

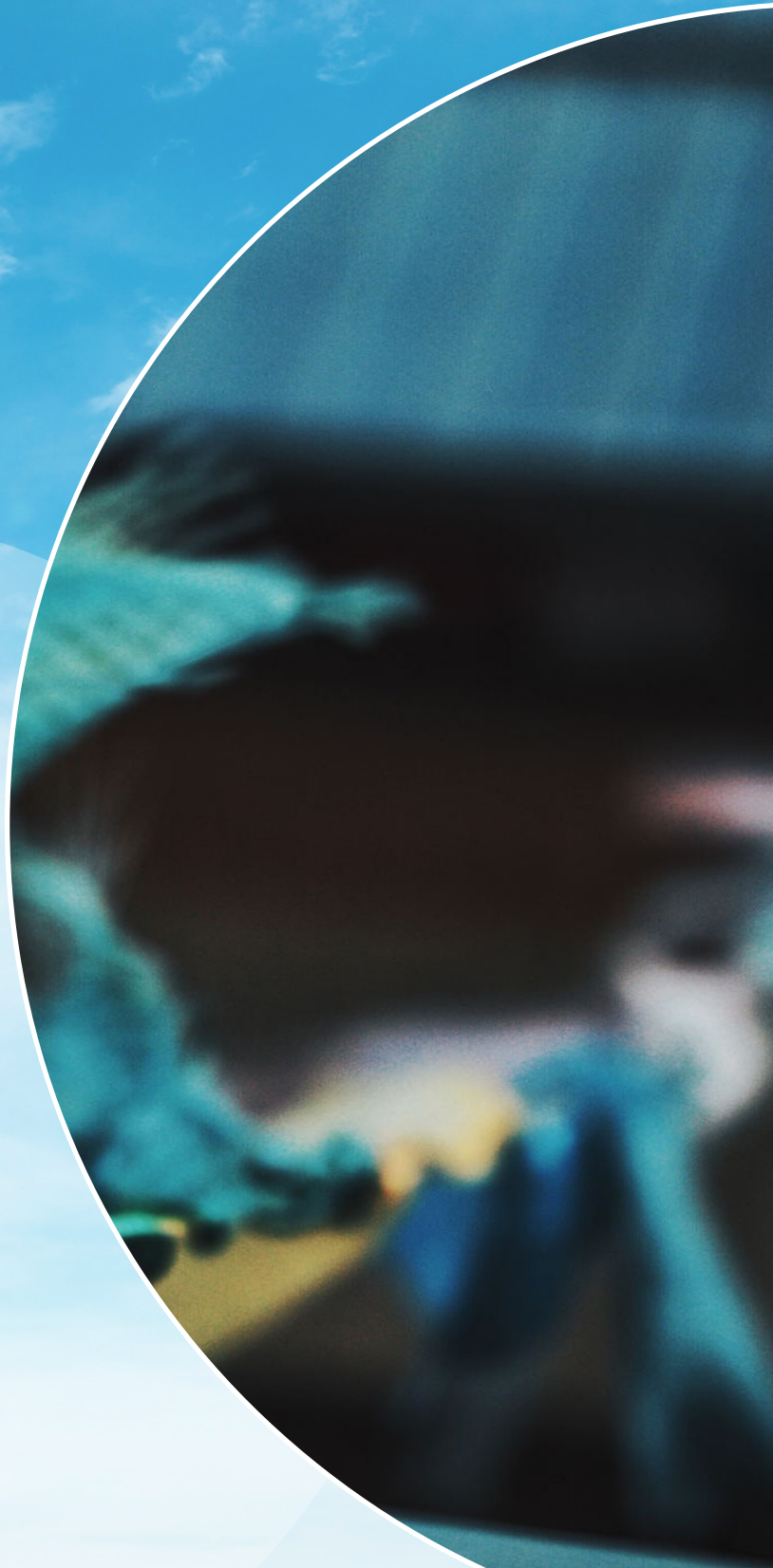


REVIEW 2022

Events worldwide in 2022, including inflation and recession, reminded us that economic hardship, just like illness, can strike people's lives swiftly and impact physical, psychological and spiritual wellbeing.

The Abhayaratna Trust, which has been working since 2018 to relieve hardship whenever and wherever it occurs in the Triratna Buddhist Order, has been needed more than ever; we distributed our biggest grants programme yet, supporting individual Order members in hardship, including fuel-poverty and made 20 individual livelihood and start-up grants.

We also work strategically, taking a longer term view of support, for example, our Local Care Network project is helping local sanghas to prepare for the inevitable consequences of the ageing demographic of the Order.



FOREWORD

by Dharmashura, Chair of the Abhayaratna Trust



It has been another successful year for the Abhayaratna Trust, in which we have helped many people in some very challenging situations. We are very grateful for all the hard work of our small but dedicated team, supported by trustees, local representatives and other volunteers, and the generosity of our donors and legators which, together, have made this possible. And there is, as ever, more to do.

The Abhayaratna Trust was established as a vehicle to help the Triratna Buddhist Order realise the vision, entrusted to us by our founder, Sangharakshita, to care for one another, and particularly those in difficulty. As we enter our 15th year, my thoughts are turning to how we might become even more effective, broadening our reach, both geographically and, more especially, to support individuals in need who have not yet felt able to approach us. I am also hoping that we will see developments among the growing number of Local Care Networks, sponsored by the Abhayaratna Trust to help organise support for Order members in their home areas.

Please help us if you can, by encouraging friends in the Order to ask for the help they may need; by including the Abhayaratna Trust in your will; or by making a donation at www.abhayaratnatrust.org/donate-now. And, if you have a little more time, perhaps looking into becoming one of our local representatives, or helping to organise a Local Care Network within your own Triratna community.

'As we enter our 15th year, my thoughts are turning to how we might become even more effective, broadening our reach...'

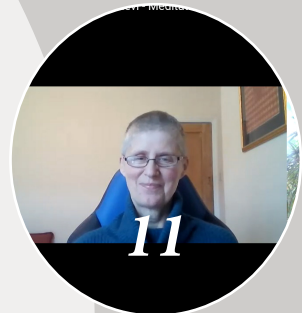
OUR TRUSTEES

The Abhayaratna Trustees are incredibly generous Order members who give their time and varied skills for free to support the Trust's work – they make policy and grant decisions and support the employed team. In 2022 we had 7 trustees: Amoghavajra, Bodhaniya, Danayutta, Dharmashura (chair), Dayasara, Shantisthana and Shraddhalocani.



HIGHLIGHTS OF 2022

- EXPLORATION:** Looking at the challenges of ageing in the Order. More on page 4...
- DEVELOPING:** Further work in our Local Care Networks project. More on page 6...
- INNOVATION:** Helping 20 men and women Order members in India set up small businesses. More on page 9...
- ANTICIPATING:** The launch of our Order Health Fund to support Order members in health hardship. More on page 10...
- SUCCEEDING:** All individual appeal targets met and increased communication with our donors. More on page 11...



A FLOW OF KALYANA MITRATA



Director's Report from Mahasraddha

One of the things that we do very well in Triratna is sangha. As you know, Sangha is built on connection with one another (beautifully and profoundly depicted in the image of Indra's net) that includes the quality of Kalyana Mitrata – the desire to support and bring out the best in one another. Supporting the best in one another may include helping to alleviate strain and hardship, whether that be physical, mental or spiritual.

Through my work for the Trust, I see the Order working at its best, and I rejoice!

It is this flow of Kalyana Mitrata, expressed through mutual generosity, that the Abhayaratna Trust seeks to facilitate in our international Order sangha.

We provide support in several ways, as you will read about in this report, from giving grants and running appeals to providing advice and information on our website regarding topical issues as we see them arise in the Order through our work. Examples of our responses include publishing a video-based series on mental wellbeing and providing information about funeral planning and will-writing.

We are flexible and responsive in our work, responding rapidly to situations as they arise, for example, the India Covid Emergency Appeal in 2021 and offering fuel grants in 2022. We also initiate and run longer term projects including our Local Care Network project.



ELDERS

Another emerging area of interest to us in the Trust is developing a more positive archetype for our elders, with a greater emphasis on the value of accumulated experience to our spiritual community. What the term 'elders' means for us will emerge out of discussion, but it will likely include those who, for whatever reason, can no longer make a contribution to the activities of Triratna as they would like, or have been used to, including those who find this transition difficult. This area links into

the ethos of Local Care Networks that the Trust is helping local sanghas to build. Our relationship to our elders is related to something that I have written and spoken about before. I think the current and future health of our Order and Movement needs to be based on the three pillars of consolidation, sustainability and expansion. We need a balance of all three (expansion will eventually collapse if not built on the solid foundations of consolidation and sustainability), and the Abhayaratna Trust works

A heartfelt thanks to all those who have supported the Abhayaratna Trust in 2022 in various ways, including giving regular donations and acting as points of contact in our Centres, as well as giving to our Appeals. Through my work for the Trust, I see the Order working at its best, and I rejoice!



CHALLENGES

2022 has been another challenging year for many Order members across the world, challenges that include increases in energy prices and rapidly rising inflation, and we are likely to see these continue into 2023. Challenging times can expose and heighten vulnerability and a person's lack of resources to cope, physically, emotionally and economically. In my years of working as Director of the Abhayaratna Trust, I have been moved time and time again by the incredible generosity shown by Order members to those they wish to help in times of need. This can often involve responding to an Abhayaratna Trust appeal for an individual Order member in need, sometimes someone our donors have never met, living in a very different part of the world and culture.

A FLOW OF CARE

Please do continue to support the work of the Trust in whatever way you can, to allow us to continue to serve the Order and facilitate the flow of care and Kalyana Mitrata within it. If you are not yet involved with us, please consider:

- * **becoming** a regular donor, and/or giving to our Appeals as they arise – visit www.abhayaratnatrust.org/donate-now
- * **becoming** an Abhayaratna Trust point of contact in your respective Centre/ Group/sangha (contact me, mahasraddha@abhayaratnatrust.org)
- * **contributing** to building a Local Care Network in your nearest sangha (contact me, mahasraddha@abhayaratnatrust.org)
- * **subscribing** to our Newsletter (sign up at www.abhayaratnatrust.org).

I would appreciate hearing any responses you have to this report, including any suggestions for what else the Abhayaratna Trust could be doing; please contact me at: mahasraddha@abhayaratnatrust.org

LOOKING AFTER EACH OTHER IN OUR LOCAL SANGHAS

a call to action by Mahasraddha

The Order has an ageing demographic; 39% of the Order are in their 60s or over, and this is projected [by Lokabandhu's analyses] to increase to 72% in just three years' time.

Moreover, the ageing demographic of the Order is taking place within a wider context of people living longer, putting increasing pressure on medical and social care. In a recent report (1), the World Health Organisation predicted that:

- by 2030, 1 in 6 people in the world will be aged 60 years or over;
- by 2050, the world's population of people aged 60 years and older will double to 2.1 billion;
- the number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

Whilst illness can affect anyone at any time, at any age, ageing does markedly increase the probability of occurrence of conditions such as cardiovascular disease, cancer, osteoarthritis, depression and degenerative neurological diseases, as well as sensory impairments. Older age can also be characterised by several complex health states emerging simultaneously. Here in the UK alone, we are seeing the impact of an ageing population on the availability of medical and social care (2).

Thus, the ageing demographic of the Order requires us to think seriously and promptly about care in the Order.

A significant number of Order members live alone with no family. *I recently broke my leg which severely limited me physically (mobility) as well as impacting mind functioning (due to painkillers). Even basic things - like making a cup of tea - were very challenging. I was dependent on my partner, who I live with, for basic living. This experience gave me much food for thought about care in our Order.* Are we prepared, both individually and organisationally, for the inevitable rise in numbers requiring some form of care in our local sanghas? Our current organisational structure is, of course, based on Kalyana Mitrata. We simply respond to our friends' needs. That's what we do, and, generally, we do it very well. But this system could be overwhelmed if numbers requiring care support in any sangha rise above a certain threshold.





"I knew Dharmachari Abhayaratna after he moved to Birmingham and he was always personally generous to many sangha members with his time, his wisdom and whatever he could offer; he exemplified mutual sangha support.

helped a friend of mine. Now at 79, I can relate first-hand to the difficulties and needs of ageing and sickness as well as offer my professional experience. I am impressed by the sensitivity and skill of the team in assessing requests.'

I became a trustee relatively recently, after an appeal greatly

*Bodhaniya,
Abhayaratna Trustee*

With a little more organisation and preparation, local sanghas can be more efficient - for example, knowing where to get external information and help secure support from local government services, where available - and effective at providing short-term basic care support, which may need to be rapidly mobilised. The need may not yet be there in a local sangha but it will surely arise.

The Abhayaratna Trust has been working with several local sanghas (in the UK for now) to set up what we are calling Local Care Networks (LCNs)

which help put in place a more explicit and organised culture of care and support involving local sangha. In a nutshell, LCNs require a group of typically 2-4 Order members / mitras to oversee care needs in a local sangha and then facilitate a response where needed to mobilise resources by referring to a database (which needs creating) of what local sangha members are willing to offer. It might involve, for example, supporting a person to attend medical appointments,

help in the home and with shopping, providing companionship; it might be providing knowledge of, and access to, local government services and resources, where available.

Identifying what a person's support and care needs are is not always straightforward, especially in complex cases. In collaboration with a UK charity (Age UK), the Abhayaratna Trust is making available to LCNs a software tool - called Compass - that provides a thorough and holistic assessment of a person's support and care needs including physical, psychological and spiritual life to help LCNs identify a person's specific support and care needs. The Compass system was developed for use in the UK, but, with modifications, it will be available to be used anywhere in the world.

- If you are interested to learn more about Local Care Networks, including setting one up in your local sangha, or if you have any comments on the above, please email mahasraddha@abhayaratnatrust.org

¹ Ageing and Health, The World Health Organisation, 1 October 2022.

² State of Care, Care Quality Commission, 21 October 2022.

RESOURCES

In 2022 we created a series of video interviews with Order members on aspects of health including trauma and meditation; mental health and kalyana mitrata; and practising with a neurological degenerative disease. Our grateful thanks to those who participated. Catch up on the interviews on our wellbeing web page: www.abhayaratnatrust.org/mental-wellbeing.

OUR 2022 FINANCIAL REPORT



from Utpalavajri, Bookkeeper

Our donors responded generously in 2021 to our our appeals to help those in India impacted by Covid. As a result, through 2022 we were able to continue to direct funds to India to mitigate the ongoing effects of the crisis, and this formed a significant proportion of our grant making. The amount of money raised and disbursed through appeals for specific causes and individuals increased in 2022 over 2021. We also benefited from a generous legacy in 2022. This together with an increase in our base of regular donations has been of great help in enabling the Abhayaratna Trust to continue responding to financial need in the Order.

FINANCES IN 2022

<i>Money received</i>	2022	2021
General donations	£31,227	£27,708
Covid appeal donations	£903	£201,966
Individual appeals	£52,573	£10,705
Legacy gifts	£73,940	£5,354
Gift Aid	£8,504	£23,064
Other	-£2,081	£571
Total	£165,066	£269,367

<i>Money spent</i>	2022	2021
General grants	£29,081	£9,230
Covid related grants	£57,218	£35,894
Appeals for individuals	£51,777	£3,781
Fundraising costs	£10,063	£6,827
Management of grants	£10,592	£6,915
Project development	£10,095	£7,545
General running costs	£23,501	£21,932
Total	£192,327	£92,125
Surplus	-£27,261	£177,242



MONEY RECEIVED

The total income for 2022 was £165,066. This was a 39% decrease from the previous year due to a highly successful appeal launched in 2021 in response to the Covid crisis in India. During the year, we ran 7 appeals for 7 individual Order members elsewhere in the world, all of which went beyond their appeal target, thanks to the generosity of our donors. The total non-appeal donations were £31,227, of which £22,743 was from over 200 regular donors. During the year we received a legacy from a UK Dharmacharini for £73,940. We also received £8,504 in Gift Aid, which was a 63% decrease from last year due to the 2021 fundraising success of the Covid appeal for India.

MONEY EXPENDED

The total expenditure in 2022 was £192,327. This was a 105% increase from the previous year due to three factors: the granting of right livelihood start-up funds for Order members in India whose jobs were adversely affected by Covid; running more individual appeals than in previous years; and increasing general grants around the world.

A total of £57,218 was distributed from the Covid India fund this year for livelihood starts-ups, compared with £35,894 Covid grants made last year. The increase in the number of general grants made to individual Order members this year was marked: grants to 30 individuals totalling £29,081 in 2022 compared to 13 grants to individuals in 2021 totalling £9,230, largely due to the reduction in requests for retreats and travel during Covid.

As of 31st December 2022, the Trust had a deficit of £27,261 due to paying out more of the substantial funds raised in the previous year from the Covid India Appeal.



HOW WE GAVE A HAND IN OLD AND NEW WAYS



Grants & Care Coordinator's report from Taradakini

Last year was a full one with grants requested by 19 Order members to attend the UK & Ireland Convention in August; fuel poverty grants launched in the autumn for Order members in the UK and Europe; and 20 right livelihood grant applications submitted throughout the year to enable small business start-ups to Order members in India who lost their work during the Covid pandemic – to name just some of our grant activity. All in all, 76 grants were made for a variety of reasons to Order members around the world.

'The work continues to be rewarding; it's not only the financial support we give but the sense that the person gets of the sangha being behind them through us in a time of difficulty.'

The fuel grants brought forward new applicants who could see a clear path to making a request; likewise the Convention travel and accommodation grants. Such applications can then uncover a more general hardship situation which I can go on to explore with the applicant.

INCREASING OUR GRANT LIMITS

With cost of living increases worldwide, we decided to increase our single grant request amount to £1,500 (from £1,000) and raise our general applications savings limit from £6,000 to £10,000 or equivalent currency.

Where an Order member has a clear need for more than £1,500, and no other sources of funds are available, then we look at launching an appeal, and in 2022 we ran 7 of these, again for a variety of reasons, from an Order member in Russia who was affected by the war in Ukraine to an Order member in Thailand needing urgent eye surgery and an Order member in Mexico who needed medical repatriation.

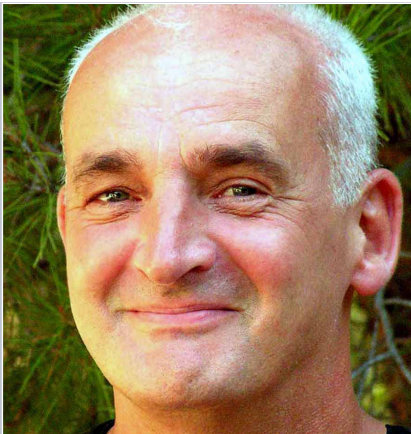
We also continue to offer non-financial support where we can – such as advice on the availability of grants beyond Abhayaratna Trust, and housing support.



One Order member who benefitted from a livelihood grant is Prabhatratna, who lives in Nagpur, Maharashtra. With his grant he was able to buy a small bus to allow him to drive children to school. He currently has 18 students that he takes to and from school every day and says he is very happy about the way this has worked out.



Another Order member who received a modest livelihood grant is Maitrijaya, who lives in Wardha. She received a grant in April to develop her home-made pickle business and says: 'I am very pleased to get help at right time. I had very bad time in COVID. Through this help I could establish my business. It is not only helping me but is giving employment to some women in need around our area. Thank you very much to Abhayaratna team, from my heart.'



Bodhananda, recipient of UK & Ireland Convention grant, writes:

'I'd like to take the opportunity in expressing my sincere gratitude to the Abhayaratna Trust for the invaluable help they have given me in attending the (UK & Ireland) Convention, but also for the help offered to me when I moved into sheltered housing around 2015.

I had been unaware of the existence and role of the Abhayaratna Trust for many years until another Order member mentioned it to me. I suppose I'm not alone in finding it very difficult to ask others for assistance in any way, and even more so when that involves needing

financial support. I had never thought of myself as 'needing help' but thought I could and should always be self-sufficient and resourceful. I was particularly struck by the quality of the response to my request for financial help, which surprised me, as somehow I feared and expected a kind of cold interrogation into the basis of my request and needs. The response was warm, friendly, sympathetic and encouraging. I'd like to give particular mention to Taradakini in this respect but I'm pretty sure other team members I've yet to meet would respond in a similar way. This positive impression of the work and role of the Abhayaratna Trust and the friendly support team remains with me. I'm forever grateful.'

SUPPORT FOR ORDER MEMBERS IN HEALTH HARDSHIP AROUND THE WORLD

THE ORDER'S HEALTH FUND

With free state health services faltering or limited around the world, the Abhayaratna Trust launched the Order Health Fund at the UK & Ireland Convention in August 2022.

The launch received a warm response from those attending, including 70 Order members immediately pledging regular support.

This Fund will help to support Order members worldwide when a health difficulty arises, and the Order member has limited savings (typically less than £10,000 or equivalent amount in other currencies) and other funding is not available.

Abhayaratna Trust is already involved in supporting Order members' health; 2022 examples include a hearing aid in a European country which doesn't supply free ones; hospital fees support for an Order member in India following a serious accident, and an Order member in South America needing urgent surgery.

As the Order ages, more health difficulties are arising. It's clear to us that to effectively meet situations where money is needed to treat someone, we need to pool our resources in the Order and wider sangha. By many of us contributing a little something each month, we will be able to expand our current grant capacity for health and wellbeing to include more Order members who need funds to help with an acute or chronic, physical or mental health difficulty.



SUPPORT THE ORDER HEALTH FUND

Sign up to our Fund, for any amount here <https://cafdonate.cafonline.org/21428> or via PayPal at <https://abhayaratnatrust.org/donate-now> if you bank outside the UK, and email taradakini@abhayaratnatrust.org for more information on the Order Health Fund either to apply or support Order members in health hardship now.

'KINDNESS IN ACTION'

'The Abhayaratna Trust is kindness in action. It is incredibly effective in easing the practical difficulties that many Order Members find themselves facing. It provides a much-needed safety net. When I think of what the Abhayaratna Trust does, I am filled with gratitude that it exists. I have great faith and trust in the good work of the Abhayaratna Trust.'

Samacitta, Order Health Fund supporter

AN INCREDIBLE RESPONSE **THANK YOU**



Donor Communications Report from Jinavamsa

It has been another successful year for the work of the Abhayaratna Trust, and as always this was made possible by our donors who gave regularly and to our individual appeals. A massive thank you to everyone who contributed. Your ongoing generosity is very appreciated, and we could not function without your support.

MORE APPEALS FOR INDIVIDUALS

During 2022 we launched 7 appeals for individual Order members who needed several thousand pounds for specific reasons. This was the most we have ever run in one year, and the response was incredible. For example, the appeal to raise £4,500 for an urgent operation to restore Ajitasena's eyesight reached its target within 24 hours, and the initial appeal to raise £4,000 to help Ashvajit pay for hospital fees in Mexico was raised within 50 minutes. We then went on to raise more than £17,000 as Ashvajit's medical bills grew and to help repatriate him. Ajitasena is now back to carving

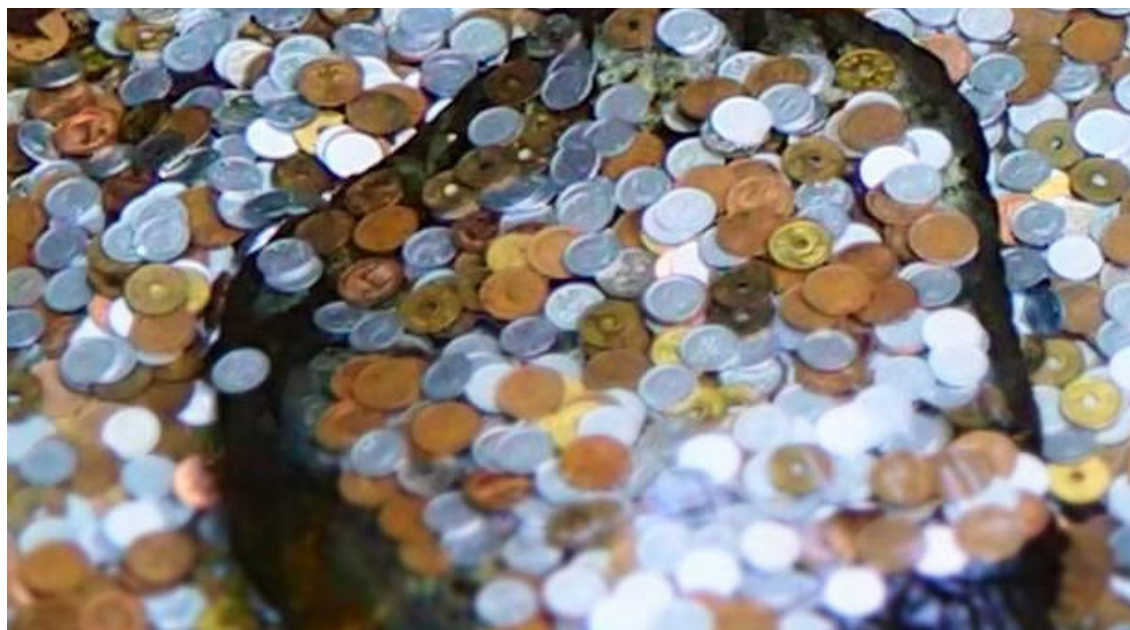
Buddhist images with his eyesight restored and Ashvajit was brought back safely to his home in Wales and NHS care.

Every one of these 7 appeals has been a success, reaching its target and often exceeding it, further supporting the individual Order member.



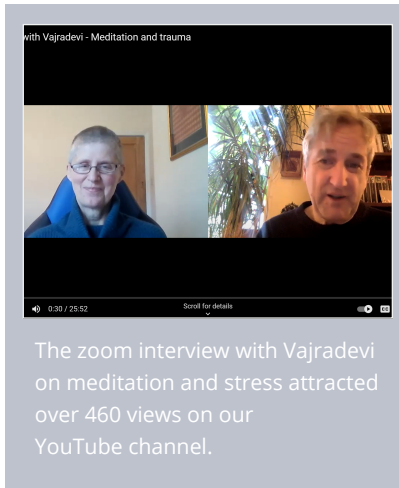
'I support [The Abhayaratna Trust] because it feels like family. It's another Order member who needs some help. I know what that means - I naturally feel like giving them a hand.'

Kamalashila



KEEPING IN TOUCH WITH YOU

Throughout the year we kept our supporters updated through our emailed newsletters, which are now sent out monthly to over 2,000 subscribers. These include short articles on ways in which the Abhayaratna Trust has been assisting Order members, as well as videos, including interviews on mental health and updates from team members.



You can find our YouTube channel at <https://www.youtube.com/@abhayaratnatrust> and can access our past newsletters here; <https://abhayaratnatrust.org/latest>. You will also find us on Facebook; <https://www.facebook.com/AbhayaratnaTrust> and on The Buddhist Centre Online; <https://thebuddhistcentre.com/search/node/abhayaratna> as well as on Instagram; <https://www.instagram.com/theabhayaratnatrust/>

HELP US CARE FOR ONE ANOTHER IN THE ORDER PLEASE CONSIDER IF YOU CAN

- Become a supporter by signing up at www.abhayaratnatrust.org for our newsletters
- Support our Worldwide Fund or the Order Health Fund at www.abhayaratnatrust.org/donate-now
- Be a point of contact for Order members around your Centre or email - taradakini@abhayaratnatrust.org
- Engage in discussion with others in your local sangha to develop a Local Care Network – see www.abhayaratnatrust.org/local-care-network or email mahasraddha@abhayaratnatrust.org
- Include us in your will – have a look at www.abhayaratnatrust.org/legacies or email jinavamsa@abhayaratnatrust.org



EXPRESS YOUR CARE AND GRATITUDE WITH A GIFT IN YOUR WILL

As in general society, there is an inequality of wealth within the Order and sangha; some of us are comfortably off, can afford to go on retreats as well as heating our homes! Others are not so fortunate. They may not have inherited money or had a family to support or dedicated their working years to the Triratna Order and Community. Perhaps they are ill or of an age where they cannot work and have no access to state benefits in their country, or no pension despite a long working life.

Whatever the reason, if there's a health emergency or housing or living costs difficulty, or an inability to afford a retreat or Order gathering, the Abhayaratna Trust is here to respond as best we can. And the more resources we have, the better our response can be.

Your legacy will mean we can enhance our response to the needs of individual Order members in financial or health hardship as the needs arise, as well as secure the Abhayaratna Trust's future for those younger Order members committing their life to serving our Order and Community. Your legacy will have life-affirming and life-changing consequences.

Dharmachari Abhayaratna's £50,000 legacy enabled the Trust to be founded, and legacies from Order members such as Manjusvara, Anjali, Jayamitra, Dharmottara and, in 2022, Aryashila, have been essential in helping us to

expand the number of Order members the Abhayaratna Trust can help each year.

You can choose to include the Abhayaratna Trust in your will by leaving a specific sum or a proportion of your estate.

Here is an example of the wording that could be included in your will:

'I give free of taxes as a charitable bequest [insert either a specific sum or a proportion of the residuary estate] to the Abhayaratna Trust, UK Registered Charity No. 1126494, to be used as both capital and income for the general purposes of the Abhayaratna Trust. I direct that the receipt of the Finance Secretary for the time being or other duly authorised officer shall be a full discharge to my executors.'

It's also a good idea to add our website address to make sure the most up-to-date contact details are written into your will.

Get in touch with any of the team or trustees to discuss legacies and how a bequest from you could have a long lasting impact on our work. And go to <https://abhayaratnatrust.org/legacies> to download our Make a Start on Your Will PDF.

MEET THE TEAM

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