

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

Constitution

(eg. trust deed, constitution)

How the charity is constituted

Charitable Incorporated Organisation

(eg. trust, association, company)

Trustee selection methods

Appointed by current trustees

(eg. appointed by, elected by)

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 which performs similar work outside of our charities domain (Europe).

<ul style="list-style-type: none"> trustees' consideration of major risks and the system and procedures to manage them. 	<p><i>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</i></p>
----------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Section C Objectives and Activities

<p>Summary of the objects of the charity set out in its governing document</p>	<p>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.</p>
<p>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)</p>	<p>We run meditation retreats at humanitarian and environmental projects for the benefit of the public..</p> <p>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.</p> <p>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.</p>

Additional details of objectives and activities (Optional information)

<p>You may choose to include further statements, where relevant, about:</p> <ul style="list-style-type: none"> policy on grantmaking; policy programme related investment; contribution made by volunteers. 	
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

Section D Achievements and Performance

<p>Summary of the main achievements of the charity during the year</p>	<p>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.</p> <p>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.</p>
-------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Section E Financial Review

<p>Brief statement of the charity's policy on reserves</p>	<p><i>The Charity does not deem it necessary to hold specific reserves for the following reasons;</i></p> <ul style="list-style-type: none"> <i>- low risk of unforeseen emergencies e.g no fixed assets held that might need repairing</i> <i>- low risk of unforeseen day-to-day operation costs i.e no employed staff</i> <i>- low risk of a source of income not being renewed i.e most retreats and events we run independently cover their own costs</i>
<p>Details of any funds materially in deficit</p>	<p>N/A</p>

Further financial review details (Optional information)

<p>You may choose to include additional information, where relevant about:</p> <ul style="list-style-type: none"> the charity's principal sources of funds (including any fundraising); 	<p>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.</p> <p>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).</p> <p>The only source of funds for the year 2022 were event registrations:</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

- 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.


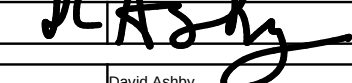
Difference Income to expenditure = GBP 2212.

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

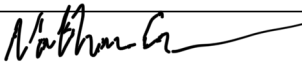
31st December 2022

Section A Receipts and payments

	Unrestricted funds	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					
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
		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	20/07/23