

Receipts and payments accounts

CC16a

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	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



	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	2024.10.01
	David Ashby	2024.10.01

Trustees' Annual Report	
For the period from	To
01/01/2023	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)

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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).

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.

Difference between income and expenditure = £1,278.

□ investment policy and objectives including any ethical investment policy adopted.

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

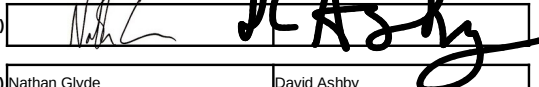
As mentioned above please note a discrepancy between the closing balance for 2022 and the opening balance for 2023. The £3,502 noted above and in this year's accounts includes two overlooked event registrations amounting to £474. This arrived in our Euro bank account towards the end of the year in 2022. 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