
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.

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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

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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**.

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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

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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

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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

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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

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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 :

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



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.

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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 Wellfare

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

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STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Charitable activities	2	49,423	34,947	84,370	91,896
Total income		49,423	34,947	84,370	91,896
Expenditure on:					
Charitable activities	3	52,922	29,094	82,016	110,130
Total expenditure		52,922	29,094	82,016	110,130
Net movement in funds		(3,499)	5,853	2,354	(18,234)
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		21,308	(22,673)	(1,365)	(3,719)

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.

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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		(1,365)	(3,719)
Total assets less current liabilities		(1,365)	(3,719)
Net liabilities excluding pension asset		(1,365)	(3,719)
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.

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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.

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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>

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

3. Expenditure on charitable activities

	Restricted	Unrestricted	Total	Total
	funds	funds		
	£	General	2024	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

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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

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
	1,800	2,289

7. Creditors: Amounts falling due within one year

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

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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)
Restricted funds				
Restricted Fund	24,807	49,423	(52,922)	21,308
Total of funds	(3,719)	84,370	(82,016)	(1,365)

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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	<u>14,515</u>	<u>91,896</u>	<u>(110,130)</u>	<u>(3,719)</u>