



Horticultural Therapy Trust

Annual Report and Accounts 31 July 2025

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Horticultural Therapy Trust

Charity Registered No: **1147927**

Registered Office: 23 Bayswater Road
PLYMOUTH
PL1 5BU

Website: <http://www.horticultural-therapy-trust.org/>

Trustees: P Keller (Chair)
C Darke
J Kleinot

Treasurer: T Steenhagen

Independent Examiner: T Archman

Bankers: The Cooperative Bank plc

23 BAYSWATER ROAD

PLYMOUTH

PL1 5BU

Tel: 01752 659339

Email: deb@horticultural-therapy-trust.org

Website: horticultural-therapy-trust.org/

Other names

NONE

Governing document

TRUST DEED DATED 08 JUN 2012

Area of benefit

NO INFORMATION RECORDED

Organisation type

STANDARD REGISTRATION

Registration history

03 JULY 2012 REGISTERED

Charitable objects

THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN DEVON AND CORNWALL.

TO ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF FACILITIES FOR WORK AND RECREATION.

Classification**What**

- EDUCATION / TRAINING
- THE ADVANCEMENT OF HEALTH OR SAVING OF LIVES
- DISABILITY
- THE PREVENTION OR RELIEF OF POVERTY
- ENVIRONMENT / CONSERVATION / HERITAGE

Who

- CHILDREN / YOUNG PEOPLE
- ELDERLY / OLD PEOPLE
- PEOPLE WITH DISABILITIES

How

- PROVIDES BUILDINGS / FACILITIES / OPEN SPACE
- PROVIDES SERVICES

Where it operates:

DEVON AND PLYMOUTH CITY

Horticultural Therapy Trust (HTT)

Chair's Annual Report August 2024 to July 2025

Also with contributions from project managers, staff and our bookkeeper

AGM held at the Sustainability Hub 4pm on 20th November 2025

Introduction

This year Horticultural Therapy Trust has brought together four staff to create a brilliant new team, built upon peer mentoring and peer skills share with empathy and congruence at core, in the same way as HTT provides its service with wellbeing of people, biodiversity and land at heart.

We have four staff; two Project Managers, one Charity Project Support Officer, and one Therapeutic Support Worker in both a sessional and woodworking role. Roles are evolving and redefining themselves according to the growing need of our service (there is a recognised national rise in numbers of people experiencing moderate to severe mental health issues). We may employ another member of staff through creation of an operational role in autumn 2025, due to Reaching Communities funding from the National Lottery Community Fund. This funding has also greatly helped along with other kind funding bodies such as Postcode Local Trust, Allen Lane Trust, Claire Milne Trust, Pearn Charitable Trust, Awards for All -National Lottery Community Fund, to make this growth of our team and many additional sessions hours, supporting more local people, possible. Growing what we do and helping us to learn and develop better quality of service. Many participants arrive to HTT in crisis and HTT increasingly provides help in gaps of need from overstretched NHS mental health services and other such services.

There has been a change of trustees this year, with one moving on, and we have recruited two new trustees starting in October 2025. Our Trustees, and all volunteers, have a wealth of skills and professional qualities to oversee and guide our work as needed. As above always with compassion and congruence and with participant wellbeing at core to all decisions.

We have had 9 volunteers this year, the oldest being 76 and the youngest 26, each bringing such varied skills and lived experience to help staff in the support of participants improved mental health and holistic wellbeing. HTT couldn't run without such volunteer help!

80% of trustees, staff and volunteers have lived experience.

The Community of HTT is thriving along with its gardens. This year we have facilitated a sense of belonging and purpose, our main objectives, and improved mental health and holistic wellbeing for each, starting with 32 and rising to 63 participants by the end of the year aged between 18 and 76, with at least 12 of these being 26 and under. This has been through our regular intergenerational 3-day weekly gardening sessions at HTT's Penlee Valley allotment gardens. HTT is fully inclusive and participants who each experience mental health issues, many through trauma, for example participation includes people who are neurodivergent, refugee or asylum seekers, BAME, LGBTQ+, and those with acquired brain injury. As always various leaflets which we design together with participants, (this year funded

by Local Postcode Trust and later the National Lottery Community Fund), are most helpful towards people finding their way to our various projects, alongside HTT's presence at events throughout the city.

In addition to our regular gardening sessions, HTT has been able to return to Outreach through community sessions due to funding this year. The community projects, so far being 5 different projects in community, and 3 separate projects at HTT gardens, so 8 new projects. This is including Friday Woodworking Therapy sessions and an Art Group. Session opportunities are growing with more happening into our 14th year from August 2025. We have also delivered workshops to 23 medical students, sharing our learning from the unique way in which HTT work, which is fully participant led, and which results in deeply personal and far-reaching changes for the better. Also, HTT have been part of many events such as Thrive Plymouth, the Neurodiversity festival, Respect Festival, Hamoaze House Tree project event etc. Networking more and more with other agencies, means we can collaborate and support more people in need. HTT is now a member of various network groups including Plymouth Mental Health Collective and Devon Mental Health Alliance and staff attend quarterly meetings where possible.

We have received and are immensely grateful for the kind financial support of many funding bodies this year, each named in our financial report. We would like to thank them all, as again we could not run without funding as this is our only financial income. This is apart from only 3-4% of participants who receive independent funding (Social Services/PIP etc.) to attend our service for a few hours weekly each..

Woodworking Therapy Sessions - Written by our Carpentry and Support Mentor

In the year August 2024 to July 2025, I was funded, with thanks to The Pearn Charitable Trust, to provide and facilitate woodworking activities with participants within The Horticultural Therapy Trust.

Work takes place within the dedicated Woodworking Shelter as well as on the HTT site.

I have worked repeatedly with about 10 different people, which means that there has been approximately a 30% uptake from the overall HTT regular attendance group as a whole.

The sessions are provided on Fridays for about 48 weeks of the year, running from 11am til 4pm and the work is carried out at a client-centered pace in an environment that is separate and can be felt as a self-contained safe space which benefits some clients. The setting is within the natural environment, so participants continue to benefit from being in a healing and natural setting.

I work with people who on a practical basis have various ranges of ability, some have very little experience whilst others show amazing levels of skill and competence that are ripe for tutorage and guidance. Most people that I work with experience moderate to severe long term mental health issues.

Participants generally make small and easily achievable items within a realistic time frame, although some choose to engage with more challenging projects that can take longer. Participants have made boxes, shelves, planters, bird boxes, bird houses, picture frames and the like.

I also work on maintenance and repair projects on the site and encourage some participants to help out, a request that is enthusiastically received.

The woodworking facility continues to be a quiet vehicle in which to work with individuals on a safe and therapeutic level. I feel confident that it is a service that continues to engage and to hold people, to help people to feel met

and validated, as well opening up a wealth of new experience and skills for people, some of which had no idea that they had!

I am thrilled to be a part of something that provides an anchor in the lives of others and helps them along the road to becoming the best person that they can be. I like to think that through the activities I provide that I am able to make a small but sustainable contribution to the welfare of their lives.

Natural Arts and Crafts Group and Water Colour Sessions

We have created a new natural arts and crafts session running on Tuesday afternoons from 13.00-15.00. This began in October 2024 and has enable participants to experiment with creativity in an informal and relaxing session. Running for almost 1 year now we have trialled a wide range of crafts including hoop weaving, felting, candle and soap making and are now working on a living sculpture in the HTT Gardens. For many involved, the creative and often mindful activities, in addition to the opportunity for social interaction and being part of the HTT community has a positive impact on mental health and well-being.

We are based at the HTT gardens, but due to cold weather this group moves to an indoors location in the winter. Last year we based ourselves at the local scrap store, which was fantastic for access to materials and in building connections with the local community. The session has benefited 10 participants over the year, in addition to having the occasional support of two volunteers. Generally, this group is 3-4 participants, but we are now looking to increase the size of the group moving forward. However, due to the needs of the participants and the nature of the activities the groups maximum number of participants will remain at 6-7. We are also now planning to recruit a more permanent volunteer to support with preparing activities and running the group alongside the current staff member.

The art group supported a local initiative by the National Marine Aquarium (NMA) to celebrate its volunteers, and participants made lavender bags to be given away to NMA volunteers. The happy result of this connection was a further collaboration between HTT and the NMA resulting in a new community gardening project at the NMA gardens. More can be read about this later in this report.

In addition to the art group we also ran a 6-week spring watercolour course at the HTT gardens, which we had 5 regular attendees. This session was run voluntarily by a local water colour artist with support from HTT staff. The course was very successful, and we are now about to begin an autumn watercolour course at the gardens.

ADHD and Autism Sessions

Sessions began on a newly acquired plot next to HTT, through some participants suggesting that through having separate sessions due to the sense of familiarity and like-mindedness with others experiencing such as ADHD or Autism, towards later joining in other HTT adult sessions. HTT had helpful advice from NeuDice, (a CIC supporting people with Neurodivergence and LGBTQ+), towards this also and occasionally teamed up with NeuDice in their 'shed' base at The Plot, but mostly at HTT in these sessions. Sessions at times had 6 participants however, numbers varied often with 2 participants and a volunteer. Over a period of 6 months there were 9 participants. HTT and participants recognised that the Adult 3-day weekly sessions were a space where each of the participants felt able to be within also, and all moved at various times between these. This now leaves the Tuesday morning slot for some new participation need, such as with the Marine Aquarium.

Edgecumbe House Community Sessions

This project began in November 2024 fortnightly at first, now pop in sessions as needed due to the garden being formed. There were a core group of 3 residents creating the gardens, 2 women who were the instigators of the community garden project and a man who made everything from pallet wood. Each found their mental health and well being were supported through the project, with each experiencing mental health challenges. Also 5 other adult residents were involved and 8 children under 12, and 2 under 16 totalling 18 participants from within a small residency. The flats were surrounded by grass and tarmac and faced Union St, often receiving a lot of rubbish into the gardens and the area, which we helped clear. Plymouth Community Homes helped with the issue of Fly Tipping. The residents had kept trying to create gardens to enjoy being in and were grateful for HTT's help and advice and some funding to be able to do so, with a garden now that will grow into the future, lit up at night with solar lights and bringing joy to passersby, and including a small orchard. HTT also helped them apply for their own funding and they were entered into Southwest in Bloom 'It's Your Neighbourhood' awards.

As always, the garden is grown for benefit of wildlife biodiversity as well as people.

Manor Gardens Community sessions

HTT with 4 new community volunteers and a volunteer from HTT adult sessions, helped to 'green up' the street of Manor Gardens. There had been some recent violent crime and incidents within the street, and so local people felt that something positive was helpful to their mental health. We set up tables in the street 4 times with different free plants, chilli plants, succulents, herb plants for people to grow in windowsills (many in the area don't even have a balcony), balconies or gardens. Over 40 people participated in planting up plants to take home, conversations during this and a growing sense of community.

We also continued from past work of Communities of the Soil to plant up ingenious planting containers in the street. A local volunteer has been creating mini 'Nature Reserves' and we helped with these and this idea to grow more of these.

Collaborations with Jabulani 2.0 and The Plot

With 4 community volunteers and other volunteers within Jabulani 2.0, HTT has been helping to create some parts of a community garden, as part of a plan to create a Health Hub for Stonehouse. We cut up thrown out large pieces purchased from the Scrap store to create large planting pots for fruit trees. We also 'rescued' fly tipped rubbish from the street such as an old ice cream fridge, to use as a mini greenhouse and others to grow potatoes and herbs in. Kale, potatoes and beans were harvested by The Plot, and herbs. Lots of flowers and plants supporting pollinators and other wildlife. The plan in Spring is to grow sensory and edible plants to grow out into Union St for passersby to pick and to invite participation within Jabulani 2.0, as well as creating more green space in the area.

Overall, there have been 8 participants so far.

Counselling

Counselling sessions by Deb Hoskin (HTT), accredited counsellor, NCS, have been being planned for 4 hours x 4 clients weekly, through HTT as part of the plans for a Stonehouse Health Hub, through collaboration with a local GP and surgery. Patients who will be signposted will be offered support at HTT Adult sessions or within the garden/nature based sessions evolving with Manor Gardens are and more, perhaps linking in with Union Corner etc.

The National Marine Aquarium

HTT has started a new and exciting community garden project with the National Marine Aquariums 'Blue Minds Project' and CROP, another local therapeutic horticulture service.

The Blue Minds project aims to support mental health by getting participants into ocean spaces and utilising the restorative benefits this has on mental health and well-being. Plymouth, proudly known as Britain's Ocean City is deeply connected to the sea and HTT recognises just how vital the ocean is to the local community. We are therefore very excited to be able to offer this project to our participants.

The project involves participants from HTT and CROP coming together on a Tuesday morning to develop a new garden space at the Aquarium. We have a fantastic area to develop which looks out over Plymouth Sound, offering an outdoor space to those visiting the aquarium and its staff. The aquarium has been donated a small garden from the RHS Chelsea flower show. It is one of the responsibilities of the community gardening group to look after this, in addition to creating more garden space. So far, we have been involved in tasks such as upcycling the current garden benches, identifying and labelling plants, and clearing areas ready to plant. This is a participant led group and so the design of the new garden will be made up of participant ideas. So far, this group has been intermittently attended by 5 participants, and we have plans to increase this to between 8-10 as we move forward with the project.

Elder Tree sessions

The Elder Tree is a Plymouth based community project working mainly with men aged 50 and above, some of which suffer from dementia.

In July 2025 HTT, in collaboration with The Elder Tree, began a small gardening project on the HTT site for a group of up to 8 men with 1 HTT staff member, 1 ET staff member and 1 volunteer. Sessions last for 2 hours and take place weekly throughout the current year.

The uptake has been small but steady and in these early months we have worked with up to 4 or 5 men who have all benefited from working in the garden.

As is the fundamental HTT ethos, the emphasis lies with the facilitation of group sharing, providing a space and an opportunity for people to come together and connect, for the space to be held safely and therapeutically. The group is person centred in its approach.

To date we have been clearing and preparing ground and even managed a late harvest of beans and radishes and turnips!

The project continues to be advertised and promoted with the expectation that it will grow and evolve in the months to come.

2024-25 Accounts Statement

During this accounting year (and also for the next 3 years) HTT has been awarded 'National Lottery Community Fund: Reaching Communities' funding of approx. £50K/year. This funding stream means that a large part of HTTs annual income is secure for the next few years and, although additional fundraising is always ongoing, more time can be dedicated to running the actual project(s).

'Grants & Donations' totalled just over £70K, as additional funding had been secured – thank you to all others who donated. 'Core' income (direct participant payments) has continued to reduce this year but this is offset by some additional 'other' income (external paid activities) and interest earned.

In general expenses have remained fairly stable, apart from 'wages', which have nearly doubled: £59K this year compared to £32K last year. This is for various reasons: more staff / more staff hours but also, after years of relative stagnation and (out of necessity) keeping wages low, the Trustees decided this year to implement an overdue hourly pay increase.

During this accounting year HTT operated at £76K and the net result was -£2.7K, which is a good result for a small charity like HTT whose aim is not to make a profit, but to 'balance out' over a period of time.

However, as mentioned in all previous year reports, there is never room for financial complacency; for the next 3 years HTT will have to secure an additional income of £25K on top of the National Lottery Community Fund.

Congratulations to all on yet another successful HTT year.

Tonny Steenhagen - Bookkeeper/Treasurer



Our thanks to our treasurer who has kept our accounts with great expertise, for our staff for providing the report information and all the staff's dedicated work in helping the people we work with, for all that helped to raise funds, those that funded us, to the trustees, volunteers and all involved with the running of the charity and its projects and especially to those we work with – Thank you!

A list of the grants received for this year and the accounts follow. We are very grateful for the funding received which has enabled us to continue our work and also provided sufficient funds carried forward to ensure we can continue into the next year.

The Horticultural Therapy Trust has continued to consolidate its financial situation and build on successes from former years. We keep on keeping on... Thank you to all of you for helping those in need.

Paul Keller (Chair)

**Grants and
Donations**

Date	Amount
04/10/24 National Lottery Community Fund - Reaching Communities	50040
29/10/24 Screwfix Foundation	4000
13/11/24 Pearn Charitable Trust	3500
16/04/25 Allen Lane Foundation	8000
09/06/25 John Lewis PLC	2000
Total	67540

Balance Sheet

Horticultural Therapy Trust As at 31 July 2025

31 JUL 2025

Fixed Assets

Tangible Assets

Computer Equipment	174.82
Facility construction	2,373.80
Furniture / fixtures	1,162.77
Total Tangible Assets	3,711.39
Total Fixed Assets	3,711.39

Current Assets

Cash at bank and in hand

Horticultural Therapy Trust	10,687.46
Horticultural Therapy Trust - Deposit Account	36,021.31
Total Cash at bank and in hand	46,708.77

Accounts Receivable	240.00
Total Current Assets	46,948.77

Creditors: amounts falling due within one year

Accounts Payable	53.67
Total Creditors: amounts falling due within one year	53.67

Net Current Assets (Liabilities)	46,895.10
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Total Assets less Current Liabilities	50,606.49
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Net Assets	50,606.49
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Capital and Reserves

Current Year Earnings	(2,766.69)
Retained Earnings	53,373.18
Total Capital and Reserves	50,606.49

Profit and Loss

Horticultural Therapy Trust
For the year ended 31 July 2025

2025

Income

Core Income	1,320.00
Donations	2,732.95
Grants	67,540.00
Interest Income	484.14
Other Income	1,034.87
Total Income	73,111.96

Staffing

contract work	7,593.66
Wages	51,415.55
Total Staffing	59,009.21

Gross Profit

14,102.75

Other Expenses

art materials	1,152.78
Bookkeeping / Accountancy	652.80
books / publications	88.65
building materials	578.29
Consumables	92.25
Depreciation Expense	1,236.00
garden materials	4,976.55
Insurance	1,287.47
Light, Power, Heating	82.80
meals / entertainment	258.46
Misc expense	1,066.52
Printing & Stationery	517.67
Rent	1,425.96
Repairs & Maintenance	98.83
small tools / equipment	932.65
Staff Training	1,193.78
Telephone & Internet	296.24
travel / meetings	843.50
water charges	88.24
Total Other Expenses	16,869.44

Operating Profit

(2,766.69)

Profit on Ordinary Activities Before Taxation

(2,766.69)

Profit after Taxation

(2,766.69)

Independent Examiner Report

I can confirm that I have examined the accounts, without carrying out an audit, from the books and records of the charity and information and explanations as provided by the designated book keeper.

Signed and agreed byTracey Archman..... Date:23/11/25.....

Name:Tracey Archman.....

Job role:Senior Mental Health Coordinator

Respective responsibilities of directors and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year (under section 43 (2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed. It is my responsibility to:

- Examine the accounts (under section 43 (2) of the Charity's Act 1993 (the 1993 Act).
- To follow the procedures laid down in the General Directions given by the Charities Commissioners (under section 43 (7)(b) of the Act.
- To state whether particular matters have come to my attention.

Acceptance of Annual Report and Accounts

Format of Accounts

Standard format of profit and loss account as laid down by the Companies Act 2006.

For the year ending 31st July 2025 the company was entitled to exemption under section 477 (2) of the Companies Act 2006.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting periods and preparation of the accounts.

These accounts have been delivered in accordance with the provisions applicable to companies subject to the small Companies regime.

The above report and accounts have been agreed by the board of trustees and signed as accurate statement on their behalf by the Chair:



Signed

Date: 20th November 2025

Paul Keller

Trustee / Chair