



Yearly Report 2015-16

Chairman's Update

April 2015 to March 2016

New Order Members

Another year and I am delighted to say we have another crop of new Order Members in the LBC Mandala. This past year we welcomed Bodhipakshini, Dharmadhira, Satyapurna, and Sujhayini into our Sangha. Sadhu to all of them!

New Public Preceptor

I'm also really pleased to be able to say that Subhadramati has become a Public Preceptor. Having another public preceptor at the LBC, particularly one who is so actively engaged in the Centre, very much adds to the depth and maturity of our Mandala. It's also of course a boon for the Order and the wider Triratna Sangha.

Alaya and Anjali

This year saw the death of two very long-standing Order Members – Alaya and Anjali. Though neither of them had been at the LBC for a long time, they both played a significant role in the building and founding of the LBC nearly forty years ago. Alaya was part of the building team that converted a derelict fire station into the LBC. Amongst Anjali's contributions were the two hangings that still flank the shrine in the main shrine room. It's good to remember that we are the beneficiaries of the work of many people including these two Order Members.

Vajrasana

For me the main focus this year has been on Vajrasana. The building project is nearing completion and we are gearing up for a grand opening the weekend of 28th and 29th May. I am delighted (and relieved) to say that the retreat centre is looking stunning. It really will be a major step up from the old Vajrasana and will be a retreat centre worthy of the LBC. I want to say a huge thank you to all the people in our Sangha who have given and are still giving to the project. The fundraising drive, spearheaded by Subhadramati, has been the most successful campaign the LBC has ever had. Many, many people have contributed and I have been heartened by the Sangha's generosity, enthusiasm and goodwill. Of course we still need more money – so please do consider giving, or giving more! There are many individuals to thank but that is perhaps better left until the grand opening. For now I

just want to particularly acknowledge Maitrivajri for her tremendous (ongoing) work in managing the project on our behalf.

We are also fortunate in having three ex-Windhorse men – Jnanaruci, Maitridaka and Saddhaketu - who together with Abhayavajra, will form the community who will live at Vajrasana and help to run the retreat centre.

I hope to see as many of the Sangha as possible at the opening.

LBC Activities

It's been another tremendous year at the LBC – more activities and more people attending than ever before. Many people comment on the very positive atmosphere in the Centre and I'm delighted to say that despite the fact that the Centre is really too small for our needs, we keep managing to welcome more people and the Sangha keeps growing – in breadth and depth.

There are too many activities for me to mention – see Maireyaraja's report for more detail. Here though I just want to mention Subhuti's ongoing visits to the LBC as our President – and how these are a real highlight of our calendar. I feel very grateful for all that Subhuti gives to the LBC in terms of his time, energy and dharmic inspiration.

I also want to mention the ongoing contributions of Lama's Pyjamas and Jambala – both of which have been continued to be successful right livelihood businesses. They offer employment to people in the Sangha, they contribute to the local community, and they give surplus profits to the Centre. They also promote the LBC in the local community and can act as doorways to the Centre. Lama's in particular makes a huge financial contribution, which has significantly helped our Vajrasana project.

I want to finish by saying a heartfelt thank you to everyone who contributes to the Centre and to the LBC Mandala. There are hundreds of people contributing in many, many ways. I feel privileged to be part of such a thriving Sangha. Thank you.

Yours in the Dharma,

Jnanavaca

Chairman

jnanavaca@lbc.org.uk

Treasurer's report for the financial year 2014-15

The figures in this report are taken from the LBC management accounts, as in previous years. I will focus on contrasting the financial year 2014-15 with 2013-14; also putting in context where we are now; and looking forward. The LBC audited accounts are available for review at:

http://apps.charitycommission.gov.uk/Accounts/Ends20/0000255420_AC_20150331_E_C.pdf

Income

Property income

Property income fell by 6% from £305,899 in 2013-14 to £287,900 in 2014-15. This was attributable to completion on the final flats we inherited from Mahananda, to help fund the Vajrasana building project. Looking forward, property income should remain stable. The communities are reliably full; the commercially let properties of the restaurant and flat provide reliable rent; as do both charity shops.

LBC income

LBC income rose by 12% from £364,816 in 2013-14 to £409,857 in 2014-15. This was most significantly attributable to the ongoing success of the Vajrasana fundraising campaign, particularly new and increased standing orders, and the onset of yoga classes in the second half of the financial year. Looking forward, the Centre seems to be hitting capacity and further increases are likely to be more modest than those seen in recent years.

Retreat income

Retreat income fell by 29% from £151,922 in 2013-14 to £108,319 in 2014-15. This was attributable to closing Vajrasana for the building project. We have continued running retreats at other venues, so LBC retreat income only fell 15% from £112,770 in 2013-14 to £95,818 in 2014-15. The bulk of the loss was from not being able to rent out Vajrasana and the solitary huts. Looking forward, Vajrasana will be run by our trading subsidiary Pure Land Limited. This will be our greatest potential for growth in coming years.

Breathing Space income

Breathing Space income fell by 20% from £88,084 in 2013-14 to £71,049 in 2014-15. This was primarily attributable to the London Borough of Hackney Carers Contract ending. Non-grant income was 4% up from £42,318 in 2013-14 to £44,049 in 2014-15. We still also

have the London Borough of Tower Hamlets Carers Contract and Grant for Free Places. Looking forward, we are looking to new sources of income for Breathing Space in corporate-based mindfulness training as well as a new Contract with L&Q Housing Association, which will hopefully develop and expand.

Charity shop income

Charity shop income rose by 1% from £161,241 in 2013-14 to £162,747 in 2014-15. Lama's Pyjamas have more than doubled income over five years since opening, but are finally hitting a plateau. It is very significant in terms of the overall LBC surplus. Looking forward, to maintain the financial success of the charity shops will be helpful.

Total income

Total income fell by 3% from £1,071,962 in 2013-14 to £1,039,872 in 2014-15. This was actually quite pleasing in the context of having closed Vajrasana and up on budget/forecast of £915,928. Looking forward, seeing the new expanded retreat centre bear fruit will be vital in terms of our consolidated accounts.

Expenses

LBC expenses

LBC expenses rose by 15% from £380,217 in 2013-14 to £436,738. This was attributable to a broad range of factors: donations to other Triratna bodies; the success of the new LBC newsletter/program; increased refreshment and shrine costs; yoga set-up costs; and increased costs on the main winter retreat - most of which were covered by corresponding income.

Support expenses

Support expenses rose by 12% from £298,912 in 2013-14 to £335,670 in 2014-15. This was primarily attributable to supporting two new team members to teach yoga - which were covered by additional yoga income.

Retreat expenses

Retreat expenses rose by 35% from £81,234 in 2013-14 to £109,579 in 2014-15. This was attributable to hiring other venues with Vajrasana closed.

Total expenses

Total expenses rose by 16% from £780,847 in 2013-14 to £904,133 in 2014-15.

Surplus/deficit

Our surplus fell from £291,115 in 2013-14 to £135,739 in 2014-15, although this was higher than the budget/forecast of £110,608. Averaging £11,312 surplus per month was relatively pleasing in the context of the retreat centre closed and further increased the level of reserves available for the Vajrasana building project.

Vajrasana fundraising

As of 27 February 2015, we have £5,078 of on-going monthly standing orders for Vajrasana, £6,065 per month with gift aid included. We have also raised £184,888 in one-off donations, £234,570 with gift aid included. In total, we have raised £375,538 from the Sangha so far towards the Vajrasana building project, not including gift aid.

Gift aid

Since launching gift aid for dana events in the LBC and donated goods in Lamas Pyjamas and Jambala Bookshop, plus increasing standing orders, we have increased our annual gift aid claim from £4,255 for 2010-11 to £39,980 for 2014-15.

Building project

Looking forward, our trading subsidiary Pure Land Limited is in a strong position to complete the Vajrasana building project. The net build is currently forecast at £4,085,000 plus professional fees of £637,260. In addition, there are further costs for demolition, a rupa, stupa and furniture, making a total forecast spend of £5,119,335. In addition, there is £1,023,687 VAT which the trading subsidiary can reclaim.

Property sales

The building project is being significantly funded from the sale of five flats we inherited from Mahananda. We sold them for a combined total of £3,322,250. This was pleasing, given we had them valued at £1,600,000 when we inherited them around six years ago and was substantially higher than the valuations we had prior to putting them on the market.

The property had generated up to £83,627 rental income per year: £6,968 per month. Partially because of high property values in the area and partially because of long-standing tenants and a sitting tenant; it was our lowest yielding property; a 2.5% yield against sale price. Given the surplus I mention above we are comfortable without it. Furthermore, the income is likely to be replaced and hopefully even exceeded by increased income from Vajrasana. We are increasing our capacity by 76.5% from 34 to 60 beds.

Finance / borrowing

Our total loans as at 31 March 2015 were £875,657. Given our annual income is in excess of £1,000,000 and our substantial asset base, this is remarkably low in terms of leverage.

We currently have £4,422,589 available for the building project, including having already invested £3,727,850. This takes into account maintaining our minimum reserves of two months expenses of £160,000. We are therefore left with a £696,746 shortfall, which is set to rise. We are doing further fundraising. In addition, I have secured the potential to borrow up to an

additional £1,000,000 from Triodos at 2.25% over base, 2.75% minimum. Our monthly loan repayments on our current borrowings are around 10% of expenses at £7,146 per month, at 2% over base, 3.5% minimum. Given our current surplus we could comfortably cover this again, not to mention the extra income forecast from Vajrasana, but given the uncertainty around interest rates it will be prudent to keep our borrowing as low as we can, without compromising the project.

Furthermore, we need to bear in mind we are loaning up to £6 million to our trading subsidiary to complete the building project and meeting the subsequent loan repayments back to the charity. However, there is clear potential for the retreat centre to net an additional £100,000 income per year, so we might feel quietly confident about the long-term position.

Jnanadeva

Apr 2014 - Mar 2015

Apr 2013 - Mar 2014

Ordinary Income/Expense

Income

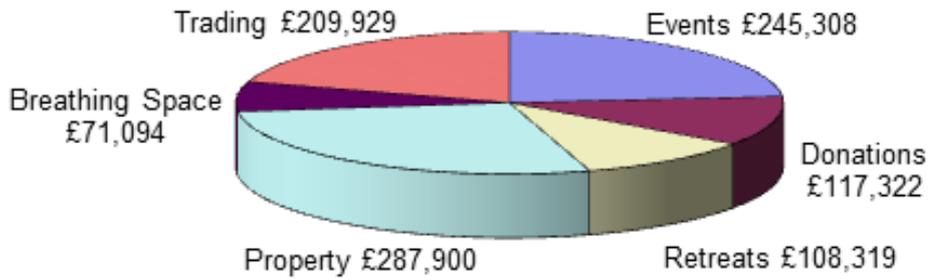
Breathing Space	71,049	88,084
LBC	409,857	364,816
Property	287,900	305,899
Charity Shops	162,747	161,214
Vajrasana	108,319	151,922
Total Income	1,039,872	1,071,962

Expense

LBC	436,738	380,217
Support	335,670	298,912
Charity Shops	22,146	20,484
Retreats	109,579	81,234
Total Expense	904,133	780,847

Surplus / deficit **135,739** **291,115**

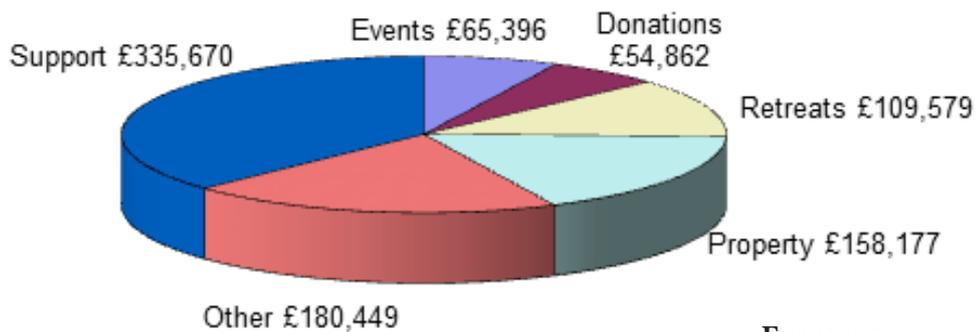
LBC income 2014-15



Income

Events	£245,308
Donations	£117,322
Retreats	£108,319
Property	£287,900
Breathing Space	£71,094
Trading	£209,929
	£1,039,872

LBC expenses 2014-15



Expenses

Events	£65,396
Donations	£54,862
Retreats	£109,579
Property	£158,177
Other	£180,449
Support	£335,670
	£904,133

Secretary's Update

April 2015 to March 2016

In this report I will give a description of the ongoing work of the LBC with information about some of the significant changes that have happened within the LBC or LBC Community Mandala in the last year. I will then list the range of activities that the LBC has been able to offer.

The Ongoing Work of the LBC

The year of 'The Vajrasana' (The Diamond Throne) continued at the LBC from April through to December 2015. Over the next four years we will be exploring 'The Four Sangharavastus' (the Means of Unification of the Sangha) and Jnanavaca launched the new theme at the LBC in January 2015 with a talk on 'Dana' (generosity).

Regular Classes

In January Ambaranta, Akashadevi and Sanghasiha started running an early morning meditation session: Monday Morning Metta. Jnanavaca, Subhadramati, Silapiya, Dayabhadra, Akashamitra have continued to lead the Dharma Night class. The on-going format of regular Seminars and Introduction to Buddhism and Meditation courses have helped to keep the class vibrant. Suryagupta and Devamitra have recently joined the team. Satyin left the team. The Mantra Meditation chanting group early on Tuesday mornings run by Singhamanas and Luke Doherty came to an end. Mangala and Sajjana stopped running the Men's Drop-in class on Tuesday mornings. Vidyadaka, Sanghasiha, Maitripushpa, Maitreyaraja and Mahamani run and develop the Tuesday Night class. Jnanavaca and Padmalila left the team. There is no longer a Sangha Meditation on Wednesday early mornings. The Wednesday Day class continues with Shraddhapushpa, Achalapriya, Jyotismati, Stavarha and Kalyanavaca. Maitreyabandhu, Subhadramati, Sukhasiddhi, Shraddhasiddhi and Singhamanas are the current Order team for the Wednesday Night Class. The Yoga, Chi Kung & Meditation Class is currently led by Jayaka, Priyavajra, Amitajyoti with SuYen Tan & Holly Murray. The Friday Class is still run by Sajjana, Nandaraja and Svadhi. Devamitra has started running a Young Men's study group on Saturday mornings. Mahamani, Sudurjaya and Tareshvari have been leading a monthly Women's class on Saturday afternoons. The Lunchtime classes continue to happen Mon-Sat generally with two teachers so that newcomers can be taught and regulars guided. The regular lunchtime leaders over this period have been: Mangala, Jayaka, Sajjana, Sumana, Sanghasiha, Shraddhasiddhi, Maitrida, Vajrabandhu, Maitreyaraja, Sraddhasara, Dayaruci, Vajrabandhu and Dayavira. Weekly Introductory classes were taught at

St Martin's Lane by experienced LBC Mitras including Sarah Bannock, Lynda Rose, Lawrence Ermal, Marleen Laurman, Paul Gapper, Ollie Brock, Todd Donnelly, Sam Farquarson & others.

Outreach

The LBC continued to run classes and courses in Central London. Bodhi Tree – led by Srivati - still hosts Educational Visits. The LBC still runs Carer's retreats and drop-in classes. Maitreyabandhu was approached by a company called 'Singing Works' and has runs days on Mindfulness and Leadership. This working partnership has now come to an end. The LBC has responded to a number of other outreach requests responding to the increased interest in mindfulness and meditation generally.

Vanaraji, Upeksadhi and others launched the Mid-Essex Buddhist Centre in January. It was a very positive event and classes have been well attended since. There has been a number people of doing Dharma activities in this area for a while and there is now a real focus point in South Woodham Ferrers for a new Sangha to flourish in Essex. The Hornchurch Buddhist group continues to be run by Nandaketu and Saddhabhaya. Stow Sangha in Walthamstow continues to be run by Ambaranta, Maitrida, Sahajamani and Rebecca Glyn Jones.

Sub35 Activities

The Young People's Activities have continued to grow at the LBC. The team who organises and runs these events now includes: David Basak, Adam Showman, Joe Krohn, Gaelle Tuffigo, Steph Delany, Tara Allitt and Kevin Croke. Glenn Kitsune, Lydia Keen, Sarah Campbell, Singhamanas and Holly Murray have left the team. There are three events a month, one event being single sex as. The team also run weekend retreats. The current team are meeting with Jnanavaca and Shraddhasiddhi ongoingly and keeping in dialogue with them about the development of these activities.

Sub25 Activities

Singhamanas and SuYen Tan have started running a monthly class for people under twenty-five.

Yoga for Meditation

SuYen & Holly continue to run 10 regular weekly Yoga for Meditation classes at the LBC a week plus Yoga for Meditation Days. The classes are proving to be popular and are building up a following.

Parent's, Children's and Young People's Activities

The Wednesday Day Class continues to run a crèche for children under 5. The Buddhist Sunday School run by Jyotismati and team on the last Sunday of the month for 3-10 year olds has been growing and attracting up to fifty parents and children. Srivati is running 'Open Mind' an after school club for young people between 11 & 16 on Tuesday afternoons.

Lama's Pyjamas & Jambala Charity Shops

Padmalila, Abhayanandi, Sraddhagita Sally Ramsden and have been running the Lama's shop.

Ambaranta has been managing the Jambala shop and is intending to leave in the Spring. We are currently looking for an Order Member to take over managing the shop.

Presidential Visits from Subhuti

Subhuti visited the LBC Centre in the autumn of 2015. He gave of his time generously once again giving his popular 'Rambles Around Reality' talks, meeting with the LBC Council, the LBC Admin Team, the Lama's Pyjamas/ Jambala Teams, friends and individuals. He is planning to open the new Vajrasana Retreat Centre in May 2016 and lead study on the first opening retreat there.

LBC Council

Suryagupta joined the LBC Council in the autumn of 2015. Jnanavaca, Maitrivajri, Paramabandhu, Maitreyabandhu and Abhayavajra continue to work as a sub-committee of the LBC Council working together to steer the re-development of Vajrasana Retreat Centre. Subhadramati has become a Public Preceptor. Being a Public Preceptor means taking on more central responsibility for the Triratna Buddhist Order.

Pure Land Limited and Vajrasana Retreat Centre

Pure Land Limited, the LBC's subsidiary company, will be managing the Vajrasana Retreat Centre when it opens in May 2016.

The LBC Centre Admin Team

Joe Krohn has had his invitation to get ordained and will be on the Ordination course at Guhyaloka this year. The others in the current team are Vidyadaka, Vajrabandhu, Jayaka, Bryan Hamilton, Luke Doherty, Singhamanas, Jnanadeva, Priyavajra and Maitreyaraja and Ollie Brock.

The Women's Kula

Subhadramati continues as the Women's Mitra Convenor and Fundraiser. She will be having a six month sabbatical this year from April to September. Shraddhasiddhi will temporarily cover for Subhadramati as the Women's Mitra Convenor while she is away. Shraddhasiddhi continues to work with Subhadramati to assist with Mitra Convening and to help her maintain and develop the Vajrasana Fundraising Campaign. Maitrivajri continues to focus on the Vajrasana building project working with the Vajrasana Sub-Committee to steer the project through to completion. Holly Murray and SuYen Tan are in the Women's Kula. As well as offering yoga for meditation classes at the LBC they are helping with the general running of the Centre. SuYen has received her invitation to be Ordained and will be on the Ordination course at Akashavana this year.

LBC Communities

There are currently six communities 'housed' in property owned by the LBC – four women's communities and two men's. There are a few other communities / Buddhist house-shares in the locality. Sarah Bannock, from Viryaloka community, has received her invitation to be ordained and will be on the Ordination course at Akashavana this year.

LBC Magazine

Vidyadaka, Singhamanas and Ollie Brock continue to work with others to produce the LBC magazine which is combined with the LBC programme. Different writers within the LBC Mandala and beyond have been involved in writing interesting features offering a Buddhist perspective on a range of subjects.

The Journey and the Guide

Maitreyabandhu launched his new book 'The Journey and the Guide' outlining and exploring Sangharakshita's broad approach to meditation. He has already run a popular course on the basis of the book and has started training others to lead the course in the future.

IT Development

The new LBC website went live in January. We have had good feedback about the site. Priyavajra, Vidyadaka and the others who have been involved in the process of creating the new website have been warmly thanked for all the work that went into making the new website. Singhamanas is now managing Phase 2. There will be further development of the site and he is liaising with Candradasa and Will from Free Buddhist Audio to improve things even more.

The LBC Building

Jayaka, Priyavajra and Vajrabandhu organised a major maintenance project of the LBC building which included fixing a leaking roof, re-building a chimney, re-pointing the brickwork and painting the windows.

LBC Library

The library continues to be a lending library for Order Members and Mitras and a reference library to the wider Sangha and the Public.

LBC Videos

The LBC continues to video many talks that happen at the LBC and makes them available online. These are proving to be a valuable resource not only for the LBC Mandala but for many people throughout the world.

The London Buddhist Arts Centre and the Globe Community Project

The London Buddhist Arts Centre has continued to offer a context for artists and art events. The Globe Town Community Project is still based at the London Buddhist Arts Centre and when they have received funding they have been able to offer services to local people. They are currently offering an Advice Service for local people.

Activities at the LBC

I would like to end this report with a list of the activities that the LBC has offered last year (with apologies to any I have forgotten) to remind us of the range of activities that the Centre offers. The LBC continues to be able to offer so many courses, classes and events offering great variety, breadth and depth of teaching. Thank you to all those who have helped to make this possible over the last year since the last AGM. It is a huge collaborative, generous endeavour being involved in the LBC. No-one at the LBC is paid to teach; all those who contribute to classes, courses and retreats (both leader and support teams) do so voluntarily. That's a remarkable record of generosity and kalyanamitrata (spiritual friendship).

Festival Days

Buddha Day was led by Manjusiha, Suryagupta, & team; Dharma Day was led by Silapiya, Dayabhadra & team; Padmasambhava Day was led by Shraddhasiddhi, Vidyadaka & team; Sangha Day was led by Subhadramati, Jayaka & team; Parinirvana Day was led by Ambaranta, Kalyanavaca, Vishvantara & team. Vajrasattva Day was led by Jnanavaca & team. The 108 year Puja dedicated to Ugyen Sangharakshita, the founder of the Triratna Buddhist Order & Community was led by Maitreyabandhu. The Dr Ambedkar Festival Day was led by Manjusiha and Akashadevi. A Tara Day was led by Sraddhagita and Shraddhasiddhi. An Akshobhya Day was led by Dayabhadra. Regular full moon were pujas led by a wide range of Order member and class teams.

Retreats

Introductory Weekend retreats (7 in 2015, 8 planned for 2016) and Regular's weekend retreats (2 in 2015, 3 planned for 2016), Sub35 Retreats (3 in 2015, 4 planned for 2016). Young Women's Retreat led by Shraddhasiddhi, Kusalasara, Sukhasiddhi, Sraddhasara and Sujhayini. Women's Weekend led by Svadhi, Mahamani & Vanaraji. An Open, Introductory, 9 day spring retreat led by Sraddhagita, Satyadasa & team. An Intensive meditation retreat for men led by Jnanavaca, Vidyadaka, Jayaka & team. An Intensive meditation retreat for women led by Prajnadevi, Shubha, Srivati, Vishvantara and Maitrivajri. An Open Introductory 7 day Summer Retreat, led by Silapiya, Padmalila & team. The International Urban Retreat led by Subhadramati, Singhamanas, Vidyadaka, Shraddhasiddhi & team. A Sub35 Yoga and Meditation, non-residential retreat led by Joe Krone, SuYen and Holly. An Open Introductory Winter Retreat held at Adhithana and led by Subhadramati, Singhamanas & team. The Winter Retreat at Vajrasana led by Priyavajra, Shraddhasiddhi & team. Jyotismati, Lilavati and Prasannavira led a Parent's and Children's retreat.

Day Events

Atula led a Dream Workshop Day. Manjusiha and Maitreyaraja led a Buddhism and Politics Day. Manjusiha, Shraddhasiddhi, Maitreyaraja led Election hustings meetings with the local candidates in the General Election and with the candidates hoping to become the new Tower Hamlet's Mayor. Priyavajra led a Sangha walk. Volunteer's Day led by Ambaranta, Maitrivajri, Padmalila, Singhamanas and Vajrabandhu. A Heart of Mantra Day led by Dayabhadra. Maitreyabandhu, Vidyadaka and Subhadramati led Teacher's Days for LBC meditation and Dharma teachers. A Total Immersion Day led by Kalyanavaca. Akashadevi led two Pilgrimage afternoons. A 'Before I Die' day led by Ambaranta and Kalyanavaca. Maitreyaraja led an Elemental Meditation Day. Regular Compassionate Communication days led by Vajraghanta. Danapriya and Amalabandhu led a day for Gay Men. Buddhism & 12 Step Days led by Sanghasiha and Shraddhasiddhi.

Monthly introductory meditation days and monthly regulars' meditation days generously led by a range of Order Members. Women's Mitra mornings & days run by Subhadramati, Shraddhasiddhi, Dharmasakhya, Sujhayini & others. Ambaranta organised all-night meditations. There were Women's & Men's Order days. Dayabhadra led an 'Akshobhya Day'. Sanghasiha led a Deep Ecology day. Regular's Meditation Days led by a number of Order Members.

Courses

Lunchtime Dharma/Deepening in Meditation courses were run by Maitreyabandhu and Vidyadaka. Jnanavaca led a Consciousness Unfolds course. Maitreyabandhu and Shraddhasiddhi led a Journey and the Guide Course and a Mastering the Mind course. Svadhi and Nandaraja led an Introduction to Puja (ritual) course. The Life with Full Attention courses led by Vidyadaka, Dayabhadra, Manjusiha, Akashadevi and teams. Three Open Days, the one in September in partnership with the Open House London architectural event. The Dharma Night team led a number of Introductory Buddhism and Meditation courses. Four week Buddhist Meditation Foundation Courses were run at St Martin's Lane by a number of Order Members & Mitras including Sanghasiha, Nandaraja, Vajrabandhu, Fiona Johnston, Mangala and others. Maitripushpa led a 'If they can do it so can I course.'

Arts Events

Poetry East continues at the LBC organized and run by Maitreyabandhu & team. Film nights were led by Jayaka, Kusalasara, Subhadramati, Akashadevi & others. Manjusiha hosted Vaddhaka launching his new book 'The Buddha on Wall Street: What's Wrong with Capitalism and What We Can Do about It'. A painting and meditation day exploring the Imagination was led by Amitajyoti.

Fundraising Events

There have been a number of fundraising events. A 'Sangha's Got Talent' evening was led by Annie Gogarty, Fiona Johnson & team. There were Summer & Winter Fayres run by Holly Murray, Shraddhasiddhi & teams. And there have been a number of sponsored events and other individual initiatives by Sangha members, too numerous to mention individually. There is now a final Shopping List for Vajrasana Retreat Centre and many people are giving money generously to help us to furnish the place.

So if you have any ideas about what you'd like to contribute or what you like to see happening at the LBC do get in touch.

By working together we really can continue to have a huge effect in London. Many thanks to all those who have contributed in all sorts of generous ways - small and large - to help with making the LBC a creative, thriving Buddhist Centre.

Maitreyaraja

Women's Mitra Convenors Report

I'm delighted to report that three women have been ordained since my last report - Bodhipakshini, Sujhayini and Satyapurna. Two more women have been invited to the 3-month ordination course at Akashavana - Sarah Bannock and SuYen Tan.

Twenty three women have become mitras since my last report and seventeen women have asked for ordination - more than in any year previously. This brings the total on my women's mitra list to just under 200, about half of whom have asked for ordination.

I continue to lead the fund-raising for the Centre, particularly Vajrasana, which I find a great Sangha-building activity.

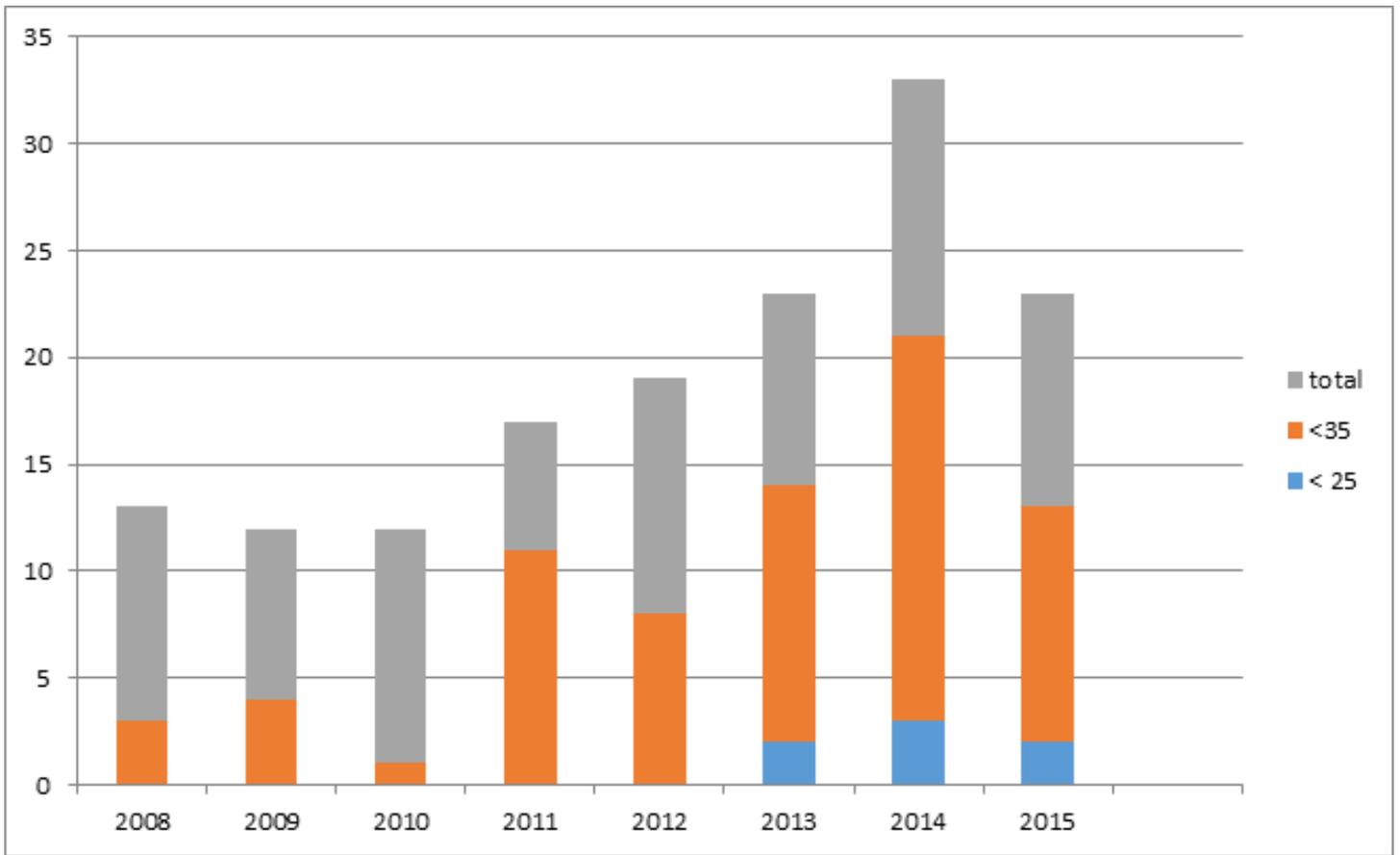
I also continue to teach at the Wednesday drop-in class, the Monday Dharma night, weekly team-based right-livelihood study, weekend retreats the urban retreat and the winter retreat and this gives me a great opportunity to connect with lots of people coming to the Centre, especially with those who wish to take their involvement deeper. Of course many other Order members and mitras are involved in these and other classes and I continually feel fortunate to be part of such a huge team effort. I'm also very pleased that so many dharmacharinis give their time to lead mitra study groups. There are now eight women's mitra groups with thirteen dharmacharinis involved in leading.

Together with Maitreyabandhu, Vidyadaka and others I have been involved in training events for people leading classes, etc., both at the LBC and further afield. I'm finding this particularly rewarding and it makes me evermore appreciate of what we have built up at the LBC.

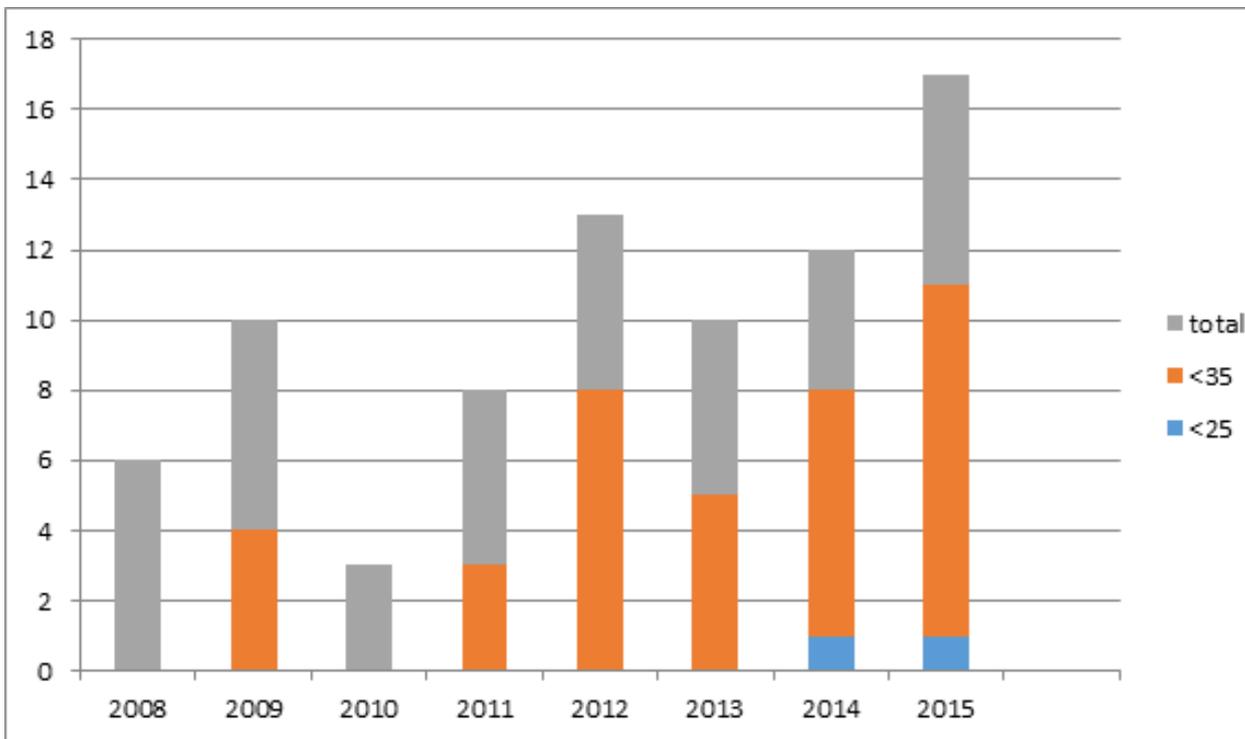
I have also been involved in a small team of senior men and women mitra convenors who have been charged with revising the Dharma Training Course for Mitras. That too has been very productive and rewarding and the updated course is nearly ready.

Finally, after being mitra convenor for just over 8 years I'm having 6-months away this year from April 1st to October 1st. For the first three months I'll be part of the team leading the ordination retreat at Akashavana. This delightfully coincides with me being appointed Public Preceptor and so - all going well - I'll be publically ordaining SuYen. From Akashavana I go onto a two-month solitary retreat at Ecodharma. Finally I will spend one month in Scotland with my family.

Subhadramati



Number of women becoming mitras each year



Number of women asking for ordination each year

Men's Mitra

Convenors report

April 2015 to March 2016

One of my objectives as Men's Mitra Convenor at the LBC is to encourage the Men to see other parts of the Triratna Community, especially seeing other retreat centres. Because Vajrasana has been closed for rebuilding work it's meant the LBC has been having to use different venues for it's retreats so the last couple of years meant we used Adhistana in 2014 and Padmaloka in 2015 for our main men's Sangha retreat. This year we will be back at Vajrasana which I'm really looking forward to.

Last year the retreat at Padmaloka was well attended and so I was pleased to see so many guys there. They run Men's retreats all the way through the year this year being a special year for them and the movement in it being their 40th anniversary. Sangharakshita started what he called Men's Events back then and the themes that Sangharakshita chose for that year are being re-run this year to mark Padmaloka's 40th year. The Men's events have now been called Great Gatherings.

Another significant announcement from the Men's Ordination team based at Padmaloka with regards to last year is that they say they saw a significant jump in the amount of male Ordination requests a few years ago with the publication of Sangharakshita's paper 'What is the Western Buddhist Order? Since then requests have been climbing with last year being the most requests made in one year since records began with 99.

That has been reflected at the LBC with 12 men requesting Ordination in the last 12 months. That is the most I've known to request in one year since I've been Mitra Convenor which is really good news and also 17 Men became mitras, another record. I've been stretched a bit with trying to keep up with many requests coming in for study groups. We started a sub 35 group lead by Jnanavaca in Oct and Paramabandhu is just about to start another and Sanghasiha co-leading with Manjusiha another for men over 35. Thanks to all of the study leaders for giving the gift of the Dharma.

Another new initiative has been started just in the last few weeks by Devamitra called young men's study mornings on Saturday's.

The age of the men coming along does seem to be coming down which brings with a fresh, interested energy. As we get older it easy to get jaded and cynical so it's really a delight to see some youth around the LBC that is willing

and eager to learn the Dharma. I think this will draw more from the Order members seeing their inspiration and keenness to learn. It would n't surprise me if we saw some of these men getting together and forming a new community at some point or finding a way of working together in one shape or form.

Three men from Samaggavasa community which is situated on the upper floors of the LBC main building with be going on the 4 month Ordination retreat this year at Guhyaloka in Spain which runs from April to July and they are Adam Showman, Glen Kitsune and Joe Krohn.

There will be a shorter Ordination retreat running in September which is a new development for men who have young families or other responsibilities that make it difficult for them to be away from home. This is really good news as I know some men who never thought they would ever go to Guyhaloka have suddenly got the opportunity. This probably will not happen every year, only when there is enough men. Ja Smith, Knut Wilmott and Stephen Heppell who have been mostly based around the LBC have been invited.

I'm really pleased all these men will be Ordained next year and I wish them well and look forward to being in the Triratna Buddhist Order with them and hearing what their new names will be.
Yours in the Dharma,

Jayaka

Breathing Space Report April 2015 to March 2016

The Breathing Space 'Mindfulness for Health' project at the London Buddhist Centre included in 2015-2016 the following Mindfulness Based Approaches (MBAs):

- Mindfulness Based Cognitive Therapy (MBCT) for depression.
- Mindfulness Based Addiction Recovery (MBAR) for addiction
- Mindfulness Based Stress Reduction (MBSR);
- Kindness Behaviour Training (KBT) for depression and addiction.
- Mindfulness Based Stress Reduction drop-in classes for carers
- Mindfulness Based Stress Reduction retreats for carers
- Mindfulness Based Approaches retreats for depression, addiction and stress.

Breathing Space activities held in 2014-2015

In 2014-2015 we ran:

- 4 MBSR courses
- 2 MBSR outreach courses
- 4 MBCT courses
- 1 KBT courses
- 1 MBAR courses
- 2 MBA retreats
- 4 MBSR retreats for carers
- 48 MBSR drop-in classes for carers

Outreach

Apart from the above list of courses and retreats, one-off presentations and mindfulness sessions have also taken place at organizations working with mental health and mental health related events throughout the financial year. We have been fostering a close working relationship the carer's centre where taster sessions are being delivered 4 times a year for carers interested in Mindfulness Based Stress Reduction. We have carried on promoting Bodhi Tree on the Breathing Space website - Bodhi Tree is a charity headed up by Srivati that aims is to support RE and spiritual development in schools and colleges and the work place.

Marketing and publicity

In addition to the outreach activities marketing activities have taken place, such as: advertisement in local press; permanent banner on LBC homepage; targeted electronic mailouts to all participants of course; one-on-one meetings with local psychologists and health professionals; three open days with talks and presentations on Mindfulness Based Approaches at Breathing Space.

Funding

Mainstream Grant (MSG) funding from London Borough of Tower Hamlets

Breathing Space successfully retendered with London Borough of Tower Hamlets (LBTH) until 2018 to carry on delivering free places on MBCT, MBSR and MBAR courses and free places for the two-day MBA retreats. The interest for the free places scheme continues to be high, especially for the MBCT, MBSR.

Caring for the carer's initiative

In 2015-2016 we ran four retreats and 48 drop-in classes for carers living in East London. We are pleased to have recently received an extension to our current contract until 2017.

Monitoring and evaluation

Breathing Space courses and retreats

Last year we reached 370 people attending Breathing Space activities, and this year it was over 410. This is due to the new outreach initiative (see below), but overall it has been another good year in the amount of people the project has reached. Among participants who finished a Breathing Space, who took part in the free place scheme (MBCT/MBAR/MBSR) course in 2015-2016, the vast majority rated the course as either 'helpful' or 'very helpful'.

LBTH free places scheme for MBCT/MBAR/MBSR courses and retreats

Breathing Space has continued to conduct quarterly monitoring reports on quantitative outputs, outcomes, and equalities, as well as by-quarterly monitoring meetings with LBTH. All targets were met and this year 30 places were awarded to local community residents on a low income. Out of the free places scheme participants, who finished the course or retreat they were awarded a place on, 100% of the course participants and 100% of the retreat participants who completed the forms rated the service as 'helpful' or 'very helpful' to them.

Caring for the Carers - LBTH

We provide three-monthly monitoring reports for the 26 retreat places and 48 weekly drop-in classes for carers in the borough, which LBTH is funding. These retreats have carried on being a valuable resource for carers, with this year 100% of the participating carers stated they were “very satisfied” by the retreat.

Teachers

On Behalf of the LBC and the Breathing Space project, I would like to thank the following teachers who have generously supported activities in the financial year 2015/2016:

- Paramabandhu
- Sanghasiha
- Priyavajra
- Maitreyaraja
- Satyadasa
- Shraddhasiddhi
- Satyavasin
- Jayaka
- Dayabhadra
- Srivati
- Prajnadevi
- Joe Krohn
- Fiona Johnston

Breathing Space teachers continue to be supervised by Dr Paramabandhu Groves; NHS consultant psychiatrist and experienced teacher of MBAs (who initiated the Breathing Space project at the LBC). Breathing Space is keen on increasing the teachers’ pool further to ensure that we can run our existing programme and grow it over time.

Outreach project

In partnership with London & Quadrant housing association in Leyton Breathing Space applied for funding to deliver two 6 week MBSR outreach courses for residents and carers who live in Waltham forest. We have delivered the first course with success. Out of 16 people who completed the course 12 stated it was very helpful and 3 stated it was helpful. We are currently delivering the second course and hope to be continuing to work with L & Q in the coming year, and expanding the Breathing Space remit into the local community. Thanks to the following people for supporting this project by either co-leading or supporting one of the courses:

- Vanaraji

- Mangala
- Tareshvari
- Vajrabandhu
- Mahamani
- Nandaraja
- Laurence Xhamoni
- Maya Campbell
- Fiona Johnston

Also thanks to Mike MacFarlane (a GFR mitra and who works in community development for L & Q) for helping to get this project off the ground.

Summary

With over 410 people attending a Breathing Space activity in 2015-2016, it has been another good year in terms of the people we have reached. The interest for MBAs among the general public has continued, which is promising for Breathing Space and the project’s future development. Public sector support has continued with LBTH funding the free places scheme now up until 2018 on MBSR/MBCT/MBAR course. LBTH has continued to fund the ‘Caring for the carers’ project until 2017 with retreats for a total of 26 carers as well as weekly drop-in classes at the LBC. Breathing Space is keen on increasing the teachers’ pool further to ensure that we can run our existing programme and hopefully carry on working in partnership with L & Q housing association to deliver an outreach program.

Luke Doherty