

Hart Knowe Trust

**Annual Report and Accounts
for the Year Ended 31st October 2025**

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:
Vin Harris, Marilyn Harris and Stanley Wynd.

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 Vin and Marilyn Harris 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, represented by Vin Harris (trustee) provided advice, mentoring and workshops to further mindfulness and other educational opportunities. Hart Knowe Trust has continued to develop and support Compassion in Action projects in India, Turkey, Nepal and Scotland.

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 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). The website now has an active Blog with contributions from the Innovations in Mindfulness community. As well as providing free access to the 'Fieldbook for Mindfulness Innovators', 'Sharing Your Treasure – a Workbook for Mindfulness Innovators' has been added. The development of this publication was funded by Hart Knowe Trust. The Workbook was launched at the Manchester Mindfulness Festival. Hart Knowe Trust was a key sponsor for this event because it shares our aim of sharing the benefits of mindfulness with a wider audience.

In 2022 and 2024 we supported the 1st and 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. Some of the finalists and winners of these awards continue to develop their innovative ideas with advice and mentoring from our trustee, Vin Harris.

The winner of the 2024 Awards, BAM! Boxing and Mindfulness for inner city youth groups from Mindful Peak Performance received a grant from Hart Knowe Trust to develop a pilot project with Loughborough University. The project teaches sports coaches and mentors to bring mindfulness into their work with young athletes. This initiative is regarded as being aligned with Sir Gareth Southgate's mission to encourage mentoring and positive role models to young people. Following the successful pilot course, Loughborough University has now commissioned Mindful Peak Performance to deliver further training to their teaching staff.

Sharing Your Treasure

As a result of our involvement with various mindfulness projects, Vin Harris 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 created a pioneering enterprise training programme for mindfulness/meditation 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 have funded and launched 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. The next step in this project, a 4-week training course based on the Workbook, has been tested and is now being made available in the UK and Europe.

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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 to review the existing projects and to find out what more we can do to build on the foundations that have been established. Conversations are underway to recruit and train a team of volunteers with connections to Akong Rinpoche's organisations who will be able to manage the Soup Kitchen on behalf of Hart Knowe Trust.

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" and initiatives to improve girls' 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 has helped Syrian refugees and other vulnerable people in Turkey. Our support has enabled an organisation with trusted local connections to keep up their support of refugees and the poor in Izmir. In addition to providing food and shelter, they have provided legal advice and supported education through their classes teaching Turkish and art to Syrian refugee children. They also made physiotherapy available for children with earthquake and war injuries and those with cerebral palsy.

We continue to provide much needed regular support for education in a remote Tibetan Nunnery in Nepal. In Scotland and the rest of the UK, grants were given to individuals in difficult circumstances.

We donated funds in response to the humanitarian emergency in Gaza and supported the Scottish Air Ambulance Charity to help them provide emergency health services in remote areas.

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.

- 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."

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 Mr. and Mrs. Harris.

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 13th July 2026 and is signed on their behalf by:

Signed
V Harris



Hart Knowe Trust

Annual Report and Accounts for the Year Ended 31st October 2025

Independent Examiner's Report

I report on the accounts of the charity for the year ended 31st October 2025.

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 Ian C Lancaster

Date 20/7/2026

Ian C Lancaster FCA
N B Lancaster & Co.
6 Brunswick Street
Carlisle

Hart Knowe Trust
Receipts and Payments Account for the Year Ended
31st October 2025

	Restricted funds £	Unrestricted funds £	Total 2024/25 £	Total 2023/24 £
<u>Receipts</u>				
Donations	5,591	87,700	93,291	61,527
Fee income	-	5,872	5,872	5,309
Sales	-	404	404	134
Bank interest	-	6,416	6,416	3,198
Total receipts	5,591	100,392	105,983	70,168
<u>Payments</u>				
Payments for charitable activities:				
Grants and donations made	8,794	38,377	47,171	38,611
India project costs	1,835	14,678	16,513	133
Film production and distribution costs	-	3,024	3,024	38
Mindfulness projects	-	32,386	32,386	28,000
Website	-	1,100	1,100	-
Office	-	40	40	50
Bank charges	-	90	90	86
Total payments	10,629	89,695	100,324	66,918
Transfers between funds	-	-	-	-
Surplus/(deficit) for year	(5,038)	10,697	5,659	3,250
Cash funds brought forward	15,910	215,286	231,196	227,946
Cash funds carried forward	10,872	225,983	236,855	231,196

Hart Knowe Trust

Statement of Balances as at 31 October 2025

Bank and cash on hand

	2024/25	2023/24
	£	£
Opening balances	231,196	227,946
Surplus / (deficit) for year	5,659	3,250
Closing balances	236,855	231,196

Restricted funds

	Balance at 01/11/2024	Received	Paid	Balance at 31/10/2025
Projects in India	1,244	591	(1,835)	-
Projects in Nepal	14,666	-	(3,794)	10,872
Support for refugees	-	5,000	(5,000)	-
	15,910	5,591	(10,629)	10,872

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 £25,135 (2024: £50,457) and no liabilities.

Grants and donations made

Charitable activity:	Individual / organisation	Number of grants	2024/25 £	2023/24 £
Education	inds	1	1,754	3,750
Education	orgs	-	-	398
Relief of poverty	orgs	11	42,597	29,143
Community Development	orgs	5	2,820	5,320
		Total	47,171	38,611

Education - in the year, a grant was made to one individual to contribute to school costs.

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.

Hart Knowe Trust
Statement of Balances as at 31 October 2025

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 2026 and signed on their behalf:

Signed
V Harris