



CHARITY COMMISSION
FOR ENGLAND AND WALES

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">· 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.
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>Generally advancing the Buddhist faith</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>Support for dedicated practitioners who have become elderly or infirm.</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	
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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>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:

Achievements against objectives set	Para 1.41	<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>
Performance of fundraising activities against objectives set	Para 1.41	<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>
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	£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

	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
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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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

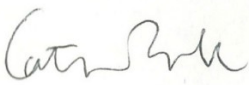
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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Catherine Bull	
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Position (eg Secretary,
Chair, etc)

Secretary	
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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	4,675.65
Donations	1,914.68
Bank Interest	22.02
Amazon Smile	20.24

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

Bank Charges & Repay Misplaced Credit	-139.00
Grants	-7,130.00

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

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