

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

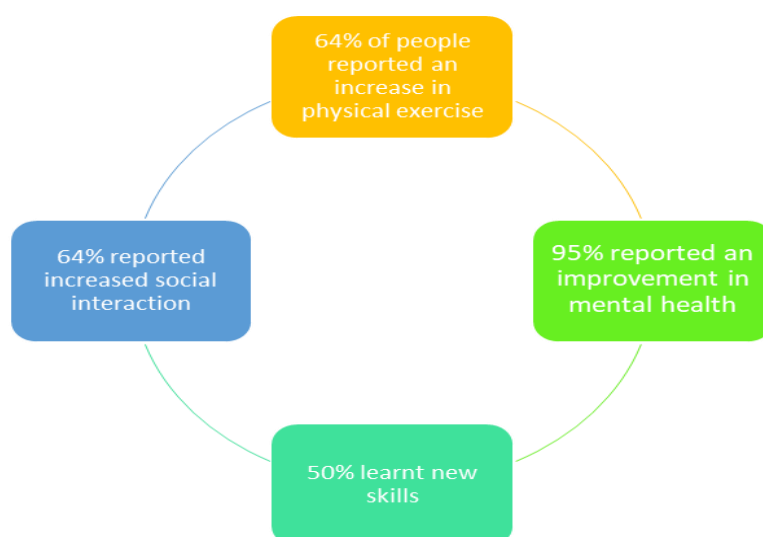
Total number of participants in on Reconnect groups = 46

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
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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	12,196	8,924
		13,103	9,299
Creditors: Amounts falling due within one year	8	(534)	(10,207)
Net assets/(liabilities)		12,569	(908)
Funds of the charity:			
Restricted income funds			
Restricted funds		2,846	-
Unrestricted income funds			
Unrestricted funds		9,723	(908)
Total funds	9	12,569	(908)

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 Wellfare
 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	-
	3,143	41,347	44,490	49,635

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
	<u>907</u>	<u>375</u>

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)