

Tariki Trustees Annual Report 2025

Part 1: Reference and Administrative details

Tariki Trust, Pinkerton Cottage, 34 Temple, Midlothian EH23 4SQ

OSCR (Office of the Scottish Charity Regulator): SC053905

Charity Commission England and Wales: Registration 1149658

Tariki Trust trustees and Management

On 31 December 2025 Tariki trustees were Julia Samworth (chair), Elise Tate, Hussam Al-Nawab and Kathryn Sheridan.

Day to day management of Tariki Trust is delegated to Independent Practitioners Stephen McCabe, Caroline Brazier and Debbie Swain.

Bankers:

National Westminster Bank PLC

7 Hinckley Road

Leicester

LE3 0TQ

Independent Examiner:

Caroline Sanderson

11 Little Road

Edinburgh

EH16 6SH

Part 2: Structure, Governance and Management

Tariki Trust is a charitable trust in England and Wales no. 1149658 and is governed by a Deed of Trust which was signed in December 2011. It is a registered charity with the Scottish OSCR with the number SC053905.

Trustees

New trustees are appointed in accordance with the terms set out in the Tariki Trust Deed by invitation of the existing trustee group in consultation with the trust's officer(s). Trustees undergo an induction process and are supported by the existing trustees and officers in learning about the trust's activities and policies. In 2025 there were no changes to the board; all appointed trustees remain the same as in 2024.

Trustee Training

Specific training is offered to the trustee group as appropriate to bring a better understanding of issues affecting the trust. New trustees are given a welcome letter and are made aware of the structures and activities of the trust.

Decision Making

Policies and major decisions are made at trustee meetings which occur 3-4 times per year. Other decisions are made by Independent Practitioners who act on the trust's behalf. Any decision involving expenditure of more than £500 on a single item will be made in consultation with the trustees, and all significant decisions are normally discussed with one or more trustees. Officers currently submit a written report to each trustee meeting.

Identified Risks

The trustees of Tariki Trust identified the following risks:

- Loss of income from a reduced number of students.
- The trust being sued in the case of accident or professional misconduct.
- Injury or incapacity of Stephen McCabe who carries the main responsibility for the Tariki Ten Directions Ecotherapy Training Programme and other key practitioners.

Risk Reduction Strategies

For the above risks, Tariki Trust has set in place:

- Loss of students: the trustees agreed to continue to retain a financial buffer of at least £20,000 or six months' expenditure so that teaching obligations and other ongoing financial responsibilities can be met.

- Tariki Trust being sued: the trust has in place safeguarding policies and has professional and public liability insurance policies. It also has trustee liability cover.
- The Course Leader (an independent practitioner) being unable to fulfil his duties: Tariki Trust carries a financial buffer which would allow teaching staff to be paid to cover extra classes and the duties which Stephen McCabe currently undertakes. The trustees ensure that access to websites and online platforms is held by more than one person and that passwords are stored securely in more than one place.

Part 3: Objectives and Activities

Objectives of charity from governing document

The trustees shall hold the trust fund and its income upon trust to apply them for the advancement of the Buddhist religion (Dharma).

In furtherance of the objects, but not otherwise, the trustees may exercise any of the following powers:

- To further the integration of Buddhist and Western understanding and wisdom by wide ranging study, research and education.
- To further the development of Buddhist culture, Buddhist psychology, and Buddhist psychotherapy, appropriate to the contemporary world.
- To support Dharma practitioners and Dharma students.
- To sponsor the training of individuals in the spiritual, psychological and practical skills necessary to actualise the principles of compassion, wisdom and skilful means in the context of contemporary society.
- To actualise Dharma practice by providing resources to those engaged in the relief of physical, ecological or psychological suffering, including the establishment of social, psychological, pastoral and spiritual services.

Activities of the Charity

Ten Directions Ecotherapy Training Programme

Course Director: Stephen McCabe (Independent Practitioner)

Ten Directions Certificate in Ecotherapy: The ecotherapy programme continued to be offered throughout 2025 in our online training format, with some in-person options offered for those who can travel. As many of our students are overseas, the majority of people do the course fully online. This involves the completion of five online units plus 90 hours of attendance at online seminars and workshops offered over Zoom or in-person. Each of the core units was accompanied by a one-day workshop on Zoom conducted by core staff, and other seminars and workshops were conducted by a wider range of people, some of whom had trained on the course in previous years and some of whom had specific areas of expertise. There were 20 people enrolled on the Ten Directions course during the 2024-25 group, and 15 in the 2025-26 group.

The seminars and workshops also attracted a following of people who did not enrol for the full programme, meaning that most individual seminars continued to attract between 6-12 people. A few workshops were cancelled due to poor booking numbers, a situation which we are responding to in the coming year by changing the format of our course.

This year, we offered a discounted bursary on the course for an autistic man on a low wage from the north of England, who is engaging well with the course material. He has also booked a place on the in-person training retreat coming up in the following year. Discounts and free places on individual workshops are also offered to people with financial difficulties; this is awarded case-by-case.

The core Ten Directions staff group continues to consist of Caroline Brazier, Sam Lewis, Paul Maiteny, Stephen McCabe, Harriet Sams and Fairlie Winship, and they continued to do much of the teaching on the programme. We continue to use Squarespace for our website and publicity and Mighty Networks to deliver our online courses. Students seem to find the latter platform engaging to use and they often share photos, poems, artwork and videos in the forum.

By using Eventbrite to advertise and manage our event booking, we have attracted well over 1500 'followers' on the platform (an increase of over 200 since last year), allowing us to reach many new people from across the globe. In the last five years, we have hosted over 300 events, many of which were free to the public or donation-based. This includes the free book launch which we hosted in 2025 and others planned for 2026, where we interview respected writers in the fields of Buddhism and ecotherapy. Our mailing list also continues to grow and we now have 1885 subscribers.

In both academic years that ran in 2025, we offered around 150 hours of workshops for our students to choose their 90 training hours from, creating a tailored experience for students who may want to specialise their ecotherapy work in certain areas.

We received very encouraging feedback from our 2024/25 students in the summer, demonstrating that the course is a powerful experience for many on a personal as well as professional level. Here are some quotes from the feedback forms, which are shared below with permission:

"My personal and professional lives have both already changed! My outdoor practice with individuals and groups has become much more authentically ME as opposed to my previous mode of trying to deliver something I thought I should be. Since being more embodied and authentic my own enjoyment of the work has increased, as has the engagement of others in the work. Personally I have gained so much richness in my interactions with the world around me, and have been inspired to write a novel, which is well underway!"

"Although in the beginning I worried that this would be potentially adding work or stress to my life, it actually became a sanctuary and a place to connect to myself (though it also brought me extra work??) I am so glad I allowed it to change both my personal and professional life."

Ten Directions Diploma in Ecotherapy: The Diploma programme offers a second year of training for students who have taken the Ten Directions Certificate in Ecotherapy and are looking for support to develop their ecotherapy practice. The Diploma programme is designed to be flexible, meeting the needs of students with a variety of specialisms, working in different therapeutic, mental health and community settings. As such, it aims to give support in developing basic skills in offering therapeutic or mental health support, organising events and/or establishing an ongoing practice, and networking within a wider community of practitioners. In achieving this, the approach is adaptable to individual needs as much of it centres on one-to-one mentoring or small group exchanges.

This year, students have continued to follow the same programme format as previous years. This involves planning and completing a project of their own choosing supported by a mentoring process,

participating in a series of monthly gatherings attended by all students, completing a professional studies unit and 90 hours' attendance at workshops. Caroline Brazier co-ordinates the programme and facilitates the monthly gatherings which are partly based around journal activities relating to professional development which are sent out in advance of the meetings. Other staff offer one-to-one mentoring and input to workshops. Staff and students are paired for mentoring according to their common interests and specialisms. Seven students enrolled for the 2024/25 Diploma programme, of whom six have now successfully submitted their final reports whilst one deferred to 2026/27 for personal reasons. The students who have completed their projects will all be awarded the diploma on completion of training hours. Seven new students enrolled in 2025/26. Of these, however, two have now asked to defer to the 2026/27 group in view of planned changes. The remaining group will submit their final reports in September 2026.

During Autumn 2025, it was decided that the structure of the Certificate and Diploma programmes needed to be updated in line with changing patterns of workshop attendance. As a result, we are planning to introduce a new structure for the diploma in 2026/27. The new format will no longer include attendance at a selection of workshops as is currently the case, but will instead involve a more structured approach with 20 online units, an emphasis on networking in term one, followed by project development in term two and its delivery in term three, alongside support in developing a professional practice. Students will receive 12 mentoring sessions in place of the current 4, shifting the emphasis of the course to support the students' work more intensively. There will also be dedicated workshops for diploma students – each term there will be a day led by Caroline and a half day led by another member of staff, and students will have a choice of summer units alongside the certificate students. Because the new format is more staff-intensive, we plan to increase fees somewhat but have decided to keep them under £2,000 for the present.

Purchase and use of Abbey Wood

In April, a team of volunteers (who had been recruited via our newsletter) camped out in Abbey Wood, our new woodland in the Scottish Borders (purchased in 2024). They helped us to change the site from a completely wild space to one with the necessary amenities for holding retreats in. Over the weekend, 10 people came from places as far as the Netherlands and England to support us in activities such as building an outdoor shelter, creating wooden steps down the ravine to the stream, installing and painting a compostable toilet and building a storage shed, amongst other things. We also paid a landscaper to make the track up to the road suitable for driving upon, and to create a small car park, all done with minimum damage to the woods.

During 2025, there were two paid in-person retreats and a free community day retreat, held in Abbey Wood. All were attended by groups of 6-11 people, and these were facilitated by Stephen McCabe (core tutor), Harriet Sams (Core tutor) and Rolinke Bremer (an occasional guest tutor and former Ten Directions graduate).

Supervision Group

In 2024/25 we continued to run the supervision group, as described in the previous annual report. The group met monthly for 90 minutes for 10 monthly sessions between September 2024 and June 2025, facilitated by Caroline Brazier.

In 2025/26 there was a lot of interest in the new supervision group, both from Tariki graduates and from other people were working in ecotherapy but who have not done the Tariki training. In September 2025, we had nine firm bookings, and so, reflecting on how the smaller group had worked better last year we decided to split the group and run two parallel groups. This has worked better, especially as many of the participants are working therapeutically in one-to-one situations. Attendance has generally been good and the groups have broken even, although we plan to raise

the charge next year to bring the group more into line with supervision rates and also to provide some income for Tariki.

Book Launches

In November 2025 we launched a new series of book launches. These events are offered free and not only promote ecotherapy to a wider public, but also showcase the work of people associated with Tariki Trust, enhancing the reputation of the course. The first of these was of Dr Adrian Harris's new book *Nature Connection: Remembering Wholeness*. Dr Adrian Harris completed the Tariki Ten Directions Certificate in Ecotherapy in 2022. Dr Adrian Harris is an ecopsychologist, psychotherapist, and facilitator who has spent more than twenty years exploring nature connection. The book launch event which coincided with the publication of Adrian's recent book was very well attended with over 40 participants. Further book launches are planned for 2026.

Buddhist Psychology and Other-Centred Approach

The early part of 2025 saw the delivery of the second half of the 2024/25 Buddhist psychology programme. These sessions focused particularly on therapeutic methods which were influenced by a Buddhist model of therapy. These had a particular emphasis on ecotherapy practice.

Starting in Autumn 2025, Caroline Brazier once more offered a series of 10 workshops on Buddhist psychology which are continuing into 2026. This year she is covering the basic teachings of Buddhism and their implications for therapy practice with some emphasis on the ecotherapy context. The sessions which were offered as a block of five sessions in the autumn and a further five in the spring attracted a mix of Ten Directions students and members of the public. The course attracted a core of eleven students who signed up for the full year and a number of others who joined for sessions on a one-off basis. This year we offered an option for students to receive recordings of the sessions. This had the benefit of allowing some people who were unable to attend afternoon sessions to still participate and also letting students who did attend review the material. On the other hand, it did sometimes mean that fewer people actually attended in person resulting in small but enthusiastic groups.

Buddhist Teaching

Buddhist classes continued to be offered online throughout 2025. In the earlier part of the year, we offered two classes per month, with one of these classes focused on the teaching of chanting practices and the second on study. In the chanting classes, we focused particularly on supporting participants who were training to take Tokudo ordination. In the study classes we continued to explore Buddhist texts, looking at Sanbutsuge and Juseige, two texts commonly used in Jodo Shinshu practice. Both of these texts come from the Larger Pure Land Sutra. We completed this series in May and then in July we started a series of sessions looking at Jodo Shinshu in the context of other Buddhist traditions. In this series we took topics like practice, mindfulness and the precepts. In addition to these classes, we also held solstice events in summer and winter, each consisting of an online Buddhist service and Dharma talk. The classes were led by Rev Enrique Galvan-Alvarez and Rev Caroline Brazier, sometimes joined by Rev Louella Matsenaga.

Buddhist Action Month

In June 2025 we decided to participate in Buddhist Action Month, an event organised by the Network of Buddhist Organisations. Harriet Sams, Kathryn Sheridan and Caroline Brazier all offered free events during Buddhist Action Month, in line with the theme Sowing Seeds of Compassion in the World. Since these events were publicised as part of the wider Buddhist Action Month programme, they provided an opportunity to offer something to people who might not otherwise come to our events and a chance to let people know about what we are doing at Tariki. These events were well attended and received positive feedback.

Other Involvement with Jodo Shinshu

In 2025, Caroline continued to attend online gatherings of Jodo Shinshu ministers and practitioners from the UK and elsewhere and to be involved with the wider sangha both in the UK and beyond through online events.

In September 2025 the European Shin Buddhist Conference took place. This is a biennial event which attracts Jodo Shinshu Buddhists from all over Europe as well as from Japan and North America. This year it was held in Oxford where it was hosted at The Ashmolean Museum, taking place over three days. Caroline worked with the other Jodo Shinshu priests in the UK as part of the organizing committee. Tariki Trust supported this event through Caroline's involvement and by making a grant of £2000 to Jodo Shinshu UK, which is now a registered charity, as seed money for the conference.

In the event, as she was suffering health problems which prevented her travelling to Oxford, Caroline took responsibility for coordinating online participation and offering additional online meeting spaces to the many online participants. She also organised a website, making recordings of the presentations available online.

Psychotherapy

Caroline continues to work with a small number of ongoing clients and supervisees on Zoom.

GDPR compliance and other policies

Since their alignment into one schedule, policies did not require review in 2025 according to trustee policy. They will be reviewed in 2026.

Use of volunteers

Tariki Trust has no salaried staff. Stephen McCabe and Debbie Swain receive payments as Independent Practitioners for work done in agreement with the trustees. Teaching staff and other presenters receive honoraria or sessional fees in appreciation of their work. These are generally lower than 'market rate' and sometimes substantially so. Much of our work is therefore done on a voluntary or semi-voluntary basis.

Part 4: Achievements and Performance

Tariki Trust has continued to deliver a substantial programme of events, mostly focused on its training in ecotherapy. This programme, which is based on a Buddhist understanding of psychology, has remained strong. In 2025, we have once again seen graduates of the programme joining the teaching staff, supporting the vibrancy of the Tariki community.

As the charity bought Scottish woodland in 2024, and is offering retreats from Abbey Wood, we registered to become a member of the OSCR, the Scottish charity regulator. This registration took effect in 2025. We continue to keep our registration with the England and Wales charity commission to reflect our UK-wide work.

Our staff team continues to engage in a collaborative approach to decision-making through online gatherings and also through the creation of WhatsApp groups and decision-making forums.

Tariki Trust continues to be international in its outlook. The Ten Directions course programme is now supported by a staff group who are dispersed all over the UK, with current guest tutors based in India, Finland, Spain and the USA. Our student reach remains international with this year's students coming from UK, the Netherlands, Finland, India and the USA.

Tariki Trust continues to offer and support Buddhist practice through online teaching. As a Buddhist priest, Caroline continues to lead Buddhist activities alongside other priests from the Jodo Shinshu community. The Tariki Ecotherapy programmes continue to offer a distinctly Buddhist model of therapy both to its students and to others working in therapeutic fields, continuing to contribute to the field of knowledge of Buddhist psychology, psychotherapy and environmentally based work.

Part 5: Financial Review

Income: Income during the year 2025 decreased: £47,978 compared to £55,924 in 2024. Expenditure, however, increased to £52,261 in 2025 compared to £48,585 in 2024. This difference was partly brought about by some large items of expenditure, but also by a smaller student intake and an expansion of running costs, both of which will be detailed below.

In terms of income, the major part came once again from student fees. This was however considerably less than in 2024 (£45,339 in 2025 as opposed to £54,312 in 2024) as a result of having a smaller intake of students in September 2025 than we had had in 2024. There was a moderate increase in income from supervision and counselling (£2,291 in 2025 as opposed to £1,418 in 2024), largely coming from the year-long supervision groups and there were also small amounts of income from retreats and from book sales.

Expenditure: Overall expenditure increased from £48,585 in 2024 to £52,261 in 2025. With regard to this, we note the following:

In terms of new areas of expenditure, one new category of Woodland Expenses was introduced in 2025 and this grew as the woods started to be used more by groups. This category was separate from capital expenditure and referred to ongoing costs relating to use of the woods by groups. This amounted to £2,180 in 2025 compared to £277 in 2024. Travel expenses also increased in 2025, largely as a result of trips to the woodlands (£636 in 2025 compared to £245 in 2024). This in part represents a move back to more 'in-person' events after a long period of operating online.

Another exceptional expense in 2025 was the payment of £3,000 to an independent tax consultant.

In 2025, Tariki Trust made a grant of £2,000 to Jodo Shinshu UK as seed money for the European Shin Conference. In addition to this, there was a £45 membership fee for the European Shin Buddhist Association.

The three items listed above (i.e. the additional woodland expenses, payment to the tax consultant and the grant to Jodo Shinshu UK) amount to just over £7,000. The latter two were one-off payments, made by the trust in the knowledge that they would be using money from the charity's considerable reserves. These expenses more than account for the deficit between income and outgoings of £4,283 indicated in the 2025 accounts.

Of the remainder of the accounts one can comment:

Staff costs decreased slightly (from £33,906 in 2024 to £32,609 in 2025) as a result of a reduction in the number of workshops offered. These costs also reflected the fact that staff were given a moderate rise in payment rates in line with general professional rates.

Subscriptions, Hall hire, training etc. This category of miscellaneous course costs decreased substantially (£261 in 2025 compared to £838 in 2024) as we have not needed to hire premises since we are now hosting events in our own woodland.

There was no direct expenditure on advertising (compared to £389 in 2024) because we found this ineffective. Insurance costs, meanwhile, went up somewhat (£1,003 in 2025 compared to £897 in 2024).

Administrative costs were lower in 2025 than the previous year. Printing, postage and stationery were down from £240 in 2024 to £133 in 2025. Internet costs were also lower (£1,669 in 2025 compared to £2,190 in 2024.) This discrepancy can be explained by the timing of payments (as explained in last year's report) so, for the most part, does not represent a real change. We did however reduce subscriptions to some platforms and no longer pay for Typepad or Speechify.

Capital Expenditure: in addition to the new areas of expenditure listed above, a further £16,527 was invested in developing facilities in the woodlands. This extraordinary expenditure had been planned at the time of purchasing the woods and was used to pay for the creation of a parking area and improvement to the track leading to it, purchase and installation of a composting toilet and the installation of a shed for storage with an attached outdoor kitchen facility.

Other costs have remained roughly in line with the previous year's accounts.

Observations: Overall, we can see that 2025 marked a positive continuation of our work in Tariki Trust. Tariki Trust has a good reserve of finance with £58,541 in its bank accounts at the year end. This is well above the trustee group's minimum reserve level and has allowed us to continue to operate with confidence. The fact that this is a reduction on the balance of £79,352 in 2024 reflects in part the additional expenditure on developing the woodland and in part a couple of large exceptional expenses. At the same time, contrasted with the credit of £7,338 in 2024, an overall deficit of £4,283 suggests that there are some reasons to exercise caution moving forwards.

As we go forward into 2026, we are aware that, by reflecting current trends in environmentally-based education and in Engaged Buddhism, and, by continuing to offer a quality service to our students, participants and all who use our services, we are providing an important resource for those interested in these topics. At the same time, we are adjusting our offerings to meet changing patterns of attendance, and particularly, as we move further from the period of lockdown when many people started to operate online, recognising that casual uptake on workshops has diminished. In 2026, we plan to change our programming to reflect changing needs, reducing the number of online workshops that are open to the general public and providing a more dedicated training course. We have seen an opportunity to refine what we offer and shape it to the current needs of students. The changes in the Diploma, for example, are attracting interest already among the current student group. We also plan to continue offering popular workshops and expanding our range of activities, for example with book launch events, to bring in people who could potentially join programmes in the future.

In addition to these changes, we will continue to monitor the balance between income and expenditure in specific areas of provision, particularly the balance between:

- Income from student fees and staff costs
- Income from woodland events and ongoing woodland expenses
- Income from supervision group participants with costs.

With these provisions in place, we look forward to continuing the valuable work of Tariki Trust and expanding the charity's role into the future.

Part 6: Plans for the Coming Year and Beyond

2025 was a good year for Tariki Trust and we plan to build on this success in the year to come.

- To change the format of both the Ten Directions Certificate and Diploma programmes, so that they have set curricula rather than a flexible 'choose your own workshops' approach. In the Certificate, the online learning units will remain as they are now, but there will be a set calendar of events that all students will be expected to attend. This will streamline the course so that key topics will be covered by everyone who signs up. It also takes some pressure off Tariki needing to fill 150-200 hours of Eventbrite workshops as the general public is engaging less with online workshops than in previous years.
- To introduce a substantially remodelled Diploma programme, including online units and increased levels of tutoring and a practical approach embedded in local communities.
- To work with the staff group to develop the Ten Directions Certificate programme further and offer related short courses and events within a learning community model.
- To continue to recruit people onto our mailing list and to publicise our events and training.
- To look into other channels for promoting Tariki events and services.
- To continue to offer courses as part of the ecotherapy programme through online seminars and workshops which will appeal not only to enrolled students but also to other interested parties.
- To offer our first recreational/wellbeing-based retreats in Abbey Wood, branching out from only offering ecotherapy events that focus on training students.
- To foster systems of communication between the ecotherapy staff team and the trustees.
- To maintain firm financial and managerial systems so that the organisation continues on a solid basis.
- To offer Buddhist teaching and practice online.
- To continue to deliver events related to Buddhist psychology, psychotherapy and Buddhist practice.
- To offer more free book launches.
- To foster our links with Jodo Shinshu and other Buddhist traditions and to support their activities.