the sources outlined above delivers:

- Savings for future building purchase.
- Where a professional service (solicitor, accountants.) cannot be provided by one of the Sangha, then a paid outside resource is recruited.

Banking & Investment Policy

The Trustees have decided that all banking and investment organisations used by the MEBC should follow an Ethical Code of Practice; the minimum requirement being a certification that the institution is certified B Corp¹.

¹ An ethical organisation, also known as a social, alternative, civic, or sustainable institution, is a financial organisation concerned with the social and environmental impacts of its investments and loans with rigorous standards of social and environmental performance, accountability and transparency. One of the criteria for being an ethical financial organisation is that it is a certified B Corp. B Corp registration includes a publicly available B Impact Report which explains the efficacy of the organisation with respect to ethical practices.

Mid Essex Buddhist Centre (MEBC)

Treasurer's Year End Financial Report



April 2021 until March 2022

**Generated By: Mike Pidgeon (Shraddhadasa)
Treasurer**

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INTRODUCTION

This is the Year End Financial Report for the Mid Essex Buddhist Centre (MEBC) for the Financial Year from April 2021 until March 2022.

This report starts with a review of our “Bank Accounts”. An overview of the payments and receipts is contained in the next section “Management Accounts”. In the next section, “Source and Use of Funds”, the payments and receipts are presented in the form of a series of categories; these categories, which net payment and receipts, provide the baseline for managing our money. Then there is an Appendix which explains some elements of our Accounting Policy. Finally, in “Reviewer’s Report and Balance Sheet”, comes the formal presentation of the accounts as drawn up by Maynard Heady, the accounts who have reviewed the accounts since Financial Year 2018-2019.

Highlights

- For the first part of this Financial Year we did have our centre at 17 Trinity Square. However, due to the pandemic, we had not used the premises for over 18 months. Therefore, we gave up our lease and put whatever furnishings we wished to keep into storage
- For most of this Financial Year we have been running the MEBC from hired halls in the Woodham Ferrers and South Woodham Ferrers area and paying a small amount for storage in a professional facility.
- Despite not having a permanent base we have, over the course of the year, increased the **Bank Balance** by over **£136,000**.
 - **£75,000** of this increase is due to the second part of a Special Donation which was an extremely generous offer from a Sangha member - £50,000 remaining Donation + £25,000 Gift Aid on the full donation of £100,000.
 - The efforts of the Sangha have raised the remaining increase of over **£61,000**, largely split between Personal Donations and Direct Fundraising. This is a significant sum of money. All members of the Sangha should be highly complimented on raising such a significant amount of money.
 - We should also note that within that £61,000 we also raised nearly £6,000 on Retreats and Courses; most of which have been held Online.

Queries and Requests for Information

Please address any questions and requests for further information to:

treasurer@mid-essex-buddhist-centre.org.uk

BANKING

Bank Accounts

Throughout this year our primary Current Account has been held with Triodos. We also run a Deposit Account with Triodos. .

Balances

The table on the right shows the high level status of the Bank Accounts at the beginning and the end of this Financial Year.

On the following pages we look at where this money came from and how it was spent – Source & Use.

Bank Account	Account Balance		
	Start of Year	Nett Increase	End of Year
Triodos Deposit Account	80,143.93	132,284.81	212,428.74
Triodos Current Account	3,205.66	4,532.98	7,738.64
Total	83,349.59	136,817.79	220,167.38

For us this is a very large increase
See below for more information

MANAGEMENT ACCOUNTS

Summary

This table shows the Summary of the year. It would be normal practice to show a comparison between this year (2021-2022) with last year (2020-2021). The environment in which the MEBC operates has changed significantly across these two years. Therefore any comparison would not be meaningful.

Summary	
Income Total	150,300.15
Expenses Total	13,482.36
Nett Increase	136,817.79
Bfwd Bank Balance	83,349.59
Cfwd Bank Balance	220,167.38

Income

Donations received directly into our account or via PayPal

This table shows the Income broken down by our Management Account categories.

The Gift Aid total appears to be disproportionately high.
Greater than 25% of the total of all Donations.

This is the largest one-year
Fundraising total we have achieved

The Donations total is higher
than we might expect

Income	End Of Year Balance
Donations Received - BACS	66,985.00
Donations Received - Cash	8,569.36
Donations - Ext Srce	425.39
Gift aid tax received	29,155.42
Fundraising income	36,207.30
Shop Income - Books	905.33
Shop Income - Goods	119.81
Retreat Income Long	3,880.21
Retreat Income Short	2,522.12
Course Income	648.33
Interest received	189.87
Hardship Fund Receipts	170.00
Collected for Other Charities	522.01
Income Total	150,300.15

Donations

In the previous Financial Year (2020-2021) a Sangha member gifted the MEBC an extremely generous Special Donation of £100,000. The donation was split into two equal parts; the first £50,000 received in Financial Year 2020-2021, the second £50,000 being received in this Financial Year – 2021-2022.

Money Raised by the Sangha

The Gift Aid for the total amount (£25,000) of this Special Donation was claimed in this Financial Year.

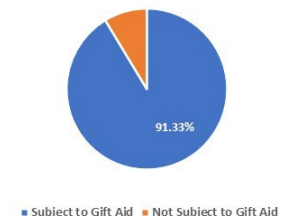
This table breaks out the Special Donation so that the funds raised by “regular activities” can be clearly identified – see the Regular Column.

Additionally, the Gift Aid raised for these regular activities can be seen to be a more realistic figure.

Income	Total	Contribution	
		Regular	Special
Donations Received - BACS	66,985.00	16,985.00	50,000.00
Donations Received - Cash	8,569.36	8,569.36	
Donations - Ext Srce	425.39	425.39	
Gift aid tax received	29,155.42	4,155.42	25,000.00
Fundraising income	36,207.30	36,207.30	
Shop Income - Books	905.33	905.33	
Shop Income - Goods	119.81	119.81	
Retreat Income Long	3,880.21	3,880.21	
Retreat Income Short	2,522.12	2,522.12	
Course Income	648.33	648.33	
Interest received	189.87	189.87	
Hardship Fund Receipts	170.00	170.00	
Collected for Other Charities	522.01	522.01	
Income Total	150,300.15	75,300.15	
Expenses Total	13,482.36	13,482.36	
Nett Increase	136,817.79	61,817.79	75,000.00

Finally, by virtue of this Special Donation, all of which was subject to Gift Aid, the percentage of Gift Aided Donations is particularly high in this Financial Year (91.5%). This is expected to be a “one off” situation, with the percentage of Gift Aided donations in a “normal year” falling to around 75%.

Donations by Gift Aid

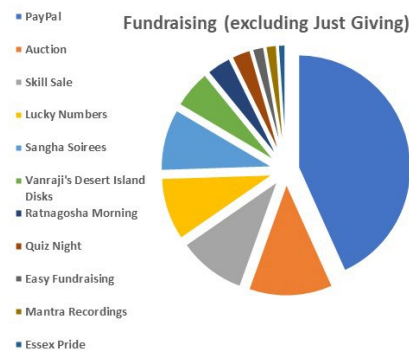


Fundraising

This table breaks down the Fundraising Activities of the Sangha. As can be seen, the Sangha has been very active, raising over £36,000 from a series of events.

A significant percentage of the money raised was collected via the Just Giving capability. If these funds are not considered the graphic below shows the breakdown

Fundraising	
Just Giving	29,454.72
PayPal	2,922.43
Auction	824.27
Skill Sale	667.78
Lucky Numbers	615.37
Sangha Soirees	607.09
Vanraji's Desert Island Disks	379.73
Ratnagosa Morning	244.47
Quiz Night	190.08
Easy Fundraising	117.25
Mantra Recordings	110.00
Essex Pride	74.11
Total	36,207.30



Expense

This table shows the breakdown of the Expenses for the Financial Year 2021-2022.

The Centre premises at 17 Trinity Square were given up in August 2021 but various miscellaneous expenses (such electricity and water) were not fully settled until nearly the end of calendar year 2021.

Contributions to "Central Facilities" & Presents

Remaining Utility Charges for Trinity Square.

Initially Rent on Trinity Square.
Then costs for Storage and Hall Hire

Mainly Audio-Visual equipment
for Hybrid Sangha Sessions

Expense	End Of Year Balance
Fundraising costs	1,065.00
Goods for Resale -Books	314.85
Goods for Resale - Goods	119.00
Retreat Expense Long	739.46
Retreat Expense Short	296.00
Gifts/grants given	1,560.00
Travel costs	93.00
Utilities - Electricity	62.07
Utilities -Water	148.92
Rent	4,051.70
Insurances	378.20
Repairs & maintenance	45.00
Telephone/broadband	58.86
Website	352.78
Publicity costs	338.03
IT costs	623.24
Equipment purchases	1,412.13
Hardship Fund Payment	550.00
Other costs	81.44
Moving Costs	474.88
Audit & accountancy costs	450.00
Bank charges	138.80
Other professional fees	129.00
Expense Total	13,482.36

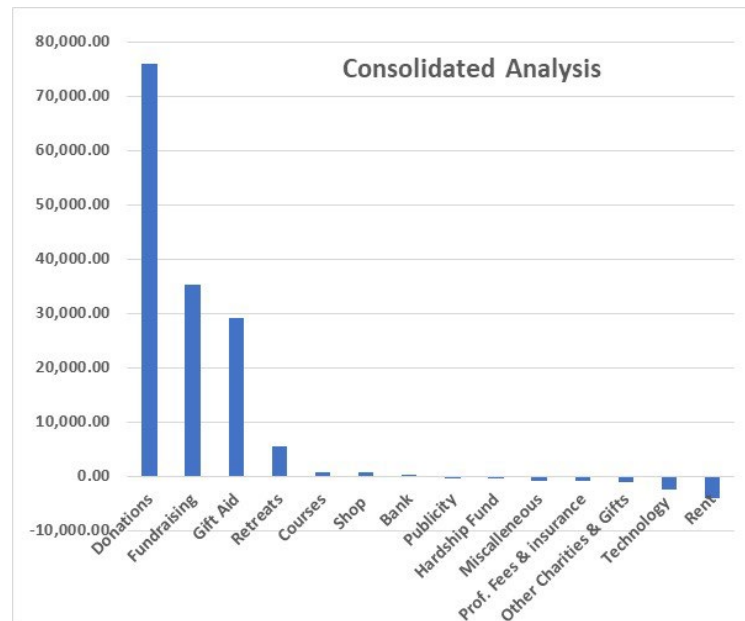
SOURCE & USE ANALYSIS

In this table Income and Expense for each high-level category has been consolidated to show Source and Use.

Consolidated Source & Use

Consolidated Analysis	End of Year		Nett
	Income	Expense	
Donations	75,979.75	0.00	75,979.75
Fundraising	36,207.30	1,065.00	35,142.30
Gift Aid	29,155.42	0.00	29,155.42
Retreats	6,402.33	1,035.46	5,366.87
Courses	648.33	0.00	648.33
Shop	1,025.14	433.85	591.29
Bank	189.87	138.80	51.07
Publicity	0.00	338.03	-338.03
Hardship Fund	170.00	550.00	-380.00
Miscellaneous	0.00	905.31	-905.31
Prof. Fees & insurance	0.00	957.20	-957.20
Other Charities & Gifts	522.01	1,560.00	-1,037.99
Technology	0.00	2,447.01	-2,447.01
Rent	0.00	4,051.70	-4,051.70
Total	150,300.15	13,482.36	136,817.79

The Consolidated information is now shown as a graphic.



APPENDIX - ACCOUNTING POLICY

We have adopted a few simple guidelines with respect to the treatment of income and expense items. We have an option as to how we treated payment and receipts. This affects how we report to the Charity Commission. There are two alternatives, each with their own reporting forms:

1. Payments and Receipts Based - We may choose to recognise receipts and payments as income and expense and have them directly contribute to P&L, effectively at the date that we received or paid the monies. This approach is simple but gives a potential for a rather “bumpy” bottom line, with each sum of money which moves in or out of the bank account also moving in or out of P&L.
2. Accrual Based - We may choose to separate receipts and payments from income and expense, where necessary defraying the income and expense; only moving the money into or out of P&L at the point that it was earned. For example, under this scheme we could take the premium for our yearly Public Liability and Contents Insurance, pay the whole sum out of the bank account but every month move just 1/12 of the sum out of P&L. For larger sums, this approach smooths out the impact on the P&L.

Under advice, we believe that running an Accrual Based scheme like that outlined in 2., above, is far too complex for a small charity such as the MEBC. Therefore, we have adopted the simple Payments and Receipts Based approach.

However, this overall statement of policy may need some additional features where there are obvious cases where virtually all the item either relates to a future financial year or is a sum of money which we have paid or are holding and will in due course be returned. Such items are separately reported.

We trust that we have correctly followed this policy in our reporting.

REVIEWER’S REPORT & BALANCE SHEET

In the following pages.....

THE MID ESSEX BUDDHIST CENTRE
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

THE MID ESSEX BUDDHIST CENTRE

CHARITY INFORMATION

Trustees

G.N. Murray
M.J. Pidgeon
G. Whiting
D Rey
C Truss
D.D. Whiting

Accountants

Maynard Heady LLP
Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

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THE MID ESSEX BUDDHIST CENTRE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF THE MID ESSEX BUDDHIST CENTRE

We report on the Accounts of the Charity for the year ended 31 March 2021 set out on Pages 2 to 5.

Respective responsibilities of Trustees and Examiners.

The Charity's Trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act)) and that an independent examination is needed.

It is our responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to our attention.

Basis of Independent Examiners' report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiners' statement

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

1 Which gives us reasonable cause to believe that in any material respect the Trustees have not met the requirements to ensure that:

- Proper accounting records are kept (in accordance with section 130 of the Act); and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

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

This report is made solely to you, in accordance with the terms of our engagement letter dated 28 September 2018. Our work has been undertaken solely to prepare for your approval the accounts of The Mid Essex Buddhist Centre and state those matters that we have agreed to state to you in this report in accordance with ICAEW Technical Release TECH08/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than you, for our work or for this report.

Maynard Heady LLP

2 August 2022

Chartered Accountants

Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	£	2022 £	£	2021 £
Income				
Donations, general income		116,863		71,294
Gift Aid		29,155		2,801
Hardship Fund receipts		170		1,901
		<u>146,188</u>		<u>75,996</u>
Cost of sales				
Goods for resale	434		-	
Fundraising costs	1,065		15	
	<u>1,499</u>		<u>15</u>	
		(1,499)		(15)
Gross surplus		<u>144,689</u>		<u>75,981</u>
Expenditure for the year				
Wages and salaries	-		48	
Grants given	1,560		2,297	
Hardship fund payment	550		-	
Rent	5,794		9,000	
Rates	149		241	
Insurance	378		377	
Light and heat	62		163	
Repairs and maintenance	72		396	
Moving costs	3,175		-	
Printing, postage and stationery	-		39	
Telephone	59		117	
Website and publicity	1,314		631	
Retreats	1,055		840	
Travelling expenses	222		159	
Accountancy	600		945	
Bank charges	139		123	
Sundry expenses	81		14	
Depreciation on fixtures, fittings and equipment	172		69	
		<u>(15,382)</u>		<u>(15,459)</u>
Surplus for the year		<u>129,307</u>		<u>60,522</u>
Other income				
Bank interest received		190		87
Net surplus for the year		<u><u>129,497</u></u>		<u><u>60,609</u></u>

THE MID ESSEX BUDDHIST CENTRE

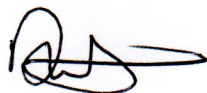
BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	2		1,490		277
Current assets					
Other debtors		-		2,700	
Prepayments		1,120		2,882	
Cash at bank and in hand		220,168		83,350	
		<u>221,288</u>		<u>88,932</u>	
Current liabilities					
Other creditors		522		-	
Accruals		4,240		690	
		<u>4,762</u>		<u>690</u>	
Net current assets			216,526		88,242
Total assets less current liabilities			<u>218,016</u>		<u>88,519</u>
Funds	3		<u>218,016</u>		<u>88,519</u>

In accordance with the engagement letter dated 28 September 2018, we approve the accounts set out on pages 2 to 5. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Maynard Heady LLP with all information and explanations necessary for their compilation.

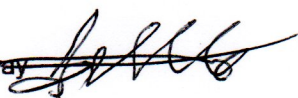
D.D. Whiting



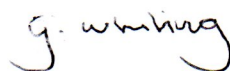
C. Truss



G.N. Murray



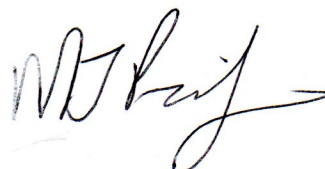
G. Whiting



D. Rey



M.J. Pidgeon



Date : 2 August 2022

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

1.1 Accounting convention

The financial information is compiled on an agreed accounting basis that:

- enables surplus to be calculated such as to meet the requirements of Section 25 of the Income Tax (Trading and Other Income) Act 2005; and
- provides sufficient and relevant information to enable the completion of a tax return.

1.2 Compliance with accounting standards

The financial information is not intended to achieve full compliance with the provisions of UK Generally Accepted Accounting Principles.

1.3 Turnover

Turnover represents amounts receivable for goods and services net of trade discounts.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Fixtures, fittings & equipment	20% reducing balance
--------------------------------	----------------------

2 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 April 2021	384
Additions	1,385
At 31 March 2022	1,769
Depreciation	
At 1 April 2021	107
Charge for the year	172
At 31 March 2022	279
Net book value	
At 31 March 2022	1,490
At 31 March 2021	277

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

3 Accumulated funds

At 1 April 2021 £	Surplus for year £	At 31 March 2022 £
88,519	129,497	218,016
<u>88,519</u>	<u>129,497</u>	<u>218,016</u>
<u>88,519</u>	<u>129,497</u>	<u>218,016</u>

Accounts

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting 2020-2021



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Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2020-2021

Introduction

This document is the report of the Trustees of the Mid Essex Buddhist Centre (MEBC) to the members, covering the tax year 2020-2021.

This report should be read in conjunction with:

- The Minutes of the Last AGM
- The Chair's Report
- The Treasurer's Report
- The Mitra Convenors' Report
- The Minutes of the meetings of the Board of Trustees.

Chair's Introduction

I am delighted to welcome you to our fourth AGM and want to express our deepest gratitude to you for agreeing to be members of MEBC. It is so important to have a wider Triratna perspective for our activities which you are so generously providing. I am delighted with the progress we have made at MEBC in such a short space of time, this would not have been possible without the hard work and commitment not only of our Trustees and Management Committee but of all the members of the MEBC Sangha. We are also extremely fortunate to have Ratnaghosha as our President whose wise counsel, abundant and continuous practical support has been immensely helpful and gratefully received. The future looks bright!

With metta.

Vanaraji

Reference Details

The Centre

Charity name:	The Mid Essex Buddhist Centre
Other names charity is known by:	MEBC
Registered charity number:	1172278
Charity's principal address:	17 Trinity Square South Woodham Ferrers Essex CM3 5JX (notice has been given to vacate these premises on 17th August 2021)
Type of governing document:	Constitution – dated 24 th March, 2017, accepted by Charity Commission 27 th March, 2017
How the charity is constituted:	CIO - Association
Trustee selection methods:	Trustees are selected either by the members of the MEBC at an AGM or by the Board of Trustees at any time.

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The Team

President:

- Ratnaghosha President

Trustees:

- Vanaraji Chair
- Upekshadhi Mitra Convenor for Women
- Ksantivajra Mitra Convenor for Men
- Aryasara Treasurer and Safeguarding Officer
- Vandanicitta Co-ordinator for Mitras Training for Ordination
- David Rey Social Media Manager
- Laura Murphy Events Manager

Other Management Committee Members:

- Tracy Seagroatt Secretary
- Rachel Floater Centre Co-ordinator
- Vicki Passmore Retreats Manager
- Stephanie Rees Tranquility Manager
- Sophie Pinney Fundraising Manager
- Jas Sambhi Centre Manager (Administration)
- Ian Plant Health & Safety & Centre Manager (Maintenance)
- Jo Southgate Administration Manager

Governance Issues

- **Relationships** - The MEBC maintains close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
- **Organisation** – The MEBC is run on a daily basis by a Management Committee, whose members are appointed by the Board of Trustees. At the time of submission, the members of the Management Committee consist of the combined membership of the Board of Trustees and the all senior staff listed above.
- **Activities** – The activities of the MEBC divide into two parts:
 - Spiritual – religious; the teaching and practice of Buddhism.
 - Secular –courses on Mindfulness plus other compatible activities – art classes, yoga classes and complimentary treatments.
- **Members** - Membership of the MEBC is open to those who are members of the Triratna Buddhist Order.
- **Trustees** - Every trustee of the MEBC must be a member of the Triratna Buddhist Order or a Mitra of the Triratna Buddhist Order who is training for ordination.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2020-2021

- **Safeguarding** – The MEBC has prepared specific guidelines intended to offer guidance where Order Members or other experienced members of the Triratna community are presenting to and communicating with those where a particular duty of care is owed. There are overall Ethical Guidelines with separate documents for the spiritual and secular activities covering Child Protection and the treatment of Sub-Adults and “Adults at Risk”. All documents are in the process of being updated following guidelines from Triratna's Safeguarding Manager.
- **Health and Safety** – The MEBC has additional procedures for handling and evacuating the premises in the case of fire or flooding. The Health, Safety and Security Risk Register is updated annually.

Objects and Activities

Summary

The object of the MEBC is to support the advancement of the Buddhist religion, in particular by:

1. Encouraging members and others to live ethical lives in accordance with the teachings of the Buddha.
2. Supporting ordained members of the Triratna Buddhist Community and other members of the Sangha, at the discretion of the Trustees of the MEBC.
3. Maintaining close communication with and working under the guidance of the Triratna Buddhist Order and in co-operation with other centres and groups with the same objects.
4. Using applications of the Buddha's teaching to promote the health and well-being of all.

Main Activities

The trustees are fully aware that all of the activities of the MEBC must have a public benefit as defined by the Charity Commission. Furthermore:

- All MEBC organised activities, wherever conducted, must conform to the objects of the MEBC (see previous section).
- All activities conducted at the centre organised by third parties must be compatible with the objects of the MEBC.

As outlined above, the activities of the MEBC divide into two parts (*it is important to note here that since 16th March 2020, MEBC has been closed due to the Covid-19 pandemic and all the activities listed below are being conducted via Zoom until further notice*):

Spiritual

These activities are regarded as religious in nature; they include the teaching and practice of Buddhism.

(Objects 1 & 4, above) Having moved into our new premises in January 2017, the range of spiritual activities has expanded to include:

Weekly:

- Dharma Night - Wednesday evenings teaching session
- Drop-In Class – Thursday mornings session
- Introduction to Buddhism & Meditation Parts 1 & 2 – Sunday mornings – 6 weeks courses – repeated regularly throughout the year.
- Morning Meditation – every morning of the week
- Centre opening times – Monday and Wednesday mornings

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2020-2021

- Classes – Mitra study groups (currently 4 groups) - by invitation – Saturday mornings and Tuesday evenings

Monthly:

- Meditation and Puja (4th Friday of the month)
- Transforming Self and World (3rd Friday of the month)

Teaching sessions normally start with an activity on a Buddhist topic of interest which is followed by a discussion in which all are encouraged to engage. The discussion is followed by a guided meditation practice; either the Mindfulness of Breathing or the Metta Bhavana. All are welcome to any teaching or practice session.

A number of one-day events (such as day retreats for women and men) are regularly held at the centre. A yearly Sangha weekend retreat, open to all those who are interested, is normally held at Vajrasana, and a yearly Mitra-only weekend retreat is normally held at Ringsfield Hall. The retreats are an opportunity to go deeper and give more time for both teaching and practice.

(Objects 3 & 4, above) Order members from other centres regularly teach at our public sessions. In turn, order members attributed to the MEBC attend other centres. By this means, contact with the wider Triratna Buddhist Community is enhanced and a cross fertilisation of ideas encouraged.

Secular

These activities consist of courses on Mindfulness and ancillary activities, such as art classes, yoga classes and complementary treatments which are compatible with Buddhist ethics. To separate the secular from the spiritual, the Mindfulness, yoga courses and complementary treatments are run under the banner of Tranquility.

(Object 4, above) To date we have run four 8-week Mindfulness courses (Mindfulness for Stress and Life with Full Attention). The Mindfulness for Stress courses are run by Breathworks trained personnel (see <http://www.breathworks-mindfulness.org.uk>.)

For the benefits of Mindfulness see “Mindful Nation UK”, published by the Report by the Mindfulness All-Party Parliamentary Group (MAPPG) http://themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

(Object 4, above) At the present time we have the following running in the centre:

- Art Class – Monday afternoons - weekly
- Yoga classes - Tuesday lunchtimes.

A range of complimentary treatments are offered by practitioners who hire the facilities in the centre.

Additional Details

The role of volunteers

All spiritual activities of the MEBC are provided by volunteers and most of the organisational activities are also provided by volunteers.

Order members of the Triratna Buddhist Community freely give their time to teach and provide spiritual guidance. Where a guest order member has to travel to attend a meeting of the MEBC then only their travel expenses are reimbursed. Sometimes, the MEBC Sangha offer money to be given to the speaker as a donation.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2020-2021

Order members, Mitras and Friends bring to the centre personal support and organisational skills which are given without payment.

Physical support of the centre (cleaning, maintenance, etc.) is also provided by volunteers who freely donate their time.

Grantmaking policy

In general, the MEBC looks kindly on supporting other Triratna organisations and centres as well as charitable organisations local to the centre.

In particular, the trustees of the MEBC have agreed that it should be paying approximately 5% of its income to the Triratna Buddhist Community and Order (TBCO). This payment recognises the support, both spiritual and practical, which the centre receives in many ways from the TBCO. The trustees also recognise that, due to the newness of the MEBC, it cannot yet afford to fully pay this percentage. Each year, in consultation with the treasurer of the MEBC, an increasing payment to the TBCO will be agreed. The objective is to reach the 5% threshold within 6 years.

Donations to other organisations will be considered by the trustees on an ad hoc basis.

Financial Overview

Funding

The MEBC is funded by a combination of donations and fees.

- People attending the regular spiritual activities donate whatever they can afford to the centre; either on a monthly basis or at each meeting.

Day and weekend retreats are charged on a fee basis. The MEBC has also received “one off” personal donations from people interested in supporting its objects and from “sister organisations”. The majority of the funding for the MEBC is sourced from personal donations and fees.
- The secular activities of the centre are funded on a fee-paying basis by those who attend. There are two models, both of which are active within the centre:
 - The provider of the service (e.g. art class) is paid directly by the centre, the remaining funds being treated as income.
 - The provider receives the full income (from say, an alternative therapy) and the centre receives a donation. For guidance, the MEBC has a suggested donation list for the spaces within the centre.
- For specific activities (such as adapting the current building to our usage) we have sought and, in some cases, been successful in receiving donations from related organisations.

Mid Essex Buddhist Centre (MEBC)

Trustee's Report to the Annual General Meeting for 2020-2021

Expenditure

Some of the expenditure which would normally be expected is covered at no cost by volunteers (see above) who freely donate their time.

Therefore, the income from the sources outlined above delivers:

- The day to day expenditure of the centre, rent, services (electricity & water), insurance, maintenance, etc.
- Materials for the refurbishment of the centre.
- Payment for other venues, such as retreat centres.
- Where a professional service (solicitor, plumber, electrician, etc.) cannot be provided by one of the Sangha, then a paid outside resource is recruited.

Banking & Investment Policy

The Trustees have decided that all banking and investment organisations used by the MEBC should follow an Ethical Code of Practice; the minimum requirement being a certification that the institution is certified B Corp¹.

¹ An ethical organisation, also known as a social, alternative, civic, or sustainable institution, is a financial organisation concerned with the social and environmental impacts of its investments and loans with rigorous standards of social and environmental performance, accountability and transparency. One of the criteria for being an ethical financial organisation is that it is a certified B Corp. B Corp registration includes a publicly available B Impact Report which explains the efficacy of the organisation with respect to ethical practices.

THE MID ESSEX BUDDHIST CENTRE
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021



MAYNARD HEADY LLP
CHARTERED ACCOUNTANTS

THE MID ESSEX BUDDHIST CENTRE

CHARITY INFORMATION

Trustees

Mr D D Whiting
Mrs C Truss
Mrs A Bishop
Mr G Murray
Ms G Whiting
Mr D Rey
Ms L Murphy

Accountants

Maynard Heady LLP
Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

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THE MID ESSEX BUDDHIST CENTRE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF THE MID ESSEX BUDDHIST CENTRE

We report on the Accounts of the Charity for the year ended 31 March 2021 set out on Pages 2 to 5.

Respective responsibilities of Trustees and Examiners.

The Charity's Trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act)) and that an independent examination is needed.

It is our responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to our attention.

Basis of Independent Examiners' report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiners' statement

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

1 Which gives us reasonable cause to believe that in any material respect the Trustees have not met the requirements to ensure that:

- Proper accounting records are kept (in accordance with section 130 of the Act); and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

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

This report is made solely to you, in accordance with the terms of our engagement letter dated 28 September 2018. Our work has been undertaken solely to prepare for your approval the accounts of The Mid Essex Buddhist Centre and state those matters that we have agreed to state to you in this report in accordance with ICAEW Technical Release TECH08/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than you, for our work or for this report.

Maynard Heady LLP

4 June 2021

Chartered Accountants

Arlington House
West Station Business Park
Spital Road
Maldon
Essex
CM9 6FF

THE MID ESSEX BUDDHIST CENTRE

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

		2021		2020
	£	£	£	£
Income				
Donations, general income		71,294		31,632
Gift Aid		2,801		3,464
Hardship Fund receipts		1,901		-
		<u>75,996</u>		<u>35,096</u>
Cost of sales				
Goods for resale	-		1,818	
Fundraising costs	15		118	
	<u>15</u>		<u>1,936</u>	
		(15)		(1,936)
Gross surplus		<u>75,981</u>		<u>33,160</u>
Expenditure for the year				
Wages and salaries	48		3,967	
Staff training	-		237	
Grants given	2,297		469	
Rent	9,000		9,000	
Rates	241		179	
Insurance	377		1,231	
Light and heat	163		639	
Repairs and maintenance	396		1,582	
Printing, postage and stationery	39		243	
Telephone	117		109	
Website and publicity	631		560	
Retreats	840		5,746	
Travelling expenses	159		708	
Accountancy	945		603	
Bank charges	123		113	
Sundry expenses	14		873	
Depreciation on fixtures, fittings and equipment	69		38	
	<u></u>	(15,459)	<u></u>	(26,297)
Surplus for the year		<u>60,522</u>		<u>6,863</u>
Other income				
Bank interest received		87		78
Net surplus for the year		<u><u>60,609</u></u>		<u><u>6,941</u></u>

THE MID ESSEX BUDDHIST CENTRE

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	2		277		346
Current assets					
Other debtors		2,700		2,700	
Prepayments		2,882		2,882	
Cash at bank and in hand		83,350		22,357	
		<u>88,932</u>		<u>27,939</u>	
Current liabilities					
Accruals		690		375	
Net current assets			88,242		27,564
Total assets less current liabilities			<u>88,519</u>		<u>27,910</u>
Funds	3		<u>88,519</u>		<u>27,910</u>

In accordance with the engagement letter dated 28 September 2018, we approve the accounts set out on pages 2 to 5. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1 to the accounts, and for providing Maynard Heady LLP with all information and explanations necessary for their compilation.

Mr D D Whiting



Mrs C Truss



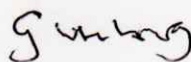
Mrs A Bishop



Mr G Murray



Ms G Whiting



Mr D Rey



Ms L Murphy



Date : 4 June 2021

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Accounting convention

The financial information is compiled on an agreed accounting basis that:

- enables surplus to be calculated such as to meet the requirements of Section 25 of the Income Tax (Trading and Other Income) Act 2005; and
- provides sufficient and relevant information to enable the completion of a tax return.

1.2 Compliance with accounting standards

The financial information is not intended to achieve full compliance with the provisions of UK Generally Accepted Accounting Principles.

1.3 Turnover

Turnover represents amounts receivable for goods and services net of trade discounts.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Fixtures, fittings & equipment	20% reducing balance
--------------------------------	----------------------

2 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 April 2020 & at 31 March 2021	384
Depreciation	
At 1 April 2020	38
Charge for the year	69
At 31 March 2021	107
Net book value	
At 31 March 2021	277
At 31 March 2020	346

THE MID ESSEX BUDDHIST CENTRE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

3 Accumulated funds

At 1 April 2020 £	Surplus for year £	At 31 March 2021 £
27,910	60,609	88,519
<u>27,910</u>	<u>60,609</u>	<u>88,519</u>
<u>27,910</u>	<u>60,609</u>	<u>88,519</u>