



# 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	
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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 <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>Child/vulnerable people protection Equal opportunities Health &amp; 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.

**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)**

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.

**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

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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 to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
course fee	24	-	-	24	-
course fee	12	-	-	12	-
refund	168	-	-	168	-
A Williams Charity	2,000	-	-	2,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,204</b>	<b>-</b>	<b>-</b>	<b>2,204</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,204</b>	<b>-</b>	<b>-</b>	<b>2,204</b>	<b>-</b>
<b>A3 Payments</b>					
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	-
<b>Sub total</b>	<b>3,115</b>	<b>-</b>	<b>-</b>	<b>3,115</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>3,115</b>	<b>-</b>	<b>-</b>	<b>3,115</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 911</b>	<b>-</b>	<b>-</b>	<b>- 911</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>3,531</b>	<b>-</b>	<b>-</b>	<b>3,531</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>2,620</b>	<b>-</b>	<b>-</b>	<b>2,620</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>		2,620	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	2,620	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
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	