

Hart Knowe Trust

**Annual Report and Accounts
for the Year Ended 31st October 2024**

Hart Knowe Trust

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Trustees' Annual Report

Trustees and Administration Details

Hart Knowe Trust was constituted as a Scottish Charitable Incorporated Organisation (no.SC044303) on 8 October 2013 and is governed by its constitution.

The charity is made up of its trustees who are the only members. They are able to appoint further trustees to serve until the following Annual General Meeting when all the trustees must retire from office but are eligible for re-election.

The current trustees, who also served during the year are:

The principal address of the charity is Hart Knowe, Eskdalemuir, Langholm, Dumfriesshire DH13 0QH.

The Objects of the Charity

The charity was set up by [REDACTED] to realise their vision to help others in such a way that they will, in turn, be able to benefit others.

The main object of Hart Knowe Trust is the advancement of education, providing opportunities for training and the development of human potential to improve the quality of individuals' own lives and enable them to help others. It is also established to relieve poverty and distress, and advance community development by assisting voluntary organisations, charities and other social enterprises to further their effectiveness.

Activities and Achievements

During the year Hart Knowe Trust continued to give grants and financial support to individuals and organisations to further educational opportunities, to relieve poverty and to assist charities develop their capacity. The charity also provided advice and mentoring to further mindfulness and other educational opportunities and continued with projects in Bodhgaya, India.

Awakening Potential

- Overview

Mindfulness transforms people's lives: enhancing their ability to face life's challenges and helping them to achieve more than they imagined. Hart Knowe Trust supports mindfulness training because we are aware of how it empowers people to take responsibility for their own lives, and it tends to awaken the aspiration to help others.

- Innovations in Mindfulness

Since 2022, when we launched the first "Innovations in Mindfulness Awards, the Hart Knowe Trust has been working with The Mindfulness Initiative (www.themindfulnessinitiative.org), a leading UK based organisation. Our shared purpose is to make the benefits of mindfulness accessible to all areas of society through encouraging and supporting innovation and creativity in the field of mindfulness.

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Trustees' Annual Report (continued)

In 2023 we developed a new website Innovations in Mindfulness to promote the Innovations in Mindfulness Awards, to provide resources and to establish a community of mindfulness innovators (www.innovationsinmindfulness.org).

In 2024 we sponsored the 2nd "Innovations in Mindfulness Awards with the aim of celebrating achievements and encouraging innovative approaches for helping individuals and communities who currently do not have access to high quality mindfulness training.

Innovations in Mindfulness finalists included:

- BAM! Boxing and Mindfulness for inner city youth groups from Mindful Peak Performance
- Mindfulness Based Training for BIPOC communities from the Urban Mindfulness Foundation
- Take Back Your Life (TBYL) from the Globe Community Project
- Radical Self-care (RadSec) from Rainbow Mind
- Look Again evidence-based mindful photography methodology
- Peer 2 Peer free mindfulness courses across the Scottish Borders.
- The Mindful Practice Programme for GPs and primary care staff
- Mindfulness for Refugees and Asylum seekers
- Mindful Well-being as we Age from CLME and University of the 3rd Age
- Stix Mindfulness handheld technology supporting neurodivergent children's emotional regulation

Sharing Your Treasure

As a result of our involvement with various mindfulness projects, Vin Harris, a Trustee and co-founder of the Hart Knowe Trust became increasingly aware of the potential benefits that can be achieved through helping meditation teachers connect with groups and individuals who may have thought that meditation was not for them.

On behalf of Hart Knowe Trust, Vin Harris has created a pioneering enterprise training programme for mindfulness teachers called "Sharing Your Treasure". This unique programme helps people explore sustainable ways to turn their heart-felt aspirations into effective action.

Sharing Your Treasure has been delivered for organisations including:

- Tergar – an international meditation community
- The Mindfulness Initiative – an organisation championing the inner dimension of social change.
- Tergar Institute – an educational college in Nepal bridging tradition and innovation.

We are currently in the process of developing the "Sharing Your Treasure Workbook", a resource for mindfulness teachers to serve as a practical guide, offering frameworks and insights to navigate the evolving landscape of mindfulness training.

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Trustees' Annual Report (continued)

Compassion in Action

- **Projects in India**

Hart Knowe Trust continues to give financial support for the distribution of humanitarian aid to people living in Bodhgaya, Bihar, one of the poorest regions of India. Although the Trustees have not been able to visit the projects this year, we have sent trusted representatives to India each winter to review the existing projects and to find out what more we can do to build on the foundations that have been established.

The local connections we have made over many years continue to pass on funds and monitor the projects. Food has been distributed by the "Soup Kitchen Project", initiatives to improve school hostel facilities in nearby villages have been increased. The Scholarship project has been successful in giving young people in the Bodhgaya area the opportunity to improve their education, enhancing the prospects for themselves and their families.

- **Other Locations**

Ongoing funding for food and fuel has been provided for a charity helping Syrian refugees and other vulnerable people in Turkey. We continue to provide much needed support for education in a remote Tibetan Nunnery in Nepal. In Scotland, regular donations support a food bank, and grants were made to individuals with the cost of medicines and other difficult circumstances.

Inspiring Films

- **Akong a Remarkable Life**

Hart Knowe Trust was involved in funding, producing and distributing the award-winning film "Akong-a Remarkable Life". The film tells the moving life story of the late Akong Rinpoche, an eminent Buddhist teacher and humanitarian who was a life-long friend, mentor and teacher to the founders of Hart Knowe Trust.

The film continues to fulfill the aim of inspiring people to make the most of their own lives and to engage in compassionate action to help others. Revenues from the film are donated to the Akong Memorial Foundation, operated by the charity, Rokpa Trust, to continue the humanitarian activities of the late Akong Rinpoche.

- **More Than One Life**

The Hart Knowe Trust is now operating in a similar role to create an educational film, which begins where the first film ends. The new film is called "More Than One Life: a journey into the heart and science of reincarnation." The topic of reincarnation is being explored through a series of in-depth interviews, supported by archive and original video footage.

This is seen as a long-term project and the team continues to film in depth interviews with experts representing a wide range of views on reincarnation.

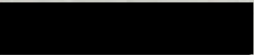
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Trustees' Annual Report (continued)

Website

Our website www.hartknowe.org has been redesigned to reflect our recent achievements. It continues to be a valuable way to communicate our values and aspirations as we collaborate with organisations and individuals in the pursuit of shared objectives and positive outcomes.

Donations in kind

The charity received office facilities donated by 

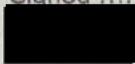
Reserves

The trustees have set the minimum level of reserves at £50,000. They consider that this will provide for any commitments the charity may have made and, in the event of winding up, be sufficient to cover costs and outstanding liabilities.

The amount carried forward at the end of this year will provide sufficient funds to complete the planned development of the above projects and will also enable the charity to support other future initiatives as they arise.

This report was approved by the Trustees on 13 July 2025 and is signed on their behalf by:

Signed



Hart Knowe Trust

Annual Report and Accounts for the Year Ended 31st October 2024

Independent Examiner's Report

I report on the accounts of the charity for the year ended 31st October 2024.

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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006.

The 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 Charities Accounts (Scotland) Regulations 2006. 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

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- 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 have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed
[Redacted Signature]

Date 14/7/2025

[Redacted]
N B Lancaster & Co.
6 Brunswick Street
Carlisle

Hart Knowe Trust
Receipts and Payments Account for the Year Ended
31st October 2024

	Restricted funds £	Unrestricted funds £	Total 2023/24 £	Total 2022/23 £
<u>Receipts</u>				
Donations	11,527	50,000	61,527	80,030
Fee income	-	5,309	5,309	2,090
Sales	-	134	134	169
Bank interest	-	3,198	3,198	2,211
Total receipts	11,527	58,641	70,168	84,500
<u>Payments</u>				
Payments for charitable activities:				
Grants and donations made	10,150	28,461	38,611	40,341
India project costs	133	-	133	3,726
Film production and distribution costs	-	38	38	2,777
Mindfulness projects	-	28,000	28,000	16,200
Website	-	-	-	24
Office	-	50	50	-
Bank charges	-	86	86	146
Total payments	10,283	56,635	66,918	63,214
Transfers between funds	-	-	-	-
Surplus/(deficit) for year	1,244	2,006	3,250	21,286
Cash funds brought forward	14,666	213,280	227,946	206,660
Cash funds carried forward	15,910	215,286	231,196	227,946

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Statement of Balances as at 31 October 2024

Bank and cash on hand

	2023/24	2022/23
	£	£
Opening balances	227,946	206,660
Surplus / (deficit) for year	3,250	21,286
Closing balances	231,196	227,946

Restricted funds

	Balance at 01/11/2023	Received	Paid	Balance at 31/10/2024
Projects in India	-	1,377	(133)	1,244
Projects in Nepal	14,666	-	-	14,666
Support for refugees	-	10,150	(10,150)	-
	14,666	11,527	(10,283)	15,910

Projects in India and Nepal

Donations received for the projects in Bodhgaya, India and for education in a Tibetan nunnery in Nepal.

Support for refugees

Donation received for support of Syrian refugees and other vulnerable people in Turkey, following the earthquake.

Assets and liabilities

At the year end, in addition to the cash held in the bank, the charity had Gift Aid claims due of £50,457 (2023: £37,822) and no liabilities.

Grants and donations made

Charitable activity:	Individual / organisation	Number of grants	2023/24 £	2022/23 £
Education	inds	3	3,750	1,750
Education	orgs	1	398	4,857
Relief of poverty	inds	2	-	565
Relief of poverty	orgs	5	29,143	30,349
Community Development	orgs	6	5,320	2,820
		Total	38,611	40,341

Education - in the year, grants were made to three individuals to contribute to school and training costs and to one organisation for an education-based project.

Relief of poverty - in the year, grants and donations were made to institutions and organisations for their work with the poor and those suffering adverse conditions.

Community development - in the year, donations were made to five registered charities, which were general in nature and given to increase the effectiveness of these organisations and to one organisation established to encourage participation in community life.

Hart Knowe Trust
Statement of Balances as at 31 October 2024

Trustee payments

The members of the board of trustees did not receive any remuneration or expenses in this or the previous year.

Approved by the trustees on 13 July 2025 and signed on their behalf:

Signed