

MEDITATION IN ACTION

England & Wales · Charity number 1193150

Details

Status Registered

Legal form CIO

Registered 2021-01-19

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

Contact

Address Coach House
Church Street
Presteigne
Powys
LD8 2BS

Phone 01544598509

Email CARE@MEDITATIONINACTION.ORG

Website [HTTPS://MEDITATIONINACTION.ORG/](https://meditationinaction.org/)

Activities

Objects: TO ADVANCE THE BUDDHIST RELIGION FOR THE BENEFIT OF THE PUBLIC, IN PARTICULAR BUT NOT EXCLUSIVELY BY PARTICIPATING IN HUMANITARIAN AND ECOLOGICAL PROJECTS AND BY HOLDING EVENTS THAT PROMOTE BUDDHIST ETHICS AND MEDITATION PRACTICE SO THAT PARTICIPANTS (INCLUDING VOLUNTEERS) CAN LEARN GREATER AWARENESS, RESILIENCE AND CARE.

Activities: Meditation in Action supports and encourages the practice of meditation while supporting the goals of humanitarian and ecological projects. We do this by organising and facilitating a varied programme of residential and non-residential retreats, day-long events, and meetings in Europe. Our events are led by experienced teachers and facilitators. People of all backgrounds and traditions are welcome

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** Religious Activities, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Albania
- Andorra
- Armenia
- Austria
- Azerbaijan
- Belarus
- Belgium
- Bosnia And Herzegovina
- Bulgaria
- Croatia
- Cyprus
- Czech Republic
- Denmark
- Estonia
- Finland
- France
- Georgia
- Germany
- Greece
- Hungary
- Iceland
- Ireland
- Isle Of Man
- Italy
- Kazakhstan
- Kosovo
- Latvia
- Liechtenstein
- Lithuania
- Luxembourg
- Macedonia
- Malta
- Moldova
- Monaco

- Montenegro
- Netherlands
- Netherlands Antilles
- Northern Ireland
- Norway
- Poland
- Portugal
- Romania
- Russia
- San Marino
- Scotland
- Serbia
- Slovakia
- Slovenia
- Spain
- Sweden
- Switzerland
- Turkey
- Ukraine
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£9,101	£7,166	-	-
2023-12-31	£17,390	£16,112	-	-
2022-12-31	£9,720	£7,508	-	-
2021-12-31	£0	£0	-	-

Trustees

Name	Role	Appointed
Linda Beverley Vincent	Chair	2021-01-19
David Charles Ashby		2021-01-19
Julia Clare Wallond		2021-01-19
Katherine Grace Loveday		2021-01-19
Nathan Robert Glyde		2021-01-19
Trevor Alan Fielding		2021-01-19

MEDITATION IN ACTION

England & Wales - Charity number 1193150

Accounts

Trustees' Annual Report

For the period from 01/01/2024 To 31/12/2024

Section A Reference and Administration Details

Charity name	Meditation in Action
Other names charity is known by	N/A
Registered charity number (if any)	1193150
Charity's principal address	Coach House Church Street PRESTEIGNE, Powys Postcode LD8 2BS

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 Linda Vincent	Chair		
2 Grace Loveday	Secretary		
3 Trevor Fielding	Treasurer		
4 Nathan Glyde	Chief Technical Officer		
5 Julia Wallond			
6 David Ashby			
7			
8			
9			
10			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

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)

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by current trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;

The Trustees have agreed that as part of the induction process for new trustees, before anyone considers appointment as a trustee, they should familiarise themselves with the responsibilities of charity trustees, read the Charity Commission booklet on this subject and carefully read the Charity's memorandum and articles of association and its latest financial statements.

The charity's structure currently consists of the Trustees listed above, with no trustee receiving any remuneration directly or indirectly from the Charity.

Our charity's events are listed on the website of SanghaSeva, a non-profit association that does similar work outside of our charities domain (Europe).

- trustees' consideration of major risks and the system and procedures to manage them.

The Trustees have reviewed the major risks to which the Charity is exposed. Where practical and appropriate, steps have been put in place to manage, mitigate or minimise these risks.

Section C Objectives and Activities

Summary of the objects of the charity set out in its governing document

To advance the Buddhist religion for the benefit of the public, in particular but not exclusively by participating in humanitarian and ecological projects and by holding events that promote Buddhist ethics and meditation practice so that participants (including volunteers) can learn greater awareness, resilience and care.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We run meditation retreats at humanitarian and environmental projects for the benefit of the public.

In early 2024, we held a retreat on Dartmoor, where participants volunteered with Moor Trees to support their ecological work. To make the event more accessible, we offered a bursary fund for those on low incomes. The retreat focused on Buddhist meditation practices, using mindfulness to cultivate stillness, reduce stress and foster deeper connections. Participants engaged in both silent meditation and mindful activities in the gardens and grounds.

Later in the year, in Calais, we organised a four-day Buddhist meditation retreat in partnership with the charities Care 4 Calais and Refugee Community Kitchen that support migrants and people seeking asylum. Alongside learning mindfulness and other practices, participants volunteered in the Care 4 Calais warehouse and Refugee Community Kitchen kitchen wherever their help was most needed. To ensure accessibility, we used a sliding scale for retreat costs, enabling some participants to attend for less than the hosting cost whilst others contributed at a supportive rate.

We also ran two very affordable day events at Tower Hamlets Cemetery Park. These days combined meditation with positive action in an inner-city wilderness park, offering participants a chance to practise presence whilst engaging with the natural environment.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and Performance

Summary of the main achievements of the charity during the year

In 2024 we hosted four socially and environmentally engaged Buddhist meditation retreats. Each was well attended, warmly received by participants, and appreciated by the partner organisations with whom we collaborated. Thanks to flexible fees and bursaries, we were able to welcome people from a wide range of financial backgrounds.

Financially, the events have been sustainable: most covered their own costs, and where one or two fell short, the overall accounts balanced across the year. This leaves us in a strong position to continue our work in 2025, with the possibility of expanding what we can offer.

Section E Financial Review

Brief statement of the charity's policy on reserves

The Charity does not deem it necessary to hold specific reserves for the following reasons:
 - low risk of unforeseen emergencies e.g no fixed assets held that might need repairing
 - low risk of unforeseen day-to-day operation costs i.e no employed staff
 - low risk of a source of income not being renewed i.e most retreats and events we run independently cover their own costs

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

Account opening on 1 January 2024 was £4,780, with a closing balance on 31 December 2024 of £6,715, giving a difference of £1,935. This outcome compares favourably with our forecast, although not all outgoing payments for the 2025 Earth Care Retreat have yet been taken into account, while most event registration fees have already been received.

- the charity's principal sources of funds (including any fundraising);

Income for the year covered four events held in 2024 as well as the first event of 2025 (Earth Care).

- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Sources of funding in 2024 included event registrations £8,270, donations £728 and mistaken payments £100 which were subsequently refunded. An additional £3 was gained through bank interest. Total income for the year was £9,101.

The main expenses were accommodation £4,809, food £1,493, travel £254, reimbursement of erroneous payments £488, and exchange losses between Euro and GBP of £50. This gave total expenditure of £7,166.

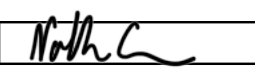
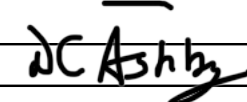
The difference between income and expenditure was £1,935.

Section F Other Optional Information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Nathan Glyde	David Ashby
Position (e.g Secretary, Chair etc)	CTO	Trustee
Date	2024/09/26	2024/09/26

Receipts and payments accounts

CC16a

For the period from	01/01/2024	To	31/12/2024
---------------------	------------	----	------------

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 £
A1 Receipts					
Event Registrations	8,270	-	-	8,270	11,233
Donations Received	728	-	-	728	388
Mistaken Payments (Received)	100	-	-	100	5,763
Bank Income	3	-	-	3	7
FX Impact	-	-	-	-	-
Misc	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,101	-	-	9,101	17,390
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,101	-	-	9,101	17,390
A3 Payments					
Events - Accommodation	4,809	-	-	4,809	7,769
Events - Food & Drink	1,493	-	-	1,493	1,891
Events - Travel	254	-	-	254	502
Bank Charges	71	-	-	71	74
Donation to Charities	-	-	-	-	96
Mistaken Payments (Refund)	488	-	-	488	5,512
Retreat Refund	-	-	-	-	268
FX Impact	50	-	-	50	-
Misc	-	-	-	-	-
	-	-	-	-	-
Sub total	7,166	-	-	7,166	16,112
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,166	-	-	7,166	16,112
Net of receipts/(payments)	1,935	-	-	1,935	1,278
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,780	-	-	4,780	3,501
Cash funds this year end	6,715	-	-	6,715	4,780

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 £
B1 Cash funds	Cash funds at 01/01/2024 (Unity Trust Bank)	4,230	-	-
	Cash funds at 01/01/2024 (Wise)	550	-	-
	Net cash receipts in 2024 (both accounts)	1,935	-	-
	Total cash funds	6,715	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

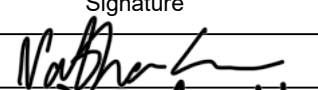
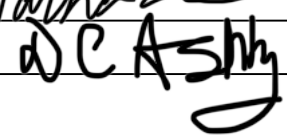
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Nathan Glyde	28/09/2025
	David Ashby	28/09/2025

MEDITATION IN ACTION

England & Wales - Charity number 1193150



Accounts

Meditation in Action		1193150	CC16a
Receipts and payments accounts			
For the period from	1/1/2023	To 12/31/2023	

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 £
A1 Receipts					
Event Registrations	11,233	-	-	11,233	9,712
Donations to Charity	388	-	-	388	-
Bank Cashback/FX Gains	7	-	-	7	8
Mistaken Payments (Received)	5,763	-	-	5,763	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,390	-	-	17,390	9,720
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,390	-	-	17,390	9,720
A3 Payments					
Events - Accommodation	7,769	-	-	7,769	4,961
Events - Food & Drink	1,891	-	-	1,891	249
Events - Travel	502	-	-	502	1,370
Events - Registration Refunds	268	-	-	268	170
Events - Donation to other Charities involved in Events	96	-	-	96	686
Bank Charges	74	-	-	74	72
Mistaken Payments (Refund)	5,512	-	-	5,512	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	16,112	-	-	16,112	7,508
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,112	-	-	16,112	7,508
Net of receipts/(payments)	1,278	-	-	1,278	2,212
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,502	-	-	3,502	-
Cash funds this year end	4,780	-	-	4,780	2,212

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 £
B1 Cash funds	Cash funds at 01/01/2023 (Unity Trust Bank)	3,029	-	-
	Cash funds at 01/01/2023 (Wise)	473	-	-
	Net cash receipts in 2023 (both accounts)	1,278	-	-
	Total cash funds	4,780	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Nathan Glyde	2024.10.01
			David Ashby	2024.10.01

Trustees' Annual Report

For the period from 01/01/2023 To 31/12/2023

Section A Reference and Administration Details

Charity name	Meditation in Action
Other names charity is known by	N/A
Registered charity number (if any)	1193150
Charity's principal address	Coach House Church Street PRESTEIGNE, Powys Postcode LD8 2BS

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 Linda Vincent	Chair		
2 Grace Loveday	Secretary		
3 Trevor Fielding	Treasurer		
4 Nathan Glyde	Chief Technical Officer		
5 Julia Wallond			
6 David Ashby			
7			
8			
9			
10			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

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)

--

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by current trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

policies and procedures adopted for the induction and training of trustees;

The Trustees have agreed that as part of the induction process for new trustees, before anyone considers appointment as a trustee, they should familiarise themselves with the responsibilities of charity trustees, read the Charity Commission booklet on this subject and carefully read the Charity's memorandum and articles of association and its latest financial statements.

the charity's organisational structure and any wider network with which the charity works;

The charity's structure currently consists of the Trustees listed above, with no trustee receiving any remuneration directly or indirectly from the Charity.

relationship with any related parties;

Our charity's events are listed on the website of SanghaSeva, a non-profit association that does similar work outside of our charities domain (Europe).

The Trustees have reviewed the major risks to which the Charity is exposed. Where practical and appropriate, steps have been put in place to manage, mitigate or minimise these risks.

Our charity's events are listed on the website of SanghaSeva, a non-profit association that does similar work outside of our charities domain (Europe).

trustees' consideration of major risks and the system and procedures to manage them.

The Trustees have reviewed the major risks to which the Charity is exposed. Where practical and appropriate, steps have been put in place to manage, mitigate or minimise these risks.

Section C Objectives and Activities

Summary of the objects of the charity set out in its governing document

To advance the Buddhist religion for the benefit of the public, in particular but not exclusively by participating in humanitarian and ecological projects and by holding events that promote Buddhist ethics and meditation practice so that participants (including volunteers) can learn greater awareness, resilience and care.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We run meditation retreats at humanitarian and environmental projects for the benefit of the public.

For example, in 2023 we ran a four-day Buddhist meditation retreat in Calais to support the charity Care 4 Calais, which provides support to migrants and refugee claimants. During this time, as well as learning meditation through mindfulness and other techniques in all activities, participants in our group volunteered in the warehouses of Care 4 Calais in whatever way was most helpful. We made the cost of the retreat as accessible as possible by using a sliding scale, so that some participants could come for less than the cost of hosting them, while others could pay a supportive rate.

Earlier in the year we ran a retreat on Dartmoor where we volunteered with Moor Trees to support their ecological work. For this event, we made the retreat more accessible by offering a bursary fund for those on low incomes. The Buddhist meditations again used mindfulness as a practice skill for building stillness, becoming stress-free and deeper connection. We used these and other teachings for greater presence, both in silence and stillness, and in activities in the gardens and grounds.

Furthermore, we also offered two very affordable day events with Tower Hamlet Cemetery Park. We offered a day of meditation and positive action in this inner city wilderness park.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and Performance

Summary of the main achievements of the charity during the year

This year we have run four socially or environmentally engaged Buddhist meditation retreats. These have each garnered good attendance, and received positive feedback from participants and the organisations we have run the events at. Due to flexible fees and bursaries we have been able to welcome participants from a diversity of financial background.

Each event has, for the most part, covered its own expenses, and where any event was not able to fully cover itself, between them all the accounts have balanced. This places us in a good position for continuing, or even further expansion of, what we can offer in 2024.

Section E Financial Review

Brief statement of the charity's policy on reserves

The Charity does not deem it necessary to hold specific reserves for the following reasons;
 - low risk of unforeseen emergencies e.g no fixed assets held that might need repairing
 - low risk of unforeseen day-to-day operation costs i.e no employed staff
 - low risk of a source of income not being renewed i.e most retreats and events we run independently cover their own costs

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

Account opening 1 Jan 2023 = £3,502. Closing account 31 Dec 2023 = £4,780. Difference £1,278. This compares favourably with our estimated forecast, but not all outgoing payments for the 2024 Earth Care Retreat have been taken into account, while most of the event registration fees have been received.

The income covers 4 events in 2023 + the first event in 2024 (Earth Care).

the charity's principal sources of funds (including any fundraising);

Sources of funding for 2023 come from event registrations, donations and mistaken payments (which have been refunded): Except for about £7 gained due to exchange rate differences while there was activity in the EUR Wise account for the Calais retreat. Total income for the year: £17,390.

The main expenses were accommodation £7,769, food £1,891, travel £502 and reimbursement of erroneous payments £5,512. Total expenditure for the year: £16,112.

Difference between income and expenditure = £1,278.

Note a discrepancy between the closing balance for 2022 and the opening balance for 2023. The £3,502 noted above and in this year's accounts includes two overlooked event registrations for a 2023 event which arrived in our Euro bank account towards the end of the year in 2022, whereas the previously recorded and reported £3,028 did not.

forecast, but not all outgoing payments for the 2024 Earth Care Retreat have been taken into account, while most of the event registration fees have been received.

The income covers 4 events in 2023 + the first event in 2024 (Earth Care).

Sources of funding for 2023 come from event registrations, donations and mistaken payments (which have been refunded):
Except for about £7 gained due to exchange rate differences while there was activity in the EUR Wise account for the Calais retreat.
Total income for the year: £17,390.

□ how expenditure has supported the key objectives of the charity;	The main expenses were accommodation £7,769, food £1,891, travel £502 and reimbursement of erroneous payments £5,512. Total expenditure for the year: £16,112.
□ investment policy and objectives including any ethical investment policy adopted.	Difference between income and expenditure = £1,278. Note a discrepancy between the closing balance for 2022 and the opening balance for 2023. The £3,502 noted above and in this year's accounts includes two overlooked event registrations for a 2023 event which arrived in our Euro bank account towards the end of the year in 2022, whereas the previously recorded and reported £3,028 did not.

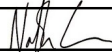

Section F Other Optional Information

As mentioned above please note a discrepancy between the closing balance for 2022 and the opening balance for 2023. The £3,502 noted above and in this year's accounts includes two overlooked event registrations amounting to £474. This arrived in our Euro bank account towards the end of the year in 2022. The previously recorded and reported £3,028 did not include this amount.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Nathan Glyde	David Ashby
Position (e.g Secretary, Chair etc)	CTO	Trustee
Date	2023/09/26	2023/09/26

MEDITATION IN ACTION

England & Wales - Charity number 1193150

Accounts

Trustees' Annual Report

For the period from 01/01/2022 To 31/12/2022

Section A Reference and Administration Details

Charity name	Meditation in Action
Other names charity is known by	N/A
Registered charity number (if any)	1193150
Charity's principal address	Coach House
	Church Street
	PRESTEIGNE, Powys
	Postcode LD8 2BS

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 Linda Vincent	Chair		
2 Grace Loveday	Secretary		
3 Trevor Fielding	Treasurer		
4 Nathan Glyde	Chief Technical Officer		
5 Juila Wallond			
6 David Ashby			
7			
8			
9			
10			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

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)

--

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by current trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;

The Trustees have agreed that as part of the induction process for new trustees, before anyone considers appointment as a trustee, they should familiarise themselves with the responsibilities of charity trustees, read the Charity Commission booklet on this subject and carefully read the Charity's memorandum and articles of association and its latest financial statements.

The charity's structure currently consists of the Trustees listed above, with no trustee receiving any remuneration directly or indirectly from the Charity.

Our charity's events are listed on the website of SanghaSeva, a non-profit association which performs similar work outside of our charities domain (Europe).

- trustees' consideration of major risks and the system and procedures to manage them.

The Trustees have reviewed the major risks to which the Charity is exposed. Where practical and appropriate, steps have been put in place to manage, mitigate or minimise those risks

Section C Objectives and Activities

Summary of the objects of the charity set out in its governing document

To advance the Buddhist religion for the benefit of the public, in particular but not exclusively by participating in humanitarian and ecological projects and by holding events that promote Buddhist ethics and meditation practice so that participants (including volunteers) can learn greater awareness, resilience and care.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We run meditation retreats at humanitarian and environmental projects for the benefit of the public..

For example, in 2022 we ran a 4 day Buddhist meditation retreat in Calais supporting the charity of Care 4 Calais, whom offer support to migrants and refugee applicants. During this time, as well as learning meditation in all activities through mindfulness and other techniques, participants from our group volunteered in the warehouses of Care 4 Calais in which ever way was most helpful. We made the cost of the retreat maximally accessible by using a sliding scale where some participants were able to come for less than the expense of hosting them, while others offered the support of paying a supportive rate.

Later in the year we ran a retreat at the Centre for Alternative Technology in Wales to support their ecological work. For this event we made the retreat more accessible by offering an assistance fund for anyone of a lower income. The Buddhist meditations, again, utilised mindfulness as a practice skill for building calm, becoming stress-free, and deeper connection. We used these and other teachings for greater presence both in silence and stillness, but also in activities in the gardens and grounds.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and Performance

Summary of the main achievements of the charity during the year

This year we have run two socially or environmentally engaged Buddhist meditation retreats. These have each garnered good attendance, and received positive feedback from participants and the organisations we have run the events at. Due to flexible fees and bursaries we have been able to welcome participants from a diversity of financial background.

Each event has, for the most part, covered its own expenses, and where any event was not able to fully cover itself, between them all the accounts have balanced. This places us in a good position for continuing, or even further expansion of, what we can offer in 2023.

Section E Financial Review

Brief statement of the charity's policy on reserves

The Charity does not deem it necessary to hold specific reserves for the following reasons;
 - low risk of unforeseen emergencies e.g no fixed assets held that might need repairing
 - low risk of unforeseen day-to-day operation costs i.e no employed staff
 - low risk of a source of income not being renewed i.e most retreats and events we run independently cover their own costs

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);

Opening Account 1st Jan 2022 = £816,54. Closing Account 31st Dec 2022 = £ 3028,67, difference GBP 2212.13. This compares favourably with our estimated forecast, however, not all outgoing payments for the Earth Care retreat of 2023, have been taken into account yet, whereas all the event registration fees have been received.

Our planned first event of the year was not run by Meditation in Action as the Unity Bank account was not ready in time. So income covers 3 events in 2022 + the first 2023 event (Earth Care).

The only source of funds for the year 2022 were event registrations:

- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Except approx. GBP 8 were gained due to exchange rate differences in May whilst there was EUR Wise account activity for the Calais retreat.
 Total income for the year: £ 9720

The main expenses were accommodation £ 4961 and travel costs £ 1370. Total expenditure for the year : £7508.


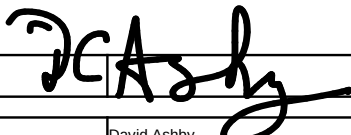
Difference Income to expenditure = GBP 2212.

Section F Other Optional Information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Nathan Glyde	David Ashby
Position (e.g Secretary, Chair etc)	CTO	Trustee
Date	2022/07/20	2022/07/20



CHARITY COMMISSION
FOR ENGLAND AND WALES

Meditation in Action

1193150

Receipts and payments accounts

CC16a

For the period from	1st January 2022	To	31st December 2022
---------------------	------------------	----	--------------------

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 £
A1 Receipts					
Event Registrations	9,712	-	-	9,712	-
FX gains	8	-	-	8	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	9,720	-	-	9,720	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,720	-	-	9,720	-
A3 Payments					
Accommodation costs	4,961	-	-	4,961	-
Travel costs	1,370	-	-	1,370	-
Food & Drink	249	-	-	249	-
Bank charges	72	-	-	72	-
Miscellaneous	856	-	-	856	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	7,508	-	-	7,508	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,508	-	-	7,508	-
Net of receipts/(payments)	2,212	-	-	2,212	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	817	-	-	817	-
Cash funds this year end	3,029	-	-	3,029	-

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 £
B1 Cash funds	Balance as of 1st January 2022	817	-	-
	Cash funds for this year end	2,204	-	-
	Gain due to exchange rate difference Wise Euro account May 2022	8	-	-
	Total cash funds	3,029	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

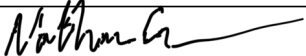
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Nathan Glyde	20/07/23

MEDITATION IN ACTION

England & Wales - Charity number 1193150

Accounts

1

#REF!	
-------	--

Trustees' Annual Report

For the period from		To	
---------------------	--	----	--

Section A Reference and Administration Details

Charity name	Meditation in Action
Other names charity is known by	N/A
Registered charity number (if any)	1193150
Charity's principal address	Coach House Church Street PRESTEIGNE, Powys Postcode LD8 2BS

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	Linda Vincent	Chair		
2	Grace Loveday	Secretary		
3	Trevor Fielding	Treasurer		
4	Nathan Glyde	Chief Technical Officer		
5	Juila Wallond			
6	David Ashby			
7				
8				
9				
10				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

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)

--

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by current trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Trustees have agreed that as part of the induction process for new trustees, before anyone considers appointment as a trustee, they should familiarise themselves with the responsibilities of charity trustees, read the Charity Commission booklet on this subject and carefully read the Charity's memorandum and articles of association and its latest financial statements.

The charity's structure currently consists of the Trustees listed above, with no trustee receiving any remuneration directly or indirectly from the Charity.

Our charity's events will be listed on the website of SanghaSeva, a non-profit association which performs similar work outside of our charities domain (Europe).

The Trustees have reviewed the major risks to which the Charity is exposed. Where practical and appropriate, steps have been put in place to manage, mitigate or minimise those risks

Section C Objectives and Activities

Summary of the objects of the charity set out in its governing document

To advance the Buddhist religion for the benefit of the public, in particular but not exclusively by participating in humanitarian and ecological projects and by holding events that promote Buddhist ethics and meditation practice so that participants (including volunteers) can learn greater awareness, resilience and care.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We will run meditation retreats at humanitarian and environmental projects for the benefit of the public starting in spring 2022.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and Performance

Summary of the main achievements of the charity during the year

We have registered our charity, opened our bank account, held our AGM, and planned our activities for 2022.

Section E Financial Review

Brief statement of the charity's policy on reserves

The Charity does not deem it necessary to hold specific reserves for the following reasons;
- low risk of unforeseen emergencies e.g no fixed assets held that might need repairing
- low risk of unforeseen day-to-day operation costs i.e no employed staff
- low risk of a source of income not being renewed i.e most retreats and events we run will independently cover their own costs

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


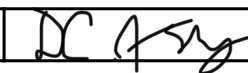
We have not yet begun operations.

Section F Other Optional Information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Nathan Glyde	David Ashby
Position (e.g Secretary, Chair etc)	CTO	Trustee
Date	2022/01/26	2022/01/26



Receipts and payments accounts

CC16a

For the period
from

01/01/21

To

31/12/21

Section A Receipts and payments

	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
	to the nearest	£	to the nearest	£	to the nearest	to the nearest	to the nearest
A1 Receipts	-	0	-	0	-	0	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
Sub total (Gross income for AR)	-		-		-	-	-
A2 Asset and investment sales, (see table).							
	-		-		-	-	-
	-		-		-	-	-
Sub total	-		-		-	-	-
Total receipts	-		-		-	-	-
A3 Payments							
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
	-		-		-	-	-
Sub total	-		-		-	-	-
A4 Asset and investment purchases, (see table)							
	-		-		-	-	-
	-		-		-	-	-
Sub total	-		-		-	-	-
Total payments	-		-		-	-	-
Net of receipts/(payments)	-		-		-	-	-
A5 Transfers between funds	-		-		-	-	-
A6 Cash funds last year end	-		-		-	-	-
Cash funds this year end	-		-		-	-	-

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

Signature



Print Name
Nathan Glyde

Date of approval
2022/01/25