Sheffield Insight Meditation

Annual Report 2025

1 Jan - 31 Dec 2025

Background Information

This is our annual report as a Charitable Incorporated Organisation in which we set out our charitable objectives and our activities to promote those objectives for public benefit.

Sheffield Insight Meditation began in 2006, established by a small group of people who had attended retreats at Gaia House retreat centre in Devon and wanted to continue meditating with others in the Insight Meditation tradition. SIM has expanded over the years to offer a range of retreats, meditation groups, short courses, and social events and we now have over 460 people on our mailing list. In April 2019 we became a registered Charitable Incorporated Organisation.

Our Aims and Values

Insight Meditation, also known as Vipassana (literally translated as ‘seeing deeply or clearly’) began in the Theravada (South East Asian) schools of Buddhism in the early 20th century, and sought to reconnect with the teachings of early Buddhism. Sheffield Insight Meditation has close links with Gaia House Meditation Centre, and draws inspiration from the wide range of teachings in the worldwide Insight Meditation community.

Although several of us practise at Gaia House, some of us also practise in traditions such as Tibetan and Zen Buddhism, Quakerism, and the secular mindfulness approach. Some of us consider ourselves ‘Buddhists’, some not. We aim to offer a practical and accessible opportunity to develop and directly experience freedom, compassion and wisdom, in ways that take account of our psychology and embodiment as human beings. You do not need to have any particular beliefs or think of yourself as a Buddhist to attend our events.

We welcome all, irrespective of religious or political beliefs, race, ethnicity, sex, gender, social background, age, sexual orientation or disability. We do not seek to convert others or to discriminate against those who hold differing views. Our retreats and groups are open to anyone, irrespective of means. We operate on a not-for-profit basis. Our events are organised by a

team of volunteers and we warmly welcome all contributions of time and service, however small.

As a Sangha (community of practitioners) we are committed to building and supporting community, through developing our understanding and practice of ethical living, interconnection, and compassion for ourselves, others and the world we live in. As part of compassionate action, we seek to engage with the challenge of climate change, and the many forms of social and economic injustice. We seek to support each other in rooting the Dharma (teachings of the Buddhist tradition) in our daily lives, in ways that are accessible and relevant for the 21st century, and are for the benefit of all.

Our Charitable Objective

'To advance the education of the public in the subject of meditation and the teachings of the Buddha, in particular but not exclusively, by supporting and encouraging the study and practice of Buddhist Meditation (also known as Vipassana meditative practice) for the public benefit, in particular, but not exclusively, for the benefit of people of Sheffield and surrounding areas.'

Our Activities

We offer a range of activities to support meditation practice: day and weekend retreats, regular meditation groups, and courses. Our regular groups and practice days are led by volunteers from within our community and our retreats are led by teachers associated with Gaia House Retreat Centre. These are reputable, trained, highly experienced teachers who commit to a code of ethics.

When planning and carrying out our activities we have considered the Charity Commission's guidance on public benefit. We provide a range of activities through which education in meditation and Buddhist teaching for people with different levels of experience can take place. We endeavour to make our activities as accessible and welcoming as possible, paying attention to physical ability, income level, flexibility of time and place, and participant welfare and safety. We have a formal safeguarding policy with a named responsible person who has undergone training.

All our venues are wheelchair accessible and on public transport routes. We take steps to support participants' mental health: we plan carefully with teachers before events making sure that participants know what to expect, and during events volunteers are available to give individual support in

consultation with the teacher. We have a sliding scale for teacher-led events including a 'freely given' option. Fees contribute to our running costs. The teaching itself is given freely and participants are invited to give donations of their own choosing to the teacher. Our volunteer- led events are offered for voluntary donation. We publicise our events widely with a newsletter, social media updates and our website.

Events

During 2025 we provided the following events:

Retreats:

- March 15 and 16. Mat Schenks

On-line and in-person at Whirlow 48 bookings

- May 31. Julian Briggs

Day retreat at Shirley House 10 retreatants.

- June 21 and 22. Zohar Lavie

In-person at Whirlow 32 bookings

- September 13 and 14. Tony O’Connor

In person at Whirlow. 27 bookings.

Course:

February River Wolton

4 evening sessions online

23 bookings

Meditative Walk

April 13 Whirlow Park. Led by a sangha member

8 participants

Sangha Saturday

22nd November

There had been a decision to once again offer the opportunity for community-building, to get together with fellow meditators, in an informal setting. However, on this occasion, there were no participants other than the 2 trustees who were going to facilitate it.

Evening Meditation group

First Tuesday of each month at Shirley House. Usually between 6 and 10 participants. Growing number of people willing to facilitate.

Sangha Support Group

28th September 2.30 – 4.30 This is a new initiative suggested and facilitated by River, who understands the pressure the trustees sometimes experience. (It focused the trustees on why they were involved and how they could enjoy events more, even with the organisational responsibilities they carry.)

Structure and Governance

Sheffield Insight Meditation is a CIO managed by a small group of trustees and other organisers who meet monthly, to plan and develop activities and oversee policy. The preparation of the agenda, chairing and minute taking at meetings is rotated and decisions are recorded.

Anyone who attends our events, supports our values and wishes to further our aims may register as a ‘supporter’ (member of the charity) on our website. There are no fees. Supporters receive notification of the AGM by email, may vote at general meetings and may stand as trustees.

In January 2025 Reina Lister joined Cath Parker, Josephine Curtin and James Souter as a trustee and in October, Anne Baber, who became the new treasurer, also became a trustee.

Trustee James Souter also took over producing the newsletter and Facebook requirements.

The charity also relies on the work of other volunteers who are not part of the organising group. In particular, Catherine Thompson continued to

manage our accounts while the incoming Treasurer, Anne Baber, tied up ends at work. Zoom facilitation to enable online participation at retreats has continued to be provided by volunteers. We are very grateful to all those who facilitated meditation groups and helped on retreats. Such support is vital and we welcome all offers of help.

Administrative Information

Sheffield Insight Meditation CIO. Charity number: 1183157

Postal address: The Circle, Rockingham Lane, Sheffield, S1 4FW

Trustees

- Cath Parker 25/1/2024
- Josephine Curtin 25/1/2024
- James Souter 12/10/2024
- Reina Lister 20/1/2025
- Anne Baber 11/10/25

Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees:

Name	Signature	Date
Catherine Parker	Cath Parker	17/10/26
Josephine Curtin	Josephine Curtin	17/10/26
James Souter	James Souter	17/10/26
Reina Lister	Reina Lister	17/10/26
Anne Baber	Anne Baber	17/10/26

Income/Receipts	Governance/Admin	Teach/CDL retreats & courses	Peer	Unattribute	Total
From charitable activities					
Event booking fees		£2,669.76			
Voluntary income					
Donations		£55.00	£303.60	£22.00	
Adjustment					
Total Income		**£2,724.76**	**£303.60**	**£22.00**	**£3,050.36**
Expenditure					
Retreats/courses					
Retreats/courses venue costs		£908.50			
Teacher/CDL expenses		£587.10			
Eventbrite fees		£295.67			
Misc retreat costs (refs etc)		£90.91			
Peer Practice Groups					
Peer groups venue cost					
Room cost peer group			£370.00		
Peer group misc. (pp/Z cost)			£2.00		
Governance/Admin					
Trustee meeting venue					
Trustee/org tech training	£120.00				
AGM costs	£32.00				
Zoom annual fee	£155.88				
Insurance	£386.00				
Registered office contract	£115.20				
Website hosting	£80.00	-			
Website domain/SSL	£70.00				
Website maintenance	£35.00				
Miscellaneous				£0.91	
Total Expenditure	**£994.08**	**£1,882.18**	**£372.00**	**£0.91**	**£3,249.17**
Net movement of funds	**-£994.08**	**£842.58**	**-£68.40**	**£21.09**	**-£198.81**
Reconciliation of Funds					
Balance B/F at 1 Jan 2025	£6,286.87				
Balance C/F at 31 Dec 2025	£6,088.06				
Balance sheet at 31 Dec					
Tangible Fixed Assets		£0.00			
Current Assets					
	Bank balance 31 Dec 25	£5,818.10			
	Paypal balance 31 Dec 25	£30.56			
	Total accounts 31 Dec 25	£5,848.66			
Adjusted for					
	2026 liability paid out in 2025	£239.40			
	Outstanding income				
Net adjusted assets					
Represented by					
	Unrestricted Funds	**£6,088.06**			
	Restricted Funds				
Total Funds		**£6,088.06**			