

Samatha Meditation Trust Ireland: Charity No. 109155

Annual Board of Trustee's Report: 2023-24

Trustee board for 2023-24 was made up of the following Trustee's:

Mr Dermot Murphy

Mr Fergus Gordon

Dr Noel Hamill

Ms Claire Burns

Mr Neal Greig

Mr Iain Foster

Ms Eileen Murphy

The Board of Trustee's met four times during the year to oversee the activities of the charity.

Charitable purposes for 2023-24

The Samatha Meditation Trust, Ireland is established for the advancement of Samatha Buddhist Meditation practice within the Theravada tradition and the teachings of Theravada Buddhism, for the benefit of people in Northern Ireland, the Republic of Ireland and beyond. This purpose will benefit both the health and education of people by advancing their mental health, emotional contentment and well being, preventing and relieving mental ill health and human suffering.

Public benefits for 2023-24

Samatha means calm. Samatha meditation is a gentle and effective way of training the mind to develop inner strength and freedom from restlessness, leading on to clarity and understanding. The benefit flowing from the charity's purposes include improved health outcomes, reduced levels of stress and anxiety by acquiring skills in meditation practice

These benefits are achieved as a result of people acquiring skills in meditation practice. The meditation technique of Samatha is based on mindfulness of the breath. Meditation is a practical way of increasing self awareness and helps people to make the most of their daily lives. There is no potential harm flowing from the purpose of the trust. People in Northern Ireland, the Republic of Ireland and beyond There is no private benefit arising from the purpose of the trust.

Charitable Activities 2023-24

To deliver the purpose of the Samatha Meditation Trust, Ireland, the trust established local Samatha meditation groups in Belfast, Newry and Monaghan. An online group was also established. A residential meditation retreat was delivered. On going support and training was provided to Samatha Teachers based in Northern & Southern Ireland

Annual Accounts 2023-24

Statement of Receipts & Payments Year End 31st March 2024

	Unrestricted Funds £	Restricted Funds £	Total 2024	Total 2023
Receipts				
Voluntary Receipts				
Donations	641.92	-	641.92	-
Gift Aid	-	-	-	
Grants	-	-	-	
Fundraising	-	-	-	
Bank Interest	-	-	-	
Charitable Activities				
Winter Retreat	2,590	-	2,590	
Spring Retreat (1)	260			
Total Receipts	3,491.92			
Payments				
Winter Retreat	2,195		2,195	
Banking Fees	31.78		31,78	
Cost of Fundraising	-		-	
Total Payments	2,226.78			
Net Receipts	1,265.14			
Surplus/(Deficit) for the year	1,265.14			
Reconciliation 31.3.24				
Cash at bank & in hand 31.3.24	2,888.09		2,88.09	
Surplus/(Deficit) this year end	1,236.72			
Cash at bank & in hand 31.3.23	1,651.37			

Notes:

1.Spring Retreat held in April 2024. £260 income received in March 2024

Statement of assets and liabilities – Year Ended 31st March 2024

Cash in Bank & in hand 31st March 2024: £2,888.09

There were no other assets or liabilities

Approved by the trustees on 23rd January 2025 and signed on their behalf by

Dermot Murphy
Chairperson

Iain Foster
Treasurer