

## 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 (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 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).*

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

## Section C Objectives and Activities

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

### Additional details of objectives and activities (Optional information)

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

## Section D Achievements and Performance

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

## Section E Financial Review

<p><b>Brief statement of the charity's policy on reserves</b></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"> <li><i>- low risk of unforeseen emergencies e.g no fixed assets held that might need repairing</i></li> <li><i>- low risk of unforeseen day-to-day operation costs i.e no employed staff</i></li> <li><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></li> </ul>
<p><b>Details of any funds materially in deficit</b></p>	<p>N/A</p>

### Further financial review details (Optional information)

<p>You <b>may choose</b> to include additional information, where relevant about:</p> <ul style="list-style-type: none"> <li>the charity's principal sources of funds (including any fundraising);</li> </ul>	<p>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.</p> <p>Income for the year covered four events held in 2024 as well as the first event of 2025 (Earth Care).</p>
---	--

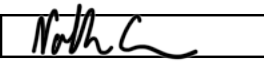
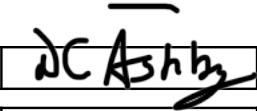
<ul style="list-style-type: none"> <li>how expenditure has supported the key objectives of the charity;</li> </ul>	<p>Sources of funding in 2024 included event registrations £8,270, donations £728 and mistaken payments £100 which were subsequently refunded. An additional £3 was gained through bank interest. Total income for the year was £9,101.</p>
<ul style="list-style-type: none"> <li>investment policy and objectives including any ethical investment policy adopted.</li> </ul>	<p>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.</p> <p>The difference between income and expenditure was £1,935.</p>

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 £
<b>A1 Receipts</b>					
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	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>9,101</b>	<b>-</b>	<b>-</b>	<b>9,101</b>	<b>17,390</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>9,101</b>	<b>-</b>	<b>-</b>	<b>9,101</b>	<b>17,390</b>
<b>A3 Payments</b>					
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	-	-	-	-	-
<b>Sub total</b>	<b>7,166</b>	<b>-</b>	<b>-</b>	<b>7,166</b>	<b>16,112</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>7,166</b>	<b>-</b>	<b>-</b>	<b>7,166</b>	<b>16,112</b>
<b>Net of receipts/(payments)</b>	<b>1,935</b>	<b>-</b>	<b>-</b>	<b>1,935</b>	<b>1,278</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>4,780</b>	<b>-</b>	<b>-</b>	<b>4,780</b>	<b>3,501</b>
<b>Cash funds this year end</b>	<b>6,715</b>	<b>-</b>	<b>-</b>	<b>6,715</b>	<b>4,780</b>

## 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 £
<b>B1 Cash funds</b>	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	-	-
	<b>Total cash funds</b>	<b>6,715</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

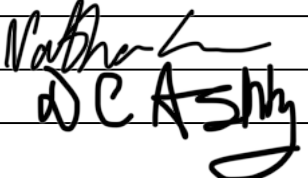
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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