

# The Gathering Gates

England & Wales · Charity number 1141757

## Details

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<b>Other names</b>	Covid Conversations, NCF, NORWICH CONTEMPLATIVE FORUM, Norfolk Conscious Dance Collective, Norwich Contemplative Forum, Julian's Window, Norfolk Grief Tending, Norwich Conscious Movement and Dance, Somatic Health, The Felt Sense Project, The Gathering Gates
<b>Status</b>	Registered
<b>Legal form</b>	Other
<b>Registered</b>	2011-05-06
<b>Register</b>	<a href="#">View on the Charity Commission register</a>

## Contact

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<b>Address</b>	Carrow House King Street Norwich NR1 2TG
<b>Phone</b>	07951 928877
<b>Email</b>	<a href="mailto:gathering@thegates.uk">gathering@thegates.uk</a>
<b>Website</b>	<a href="http://www.thegates.uk">www.thegates.uk</a>

## Activities

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**Objects:** 1. THE PROMOTION OF THE SPIRITUAL WELFARE OF THE COMMUNITY FOR THE PUBLIC BENEFIT, DRAWING ON A VARIETY OF RELIGIOUS AND SPIRITUAL TRADITIONS AND PRACTICES.2. THE PROMOTION FOR THE BENEFIT OF THE PUBLIC OF THE CONSERVATION, PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT.3.THE ADVANCEMENT OF EDUCATION OF THE PUBLIC IN THE SKILLS AND TECHNIQUES OF COMMUNITY DEVELOPMENT AND COLLABORATIVE DECISION MAKING

**Activities:** Creating spaces in East Anglia where people can access support and resources that enable human and planetary evolution on multiple levels, including spiritual, social, ecological and economic. Drawing on diverse traditions and practices, exploring questions of meaning and purpose, and collaborating together in order to renew community and contribute to a more beautiful and regenerative society.

## Classification

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- **How:** Provides Human Resources, Provides Services
- **What:** Education/training, Religious Activities, Economic/community Development/employment
- **Who:** The General Public/mankind

## Geography

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- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Cambridgeshire
- Norfolk
- Suffolk

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-09-30	£42,067	£27,663	-	-
2024-09-30	£29,552	£25,114	-	-
2023-09-30	£10,813	£17,788	-	-
2022-09-30	£7,711	£16,336	-	-
2021-09-30	£6,000	£3,597	-	-
2020-09-30	£0	£0	-	-

## Trustees

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Name	Role	Appointed
Elizabeth Day	Chair	2015-08-06
David Michael Aufenast		2024-06-03
Emily Scott-Bolton		2021-02-15

**The Gathering Gates**

England & Wales - Charity number 1141757

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# Accounts

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# Trustees' Annual Report for the period



01 October 2023

30 September 2024

## Section A Reference and administration details

**Charity name** The Gathering Gates

**Other names charity is known by** Norfolk Grief Tending  
Somatic Health

**Registered charity number (if any)** 1141757

**Charity's principal address** Carrow House

301 King Street

Norwich

Postcode

NR1 2TG

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Elizabeth Day	Chair		
2	Emily Scott-Bolton	Treasurer		
3	David Aufenast	Secretary		

## Section B Structure, governance and management

### Description of the charity

Type of governing document  
Constitution

How the charity is constituted  
Association

Trustee selection methods  
Appointed by existing trustees

Policies  
We have the following policies in place:  
Safeguarding Adults  
Safeguarding Children  
Bullying Harassment  
Complaints  
Disciplinary  
Health and Safety  
Volunteers  
Data Protection

## Section C

## Objectives and activities

### Summary of the objects of the charity set out in its governing document

#### Description of Activities

Creating spaces in East Anglia where people can access support and resources that enable human and planetary evolution on multiple levels, including spiritual, social, ecological and economic. Drawing on diverse traditions and practices, exploring questions of meaning and purpose, and collaborating together in order to renew community and contribute to a more beautiful and regenerative society.

#### Charitable Objectives

The promotion of the spiritual welfare of the community for the public benefit, drawing on a variety of religious and spiritual traditions and practices.

The promotion for the benefit of the public of the conservation, protection and improvement of the physical and natural environment.

The advancement of education of the public in the skills and techniques of community development and collaborative decision making.

### Summary of main activities

This year we offered a range of different kind of workshops and gatherings with the common theme of resourcing people to experience greater levels of connection – with themselves, with others, and with the wider lifeworld. These activities contributed to our core objectives of disseminating skills and practices for growing community, for advancing spiritual welfare, and for becoming more attuned to the natural world.

In all our work the trustees have had regard to the Charity Commission's guidance on public benefit, and we have taken this into account when making decisions.

Our workshops and events have been offered entirely on a gift basis, with no financial barrier to attending. We have endeavoured to make our work more and more widely accessible, through communicating with a growing audience on social media, building our mailing list, and networking with other local groups and communities.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

#### Beloved Earth Community

In October and November 2023 we held three well-attended events exploring the idea of land-based community. Each event was three hours long, and 36 people attended in total. We held two of the events at the Julian Centre, and another at St Augustine's Church Hall.

#### Grief Tending in Community Workshops

We held ten grief tending in community events – four introductory sessions (two of which were online), five one-day workshops, and a 5-week group journey. The events varied in theme, and included looking at our pain for the world and ceremonies marking different seasons of the year. A total of 109 participants took part in these events.

We received a generous grant from Norfolk Community Foundation's 'Love Norfolk' fund (just under £5,000) to support this programme, which meant we were able to continue to offer support to people regardless of income.

These activities took place in different venues around Norwich, including the Sea Scouts Hall in Lakenham (NR1), St Luke's Church in Aylsham Road (NR3), St Augustine's Church Hall (NR3) and St Mark's Church Hall in Lakenham (NR1).



- October: Autumn Grief Tending – Song, Ceremony, Community
- November: Tending Our Hearts and Remembering Our Dead
- March: An Introduction to Grief Tending
- May: Widening Circles Grief Tending Workshop
- June: An Introduction to Grief Tending
- July: Wild and Precious: A Grief Tending Ceremony
- July: An Introduction to Grief Tending in Norwich
- September: Collapse and Emergence Truth Mandala
- September: The Alchemy of Grief: 5-Week Group Journey
- September: An introduction to Grief Tending

In the 5-week group journey we used the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) to measure improvements on key mental health indicators. We asked participants to complete the form on the first session, and again on or soon after the last session. Of those who responded (5 out of 7) all participants (100%) reported an increase in confidence. 80% of respondents reported an increase in 'feeling good about themselves' and being able to make up their mind about things. 60% of respondents reported increases in five other mental health indicators.

Here are some of the positive testimonials from the group and other events:

*"The process works! I was feeling very detached and unable to connect with any deep sense of grief but the writing practice and the grief circle worked their magic. This work shifts energies in the mind and body and precipitates thoughts, ideas and conversations that would not otherwise happen."* Jonathan

*"Our culture doesn't provide emotionally supportive spaces for suppressed grief to be allowed to surface. Many of us have been trained to contain feelings that*

*are 'difficult' for others to understand. There is a difference between this process and therapy; we are all wounded and we don't look to fix one another in Grief Tending, but to stand alongside and witness non-judgementally." Alexander*

*"It was a powerful, soft and wildly authentic day. I accessed my grief easily which is a testament to how well the space was held, with great care and intention. Having my grief witnessed safely has allowed me to release something and to move on to a more hopeful stage." Cat*

*"I was pleasantly surprised by how easily my tears came and that in itself nourished me – the ease and lack of embarrassment. Being able to ask for support and receive it during the ceremonies felt nourishing too. For so long I grieved in isolation... I now feel less burdened by the weight of grief, and I'm noticing that my body wants to move and dance, it feels less rigid." Karen*

*"I felt nourished by the venue, the 'building the banks' process, the physical unwinding, the contact with the natural world, and skilful facilitating. I felt heard in my sharing and was able to deeply enter the invitations in the visioning practice. Subsequently, the heart energy that arose has empowered more self-compassion and I feel more courageous." Alexander*

*"Photos can't recreate the safety, tenderness, magic and holding that was created; a profoundly moving experience for me. Thanks to the other participants and the facilitators for their guidance, compassion and fellowship." Janet*

Anecdotal evidence suggests that grief tending participants gain skills that contribute to growing resilient and compassionate communities. Many report feeling lighter, more alive, with greater access to a wider range of emotions including joy, gratitude and compassion. As well as personal grief, people bring emotions about climate breakdown and biodiversity loss, and engage in conversations about how we can cultivate more healthy responses to grief. Many also report improved relationships within families and communities as a direct result of taking part in workshops. See our testimonials page for more: <https://www.norfolkgrief.com/testimonials>.

### **Grief Tending in Community Training Events**

In May we piloted a one-day training workshop entitled 'Widening Circles' to support people in forming grief tending peer groups. This was led by Sophy Banks, a guest teacher visiting from Devon, working with our team of facilitators. The training day was preceded by a one-day 'Widening Circles' grief tending workshop.

Thirteen people attended the training, including local people and a number from further afield (Edinburgh, Sheffield and London). Participants gained an understanding of the key dimensions to this approach and training in basic facilitation skills. We produced a 22-page handbook to support the learning, outlining the key elements of a grief tending journey and some introductory concepts, and this resource has since been taken up and widely used widely across the international grief tending network.

Following this training event we hosted two online focus group sessions to integrate the learning and to support participants in their ongoing journey in taking grief tending into their own contexts. They all reported increased

confidence in taking grief tending practices into their communities, and some had successfully held groups and events. Feedback from these sessions was used to design the Widening Circles 2025 programme.

*“Widening Circles is an intensive introduction into building a more conscious relationship with your grief, giving you some tools to go and give it a go in your community. I managed to connect with people from back home to begin creating our own circle and I feel I managed to connect with something moving for me during the ritual as well. I was able to cry in a group setting and genuinely feel held.” Oliver*

In July we hosted a 6-day ‘Apprenticing to Grief’ residential training in Castle Acre, West Norfolk with guest teachers Sophy Banks (Devon) and Sarah Pletts (London). Thirteen people attended, and the programme was supported by four volunteer ‘re-apprentices’. As well as participants from East Anglia (Norfolk and Suffolk), three were from other parts of the UK (Scotland, Sheffield and Devon) and there were three overseas participants (from Italy, Belgium and Lebanon).

### Winter Ceilidh Celebration

In December we hosted a ceilidh dance celebration with the popular ‘Hippo Ceilidh Band’ at St Luke’s Church Centre in Norwich. 75 people joined us for an evening of community building and all-age feasting and fun.



### Chants and Prayers

We piloted a new programme of ‘Chants and Prayers’ on Sunday afternoons, running six monthly sessions between February and July at St Helen’s Church, Bishopsgate. A group varying in size between 8 and 20 attended and a mailing list of 100+ registered interest in future sessions.

### Somatic Health

We collaborated with numerous groups, growing awareness and sharing somatic practices locally, nationally and internationally, and producing ten short films on the theme of ‘Somatic Ecology’. These workshops gave people opportunities to try simple practices to develop sensory receptive awareness, creative expression

and resonant connection (with all life, other species, and with the elements).

- Working with yoga and hypnotherapy practitioners to offer an 'Authentic Self Retreat' in Norwich.
- Offering workshops entitled 'Shambhala Warrior Prophecy: Embodiment of Compassion' for a series of 'Creative Matters sessions co-ordinated by Norwich Theatre and MIND mental health support charity.
- Exhibiting Bird Girl costumes and photographic images (by Hanna Collins) at the Mind Aid Festival where we also offered a 'Movement of Life' somatic workshop within the Visual Arts Exhibition.
- Offering 'Somatic Ecology' and 'Shambhala Warrior Prophecy: Embodiment of Compassion' workshops at a further three national festivals – Into the Wild, The Green Gathering and 'Sacred Roots and Culture Gathering.
- Facilitating a creative movement workshop entitled 'My Family of Plants and Other Animals' for parents/carers and children at Aylsham's local Green Day, co-ordinated by Aylsham Climate Emergency project.
- Collaborating with The Healing Harbour Charity and other Grassroots Organisations to offer the 'Shambhala Warrior Prophecy: Embodiment of Compassion' workshop in Aylsham for World Compassionate Communities Day.
- Delivering four, weekly, online sessions for a somatic course entitled 'Embodied Earth Activism' in collaboration with Sacred Earth Activists.

Other somatic health work included:

- A talk and facilitated discussion on the theme 'Creating and Building Community Wherever you Are' at a Community Building Event at Cross Keys Community Pub in Suffolk.
- Weekly Non-Violent Communication sessions at Aylsham Youth Club for a group of teenagers.
- Networking at the 'Garden of Tomorrow Festival', a project curated by the House of Hackney, one of the first businesses to bring nature onto their board of directors, laying the foundations for future collaborations.
- Designing a course entitled 'The Felt Sense Project' and delivering a pilot training workshop on the Summer Festival of Voice conference hosted by the Nature Governance Agency.
- Offering seventeen Contact Improvisation sessions and workshops in Norwich and Trimmingham (North Norfolk) and producing ten short introductory films entitled 'Cornerstones of Contact Improvisation' (available publicly).
- Facilitating thirty One to One Co-Creation / Bespoke Embodiment sessions with nine individuals.

## Section E Financial review

**The charity's policy on reserves**

Our overheads for this years were relatively small, and we maintained a modest reserves fund of £500.

**Details of any funds materially in deficit**

None.

**Further notes on finances**


We were grateful for a grant from Norfolk Community Foundation's 'Love Norfolk' fund (just under £5,000). This supported some elements of our grief tending programme, helping ensure these opportunities remain open to all.

All other funding came from donations from supporters and participants.

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Elizabeth Day	Emily Scott Bolton
<b>Position</b>	Chair	Treasurer
<b>Date</b>	29 July 2025	29 July 2025



## Receipts and payments accounts

For the period from	01/10/23	To	30/09/24
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	9,471	3,390	-	12,861	-
Training Fees	9,612	-	-	9,612	-
Grant (Norfolk Community Foundation)		4,959	-	4,959	-
Gift Aid	2,120	-	-	2,120	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>21,203</b>	<b>8,349</b>	<b>-</b>	<b>29,552</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>21,203</b>	<b>8,349</b>	<b>-</b>	<b>29,552</b>	<b>-</b>
<b>A3 Payments</b>					
Accommodation	1,339	-	-	1,339	-
Catering	3,048	60	-	3,108	-
Communications	1,256	-	-	1,256	-
Consultancy Fees	1,000	-	-	1,000	-
Equipment	512	-	-	512	-
Facilitation Fees	1,651	3,650	-	5,301	-
Project Management Fees	1,883	2,017	-	3,900	-
Coordination Fees	2,545	1,255	-	3,800	-
Memberships	20	-	-	20	-
Marketing	611	175	-	786	-
Refunds (Training Fees)	310	-	-	310	-
Sundry Expenses	57	-	-	57	-
Supervision	-	300	-	300	-
Venue Hire	2,402	742	-	3,144	-
Volunteer / Travel Expenses	132	150	-	282	-
<b>Sub total</b>	<b>16,766</b>	<b>8,349</b>	<b>-</b>	<b>25,115</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>16,766</b>	<b>8,349</b>	<b>-</b>	<b>25,115</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>4,437</b>	<b>-</b>	<b>-</b>	<b>4,437</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>4,437</b>	<b>-</b>	<b>-</b>	<b>4,437</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		4,437	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	4,437	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-


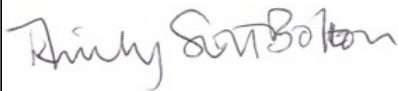
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
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	Elizabeth Day	29 July 2025
	Emily Scott Bolton	29 July 2025



Section A

Independent Examiner's Report

Report to the trustees/ members of

The Gathering Gates

On accounts for the year ended

30-Sept-2024

Charity no (if any)

1141757

Set out on 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 30/09/2024.

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:

[Signature]

Date:

11-08-25

Name:

DANIEL POWICK

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

Address:

BOWER HOUSE, THURLESTON LANE  
AKENHAM, IPSWICH  
IP1 6TQ