

Tergar Edinburgh

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

Tergar Edinburgh

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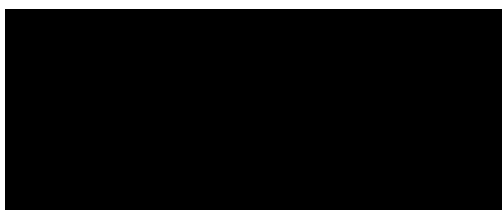
Trustees' Report

Board of Trustees and Administration Details

Tergar Edinburgh is a Scottish Charitable Incorporated Organisation (No. SC048776), registered on 23rd October 2018 and it is governed by its constitution. The structure of the charity consists of charity trustees who are also the organisation's only members and comprise the organisation's board.

The charity is affiliated to Tergar International, a not-for-profit organisation based in Minnesota, USA. It is led by [REDACTED], a Tibetan Buddhist meditation master and teacher with groups across the world.

The current trustees and those who served in the year are:



Trustees are appointed by the board, at its discretion. All trustees retire at the annual general meeting each year and are eligible for re-election.

The management committee (also called "the Team"), meets monthly, or more frequently, as business demands. It consists of the trustees and, currently, three others who volunteer to assist in the running of the charity.

The principal office of the charity is 8 Orchardhead Road, Edinburgh EH16 6HL.

The purpose of the Charity

The objects of Tergar Edinburgh are:

- To promote, aid and advance Buddhism and the teachings and practice of meditation that arise from the world's great spiritual traditions.
- To advance education and, in particular, to enable individuals to develop their spiritual, medical, educational or cultural skills and abilities.
- To promote, aid and advance practices which support the care and development of the environment.

The charity's main focus is teaching meditation, which is suitable for everyone. It offers a wide range of teachings which are for those of all faiths and none, alongside teachings for those interested in or following the Buddhist path.

Achievements and performance

During 2023-24 we have continued to offer a weekly practice and discussion session based on Mingyur Rinpoche's Joy of Living programmes, with the community remaining solidly appreciative and supportive. This is held online 3 weeks of the month with the 4th session in-person to cater to those in the community who prefer face to face connection and who may struggle with online offerings. These sessions also aimed to refresh

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Trustees' Report (continued)

connection and to attract new local membership which has occurred. Our mailing list and attendees have increased with in-person event numbers reaching pre COVID numbers. Community members continued to offer additional informal sessions online, based on the practices and teachings from Tergar International and Mingyur Rinpoche.

Tergar Edinburgh was fortunate to once again be chosen to host Mingyur Rinpoche's European meditation events. This involved a significant amount of planning and preparation, and between 26-30 June 2023 we helped host the Path of Liberation 1&2 events at George Watson's college in Edinburgh, with 309 participants. Between 30 June and 2 July, we hosted the global launch of the new Anytime Anywhere Meditation (AAM) introduction to the meditation program developed by [REDACTED]. The AAM launch was a hybrid event, and as well as being attended in person by 363 participants, a further 1,600 attended online. Both events were very well received.

Following the launch of the AAM, three of our community members started the new one year Mediation Teaching Programme (MTP), offered by Tergar international, in September 2023. Tergar Edinburgh offered to support their training by covering 50% of their course fees. This training will allow MTP graduates to offer the Anytime Anywhere Meditation (AAM) programme, both within the Tergar Edinburgh meditation community and beyond.

In addition to the large Mingyur Rinpoche events in 2023, Tergar Edinburgh once again ran a number of Joy of Living secular meditation events during the year.

October 2023 - As part of her ongoing Joy of Living Facilitator training, [REDACTED] co-led an online Joy of Living level 3 course in the USA with senior [REDACTED].

2-3 March 2024 - Tergar Edinburgh hosted a weekend Joy of Living level 1 retreat held at Santosa in Edinburgh. Our two resident Joy of Living Facilitators, [REDACTED] led the event.

1 Feb - 21 March 2024 Tergar Edinburgh hosted a weekly online Joy of Living level 3 event. facilitated by [REDACTED] and [REDACTED]. Both [REDACTED] and [REDACTED] have now qualified as senior facilitators, and are now able to support people through the full Joy of Living secular meditation training program

A full day local retreat was offered to members and the public in February 2024 at the Salisbury Centre in Edinburgh, based on the Joy of Living teachings, and run by Tergar facilitators from the Edinburgh practice team.

Regular activities throughout the year included the weekly online or in-person Sunday sessions mentioned previously, typically linking to teachings and retreats with Mingyur Rinpoche. Other offerings included:

- Weekly Wednesday silent meditation sessions
- Nectar of the Path, a Buddhist practice offered monthly
- Twice weekly community-led online Nectar of the Path sessions
- Monthly community-led online Nectar of the Path discussion/study group

In 2023-24 Tergar Edinburgh continued to meet its aims and objectives by offering a range of meditation and practice sessions online and in-person and has seen the number of regular attendees continue to grow.

Tergar Edinburgh

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Trustees' Report (continued)

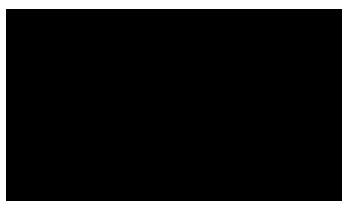
Financial review

The charity has prepared its accounts on the receipts and payments basis and cover the year to 31st March 2024.

Receipts totalled £178,283, which were made up primarily from the courses that were held in the year. Payments totalled £117,277 and a cash surplus of £61,006 had been generated by the end of the financial year.

The trustees' policy is to retain six months' worth of normal running costs to meet day to day commitments, as courses are planned to cover their costs, and with £76,193 cash reserves at the end of the year, this had been achieved.

Approved by the trustees on 21 October 2024 and signed on their behalf:



Tergar Edinburgh

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

Independent Examiner's Report to the Trustees of Tergar Edinburgh

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

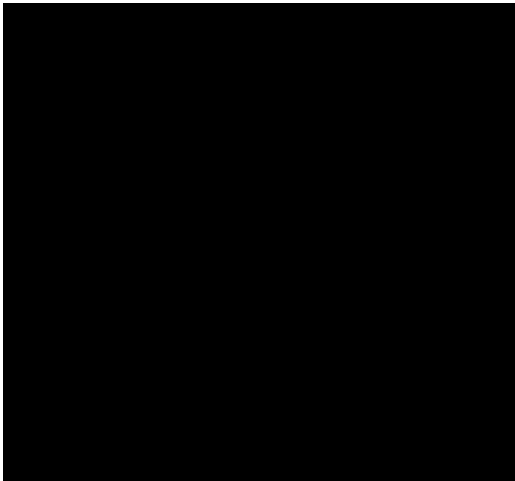
Independent examiner's statement

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.



Date 22/10/2024

Tergar Edinburgh
Receipts and Payments Account for the Year Ended
31st March 2024

	Restricted funds £	Unrestricted funds £	Total 2023/24 £	Total 2022/23 £
<u>Receipts</u>				
Donations	-	958	958	1,384
Receipts from charitable activities:				
Course and workshop fees	-	177,325	177,325	67,035
Total receipts	-	178,283	178,283	68,419
<u>Payments</u>				
Payments for charitable activities:				
Course and workshop costs	-	112,768	112,768	52,933
Deposits for future courses	-	-	-	8,117
Room hire	-	394	394	370
Training	-	-	-	167
Insurance	-	663	663	817
Print, post and office costs	-	207	207	174
Legal and professional fees	-	60	60	200
Bank charges	-	164	164	84
Repayment of loan	-	-	-	20,000
Miscellaneous	-	30	30	239
Purchase of fixed assets	-	2,491	2,491	-
Governance costs:				
Annual accounts and examination	-	500	500	500
Total payments	-	117,277	117,277	83,601
Transfers between funds	-	-	-	-
Surplus/(deficit) for year	-	61,006	61,006	(15,182)

Tergar Edinburgh

Statement of Balances at 31st March 2024

Bank and cash on hand

	2023/24	2022/23
	£	£
Opening balances	15,187	30,369
Surplus / (deficit) for year	61,006	(15,182)
Closing balances	<u>76,193</u>	<u>15,187</u>

All funds at the year end were Unrestricted Funds.

Assets

At the end of the year, the charity was due reimbursement of expenses totalling £5,969 (2023: £8,117 - deposits paid) and owned shrine artifacts with an estimated value of £2,491 (2023: nil).

Liabilities

At the end of the year, the charity owed £26,366 of unpaid costs in connection with the 2023 courses.

Trustee payments

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

Approved by the trustees on 21 October 2024 and signed on their behalf

