

## 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

And Sow to Grow Charity number 1162075