

# SUSTAIN DHARMA SUPPORT TRUST

England & Wales · Charity number 1186827

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-12-09

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

## Contact

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**Address** 24 Riverside  
Cambridge  
CB5 8HL

**Phone** 01223321581

**Email** [katebull008@gmail.com](mailto:katebull008@gmail.com)

**Website** <https://sustain600056556.wordpress.com/>

## Activities

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**Objects:** TO ADVANCE BUDDHISM FOR THE PUBLIC BENEFIT BY THE PROVISION OF GRANT FUNDING FOR:\* THE TRAINING AND DEVELOPMENT OF DEDICATED PRACTITIONERS OF THE AWAKENED HEART SANGHA TO SUPPORT THE TEACHING AND PRACTICE OF THE FAITH TO OTHER BUDDHIST PRACTITIONERS, THOSE NEW TO BUDDHISM AND THE WIDER PUBLIC;\* PROVISION OF STIPENDS AND LIVING ALLOWANCES FOR DEDICATED PRACTITIONERS OF BUDDHISM WHO HAVE BECOME ELDERLY OR INFIRM.

**Activities:** To generate and offer financial support to key committed members of the Awakened Heart Sangha to advance their capacity to educate or otherwise benefit other members of the Awakened Heart Sangha, Buddhists more generally and the wider public. In cases of hardship, to contribute to such practitioners' health and social care.

## Classification

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- **How:** Makes Grants To Individuals
- **What:** Disability, Religious Activities
- **Who:** The General Public/mankind

## Geography

- Germany
- Scotland
- United States
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£6,581	£1,865	-	-
2024-04-30	£5,085	£5,360	-	-
2023-04-30	£6,632	£7,269	-	-
2022-04-30	£17,834	£3,814	-	-
2021-04-30	£3,710	£62	-	-

## Trustees

Name	Role	Appointed
<b>FIVE PETER STANWAY CRAM</b>	Chair	2019-12-09
Dr Catherine Bull		2019-12-09
John Witney		2022-06-10
Judith Elizabeth Herriot		2019-12-09
Vicki Louise Hope-Robinson		2019-12-09

**SUSTAIN DHARMA SUPPORT TRUST**

England & Wales - Charity number 1186827

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# Accounts

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# Treasurer's Report for Sustain Dharma Support Trust AGM on 21 October 2025

## Accounts from May 2024 to April 2025

<b>Carried Forward from 31/5/24</b>	16,756.1 8
<b>Income 1/5/24 - 30/4/25</b>	
Subscription Payments	1,009.74
Donations	196.80
Bank Interest	35.26
Gift Aid	5,339.33
<b>Expenditure 1/5/23 - 30/4/24</b>	
Bank Charges	-35.00
Grants	-1,830.00
	<hr/>
<b>Carried Forward to 1/4/25</b>	21,472.3 1 <hr/> <hr/>

## Grants given during the period

Lama Dashon's travel to Nepal	£1,500.00
Mebar's NVC course	£330.00

**SUSTAIN DHARMA SUPPORT TRUST**

England & Wales - Charity number 1186827

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# Accounts

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# Charity Commission Annual Return 2024

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SUSTAIN DHARMA SUPPORT TRUST  
Charity registration number: 1186827

**Most of the information you give in this form will become publicly available on the Register of Charities. Any field that the Charity Commission will not display will be clearly marked.**

**This document is a record of the information provided in the Annual Return 2024.**

## PART A - Charity information

### Financial period

**Financial period start date**

01/05/2023

**Financial period end date**

30/04/2024

### Income and spending

**Income £**

£ 5,085

**Spending £**

£ 5,360

### Number of contracts from government

**How many contracts (other than grant agreements) did your charity receive from central government or a local authority during the financial period for this return?**

0

### Number of grants from government

**How many grants did your charity receive from central government or a local authority during the financial period for this return?**

0

### Income breakdown

**Donations and legacies (excluding Endowments Received)**

£ 5,037

**Charitable activities**

£ 0

**Other trading activities**

£ 0

**Investments**

£ 0

**Other**

£ 48

**Grantmaking****Is grant making the main way your charity carries out its purposes?**

Yes

**Recipients of grants****Please round all figures to the nearest pound (do not enter decimal points or commas).****Individuals**

£ 5,300

**Other charities**

£ 0

**Other organisations that are not charities**

£ 0

**Grant recipients related parties****Are any of the grant recipients related parties to the charity?**

No

**Trustee payments****Excluding out of pocket expenses, for what were any of the trustees paid during the financial period for this return?** e. None of the trustees have been paid**Did any of the trustees resign and take up employment with your charity in the financial period of this return?**

No

**Income from outside the UK****Did your charity receive income from outside of the United Kingdom in the financial period of this return?**

No

**Delivering activities outside the United Kingdom****Did your charity deliver charitable activities outside of the United Kingdom in the financial period of this return?**

No

**Spending outside England & Wales****Did your charity spend funds outside of the United Kingdom in the financial period of this return?**

No

**Total Spending outside England & Wales**

£

**Trading subsidiaries**

**Does the charity have any trading subsidiaries?**

No

**Charity contact details correct**

**Is the contact address displayed from the Register of Charities, correct?**

Yes

**Charity headquarters details correct**

**Is this the same address that you use as your charity's administrative headquarters?**

Yes

**Charity contact address**

**Address Line 1**

24 Riverside

**Address Line 2**

Cambridge

**Address Line 3**

**Address Line 4**

**Address Line 5**

**Postcode**

CB5 8HL

**Country**

**Charity Headquarters address**

**Address Line 1**

24 Riverside

**Address Line 2**

Cambridge

**Address Line 3**

**Address Line 4**

**Address Line 5**

**Postcode**

CB5 8HL

**Country**

## Membership type

**Is your charity part of a wider group structure with a parent body and subsidiary bodies?**

no, the charity is not part of a wider group structure

## Employment contract types

**People were permanently employed by your charity**

0

**People were on fixed-terms contracts with your charity**

0

**Self-employed people were working for your charity**

0

## Governance policies

**Internal charity financial controls policy and procedures**

Yes

**Safeguarding policy and procedures**

No

**Financial reserves policy and procedures**

Yes

**Complaints policy and procedures**

No

**Serious incident reporting policy and procedures**

No

**Internal risk management policy and procedures**

No

**Trustee expenses policy and procedures**

Yes

**Trustee conflicts of interest policy and procedures**

Yes

**Investing charity funds policy and procedures**

Not applicable

**Campaigns and political activity policy and procedures**

Not applicable

**Bullying and harassment policy and procedures**

No

**Social media policy and procedures**

No

**Engaging external speakers at charity events policy and procedures**

Not applicable

## Safeguarding

**Has your charity provided services to children and/or adults at risk in the financial period of the return?**

No

## External risk and impact

### Donations

Negative

### Other income - grants

Unknown/No Change/Not Applicable

### Other income - contracts

Unknown/No Change/Not Applicable

### Other income - investment

Unknown/No Change/Not Applicable

### Expenditure on charitable activities

Unknown/No Change/Not Applicable

### Expenditure on overheads

Unknown/No Change/Not Applicable

### Number of volunteers

Unknown/No Change/Not Applicable

### Number of employees

Unknown/No Change/Not Applicable

### Number of trustees

Negative

### Fundraising activities

Negative

### Capacity to deliver services

Negative

### Total service demand

Negative

## Volunteers

Excluding trustees, provide an estimate of the number of volunteers who carried out charitable activities on behalf of your charity in the United Kingdom during the financial period of this return?

0

## Privacy statement

**Any information you give us will be held securely and processed only in accordance with the rule on data protection. We will not disclose your personal details to anyone unconnected to the Charity Commission unless:**

- you have consented to their release; or
- we are legally obliged to disclose them; or
- we regard disclosure as either (a) necessary so that we can properly carry out our statutory functions or (b) necessary in the public interest.

**We may share and disclose information about you with relevant public authorities, regulatory bodies and agencies, outside the Charity Commission but only if:**

- **we can lawfully do so; and**
- **we decide that disclosure is necessary for national security, crime detection, prevention, and law enforcement, or other issues in the public interest**

**Information we collect about you**

**We will use this information:**

**To enable us to carry out our statutory functions and duties;**

**This will include the following actions:**

- (a) update, consolidate, and improve the accuracy of our records;**
- (b) undertake crime detection and prevention and law enforcement and assist the third parties specified above to investigate or prevent crime and carry out law enforcement;**
- (c) data analysis, testing, research, statistical and survey purposes**

**Information we receive from other sources.**

**Information we receive from other sources**

**We may combine this information with information you give to us and information we collect about you.**

**We may use this information and the combined information for the purposes set out above (depending on the types of information we receive).**

**We will ensure that any such disclosure and use is proportionate; considers your right to respect for your private life; and is done fairly and lawfully in accordance with the data protection principles of the Data Protection Act.**

**The Data Protection Act 1998 regulates the use of 'personal data', which is essentially any information, however stored, about identifiable living individuals.**

**As a 'data controller' under the Act, the Charity Commission must comply with it. Any changes we may make to our privacy statement in the future will be set out in the replacement version of this form.**

**Please check back frequently to see any updates or changes to our privacy policy.**

## **Declaration**

**This annual return has not been submitted and no Declaration has been made**

**SUSTAIN DHARMA SUPPORT TRUST**

England & Wales - Charity number 1186827

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# Accounts

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## Trustees' Annual Report for the period

**From**                                      **Period start date**    **To**                                      **Period end date**

**Charity name:**

**Charity registration number:**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The objects of the CIO are to advance Buddhism for the public benefit by the provision of grant funding for:</p> <ul style="list-style-type: none"> <li>· the training and development of dedicated practitioners of the Awakened Heart Sangha to support the teaching and practice of the faith to other Buddhist practitioners, those new to Buddhism and the wider public;</li> <li>· provision of stipends and living allowances for dedicated practitioners of Buddhism who have become elderly or infirm.</li> </ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>Generally advancing the Buddhist faith</b> Under the auspices of the Awakened Heart Sangha, teaching opportunities are offered in various venues in England, Wales and Germany and online. Sustain Dharma Support Trust will advance the religion by making modest financial grants to 'key committed' members of the Awakened Heart Sangha who are key to this work.</p> <p>To advance their capacity to educate or otherwise benefit other members of the Awakened Heart Sangha, Buddhists more generally and the wider public, such individuals themselves need to be able to conduct retreat, to complete certain rituals, give or attend teachings.</p> <p>Grants from Sustain aim to prevent any such committed practitioners from having to forgo opportunities to teach, practice, or attend teachings or retreat because of financial hardship.</p> <p><b>Support for dedicated practitioners who have become elderly or infirm.</b> In instances where key committed members who have longstanding and dedicated backgrounds in Buddhist practice and teaching</p>

		and who have encountered financial or medical difficulties, the CIO may contribute to such individuals' healthcare and social care.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	A proforma is offered to applicants for grants.  Quorate meetings of trustees decide on offers of grants.
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Volunteers from within the Awakened Heart Sangha contribute to efforts to raise awareness of Sustain through communications to members and supporters.
Other		

### Achievements and Performance

	SORP reference	

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>During the current year, we continued to contribute funds supporting a two-year-retreat for a senior member of the sangha.</p> <p>We also received two applications for grants, both of which the trustees wanted to fund. One supported a pilgrimage, the other contributed to retreat expenses.</p> <p>All the beneficiaries have in their turn supported the sangha and wider community.</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>The charity has been able to serve its main purpose.</p> <p>Long retreats are an important part of the training of teachers in our tradition and we have been fortunate that a senior member of the sangha has undertaken a 2-year retreat, undertaken for the benefit of all beings.</p> <p>Another sangha member taught on the theme of pilgrimage during and after a long solo walk. A third's expenses were met allowing an intensive winter retreat.</p> <p>The community in general is keen to contribute to the inevitable costs of such retreats.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Sustain now feels established and has received and met requests for support. We hope to be part of a long tradition of supporting the practice and teaching of Buddhist Dharma in the world.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>No investments</p>
<p>Other</p>		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£17,031 carried forward to next year though we have ongoing monthly commitments towards a retreat ending December 2023.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our policy of maintaining a £500 reserve had not been breached.
Amount of reserves held	Para 1.22	Even without any further income, we can cover our commitment to provide £3500 towards the continuing long retreat expenses.
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	To date, we believe funds have come entirely from members of the AHS.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The small size of our sangha (Buddhist group) limits our capacity to fundraise and therefore provide grants.
Other		n/a

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are all members of the Awakened Heart Sangha. The Charity is young, and we are taking steps to stagger the appointment of future and replacement trustees in years to come.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Some trustees have attended online Charity Commission's courses.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Sustain liaises with the Shrimala Trust that underwrites the running of the AHS – but which does not offer grants to individuals.
Relationship with any related parties	Para 1.51	none
Other		

### Reference and Administrative details

Charity name	Sustain Dharma Support Trust
Other name the charity uses	Sustain
Registered charity number	118682
Charity's principal address	24 Riverside, Cambridge CB5 8HL

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Five Cram	Chair	throughout	n/a
2	Judi Herriot	Treasurer	throughout	n/a
3	Catherine Bull	Secretary	throughout	n/a
4	Vicki Hope Robinson		throughout	n/a
1				
2				
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20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		
n/a		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
n/a		



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

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

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

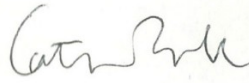
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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Catherine Bull

Position (eg Secretary,  
Chair, etc)

Secretary

Date

30/4/23



**Sustain Dharma Support Trust**

**Annual Accounts as at 30/4/23**

**Carried Forward from 30/4/22** **17,667.57**

**Income 1/5/22 - 30/4/23**

Subscription Payments	<b>4,675.65</b>
Donations	<b>1,914.68</b>
Bank Interest	<b>22.02</b>
Amazon Smile	<b>20.24</b>

**Expenditure 1/5/22 - 30/4/23**

Bank Charges & Repay Misplaced Credit	<b>-139.00</b>
Grants	<b>-7,130.00</b>

**Carried Forward to 1/5/23** **17,031.16**

**Ongoing grant**                      Dashu/Dashon still to receive until 22/11/23 **-3,500.00**

**SUSTAIN DHARMA SUPPORT TRUST**

England & Wales - Charity number 1186827

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# Accounts

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## Trustees' Annual Report for the period

From 1 May 2021 To 30 April 2022

Charity name: Sustain Dharma Support Trust

Charity registration number: 1186827

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are to advance Buddhism for the public benefit by the provision of grant funding for: <ul style="list-style-type: none"><li>· the training and development of dedicated practitioners of the Awakened Heart Sangha to support the teaching and practice of the faith to other Buddhist practitioners, those new to Buddhism and the wider public;</li><li>· provision of stipends and living allowances for dedicated practitioners of Buddhism who have become elderly or infirm.</li></ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>Generally advancing the Buddhist faith</b> Under the auspices of the Awakened Heart Sangha, teaching opportunities are offered in various venues in England, Wales and Germany and online. Sustain Dharma Support Trust will advance the religion by making modest financial grants to 'key committed' members of the Awakened Heart Sangha who are key to this work. To advance their capacity to educate or otherwise benefit other members of the Awakened Heart Sangha, Buddhists more generally and the wider public, such individuals themselves need to be able to conduct retreat, to complete certain rituals, give or attend teachings. Grants from Sustain aim to prevent any such committed practitioners from having to forgo opportunities to teach, practice, or attend teachings or retreat because of financial hardship.

		<p><b>Support for dedicated practitioners who have become elderly or infirm.</b></p> <p>In instances where key committed members who have longstanding and dedicated backgrounds in Buddhist practice and teaching and who have encountered financial or medical difficulties, the CIO may contribute to such individuals' healthcare and social care.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>A proforma is offered to applicants for grants.</p> <p>Quorate meetings of trustees decide on offers of grants.</p>
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Volunteers from within the Awakened Heart Sangha contribute to efforts to raise awareness of Sustain through communications to members and supporters.
Other		

### **Achievements and Performance**

	SORP reference	
		By the end of July 2021, we had charitable status as a CIO, a bank account with the Charities Aid Foundation and a charity account with PayPal. To publicise the Charity's existence to fellow members of the Awakened Heart Sangha and supporters, we set up a website and formally launched at the online AHS

		<p>“Gana Gathering”. Funds started coming in.</p> <p>During the current year we received two applications for grants, both of which the trustees wanted to fund. One - for equipment - was met within existing funds. The second was to help towards funding a two-year retreat for a senior member of the sangha; this required a fund-raising drive to reach the target requested and was successful.</p>
<p>Summary of the main achievements of the charity, identifying the difference the charity’s work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>This has been the first full year in which the charity has been able to serve its main purpose.</p> <p>One grant provided a computer for a member of the sangha community who had no recourse to personal funds and whose elderly, donated computer had failed. The new laptop is now used daily to reach the sangha and wider community with news and teachings.</p> <p>A second application related to planning a two-year solitary retreat for a senior member of the sangha group. Long retreats are an important part of the training of teachers in our tradition. The community in general is keen to contribute to the inevitable costs of such retreats, which are undertaken for the benefit of all beings.</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We now feel established and that Sustain has achieved an auspicious beginning to what we hope will be a long tradition of supporting the practice and teaching of Buddhist Dharma in the world.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>No overall fundraising target was set as we are a new charity, uncertain of the extent of our capacity to raise funds.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>No investments</p>
<p>Other</p>		

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## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Since our inception in June 2020, we have had donations totalling approx £20,500 The current balance at end of April 2022 is approx. £17,600. To date, we have paid approx. £3,700 in grants, with a further £9,500 committed to the end of November 2023
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to keep at least £500 in reserve
Amount of reserves held	Para 1.22	Current balance £17,600 (of which £9500 is committed)
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	To date, we believe funds have come entirely from members of the AHS.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The small size of our sangha (Buddhist group) limits our capacity to fundraise and therefore provide grants.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are all members of the Awakened Heart Sangha. The Charity is young, and we are taking steps to stagger the appointment of future and replacement trustees in years to come.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Some trustees have attended online Charity Commission's courses.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Sustain liaises with the Shrimala Trust that underwrites the running of the AHS - but which does not offer grants to individuals.
Relationship with any related parties	Para 1.51	none
Other		

### Reference and Administrative details

Charity name	Sustain Dharma Support Trust
Other name the charity uses	Sustain
Registered charity number	1186827

Charity's principal address	24 Riverside, Cambridge CB5 8HL

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Five Cram	Chair	throughout	n/a
2	Judi Herriot	Treasurer	throughout	n/a
3	Catherine Bull	Secretary	throughout	n/a
4	Vicki Hope Robinson		throughout	n/a
5	Jacki McGarry		throughout	n/a
6				

Corporate trustees - names of the directors at the date the report was approved

<b>Director name</b>		
n/a		

Name of trustees holding title to property belonging to the charity

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
n/a		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

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

n/a
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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

n/a
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### Other optional information

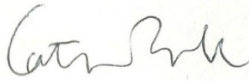
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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
---	--

Full name(s)

Catherine Bull	
----------------	--

Position (eg  
Secretary, Chair, etc)

Secretary	
-----------	--

Date

16/05/2022
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>Sustain Dharma Support Trust</b>	No (if any)
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## Receipts and payments accounts

For the period from	Period start date 1-May-21	To	Period end date 30-Apr-22
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
	17,834	-	-	17,834
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	17,834	-	-	17,834
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	17,834	-	-	17,834
<b>A3 Payments</b>				
	3,814	-	-	3,814
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	3,814	-	-	3,814
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	3,814	-	-	3,814
<b>Net of receipts/(payments)</b>	14,020	-	-	14,020
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	3,648	-	-	3,648
<b>Cash funds this year end</b>	17,668	-	-	17,668


# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		-	-
		-	-
		-	-
	<b>Total cash funds</b>	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
			-
			-
			-
			-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
			-
			-
			-
			-
			-
			-
			-
			-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>
	Grants	Unrestricted	9,500
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name



Judith Elizabeth Herriot



**CC16a**



**Last year**

**to the nearest £**

-
-
-
-
-
-
-
-
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**Endowment funds**

to nearest £

-
-
-
-

OK

**Endowment funds**

to nearest £

-
-
-
-
-
-

**Current value (optional)**

-
-
-
-
-

**Current value (optional)**

-
-
-
-
-
-
-
-
-

**When due (optional)**

11/2023

**Date of approval**

5/11/2022
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**SUSTAIN DHARMA SUPPORT TRUST**

England & Wales - Charity number 1186827

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# Accounts

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## Trustees' Annual Report for the period

**From** 9 December 2019 **To** 30 April 2021

**Charity name:** Sustain Dharma Support Trust

**Charity registration number:** 1186827

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The objects of the CIO are to advance Buddhism for the public benefit by the provision of grant funding for:</p> <ul style="list-style-type: none"> <li>· the training and development of dedicated practitioners of the Awakened Heart Sangha to support the teaching and practice of the faith to other Buddhist practitioners, those new to Buddhism and the wider public;</li> <li>· provision of stipends and living allowances for dedicated practitioners of Buddhism who have become elderly or infirm.</li> </ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>Generally advancing the Buddhist faith</b></p> <p>Under the auspices of the Awakened Heart Sangha, teaching opportunities are offered in various venues in England, Wales and Germany and online. Sustain Dharma Support Trust will advance the religion by making modest financial grants to 'key committed' members of the Awakened Heart Sangha who are key to this work.</p> <p>To advance their capacity to educate or otherwise benefit other members of the Awakened Heart Sangha, Buddhists more generally and the wider public, such individuals themselves need to be able to conduct retreat, to complete certain rituals, give or attend teachings.</p> <p>Grants from Sustain aim to prevent any such committed practitioners from having to forgo opportunities to teach, practice, or attend teachings or retreat because of financial hardship.</p> <p><b>Support for dedicated practitioners who have become elderly or infirm.</b></p> <p>In instances where key committed members who have longstanding and dedicated backgrounds in Buddhist practice and teaching</p>

		and who have encountered financial or medical difficulties, the CIO may contribute to such individuals' healthcare and social care.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	A proforma is offered to applicants for grants.  Quorate meetings of trustees decide on offers of grants.
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Volunteers from within the Awakened Heart Sangha contribute to efforts to raise awareness of Sustain through communications to members and supporters.
Other		

### Achievements and Performance

	SORP reference	
		<p>We were given charitable status as a CIO in December 2019 and started with no funds. We first established a bank account with the Charities Aid Foundation and a charity account with PayPal to facilitate incoming donations. Trustees deposited the required initial funds. These were in place by end July 2020.</p> <p>The trustees' next task was to plan the publicising of the Charity's existence to fellow members of the Awakened Heart Sangha. We set up a website and formally launched at the online AHS "Gana Gathering", to make our function clear to the key committed members of the Sangha. Donations and standing orders have since been received from sangha members.</p>

		By the end of the financial year, we had money in the bank but had not yet received a formal application for a grant.
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In this difficult year when meetings in person have been constrained, it has taken some time to make our modest and widely geographically distributed Buddhist community aware of the aims of Sustain and to establish some financial footing from which we could aspire to offer grants. Though (as of end April 2021) we have not yet had any formal applications, we have received some preliminary enquiries and anticipate receiving requests and being able to make some grants in the coming months.

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We now feel established and that Sustain has achieved an auspicious beginning to what we hope will be a long tradition of supporting the practice and teaching of Buddhist Dharma in the world.
Performance of fundraising activities against objectives set	Para 1.41	No formal fundraising target was set as we are a new charity, uncertain of the extent of our capacity to raise funds.
Investment performance against objectives	Para 1.41	No investments
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£3648
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to keep modest reserves so as to have some capacity to meet requests arising.
Amount of reserves held	Para 1.22	£3648
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	To date, funds have come entirely from members of the AHS.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The small size of our sangha (Buddhist group) limits our capacity to fundraise and therefore provide grants.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are all members of the Awakened Heart Sangha. The Charity is young, and we are taking steps to stagger the appointment of future and replacement trustees in years to come.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Some trustees have attended online Charity Commission's courses.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Sustain liaises with the Shrimala Trust that underwrites the running of the AHS – but which does not offer grants to individuals.
Relationship with any related parties	Para 1.51	none
Other		

### Reference and Administrative details

Charity name	Sustain Dharma Support Trust
Other name the charity uses	Sustain
Registered charity number	1186827
Charity's principal address	24 Riverside, Cambridge CB5 8HL



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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n/a		

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

n/a
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

n/a
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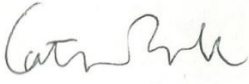
## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Catherine Bull	
<b>Position (eg Secretary, Chair, etc)</b>	Secretary	
<b>Date</b>	9 Jan 2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Sustain Dharma Support Trust

No (if any)

## Receipts and payments accounts

CC16a

For the period from 09-Dec-19 To 30-Apr-21

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	3,710	-	-	3,710	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,710</b>	<b>-</b>	<b>-</b>	<b>3,710</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,710</b>	<b>-</b>	<b>-</b>	<b>3,710</b>	<b>-</b>
<b>A3 Payments</b>					
	62	-	-	62	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>62</b>	<b>-</b>	<b>-</b>	<b>62</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>62</b>	<b>-</b>	<b>-</b>	<b>62</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>3,648</b>	<b>-</b>	<b>-</b>	<b>3,648</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>3,648</b>	<b>-</b>	<b>-</b>	<b>3,648</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Judith Elizabeth Herriot	05/01/2022