

Varapunya Buddhist Society (Varapunya Meditation Centre)

Scotland · Charity number SC043989

Details

Known as	Varapunya Meditation Centre
Status	Active
Legal form	Trust (founding document is a deed of trust) (other than educational endowment)
Registered	2013-05-02
Register	View on the OSCR register

Contact

Address	Easter Mains Cottage Mains of Kinmundy Kingswells Aberdeen AB15 8RB
Website	www.varapunyabuddhistsociety.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of religion'

What the charity does: The charity is a Buddhist centre dedicated to the promotion of Buddhist values and meditation practice for the benefit of individual and community wellbeing. It also functions as a Buddhist monastery, providing a residential base for Buddhist monastics who offer teachings and spiritual guidance. The charity delivers structured courses and programmes in collaboration with individuals, community organisations, and charities, supporting mindfulness, emotional resilience, and compassionate living.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The society does not intend in any way to assume the representation of all followers in Buddhism in the country, but it hopes that anyone sincerely interested in the Buddhadharma (Buddha's teachings) can join with the society to share their experience of the Dharma and help to promote the Buddha's original teachings in Scotland. The society has finalized its policy and objectives, which are described below: the charitable purpose of the society is the advancement of the Buddhist religion and in furtherance of this.

Geography

- **Main operating location:** Aberdeen
- **Geographical spread:** More than one local authority area in Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£95,392	£146,702	-	0
2024-03-31	£93,708	£30,150	-	0
2023-03-31	£71,851	£30,104	-	0
2022-03-31	£39,378	£24,933	-	0
2021-03-31	£46,213	£23,295	-	0

Varapunya Buddhist Society (Varapunya Meditation Centre)

Scotland - Charity number SC043989

Accounts



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	April	2024	To	31	March	2025

Reference and administration details

Charity name
 Other names charity is known by
 Registered charity number
 Charity's principal address

Varapunya Buddhist Society (Varapunya Meditation Centre)	
SC043989	
Easter Mains Cottage	
Mains of Kinmundy	
Kingswells	
Aberdeen	Postcode AB15 8RB

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

Trust Deed

Trustee recruitment and appointment

In accordance with trust deed

Objectives and activities

Charitable purposes

The advancement of the Buddhist religion and especially focused on the practice of mindfulness meditation within wider public/community.

Summary of the main activities in relation to these objects

1. Activities were both in person and online, within the centre and outside of the centre. Working in collaboration with NHS Grampian /ACHSCP, Interfaith Groups and other organisations/charities.
2. Weekly Teaching & Meditation Sessions: Online & In-person.
3. Monthly Meditation sessions: 1) Online sessions at national and international level and (2) in person: last Monday of the month in-person at Aberdeen Health Village, Mindfulness Courses at ARI & drug/alcohol recovery charity AIR plus one-off 8 weeks public course. Children's classes every fortnightly, and day retreat 4 times/year.
4. Five larger religious & fund-raising events.

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

All services are provided free and run entirely on 'generous donation' basis. Online sessions have benefited not only locals but national & international audience. Teaching and classes conducted in at least of three languages; English, Thai and Nepalese. Approximately over 300 people a month benefited through sessions that the centre offers in the various ways. We also organised two Online meditations with distinguish Buddhist scholars. There were classes and number of meditation retreats for children at the centre benefitting almost 15-20 per sessions.

Weekly meditation sessions on average benefit:

1. Friday - Sunday online Morning session; 5-10 people per / session
2. Wednesday morning online practice; 10-12 people / per session,
3. Wednesday evening in-person practice; 5-10 people / per session

Monthly meditation sessions and average benefit:

1. Mindfulness Mondays, typically 7/8 people per session
2. Distance Mindfulness Learning; average 10-15 people/session
3. Buddha Metta Satsang Meditation; average 5-10 people/session

In order to accommodate further demand, we run short courses on Buddhism in English and Thai language. We also extended our affiliation with local and international organisations, such as World Buddhist Dhammaduta Organisation, The Council of Thai Bhikkhus in the USA, Lay Ministers of Buddhist, World Peace Award Conference. Representatives of the centre attended and participated in those events.

The centre also extended modest but helpful donations to organisations that were able to support people in need. Substantial support to those in need in Thailand, Free Medical Clinic in Lumbini, Nepal.

Publication of books on 'Mindfulness Mondays', 'Practical Buddhism' and 'Online Interfaith Booklets' to support mental health & wellbeing and harmonious community through Interfaith Activity.

Significant improvement of Uposatha Meditation Hall construction project, which is expected to be completed by mid 2025.

Financial review

Brief statement of the charity's policy on reserves

All unrestricted funds held at bank constitute the reserves of the charity.

Details of any deficit

Donated facilities and services (if any)

3

APPENDIX 1

Other optional information

- The centre continued its previous supports to local communities via online and in person in various ways, such as offering mindfulness sessions, counselling and providing material support. Mindfulness sessions at the Aberdeen drug/alcohol recovery charity (AIR), actively involved in events with Aberdeen Interfaith Group & official refugee reception etc.
- Mindfulness Mondays' session in collaboration with NHS Grampian & ACH&SCP continued to support mental health & well-being of NHS staffs and general public.
- Groundbreaking Ceremony for the construction of Uposatha Meditation Hall at the centre was remarkable. About 80 People from across UK attended the ceremony. The project began around late summer and expected to complete by mid 2025.
- The 8th Interfaith Mindfulness event was organised in collaboration with Aberdeen Interfaith Group at the centre. Over 40 people from different faiths/belief and community groups joined to share their thoughts on 'Mindful Movement', which is also published as a e-booklet. There were a few physical activities from different members.
- To facilitate and support for the mindfulness meditation practice is being continued via zoom weekly to reinforce practices and provide support for people who need this to develop their meditation practice.
- The centre received national & international recognition and was invited to attend different events from different organisations, both religious and non-religious, Buddhist and non-Buddhists, such as (1) in the UK: Interfaith Scotland, Buddhapadipa temple London, World Buddhist Dhammaduta Organisation, Mangala Buddha Vihara, London Mindfulness Meditation Centre, Wat Mahathat UK, Wat Phra Singh UK, (2) Abroad: The council of Thai Bhikkhus in the USA, Wat Thai Norway, Lay Ministers of Buddhist Religion in the USA, World Buddhist Dhammaduta Organisation in Singapore.

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)		
Position (e.g. Chair)	Chair	
Date	2025-10-14	

SC043989



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	26,155	66,100			92,255	89,146
Legacies					-	
Grants					-	1,910
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	3,136				3,136	2,653
					-	
A1 Sub total	29,291	66,100	-	-	95,391	91,056
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	29,291	66,100	-	-	95,391	91,056
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	22,163	123,862			146,025	29,091
Grants and donations	577				577	825
Governance costs:					-	
Audit / independent examination	100				100	100
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	22,840	123,862	-	-	146,702	30,016
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	22,840	123,862	-	-	146,702	30,016
Net receipts / (payments)	6,451	(57,762)	-	-	(51,311)	61,039
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	6,451	(57,762)	-	-	(51,311)	61,039

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

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C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	
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C3b Trustee remuneration - details

Authority under which paid	£
Trust deed (Living expenses of Abbot)	2,400

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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C4b Trustee expenses - details

	Number of trustees	£
Car Repairs & Maintenance	1	2,314
Healthcare	1	189
Mobile Phone	1	129
Total		2,632

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Donations for meditation hall/Summer house		66,100			66,100	
General donations	26,155				26,155	89,146
					-	
					-	
Total	26,155	66,100	-	-	92,255	89,146
	-	-	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	1,910
			-	
			-	
			-	
Total			-	1,910
	-	-	-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Other activities - bank interest	3,136				3,136	2,653
					-	
					-	
					-	
					-	
					-	
Total	3,136	-	-	-	3,136	2,653
	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Charitable activities	22,163	123,862			146,025	29,091
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	22,163	123,862	-	-	146,025	29,091
	-	-	-	-	-	-

APPENDIX 3



Independent examiner's report on the accounts v2							
Report to the trustees/members of	Charity name Varapunya Buddhist Society (Varapunya Meditation Centre)						
Registered charity number	SC043989						
On the accounts of the charity for the period	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025
Set out on pages	1 - 10						(remember to include the page numbers of additional sheets)
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention</p> <ol style="list-style-type: none"> 1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> • to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and • to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations <p>have not been met, or</p> <ol style="list-style-type: none"> 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 						
Signed:							/12/2025
Name:							
Relevant professional qualification(s) or body (if any):							
Address:	ACVO						
	38 Castle Street						
	Aberdeen						
	AB11 5YU						

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose