

Sheffield Insight Meditation

Annual Report 2024

1 Jan - 31 Dec 2024

Background Information

This is our 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 460 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, gender, 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 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 meditation 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 itself 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 newsletter, social media updates and our website.

Events

During 2024 we provided the following events:

Retreats

- 16 -17 March Tony O'Connor at Whirlow.
In-person and on-line. 29 bookings.
- 16 June Julia Wallond at Whirlow
In-person and on-line. 24 bookings
- 13 July Jake Dartington at Shirley House
In-person and on-line. 24 bookings
- 7 - 8 September Ajahn Jutindharo at Whirlow
In-person only. 22 bookings
- 26 - 27 October Kirsten Kratz at Whirlow

In-person and on-line. 27 bookings

- 28, 29, 30 December. Sangha-led new year retreat at Whirlow.
In-person. 27 bookings

Course

May. River Wolton

One session in-person followed by 4 evening sessions online
17 bookings

Meditative Walk

April 13 Whirlow Park

Evening Meditation group

As a result of a training session run in the autumn of 2023 by Julian Briggs, a new group was set up to facilitate a monthly session at Shirley House. Joining Julian and Carol as facilitators were Chrissie Hinde and Chris Holmes. The group runs on the first Tuesday of each month. There are around 10 people at most sessions. Although we lost some members who were attending at the Quaker Meeting House, we welcomed several newcomers to the Sangha.

Structure and Governance

Sheffield Insight Meditation is a CIO managed by a small group of trustees and other organisers who meet monthly, to plan and develop activities and oversee policy. Chairing and minute taking at meetings is rotated and decisions are recorded.

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 receive notification of the AGM by email, may vote at general meetings and may stand as trustees.

In January 2024 Cath Parker and Josephine Curtin joined Sue Kay, Julian Briggs and Carol Abramson as trustees. Joanne Peck and Mary Ann Orme joined the organising group as non-trustee members. At the AGM of October 12, Sue Kay, Julian Briggs and Carol Abramson stepped down as trustees and James Souter joined the trustee group.

The charity also relies on the work of other volunteers who are not part of the organising group. In particular, Catherine Thompson continued to manage our accounts and Juliette Bland provided much of the support for on-line participation at retreats. We are very grateful to all those who facilitated meditation groups and helped on retreats. 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

- Cath Parker 25/1/2024
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- Josephine Curtin 25/1/2024
- James Souter 12/10/2024
- Reina Lister 20/1/2025

Declaration

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

Name	Signature	Date
Reina Lister	Reina Lister	28.09.2025
James Souter	James Souter	25.09.2025
Catherine Parker	Cath Parker	22.09.2025
Josephine Curtin	Josephine Curtin	25.09.2025

Income/Receipts	Governance/Admin	Teacher/CDL led retreats & courses	Peer groups	Unattributed	Total
From charitable activities					
Event booking fees		£3,804.00			£3,804.00
Voluntary income					
Donations			£444.00	£2.94	£446.94
Adjustment					
Total Income		£3,804.00	£444.00	£2.94	£4,250.94
Expenditure					
Retreats/courses					
Retreats/courses venue costs		£1,451.00			
Teacher/CDL expenses		£660.68			
Teacher/CDL fees		£450.00			
Eventbrite fees		£474.16			
Misc retreat costs (refs etc)		£78.06			
Peer Practice Groups					
Peer groups venue cost			£390.00		
Room cost peer group training					
Peer group misc. (pp/Z cost)			£8.73		
Governance/Admin					
Trustee meeting venue	£0.00				
Trustee training	£121.00				
AGM costs	£0.00				
Zoom annual fee	£155.88				
Insurance	£371.00				
Registered office contract	£96.00				
Website hosting	£80.00				
Website domain/SSL	£70.00				
Website maintenance	£40.00				
Miscellaneous	£30.00				
Total Expenditure	£963.88	£3,113.90	£398.73		£4,476.51
Net movement of funds	-£963.88	£690.10	£45.27	£2.94	-£225.57
Reconciliation of Funds					
Balance B/F at 1 Jan 2024	£6,512.44				
Balance C/F at 31 Dec 2024	£6,286.87				
Balance sheet at 31 Dec 2024					
Tangible Fixed Assets		£0.00			
Current Assets					
Bank balance 31 Dec 24		£6,037.50			
Paypal balance 31 Dec 24		£43.57			
Total accounts 31 Dec 24		£6,081.07			
Adjusted for					
Outstanding liabilities 2024 (NYR)		£380.00			
Outstanding income 2024 NYR (net)		£585.80			
Net adjusted assets					
Represented by					
Unrestricted Funds		£6,286.87			
Restricted Funds					
Total Funds		£6,286.87			