

Samatha Meditation Trust, Ireland

Northern Ireland · Charity number 109155

Details

Status Received

Registered 2022-10-21

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

Contact

Address Apt 1 1A Fruithill Park
Belfast
Bt11 8gd
BT11 8GD

Phone 07769632911

Email nhamill@hotmail.co.uk

Activities

Purposes: The Samatha Meditation Trust, Ireland is established for the advancement of Samatha Buddhist Meditation practice within the Theravada tradition and the teachings of Theravada Buddhism, for the benefit of people in Northern Ireland, the Republic of Ireland and beyond. This purpose will benefit both the health and education of people by advancing their mental health, emotional contentment and well being, preventing and relieving mental ill health and human suffering.

What the charity does: The advancement of education, The advancement of health or the saving of lives

How the charity works: Education/training, Medical/health/sickness

Who the charity helps: Adult training, Mental health

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£5,893	£4,378	£0	0

Trustees

Name	Role	Appointed
Dr Noel Hamill		
Mr Dermot Murphy		
Mr Liam Murray		
Mr Neal Greig		
Mr Roger O'sullivan		
Ms Claire Burns		
Ms Eileen Murphy		

Samatha Meditation Trust, Ireland

Northern Ireland - Charity number 109155

Accounts

Samatha Meditation Trust Ireland: Charity Commission NI Reg - 109155

Annual Accounts 2024/2025

Statement of Receipts and Payments Year end 31 March 2025

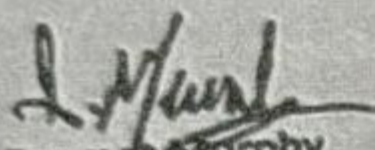
	Unrestricted funds	Restricted funds	Total 2025	Total 2024
Receipts				
Voluntary Receipts (money in)				
Donations	1188.32		1188.32	641.92
Gift Aid	0			
Grants	0			
Fundraising	0			
Bank Interest	0			
Charitable Activities				
Retreat Spring 2024	1820		1820	
Retreat Autum/Winter 2024	1560		1560	2590
Retreat Spring 2025	1325		1325	260
Total Receipts	5893.32			
Payments (money out)				
Retreat Spring 2024	1980		1980	
Retreat Autum/Winter 2024	1560		1560	2195
Rent	500		500	
Donations to Samatha UK	300		300	
Banking Fees	37.59		37.59	31.78
Total Payments	4377.59			
Net Receipts	1515.73			
Surplus (deficit) for year	1515.73			
Reconciliation				
Cash at bank and in hand 31 March 2025	4,403.80		4,403.80	2888.07

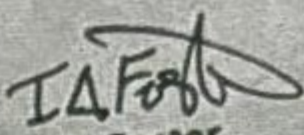
Surplus (deficit (this year)	1,515.73						
Cash at Bank and in hand 31 March 2024	2888.07						

Statement of assets and liabilities Year End 31 March 2025.

There were no other assets or liabilities.

Approved by the trustees on 25/1/26 and signed on their behalf by


Dermot Murphy
Chairperson


Iain Foster
Treasurer

Samatha Meditation Trust, Ireland

Northern Ireland - Charity number 109155

Accounts

Samatha Meditation Trust Ireland: Charity Commission NI Reg. 109155

**Annual Accounts 2023-24
Statement of Receipts & Payments Year End 31st March 2024**

	Unrestricted Funds £	Restricted Funds £	Total 2024	Total 2023
Receipts				
Voluntary Receipts				
Donations	641.92	-	641.92	-
Gift Aid	-	-	-	
Grants	-	-	-	
Fundraising	-	-	-	
Bank Interest	-	-	-	
Charitable Activities				
Winter Retreat	2,590	-	2,590	
Spring Retreat (1)	260			
Total Receipts	3,491.92			
Payments				
Winter Retreat	2,195		2,195	
Banking Fees	31.78		31,78	
Cost of Fundraising	-		-	
Total Payments	2,226.78			
Net Receipts	1,265.14			
Surplus/(Deficit) for the year	1,265.14			
Reconciliation 31.3.24				
Cash at bank & in hand 31.3.24	2,888.09		2,88.09	
Surplus/(Deficit) this year end	1,236.72			
Cash at bank & in hand 31.3.23	1,651.37			

Notes:

1.Spring Retreat held in April 2024. £260 income received in March 2024

Statement of assets and liabilities – Year Ended 31st March 2024

Cash in Bank & in hand 31st March 2024: £2,888.09

There were no other assets or liabilities

Approved by the trustees on 23rd January 2025 and signed on their behalf by

Dermot Murphy
Chairperson

Iain Foster
Treasurer

Samatha Meditation Trust, Ireland

Northern Ireland - Charity number 109155

Annual report

Samatha Meditation Trust Ireland: Charity No. 109155

Annual Board of Trustee's Report: 2023-24

Trustee board for 2023-24 was made up of the following Trustee's:

Mr Dermot Murphy

Mr Fergus Gordon

Dr Noel Hamill

Ms Claire Burns

Mr Neal Greig

Mr Iain Foster

Ms Eileen Murphy

The Board of Trustee's met four times during the year to oversee the activities of the charity.

Charitable purposes for 2023-24

The Samatha Meditation Trust, Ireland is established for the advancement of Samatha Buddhist Meditation practice within the Theravada tradition and the teachings of Theravada Buddhism, for the benefit of people in Northern Ireland, the Republic of Ireland and beyond. This purpose will benefit both the health and education of people by advancing their mental health, emotional contentment and well being, preventing and relieving mental ill health and human suffering.

Public benefits for 2023-24

Samatha means calm. Samatha meditation is a gentle and effective way of training the mind to develop inner strength and freedom from restlessness, leading on to clarity and understanding. The benefit flowing from the charity's purposes include improved health outcomes, reduced levels of stress and anxiety by acquiring skills in meditation practice

These benefits are achieved as a result of people acquiring skills in meditation practice. The meditation technique of Samatha is based on mindfulness of the breath. Meditation is a practical way of increasing self awareness and helps people to make the most of their daily lives. There is no potential harm flowing from the purpose of the trust. People in Northern Ireland, the Republic of Ireland and beyond There is no private benefit arising from the purpose of the trust.

Charitable Activities 2023-24

To deliver the purpose of the Samatha Meditation Trust, Ireland, the trust established local Samatha meditation groups in Belfast, Newry and Monaghan. An online group was also established. A residential meditation retreat was delivered. On going support and training was provided to Samatha Teachers based in Northern & Southern Ireland

Annual Accounts 2023-24

Statement of Receipts & Payments Year End 31st March 2024

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Receipts				
Voluntary Receipts				
Donations	641.92	-	641.92	-
Gift Aid	-	-	-	
Grants	-	-	-	
Fundraising	-	-	-	
Bank Interest	-	-	-	
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Statement of assets and liabilities – Year Ended 31st March 2024

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Approved by the trustees on 23rd January 2025 and signed on their behalf by

Dermot Murphy
Chairperson

Iain Foster
Treasurer

Samatha Meditation Trust, Ireland

Northern Ireland - Charity number 109155

Annual return

From: **Roger O'Sullivan** rogerosullivan@hotmail.com
Subject: Samatha Meditation Ireland Trust accounts- annual accounts 2023/2024
Date: 29 January 2025 22:39
To: iainfoster@icloud.com

Ref: Samatha Meditation Ireland Trust annual accounts 2023/2024 ref:
109155

Dear Iain,
I have reviewed the Samantha Meditation Ireland Trust annual accounts
for 2023/2024 and I consider all is in order and accounted clearly.
Please let me know if you need any further assistance.
Regards
Roger O'Sullivan