



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## 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> <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. 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 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
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		<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>
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	<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:

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 overall 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		

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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

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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

Director name		
n/a		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
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

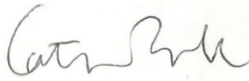
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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Catherine Bull	
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Position (eg  
Secretary, Chair, etc)

Secretary	
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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
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	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>	Details	to nearest £	to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)
	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 £

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OK

**Endowment  
funds**

to nearest £

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**Current value  
(optional)**

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**Current value  
(optional)**

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-
-

**When due  
(optional)**

11/2023

Date of  
approval

5/11/2022

