

Annual Report 2021

Sheffield Insight Meditation.

1 Jan - 31 Dec 2021

Background Information

This is our third annual report as a Charitable Incorporated Organisation in which we set out our charitable objectives and our activities to promote those objectives for public benefit.

Sheffield Insight Meditation began in 2006, established by a small group of people who had attended retreats at Gaia House retreat centre in Devon and wanted to continue meditating with others in the Insight Meditation tradition. SIM has expanded over the years to offer a range of retreats, meditation groups, short courses, and social events and we now have over 500 people on our mailing list. In April 2019 we became a registered Charitable Incorporated Organisation.

Our Aims and Values

Insight Meditation, also known as Vipassana (literally translated as 'seeing deeply or clearly') began in the Theravada (South East Asian) schools of Buddhism in the early 20th century, and sought to reconnect with the teachings of early Buddhism. Sheffield Insight Meditation has close links with Gaia House meditation Centre, and draws inspiration from the wide range of teachings in the worldwide Insight Meditation community.

Although several of us practise at Gaia House, some of us also practise in traditions such as Tibetan and Zen Buddhism, Quakerism, and the secular mindfulness approach. Some of us consider ourselves 'Buddhists', some not. We aim to offer a practical and accessible opportunity to develop and directly experience freedom, compassion and wisdom, in ways that take account of our psychology and embodiment as human beings. You do not need to have any particular beliefs or think of yourself as a Buddhist to attend our events.

We welcome all, irrespective of religious or political beliefs, race, ethnicity, sex, social background, age, sexual orientation or disability. We do not seek to convert others or to discriminate against those who hold differing views. Our retreats and groups are open to anyone, irrespective of means. We have offered a sliding scale for events including a 'freely given' option. We operate on a not-for-profit basis. Our events are organised by a team of volunteers and we warmly welcome all contributions of time and service, however small.

As a Sangha (community of practitioners) we are committed to building and supporting community, through developing our understanding and practice of ethical living, interconnection, and compassion for ourselves, others and the world we live in. As part of compassionate action we seek to engage with the challenge of climate change, and the many forms of social and economic injustice. We seek to support each other in rooting the Dharma (teachings of the Buddhist tradition)

in our daily lives, in ways that are accessible and relevant for the 21st century, and are for the benefit of all.

Our Charitable Objective

'To advance the education of the public in the subject of meditation and the teachings of the Buddha, in particular but not exclusively by supporting and encouraging the study and practice of Buddhist Meditation (also known as Vipassana meditative practice) for the public benefit, in particular, but not exclusively, for the benefit of people of Sheffield and surrounding areas.'

Our Activities

We offer a range of activities to support meditation practice: day and weekend retreats, regular sitting groups, and courses. Our regular groups and practice days are led by volunteers from within our community and our retreats are led by teachers associated with Gaia House Retreat Centre. These are reputable, trained, highly experienced teachers who commit to a code of ethics.

When planning and carrying out our activities we have considered the Charity Commission's guidance on public benefit. We provide a range of activities through which education in meditation and Buddhist teaching for people with different levels of experience can take place. We endeavour to make our activities as accessible and welcoming as possible, paying attention to physical ability, income level, flexibility of time and place, and participant welfare and safety. We have a formal safeguarding policy with a named responsible person who has undergone training.

All our venues are wheelchair accessible and on public transport routes. We take steps to support participants' mental health: we plan carefully with teachers before events making sure that participants know what to expect, and during events volunteers are available to give individual support in consultation with the teacher. We have a sliding scale for teacher-led events including a 'freely given' option. Fees contribute to our running costs; the teaching is given freely and participants are invited to give donations of their own choosing to the teacher. Our volunteer-led events are offered for voluntary donation. We publicise our events widely with a bi-monthly newsletter, social media updates and our website.

Events

Since our last AGM in September 2021 we have been delighted to begin offering in person events after being limited to online offerings because of the pandemic restrictions. Whilst many people welcomed the return to face to face events we are aware that some people remain concerned about such contact and so some events have been hybrid – available online via zoom as well as in person.

Online offerings also enable people to participate if they are feeling unwell or are otherwise constrained. The number of people choosing to attend online is small however.

We paused the online fortnightly evening sitting group in Spring 2021 as numbers had fallen. We hope to resume in due course.

Retreats

24 April 2021

A Holiday for the Heart with Catherine McGee. Shared with Oxford Insight . Online

22 May 2021

Compassion and Allyship with Esther Slattery and River Wolton. Online

23-24 Oct 2021

2 day non residential retreat, meditation and qigong 'Wisdom right where you are' with Jaya Rudgard (online option)

29-31 Dec 2021 New Year Retreat

Sadly we had to cancel this retreat at short notice as the teacher was unwell it and we were unable to find a replacement.

Courses

January 2021

We offered a 6 week online course led by Kareem Ghandour and River Wolton, Cultivating Joy in Difficult Times.

Meditative Walks

July 2021

We had our first in-person event – a picnic lunch and meditative walk in Whirlow Park.

Sangha Saturdays

These are opportunities to meet and share an afternoon of walking and sitting meditation and to listen to a recorded talk. They are facilitated by Sheffield Insight Meditation helpers – many thanks to those who offered this.

We offered 2 Sangha Saturdays.

Evening sitting group

We paused the online fortnightly evening sitting group in Spring 2021 as numbers had fallen. We hope to resume in due course.

Structure and Governance

Sheffield Insight Meditation is a CIO managed by a group of trustees who meet monthly to plan and develop activities and oversee policy. Chairing and minute taking at meetings is rotated between trustees and decisions are recorded. Trustee meetings have been held online and in

person since the AGM in 2020. We usually have hybrid meetings because 1 trustee lives in West Yorkshire and others are sometimes away from home. Simon took over financial oversight from Catherine at the 2020 AGM although Catherine has continued to manage the accounts.

At the 2021 AGM (Sep 2021) 2 new trustees were elected.

Anyone who attends our events, supports our values and wishes to further our aims may register as a 'supporter' (member of the charity) on our website. There are no fees. Supporters will receive notification of the AGM by email, may vote at general meetings and may stand as supporters.

The charity also relies on the work of volunteer organisers who are not trustees. We're very grateful to those who facilitated Sangha Saturdays and the sitting group and to Catherine who continued to manage the accounts and to Mary Ann who has taken over editing the newsletter. Such support is vital and we welcome all offers of help.

Administrative Information

Sheffield Insight Meditation CIO

Charity number: 1183157

Postal address: The Circle, Rockingham Lane, Sheffield, S1 4FW

Trustees

Simon Atkins	25/9/2021 -15/10/2022
Julian Briggs	25/9/2021-15/10/2022
Sue Kay	25/9/2021-15/10/2022
Katy Fox-Hodess	25/9/2021 -15/10/2022

Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees:

Name	Signature Position if any	Date
Julian Briggs	Julian Briggs Trustee	30/09/22
Katy Fox-Hodess	Katy Fox-Hodess Trustee	30/09/22
Simon Atkins	Simon Atkins Trustee	30/09/22
Sue Kay	Sue Kay Trustee	30/09/22

Income/Receipts	Governance/Admin	Teacher/CDL led retreats and courses	Peer groups	Total
From charitable activities				
Event booking fees		£1,513.50		£1,513.50
Voluntary income				
Donations		£52.51	£0.00	£52.51
Investment income				
Total Income	£0.00	£1,566.01	£0.00	£1,566.01
Expenditure				
Retreats/courses				
Retreats/courses venue costs		£344.00		
Zoom annual fee		£123.30		
Teacher/CDL expense		£162.33		
Teacher fees		£400.00		
Eventbrite fees		£152.46		
Misc retreat costs		£207.88		
Paypal fees		£1.01		
Peer Practice Groups				
Peer groups venue cost			£0.00	
Peer group misc.			£0.00	
Governance/Admin				
Trustee meeting venue	£0.00			
Trustee exps (travel)	£0.00			
Insurance	£336.00			
Registered office contract	£72.00			
Website hosting	£80.00			
Website domain/SSL	£70.00			
Training	£0.00			
AGM expenses	£76.80			
Miscellaneous	£4.59			
Total Expenditure	£639.39	£1,390.98	£0.00	£2,030.37
Net movement of funds	-£639.39	£175.03	£0.00	-£464.36
Reconciliation of Funds				
Balance B/F at 1 Jan 2021	£5,994.83			
Balance C/F at 31 Dec 2021	£5,530.47			

Balance sheet at 31 December 2021

Tangible Fixed Assets		£0.00
Current Assets		
	Cash at bank 31 December 2020	£5,479.46
	Balance paypal acc 31 Dec 2021	£51.01
Net assets		£5,530.47
Represented by		
	Unrestricted Funds	£5,530.47
	Restricted Funds	£0.00
Total Funds		£5,530.47