

THE GROW PROJECT

England & Wales · Charity number 1155868

Details

Other names GROW

Status Registered

Legal form CIO

Registered 2014-02-20

Register [View on the Charity Commission register](#)

Contact

Address Business Helpline Group Limited
Office 038
Northlight Parade
Nelson
Lancashire
BB9 5EG

Phone 0800 088 2142

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Activities

Objects: THE OBJECTS OF THE CIO ARE TO IMPROVE AND MAINTAIN THE MENTAL HEALTH AND WELLBEING OF PERSONS, IN THE COUNTY OF SUSSEX, AFFECTED BY MENTAL HEALTH ISSUES (INCLUDING FRIENDS, FAMILY AND CARERS) FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT NOT EXCLUSIVELY BY SUPPORTING SUCH PEOPLE TO ACCESS, ENJOY AND CONNECT WITH THEIR LOCAL COUNTRYSIDE AROUND BRIGHTON, OFFERING A WIDE VARIETY OF INTERESTING ACTIVITIES IN A SAFE, SUPPORTIVE AND POSITIVE ATMOSPHERE TO ENHANCE THE HEALTH AND WELLBEING OF PARTICIPANTS THROUGH THEIR CONNECTION WITH NATURE.

Activities: The Grow Project offers adults with experience of mental health issues from Brighton & Hove and surrounding areas the opportunity to improve & maintain their wellbeing by accessing the local countryside in a safe, supported group. Working in partnership with National Trust and other groups we aim to build community, improve wellbeing, reduce isolation and facilitate the learning of new skills.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Brighton And Hove
- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	£84,370	£82,016	-	-
2023-03-31	£91,896	£110,130	-	-
2022-03-31	£79,288	£77,342	-	-
2021-03-31	£57,967	£44,490	-	-
2020-03-31	£50,109	£49,635	-	-

Trustees

Name	Role	Appointed
JULIE WRIGHT	Chair	2013-12-13
Elizabeth Allen		2022-06-20
Lauren Carroll		2022-06-20
Trevor Beattie		2021-02-11
Yok Chang		2017-03-07

THE GROW PROJECT

England & Wales - Charity number 1155868

Accounts

THE GROW PROJECT

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

THE GROW PROJECT

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THE GROW PROJECT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Reference and administrative details of the Charity, its trustees and advisers

Trustees	Chaun Wilson, Trustee Graham Wellfare, Treasurer Julie Wright, Chair Liz Allen, Trustee Yok Chang, Trustee Trevor Beattie, Trustee Lauren Carroll
Charity registered number	1155868
Principal office	c/o Brighton and Hove Food Partnership Community Base 113 Queens Road Brighton BN1 3XG

The Trustees present their annual report together with the financial statements of the THE GROW PROJECT for the 1 April 2023 to 31 March 2024. In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Introduction

2023-24 was a year of some really mixed fortunes for Grow. On the one hand, in the Autumn of this year we ran the highest number of programmes concurrently ever and in the widest range of geographical locations – from the Growing Together course at Amberley Museum in West Sussex, to Truleigh Wild on Truleigh Hill, our usual Season at Saddlescombe Farm and the Growing New Roots course in conjunction with Brighton and Hove Food Partnership in East Sussex.

In order to do this, we took on more sessional workers – all of whom graduated from Grow programmes. And as a by-product of this our recruitment and induction process has been strengthened and manualised.

On the other end of the scale, we ended the year in a state of some financial fragility. The challenging financial climate has required us to use our reserve funds, and we have had to consider our future very carefully. Having said that we have survived thus far and have done some really positive work this year with the people of Sussex.

When we look back at our aspirations set in last year's report, we can say we've had a good deal of success. We've:

- Offered opportunities for people to continue to connect with nature and improve wellbeing through a varied programme of activities and across a spectrum of mental health
- Continued our expansion across Sussex developing new partnerships and delivering in new locations
- Developed, valued and grown our staff and volunteer team
- Continued to deepen our partnership working with Green Wellbeing Alliance (and others)

We are yet to achieve the financial sustainability that we hoped for in the previous report but this continues to be an aspiration.

THE GROW PROJECT


TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024



How to find us

General info

The Grow Project
Registered Charity No. 1155868

 c/o Brighton and Hove Food Partnership, Community Base, 113 Queens Road, Brighton, BN1 3XG

 07557 501557

 www.growingwellbeing.org.uk
 info@growingwellbeing.org.uk



www.facebook.com/Growingwellbeing



Instagram @growing_wellbeing

Background

Grow was originally set up as a project within Mind in Brighton and Hove in 2011. We ran a 12 month pilot project funded by Ecominds (a joint project between Mind and Big Lottery). We were subsequently awarded further Ecominds funding to develop the project and in April 2013 formed an independent community group and applied to Big Lottery Reaching Communities Fund which we were successful in securing for 3 years from September 2013. We achieved charitable status in February 2014.

Since funding from Big Lottery ceased we have been funded through a variety of different sources – small grants, donations and fundraising events and commissioned services such as training and delivery of activities.

Our Vision

To create a happier world in which people are more connected with nature, each other and themselves as a way of improving their wellbeing

Our charitable aims are:

To improve and maintain the mental health and wellbeing of persons, in the county of Sussex, affected by mental health issues (including friends, family and carers) for the public benefit, in particular but not exclusively by supporting such people to access, enjoy and connect with their local countryside around Brighton, offering a wide variety of interesting activities in a safe, supportive and positive atmosphere to enhance the health and wellbeing of participants through their connection with nature

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Our services

Our range of programmes has grown this year with a number of new offerings emerging alongside our existing core programmes:

8 week programmes

We have continued to deliver our core 8 week Season at Saddlescombe Farm, though at a reduced numbers from last year. We delivered **2 Seasons** with a total of **21 people**. Funded by Brighton and Hove City Council Third Sector Investment Programme funding.

In addition to the Season we have also developed 2 new programmes in other locations:
Growing Together at Amberley Museum and
Truleigh Wild at Truleigh Hill

Growing Together sought to build on the previous NHS funded project where people with serious mental illness and their carers were brought together on the same programme. This programme was hosted by Amberley Museum and through it we developed a number of new connections with local groups and organisations to provide a broad and varied programme of activities to a group of **10 people**. We carried out beach cleans with Wild Coast Sussex, conservation work with West Sussex Rangers, pottery with the resident potter at Amberley and gardening with the volunteer gardeners at Highdown Gardens in Worthing as well as our usual nature walks and mindful activities.

Truleigh Wild also built on previous work carried out in this new location in West Sussex as part of the partnership with Brighton and Hove Food Partnership. We delivered an 8-week programme for **8 people** from the Adur and Shoreham area at the Youth Hostel at Truleigh Hill, and other locations in that area and this was funded by the first round of Changing Chalk Community Grants (a National Trust and Heritage Lottery Fund Project set on the South Downs) Activities included:

Fungi, archaeology and nature walks, conservation work and tree-planting, pond surveys and beach cleans and gardening.

We also co-delivered **3 Growing New Roots courses** at Truleigh Hill in West Sussex and Seven Sisters Country Park in East Sussex with BHFP to a total of **26 people**. These courses are part of the main Changing Chalk project, recruiting people from Adur and Shoreham in the West and the Havens in the East of Sussex.

4 week programmes

We continued to run our Reconnect programme for a short time in 23/24 – delivering **2 short 4-week courses** to a total of **9 people** in the Brighton and Hove area. We then reviewed this programme to consider whether it was still relevant in post-covid times and have since made some changes to delivery.

Natural Retreat Days for Carers

Funded by Brighton and Hove City Council Carers Commissioners, these bi-monthly days give a nurturing day of respite in nature for unpaid carers of those with mental health difficulties.

We delivered **6 of these sessions** for a total of **64 carers**, taking in the delights of Arlington Bluebells, Wakehurst Place, Woods Mill Nature Reserve and Sheffield Park and Gardens amongst other activities.

Natural Wellbeing Days?

As a means of spreading our wellbeing work to a different audience, and earning some income at the same time, we run regular Natural Wellbeing sessions usually at weekends and evenings for people who may not have the time to commit to an 8-week course. These are usually special interest or themed groups and this year we delivered **5 workshop sessions** including Wild Medicine and Bat Walks and a Spoon Carving day. These sessions are facilitated by experts in their field and were attended by a total of **54 people**.

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Workplace Wellbeing Days and Staff Team Days

Bringing Wellbeing into the Workplace by taking staff outside into nature has been a continued focus for us this year and in total we have worked with **8 different staff teams** and groups. These one-off days provide a range of outdoor experiences designed to give staff a break from the stresses and strains of their jobs and reconnect with nature as a tool for relaxation. Teams included those from NHS Sussex, Brighton Housing Trust, East Brighton Mental Health Team, and Earth Church. In total **95 individuals** benefitted from time with us and they earned us over **£7500 of unrestricted income**.

Training

Sharing our experience with others, especially those within the Green Wellbeing Alliance also allows us to earn unrestricted income. This year we delivered **3 training sessions** for **25 volunteers and staff** of the GWA on Boundaries and Keeping People Safe on outdoor wellbeing projects.

Staff

Jo Wren – Director
Jane Howard – Project Co-ordinator
Jennifer Sanders – Sessional Worker
Tamsin Knight – Sessional Worker
Miranda Sayce – Sessional Worker
Vickie Norris – Sessional Worker
Julie Wright – Freelance Worker
Yvonne Rivers – Freelance Worker

Trustees

Julie Wright – Chair
Yok Change - Secretary
Graham Wellfare –Treasurer
Trevor Beattie
Liz Allen
Lauren Carroll

Changes this year:

Agreed areas of Responsibility for Trustees:
Health& Safety Risk : Trevor Beattie
Finance & Budgets: Graham Wellfare
Staffing & Volunteers : Liz Allen
Stability, continuity & successful delivery of GROW projects : Jo Wren

Volunteers

We are always grateful for the amazing support of our volunteers who contribute such a lot in so many ways to Grow.

In particular this year we give thanks to the following:

For supporting course delivery:
Don, Alexia, Amelia, James, Jaki, Bruce, Lisa,

Trustee team - Yok, Graham, Julie, Trevor, Liz and Lauren

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Key partners and networks

For use of their spaces for project delivery we thank the following:

National Trust for use of beautiful spaces at Saddlescombe Farm, Sheffield Park and Nymans Gardens

Projects at Stanmer Organics especially Hearts and Flowers

SNDPA for providing space for us at Seven Sisters Country Park

YHA at Truleigh Hill

Wakehurst Place

Sussex Wildlife Trust for use of their site at Woods Mill

Amberley Museum for giving us access to the Bodgers Camp from where we ran our first 8 week course in West Sussex

Highdown Gardens

For funding, partnership working and general support and enthusiasm for our project we give thanks to:

Brighton and Hove Food Partnership

The Green Wellbeing Alliance

Jessie Martelhof

Caroline Whiteman:

Finances

We were fortunate to receive grants from a number of sources this year (listed below). In addition, our earned income increased considerably due to the development of our Workplace Wellbeing programme.

However our outgoings also increased considerably and this year has seen us using our reserves to make up for the shortfall of expenditure over income.

Many thanks to our freelance finance officer Jenna Matthews, and Andrew Alli from The ARK Financial Management Consultancy Ltd who examines our annual accounts.

Funders for this year these are:

- ✿ BHCC (Third Sector Investment Programme Funding and Carers Commissioners) - £15769
- ✿ Funding through Changing Chalk work with BHFP £8561
- ✿ Changing Chalk Community Grant £4933
- ✿ Awards for All £10,000
- ✿ Hendy Foundation £2500
- ✿ Heads On £6824
- ✿ Sussex Community Foundation £5000
- ✿ Chalkcliff Trust £5000
- ✿ Waitrose Community Matters Grant £527

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Our impact

Total number of people reached this year: 323

Outcomes

Our outcomes information is gathered mainly from those people who attended the Reconnect Sessions, the Seasons and our 2 new 8-week programmes.

We gathered wellbeing information from participants at the beginning and end of their time on the both programmes in the form of a Wellbeing Flower which asks them to rate on a scale of 1-6 how they are feeling at the beginning of the course on 10 different themes and again at the end. This gives us a numerical Wellbeing Index which we can compare to see how they have benefitted from their time with us. We also ask a range of questions in relation to how they rate their mental and physical health improvement following their time on Grow. Results for this year are as follows:

Total number of participants on programmes where data collected = 48

Total number of participants with some data = 29

Average Wellbeing Score before Grow = 33.6

Average Wellbeing Score after Grow = 49.9

Average Difference = 16.3

90.3% of people saw increased scores

Our impact in the words of the people who took part:

Seasons

This experience has stopped me from feeling very isolated. I feel part of something, useful and happy. I can walk, I can even do a strange type of jog. My life is full of exciting potential. I no longer want to die

Reconnect

I work from home alone so it's been really great to have a group of people to talk to once a week

Truleigh Wild

Following each day of the project I have noticed a change physically, emotionally, mentally, and have come away relaxed and positive. Not only as a result of the exercises of grounding, walking, exploring, learning and creativity, but also due to the support of the organisers and participants too.

Growing Together

A wonderfully connecting experience which helped my son and I come together with others who understood. I felt heard and seen and that has not been the case for over 3 years. I'm healing as a result. Truly amazing experience. Life-changing and now I'd like to do more when my son's health improves. Please keep going and spreading the approach / groups - we are examples of the results

Workplace Wellbeing

We work within a pressured environment and I know that many of the people attending the event are at full stretch. I honestly believe that everybody thoroughly enjoyed the afternoon and if they felt half the benefit that I accrued it really was time well spent. Your team, the activities (even the hugging of the trees), was thoughtful and very well delivered and the chance to walk the Downs in all their Spring glory was a blessing. Combine that with the lovely lunch provided and it made for a truly relaxing afternoon and benefited my wellbeing immensely.

Natural Retreat Days for Carers

I cannot express how much these sessions help me. When you are on the busy, emotional wheel, to have some time to get off and focus on yourself is invaluable and precious

THE GROW PROJECT

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024**

Who uses our services

Below is the make-up of the people who participated in our services (and completed EO monitoring info) this year.

Gender	Age	Sexuality	Identified as trans	Ethnicity	Faith	Identified as disabled	Identified as carer
F - 26 M - 9 Other / Prefer not to say - 3	16-24 - 2 25-34 - 2 35-44 - 9 45-54 - 14 55-64 - 11 65-74 - 1	Heterosexual - 25 LGBTQ - 4 Other - 1 Prefer not to say - 8	No - 27 PNTS - 3	Mixed White / Asian - 1 Mixed white / black Caribbean - 1 Other - 3 White British - 30 White Irish - 1 White Other - 5	Atheist - 2 Christian - 4 Buddhist - 3 Jewish - 1 Other - 7 None - 19 PNTS - 5	Yes - 34 No - 5 Learning disability - 9 Long-term illness - 7 MH need - 28 Physical impairment - 11 Sensory impairment - 4 Other - 2	No - 27 Yes - 12

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Marketing

We marketed our services through our usual referrals network of 80+ services within Brighton and Hove, including statutory mental health services, mental health support services, refugee support services. Additionally this year we have connected with in excess of 20 new referral agencies in the West Sussex area

In addition Grow has been featured in:

The Lewesian (local community magazine for the Lewes area)

A blog by the Lost Woods Project detailing their [Woods on prescription](#) programme which was informed and led by Grow staff

South Downs National Park Members Newsletter November 2023

Our website address is www.growingwellbeing.org.uk. This year we had 3.5k unique visitors to the site. 56% of these came directly to our website with 32% of visitors coming through Google search.

We also have social media presence on Facebook, Instagram and YouTube as well as our website.

Our Facebook presence is at www.facebook.com/growingwellbeing and to date we have 1000 followers.

Our Instagram account @growing_wellbeing continues to attract traffic and so far our number of followers is 898

We have a mailing list of 1081 people including those who have participated in our projects and a wider external audience (self-subscribed)

Looking to the future

Our hopes for the coming year:

- To continue to offer opportunities for people to connect with nature and improve wellbeing through a varied programme of activities and across a spectrum of mental health and a wider geographical spread
- To continue our outreach work with more minority groups in order to increase the diversity of our audience.
- To secure more unrestricted funding to make us more resilient as an organisation
- To continue and deepen our partnership working with Green Wellbeing Alliance (and others)

And finally

One last enormous thank you to our funders :

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024



Changing Chalk
connecting nature, people and heritage



Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

Structure, governance and management

a. Constitution

THE GROW PROJECT is a registered charity, number 1155868, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees on 10 January 2025 and signed on their behalf by:

Graham Welfare

THE GROW PROJECT

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2024

Independent Examiner's Report to the Trustees of THE GROW PROJECT ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2024.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity'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 2011 Act.

Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Signed:

Dated: 10 January 2025



Kolade Andrew Alli ACMA

The ARK Financial Management Consultancy Ltd

10 Gatcombe Gardens

West End Hampshire

SO18 3NA

THE GROW PROJECT

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Income from:					
Charitable activities	2	49,423	34,947	84,370	91,896
Total income		<u>49,423</u>	<u>34,947</u>	<u>84,370</u>	<u>91,896</u>
Expenditure on:					
Charitable activities	3	52,922	29,094	82,016	110,130
Total expenditure		<u>52,922</u>	<u>29,094</u>	<u>82,016</u>	<u>110,130</u>
Net movement in funds		<u>(3,499)</u>	<u>5,853</u>	<u>2,354</u>	<u>(18,234)</u>
Reconciliation of funds:					
Total funds brought forward		24,807	(28,526)	(3,719)	14,515
Net movement in funds		(3,499)	5,853	2,354	(18,234)
Total funds carried forward		<u>21,308</u>	<u>(22,673)</u>	<u>(1,365)</u>	<u>(3,719)</u>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 14 to 20 form part of these financial statements.

THE GROW PROJECT

**BALANCE SHEET
AS AT 31 MARCH 2024**

	Note	2024 £	2023 £
Fixed assets		-	-
Current assets			
Debtors	6	1,800	2,289
Cash at bank and in hand		1,416	7,243
		<u>3,216</u>	<u>9,532</u>
Creditors: amounts falling due within one year	7	(4,581)	(13,251)
Net current liabilities		<u>(1,365)</u>	<u>(3,719)</u>
Total assets less current liabilities		<u>(1,365)</u>	<u>(3,719)</u>
Net liabilities excluding pension asset		<u>(1,365)</u>	<u>(3,719)</u>
Total net assets		<u>(1,365)</u>	<u>(3,719)</u>
Charity funds			
Restricted funds	8	21,308	24,807
Unrestricted funds	8	(22,673)	(28,526)
Total funds		<u>(1,365)</u>	<u>(3,719)</u>

The financial statements were approved and authorised for issue by the Trustees on 10 January 2025 and signed on their behalf by:

Graham Wellfare

The notes on pages 14 to 20 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

THE GROW PROJECT meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

1.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1.4 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. Accounting policies (continued)

1.6 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

1.7 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

2. Income from charitable activities

	Restricted funds £	Unrestricted funds General £	Total 2024 £	Total 2023 £
Course Fees	0	1,210	1,210	2,708
Earned Income	19,553	4,341	23,894	31,099
Donations	107	21,501	21,608	10,638
Gift Aid tax reclaimed	0	598	598	408
Other Income	1,945	7,297	9,242	435
Restricted Income	27,818	0	27,818	46,608
	<u>49,423</u>	<u>34,947</u>	<u>84,370</u>	<u>91,896</u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

3. Expenditure on charitable activities

	Restricted funds	Unrestricted funds General	Total 2024	Total 2023
	£	£	£	£
Accountancy fees	457	1,654	2,111	719
Advertising & Marketing	0	173	173	281
Bank charges	0	147	147	4
Independent examiner's fee	0	480	480	480
Insurance	557	0	557	544
IT Software and Consumables	1,023	799	1,822	1,185
Office expenses	203	268	471	304
Printing & Postage	85	54	139	179
Professional Fees	79	50	129	9,570
Telephone & Internet	326	505	831	732
Training	0	0	0	2,109
Travel	7,705	1,351	9,056	9,259
Venue Hire	1,602	293	1,895	4,138
Wages and salaries	38,448	21,840	60,288	70,147
External Workshops	135	0	135	4,891
Fundraising Expenses	0	1,440	1,440	1,205
Hospitality	2,053	-51	2,002	4,040
Volunteer expenses	249	91	340	343
	52,922	29,094	82,016	110,130

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

4. Independent examiner's remuneration

	2024	2023
	£	£
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	480	480
	<u>480</u>	<u>480</u>

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 March 2024, no Trustee expenses have been incurred (2023 - £NIL).

6. Debtors

	2024	2023
	£	£
Due within one year		
Other debtors	1,800	1,805
Prepayments and accrued income		484
	<u>1,800</u>	<u>2,289</u>
	<u>1,800</u>	<u>2,289</u>

7. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Other creditors	462	2,805
Accruals and deferred income	4,119	10,446
	<u>4,581</u>	<u>13,251</u>
	<u>4,581</u>	<u>13,251</u>

THE GROW PROJECT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

8. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
Unrestricted funds				
General Funds	(28,526)	34,947	(29,094)	(22,673)
	<hr/>	<hr/>	<hr/>	<hr/>
Restricted funds				
Restricted Fund	24,807	49,423	(52,922)	21,308
	<hr/>	<hr/>	<hr/>	<hr/>
Total of funds	(3,719)	84,370	(82,016)	(1,365)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

8. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds				
General Funds	(10,290)	35,002	(53,238)	(28,526)
Restricted funds				
Restricted Fund	24,805	56,894	(56,892)	24,807
Total of funds	14,515	91,896	(110,130)	(3,719)

THE GROW PROJECT

England & Wales - Charity number 1155868

Accounts

THE GROW PROJECT

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

THE GROW PROJECT

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THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Introduction

This year has been an abundant year in which we've reached more people than ever before. The combined effects of the recovery from the pandemic and the renewed interest in nature connection that has grown as a consequence Covid, has meant that there's been a perfect storm of both more people needing our services and being aware of their value.

As well as our core Seasons Programme, we've continued delivery of the Reconnect courses and have also developed some new offerings working with different client groups and in new locations.

We have diversified our reach working across a wider spectrum of mental health and wellbeing from those people in work with our new Workplace Wellbeing programme to those with more serious mental illnesses through a new pilot project funded by Heads On. In addition we've worked with people in East and West Sussex this year in addition to continuing our work in Brighton and Hove.

We acted as caretakers for the Breathing Space at Stanmer Park for a short period of time, easing the transition from it's long-time owner to new leaseholders and we also secured some office space at the old Waterhall Golf Clubhouse – now part of a rewilding project and nature reserve.


All in all a positive year.

How to find us

General info

The Grow Project
Registered Charity No. 1155868

 c/o Brighton and Hove Food Partnership, Community Base, 113 Queens Road, Brighton, BN1 3XG


 07557 501557

 www.growingwellbeing.org.uk

 info@growingwellbeing.org.uk

 @GrowWellbeing

 www.facebook.com/Growingwellbeing

 Instagram @growing_wellbeing

Background

Grow was originally set up as a project within Mind in Brighton and Hove in 2011. We ran a 12 month pilot project funded by Ecominds (a joint project between Mind and Big Lottery). We were subsequently awarded further Ecominds funding to develop the project and in April 2013 formed an independent community group and applied to Big Lottery Reaching Communities Fund which we were successful in securing for 3 years from September 2013. We achieved charitable status in February 2014. Since funding from Big Lottery ceased we have been funded through a variety of different sources – small grants, donations and fundraising events and commissioned services such as training and delivery of activities.

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Our Vision

To create a happier world in which people are more connected with nature, each other and themselves as a way of improving their wellbeing

Our charitable aims are:

To improve and maintain the mental health and wellbeing of persons, in the county of Sussex, affected by mental health issues (including friends, family and carers) for the public benefit, in particular but not exclusively by supporting such people to access, enjoy and connect with their local countryside around Brighton, offering a wide variety of interesting activities in a safe, supportive and positive atmosphere to enhance the health and wellbeing of participants through their connection with nature

Our services

The range of programmes has grown this year with a number of new offerings emerging alongside our core programmes:

Existing programmes:

Season – 8 week closed group (1 day per week) for up to 12 people experiencing mental health issues.

3 Seasons delivered this year to a total of 36 people, funded by BHCC Third Sector Investment Programme, Enjoolata and Garfield Weston.

Activities include conservation work with National Trust, shepherding, wildlife safaris at Knepp Rewilding Project, connecting with trees at Wakehurst and Sheffield Park.

Reconnect – 4 week closed group (1/2 day per week) for 6-8 people experiencing mental health difficulties.

7 Reconnect programmes delivered this year to a total of 46 people funded by Sussex Community Foundation and Garfield Weston. Groups explored a range of spaces and places around the city and beyond including Nymans, Lilac Gardens, Stanmer Organics and Tide Mills.

Natural Retreat Days for Carers – bi-monthly one-off days for mental health carers

6 lovely days out delivered this year for a total of 55 people. These days are funded by Brighton and Hove City Council Carers Commissioners. Nature connections made with Winkworth Arboretum, Hearts and Flowers and Birling Gap amongst others.

Natural Wellbeing Days

Half or full day skills- or interest-based workshops connecting people with nature

8 workshops delivered for a total of 60 people, raising a total of £1963 earned income to support our charitable work.

Workshops this year included Forest Bathing, Nightwalks, Cyanotype printing, natural dyeing and basket weaving.

Training

Charged-for training sessions delivered mainly to Green Wellbeing Alliance project staff and volunteers.

3 sessions commissioned by BHFP on Boundaries and Volunteer Training

Wellbeing in Nature Days

Half/full day charged-for sessions for organisations to share the wellbeing benefits of nature to their staff, volunteers or clients

3 days delivered to NHS Research & Development Team, Sussex Partnership Foundation Trust OTs and The Lighthouse Project

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

New programmes for this year:

EIP Project

Continuation of a project started last year funded by Sussex Health and Care Partnerships Innovation Fund for VCSE's to work with people with Serious Mental Illness.

Phase 1 was completed in 2021-22. Phase 2 (training and induction) and Phase 3 (project delivery) took place this year bringing people with experience of psychosis and their carers, and professional supporters together in nature to heal fractures that occur in relationships as a result of mental illness.

4 sessions delivered as part of Phase 1 and 2 followed by an 8-week course benefitting a total of 45 people.

Workplace Wellbeing

Half or full day workshops for organisations bringing their staff teams together in nature for team-building, reconnecting and fun!

Development of these days was funded by the Enterprise Development Fund which supported the improvement of marketing materials and formation of a strategy for delivery.

We were fortunate to win contracts for delivery to Public Health Teams in Brighton & Hove, West and East Sussex, and then subsequently with NHS Sussex (formerly CCGs) and delivered a total of 16 days and half days for staff teams working with a total of 193 people and earning a total of £16200.

Changing Chalk

8 week wellbeing in nature programmes delivered in partnership with Brighton and Hove Food Partnership (one of the partners in the a large multi-partner project run by National Trust and funded by Heritage Lottery Fund)

2 of these 8-week courses were run from a new location at Truleigh Hill (near Shoreham) recruiting participants from Shoreham, Southwick, Adur

and West Hove areas. A total of 24 people took part in the taster days and/or the full programmes designed to connect people more fully with the chalk grassland habitat of the South Downs.

Who we are

Staff

Jo Wren – Director

Jane

Howard – project co-ordinator

Jennifer Sanders – sessional worker

Tamsin Knight – sessional worker

Julie Wright – freelance worker

Yvonne Rivers – freelance worker

Trustees

Julie Wright – Chair

Yok Change - Secretary

Graham Wellfare –Treasurer

Chaun Wilson

Trevor Beattie

Liz Allen

Lauren Carroll

Changes this year:

Liz Allen and Lauren Carroll joined us on 20th June 2022

Chaun Wilson resigned from the Board with effect from 6th April 2023

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Agreed areas of Responsibility for Trustees:

Health & Safety Risk : Trevor

Finance & Budgets: Graham

Staffing & Volunteers : Chaun (to be replaced by Liz)

Stability, continuity & successful delivery of GROW projects : Jo

Volunteers

We are always grateful for the amazing support of our volunteers who contribute such a lot in so many ways to Grow.

In particular this year we give thanks to the following:

For supporting delivery of the Seasons, Reconnect Sessions, Natural Wellbeing Days, Workplace Wellbeing, Natural Retreat Days for Carers and Growing New Roots Courses:

Lisa, Bruce, Jo T, Annette, Sam, Christine, Amy S and Amy M, Ruby, Catherine, Anna, Harriet, Don, Suki, Louisa and Vickie

Trustee team - Yok, Graham, Julie, Trevor, Liz and Lauren

Volunteer finance assistance: Harriet

Key partners and networks

For use of their spaces for project delivery we thank the following:

National Trust for use of beautiful spaces at Saddlescombe Farm, Sheffield Park, Nymans Gardens and Birling Gap

Projects at Stanmer Organics including Breathing Space, Hearts and Flowers, Physic Garden

SNDPA

YHA at Truleigh Hill

Wakehurst Place

Knepp Rewilding Project

Sussex Wildlife Trust for use of their site at Woods Mill

And new entrants this year Knowlands Farm and Daylands Farm both recommended by the Lost Woods Project and both proving to be delightful new venues for delivery

For funding, partnership working and general support and enthusiasm for our project we give thanks to:

Brighton and Hove Food Partnership – for their continued support of Grow and their key role in the Green Wellbeing Alliance and Third Sector Investment Programme, for use of their office space and for their general wonderfulness

Finances

We were fortunate to receive grants from a number of sources this year (listed below). In addition, our earned income increased considerably due to the development of our Workplace Wellbeing programme. However our outgoings also increased considerably and this year has seen us using our reserves to make up for the shortfall of expenditure over income.

Many thanks to Harriet Howe, who oversaw our accounts on a voluntary basis this year, and Andrew Ali from Kare Accountancy who examines our annual accounts.

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Funders for this year these are:

- 🌻 BHCC (Third Sector Investment Programme Funding and Carers Commissioners) - £15592
- 🌻 Sussex Community Foundation – £9704
- 🌻 Garfield Weston - £10000
- 🌻 Enjoolata - £5000
- 🌻 Enterprise Development Fund - £13038
- 🌻 Changing Chalk £6000
- 🌻 Co-op Community Funding £2386

Total number of people reached this year 591 – up 190% on last year

Outcomes

Our outcomes information is gathered mainly from those people who attended the Reconnect Sessions and the Seasons.

We gathered wellbeing information from participants at the beginning and end of their time on the both programmes in the form of a Wellbeing Flower which asks them to rate on a scale of 1-6 how they are feeling at the beginning of the course on 10 different themes and again at the end. This gives us a numerical Wellbeing Index which we can compare to see how they have benefitted from their time with us. We also ask a range of questions in relation to how they rate their mental and physical health improvement following their time on Grow. Results for this year are as follows:

Total number of participants on Reconnect and Seasons = 82

Total number of participants with some data = 40

Average Wellbeing Score before Grow = 31.4

Average Wellbeing Score after Grow = 44.5

Average Difference = 13.1

92.5% of people saw increased scores

Info from Reconnect



THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Often I would arrive depleted, anxious, sad, disconnected, disassociated and always left feeling loved accepted elated and positive

Felt like I have something to look forward to each week enjoy being part of a group felt inspired and grateful and more eyes open to the natural wonder

Who uses our services

Below is the make-up of the people who participated in our services (and completed EO monitoring info) this year.

Gender	Age	Sexuality	Identified as trans	Ethnicity	Faith	Identified as disabled	Identified as carer
F - 38 M - 16 O - 4 Prefer not to say - 1	16-24 - 4 25-34 - 7 35-44 - 8 45-54 - 21 55-64 - 12 65-74 - 5 75+ - 1	Heterosexual - 38 LGBTQ - 7 Other - 4 Queer - 2 Prefer not to say - 8	Yes - 1 No - 49 PNTS - 2	Asian/Asian British - 1 Black/Black British - 1 Caribbean - 1 Other - 3 White British - 45 White Irish - 1 White Other - 7 Mixed other - 1	Atheist - 3 Christian - 7 Buddhist - 3 Jewish - 1 Other - 10 None - 30 PNTS - 2	Yes - 48 No - 8 PNTS - 2 Learning disability - 2 Long-term illness - 22 MH need - 42 Physical impairment - 12 Sensory impairment - 2 Other - 4	No - 48 Yes - 11

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Marketing

We marketed our services through our usual referrals network of 60+ services within Brighton and Hove, including statutory mental health services, mental health support services, refugee support services.

In addition Grow was the subject of an article in Mental Health today published 13th May 2022 <https://www.linkedin.com/pulse/finding-connection-community-building-solutions-loneliness--1e/>

Grow was also cited in the South Downs National Park Authority's Briefing Note on Social Prescribing published 2022

Our website address is www.growingwellbeing.org.uk. This year we had 5.4k unique visitors to the site (up 21% on last year). 60.1% of these came directly to our website with 31.2% of visitors coming through Google search.

We also have social media presence on Facebook, Instagram and YouTube as well as our website.

Our Facebook presence is at www.facebook.com/growingwellbeing and to date we have 990 followers.

Our Instagram account @growing_wellbeing continues to attract traffic and so far our number of followers is 834

Our animated film on YouTube at <https://www.youtube.com/watch?v=dZBjEs1Jw68&feature=youtu.be> has so far attracted 709 views.

Looking to the future

Our hopes for the coming year:

- Offering opportunities for people to continue to connect with nature and improve wellbeing through a varied programme of activities and across a spectrum of mental health.
- To continue our expansion across Sussex developing new partnerships and delivering in new locations
- Become more financially sustainable and ideally less grant-reliant with a diverse range of funding streams
- To develop, value and grow our staff and volunteer team; recruiting, training and supervising our growing volunteer team and looking to increase our staff team.
- To continue and deepen our partnership working with Green Wellbeing Alliance (and others)

And finally

One last enormous thank you to our funders :



THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

Structure, governance and management

a. Constitution

THE GROW PROJECT is a registered charity, number 1155868, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Reference and administrative details of the Charity, its trustees and advisers

Trustees	Chaun Wilson, Trustee Graham Wellfare, Treasurer Julie Wright, Chair Matt Adams, Trustee (Resigned 10 May 2021) Yok Chang, Trustee Trevor Beattie, Trustee
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Charity registered number	1155868
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Principal office	c/o Brighton and Hove Food Partnership Community Base 113 Queens Road Brighton BN1 3XG
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THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees on 15 January 2024 and signed on their behalf by:

Graham Wellfare



THE GROW PROJECT

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2023

Independent Examiner's Report to the Trustees of THE GROW PROJECT ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2023.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity'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 2011 Act.

Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Signed:

Dated: 15 January 2024



Kolade Andrew Alli ACMA

10 Gatcombe Gardens

West End Hampshire

SO18 3NA

THE GROW PROJECT

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Charitable activities	2	56,894	35,002	91,896	79,288
Total income		<u>56,894</u>	<u>35,002</u>	<u>91,896</u>	<u>79,288</u>
Expenditure on:					
Charitable activities	3	56,892	53,238	110,130	77,342
Total expenditure		<u>56,892</u>	<u>53,238</u>	<u>110,130</u>	<u>77,342</u>
Net movement in funds		<u>2</u>	<u>(18,236)</u>	<u>(18,234)</u>	<u>1,946</u>
Reconciliation of funds:					
Total funds brought forward		24,805	(10,290)	14,515	12,569
Net movement in funds		2	(18,236)	(18,234)	1,946
Total funds carried forward		<u>24,807</u>	<u>(28,526)</u>	<u>(3,719)</u>	<u>14,515</u>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 14 to 20 form part of these financial statements.

THE GROW PROJECT

BALANCE SHEET AS AT 31 MARCH 2023

	Note	2023 £		2022 £
Fixed assets		-		-
Current assets				
Debtors	6	2,289	336	
Cash at bank and in hand		7,243	17,090	
		<u>9,532</u>	<u>17,426</u>	
Creditors: amounts falling due within one year	7	(13,251)	(2,911)	
Net current liabilities / assets		<u>(3,719)</u>		14,515
Total assets less current liabilities		<u>(3,719)</u>		<u>14,515</u>
Net liabilities / assets excluding pension asset		<u>(3,719)</u>		<u>14,515</u>
Total net assets		<u><u>(3,719)</u></u>		<u><u>14,515</u></u>
Charity funds				
Restricted funds	8	24,807		24,805
Unrestricted funds	8	(28,526)		(10,290)
Total funds		<u><u>(3,719)</u></u>		<u><u>14,515</u></u>

The financial statements were approved and authorised for issue by the Trustees on 15 January 2024 and signed on their behalf by:

Graham Welfare

The notes on pages 14 to 20 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

THE GROW PROJECT meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

1.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1.4 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting policies (continued)

1.6 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

1.7 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. Income from charitable activities

	Restricted funds £	Unrestricted funds General £	Total 2023 £	Total 2022 £
Course Fees	0	2,708	2,708	2,222
Earned Income	10,286	20,813	31,099	5,703
Donations	0	10,638	10,638	5,198
Gift Aid tax reclaimed	0	408	408	198
Other Income	0	435	435	0
Restricted Income	46,608	0	46,608	65,967
	<u>56,894</u>	<u>35,002</u>	<u>91,896</u>	<u>79,288</u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

3. Expenditure on charitable activities

3. Expenditure on charitable activities

	Restricted funds	Unrestricted funds General	Total 2023	Total 2022
	£	£	£	£
Accountancy fees	420	779	1,199	358
Advertising & Marketing	131	150	281	287
Bank charges	0	4	4	3
Independent examiner's fee	0	0	0	350
Insurance	136	408	544	544
IT Software and Consumables	291	894	1,185	1,072
Office expenses	230	74	304	11,260
Printing & Postage	44	135	179	202
Professional Fees	9,570	0	9,570	3,000
Telephone & Internet	199	533	732	717
Training	0	2,109	2,109	470
Travel	2,281	6,978	9,259	9,403
Venue Hire	2,368	1,770	4,138	2,594
Wages and salaries	32,735	37,412	70,147	47,082
External Workshops	4,816	75	4,891	0
Fundraising Expenses	0	1,205	1,205	0
Hospitality	3,518	522	4,040	0
Volunteer expenses	153	190	343	0
		0	0	0
		0	0	0
	56,892	53,238	110,130	77,342

THE GROW PROJECT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

4. Independent examiner's remuneration

	2023 £	2022 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	350	350

5. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £NIL).

6. Debtors

	2023 £	2022 £
Due within one year		
Other debtors	1,805	222
Prepayments and accrued income	484	114
	<u>2,289</u>	<u>336</u>

7. Creditors: Amounts falling due within one year

	2023 £	2022 £
Other creditors	2,805	2,372
Accruals and deferred income	10,446	539
	<u>13,251</u>	<u>2,911</u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

8. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Balance at 31 March 2023 £
Unrestricted funds				
General Funds	(10,290)	35,002	(53,238)	(28,526)
	<hr/>	<hr/>	<hr/>	<hr/>
Restricted funds				
Restricted Fund	24,805	56,894	(56,892)	24,807
	<hr/>	<hr/>	<hr/>	<hr/>
Total of funds	14,515	91,896	(110,130)	(3,719)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

THE GROW PROJECT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

8. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2021</i> £	<i>Income</i> £	<i>Expenditure</i> £	<i>Balance at 31 March 2022</i> £
Unrestricted funds				
General Funds	9,723	13,321	(33,334)	(10,290)
	<hr/>	<hr/>	<hr/>	<hr/>
Restricted funds				
Restricted Fund	2,846	65,967	(44,008)	24,805
	<hr/>	<hr/>	<hr/>	<hr/>
Total of funds	<u>12,569</u>	<u>79,288</u>	<u>(77,342)</u>	<u>14,515</u>

THE GROW PROJECT

England & Wales - Charity number 1155868

Accounts

THE GROW PROJECT

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

THE GROW PROJECT

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**TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

The Trustees present their annual report together with the financial statements of the THE GROW PROJECT for the year 1 April 2021 to 31 March 2022.

Objectives and activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Achievements and performance

a. Main achievements of the Charity



The Grow Project
Annual Report Year Ending 31st March 2022

Introduction

This year saw a phased return to 'normal' for us after the worst of the pandemic was over, with a more or less full programme of activities and programmes.

Covid Recovery funds helped us to deliver more short Reconnect programmes alongside our core Seasons, allowing us to reach more people in this crucial time for healing.

It was a joy to be back at Saddlescombe Farm after a long absence and a bit of time and space on our return allowed us to trial running a longer 10-week Season (always one of the top demands from participants!)

We re-secured funding to re-start our Natural Retreat days for Carers of those with mental health difficulties and in addition started work on a new programme, funded for the first time through NHS commissioners to work with people with Serious Mental Illness, in partnership with the Early Intervention in Psychosis Service.

And lastly support from the Enterprise Development Programme has seen us start a significant piece of work to develop our trading activity, focussing on workplace wellbeing. This work will take place over a couple of years and will hopefully put us on a really good footing going forward to become stronger and more sustainable financially.


Definitely a more varied and positive year than the previous one!


How to find us


General info

The Grow Project

Registered Charity No. 1155868


 c/o Brighton and Hove Food Partnership, Community Base, 113 Queens Road, Brighton, BN1 3XG

 07557 501557

 www.growingwellbeing.org.uk
 info@growingwellbeing.org.uk

 @GrowWellbeing

 www.facebook.com/Growingwellbeing

 Instagram @growing_wellbeing
-

Background

Grow was originally set up as a project within Mind in Brighton and Hove in 2011. We ran a 12 month

pilot project funded by Ecominds (a joint project between Mind and Big Lottery). We were subsequently awarded further Ecominds funding to develop the project and in April 2013 formed an independent community group and applied to Big Lottery Reaching Communities Fund which we were successful in securing for 3 years from September 2013. We achieved charitable status in February 2014.

Since funding from Big Lottery ceased we have been funded through a variety of different sources – small grants, donations and fundraising events and commissioned services such as training and delivery of activities.

Our Vision

To create a happier world in which people are more connected with nature, each other and themselves as a way of improving their wellbeing

Our charitable aims are:

To improve and maintain the mental health and wellbeing of persons, in the county of Sussex, affected by mental health issues (including friends, family and carers) for the public benefit, in particular but not exclusively by supporting such people to access, enjoy and connect with their local countryside around Brighton, offering a wide variety of interesting activities in a safe, supportive and positive atmosphere to enhance the health and wellbeing of participants through their connection with nature

Our services

Reconnect

This year we ran 18 Reconnect programmes for a total of 78 people

Groups of 4-6 participants (especially those who have been adversely affected by Covid) plus one leader and one volunteer met together for half a day a week for 4 weeks to visit and connect to a variety of natural places and spaces around the City and beyond. This programme was developed last year as a response to the pandemic and we secured funding from both BHCC and Sussex Community Foundation to continue this programme of work as a recovery response to the pandemic. In addition to the 4 week groups open to all, we developed a gentler offering for those with limited mobility or struggling with long covid and other life-limiting conditions such as ME, Chronic Fatigue Syndrome and Fibromyalgia. We received a higher than expected grant from Sussex Community Foundation which we used to undertake some consultation amongst those who had used this service during the pandemic to understand the benefits they derived from it and any improvements / changes we could make. It became clear from this consultation that people appreciated a shorter course either as an introduction to Grow prior to committing to a full Season, or as a refresher and therefore we resolved to make this programme part of our on-going commitments.

Season

This year we delivered 2 Seasons for a total of 23 people

8 week closed groups for up to 12 people who are experiencing mental health issues. Activity days take place once a week on Thursdays and comprise minibus transport from a pick up point in central Brighton and a day out in the countryside of the beautiful South Downs National Park, typically but not exclusively at the National Trust's Saddlescombe Farm. These days include a range of activities suited to energy levels and mood designed to enable people to connect with nature and its wellbeing effects.

Season 28 was the first Season that we had delivered since the break for the pandemic and as we had some space and flexibility, we decided, based on feedback from participants that they always want a longer course to pilot a 10-week programme. In the event, it appeared that there were no greater benefits derived from 10 weeks than 8 and so we reverted back to 8 weeks for Season 29 in February 2022.

Natural Wellbeing Days

This year we ran 7 Natural Wellbeing days for a total of 65 people

Developed in 2019, these monthly day / half-day natural wellbeing weekend sessions offer another way of connecting with nature through a range of activities which are more experience and skills-based and facilitated by experts in their particular fields.

Sessions this year included a summer solstice celebration, outdoor singing, wild medicine workshops, a night walk, whittling, cyano-type printing and a Welcome in the Spring Equinox event.

These activities have been very well received and will continue to form part of our offering going forward meeting as they do the twin aims of offering our services to a new audience, extending our reach and earning income which can support our other charitable activities.

Natural Retreat Days for Carers

This year we delivered 5 Natural wellbeing days for a total of 45 carers

We continue to receive funding and support from BHCC Carers Commissioners to run bi-monthly natural retreat days for carers of people with mental health conditions. This year's offerings included some wonderfully restorative experiences to carers at Sheffield Park, Owena's Farm Therapies near Lewes, Saddlescombe Farm, and Pulborough Brooks.

EIP Project

This year we successfully secured funding from Sussex Health and Care Partnerships Innovation Fund for VCSE's to work with people with Serious Mental Illness. Building on an already existing relationship with the Early Intervention in Psychosis Service, Grow began the process of bringing together both practitioners, service users and Experts by Experience to co-design a programme for both service users and their carers designed to heal some of the fractures that occur within families affected by psychosis. The first part of the project saw us holding 3 consultation events with service users, carers and practitioners to begin to design the programme with the aim of rolling out a service in the following year.

The 3 consultation days held at locations across East and West Sussex as well as Brighton and Hove were attended by 32 people.

Training

This year we delivered 3 training sessions to 28 people

We continue to share experience and knowledge via our training programmes with staff and volunteers mainly within the Green Wellbeing Alliance on Boundaries and Keeping People Safe.

WINS

This year we delivered 3 Wellbeing in Nature sessions to 39 people

These half/full day sessions have been offered to organisations this year for their staff, volunteers or clients as a way of further sharing the wellbeing benefits of nature to other groups, and as a way of earning income for Grow to make us more sustainable long term. This year we have worked with:

EIP service staff

NHS research staff

University of Sussex Psychology Students

Who we are

Staff

Jo Wren – Director

Jane Howard – sessional worker

Jennifer Sanders – sessional worker

Trustees

Julie Wright – Chair

Yok Change - Secretary

Graham Welfare –Treasurer

Matt Adams

Yok Chang
Chaun Wilson
Trevor Beattie

Changes this year:

Matt Adams resigned from the Board on 10.5.21

Volunteers

We are always grateful for the amazing support of our volunteers who contribute such a lot in so many ways to Grow.

In particular this year we give thanks to the following:

For supporting delivery of the Seasons, Reconnect Sessions, Natural Wellbeing Days and Natural Retreat Days for Carers:

Amy McMillan, Bruce Robertson, Anna Bellamy, Annette Kennington, Catherine Eade, Don Robertson, Jinny Durrant, Ruby Jenkins, Zamilin Williams, Sarah Rideout

For all her hard work supporting us with our accounts:

Harriet Howe

Trustee team - Yok, Graham, Matt, Julie, Chaun and Trevor

Key partners and networks

For funding, partnership working and general support and enthusiasm for our project we give thanks to:

Owena's Farm Therapies, Saddlescombe Farm, Breathing Space, Hearts and Flowers, Physic Garden, Wakehurst Place, Sheffield Park, YHA Truleigh Hill for giving us access to their beautiful spaces and places from which to run our activities

Brighton and Hove Food Partnership – for their continued support of Grow and their key role in the Green Wellbeing Alliance and Third Sector Investment Programme, for use of their office space and for their general wonderfulness

Finances

We experienced higher than expected fundraising this year mainly from sources dedicated to Covid Recovery meant that our income grew. We ended the year with a surplus which will be part of our reserves. Many thanks to Harriet Howe, who oversees our accounts on a voluntary basis and Andrew Ali from Kare Accountancy who examines our annual accounts.

We are extremely grateful to our funders this year who have supported us as we recover from the pandemic. This year these include:

- ✿ BHCC (Third Sector Investment Programme Funding, COMF Funding and Carers Commissioners) - £22115
- ✿ Sussex Community Foundation – £7731
- ✿ Enjoolata - £5460
- ✿ Henry Smith - £10000
- ✿ Albert Hunt Trust - £1000
- ✿ Ernest Kleinwort Trust - £2000
- ✿ Arnold Clark - £1000
- ✿ Sussex Health and Care Partnership - £13000
- ✿ Enterprise Development Fund - £4651

Additionally we received monies donations and GiftAid amounting to £1192.

Our impact

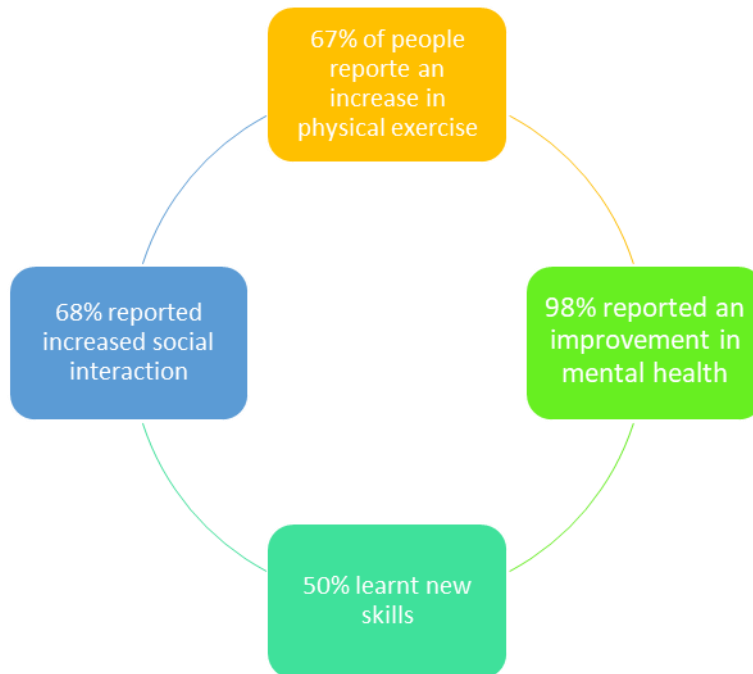
Total number of people reached this year 310

Outcomes

Our outcomes information is mainly from the 78 people who attended the Reconnect Sessions. We would normally gather the same data for the Seasons however due to some technical issues with our new database system this information is not available for this programme.

We gathered wellbeing information from participants at the beginning and end of their time on the Reconnect sessions in the form of a Wellbeing Flower which asks them to rate on a scale of 1-6 how they are feeling at the beginning of the course on 10 different themes and again at the end. This gives us a numerical Wellbeing Index which we can compare to see how they have benefitted from their time with us. We also ask a range of questions in relation to how they rate their mental and physical health improvement following their time on Grow. Results for this year are as follows:

- Total number of participants on Reconnect groups = 78
- Total number of participants with some data = 52
- Average Wellbeing Score before Grow = 30.7
- Average Wellbeing Score after Grow = 45.8
- Average Difference = 15.2
- 98% of people saw increased scores



I feel more inspired to want to have more physical exercise, particularly walking, especially during winter months, which can be more difficult

Being with nature is calming/re-energising for me, so being able to explore this in a 'safe' group has been hugely beneficial

Confidence is increasing - the course has been a GREAT help here to re-integrate into society.

After being part of Grow I've met others with similar experiences, chatted about art and creative opportunities, learnt about the history of Stanmer and increased my knowledge of wildlife, trees and flowers. I've also learnt about the operations on a working farm.

Who uses our services

Below is the make-up of the people who participated in our services (and completed EO monitoring info) this year.

<u>Gender</u>	<u>Age</u>	<u>Sexuality</u>	<u>Identified as trans</u>	<u>Ethnicity</u>	<u>Faith</u>	<u>Identified as disabled</u>	<u>Identified as carer</u>
<u>F - 80</u> <u>M - 32</u> <u>O - 4</u> <u>Prefer not to say - 2</u>	<u>16-24 - 5</u> <u>25-34 - 10</u> <u>35-44 - 20</u> <u>45-54 - 36</u> <u>55-64 - 31</u> <u>65-74 - 14</u> <u>75+ - 1</u> <u>PNTS - 2</u>	<u>Heterosexual - 79</u> <u>LGBTQ - 18</u> <u>Other - 6</u> <u>Queer - 2</u> <u>Prefer not to say - 9</u>	<u>Yes - 2</u> <u>No - 110</u> <u>PNTS - 1</u>	<u>Asian/Asian British - 1</u> <u>Chinese - 1</u> <u>Mixed White & Asian - 1</u> <u>Mixed white & black Caribbean - 1</u> <u>Other - 7</u> <u>White British - 78</u> <u>White Irish - 6</u> <u>White Other - 15</u> <u>Mixed other - 4</u> <u>PNTS - 4</u>	<u>Atheist - 5</u> <u>Christian - 17</u> <u>Buddhist - 2</u> <u>Muslim - 1</u> <u>Jewish - 2</u> <u>Other - 28</u> <u>None - 56</u> <u>PNTS / NK - 7</u>	<u>Yes - 81</u> <u>No - 31</u> <u>PNTS - 1</u>	<u>No - 79</u> <u>Yes - 39</u>

Marketing

We marketed our services through our usual referrals network of 60+ services within Brighton and Hove, including statutory mental health services, mental health support services, refugee support services.

In addition Grow appeared in an article in the Farmers Guardian August 2021 'People are more relaxed, they sleep better' - farm offers respite to mental health sufferers' as a result of our relationship with the tenant farmer at Saddlescombe Farm

Our website address is www.growingwellbeing.org.uk. This year we had 3.7k unique visitors to the site. 63.5% of these came directly to our website with 28% of visitors coming through Google search.

We also have social media presence on Facebook, Twitter and YouTube as well as our website.

Our Facebook presence is at www.facebook.com/growingwellbeing and to date we have 765 total page likes.

We have a Twitter account @growWellbeing and have 636 followers.

Our Instagram account @growing_wellbeing continues to attract traffic and so far our number of followers is 712

Our animated film on YouTube at <https://www.youtube.com/watch?v=dZBJEs1Jw68&feature=youtu.be> has so far attracted 678 views.

THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

Looking to the future

Our hopes for the coming year:

The hopes for the next year firstly are to recover from the pandemic and get back on to a more sustainable footing. Specifically we hope to do this by:

- Offering opportunities for people to continue to connect with nature and improve wellbeing through a varied programme of activities, including the Season, Natural Retreat Days for Carers and Reconnect Courses
- To become more financially sustainable and less grant-reliant through a range of trading and charging activities , such as Natural Wellbeing Days, charging for Seasons and Reconnect sessions and exploring more opportunities for Workplace Wellbeing / staff team offerings.
- To expand the range of groups that we deliver our existing programmes to, such as the migrant and refugee community, employers and NHS Staff wellbeing services.
- To develop, value and grow our staff and volunteer team; recruiting, training and supervising our growing volunteer team and looking to increase our staff team.
- To continue and deepen our partnership working with Green Wellbeing Alliance (and others)
- To pilot some new locations outside of the City, starting in West Sussex

And finally

One last enormous thank you to our funders :



THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

Structure, governance and management

a. Constitution

THE GROW PROJECT is a registered charity, number 1155868, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Reference and administrative details of the Charity, its trustees and advisers

Trustees	Chaun Wilson, Trustee Graham Welfare, Treasurer Julie Wright, Chair Matt Adams, Trustee (Resigned 10 May 2021) Yok Chang, Trustee Trevor Beattie, Trustee
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Charity registered number	1155868
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Principal office	c/o Brighton and Hove Food Partnership Community Base 113 Queens Road Brighton BN1 3XG
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THE GROW PROJECT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees on 23 January 2023 and signed on their behalf by:

Graham Welfare

THE GROW PROJECT

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2022

Independent Examiner's Report to the Trustees of THE GROW PROJECT ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2022.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity'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 2011 Act.

Independent Examiner's Statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

THE GROW PROJECT

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Dated: 23 January 2023

THE GROW PROJECT

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022



Kolade Andrew Alli ACMA

10 Gatcombe Gardens

West End Hampshire

SO18 3NA

THE GROW PROJECT

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Income from:					
Charitable activities	3	65,967	13,321	79,288	57,967
Total income		<u>65,967</u>	<u>13,321</u>	<u>79,288</u>	<u>57,967</u>
Expenditure on:					
Charitable activities	4	44,008	33,334	77,342	44,490
Total expenditure		<u>44,008</u>	<u>33,334</u>	<u>77,342</u>	<u>44,490</u>
Net movement in funds		<u>21,959</u>	<u>(20,013)</u>	<u>1,946</u>	<u>13,477</u>
Reconciliation of funds:					
Total funds brought forward		2,846	9,723	12,569	(908)
Net movement in funds		21,959	(20,013)	1,946	13,477
Total funds carried forward		<u>24,805</u>	<u>(10,290)</u>	<u>14,515</u>	<u>12,569</u>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 18 to 25 form part of these financial statements.

THE GROW PROJECT

**BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
Fixed assets		<u>-</u>	<u>-</u>
Current assets			
Debtors	8	336	907
Cash at bank and in hand		17,090	12,196
		<u>17,426</u>	<u>13,103</u>
Creditors: amounts falling due within one year	9	(2,911)	(534)
Net current assets		<u>14,515</u>	<u>12,569</u>
Total assets less current liabilities		<u>14,515</u>	<u>12,569</u>
Net assets excluding pension asset		<u>14,515</u>	<u>12,569</u>
Total net assets		<u><u>14,515</u></u>	<u><u>12,569</u></u>
Charity funds			
Restricted funds	11	24,805	2,846
Unrestricted funds	11	(10,290)	9,723
Total funds		<u><u>14,515</u></u>	<u><u>12,569</u></u>

The financial statements were approved and authorised for issue by the Trustees on 23 January 2023 and signed on their behalf by:

Graham Wellfare

The notes on pages 18 to 25 form part of these financial statements.

THE GROW PROJECT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. General information

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2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

THE GROW PROJECT meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

2. Accounting policies (continued)

2.5 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.6 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.7 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.8 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

3

Income from charitable activities

	Unrestricted funds	Restricted	Total	Total
	General	funds	2022	2021
	£	£	£	£
Course Fees	2,222	0	2,222	812
Earned Income	5,703	0	5,703	5,118
Donations	5,198	0	5,198	2,925
Gift Aid tax reclaimed	198	0	198	163
Other Income	0	0	0	9,285
Restricted Income	0	65,967	65,967	39,664
	<u>13,321</u>	<u>65,967</u>	<u>79,288</u>	<u>57,967</u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

4

Expenditure on charitable activities

	Unrestricted funds	Restricted	Total	Total
	General	funds	2022	2021
	£	£	£	£
Accountancy fees	0	358	358	0
Advertising & Marketing	128	159	287	41
Bank charges	0	3	3	4
Independent examiner's fee	0	350	350	350
Insurance	0	544	544	544
IT Software and Consumables	0	1,072	1,072	810
Office expenses	3,589	7,671	11,260	6,390
Printing & Postage	0	202	202	142
Professional Fees	0	3,000	3,000	0
Telephone & Internet	119	598	717	408
Training	11	459	470	0
Travel	232	9,171	9,403	4,335
Venue Hire	500	2,094	2,594	485
Wages and salaries	28,755	18,327	47,082	30,981
				-
	33,334	44,008	77,342	44,490

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Independent examiner's remuneration

	2022	<i>2021</i>
	£	£
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	<u>350</u>	<u><i>350</i></u>

7. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (*2021 - £NIL-*).

During the year ended 31 March 2022, no Trustee expenses have been incurred (*2021 - £NIL*).

8. Debtors

	2022	<i>2021</i>
	£	£
Due within one year		
Other debtors	222	<i>324</i>
Prepayments and accrued income	114	<i>583</i>
	<u>336</u>	<u><i>907</i></u>

9. Creditors: Amounts falling due within one year

	2022	<i>2021</i>
	£	£
Other creditors	2,372	<i>-</i>
Accruals and deferred income	539	<i>534</i>
	<u>2,911</u>	<u><i>534</i></u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

10. Financial instruments

	2022	2021
	£	£
Financial assets		
Financial assets measured at fair value through income and expenditure	<u>17,090</u>	<u>12,196</u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

11. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Unrestricted funds				
General Funds	<u>9,723</u>	<u>13,321</u>	<u>(33,334)</u>	<u>(10,290)</u>
Restricted funds				
Restricted Fund	<u>2,846</u>	<u>65,967</u>	<u>(44,008)</u>	<u>24,805</u>
Total of funds	<u><u>12,569</u></u>	<u><u>79,288</u></u>	<u><u>(77,342)</u></u>	<u><u>14,515</u></u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

11. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds				
General Funds	<u>(908)</u>	<u>13,774</u>	<u>(3,143)</u>	<u>9,723</u>
Restricted funds				
Restricted Fund	<u>-</u>	<u>44,193</u>	<u>(41,347)</u>	<u>2,846</u>
Total of funds	<u><u>(908)</u></u>	<u><u>57,967</u></u>	<u><u>(44,490)</u></u>	<u><u>12,569</u></u>

12. Summary of funds

Summary of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
General funds	9,723	13,321	(33,334)	(10,290)
Restricted funds	2,846	65,967	(44,008)	24,805
	<u><u>12,569</u></u>	<u><u>79,288</u></u>	<u><u>(77,342)</u></u>	<u><u>14,515</u></u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

11. Statement of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 April 2020</i>	<i>Income</i>	<i>Expenditure</i>	<i>Balance at 31 March 2021</i>
	£	£	£	£
General funds	(908)	13,774	(3,143)	9,723
Restricted funds	-	44,193	(41,347)	2,846
	<u>(908)</u>	<u>57,967</u>	<u>(44,490)</u>	<u>12,569</u>

THE GROW PROJECT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

13. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Current assets	-	17,426	17,426
Creditors due within one year	-	(2,911)	(2,911)
Difference	24,805	(24,805)	-
Total	<u>24,805</u>	<u>(10,290)</u>	<u>14,515</u>

Analysis of net assets between funds - prior year

	<i>Endowment funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Current assets	13,103	-	-	13,103
Creditors due within one year	(534)	-	-	(534)
Total	<u>12,569</u>	<u>-</u>	<u>-</u>	<u>12,569</u>

THE GROW PROJECT

England & Wales - Charity number 1155868

Accounts

Charity registration number: 1155868

THE GROW PROJECT

Annual Report and Financial Statements

for the Year Ended 31 March 2021

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Reference and Administrative Details

Trustees

Graham Wellfare

Chaun Wilson

Julie Wright

Matt Adams

Yok Chang

Trevor Beattie

Principal Office

c/o Brighton and Hove Food Partnership

Community Base

113 Queens Road

Brighton

BN1 3XG

Charity Registration Number

1155868

Independent Examiner

Kolade Andrew Alli ACMA

KARE Financial Management Consultants Ltd

10 Gatcombe Gardens

West End, Hampshire

UK

SO18 3NA

Trustees' Report



The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2021.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Introduction

As for most of the world 2020-2021 was rather an exceptional year. We had started the year feeling very confident of our plans to expand and grow the partnership with the National Trust, recruited a new group of volunteers to support our work, and had plans for a wide and varied programme of courses and events for the year. And then in March the unthinkable happened and the whole country went into lockdown with the Covid pandemic.

Initially all activity ceased, the Director was put on furlough and everything shut down. However as restrictions started to ease, and with the benefit of a period of pause and reflection, we became aware that we were in a unique position to be able to continue our work – the outside being one of the safest places to be – and that we had a part to play in the recovery from the pandemic.

Activities this year have been confined to one single programme – a course we called 'Reconnect'. Small groups of up to 6 people, meeting for half days over a 4-week period to reconnect back to nature and to others in safe supported groups. Instead of running 1 large group over 2 months, we ran 3 groups a month where we were able to, and supplemented these with online offerings where we weren't.

In this way, we found a route through the worst of the pandemic that still allowed us to reach those people most in need of mental health support and reach people who were maybe struggling with their mental health for the first time as a direct result of the pandemic.

During this time we were also supported by Lloyds Bank Foundation to carry out a range of improvements to some of our systems and processes, including implementing a new CRM system, carrying out a strategic review with a range of Trustees, staff, volunteers and stakeholders and to start the process of updating our strategic plan based on the mentor support we received from LBF.

Trustees' Report

Covid funds were made available from a variety of different sources, which we were able to take advantage of and the government furlough scheme provided additional support when we were unable to run our activities at full capacity.

It's strange how things turn out but oddly this year has allowed us to find new and creative ways of working, discover many more outdoor spaces and places from which to work and found us forging and strengthening relationships with a wider variety of people, including a new fundraising consultant.


Financially we ended the year in a strong position with reserves of around £13,000 carried forward.


Who we are and what we do

General info

The Grow Project

Registered Charity No. 1155868

 c/o Brighton and Hove Food Partnership, Community Base, 113 Queens Road, Brighton, BN1 3XG


 07557 501557

 www.growingwellbeing.org.uk

 info@growingwellbeing.org.uk

 @GrowWellbeing

 www.facebook.com/Growingwellbeing

 Instagram @growing_wellbeing

Trustees' Report

Background

Grow was originally set up as a project within Mind in Brighton and Hove in 2011. We ran a 12 month pilot project funded by Ecominds (a joint project between Mind and Big Lottery). We were subsequently awarded further Ecominds funding to develop the project and in April 2013 formed an independent community group and applied to Big Lottery Reaching Communities Fund which we were successful in securing for 3 years from September 2013. We achieved charitable status in February 2014.

Since funding from Big Lottery ceased we have been funded through a variety of different sources – small grants, donations and fundraising events and commissioned services such as training and delivery of activities.

Aims and activities

Our vision

To create a happier world in which people are more connected with nature, each other and themselves as a way of improving their wellbeing

Our charitable aims are:

To improve and maintain the mental health and wellbeing of persons, in the county of Sussex, affected by mental health issues (including friends, family and carers) for the public benefit, in particular but not exclusively by supporting such people to access, enjoy and connect with their local countryside around Brighton, offering a wide variety of interesting activities in a safe, supportive and positive atmosphere to enhance the health and wellbeing of participants through their connection with nature

We normally do this in a number of ways however this year our ability to run services has been drastically affected. Our core work has always been the 8 week Season which involves working with groups of 12 people plus 4 staff and volunteers, travelling together to Saddlescombe and other locations by minibus. Because of government restrictions we were not able to run groups of this size and instead concentrated on trying to reach as many people as possible in small supported groups on a programme which we are called 'Reconnect'.

Trustees' Report

Reconnect

Groups of 4 participants (especially those who have been shielding and isolated) plus one leader and one volunteer met together for half a day a week for 4 weeks. The plan was simply to reconnect back to nature, help rebuild community and reduce isolation, share experiences and explore strategies for connecting with nature on an ongoing basis. Sessions included mindful activities and exercises, walking and physical exercise and opportunities just to 'be' in outdoor locations around the City and beyond with like-minded people.

We delivered 12 of these programmes throughout the year when we were able to (July to December) and for the period of the 2nd lockdown we adapted the programme to be delivered via Zoom for a further 2 cohorts of people.

In total we worked with 46 individuals over this time (38 different people)

The Team

Staff

Jo Wren – Director

Jane Howard – sessional worker

Jennifer Sanders – sessional worker

Trustees

Julie Wright – Chair

Yok Change - Secretary

Graham Wellfare –Treasurer

Matt Adams

Yok Chang

Chaun Wilson

Trevor Beattie

Trustees' Report

Changes this year:

We welcomed Trevor Beattie (Chief Executive of South Downs National Park Authority) on to the Board of Trustees

Volunteers

We are always grateful for the amazing support of our volunteers who contribute such a lot in so many ways to Grow.

In particular this year we give thanks to the following:

For supporting delivery of the Reconnect Sessions:

Doran Amos, Ellie Cobb, Leah Desmond, Jinny Durrant and Tamsin Knight

For all her hard work supporting us with our accounts:

Harriet Howe

Trustee team - Yok, Graham, Matt, Julie, Chaun and Trevor

Key partners and networks

For funding, partnership working and general support and enthusiasm for our project we give thanks to:

BHOGG, Plot 22, Centre for Ecotherapy, Breathing Space, Owena's Farm Therapies, YHA at Truleigh Hill for allowing us to use their spaces and places during the pandemic making delivery still possible in the absence of our usual venue at National Trust

Trustees' Report

Brighton District Nurses Association – for funding for Reconnect groups

Brighton and Hove City Council – for Third Sector Investment Funding

Brighton and Hove Food Partnership – for their continued support of Grow and their key role in the Green Wellbeing Alliance

Lloyds Bank Foundation – for Enable Funding, mentor support, providing us with new computers and CRM system with full training

Sussex Community Foundation – for Covid Recovery Funding

Funding

Having reached close to a 50/50 split in funding terms last year (earned v grant funding), this year we became pretty much wholly reliant on grant funding for our survival as our ability to earn income was wiped out by the pandemic. Our funding this year came from:

- BHCC Third Sector Investment Programme Funding - £11399
- Sussex Community Foundation – Covid emergency fund - £4713
- Brighton District Nurses Association - £8577
- Lloyds Bank Foundation - £4529

Additionally we received monies from the Government Job Retention Scheme (£11,197) and monthly donations amounting to £1637.

Our impact

Outcomes

We gathered wellbeing information from participants at the beginning and end of their time on the Reconnect sessions in the form of a Wellbeing Flower which asks them to rate on a scale of 1-6 how they are feeling at the beginning of the course on 10 different themes and again at the end. This gives us a numerical Wellbeing Index which we can compare to see how they have benefitted from their time with us. We also ask a range of questions in relation to how they rate their mental and physical health improvement following their time on Grow. Results for this year are as follows:

Trustees' Report

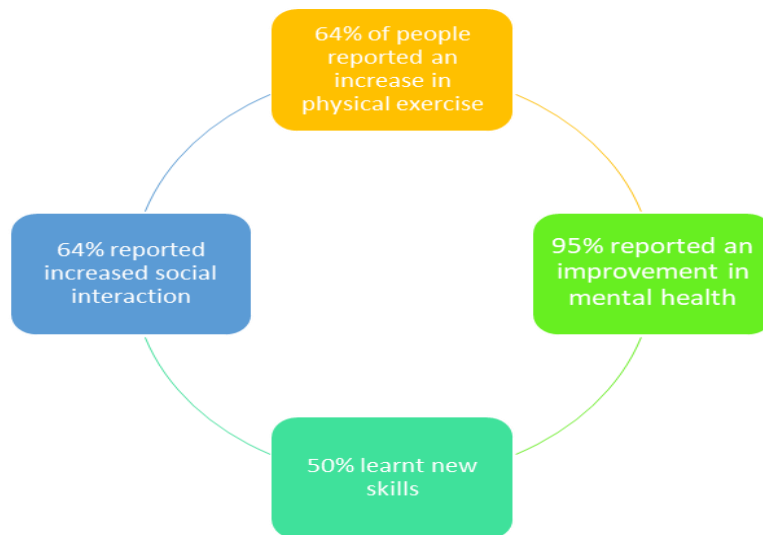
Total number of participants in on Reconnect groups = 46

Total number of participants with some data = 36

Average Wellbeing Score before Grow = 31.1

Average Wellbeing Score after Grow = 45.6

Average Difference = 14.5



In addition to this quantitative information we also ask participants for their more qualitative feedback. Here are some of the highlights from this year:

Feedback from Reconnect Sessions

I've always been active but the course has enriched my experience of walking - making me more aware and take a new interest in my natural surroundings

Being part of a supportive and friendly group has really helped me feel better about people

I feel I have more of a focus and now plan an activity for each day. Noticing changes gives me hope

Was worried during lockdown how best to integrate back in a social environment – this course has really helped

Being in this safe group with such lovely skilled amazing facilitators - Jane and Tamsin has been so good for my mental health

I have encouraged my family to take to the outdoors more often!! GROW and other similar organisations are amazing and life-changing. I am evidence of that.

Trustees' Report

Our reach

Below is the make-up of the people who participated in the Reconnect sessions this year.

Gender	Age	Sexuality	Ethnicity	Faith	Identified as disabled
F - 26 M - 13 O - 1 Prefer not to say - 1	25-34 - 5 35-44 - 6 45-54 - 13 55-64 - 10 65-74 - 7	Heterosexual - 28 LGBTQ - 5 Prefer not to say / NK - 7	Mixed black Caribbean/white - 1 Other - 2 White British - 33 White Irish - 2 White Other - 1 Mixed other - 1 Prefer not to say - 2	Atheist - 2 Christian - 7 Buddhist - 2 Muslim - 2 Other - 8 None - 17 Prefer not to say - 4	Yes - 25

Total reach this year:

Reconnect Sessions	46
Total	46

Trustees' Report

Marketing Report

Our network for referrals and recruitment was somewhat diminished by the pandemic however we had some referrals from statutory mental health services, mental health support services within the City and some refugee support services.

We also have social media presence on Facebook, Twitter and YouTube as well as our website.

Social Media Report

Our website address is www.growingwellbeing.org.uk. This year we had 3106 unique visitors to the site. The majority of these came directly to our website with 754 visitors coming through Google search.

Our Facebook presence is at www.facebook.com/growingwellbeing and to date we have 679 total page likes.

We have a Twitter account @growWellbeing and have 626 followers.

Our Instagram account @growing_wellbeing continues to attract traffic and so far our number of followers is 568

Our animated film on YouTube at

<https://www.youtube.com/watch?v=dZBjEs1Jw68&feature=youtu.be>

has so far attracted 632 views.

Trustees' Report

Looking to the future

Our hopes for the coming year:

The hopes for the next year firstly are to recover from the pandemic and get back on to a more sustainable footing. Specifically we hope to do this by:

- Offering opportunities for people to continue to connect with nature and improve wellbeing through a varied programme of activities, including the Season, Natural Retreat Days for Carers and Reconnect Courses
- To become more financially sustainable and less grant-reliant through a range of trading and charging activities , such as Natural Wellbeing Days, charging for Seasons and Reconnect sessions and exploring more opportunities for Workplace Wellbeing / staff team offerings.
- To expand the range of groups that we deliver our existing programmes to, such as the migrant and refugee community, employers and NHS Staff wellbeing services
- To develop, value and grow our staff and volunteer team; recruiting, training and supervising our growing volunteer team and looking to increase our staff team.

Trustees' Report

Looking to the future (cont)

- To continue and deepen our partnership working with Green Wellbeing Alliance (and others)
- To be recognised as a social prescribing service and benefit more fully from social prescribing services, especially by continuing to build on the relationship with the TogetherCo Social Prescribing service in Brighton and developing links with East and West Sussex Social Prescribing services.
- To connect people with a variety of follow-on activities which enable them to continue to benefit from nature for their wellbeing

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 21 January 2022 and signed on its behalf by:



.....
Graham Wellfare
Trustee

Independent Examiner's Report to the trustees of THE GROW PROJECT

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 15 to 21.

Respective responsibilities of trustees and examiner

As the charity's trustees of THE GROW PROJECT 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 GROW PROJECT'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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of THE GROW PROJECT as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.



.....
Kolade Andrew Alli ACMA

KARE Financial Management Consultants Ltd
10 Gatcombe Gardens
West End, Hampshire
UK
SO18 3NA

21 January 2022

Statement of Financial Activities for the Year Ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income and Endowments from:					
Charitable activities		13,774	44,193	57,967	50,109
Expenditure on:					
Charitable activities		(3,143)	(41,347)	(44,490)	(49,635)
Total expenditure		(3,143)	(41,347)	(44,490)	(49,635)
Net income		10,631	2,846	13,477	474
Net movement in funds		10,631	2,846	13,477	474
Reconciliation of funds					
Total funds brought forward		(908)	-	(908)	(1,382)
Total funds carried forward	9	9,723	2,846	12,569	(908)

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2020 is shown in note 9.

(Registration number: 1155868)
Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Current assets			
Debtors	6	907	375
Cash at bank and in hand	7	<u>12,196</u>	<u>8,924</u>
		13,103	9,299
Creditors: Amounts falling due within one year	8	<u>(534)</u>	<u>(10,207)</u>
Net assets/(liabilities)		<u>12,569</u>	<u>(908)</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		2,846	-
Unrestricted income funds			
Unrestricted funds		<u>9,723</u>	<u>(908)</u>
Total funds	9	<u>12,569</u>	<u>(908)</u>

The financial statements on pages 15 to 21 were approved by the trustees, and authorised for issue on 21 January 2022 and signed on their behalf by:



 Graham Welfare
 Trustee

Notes to the Financial Statements for the Year Ended 31 March 2021

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

THE GROW PROJECT meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Notes to the Financial Statements for the Year Ended 31 March 2021

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

2 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Course Fees	812	-	812	3,680
Earned Income	589	4,529	5,110	15,714
Donations	2,925	-	2,925	30,386
Gift Aid tax reclaimed	163	-	163	329
Other Income	9,285	-	9,285	-
Restricted Income	-	39,664	39,664	-
	13,774	44,193	57,967	50,109

Notes to the Financial Statements for the Year Ended 31 March 2021

3 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Wages and salaries	2,389	28,592	30,981	35,084
Fundraising Expenses	585	-	585	333
Insurance	-	544	544	499
Advertising & Marketing	-	41	41	348
External Workshops	90	5,321	5,411	1,024
Venue Hire	(60)	545	485	2,815
Printing & Postage	-	142	142	180
Volunteer expenses	45	129	174	330
Office expenses	-	-	-	375
Telephone & Internet	-	408	408	265
Materials / Resources	46	61	107	175
Training	-	-	-	30
Hospitality	3	110	113	1,145
IT Software and Consumables	-	810	810	415
Travel	39	120	159	413
Vehicle Expenses	6	4,170	4,176	5,520
Accountancy fees	-	-	-	334
Independent examiner's fee	-	350	350	350
Bank charges	-	4	4	-
	<u>3,143</u>	<u>41,347</u>	<u>44,490</u>	<u>49,635</u>

Notes to the Financial Statements for the Year Ended 31 March 2021

4 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Julie Wright

Julie Wright received payment of £2,142 (2019: £739) during the year, to cover expenses incurred on delivering the Natural Wellbeing days and other sessions.

Notes to the Financial Statements for the Year Ended 31 March 2021

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

6 Debtors

	2021	2020
	£	£
Prepayments	583	-
Other debtors	324	375
	907	375

7 Cash and cash equivalents

	2021	2020
	£	£
Cash at bank	12,196	8,924

8 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	534	10,207

9 Funds

	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 31 March 2021
	£	£	£	£
Unrestricted funds				
General	(908)	13,774	(3,143)	9,723
Restricted funds	-	44,193	(41,347)	2,846
Total funds	(908)	57,967	(44,490)	12,569
	Balance at 1 April 2019	Incoming resources	Resources expended	Balance at 31 March 2020
	£	£	£	£
Unrestricted funds				
General	(1,382)	50,109	(49,635)	(908)