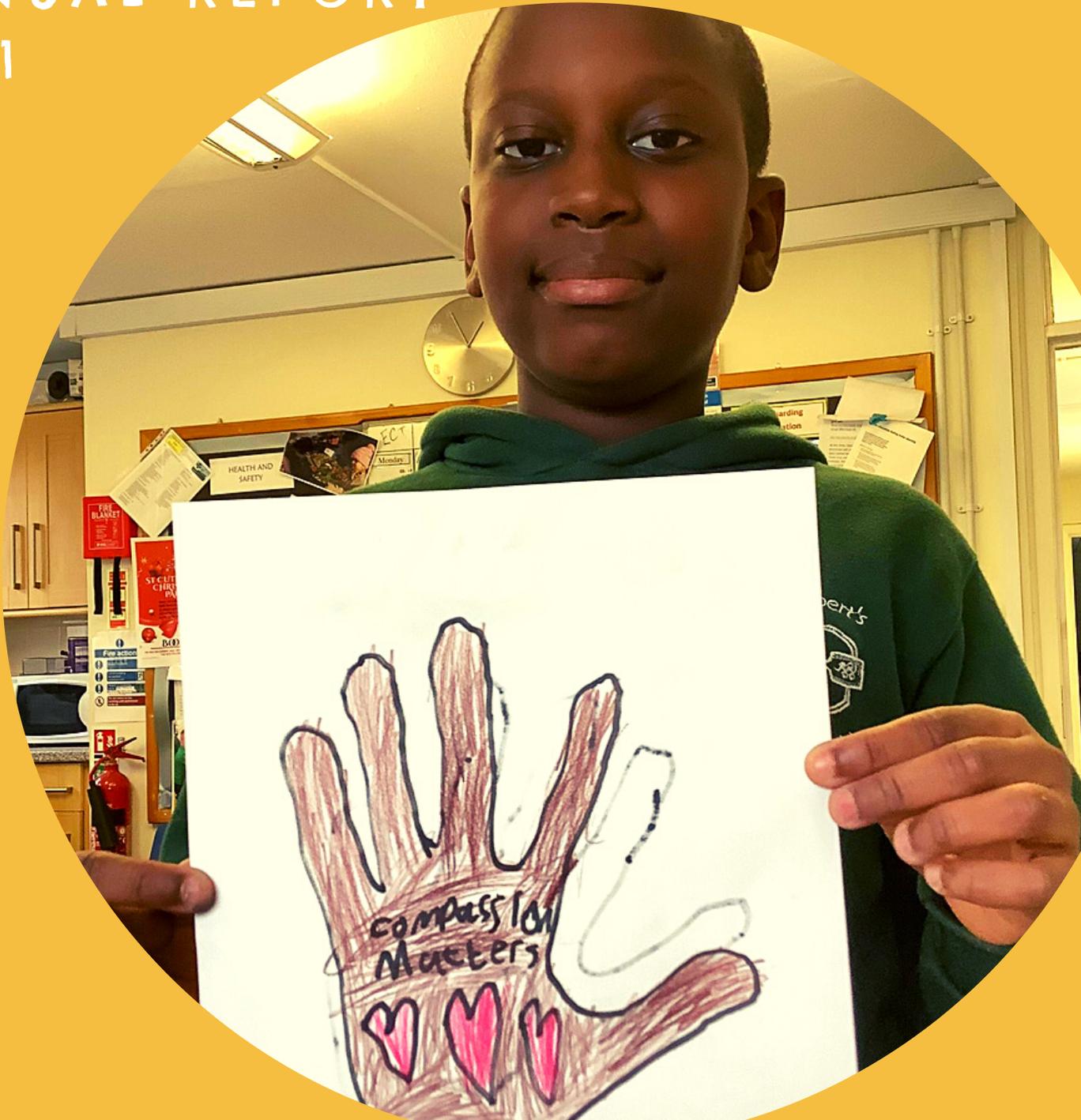


COMPASSION MATTERS

AN EDUCATION PROJECT FROM
THE DALAI LAMA CENTRE FOR COMPASSION

ANNUAL REPORT
2021



DIRECTOR'S WELCOME



In 2021, kindness and compassion have taken centre stage in education, with schools indicating a desire to not only focus on children's mental wellbeing but to change institutional cultures. Compassion Matters has offered a practical route to creating this change within a school setting over the past 12 months. Along with our resources for children, we have expanded our work to support teachers via our Educator Compassion Toolkit. This new resource helps teachers to deliver compassion education effectively and attend to their wellbeing through compassion training resources.

Despite the ongoing challenges presented by Covid-19, 2021 has been a year of success for The Dalai Lama Centre for Compassion and its education project, Compassion Matters. We have doubled the number of children we have worked with during 2021, reaching them via schools, youth groups and partnerships with education charities across the UK. Our resources have been used by a wider range of professionals in various settings, from youth groups to international schools. Compassion education offers a foundational set of skills which are essential for all children to face the challenges of day-to-day life and thrive. In 2022, we need to expand the number of children we work with still further, while adding additional resources focused on children's mental health and wellbeing. We will achieve this by deepening our partnerships, offering new learning resources and creating additional teacher training opportunities. 2022 will also see us help children and young people to better understand their emotional health, the relationship between mind/body and ultimately, to build the resilience they need to flourish.

JIMI SLATTERY

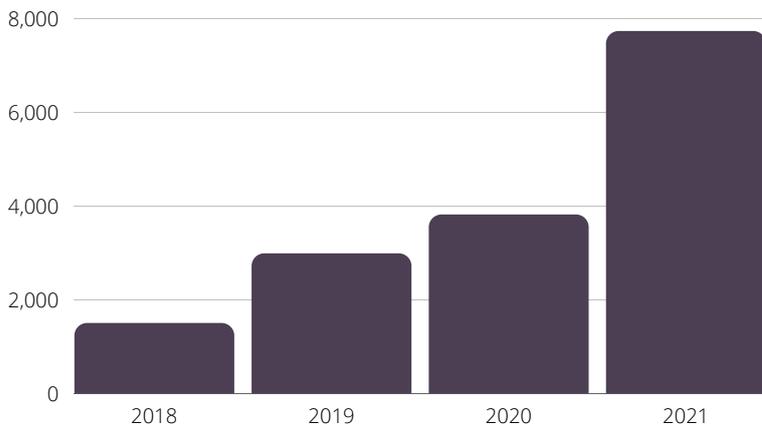
Executive Director, Compassion Matters

Since 2018, Compassion Matters has worked with more than 15,000 children, across 230 schools, in 18 different countries.



IMPACT IN 2021

Despite the continuing challenges which Covid 19 created for schools and youth groups, participation levels have doubled compared to 2020, with 7,700 children and young people benefitting from CM resources in 2021. Many schools participating are using Compassion Matters for subsequent years, demonstrating the project's value and longevity. New schools, meanwhile, have indicated that they have engaged with CM to focus on kindness and offer better provisions for children's wellbeing. The pandemic has caused many schools to refocus on the importance of children's social and emotional education instead of the pursuit of academic success alone.

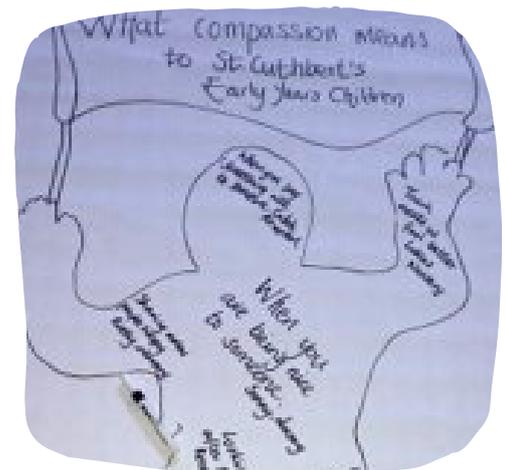
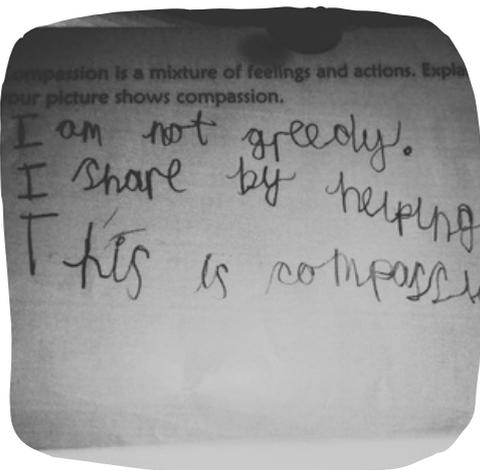


Number of children participating per year



Compassion Matters is used in 18 different countries

Compassion Matters' work in 2021 has continued to develop important educational partnerships and meaningful collaborations. We have worked with charities, NGOs, local councils and specialist schools, to ensure disadvantaged students in particular can access our project. To reach adults working with children beyond a school setting, we have worked with 'Clear Sky', allowing us to offer compassion education training and resources to therapists. We have also partnered with 'Now and Beyond' to promote our resources and contribute to their annual mental health and wellbeing events reaching 500,000 parents, teachers and children. Finally, we have engaged with compassionate community groups and events across the UK, such as 'Kinder Leeds' and 'Kindfest', to share our work and offer training for educators.



2022 AND BEYOND...

In 2022 Compassion Matters will deepen its partnership with SEE Learning, creating new resources focused on children's wellbeing and mind/body education. Our aims are to:

- Integrate and create new content with SEE Learning into our compassion education project;
- Create new partnerships with charities, schools and compassion groups;
- Share our knowledge through the creation of educator training opportunities, to support both compassion education and educator wellbeing;
- Fundraise effectively to support our work, including online film premieres and our Oxford to Dharamsala Challenge;
- Reach 10,000 new children and young people.



A MESSAGE OF SUPPORT FROM HIS HOLINESS THE DALAI LAMA

In 2021 we were delighted to receive a letter of support from our patron, His Holiness the Dalai Lama. In his letter, he outlined the importance of compassion education in supporting individual and community wellbeing.

Since 2018, His Holiness has focused on supporting education schemes teaching compassion, human values and social cohesion. Compassion Matters is working as part of a network of organisations working to create greater wellbeing and more compassionate communities.

'I believe that Compassion Matters has an important role to play in creating communities committed to compassion and kindness.'

- His Holiness the Dalai Lama

A full copy of the message can be downloaded [here](#).



CHILDREN NEED YOUR HELP...



One of the biggest challenges for small charities over the past two years has been the increase in competition for funding, with some charitable trusts and foundations receiving double the normal number of applications in 2021. This has impacted the DLCC, with income from trusts and foundations falling significantly during 2021.

In response, we launched our [Compassion Circle](#) in April 2021, to encourage supporters to commit £200 per month for three years to underpin compassion education in schools. In its first phase, the [Compassion Circle](#) saw individuals pledging £75,000. We are incredibly grateful to all our new Circle members, who will each receive an invite to an annual DLCC Champions' event; access to exclusive invitations and materials and bespoke updates demonstrating how their donations are directly improving children's futures.

Compassion Matters costs c.£65,000 a year to run and offers a high level of impact through resources developed by leading thinkers and 30+ hours of learning resources. At the cost of £8 per child, it is a small investment for life-long skills and more positive futures.

Just fifteen new [Compassion Circle](#) members will allow Compassion Matters to continue its essential work for the next three years and reach 30,000 children – enough to start a step-change in our future society. Please consider supporting our project as part of your annual giving in 2022 either via our [Compassion Circle](#) or by donating at our [Givey](#) page.

Compassion Matters is a project from
[The Dalai Lama Centre for Compassion](#)
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www.compassion-matters.org
Charity no: 1164491



DALAI LAMA
Centre for Compassion