

AND SOW TO GROW

England & Wales · Charity number 1162075

Details

Status Registered

Legal form CIO

Registered 2015-06-09

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

Contact

Address And Sow to Grow
Upthorpe Wood
Stanton
Bury St. Edmunds
IP31 2FH

Phone 07443569236

Email andsowtogrow@hotmail.co.uk

Website www.andsowtogrow.org.uk

Activities

Objects: 1) TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF SUSTAINABLE HORTICULTURE AND WOODLAND PRACTICE / MANAGEMENT AND THE CONSERVATION, PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT;2) TO PROMOTE THE REHABILITATION OF CHILDREN SUFFERING FROM MENTAL OR PHYSICAL ILLNESS BY THE PROVISION OF FACILITIES FOR TRAINING, WORK AND RECREATION AND TO ADVANCE THEIR EDUCATION; AND3)TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Working with students with disabilities to develop skills and confidence to move to self employment. We also work with schools to encourage grow your own fruit and veg, local colleges and communityThe woods are used for people with end of life illness to spend time and people from care homes are also welcomed to spend time here either sitting and enjoying the views or doing a spot of gardening.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, Disability, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Norfolk
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,204	£3,115	-	-
2024-03-31	£10,193	£7,750	-	-
2023-03-31	£10,925	£9,786	-	-
2022-03-31	£7,780	£7,177	-	-
2021-03-31	£2,806	£2,800	-	-

Trustees

Name	Role	Appointed
DR ALLAN SCOTT DAVIES	Chair	2013-04-03
CLAIR STEEL		2015-05-01
SARAH STEEL		2015-05-01
Veronica Stuart BEM		2021-06-26

AND SOW TO GROW

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Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 15	Month July	Year 2024		Day	Month	Year

Section A Reference and administration details

Charity name

And Sow to Grow

Other names charity is known by

Registered charity number (if any)

1162075

Charity's principal address

And Sow to Grow
 Reading's Lane
 Stanton
Postcode IP31 2FH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	V. Stuart	Chair	Whole	ASTG
2	C.Steel		Whole	
3	S.Steel		Whole	
4	A.Scott-Davies		Whole	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Forest Schools	Tina Chapman	Activities Suffolk
DM wood management	Dave Harding	DM arboriculture

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	By fellow trustees upon application

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Child/vulnerable people protection Equal opportunities Health & Safety Charity constitution</p> <p>Work with local community groups and schools as well as local and regional charities/councils</p> <p>Our main concern is A. retention of trustees B. Lack of funding to continue our niche offer C. Loss of building through vandalism</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Working with students with disabilities to develop skills and confidence to move to self-employment. We also work with schools to encourage grow your own fruit and veg, local colleges and community The woods are used for people with end-of-life illness to spend time and people from care homes are also welcomed to spend time here either sitting and enjoying the views or doing a spot of gardening.

To provide free or subsidised training and experiences in woodland school/ forest school activities including foraging, den building and craft activities.
We also have events and social get togethers for many older local community members in a woodland setting.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

We were delighted to receive the sum of £2000 from the A. Williams charity based in Bury St Edmunds to help replace the old roof and make good an existing building as an outdoor education/event space.

We also had a delightful circus event here for many of our students who learnt many new skills and had fun too.

The Summer saw a number of community events leaning towards the older residents of the area.

Section E Financial review

Brief statement of the charity's policy on reserves

The reserves are kept in a treasurer account with two signatures. It can only be used for projects or running costs agreed by the trustees.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

We are seeking another trustee, perhaps two, to stabilise the charity organisation from falling to three members.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Allan	
Full name(s)	Allan Scott-Davies	
Position (eg Secretary, Chair, etc)	Secretary	
Date	26/12/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

And Sow to Grow

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 15/07/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
course fee	24	-	-	24	-
course fee	12	-	-	12	-
refund	168	-	-	168	-
A Williams Charity	2,000	-	-	2,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,204	-	-	2,204	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,204	-	-	2,204	-
A3 Payments					
Electric BG	51	-	-	51	-
Lakeland Ltd	120	-	-	120	-
Pump out	200	-	-	200	-
Digger hire	668	-	-	668	-
Electric BG	41	-	-	41	-
Roofing sheets	1,052	-	-	1,052	-
Electric BG	51	-	-	51	-
Clarks of Walsham	891	-	-	891	-
Electric BG	40	-	-	40	-
Sub total	3,115	-	-	3,115	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,115	-	-	3,115	-
Net of receipts/(payments)	- 911	-	-	- 911	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,531	-	-	3,531	-
Cash funds this year end	2,620	-	-	2,620	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		2,620	-	-
		-	-	-
		-	-	-
	Total cash funds	2,620	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Allan	A Scott-Davies	26/12/2025

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And Sow to Grow

Annual report 2024

This year we have seen a small increase in our income for projects and our work with one-to-one students on site.

Our memorial lamp project is now complete with a wrought iron sculpture lit by a solar powered light in memory of the members of the crew and students who perished in a Wellington Bomber crash near to the wood. We have several QR code web site linked signs around the area.

The project was undertaken with the help of students, members of the community and the local historic group. The local, and county council also helped spread the word through their networks.

We have hosted several events and cooking for life sessions run by a local education partner. Our work also included open days for schools for students who match our criteria.

Sessions undertaken have included making solar panels to run a radio, solar powered ovens, bird and bat boxes, bird feeders, planting a new section of garden border, recycled kites, planting, veg growing, art, wellbeing yoga sessions and circus skills.

In 2024 we are planning several similar sessions as well as bringing back the toddler stay and play, pop food trucks to raise funds and a gardening club to help local seniors enjoy a hot drink and company of others.

It must be added that this was achieved by a dedicated team of volunteers and trustees who have worked hard to keep the charity a viable option. Our one part-time member of staff has had their work cut out too.

Our income from grants and session fees reached £10,193 of which we have spent £7750 leaving unfenced income of £2442, for work in 2024/25

Veronica Stuart BEM

Chair

Allan Scott-Davies

Secretary

And Sow to Grow

18/11/2024

And Sow to Grow

Annual report 2024

This year we have seen a small increase in our income for projects and our work with one-to-one students on site.

Our memorial lamp project is now complete with a wrought iron sculpture lit by a solar powered light in memory of the members of the crew and students who perished in a Wellington Bomber crash near to the wood. We have several QR code web site linked signs around the area.

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18/11/2024

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And Sow to Grow

Annual report 2023

This year we have seen a small increase in our income for projects and our work with one-to-one students on site.

Our memorial lamp project is at the final stages of completion with a wrought iron eternal flame lit with a solar powered light in memory at the members of the crew and students who perished in a Wellington Bomber crash nest to the wood. We have several QR code web site linked signs around the area.

The project was undertaken with the help of students, members of the community and the local historic group. The local, and county council also helped spread the word through their networks.

We have hosted several events and cooking for life sessions run by a local education partner. Our work also included open days for schools for students who match our criteria.

Sessions undertaken have included making solar panels to run a radio, solar powered ovens, bird and bat boxes, bird feeders, planting a new section of garden border, recycled kites, planting, veg growing, art and wellbeing yoga sessions.

In 2024 we are planning several similar sessions as well as bringing back the toddler stay and play, pop food trucks to raise funds and a Man Shed in an unused barn.

It must be added that this was achieved by a dedicated team of volunteers and trustees who have worked hard to keep the charity a viable option. Our one part-time member of staff has had their work cut out too.

Our income from grants and session fees reached £10,925 of which we have spent £9,786 leaving unfenced income of £1,139 for work in 2024.

Allan Scott-Davies

Veronica Stuart BEM

And Sow to Grow

30/01/2024

AND SOW TO GROW

England & Wales - Charity number 1162075

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And Sow to Grow

Charity report - 04/2021 - 03/2022

Overview

With the worst of Covid behind us we were able to engage more with our students and increase our offer to younger people through Stay & Play.

This is a woodland school-based activity session led by the toddlers to engage in nature at the wood.

We have also increased the number of older students who attend sessions that include foraging, bat and bird box making alongside woodland school projects.

The Year

Despite the lower level of income from donations and the sessions we have a good funds to outcome ratio for our students. Being able to rely on volunteers working alongside our freelance staff we have reduced costs.

Our sponsors, including larger local companies, Clarkes of Walsham and Toolstation, have helped with in kind donations or discounts. There have been several individuals too as well as the National Lottery.

The ultimate pat on the back for all involved was the award from the High Sheriff of Suffolk for our work as a charity. A wonderful experience to meet him, and his wife at the woods for a presentation. We all enjoyed it.

Plans

Moving forward we have plans to restore an old WW2 lamp on site as a memorial to all the service personnel based at the Shepherd's Grove air base next door. We are also planning to put in a pond in the mud kitchen.

As we move away from Covid there is also a plan to open a man shed for men to meet up, chat, make things, repair things, and perhaps help their mental wellbeing.

The local foraging sessions are becoming popular, as are the woodworking ones. By adding extra courses/sessions we hope that the numbers will go above those pre pandemic.

Income & Expenditure

Our income for the year was £7780 made up of grants, donations, and income from the sessions.

We spent £7177.97 on freelance staff costs, running costs including insurance and repairs, electricity, water, and pump outs.

This means we have £602.03 left in unrestricted funds going into next year.

Report by Allan Scott-Davies – Secretary

Chair Veronica Stuart BEM

20/12/2022

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AND SOW TO GROW

England & Wales - Charity number 1162075

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Annual Report
And Sow to Grow
01/04/2020 to 31/03/2021

Overview

Covid 19 was the main player in all our lives for this financial period. As a charity we did struggle to make sense of what we were able to offer our students, and visitors, that was safe, within the rules, and able to keep stress levels at a minimum level.

The Year

With a good year of building up numbers in 2019 the whole team were looking forward to a more expansive year of development of new courses/sessions working towards a sustainable future.

Plans were laid to employ a new leader, to support the volunteers, and take on new students to help our sustainable growth.

Little did we know that several national lockdowns, restrictions, and the fear of venerable students about mixing with others would bring the work of a charity to a slow down.

Luckily there were lots of behind-the-scenes jobs to do that kept volunteers going through the year. We did manage to run a few sessions for our students, encouraging them back slowly in small groups.

Our income was down with the result that we had limited hours of paid leader support for one of the new Stay & Play sessions.

Overall - we have made it through the year of much compromise and look forward to next year with plans to make a difference to the lives of those we have the privilege to work alongside.

Income from grants and other income. £2806.80

Expenditure £2800

ASD 04/01/22