

DILSTON PHYSIC GARDEN LTD

England & Wales · Charity number 1120141

Details

Status	Registered
Legal form	Charitable company
Company number	05505041
Registered	2007-07-19
Register	View on the Charity Commission register

Contact

Address	Dilston Physic Garden Corbridge Northumberland NE455QZ
Phone	07879533875
Email	info@dilstonphysicgarden.com
Website	www.dilstonphysicgarden.com

Activities

Objects: PROMOTE FOR THE BENEFIT AND EDUCATION OF THE PUBLIC THE CONVERSATION, PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT BY THE CREATION, DEVELOPMENT AND MAINTENANCE OF A PHYSIC GARDEN WITHIN DILSTON, NORTHUMBERLAND.

Activities: Botanic Garden. Science-led centre for education and wellbeing. 2 acres of natural habitat featuring 700 medicinal plants signposted with medicinal use, science, history and folklore. For general public, community, groups, schools, colleges and universities. Educational courses and workshops. Garden for wellbeing programme. Volunteering. Scientific research into plant medicine for the mind/brain.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Environment/conservation/heritage, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE, NORTHUMBERLAND
- Northumberland

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£84,933	£80,230	-	-
2023-11-30	£76,672	£89,459	-	-
2022-11-30	£80,527	£70,991	-	-
2021-11-30	£71,828	£71,156	-	-
2020-11-30	£59,987	£40,423	-	-

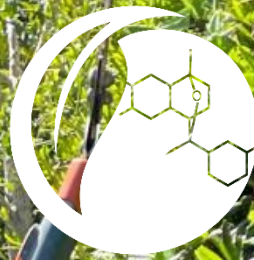
Trustees

Name	Role	Appointed
DAVINA HOPKINSON		2013-07-31
Dr Nicolette Nicolette SL		2015-08-15
HON CHARLES RICHARD BEAUMONT BART		
Margaret Ann Bromley		2011-02-02
PROFESSOR ANYA HURLBERT		
PROFESSOR ELAINE KING PERRY		
ROSS MENZIES		
VISCOUNTESS ELIZABETH ROSEMARY DEVONPORT		

DILSTON PHYSIC GARDEN LTD

England & Wales - Charity number 1120141

Accounts



DILSTON
PHYSIC GARDEN

*Transforming lives with medicinal plants through
education and scientific research*

Impact Report

Dec 2023 to Nov 2024

Dilston Physic Garden Impact 2024

Fiscal Year ending 30 November 2024

In 2024, Dilston Physic Garden continued to advance its charitable objectives across education in plant-based medicine, scientific research, heritage preservation, conservation, and community engagement. At the heart of our mission is the promotion of sustainable health and wellbeing – drawing on the UK's heritage of self-care with medicinal plants to inspire, educate, and support lifelong wellness—while serving as a vibrant nature wellness hub for people of all ages.

Dilston Physic Garden is committed to ensuring the development of a new era in health and medicine, one supported by the growing body of scientific evidence that places medicinal plant medicine and preventative medicine for lifelong wellness at its core. This year saw the continuation of our scientific research, expansion of our Gardening for Wellbeing programme and community events, and the launch of focused work in natural-habitat cultivation, both made possible through the generous support of charitable funders and individual donors, acknowledged later in this report.

2024 also underlined the importance of building a sustainable funding base to realise the charity ambitions in heritage, conservation, and disease prevention, and to extend the benefits of health and wellness to the wider community. With targeted grant applications and new fundraising strategies now in motion, we are laying the foundations for a stronger, long-term financial future – supporting growth in our workforce, enabling planned heritage projects, and securing the garden's role as a place of knowledge, healing, and community impact for generations to come.

This report presents our purpose and summarises the charity's activities, developments, and financial position during the fiscal year ending 30 November 2024.

Dilston Physic Garden is a living breathing science garden where people explore over 700 heritage herbs, vegetables, flowers and trees with rich histories in health, healing, and medicine. It exists to advance public health through education, research, and community engagement with medicinal plants and natural spaces. We promote science-backed plant medicine as a safe complement to conventional care, highlight the role of plants in preventing chronic disease, and foster conservation and biodiversity. Through our two-acre physic garden, educational programmes, scientific research collaborations, and community wellbeing activities, we connect people of all ages to heritage, health, and nature—helping both individuals and ecosystems to flourish.

Mission

Dilston Physic Garden was founded for education and research and exists to advance public health. Our mission is to share knowledge of our heritage of science-backed plant medicine, disease-preventative plants, conservation, and the benefits of being in natural spaces.

We focus on engaging the public with plant medicine as a safe, evidence-based approach for common ailments, to be used alongside and in some case in place of conventional treatments that carry side-effects. By promoting the everyday use of edible and home-grown medicinal plants, we highlight their science-backed role in maintaining health, preventing chronic disease, and easing the pressure on the NHS. Our research explores evidence-based and clinical efficacy, bridging the gap between plant-based, multi-active medicines and modern single-compound pharmaceuticals. Alongside this, we raise awareness of heritage medicinal plants, biodiversity, conservation, and the value of wild green spaces for health and ecological balance.

Our vision is to share this knowledge widely—through work with schools, community groups, and the public—to help reduce disease and promote lifelong health for both people and nature. Achieving this vision depends on financial sustainability, which is key to extending our reach and impact.

We accomplish our mission through the daily life of the physic garden. Our two-acre community garden is home to more than 700 medicinal plants, each with interpretive signboards detailing their science and heritage. Here we host an active programme of tours, talks, workshops, courses, and curriculum-linked school visits, alongside free community events, outreach, and collaborations. We also provide access to a regulated NIMH plant medicine dispensary. Research remains central, with studies on plant medicine for the brain and the wellbeing benefits of wild green space conducted in partnership with universities and organisations, including Durham University and the Royal Botanic Gardens, Kew.

Above all, Dilston Physic Garden is a place of engagement and inspiration. By offering volunteering opportunities, wellbeing activities, and partnerships with local groups, we connect people to plants, heritage, and nature—helping both communities and ecosystems to flourish.

Community Garden for Wellbeing

At Dilston Physic Garden, gardening is more than cultivating medicinal plants—it is a pathway to health, wellbeing, and self-care. The garden provides a safe and nurturing space where people can connect with nature, find calm away from everyday stress, and experience the therapeutic benefits of working with plants in a welcoming community. Whether through structured sessions or informal volunteering, gardening together reduces stress, improves mood, and fosters resilience and lasting connections. We are especially grateful to the **National Lottery Community Fund**, whose two-year support has enabled us to deliver and expand these programmes to reach more people.

Over the past year, participants of all ages and backgrounds have engaged with medicinal plants, learned about their heritage, and contributed to the care of the garden. Many return regularly, reporting improved mental health, greater social connection, and a renewed sense of purpose. Our gardening for wellbeing initiatives also extends into areas designed to support biodiversity, such as wildflower meadows, pond margins, and woodland edges. These natural-habitat spaces provide rich sensory experiences and a deeper connection to the environment, with research showing that natural biodiverse settings can offer greater benefits for mental health than general green spaces.

This work reflects Dilston Physic Garden's wider mission: to preserve medicinal plant knowledge, inspire learning, and promote self-care and wellbeing through nature. Gardening for Wellbeing embodies this vision, helping individuals flourish while also supporting the garden's sustainability. By engaging people in planting, maintenance, and habitat creation, participants gain practical skills, mindfulness, and a sense of achievement, while also supporting wildlife, biodiversity, and conservation. As these programmes grow, they demonstrate how caring for the natural world enhances personal health, strengthens community resilience, and inspires stewardship of both plant heritage and the wider environment. Looking ahead, we aim to expand opportunities for participation so that more people can share in these positive outcomes.



Natural-Habitat Cultivation

Over 30 years our two-acre site has transformed from agricultural land into a flourishing natural habitat. Our management practices evolved through feedback, as we saw the benefits for nature and the cultivated medicinal plants. The unique wellbeing garden, with its natural design and cultivation methods, offers an innovative ecological take on a botanic garden. Focused on growing medicinal plants naturally while enhancing biodiversity and the environment, our practices contribute to restoring natural populations of flora, fauna, and microorganisms. These practices also thereby improve air, soil, and water quality, fostering the overall health of the ecosystem.

We are hugely grateful for the support of the **Riverbank and Local Environmental Action funds at the Community Foundation Tyne & Wear and Northumberland** for allowing us to continue our conservation by supporting a year of our natural-habitat practices, ecological assessments and promotion of the importance of rewilding and sustainable practices to the community.

Key practices we use are leaving plant litter and wood locally, minimal digging, dispersed natural composting, creating wild seed migration evolution corridors, and rewilding meadow and wetland. Over time these practices have produced a unique natural botanic garden that is brimming with nature, fostering a diverse balanced ecosystem, and promote soil and plant health. This Physic Garden is renowned for its wildlife-friendly design, supporting 500 native flora and a diverse range and higher garden population of pollinating and predatory insects, spiders, lizards and amphibians.



Education at Dilston Physic Garden

Throughout 2024, our education programme continued to thrive through tours, talks, workshops, courses, events, newsletters, and social media, all designed to invite the public to rethink their relationship with health. Visitors explore our extensive garden signboards, which share both the historical heritage and modern science behind medicinal plants, while our blog, community group visits, and school sessions extend learning opportunities even further. Together, these activities guided many more people on their own botanical wellness journey.

Our affiliated courses focus on practical and evidence-based approaches to plant medicine: from making safe and effective home remedies for everyday conditions, to using edible medicinal plants and herbs daily to support wellbeing and reduce disease risk. We also teach the science of medicinal plants shown to improve memory, sleep, anxiety, and mood—often with fewer side effects than conventional single-drug medications. Our 10-day seasonal Foundation in Plant Medicine remains fully booked this year, providing participants with a solid grounding in what health is and how to maintain it with medicinal plants. Free community events and other events designed to nurture wellbeing include art, writing, music and philosophy workshops.

Publicity in the Guardian and other publications, following recent grant funding, has further extended awareness and impact.

Young People's Education Young learners have also been at the heart of our educational mission. Children continue to enjoy our regular Potion Clubs, the monthly Junior Herbalist Clubs (Years 1 & 2) run in partnership with the National Institute of Medical Herbalists and dedicated home-school herbalist sessions. Schools also bring pupils to the physic garden to learn how to care for their health with medicinal plants. All these sessions are designed and led by NIMH medical herbalist Davina Hopkinson, to whom we are hugely grateful for inspiring the next generation in our community.

Community Learning Our low cost season-pass has enabled more people to access the garden regularly, while volunteer programmes in gardening for wellbeing and botanical making for self-care have added hands-on learning opportunities. In addition, collaborations with local universities, wellbeing organisations, farmer's markets, and gardening groups have deepened community connectedness and widened the reach of our educational mission.

Scientific Research & Plant Medicine

Our scientific research continued. Analysis of the plant medicine trial, testing the effects of traditionally used European plant medicine on memory, generously supported by the Make My Day Better Charity & Royal Botanic Gardens, Kew, the Ridley Family Trust and EcogPro continued to be delayed due to illness. The study is entitled A Randomised Double-Blind, Placebo-Controlled Trial to Test A Standard Plant Medicine for Effects on Memory and Attention in Healthy Middle-Aged to Older Volunteers. Preliminary results suggested improvements were seen in attention.

Our ongoing collected self-reported responses to the effects of botanical teas and plant medicine, collected from forms alongside product use, continues to slowly build an evidence-base behind the everyday use of plant medicine for common conditions.

Plans are underway for a more cohesive collection of self-reported of memory improving medicinal plants for 2025.

Consultation with **NIMH affiliated medical herbalists** in the garden dispensary continued, and the Physic Shop continued to provide safe plant medicine, as well as provide organic locally grown herbs and botanical products. Our reach was extended with attendance at Farmer's Markets, and trade with local and national outlets including Chelsea Physic Garden, where promoting our botanical teas is key as they are designed to increase awareness of the benefits of using of medicinal plants for health.

Financial report

Fiscal year (FY) 2024, which ended on November 30 2024, marked a year of moving towards securing sustainable income from key areas of the Garden such as increasing our opening hours, managing expenses prudently to break even. Our revenue was similar to the last FY, with turnover increased 10%, and earned income (admissions, season-pass and physic shop) our largest revenue, increased 32% compared to the previous FY. This income increase was enabled by 5 months (in this FY) of new additional open days, enabled through a generous individual donation. Our assets totaled £30K, similar to the previous year and grants and subsidies received were £18,460.

Our expenditure was in line with previous FY, with consultancy costs for the year increasing 10% (to £61K) on the previous FY. The Managing Director & Pharmacognosist, and the Garden Manager consultancies were further supported through a generous donation from an individual. Our Natural-Habitat Gardening for Wellbeing Horticulturalist was further supported through the generosity of the Community Foundation and the National Lottery Community Fund.

Dilston Physic Garden is significantly reliant and indebted to the community of generous volunteers who enable the physic garden to exist through their time, commitment and generosity. They work tirelessly to help maintain the medicinal garden and the medicinal tea farm, in preparing botanical products and plant medicine, and in their hours attending admissions and the physic shop, throughout this year, and year on year.

Time allowed for limited but successful funding applications and going forward this aspect is in need of support to enable the development of a fully sustainable business going forward and in order fully develop our current site and the charity's aims.

Declarations: The Physic Shop stocks products from Trustee Ross Menzies (Heavenly Herbs) and trustee Nicolette Perry (Brain Balms), who is also employed on a full-time consultancy basis. Health and safety of our team, volunteers and customers is paramount and our Policies & Procedures, Safeguarding + Health & Safety documents were kept up to date throughout the year and all necessary legislative changes were implemented. Risk assessments were completed for venue hire, school visits, visitors and volunteers. There were no serious incidents. Accounts and annual charity submissions were completed by Gateway Accountancy Services Limited. Emails were collected for our Database from forms located in the physic shop and on our website – information is collected and stored according to Data Protection, and used for 12-24 newsletters.

Future Plans

Looking ahead, Dilston Physic Garden is committed to strengthening its role as a centre for heritage, health, and community wellbeing. Our priorities for the coming years are shaped by the need for sustainable funding, expanded capacity, and deeper engagement with our community and partners.

We plan to build on the success of our Gardening for Wellbeing and Natural-Habitat Gardening programmes by widening participation and offering more opportunities for people to benefit from the therapeutic effects of plants and green spaces. A key focus will be on reaching underrepresented groups and strengthening partnerships with local health and community organisations.

In heritage and education, we will continue to preserve and interpret the UK's rich tradition of medicinal plants and selfcare. This includes expanding our educational programmes for schools and community groups, enhancing resources within the physic garden, and developing innovative ways to share plant knowledge more widely, both in person and digitally.

In scientific research, we aim to extend our collaborations with universities and scientific organisations to further explore the role of medicinal plants and wild medicinal plant green spaces in supporting mental wellbeing and disease prevention such as dementia. These projects will contribute to the growing evidence base for plant medicine while raising the profile of Dilston as a hub for research and innovation.

To deliver these ambitions, we are aiming to put in place a stronger funding model through targeted grants, individual giving, and partnerships. This will allow us to expand our workforce, invest in conservation and biodiversity projects, and importantly ensure the long-term sustainability of the garden. With these foundations, Dilston Physic Garden will continue to inspire, educate, and promote lifelong health—ensuring that both people and nature can flourish for generations to come.

Board of Trustees

(Chair) Professor Anya Hurlburt

Mrs Davina Hopkinson

Mr Ross Menzies

Professor Emeritus Elaine Perry

Professor Paul Chazot

Viscount Charles Beaumont

Lady Elizabeth Devonport

Mrs Margot Bromley

Dr Nicolette Perry

Consultants

Ms Sarah Tulloch

Ms Sarah Pringle

Dr Nicolette Perry

Funding and Donations FY 2024

We are grateful for the generous support of the **National Lottery Community fund** and the **Riverbank and Local Environmental Action funds at the Community Foundation Tyne & Wear and Northumberland**, and to the Individual Donors who have helped us and enabled us to achieve our charity's aims this year.



DILSTON PHYSIC GARDEN

Corbridge, Northumberland, NE45 5QZ

W: dilstonphysicgarden.com

E: info@dilstonphysicgarden.com

T: 07875 533879

Facebook: [Dilston Physic Garden](https://www.facebook.com/DilstonPhysicGarden)

Instagram: [@dilstonphysicgarden](https://www.instagram.com/dilstonphysicgarden)

**DILSTON PHYSIC GARDEN LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2024**

Dilston Physic Garden Ltd Contents

	Page
Company Information	1
Accountant's Report	2
Income and Expenditure Account	3
Balance Sheet	4
The following pages do not form part of the statutory accounts:	
Detailed Income and Expenditure Account	5

**Dilston Physic Garden Ltd
Company Information
For The Year Ended 30 November 2024**

Director	Dr Nicolette Perry
Company Number	05505041
Registered Office	Dilston Mill House Corbridge Northumberland NE45 5QZ
Accountants	Gateway Accountancy Services Ltd 17 Enterprise Court Crossland Way Cramlington NE23 1LZ

**Dilston Physic Garden Ltd
Accountant's Report
For The Year Ended 30 November 2024**

In accordance with the engagement letter dated 29 August 2024, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the director in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the director the financial statements that we have been engaged to compile, to report to the director that we have done so, and to state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's director for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 November 2024 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

29/08/2025

Gateway Accountancy Services Ltd
17 Enterprise Court
Crossland Way
Cramlington
NE23 1LZ

Dilston Physic Garden Ltd
Income and Expenditure Account
For The Year Ended 30 November 2024

	2024	2023
	£	£
TURNOVER	84,902	76,672
Other income	31	-
Cost of raw materials and consumables	(4,374)	(11,157)
Staff costs	(1,139)	(4,394)
Depreciation and other amounts written off assets	(266)	(8,794)
Other charges	(74,451)	(65,114)
NET SURPLUS/(DEFICIT)	4,703	(12,787)

Dilston Physic Garden Ltd
Balance Sheet
As At 30 November 2024

	2024	2023
	£	£
Fixed assets	28,499	28,765
Current assets	32,392	32,574
Creditors: Amounts Falling Due Within One Year	1	-
NET CURRENT ASSETS	32,393	32,574
TOTAL ASSETS LESS CURRENT LIABILITIES	60,892	61,339
Accruals and deferred income	-	(5,150)
NET ASSETS	60,892	56,189
RESERVES	60,892	56,189

Notes

1. General Information

Dilston Physic Garden Ltd is a private company, limited by guarantee, incorporated in England & Wales, registered number 05505041. The registered office is Dilston Mill House, Corbridge, Northumberland, NE45 5QZ.

2. Average Number of Employees

Average number of employees, including directors, during the year was: 2 (2023: 2)

3. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

For the year ending 30 November 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions.

On behalf of the board

Dr Nicolette Perry

Director
29/08/2025

Dilston Physic Garden Ltd
Detailed Income and Expenditure Account
For The Year Ended 30 November 2024

	2024		2023	
	£	£	£	£
TURNOVER				
Sales	66,442		49,830	
Grants and subsidies received	18,460		26,842	
		84,902		76,672
OTHER INCOME				
Interest receivable and similar income		31		-
		84,933		76,672
COST OF RAW MATERIALS AND CONSUMABLES				
Purchases	3,518		7,884	
Materials	856		3,273	
		(4,374)		(11,157)
STAFF COSTS				
Subcontractor costs	1,139		4,394	
		(1,139)		(4,394)
DEPRECIATION AND OTHER AMOUNTS WRITTEN OFF ASSETS				
Depreciation	266		8,794	
		(266)		(8,794)
OTHER CHARGES				
Repairs, renewals and maintenance	773		815	
Insurance	1,357		1,261	
Printing, postage and stationery	465		670	
Advertising and marketing costs	2,758		194	
Training seminars and workshops	-		302	
Telecommunications and data costs	81		602	
Website costs	-		25	
Accountancy fees	1,648		1,577	
Professional fees	3,075		670	
Consultancy fees	61,122		53,693	
Bank charges	55		173	
Other office costs	3,117		4,681	
Sundry expenses	-		451	
		(74,451)		(65,114)
NET SURPLUS/(DEFICIT)		4,703		(12,787)

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DILSTON PHYSIC GARDEN LTD

England & Wales - Charity number 1120141

Accounts



TRUSTEE AND DIRECTOR'S REPORT

Year ending 2022

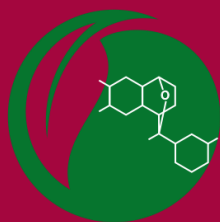
Dilston Physic Garden

Corbridge

Northumberland, NE455QZ

07879 533875

info@dilstonphysicgarden.com



DILSTON
PHYSIC GARDEN

Dilston Physic Garden Trustee Report

Year ending 30 November 2022

Dilston Physic Garden continues to flourish, progressing its educational and research aims and achieving income to support this. A sustainable income and increased workforce would be beneficial to help sustain the charity and continue its educational aims into the future.

This is the Dilston Physic Garden Trustee Report for the financial year ending 30 November 2022. The aim of this report is to list the charity's activities, developments, finances and concerns over the 2022 year.

OUR MISSION

The Dilston Physic Garden charity was set up for the sole purpose of education for the public benefit. Scientifically verified plant medicine, health education, wellbeing and conservation are at the heart of Dilston.

Our vision is to raise awareness of the benefits of science-backed

- Medicinal plants, that when taken as plant medicine carry few if any side-effects to treat common ailments and as an adjunct to general medicine
- Foodstuff medicinal plants as essential preventative medicine that is vital to maintain health and prevent disease
- Medicinal plant chemistry as a source of medical drugs
- Utilisation of the natural world and tranquil outdoor environments as a key facet to support the population's mental wellbeing

We aim to contribute to, and raise awareness of, the significant scientific research showing plant medicine is safe and efficacious, and so help bridge the gap that has grown between plant medicine and general medicine.

Our mission includes heightening public awareness and increasing public engagement in the

- natural world and conservation of it
- importance of biodiversity
- growing and using of medicinal plants especially in urban areas
- study plant medicine, scientific research, botany and conservation

The charity's vision is to spread this knowledge to the public, community groups, schools and educational institutions in order to reduce the incidence of physical and mental disease, thereby lowering the burden on the NHS and improving the long-term health and mental well-being of humankind.

Creating a financially sustainable business is key to enable the Dilston Physic Garden charity to achieve this vision.

WE ACCOMPLISH OUR MISSION BY

- Maintaining a physic garden open to the public containing over 700 medicinal plants, each with a signboard detailing the history, plant medicine and science and with a specific focus on plant medicine for the mind and brain
- Providing the public, community groups, schools, colleges and universities with an expanded program of onsite tours, talks, trails, workshops and courses centred on plant medicine and mental wellbeing
- Providing a Foundation in Plant Medicine course to educate the public on maintaining health with plant medicine
- Projects such as our Help Children Flourish campaign raising funds to expand facilities to offer curriculum tailored workshops and material for schools, colleges and universities
- Collaborating with local schools, community organisations and groups, giving talks and providing information to help create a Plant Medicine Outreach Program to increasing on site and outreach talks and presentations to visitors and community centres and groups in the North East region.
- Reviewing and expanding physic garden information available onsite and online targeted to plant medicine and mental health interests and needs
- Providing a Dispensary of Plant Medicine to ensure an awareness of the effective use of plant medicine, with medical herbalists registered with the National Institute of Medical Herbalists
- Maintaining a program of residencies focused on the natural world, plant medicine and mental wellbeing to expand public workshops and opportunities to connect with the wider community
- Continue and expand scientific research into plant medicine for the brain by collaboration with universities and organisations, from pilot studies to randomised controlled clinical trials, including University of Durham and Royal Botanic Gardens, Kew

FINANCIAL REPORT

- The financial summary is at the end of this document.
- Admissions and Shop Sales were up from the previous year £33k compared to £27k year-end 2021. Top selling items, aside from trade sales, were :
 - Admission Adult £8,182.20
 - Grow Your Own Physic Garden Book £1,177.91
 - Admission Season Pass £15 £1,110.00
 - Magical Botanical Book £1,064.93
 - Spiced Cacao £890.00

- The reserve for year-end 2022 was up £5K from 2021 to £30K. This reserve includes the funding for the ongoing clinical trial, leaving £20K contingency.
- Our expenditure was relatively in line with previous years (please refer to summary tables of income and spend at the end of this document for more detail). Consultancy for managing director, horticulturalist and garden maintenance totalled £44,500K in 2022.
- The charity is currently reliant on a limited number of generous donors and volunteers.
- It is still in need of a larger workforce in order to maintain it and to develop the charity's mission and in order to create a sustainable business. The charity requires a higher income, funding or donations to allow this.

ITEMS

- The Memory trial was started in the spring. Pilot explorative scientific studies included Sleep-Dreaming-Altered-States and other memory pilot studies continue.
- The new website continues to be updated so it can continue to bloom with educative information about plant medicine for the public. The Physic Shop online, developed in March 2020, continues to develop to achieve its mission of helping provide science based botanical products, plant medicine and of helping to generate a sustainable income stream for the charity.
- The Foundation in Plant Medicine 2022 course was fully booked and received excellent feedback. We continue to provide this course as a 'grow your own medicine' course to inspire and educate on the health benefits of medicinal plants.
- The test Tea Plantation was established thanks to a generous donor in 2019, and subsequent donations in 2020 and 2021, to assist in making the charity a more sustainable business and to provide locally grown, fresh, scientifically standard botanical products. It has progressed substantially over the year, with the development of a test stripes of Tea Plantation and with a consultant gardener post and horticulture apprenticeship the WFGA.
- DPG Teas are designed and developed by pharmacognosist Dr Nicolette Perry for the physic garden, alongside a team of volunteers who harvest, dry, process, blend and pack the teas. Most of the botanicals are grown in the tea plantation were possible. The teas are rooted in the science of what they do, and serve not only to develop an income stream, but also to increase the awareness of science behind plant medicine and how to take plant medicine effectively. Our current range of science-backed botanical teas includes: Calm, Sleep, Happy, Memory, Inspire, Pain and Physic. Each tea packet has an important 'Did you Know' caution labels which have been designed to raise the awareness of:
 - a) Medicinal plants with science based medicinal effect
 - b) the fact that there *is* a medicinal level to take in order for plant medicine to be efficacious.
 - c) the importance of consulting a NIMH medical herbalist when taking a plant medicine at a medicinal level if pregnant, taking medication, with any medical condition or allergy, or if taking a plant medicine for the first time, and in order to ensure the correct

prescription for the individual that gets to the root of the problem - the key asset of plant medicine.

- Tinctures and other products made from DPG botanicals provide the public with scientific quality Traditional Plant Medicine products and also help build a sustainable income. Our current range of medicinal products includes Digest Tincture, Echinacea & Honey Tincture, Elderberry Tincture, Valerian Tincture. Other products also help bring income, such as Smudge Sticks, Face Creams and Happy, Lavender and Calm Balm Sprays.
- Hire of our Herbology House Classroom and/or the whole garden for workshops and events continues to help as an income stream. However, access, hot water, insulation, access for winter hire, adequate covered space outdoors and adequate space for school groups continue to be an ongoing issue that is pending funding.
- Instagram and Facebook continue as DPG's predominant social media platforms alongside our annual newsletter to 1700 contacts enabling us to share information on the physic garden and science backed medicinal plants in more regularly regular posts. This helped to increase visitor numbers, raise education by an increased number of posts and newsletters.
- Reaching schools/education continues through the development of an outreach programme and an educational children's game app is underway and awaiting completion as time allows, led by a head teacher, NIMH medical herbalist, pharmacognosist and programmer and through links with a local school to pilot the scheme.
- Children's Potion Club continues to prove popular and is run successfully by NIMH medical herbalist Davina Hopkinson.
- Junior Herbalist Club, one and two years courses, run by Davina Hopkinson in association with the NIMH, has proven very popular and continues to encourage and inspire children into the world of medicinal plants.
- Volunteers continue to play an essential role in the existence, growth and development of the physic garden. We are still in need of many more volunteers to assist with gardening/horticulture, to attend to The Physic Shop, to open the garden more per week and to assist in the botanical harvesting and preparations. We also require volunteers for several other key and fundamental roles such as book-keeping, fund-raising, social media communications, administration, management, front of house management, volunteer management, videography, accounting and marketing.
- Declarations; The Physic Shop sells products from trustee Ross Menzie 'Heavenly Herbs' and trustee and pharmacognosist Nicolette Perry 'BrainBalms'. One trustee is employed on a full-time consultancy basis and the total consultancy for year-end 2022 was £37.7K which is an increase in the number of hours from £35K for year-end 2021.
- The managing director continues to manage the scientific research and oversee trial management, the administration and execution of the physic garden and shop, charity governance, health & safety, residencies and the FPM course. This does not include voluntary hours. This role is employed on a consultancy basis.
- The assistant manager appointed in 2020 continued to work 2-3 days per week and assist with customer service, marketing, physic shop, online sales, charity governance, health &

safety, grant applications, events/workshops and volunteer management. This role is employed on a consultancy basis.

- The weatherproof Sitooterie shelter has proved helpful and is utilised by school and group visits.
- The Physic Garden relies on volunteers. This is apparent in the following, which shows the time/work completed by volunteers, that would otherwise be an additional outgoing cost. Gardening (30 hrs per week), harvesting and botanical preparation (20 hours per week), shop (20 hour per week), scientific research and development / presentations (5hr/wk)
- Business development: The charity's aim is to become sustainable in order to educate into the future. It aims to diversify its income streams to help enable future sustainability beyond relying on donations. We plan to continue to work towards this in 2023 by continuing to develop our 'Tea Plantation', expanding and stream-lining our product range and by increasing marketing as possible to target visitor numbers and venue hire.
- Our Policies & Procedures, Safeguarding + Health & Safety documents were kept up to date throughout the year and all necessary legislative changes were implemented. Health and Safety of our team, volunteers and customers is paramount. An External Examiner's report on the accounts was obtained and submitted as required by the charity commission.
- Risk assessments were completed for venue hire, school visits, visitors and volunteers.
- There were no serious incidents.
- Emails were collected for our Database from forms located in the physic shop and on our website. Information collected was stored according to Data Protection, is used for 12-24 newsletters a year and stored for 2-4 years.
- New garden areas such as the Time Space Zone remain to be finalised.
- Trustee Meetings to be scheduled - updating, raising items and addressing roles and giving due diligence to the new requirements for accountability in terms of individual roles input.
- Amenities, space, facilities and staff continue to be an issue: a lack of space, limited amenities and basic facilities limits and impacts our current reach (such as 1 WC, no disabled facilities, small classroom space with limited capacity, carpark size and lane and path access, electricity, water and electricity independence), a Fund-raising Trustee, PR and Marketing Trustee and Book-keeping Trustee need to be appointed to maximise business economy and growth. Business report analysis could be significantly aided by a volunteer or trustee which would allow for productive analysis of revenue streams, costs and moreover grant funding availability.
- An increase marketing budget would assist in raising awareness and in growing visitor numbers and workshops to schools to expand the reach of educative information.
- We continue to endeavour to build engagement with community groups and other groups such as drug rehabilitation groups, autism groups, other mental health groups, asylum seekers and schools.
- The Physic Garden continues to receive very positive and kind feedback, though it is appreciated that we lack volunteer support to maintain the whole site to the standard we would wish and all the plant collections to a high standard at any one time.

- Writing and working on relevant Grant/fund proposals is ongoing, though lacks personnel support. All proposals incorporate the issues highlighted above and below and aim to help achieve our mission of education by increased public and educational reach:
 1. *Improve visitor facilities 2x WC incl. wheelchair access and weatherproof/light current WC.*
 2. *Carpark - streamlining use of Top-up Carpark (shared with Dilston Scouts) - with its flat (as opposed to steep incline) for all event/workshop visitors (due to confusion access for workshop) and potentially all parking. Surface underfoot.*
 3. *Access lane down private scout lane still needs resolving.*
 4. *Current visitor carpark and lane surface hogging - currently impassable in heavy rain.*
 5. *Paths replace all garden grass and gravel paths to enable safe all-weather surface.*
 6. *Pathways expanded to allow wheelchair access to most areas*
 7. *Amenities: transfer of all amenities to enable independence as a charity from DMH (see below); would require significant cost to separate supplies.*
 8. *Signage - end lanes / garden entrance signs need updating. Brown signs on road - a significant number of visitors (25%) are getting lost and arriving frustrated!*
 9. *Children's area and items and information signboards*
 10. *Educational outreach: combined with increasing in-house education, aim to find funding to increase reach into more schools/groups unable to visit to DPG with program of innovative practical information.*
 11. *Funding for salaries for fund-raiser, accountant, managerial assistant and gardeners.*

Financial Summary

Dilston Physic Garden Limited Profit and Loss Comparison December 2021 - November 2022

	Total	
	Dec 2021 - Nov 2022	Dec 2020 - Nov 2021 (PY)
Income		
Admission & Shop Sales Income	33,205.11	27,662.54
Consultation Income	305.00	0.00
Do Not Use PayPal Shop Sale Transfer	0.00	2,263.31
Do Not Use Shop Cash Income	0.00	5,872.00
Do Not Use Shop Sale Transfer	0.00	905.38
Donations and legacies	29,325.00	24,170.00
DPG Product Stockist	3,368.80	1,679.24
Foundation Course	10,276.00	5,763.32
Refund On Goods Purchased & Returned	9.90	4.76
Sales of Product Income	235.97	0.00
School Visit	217.00	0.00
School Visit Income	-133.52	0.00
Services	136.00	20.00
Uncategorised Income	85.64	0.00
Venue Hire	3,016.99	3,176.99

Workshop Income BBB	479.50	310.00
	£	£
Total Income	80,527.39	71,827.54
Cost of Sales		
Cost of sales	12.50	0.00
Foundation course tutor cost	3,000.00	2,975.00
Product Materials	6,965.80	7,263.00
Shop Outsourced Stock	2,610.81	4,747.41
Supplies and materials - COS	595.13	0.00
	£	£
Total Cost of Sales	13,184.24	14,985.41
	£	£
Gross Profit	67,343.15	56,842.13
Expenses		
Accounts Companies House Register	13.00	13.00
Advertising/Promotional	194.40	411.60
Book-keeping	57.60	0.00
Clinical Trial	23.12	0.00
Computer Costs	0.00	949.00
Conference Attended	292.61	0.00
Consultants	44,463.49	35,250.61
Development Asset Addition to Garden	110.59	4,311.36
Development Item Product	4,412.20	2,367.00
Development Item Service	0.00	3,858.65
Garden Plants and Equipment	1,096.23	93.59
Insurances	1,136.53	708.11
Office/General Administrative Expenditures	60.00	0.00
Office/General Administrative Expenses	2,353.93	4,542.89
Other Professional Services	563.00	960.00
Phone Costs	411.84	347.66
Printing, Postage and Stationery	576.91	626.32
Repair & Maintenance	584.94	690.14
Signboard Update and Repair	1,573.08	936.18
Travel and Accommodation	-280.83	0.00
Uncategorised Expense	0.00	85.20
Volunteer Expenses	123.44	0.00
Website	41.09	19.34
	£	£
Total Expenses	57,807.17	56,170.65
Net Operating Income	£ 9,535.98	£ 671.48
Other Expenses		
Reconciliation Discrepancies	44.86	0.00
	£	£
Total Other Expenses	44.86	0.00
	-£	£
Net Other Income	44.86	0.00
	£	£
Net Income	9,491.12	671.48

Management Report

Dilston Physic Garden Limited

For the period ended 31 December 2023

Prepared on

25 September 2023

Table of Contents

Profit and Loss 3

Balance Sheet 5

Profit and Loss

December 2021 - November 2022

	Total
INCOME	
Admission & Shop Sales Income	33,205.11
Consultation Income	305.00
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Venue Hire	3,016.99
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Shop Outsourced Stock	2,610.81
Supplies and materials - COS	595.13
Total Cost of Sales	13,184.24
GROSS PROFIT	67,343.15
EXPENSES	
Accounts Companies House Register	13.00
Advertising/Promotional	194.40
Book-keeping	57.60
Clinical Trial	23.12
Conference Attended	292.61
Consultants	44,463.49
Development Asset Addition to Garden	110.59
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Garden Plants and Equipment	1,096.23
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Office/General Administrative Expenses	2,353.93
Other Professional Services	563.00
Phone Costs	411.84
Printing, Postage and Stationery	576.91
Repair & Maintenance	584.94
Signboard Update and Repair	1,573.08
Travel and Accommodation	-280.83
Volunteer Expenses	123.44
Website	41.09

	Total
Total Expenses	57,807.17
NET OPERATING INCOME	9,535.98
OTHER EXPENSES	
Reconciliation Discrepancies	44.86
Total Other Expenses	44.86
NET OTHER INCOME	-44.86
NET INCOME	£9,491.12

Balance Sheet

As of November 30, 2022

	Total
FIXED ASSET	
Tangible assets	
Fixtures and Fittings Cost	34,000.00
Other Tangible Assets	1,500.00
Total Tangible assets	35,500.00
Total Fixed Asset	35,500.00
CASH AT BANK AND IN HAND	
Checking (9638)	36,342.52
Total Cash at bank and in hand	36,342.52
NET CURRENT ASSETS	36,342.52
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	
Current Liabilities	
Accruals	3,000.00
Total Current Liabilities	3,000.00
Total Creditors: amounts falling due within one year	3,000.00
NET CURRENT ASSETS (LIABILITIES)	33,342.52
TOTAL ASSETS LESS CURRENT LIABILITIES	68,842.52
TOTAL NET ASSETS (LIABILITIES)	£68,842.52
CAPITAL AND RESERVES	
Prior year adjustment	8,642.92
Retained Earnings	50,708.48
Profit for the year	9,491.12
Total Capital and Reserves	£68,842.52



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's
report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
DINSTON PHYSIC GARDEN LIMITED

On accounts for the year
ended

NOVEMBER 30th 2022

Charity no
(if any)

1120141

Set out on pages

1-8

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above
charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation
of the accounts in accordance with the requirements of the Charities Act
2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out
under section 145 of the 2011 Act and in carrying out my examination, I
have followed the applicable Directions given by the Charity Commission
under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have
come to my attention (~~other than that disclosed below~~*) in connection with
the examination which gives me cause to believe that in, any material
respect:

- accounting records were not kept in accordance with section 130 of
the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection
with the examination to which attention should be drawn in order to enable a
proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

24th AUGUST 23

Name:

HUGH PESCOD

Relevant professional
qualification(s) or body
(if any):

RETIRED FARM & ESTATE MANAGER

Address:

8 EASTFIELDS HEXHAM.
NORTHUMBERLAND
NE46 1LE

DILSTON PHYSIC GARDEN LTD

England & Wales - Charity number 1120141

Accounts



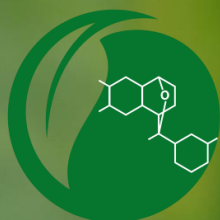
TRUSTEE AND DIRECTOR'S REPORT

Year ending 2021

Dilston Physic Garden

Corbridge
Northumberland, NE455QZ

07879 533875
info@dilstonphysicgarden.com



DILSTON
PHYSIC GARDEN

Dilston Physic Garden Trustee Report

Year ending 30 November 2021

Dilston Physic Garden continued to flourish through the pandemic year ending 2021, progressing its educational aims and achieving satisfactory income

This is the Dilston Physic Garden Trustee Report for financial year ending November 2021. The aim of this report is to list the charity's activities, developments, concerns and finances over the 2021 year.

OUR MISSION

The Dilston Physic Garden charity was set up for the sole purpose of education for the public benefit. Plant medicine, health education, wellbeing and conservation are at the heart of Dilston.

Our vision is to raise awareness amongst the public of the benefits of science-backed

- Foodstuff medicinal plants vital to help maintain health and prevent disease
- Plant medicine as a safe efficacious adjunct to mainstream medicine

We also aim to contribute to and raise awareness of the significant scientific research that shows that plant medicine is safe and efficacious and so help bridge the gap that has grown between plant medicine and general medicine.

Our mission includes heightening public awareness and increasing public engagement in the

- natural world and conservation of it
- importance of biodiversity
- utilisation of the natural world and outdoor environments as a key facet to support mental wellbeing
- growing and using of medicinal plants especially in urban areas and the study of plant medicine, medicine, scientific research, botany and conservation

The charity's vision is to spread this knowledge to as many people as possible and especially the young, in order to reduce the incidence of disease, lower the burden on the NHS and help improve the long-term health and mental wellbeing of humankind.

Creating a financially sustainable business is key to enable the Dilston Physic Garden charity to achieve this vision.

WE ACCOMPLISH OUR MISSION BY

- Maintaining a physic garden of over 700 medicinal plants, each with a signboard detailing the history, plant medicine and science and with a specific focus on plant medicine for the mind and brain
- Providing the public, community groups, schools, colleges and universities with an expanded program of onsite tours, talks, trails, workshops and courses centred on plant medicine and mental wellbeing
- Providing a Foundation in Plant Medicine course to educate the public on maintaining health with plant medicine
- Projects such as our Help Children Flourish campaign raising funds to expand facilities to offer curriculum tailored workshops for schools, colleges and universities
- Collaborating with local schools, community organisations and groups, giving talks and providing information to help create a Plant Medicine Outreach Program
- Reviewing and expanding physic garden information available onsite and online targeted to plant medicine and mental health interests and needs
- Increasing talk and presentations to visitors and outreach talks to community centres and groups in the North East region
- Providing a Dispensary of Plant Medicine to ensure an awareness of the effective use of plant medicine, with medical herbalists registered with the National Institute of Medical Herbalists
- Maintaining a program of residencies focused on the natural world, plant medicine and mental wellbeing to expand public workshops and opportunities to connect with the wider community
- Continue and expand scientific research into plant medicine for the brain by collaboration with universities and organisations, from pilot studies to randomised controlled clinical trials, including University of Durham and Royal Botanic Gardens, Kew

FINANCIAL REPORT

- The financial summary is at the end of this document.
- Admissions were three times the previous year, 1,820 (£10,244) compared to 888 (£3,200) in 2020. The total number of visitors including groups, workshop & course attendees and admissions was 2,720 for 2021, an increase from 1,700 in 2020.
- The reserve for year-end November 2021 was up £10K from 2020 to £25K. This reserve includes the funding for the ongoing clinical trial, leaving £20K contingency.

- Total Admissions, The Physic Shop and websites sales income was £36,700, a £3K increase from £33,600 in 2020.
- Our expenditure was kept relatively low in comparison to previous years (please refer to summary tables of income and spend at the end of this document for more detail). After a year of uncertainty because of the impact of Corona, the balance sheets show that we are in a positive position on this level.
- Dilston Physic Garden is still in need of regular funding or donations, it is currently still relying on a limited number of key donors.

ITEMS

- The Memory trial continues though was delayed by Corona and the sleep/dreaming/altered states of consciousness pilot studies continue.
- The website continues to bloom with information and The Physic Shop online developed in March 2020 continues to achieve its mission of helping generating an income stream while providing the general public with plant medicine and products.
- The Foundation in Plant Medicine 2021 course was booked up early and received excellent feedback. We will continue to provide the Foundation Course as a seasonal course (10 days over 4 weekends May to October) and shall no longer be running a midsummer block course.
- Our Tea Project established thanks to a generous donor in 2019 to assist in making DPG a more sustainable business has progressed greatly over the year, with the development of a Tea Plantation. DPG Teas are designed and developed by NP for the physic garden, with a team of volunteers who then harvest, dry, process and pack the teas. The teas are rooted in the science of what they do, they not only serve as a 'product' but they also aim to increase awareness of the science behind plant medicine. We now have a range of eight science-backed botanical teas, Calm, Sleep, Happy, Memory, Inspire, Immune, Respiratory, Pain and Physic. Each has a 'Did you Know' caution labels which have been designed to raise the awareness of:
 - a) plants with medicinal effect
 - b) the fact that there is a medicinal level required to make a plant efficacious medicinally
 - c) the importance of consulting a NIMH medical herbalists when taking a plant medicine at a medicinal level if pregnant, taking medication, with any medical condition, or if taking a plant medicine for the first time.
 - d) Tinctures, and other products made from DPG herbs, developed to help build a sustainable income continue to be grown, tried and tested. Our current range of medicinal products includes Vitality Tincture, Digest Tincture, Echinacea & Honey Tincture, Roseroot Tincture, Elderberry Tincture, Valerian Tincture, Herb Pillows, DPG Smudge Sticks, Face Creams, Happy Spray, Lavender Calm, Calm Balm, Happy Incense.

- e) Hire of our Herbology House and/or garden for workshops and events continues to help as an income stream. Hot water, insulation for winter hire and adequate space for school groups continue to be an ongoing issue pending funding.
 - f) Instagram and Facebook continue as DPG's predominant social media platforms alongside our annual newsletter to 1700 contacts. The addition of a new team member last year enabled us to share information on the physic garden in more regularly regular posts, this in turn has helped to increase visitor numbers, raising education by increasing the number of posts and newsletters shared containing information on plants for health and medicine.
 - g) Reaching schools/education continues through the development of an outreach programme led by head teacher, NIMH medical herbalist, pharmacognosist and through links with a local school to pilot the scheme.
 - h) Children's Potion Club continues to prove popular and is run successfully by NIMH Davina Hopkinson.
 - i) Junior Herbalist Club was developed and is run by NIMH medical herbalist Davina Hopkinson in association with the NIMH and has proved very popular.
- Our current volunteers continue to play a most generous and excellent role in the future growth and development of the physic garden. We are still though in need of volunteers to assist with gardening/horticulture, to attend to The Physic Shop and to assist in the botanical harvesting and preparations. We also required volunteers for several other fundamental roles such as *social media communications and management, Videography, Fundraising, Accounts, Marketing, Volunteer management*
 - Declarations; The Physic Shop sells products from trustee Ross Menzies 'Heavenly Herbs' and trustee and pharmacognosist Nicolette Perrys 'BrainBalm's'. One trustee is employed on a full-time consultancy basis and the total consultancy for 2021 was £35K which was up £15K from 2020.
 - Managing director continues to manage the scientific research and oversee the trial management, both the administration and execution of the physic garden, charity governance, health & safety, residencies, FPM course. This does not include voluntary hours.
 - The new assistant manager appointed in 2020 continued to work 2 days per week and assist with customer service, marketing, physic shop, online sales, charity governance, health & safety, grant applications, events/workshops and volunteer management. This role is employed on a consultancy basis.
 - The weatherproof Sitooterie shelter continues to be utilised by school and group visits.
 - The Physic Garden relies heavily on volunteers which is apparent in the following which shows the time/work completed by volunteers, that would otherwise be an additional outgoing cost. Gardening (30 hrs per week), harvesting and botanical preparation (15 hours per week), shop (20 hour per week), scientific research and development / presentations (5hr/wk)
 - Business development: Our aim is to become sustainable by diversifying our income streams to help enable future sustainability beyond relying on donations. We plan to

continue to work towards this in 2021 by continuing to develop our 'Tea Plantation', expanding our product range and increased marketing to target visitor numbers and venue hire.

- Our Policies & Procedures, Safeguarding + Health & Safety documents were kept up to date throughout the year and all necessary legislative changes were implemented. Health and Safety of our team, volunteers and customers was paramount during the pandemic with all of the government guidelines being strictly adhered to. An External Examiner's report was obtained as required by the charity commission.
- Risk assessments were completed annually for venue hire, school visits, visitors and volunteers.
- There were no serious incidents.
- Emails were collected for our Database from forms located in the physic shop and on our website. Information collected was stored according to data protection, is used for 6-12 newsletters a year and stored.
- Issues remain ongoing regarding lane access from the top-up car-park to the physic garden.
- DPG new area remains to be finalised.
- Trustee meeting to be scheduled; updating, raising items and addressing roles (given new requirements for accountability in terms of individual roles input).
- DPG amenities, space and facilities continue to be an issue, unfortunately the current lack of space, limited amenities and basic facilities limits and impacts our current reach such as only 1 WC with no disabled facilities, small classroom space with limited capacity, carpark, lane access and grass/muddy paths, electricity, water and WIFI independence, Marketing trustee will need to be appointed with the resignation of Helen Stephenson. A Booking keeping trustee; records and consequently report analysis could be significantly aided by a volunteer or trustee who would allow for productive analysis of revenue streams and costs.
- Increase marketing to assist in growing visitor numbers is needed, though cost prohibitive.
- We aim to focus more on engaging further and with more community groups such as drug rehabilitation groups, autism groups, other mental health groups, asylum seekers and of course schools.
- The Physic Garden itself continues to receive much positive and kind feedback. We have received a few comments regarding the items in the plant beds and those that are worn, which is being addressed.
- Writing and working on relevant Grant/fund proposals is ongoing. All proposals incorporate the issues highlighted above and below and aim to help achieve our mission of education by increased public and educational reach. See below for details:
 - 1. Improve visitor facilities 2x WC incl. wheelchair access next to HH and weatherproof/light current WC.*
 - 2. Carpark - streamlining use of Top-up Carpark (shared with Dilston Scouts) - with its flat (as opposed to steep incline) for all event/workshop visitors (due to confusion access for workshop) and potentially all parking. Surface underfoot.*
 - 3. Access lane down private scout lane is still hindered by Philip in the cottage on the lane.*

4. Current visitor carpark and lane surface hogging - currently impassable in heavy rain.
5. Paths replace all garden grass and gravel paths to enable safe all-weather surface.
6. Pathways expanded to allow wheelchair access to most areas
7. Amenities: transfer of all amenities to enable independence as a charity from DMH (see below); would require significant cost to separate supplies.
8. Signage - end lanes / garden entrance signs need updating. Brown signs on road - a significant number of visitors (25%) are getting lost and arriving frustrated!
9. Children's area and items and information signboards
10. Educational outreach: combined with increasing in-house education, aim to find funding to increase reach into more schools/groups unable to visit to DPG with program of innovative practical information.

Financial Summary

<u>Dilston Physic Garden</u>		
<u>Year ended 30 November 2021</u>		
	2019- 2020	2020- 2021
<u>Financial Performance Summary</u>		
Revenue		
Admission & Physic Shop Sales	£33,618	£36,662
Wholesale		£1,679
Hire (Garden & Herbology House Classroom)	£3,452	£3,177
Donations (including Gift Aid & Grants)	£20,792	£24,170
Foundation Course	£2,058	£5,763
Total Revenue	£59,987	£71,828
Cost (Direct and Operating)		
Consultancy	£26,187	£35,251
Signboard Update and Repir	£1,138	£936
Development Items	£1,548	£10,537
Shop Stock Outsourced		£4,747
Shop Stock Product Materials	£4,026	£7,263
Total Direct & Operating Costs	£40,423	£58,734
Prior Year Adjustment		£8,642
Gross Profit	£19,564	£56,842
Profit For The Year / Net Operating Income	£9,123	£671
Total Funds Carried Forward 30 November	£28,103	£28,700

Registered Number 05505041

DILSTON PHYSIC GARDEN LTD

Micro-entity Accounts

30 November 2021

Micro-entity Balance Sheet as at 30 November 2021

	<i>Notes</i>	<i>2021</i>	<i>2020</i>
		£	£
Fixed Assets		34,000	34,000
Current Assets		28,351	18,902
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year		(3,000)	(2,865)
Net current assets (liabilities)		<u>25,351</u>	<u>16,037</u>
Total assets less current liabilities		<u>59,351</u>	<u>50,037</u>
Creditors: amounts falling due after more than one year		0	0
Provisions for liabilities		0	0
Accruals and deferred income		0	0
Total net assets (liabilities)		<u>59,351</u>	<u>50,037</u>
Reserves		<u>59,351</u>	<u>50,037</u>

- For the year ending 30 November 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 18 August 2022

And signed on their behalf by:

Nicolette Perry, Director

Notes to the Micro-entity Accounts for the period ended 30 November 2021**1 Employees**

	<i>2021</i>	<i>2020</i>
Average number of employees during the period	2	2

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

DILSTON PHYSIC GARDEN

On accounts for the year
ended

NOVEMBER 2021

Charity no
(if any)

1120141

Set out on pages

1 - 7 pages

Remember to include the page numbers of additional sheets.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 NOV 2021.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (~~other than that disclosed below.~~*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

29 SEPT 22

Name:

HUGH

Relevant professional
qualification(s) or body

RETIRED FARM/ESTATE MANAGER.

(if any):

Address:

NO 8 EASTFIELDS
HEXHAM NORTHUMBERLAND
NE46 1LE

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

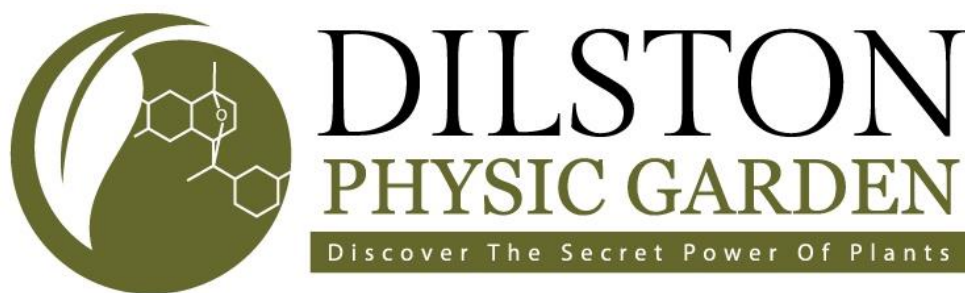
Give here brief details of any items that the examiner wishes to disclose.

--

DILSTON PHYSIC GARDEN LTD

England & Wales - Charity number 1120141

Accounts



Trustee Report 2020 Dilston Physic Garden

Trustees 2021: Charles Beaumont (CB; business trustee), Margot Bromley (MB; volunteer trustee), Elizabeth Devonport (LD; development trustee), Davina Hopkinson (DH; education and medical herbalist trustee), Ross Menzies (RM; medical herbalist trustee), Elaine Perry (EP; neuroscientist trustee), Nicolette Perry (NP; pharmacognosist trustee), Helen Stephenson (HS; marketing trustee).

This is the DPG Trustee Report for financial year 01 December 2019 to 30 November 2020.

The aim of this report is to list the charity's activities, developments, concerns, and finances over the 2020 year. (Please note this does not contain any inputs, developments, or finances from December 2020 onwards). This report contains a list of ITEMS along with a list of ongoing ACTIONS.

TRUSTEE REPORT 2020

The year was successful in meeting our educational aims through the further development of our educational facilities and offerings, which in turn increased visitor numbers and public engagement.

Our income doubled from a gross income of £28.05k 18/19 to £59.99k 19/20. Our expenditure was kept relatively low in comparison to previous years (please refer to summary tables of income and spend at the end of this document for more detail).

The activities undertaken during the year were curtailed due to the COVID-19 pandemic. However, after a year of uncertainty because of the impact of COVID-19, the balance sheets show that we are in a positive position.

- Admissions tally recorded was 888 people (equating to £3,200), although the total number including children, groups, workshop, and course attendees is approximately 1,700. A similar number was recorded for our online database signups and social media followings.
- The reserve for year-end November 2020 was £19,560. This was up from a £8.5K reserve year-end November 2019 (*which was blip in upward trend*) and £15K year-end November-2018.

The 2020 reserve of £19,560 includes £15,000 in restricted funds, a £5K grant for the clinical trial +£10K contingency (which we aim to raise to £15K in 2021). Leaving DPG -£1,250 before donations/grants, an increase of approximately -£8K before donations on previous year.

- Admissions, Physic Garden Shop sales and online sales income increased significantly to approximately £14k (excluding online transfers). This is a considerable increase in comparison to an approx. income from these outlets of £2k the previous year.
- Venue hire activity has been substantially affected due to the restrictions imposed during the pandemic, with most bookings needing to be postponed. Many of these bookings have been rescheduled and will, it is hoped, be able to be accommodated some time in 2021.

ITEMS

An **online 'Physic Shop'** was developed and launched in March 2020, coinciding with first covid-19 lockdown. The online store proved to be extremely fruitful for the garden during the first and following lockdowns, generating an income of £5,370 (excl. shipping £660) from online sales by year end November 2020.

The **Foundation in Plant Medicine** 2020 course was booked up early and ran with 10 socially distanced students over 4 seasonal weekend courses (with one course covid postponed). Moving forward the Foundation Course will now **only** run as a seasonal course (10 days over 4 weekends May to October). We shall no longer be running a 'Midsummer block course' due to a lack of subscriptions.

Feedback received from the course attendees was overall very good and any comments received were considered and have/will be acted upon where feasible. One improvement made for our course and workshop attendees was the upgrade and replacement of our current seating within our Herbology House classroom (*NB: bought before the pandemic and no more were purchased*).

The second **clinical trial** remains underway, though delayed due to the impact covid-19 has had on the phytochemical analysis at Kew and volunteer recruitment here at DPG. The restricted funds, 90% of the £5K restricted trial grant from the Ridley Family Charity remains.

We currently have enough participants, with a significant amount from South-East Northumberland, unfortunately though not quite the 50% as required for grant. The recruitment process is ongoing with further promotion via social media platforms and outlets local to SE Northumberland in the hope that we can increase participant numbers from this area.

The new Plant Medicine is currently being tested by Melanie at Kew. It is a Sage, Rosemary and Blueberry tincture, phytochemical analysis is still in kind from Make My Day Better & the Royal Botanic Gardens, Kew.

Our **Botanical Tea** project, established thanks to a donation in 2019 to assist in making DPG a more sustainable business has progressed greatly over the year and continues to flourish. DPG Teas are designed and developed by NP for the physic garden, our wonderful volunteers then harvest, dry, process and pack the teas (using as many organic herbs as possible from DPG or purchasing from OHTC). The teas are rooted in the science of what they do, they not only serve as a 'product' but they also aim to increase awareness of the science behind plant medicine. We now have a range of eight botanical teas, *Sleep, Happy, Memory, Calm, Inspire, Immune,*

Protect and Physic, with a Menopause and Digest Tea under development. They are sold in branded packaging with carefully curated 'Did you Know' caution labels which have been designed to raise the awareness of:

- a) that plants can be medicinal and
- b) that there is a medicinal level that is efficacious and
- c) that it is important to consult when taking a plant medicine at a medicinal level if pregnant, taking medication or with medical condition.

The tea range sells extremely well from the Physic Shop, with different teas selling well at alternate times.

They are also selling at two trade outlets:

- 1) Being Earnest, alongside a range of our other DPG products.
- 2) Matthias Winter.

With a further 2 outlets pending.

The development of our Immune Tea coincided with covid however our Protect Tea was developed in response to the pandemic. Both of these teas have proved popular in the current climate.

Tinctures, spirits, glycerites and other products made from DPG herbs, developed to help build a sustainable income continue to be grown, tried and tested. Our current range of medicinal products includes Vitality Spirit, Digest Tincture, Rosemary Shot, Echinacea & Honey, Herb Pillows, DPG Smudge Sticks, Creams, Happy Spray, Lavender Calm, Sour Cherry shot and Turmeric shot, all are proving popular!

For the first time we increased by a small percentage the cost to **hire our Herbology House and/or garden** for workshops or events. Our aim is to increase this income stream over the next two years via marketing and development of our current facilities. Rental overall was down for the year end 2020 due to the pandemic, which was to be expected, it is now increasing post lockdowns.

Hot water, insulation for winter hire and adequate space for school groups continue to be an ongoing issue pending funding.

We currently use Instagram and Facebook as DPG's predominant **social media** platforms alongside our annual newsletter to 1700 contacts. The addition of a new team member in August has enabled us to share information on the garden in more regularly regular posts, this in turn has helped to increase online shop sales, visitor numbers and venue hire, as well as raising education by increasing the number of posts and newsletters shared containing information on plants for health and medicine. Reaching schools/education through this means is not so far successful.

Footfall increased overall in comparison to 2019, even though there were very few visitors during lockdowns and all group visits were cancelled with no more booked.

Numbers have been much greater overall moving forward into 2021 post lockdown.

Only one **school** visit in 2020, although this is to be expected due to the implications of the pandemic. However, this number needs to increase to achieve our aim of education. We are greatly in need of a trustee or contact who can help to grow our school contacts, marketing outreach.

Children's Potion Club continued to prove popular and was run successfully by Davina Hopkinson as and when possible in accordance with covid-19 restrictions.

Gift Aid was applied for with a total of £2,153 received.

A Northumberland County Council Government business **covid grant** was received in October 2020 totalling £10K.

The **grant application** compiled by *Paul Able* proved to take a considerable amount of time and was unfortunately unsuccessful. However, this process did encompass developing and completing a *Wellbeing Survey*, which we are sure will prove extremely useful for future applications. The *wellbeing survey* has already been utilised by a volunteer to successfully obtain more volunteers.

The **donation** received in 2019 to assist in the future development of our Tea Project has greatly assisted its us in developing and growing an independent and sustainable income source.

Volunteer recruitment; Our current volunteers continue to do an excellent job and play a key role in the future growth and development of the garden.

As always new volunteers are much needed in the following roles:

- To assist with gardening/horticulture where a lack of volunteers at times this year has meant areas of the garden are neglected and left in need.
- To help within the Physic Garden Shop (of which there were none during lockdowns).

If we were able to find volunteers for several other fundamental roles such as

- *School visit communications and management.*
- *Social media communications & marketing.*
- *Photography and videography.*
- *Fundraising Volunteers.*

This would make a considerable difference to the current management pressures on DPG, now that we are expanding in other areas in a bid to make the garden sustainable.

Declarations; The Physic Shop sells products from trustee Ross Menzies brand 'Heavenly Herbs', alongside trustee Nicolette Perrys brand 'BrainBalms'.

Trustee NP as pharmacognosist and managing director is employed full time on a consultancy basis (£19,300 for year end 2020).

Managing director NP continues to manage both the administration and execution of the physic garden, encompassing the physic shop, volunteers, website, book-keeping, accounts, charity governance, health & safety, residencies, FPM course and trial management. This does not include voluntary hours.

Consultancy paid for over the year was for the managing director, gardening, assistant manager (starting august), maintenance work (Hugh) and arborist (Jordon) amounting to £26,190.

In August a **new assistant manager** was appointed, Holly Hopkinson, to work 1-2 days per week and assist with customer service, marketing, physic shop, online sales, charity governance, health & safety, grant applications, events/workshops and volunteer management. This role is employed on a consultancy basis, total £2,700 for year-end November 2020.

NOTE: The Physic Garden relies heavily on volunteers which is apparent in the following which shows the time/work completed by volunteers that would otherwise be an additional outgoing cost to the garden

- gardening (16 hrs per week, though requires volunteering of full time equivalent)
- curating and gardening (10 hours per week)
- harvesting and botanical preparation (9 hours per week)
- shop (1 hour per week)
- scientific research and development / presentations (3hr/wk)

Business development: Our aim is to become sustainable by diversifying our income streams to help enable future sustainability beyond relying on donations. We plan to continue to work towards this in 2021 by continuing to develop our 'Tea Project', expanding our product range and increased marketing to target visitor numbers and venue hire.

The need for funding for a full-time gardener continues.

Marketing trustee Helen Stephenson will be leaving as she is moving from the area. We will greatly miss her input.

Governance; Our annual Trustee meeting was not held this last year (see actions).

Our Policies & Procedures + Health & Safety documents were kept up to date throughout the year and all necessary legislative changes were implemented.

Health and Safety of our team, volunteers and customers was paramount during the pandemic with all of the government guidelines being strictly adhered to.

Risk assessments were completed annually for venue hire, school visits, visitors and volunteers.

Emails were collected for our Database from forms located in the physic shop and on our website. Information collected was stored according to data protection, is used for 6-12 newsletters a year and stored on the software Sendinblue.

An External Examiner's report was obtained as required by the charity commission by CI Accountancy for £870. An issue remains and is ongoing regarding lane access from the top-up car-park to the physic garden.

ACTIONS

DPG new area: one acre purchase agreed in 2010 **remains to be finalised**. This is pending action by trustee CB and relates to sustaining DPG and immediate applications to for funding and/or grants.

Trustee meeting to be scheduled. To be prioritised at this meeting; updating, raising items and addressing roles (given new requirements for accountability in terms of individual roles input).

The following DPG **amenities, space and facilities** continue to be an issue, unfortunately the current lack of space, limited amenities and basic facilities limits and impacts our current reach.

- Only 1 WC with no disabled facilities
- Small classroom space with limited capacity
- Carpark, lane access and grass/muddy paths
- We are still dependent on DMH for electricity, water and WIFI

We need to increase our current **marketing** to assist in growing visitor numbers, although this at times is cost prohibitive. Our 2021 flyer needs to be updated to reflect our new opening times which are currently and have been variable, this has meant that we have printed our own flyers so that we can regularly update and amend information. We shall target further areas with our flyers with the assistance of volunteers to distribute. We need to increase our current income streams, such as venue hire and admissions via marketing.

Marketing trustee will need to be appointed with the resignation of Helen Stephenson.

Booking keeping trustee; records and consequently report analysis could be significantly aided by a volunteer or trustee who would allow for productive analysis of revenue streams and costs.

There is a continued need across all areas for **Volunteers**.

Writing and working on relevant Grant/fund proposals is ongoing. All proposals incorporate the issues highlighted above and below and aim to help achieve our mission of education by increased public and educational reach. See below for details*.

Admission charges will increase spring 2021: Adult - £4 to £6 , Child - £3 to £4 – along with the cost of our Season Passes. Open days to be increased and trialled; day of week vs volunteer availability and staff costs.

Weatherproof **shelter** to be utilised by school group visits, commenced work end 2020 to be completed 2021.

Clinical Trial research continues. Memory Tincture to complete final analysis of tincture ingredients.

Recruitment of participants from South East Northumberland is ongoing.

We hope to commence work on our Tea Trial in early 2021.

Sleep | Dreaming | Altered states of consciousness Pilot Studies continue.

We hope to recruit a qualified horticultural **Volunteer** and Botanist to replace the sad loss of one who has helped with plant identification over the last few years.

We aim to **engage further and with more** community groups such as drug rehabilitation groups, autism groups, other mental health groups, asylum seekers and of course schools.

Grant funding for a 6-day integrated course/awareness on safe plants for mental health (including addiction) and wellbeing.

Garden itself continues to receive much positive and kind **feedback**. We have received a few comments regarding the items in the plant beds and those that are worn, which is being addressed.

An idea of a celebration event to mark 20 years since DPG gained charity status and opened to the public in 2003 is worth pursuing well ahead of 2023 (RB suggest).

****Ongoing grant funding items:***

- 1. Improve visitor facilities 2x WC incl. wheelchair access next to HH and weatherproof/light current WC.*
- 2. Carpark - streamlining use of Top-up Carpark (shared with Dilston Scouts) – with its flat (as opposed to steep incline) for all event/workshop visitors (due to confusion access for workshop) and potentially all parking. Surface underfoot.*
- 3. Access lane down private scout lane is still hindered by Philip in the cottage on the lane.*
- 4. Current visitor carpark and lane surface hogging - currently impassable in heavy rain.*
- 5. Paths replace all garden grass and gravel paths to enable safe all-weather surface underfoot .*
- 6. Pathways expanded to allow wheelchair access to most areas*
- 7. Amenities: transfer of all amenities to enable independence as a charity from DMH (see below); would require significant cost to separate supplies.*
- 8. Signage - end lanes / garden entrance signs need updating. Brown signs on road - a significant number of visitors (25%) are getting lost and arriving frustrated!*
- 9. Children's area and items and information signboards*
- 10. Educational outreach: combined with increasing in-house education, aim to find funding to increase reach to schools/groups unable to visit to DPG with program of innovative interactive practical information of plants for health and medicine to schools (diet/ health awareness plus collaborator).*

Financial Summary

Dilston Physic Garden

Year ended 30th November 2020

Financial Performance Summary

		2019-20
Revenue		
Admission & Shop Sales	£	33,618.36
Hire (Garden & Herbology House)	£	3,452.00
Botanical Brain Balm Talks	£	67.00
Donations (including gift aid & grants)	£	20,791.81
Foundation Course	£	2,057.83
Total Revenue	£	59,987.00
Cost (Direct and operating)		
Consultancy	£	26,187.00
IT	£	830.00
Accounts	£	13.00
Signage	£	1,137.96
Office	£	416.80
Development Items	£	1,547.72
Shop Stock	£	665.91
Shop Stock for DPG Product Making	£	4,025.99
Clinical Trial	£	4,086.95
Foundation Course	£	1,360.87
Miscellaneous Items	£	150.80
Total Direct & Operating Costs	£	40,423.00
Gross Profit	£	19,564.00

Reconciliation of Funds

Total funds brought forward at 1 December 2019	£	9,123.00
Total funds carried forward at 30 November 2020	£	28,103.08