
THE GROW PROJECT

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

THE GROW PROJECT

CONTENTS

	Page
Trustees' Report	1 - 10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the Financial Statements	14 - 20

THE GROW PROJECT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the THE GROW PROJECT for the 1 April 2022 to 31 March 2023.

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)'.

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 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
-----------------	---

Charity registered number	1155868
----------------------------------	---------

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

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

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		(3,719)	14,515
Total assets less current liabilities		(3,719)	14,515
Net liabilities / assets excluding pension asset		(3,719)	14,515
Total net assets		<u>(3,719)</u>	<u>14,515</u>
Charity funds			
Restricted funds	8	24,807	24,805
Unrestricted funds	8	(28,526)	(10,290)
Total funds		<u>(3,719)</u>	<u>14,515</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
	<hr/> 56,894	<hr/> 35,002	<hr/> 91,896	<hr/> 79,288

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	Unrestricted	Total	Total
	funds	funds	2023	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)
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

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)
Restricted funds				
Restricted Fund	2,846	65,967	(44,008)	24,805
Total of funds	<u>12,569</u>	<u>79,288</u>	<u>(77,342)</u>	<u>14,515</u>