

**Let's Get Growing Ltd.**

**Annual Report and Unaudited Financial Statements**

**1 December 2022 to 30 November 2023**

**Let's Get Growing Ltd.****Company Information****Directors**

Mrs Eileen Ewen  
Mrs Elizabeth Hume  
Ms Nuala O'Brien  
Dr. Ruth Briel

**Secretary**

Katrina Padmore

**Company Number**

7287776

**Charity Registration Number** 1172662

**Registered Office**

Steel Farm Cottage  
Steel  
Hexham  
Northumberland  
NE47 0LG

**Bankers**

The Co-operative Bank  
PO Box 250  
Delf House  
Skelmersdale  
WN8 6WT

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## **Let's Get Growing Ltd.**

### **Directors' Report 1 December 2022 – 30 November 2023**

The Directors present their report and the financial statements for 1 December 2021 to 30 November 2022

#### **Objectives and activities**

##### **Purposes**

The purposes of Let's Get Growing, as set out in our Articles of Association are:-

- To assist in the treatment and care of persons suffering from physical and mental illness of any description or in need of rehabilitation as a result of such illness, in Hexham and the surrounding areas, by the provision of therapeutic gardening and horticulture.
- To advance the education of the public, in particular, but not exclusively, young people in the subject of horticulture and related practices.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when setting our aims and objectives and in planning our future activities.

##### **Activities**

In the financial year ending 30 November 2023, Let's Get Growing provided the following services:-

- Our regular twice weekly gardening therapy sessions at Minsteracres Peace Garden (working with adults aged 22 – 85 yrs experiencing a range of physical and mental health difficulties, including depression, anxiety, PTSD, bi-polar disorder, dementia and mild learning difficulties) remained open throughout the period..
- Additional one-off therapeutic garden workshops for a range of groups of all ages, including addicts in recovery, homeless people, carers, refugees and asylum seekers were back to pre-covid levels

##### **Achievements and Performance**

- 2023 was a productive year in the Peace Garden at Minsteracres, when our gardening therapy sessions were mostly fully subscribed. We set up meetings for the start of 2024 with both the mental health and learning difficulties care manager teams for Northumberland and look forward to site visits from these teams to the garden in the year ahead. We continued to see significant benefits for participants who attended and this was reflected in feedback from both them and their carers/families. Thanks to the skill and commitment of volunteers and staff, we were glad to be able to maintain attendance by participants with dementia, despite a significant increase in their support needs.

As well as outings to Wheelbirks, we decided to use funds to put on some special barbeque lunches in the garden, including salads made with garden produce and puddings using our own home-grown fruit. These were a great success and offered an excellent way to provide a treat in a familiar environment where we could comfortably meet everyone's support needs.

Our midwinter/Christmas gathering in December brought together participants and family members around a bonfire for carols, followed by hot fruit punch and mince pies. We wrote and performed a group poem reflecting our year in the garden. This is always an important opportunity for connecting with those who support our participants at home.

- Staff member Holly Clay is now a well-established member of the team and continued to provide additional support for the regular gardening therapy group, as well as managing additional one-off sessions in the garden for a range of other beneficiary groups of all ages, from children to adults. Feedback from these sessions was very positive and heart-warming. She is ably supported in this by volunteer and trustee Liz Hume, who provides crucial commitment and skill with these diverse groups often requiring a high level of support.
- We welcomed Ruth Briel as a new trustee and really appreciate the experience she brings of mental health in general and specifically in older age.
- We appreciated the continuing support of a very skilled and committed team of volunteers. As well as formal volunteer meetings and an informal space before gardening sessions, when volunteers can chat and raise concerns, the co-ordinators continued to provide one-to-one time for each volunteer to discuss how they are getting along and any further guidance or training needed. In response to feedback, we held a mental health training day for our volunteers, to promote a deeper understanding of the issues that our gardening therapy participants face and to explore helpful strategies for supporting them. This was an excellent opportunity to discuss individual participants in depth and to share the considerable understanding and expertise within the group.

Thanks to a generous donation by the wife of one of our participants with dementia, we were also able to put on a volunteer social evening with Indian meal, which provided a relaxed setting to chat informally and to get to know each other a little more.

- We continued to prioritise teaching organic growing skills and planting to create bio-diversity. Our new no-dig area is proving very successful for all but root crops, such as carrot and parsnip. We are proud of the wide range of vegetables which grow well. 2023 was also a particularly successful year for soft fruit (blackcurrants, redcurrants and raspberries), which enabled us to get busy making jam for people to take home. We once again combined a small subsidised veg box scheme, open to those attending gardening sessions, with selling produce to the Angel Inn in Corbridge.
- The whole garden, including the extensive ornamental areas, were lovingly maintained to provide a beautiful, therapeutic space, not just for those attending gardening therapy sessions, but also for the local community at large. In May we once again had an Open Day, serving tea and cake to local visitors from County Durham and Northumberland, which provided an opportunity to introduce them to the garden and to our project.
- At the very end of 2022, we set up a new updated website with a more user-friendly admin site, which will facilitate easier management and allow us to increase participant input in the year ahead.
- The instagram account set up in 2022 gave participants, volunteers and staff the opportunity to share photos of memorable moments in and around the garden, which captured something of the diversity of what happens here. We appreciated the increased ability this provided to stay connected with all our friends and supporters.

### Financial review

The principal income sources for Let's Get Growing are from participant contributions for regular gardening therapy sessions, produce sales and additional one-off therapeutic workshops, as well as from funding from charitable trusts and private donations. The breakdown by percentage of all our income sources in this accounting period is shown below.

INCOME SOURCE	%
Participant contributions	55
Produce sales	4
Additional one-off workshops	8
Private donations and GiftAid	13
Charitable grants	20

In this reporting period, our regular gardening group met twice weekly. We also ran a number of additional one-off sessions in the garden for a range of other beneficiary groups.

There was an Open Day for the local community, which involved members of the gardening therapy group in selling tea and cake and in providing tours of the garden, which raised £304. The whole group had a hugely enjoyable day doing a sponsored walk around Blanchland which raised £2,026 and trustee Ruth Briel successfully completed an impressive sponsored bike ride from Lands End to John O'Groats, which raised a further fantastic £2,092.

We are also very grateful for the generosity of individual donors.

We remain committed to providing free or subsidised places to those who can benefit from the project, but who are unable to access statutory funding and do not have private means. Mostly this seems to be those with mental health difficulties who are living on benefits and are not eligible for a personal budget. We anticipate that we shall therefore require some charitable funding into the future to accommodate this aim, as well as to support the work of the organisation as a whole.

At the end of the reporting period, Let's Get Growing carried forward £27,572 restricted charitable funding allocated to the Minsteracres gardening therapy project, to be spent during the next financial year.

### Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 17 June 2010 and registered as a charity on 20 April 2017. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

There are currently four directors on the board. The directors of the company are also charity trustees for the purposes of charity law and, under the company's Articles, are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, one third of the members of the Management Committee must retire at each Annual General Meeting and may stand for re-election if desired.

The Management Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body, which now includes a retired head teacher, retired social worker, retired communications manager and retired psychiatrist.

All members of the Management Committee give their time voluntarily and receive no benefits from the charity.

The directors who served during the year are as stated below:-

Mrs Eileen Ewen      Ms Nuala O'Brien  
Mrs Elizabeth Hume   Dr. Ruth Briel

This report was approved by the Board on ..... 2024 and signed on its behalf by

E. Hume

**Elizabeth Hume**  
**Chair**

E.M. Ewen

**Eileen Ewen**  
**Director**

**Let's Get Growing Ltd.**

**Statement of Financial Activities  
From 1 December 2022 to 30 November 2023**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>2022/2023</b>	<b>2021/2022</b>
<b>INCOME</b>	5,675	64,499	70,174	66,727
Direct expenditure	4,762	55,775	60,537	58,052
	<b>913</b>	<b>8,724</b>	<b>9,637</b>	<b>8,675</b>
Administrative Expenses	0	6,265	6,265	5,927
Building Costs	0	0	0	0
Charitable Donations (Ukraine)	0	0	0	280
	<b>913</b>	<b>2,459</b>	<b>3,372</b>	<b>2,468</b>
<b>Creditors: amounts falling due within one year</b>	0	0	0	0
Unpaid wages	0	0	0	0
<b>Net income</b>	<b>913</b>	<b>2,459</b>	<b>3,372</b>	<b>2,468</b>
<b>Funds b/f as at 1 Dec 2021</b>	<b>881</b>	<b>25,113</b>	<b>25,994</b>	<b>23,526</b>
<b>Total funds carried forward</b>	<b>1,794</b>	<b>27,572</b>	<b>29,366</b>	<b>25,994</b>

*IP [Signature]*  
7/2/2024

**Let's Get Growing Ltd.**  
**Balance Sheet as at 30 November 2023**

	2022/2023 £	2021/2022 £
<b>Current assets</b>		
Bank Current Account	25,994	23,526
<b>Total current assets</b>	<b>25,994</b>	<b>23,526</b>
Creditors: amounts falling due within one year	0	0
<b>Total net assets</b>	<b>25,994</b>	<b>23,526</b>

**Capital and reserves**

	2022/2023	2021/2022
Called up share capital	0	0
Income and expenditure account	25,994	23,526
<b>Total members funds</b>	<b>25,994</b>	<b>23,526</b>

**Directors' Statements**

For the accounting period ended 30 November 2023, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

E. Hume  
**Elizabeth Hume**  
**Chair**

E.M. Ewen  
**Eileen Ewen**  
**Director**

**Let's Get Growing Ltd.****Notes to the financial statements  
For the period 1 December 2022 to 30 November 2023****1. Accounting policies****1.1. Accounting convention**

The financial statements are prepared under the historical cost convention and in accordance with applicable accounting standards, and in accordance with the Financial Reporting Standard for Smaller Entities 2015.

**1.2. Turnover**

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of services falling within the company's ordinary activities, wholly undertaken within the UK.

**2. Company limited by guarantee**

The company is limited by guarantee. Every member of the Company undertakes to contribute such amount as may be required (not exceeding £10) to the Company's assets if it should be wound up while they are a member, or within one year after ceasing to be a member, for payment of the Company's debts and liabilities contracted before ceasing to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributories among themselves. If the Company is wound up or dissolved and after all its debts and liabilities have been satisfied there remains any property it shall not be paid to, or distributed among the members of the Company, but shall be given or transferred to some other Company or charities having similar objects which prohibit the distribution of its income and property, directly or indirectly, by way of dividend, bonus or otherwise by way of profit, to members of the Company

**3. Controlling interest**

In the opinion of the directors the company is under no controlling interest.

## Let's Get Growing Ltd.

## 4. Detailed income and expenditure account for the period 1 December 2022 to 30 November 2023

Income	1 Dec 2022 - 30 Nov 2023		
	Restricted	Unrestricted	Total
<b>Grants:</b>			
Boundary Lane Wind Farm	5,000.00	0.00	5,000.00
Bernicia Foundation	8,900.00	0.00	8,900.00
<b>Total Grants</b>	<b>13,900.00</b>	<b>0.00</b>	<b>13,900.00</b>
<b>Donations</b>	<b>8,360.14</b>	<b>0.00</b>	<b>8,360.14</b>
<b>Participant contributions</b>	<b>38,314.18</b>	<b>0.00</b>	<b>38,314.18</b>
<b>Produce sales:</b>			
Veg box scheme	1,248.00	0.00	1,248.00
Other produce sales	1,360.75	0.00	1,360.75
<b>Total Produce sales</b>	<b>2,608.75</b>	<b>0.00</b>	<b>2,608.75</b>
<b>Garden project fees</b>	<b>0.00</b>	<b>5,475.00</b>	<b>5,475.00</b>
<b>Building rental</b>	<b>0.00</b>	<b>200.00</b>	<b>200.00</b>
<b>Sundry</b>	<b>136.06</b>	<b>0.00</b>	<b>136.06</b>
<b>GiftAid</b>	<b>1,179.72</b>	<b>0.00</b>	<b>1,179.72</b>
<b>TOTAL INCOME</b>	<b>64,498.85</b>	<b>5,675.00</b>	<b>70,173.85</b>
<b>Expenditure</b>			
<b>Direct Expenditure:</b>			
Project management fees	42,292.00	3,816.00	46,108.00
Garden materials	6,124.79	446.49	6,571.28
Participant transport	7,177.00	0.00	7,177.00
Participant outings	81.00	0.00	81.00
Room hire (panto)	100.00	0.00	100.00
Project management fees refund	0.00	500.00	500.00
	<b>55,774.79</b>	<b>4,762.49</b>	<b>60,537.28</b>
<b>Administration Expenses :</b>			
Admin/accounting fees	5,256.00	0.00	5,256.00
Printing	0.00	0.00	0.00
Stationery/Postage	63.14	0.00	63.14
Companies House	13.00	0.00	13.00
Insurance	594.68	0.00	594.68
Website	216.00	0.00	216.00
Sundry	121.76	0.00	121.76
	<b>6,264.58</b>	<b>0.00</b>	<b>6,264.58</b>
<b>TOTAL EXPENDITURE</b>	<b>62,039.37</b>	<b>4,762.49</b>	<b>66,801.86</b>
<b>Creditors: amounts falling due within one year</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Retained surplus from period</b>	<b>2,459.48</b>	<b>912.51</b>	<b>3,371.99</b>
<b>Funds b/f as at 1 Dec 2022</b>	<b>25,112.63</b>	<b>881.16</b>	<b>25,993.79</b>
<b>Total funds carried forward</b>	<b>27,572.11</b>	<b>1,793.67</b>	<b>29,365.78</b>

*Prudential*  
7/5/2024