

WALK THE LOOP

England & Wales · Charity number 1173103

Details

Status Registered

Legal form CIO

Registered 2017-05-18

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

Contact

Address Flat 23
Block A
Ardmore Lane
Buckhurst Hill
IG9 5RY

Phone 07983996373

Email info@walktheloop.org.uk

Website www.walktheloop.org.uk

Activities

Objects: 1. THE ADVANCEMENT OF EDUCATION FOR THE PUBLIC BENEFIT BY PROVIDING SERVICES FOR CHILDREN AND YOUNG PEOPLE (PARTICULARLY AGE 0-8) THAT PROMOTE THEIR HOLISTIC DEVELOPMENT (INCLUDING PHYSICAL, COGNITIVE, SOCIAL AND EMOTIONAL) THROUGH EXPERIENTIAL LEARNING OUTSIDE THE CLASSROOM AT SITES OF NATURAL BEAUTY OR OF SPECIAL INTEREST ON OR NEAR THE LONDON LOOP.2. TO ACT AS A RESOURCE FOR DISADVANTAGED CHILDREN AND PARENT-CARERS LIVING IN THE LONDON AREA WHO ARE EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, OWING TO THEIR SOCIAL AND ECONOMIC CIRCUMSTANCES, BY PROVIDING RECREATIONAL AND LEISURE TIME SERVICES WITH A VIEW TO IMPROVING THE CONDITIONS OF LIFE OF SUCH PERSONS AND HELPING THEM GAIN NEW SKILLS

Activities: We run a range of activities to engage young children and their parent-carers with nature in the form of walks, trails, scavenger hunts and related arts and crafts activities in the Greater London area. This has been during the week, on weekends, at half-term and over the summer holidays so as to be inclusive, reaching out to people in the local community and beyond who may have limited resources

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Recreation
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£3,096	£4,501	-	-
2023-12-31	£6,485	£2,051	-	-
2022-12-31	£6,176	£6,366	-	-
2021-12-31	£387	£4,090	-	-
2020-12-31	£3,523	£992	-	-

Trustees

Name	Role	Appointed
Delia Ray		2024-09-06
Lindsley Shearer Mrs		2024-10-17
Olivia Ann Margaret Lowe M.A Ed		2017-05-31

WALK THE LOOP

England & Wales - Charity number 1173103

Accounts

Walk the Loop
 Registration No. 1173103
 Annual Return 1st January 2024 to 31st December 2024

<u>2023</u>	<u>Receipts</u>	<u>2024</u>
3,060.00	Waltham Forest Adult Learning Service	2,721.00
-	LBWF Community Ward Fund	375.00
3,351.00	Co-op Community Fund	-
75.00	Donations	-
<u>6,486.00</u>	<u>Total Income</u>	<u>3,096.00</u>
<u>Payments</u>		
296.00	Project Coordination	1,056.00
840.00	Specialist Facilitation & Support/Delivery	2,215.00
-	Training	250.00
150.00	Venue Hire	505.00
159.00	Marketing & Promotion	-
371.00	Materials & Resources	261.00
130.00	Liability Insurance	154.00
35.00	DBS costs	-
69.00	Bank Charges	60.00
<u>2,050.00</u>	<u>Total Expenditure</u>	<u>4,501.00</u>
<u>4,436.00</u>	<u>Surplus / (Deficit)</u>	<u>(1,405.00)</u>
4,844.00	Balance B/F	9,280.00
<u>9,280.00</u>	Balance C/F	<u>7,875.00</u>
<u>4,436.00</u>	<u>Agree Balances with Receipts & Payments A/cs</u>	<u>(1,405.00)</u>
Balance C/F represented by:		
	Cash & Bank	6,968.00
	Outstanding Learning Service Grant	907.00
		<u>7,875.00</u>

Notes:

The deficit that emerges from our 2024 Annual accounts is not a cause for concern. First, we are grateful to the local Co-op for taking us on as a community charity over 2023. This raised funding for Walk the Loop of £3,351.00 which was awarded to us by cheque in late November 2023. Over 2024, we have been able to use the funding on an ongoing basis to ensure our services run smoothly and that we can deliver seasonal events, particularly over Winter.

Second, we are grateful to Waltham Forest Learning Services for awarding Walk the Loop a fund of £2,721.00 to run our Inspired by Nature Project from late Spring to late Autumn. The payment was in three instalments, each at £907.00. The third of these is still to be paid and will appear in our 2025 accounts.

Signed by Olivia Lowe (Founder & Trustee) on behalf of the Trustees

Olivia A.M. Lowe

Walk the Loop

Registration No. 1173103

Annual Return 1st January 2024 to 31st December 2024

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 Registration No. 1173103
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Olivia A.M. Lowe

Walk the Loop

Registration No. 1173103

Annual Return 1st January 2024 to 31st December 2024

WALK THE LOOP

England & Wales - Charity number 1173103

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Summary Trustees' Annual Report for the period

From January 2023 To

December 2023

Charity name: Walk the Loop

Charity registration number: 1173103

Objectives and Activities

Summary of the purposes of the charity:

1. The advancement of education for the public benefit by providing services for children and young people (particularly age 0-8) that promote their holistic development (including physical, cognitive, social and emotional) through experiential learning outside the classroom at sites of natural beauty or of special interest on or near the London Loop
2. To act as a resource for disadvantaged children and parent-carers living in the London area who are excluded from society, or parts of society, owing to their social and economic circumstances, by providing recreational and leisure time services with a view to improving the conditions of life of such persons and helping them gain new skills.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Over the year, we ran twelve events at Pimp Hall Nature Reserve located in Chingford, off the King's Road – E4 5HR. Some 70 families attended, mostly from the local area. Based there is the Hornbeam Learning Lodge where we hire indoor space to complement outdoor activities especially in very wet or windy weather. It includes toilets and a kitchen as well as storage space for materials and resources. Also in the reserve, is the Dovecote, a restored 17th century building that provides an intimate and atmospheric exhibition space.

We were able to run events that reflected the course of nature through the seasons and how people may be feeling at different points of the year.

January to March:

To mark the start of the year and the feeling of gloom that can take over from a Christmas and New Year festivities, we ran an event on **Light in Darkness** with leaf lanterns and a wishing tree, inviting children and families to express their hopes and aspirations for the year to come.

Late March to June:

We ran four events taking place on Sundays from 2-4pm. We had three main learning outcomes:

To help parent-carers:

1. support children as they:
 - engage with nature
 - find out about aspects of nature around them
 - draw inspiration from these to make and create
2. enjoy quality time with the children in a calming green space, realising how time spent in nature can enhance a sense of well-being
3. take what they have learned further in their everyday lives

Each event was focused on a different theme / aspect of nature with some overlapping: 26th March – Birds of a Feather; 23rd April – The Wonder of Leaves; 30th April - The Joy of Wild flowers; 11th June – Insect Haven.

July to early September

Over the Summer holidays, we followed up with a further four sessions that had the same overarching learning aims but were focussed in particular on how Maths underpins so much of what we see in Nature. Under the theme of Nature's Patterns, we looked at: 4th August – Number; 15th August – Size; 25th August – Shape; 1st September – Symmetry.

September to December

As in the previous year, we were able to run indoor activities as part of the London Fungus Network's Shroom Sunday on 15th October. Then, in December we ran two events to help bring a sense of comfort and consolation to the shorter and colder days of Winter: 3rd December – Winter Warmth; 16th December – Winter's Gifts

In addition to our specific events, our challenge has been to sustain the positive aspects of the Nurture and Grow Project we ran in 2022, helping wild flowers grow and thrive in the reserve and monitoring how they may be benefiting wildlife. This has meant regular visits and checks to the reserve, weeding, culling, watering, sowing seeds and planting.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

We had detailed session plans drawn up for our events that were carefully thought through to ensure we kept our learning aims in mind while seeking to be creative and adaptable on the day. We also took photos to capture a visual record of the events when and where appropriate. We only took photos of families when they gave formal consent.

Overall, the sessions met our hopes and expectations with diverse and cross-curricular activities that could provide a rounded and uplifting experience for families.

We sought to ensure a free flow between the indoor and outdoor spaces. When it was particularly hot on 11th June, we made sure outdoor activities were mostly in shaded areas.

- Some Feedback on our Achievement and Performance

At each event, we asked a random sample of parent-carers to complete an evaluation. Overall, these show that families felt welcome and well supported. They found the sessions interesting, informative and enjoyable and gained an awareness of how just a simple walk in nature can be one of joy and discovery. They learned about the plants and wildlife around and planned to take some of our arts and crafts activities further. They found being at the reserve calming and relaxing and felt safe socialising with others, sometimes joining up with friends who came to the same event. A number of the families were visiting the reserve for the first time even though they lived nearby. It was a new discovery for them. Some comments made include:

“Great! Lovely, helpful staff. An excellent balance of guided learning and then letting us explore.”

“Learnt so much. Had the opportunity to be creative.”

“Lots of different and enjoyable activities for us to do.”

“Nice relaxed environment.”

Working Together

We liaised closely with the Friends of Pimp Hall Nature Reserve and the Hornbeam Learning Lodge where we hire indoor space.

In order to deliver events, we took on freelance specialists from the local area, including a project coordinator and skilled facilitators with relevant knowledge, experience and training in such areas as environment, forest school, planting, growing, arts and crafts. Volunteers also played a crucial role. On occasion, we worked in partnership with other organisations such as Kids' Kitchen for our Light in Darkness and Winter Warmth events and The London Fungus Network for Shroom Sunday. In such cases, we welcomed the opportunity to share ideas, facilities and resources.

Sources of Funds and Fundraising

Also a key partner was Waltham Forest Adult Learning Services. They awarded us a Community Grant of £3,060 that provided funding and support for our Spring and Summer sessions. We are grateful for their constructive backing. We are similarly grateful to the local Co-op for taking us on as a community charity and helping raise funds of £3350.69 for us across the year to help with running universal events for the community. In addition, donations in small cash and in kind (particularly when it comes to arts and crafts) helped us build up a rich variety of resources at little cost.

Financial Review

At the close of 2023, our charity has some £9,240 in the accounts as outlined in our income and expenditure account / statement that has been submitted to the Charity Commission alongside this report.

Risk Management

Walk the Loop has a strong culture of quality assurance so as to help ensure it can meet the objectives set out in its constitution smoothly and effectively.

- Finances

To provide a safety net for any unexpected eventualities or emergencies, Walk the Loop maintains reserves of £3,000. Over 2023, it's main income has been from grants that are awarded on a yearly basis. To ensure financial resilience and sufficient income for 2024 and the years to come, there is an acute awareness of the need to draw on a range of fundraising streams without an over-reliance on any single one. Working in supportive partnerships with other local organisations and receiving donations in kind helps to reduce costs.

Currently, outgoing payments are made by cheque. Bank statements are received by post on a monthly basis recording income and expenditure. With the closure of local bank branches and the shift towards online banking, it has been agreed that over 2024, Walk the Loop should open an online bank account.

Being a very small charity that runs front-line events for children and families, Walk the Loop has not taken on employees directly but works with local specialists on a freelance basis as well as

volunteers. Steps are taken to value and support them in their work. They have proved to be committed and reliable.

- **Governance**

The Walk the Loop constitution details our trustee selection methods, which are also outlined in our Trustee Recruitment Policy. Over 2023, three trustees have been in place with relevant specialist areas in education, law and safeguarding. While they have provided consistent oversight over the last three years if not more, two of them envisage stepping down in 2024. A key concern for 2024 will be to ensure new trustees are found to replace them with a clear transition and induction.

The policies and procedures drawn up and approved by the trustees mainly focus on the importance of delivering our front-line services with due diligence and care. They relate to codes of conduct, safeguarding, health and safety, recruitment, DBS vetting, complaints and inclusion. Over 2024, policies and procedures set out in the updated Annual Return set out by the Charity Commission, will be introduced for good practice.

- **Running events**

In order to make sure we can consistently provide a meaningful and joyful experience to those participating in our events, careful planning, preparation and monitoring underpin our approach to running events with a checklist, guidelines, session plans and evaluations followed through on a systematic basis.

The people coordinating and facilitating our events are required to follow our safeguarding and health and safety procedures. Risk assessments are regularly carried out, particularly when it comes to checking the reserve for possible hazards.

Liability insurance is updated for the organisation on a yearly basis. At the same time, the events run are not for children on their own. We require that they be accompanied by a parent-carer who is ultimately responsible for supervising the children in their care. This is agreed with the parent-carers when they register with us. Similarly agreed is whether they are open to photos being taken of them and their children. Photos are only taken when they have given consent.

Structure, Governance and Management

We are a Charitable Incorporated Organisation (CIO) under the name of **Walk the Loop** and have a constitution whose only voting members are its charity trustees.

Names and Addresses of our Current Management Committee (Trustees)

Mrs Olivia Lowe	23 Queensbury Ardmore Lane Buckhurst Hill IG9 5RY	Founder and Trustee
Mrs Delia Ray	51 Mulberry Way South Woodford London E18 IE8	Trustee

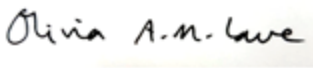
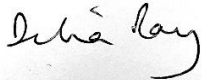

Mrs Lindsley Shearer	29 Highwood 13 Sunset Avenue Woodford Green IG8 0SZ	Trustee
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Reference and Administration Details

Charity name	Walk the Loop
Other name the charity uses	
Registered charity number	1173103
Charity's principal address	23 QUEENSBURY ARDMORE LANE BUCKHURST HILL IG9 5RY
	Tel: 07983 996373 Email: info@walktheloop.org.uk Website: www.walktheloop.org.uk

Declarations

The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees

Olivia Ann Margaret Lowe	
Delia Ray	
Lindsley Shearer	

Date: 31st October 2024

Organisation/Individual name: Walk the Loop		Registration 1173103
Period covered	Starting: January 2023	Ending: December 2023

INCOME (for the period above)	£ income
Waltham Forest Adult Learning Services	3060
Co-op	3350.69
Donations	74.79
TOTAL INCOME FOR THE PERIOD	6485.48

EXPENDITURE (for the period above)	£ expenditure
Project Coordination	296
Specialist Facilitation and Support	840
Venue Hire	150
Marketing and Promotion	159.10
Materials and Resources	371.89
Liability Insurance	130.34
DBS updates	35
Bank Charges	68.50
TOTAL EXPENDITURE FOR THE PERIOD	2050.83

Balance B/F 31.12.2022 = £4,843.47

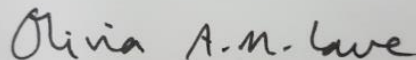
Balance C/F 31.12.2023 = £9,279.52

We, the trustees of Walk the Loop, confirm this is an accurate record of income and expenditure:

Name of person completing form:

Olivia Lowe

Signature:



Position in organization

Founder and Trustee

WALK THE LOOP

England & Wales - Charity number 1173103

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Summary Trustees' Annual Report for the period

From January 2022 To December 2022

Charity name: Walk the Loop

Charity registration number: 1173103

Objectives and Activities

Summary of the purposes of the charity:

1. The advancement of education for the public benefit by providing services for children and young people (particularly age 0-8) that promote their holistic development (including physical, cognitive, social and emotional) through experiential learning outside the classroom at sites of natural beauty or of special interest on or near the London Loop
2. To act as a resource for disadvantaged children and parent-carers living in the London area who are excluded from society, or parts of society, owing to their social and economic circumstances, by providing recreational and leisure time services with a view to improving the conditions of life of such persons and helping them gain new skills.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Our main focus over the year was on our **Nurture and Grow Family Learning Project** funded by the Emergence Foundation with the purpose of inviting local families to join in activities that would help a dedicated area in Pimp Hall Nature Reserve in North Chingford, E4 7HR, Greater London, become a haven for wildlife by growing and nurturing flowers and plants that are of benefit to insects, birds, bats and other creatures. Our aim was for the families to get close up to nature, observing how it shifts through the seasons, learning about the habitat and how to help it thrive. At the same time, they would be able to make and create through related arts and crafts and have quality time together in a calming and beautiful green space. We set out five outcomes:

Participants will:

- learn about nature by observing the shift of seasons and finding out about the flowers, trees, plants, birds and other wildlife.
- appreciate how nature is a versatile tool for learning across the curriculum at very little cost.

- give shape and expression to their experience through arts and crafts activities, drawing inspiration from natural resources with creative imagination.
- have made a significant difference to a local reserve by engaging in activities that help it become a wildlife haven.
- take pride in having contributed with others to a community endeavour that is of benefit to the local area and environment in the shorter and longer term.

As set out in our application, we ran sixteen sessions over a period of eight months in order to achieve these outcomes.

Three of the events were open to the wider community in the summer holidays and for an exhibition we held in October. The events ran twice a month: from March to August on Fridays and Sundays; from September to October on Sundays only.

We ran two other separate events on April 8th and May 30th that were open to the wider public.

Working Together

For two of the events on 29th August and 9th October, we liaised with other organisations, helping broaden our reach: Waltham Forest Adult Learning Services; London Fungus Network. We also continued to work closely with the Friends of Pimp Hall Nature Reserve and staff from the Hornbeam Learning Lodge where we hire indoor space to complement outdoor activities especially in wet weather. We took on a self-employed coordinator and two forest school specialists from the local area to plan and deliver events. Volunteers played an invaluable role, bringing enthusiasm and creativity to the mix. This was particularly for our events on April 8th and May 30th.

We were also able to work with Docklands Creative and students studying web design at the University of East London to create a microsite dedicated to recording how our project progressed from month to month.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

As planned, we worked with a core group of families from the local area for our Nurture and Grow Project. We envisaged having 12 families join us on a regular basis. In reality, 11 families joined us. They did not attend every event. As further envisaged, we were able to reach out to a much broader range of families at events over the summer holidays and for our closing display / exhibition when we could share what we were doing and awake interest in sustaining our project further.

The core families we worked with had children aged 0-8. While it was mostly mothers attending, fathers came as well with extended family. A childminder was also able to step in when one of the mothers was working. The family life situations, needs and ethnic backgrounds were diverse

including White British, Black British, Asian British, Italian, Japanese. For one event, a Ukrainian refugee family joined us.

Successes

The project lead, coordinator and specialist support worked effectively as a team. We had thought through the project sufficiently well to be able to follow through our intentions to a large degree with activities that were educational, meaningful and relaxing for participants, bringing out creativity as captured in our closing exhibition. We could palpably see from month to month how the patch changed and developed.

Each event brought into play cross curricular learning and development covering such aspects as: natural science; environmental awareness; comparing and contrasting; exploring colour, shapes and patterns; appreciating the beauty of the ordinary; hand-eye coordination; gross and fine motor skills; following instructions; vocabulary development; speaking and listening. We could be holistic, helping foster social, emotional and spiritual well-being both for the children and the parent-carers

We had a certain routine in place. On arrival, we invited participants to join us in looking at the patch and how it had changed since we last saw it, then following up with decluttering, planting and watering as was necessary. Through this routine, children and parent-carers could familiarize themselves with the patch and grow attached to it, taking pride in the difference they were making as a group coming together for a joint nurturing activity.

This feeling of pride and attachment was consolidated by building up to our closing exhibition to which families actively contributed, preparing exhibits both individually and also as a group as, for example, when it came to creating our Nurture and Grow sign with clay letters or our Nature's Circle. They helped set up the exhibition and could then show it to others.

On an ongoing basis and at the close, we invited participants to sum up how they felt about the project overall in words or arts and crafts or both.

Some Feedback on our Events

"Great way to build a community and support local wildlife". Anonymous

"We need more places to cultivate mindfulness, connection, hands-on learning / sharing knowledge, physical activity and contact with nature. Thank you for setting up this lovely oasis of real humanity for our children and us!"

Anonymous

"Lovely way to spend time with my 3 year old -he feels very free and confident outside. A big adventure for him and so lovely to see him connecting with nature." Usma

"Thank YOU for this beautiful project. We are delighted to have had the privilege to be part of it. A project so strong in its utter simplicity. So meaningful in its delicate unfolding. So intense in its shared kindness. Thank you for making it

happen. Yes please do keep us posted about further events. And yes, I would really love to be further involved in your work.” Valentina

“I just wanted to say a big thank you to all of you for wonderful sessions this year. You taught us how to love and nurture the nature and you also nurtured us. It wasn't always easy for me to get out of the house with my two especially after a tough and tiring week but I was always able to forget about all the stress and fatigue and enjoyed every moment once I got there. My two learnt so much from you and enjoyed every session. So thank you. We'd love to come back to any future events and sessions. X” Ayako

Financial Review

At the close of 2022, our charity has some £4843.47 in the accounts as outlined in our income and expenditure account / statement. This includes reserves of £3,000 that provide a safety net for any unexpected eventualities or emergencies.

Sources of Funds and Fundraising

We ensured we spent the restricted funds provided to us by the Emergence Foundation on activities related to the **Nurture and Grow Project**. In addition, we offered two open events for free, inviting donations and support in kind. We also collaborated with other like-minded organisations and individuals, sharing ideas, facilities and resources so as to be able to keep focus on a positive way forward.

Risk Management

Sustainability is our greatest challenge. Running our Nurture and Grow Project proved to be an intense experience with detailed planning and preparation and frequent visits to the reserve to keep an eye on our wildflower patch and water. Following this through in the long-term is going to need some careful monitoring. It will be intriguing to see what plants may come to the fore in 2023 and beyond. We will need to draw on local environmental and horticultural expertise to guide us on aspects of planting, pruning and culling with continued help from volunteers as well as the families we worked with, encouraging them to take on more responsibilities yet recognizing that they have complex lives and priorities that may make it difficult for them to commit. Overall, we will continue to run open universal events particularly at half-term and in the holidays, and to develop our website which we would like to see used on a more interactive basis.

Structure, Governance and Management

We are a Charitable Incorporated Organisation (CIO) under the name of **Walk the Loop** and have a constitution whose only voting members are its charity trustees.

The constitution details our trustee selection methods, which are also outlined in our Trustee Recruitment Policy.

Names and Addresses of our Current Management Committee (Trustees)

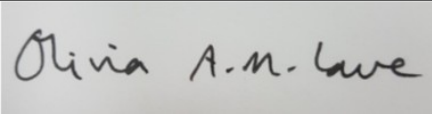

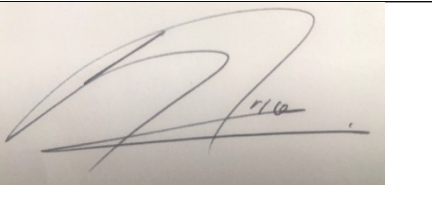
Ms Olivia Lowe	23 Queensbury Ardmore Lane Buckhurst Hill IG9 5RY	Founder / Secretary
Ms Saika Alam	1 Horsley Road Chingford London E4 7HX	Chair: Legal support
Mr. Steven Price	23 Grove Park Wanstead London E11 2DN	Safeguarding

Reference and Administration Details

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Olivia Ann Margaret Lowe	
Saika Alam	
Steven Price	

Date: 31st October 2023

Organisation/Individual name: Walk the Loop		Registration 1173103
Period covered	Starting: January 2022	Ending: December 2022

INCOME (for the period above)	£ income
Emergence Foundation Grant	5760
Donations	246.27
Facilitation for Shroom Sunday	150.00
TOTAL INCOME FOR THE PERIOD	6176.27

EXPENDITURE (for the period above)	£ expenditure
Project Coordination and Facilitation	3840
Specialist Support	1285
Venue Hire	370
Marketing and Promotion	240
Materials and Resources	432.16
Liability Insurance	131.00
Bank Charges	67.45
TOTAL EXPENDITURE FOR THE PERIOD	6365.61

Net expenditure for 2022 = £189.34

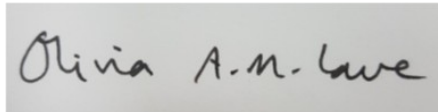
Balance B/F 31.12.2021 = £5,032.81
Less net expenditure - £189.34
Balance C/F 31.12.2022 = £4,843.47

We, the trustees of Walk the Loop, confirm this is an accurate record of income and expenditure:

Name of person completing form:

Olivia Lowe

Signature:



Position in organisation

Founder and Trustee

WALK THE LOOP

England & Wales - Charity number 1173103

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Summary Trustees' Annual Report for the period

From **January 2021** To
December 2021

Charity name: Walk the Loop

Charity registration number: 1173103

Objectives and Activities

Summary of the purposes of the charity:

1. The advancement of education for the public benefit by providing services for children and young people (particularly age 0-8) that promote their holistic development (including physical, cognitive, social and emotional) through experiential learning outside the classroom at sites of natural beauty or of special interest on or near the London Loop
2. To act as a resource for disadvantaged children and parent-carers living in the London area who are excluded from society, or parts of society, owing to their social and economic circumstances, by providing recreational and leisure time services with a view to improving the conditions of life of such persons and helping them gain new skills.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

2021 continued to be marked by COVID-19 adjustments and adaptations. This did not prevent us from being proactive.

Our focus over the early months was on the **Nature and You Project** we embarked on in October 2020 thanks to funding received from the National Lottery to support families who might be struggling with the impact of the pandemic.

The original project outline was to run twelve events for small socially distanced groups at Pimp Hall Nature Reserve in Chingford, engaging them with nature through trails and arts and crafts; to share online and in local hubs some four discovery packs. By the time we completed our interim review in December 2020, we had run **three events** in Pimp Hall Nature Reserve and created **one discovery pack**.

In the early months of 2021, COVID-19 restrictions meant that we were not able to run face to face events as planned. Instead, we set up trails that could stay up

over a monthly or six-weekly period for families to follow at their own time and pace. The purpose of these was to help lift their spirits and engage their interest in what nature had to offer at a time of collective sadness. With this in mind, we set up a: **Valentine Trail** over February and a **Bird Trail** for March-April.

We also continued with a newsletter, our website and our online presence using such platforms as Facebook while developing a further **discovery pack** on the theme of **Light and Darkness**.

From April through spring and summer we followed in the spirit of our **Nature and You Project**. We were able to run face to face events again while continuing with the creation of two more **discovery packs** on the themes of **Birds on the Wing** and **Just one Flower** and keeping current COVID-19 guidelines foremost in our mind with appropriate adjustments.

Events on the Ground

Open events at the reserve included **Birds Nesting** on 17th and 24th April as well as a **Butterfly and Insect Trail - Now you See Them, Now you Don't** on 4th and 5th June with accompanying arts and crafts. We left the trail up for families to enjoy over the weeks to come. On 10th October we participated in a **Shroom Sunday event**.

A rise in cases of the Omicron COVID-19 virus led us to put a hold to events on the ground for the rest of the year.

Adopt a Wildflower Patch Sessions - Summer Pilot Project

We agreed with the Friends of Pimp Hall Nature Reserve to adopt a wildflower patch at the reserve which families could look after and nurture over the months to come in order to encourage wildlife particularly bees. This ran from 26th July to September 24th with some **five events**. Our plan was to pilot this with a view to developing the project further over 2022-2023.

Working Together

As in previous years, we worked closely with the Friends of Pimp Hall Nature Reserve and staff from the Hornbeam Learning Lodge where we hire indoor space to complement outdoor activities especially in wet weather. We also took on a self-employed coordinator, a herbalist and a forest school specialist to help, particularly with our **Adopt a Wildflower Patch Project**. We further worked in partnership with Kids' Kitchen on 26th April, 4th and 5th June as well as the London Fungus Network on Shroom Sunday in October. Volunteers played an invaluable role in planning and running our open events, bringing enthusiasm and creativity to the mix.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

We stayed true to the commitments we made in our application for the **Nature and You Project** but had to go beyond the original end date owing to COVID-19

restrictions. We now have **four discovery packs** that can be downloaded from our website: www.walktheloop.org.uk/resources as well as **three trails** for families to follow at their own time and pace. These can be set up in a range of locations.

When possible, we ran face to face events (in spring, summer and early autumn). Careful planning helped ensure we were appropriately set up for the event so that families could engage in activities with a good free flow in their own separate bubbles or joining up with other families and friends when COVID-19 guidelines allowed. They found the activities informative and engaging. The materials and resources helped them learn and be creative

We piloted an **Adopt a Wildflower Patch** project from July to September which we plan to develop further over the year to come. Families reacted positively to our explanation as to the purpose of our project and made some offers to take part in it on an ongoing basis. We kept note of their details. There was a lovely atmosphere, partly due to people being able to come together in what they felt was a safe environment

Some Feedback on our Events

“Thank you for organising this thoughtful and inspiring Valentines Trail. It was a wonderful wander around the reserve in sunshine, following the clues and enjoying the early Spring surprises. Wonderful.

“I took my two boys (6,9) around for a spring explore on Sunday. They absolutely loved hunting for birds and bees. Lovely.”

“It was brilliant, simple and relaxed but with plenty for the kids to do at their own pace. My children are 18 months and 3 years old and they both had a great time exploring the trail and the activities. My older daughter loved seeing the caterpillars in the jars and they both enjoyed playing with the magnifying glasses. This was our first time at the nature reserve and I really liked how it feels safe and gives children the chance to run around and enjoy nature.”

“Very well organised. Friendly and welcoming staff. Lots of outdoor stimulation and a fun trail to engage with nature.”

“A fun easy way to learn about nature. We collected things to put in our bug hotel and then decorated it. There was lots of help and extra activities.”

Financial Review

At the close of 2021, our charity has some £5,032 in the accounts as outlined in our income and expenditure statement. This includes reserves of £3,000 that provide a safety net for any unexpected eventualities or emergencies.

Sources of funds and fundraising

We ensured we spent the restricted funds provided to us by the National Lottery on activities carried out in the spirit of our **Nature and You Project**. In addition, we offered events for free, inviting donations and support in kind. We also collaborated with other like-minded organisations and individuals so as to be able to keep focus on a positive way forward.

Late in the year we carried out some additional fundraising activities with a Winter Craft Stall at Bedford House in Buckhurst Hill and by leading some six walks for the Hornbeam Centre based in Walthamstow. These activities helped raise funds for the charity as is recorded in our monthly accounts.

On October 30th we submitted a full application to the Emergence Foundation to take out **Adopt a Wildflower Patch** pilot sessions further and run a **Nurture and Grow Project** from February to October 2022. Confirmation that our application has been successful was given to us in January 2022.

Risk management

In the early months of 2022, we will focus on developing our **Nurture and Grow Project** while adapting to COVID-19 developments if need be. We will continue to run open universal events alongside, particularly at half-term and in the holidays. We will develop online communication through our website and social media. We will also take time to review our situation and set out a strategy for 2023-2025 so as to build up resilience and flexibility as we move on.

Structure, Governance and Management

We are a Charitable Incorporated Organisation (CIO) under the name of **Walk the Loop** and have a constitution whose only voting members are its charity trustees.

The constitution details our trustee selection methods, which are also outlined in our Trustee Recruitment Policy.

Names and Addresses of our Current Management Committee (Trustees)

Ms Olivia Lowe	23 Queensbury Ardmore Lane Buckhurst Hill IG9 5RY	Founder
Ms Emine Osman	22 Broxbourne Avenue, South Woodford, London E18 1QG	Treasurer
Ms Saika Alam	1 Horsley Road Chingford London E4 7HX	Chair: Legal support
Mr. Steven Price	23 Grove Park Wanstead London E11 2DN	Safeguarding

Names and Addresses of our Advisers (educational)

Lori Shearer	6 Woodside Road	Previous primary school
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	Woodford Green Essex IG8 OTR	teacher
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Reference and Administration Details

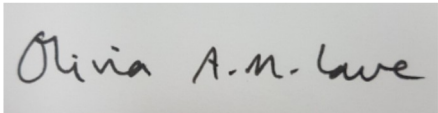

Charity name	Walk the Loop
Other name the charity uses	
Registered charity number	1173103
Charity's principal address	FLAT 23 BLOCK A ARDMORE LANE BUCKHURST HILL ESSEX
	Tel: 07983 996373 Email: info@walktheloop.org.uk Website: www.walktheloop.org.uk

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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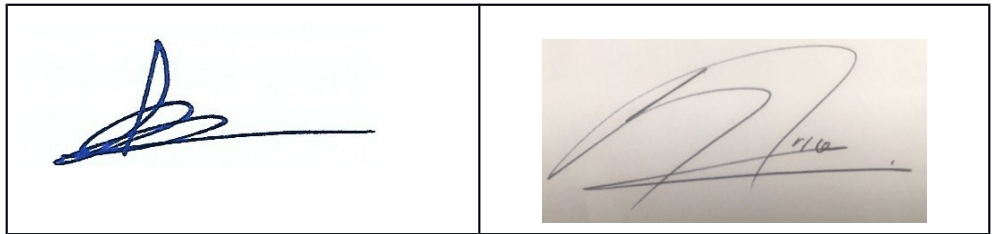
Full name(s)

Olivia Ann Margaret Lowe	Emine Osman
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Position (eg Secretary, Chair, etc)

Founder	Treasurer
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Signature(s)



Full name(s)

Saika Alam	Steven Price
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Position (eg Secretary,
Chair, etc)

Chair	Safeguarding
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Date

31.10.22

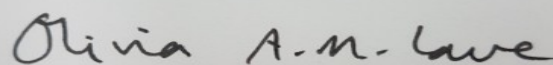
Walk the Loop Income and Expenditure - 2021 -

Month (2021)	Income £	Expenditure £
January	0	211.85
February	0	120
March	0	567.23
April	0	947.23
May	0	120
June	10	203.91
July	2.5	0
August	0	323.56
September	0	800
October	180	0
November	100	274.82
December	94.28	641.6

Total Income 2020	386.5
Total Expenditure 2020	4,090.20
Total Balance 2020	-3,703.70

Total Overall Balance for 2022	8,409.00
Total Overall Balance for 2021	5,032.81

EMINE OSMAN



27.10.2021

· **January to December**

Category

Forest School specialist and resources

Room hire

Forest School specialist, resources, printing (trails and discovery packs)

Coordination of social media, resources, printing (trails and discovery packs)

Room hire

Payments in: donation. Payments out: resources for our Summer Adopt a Patch I

Donation

Coordination of social media and resources re online

Summer coordination and facilitation

Health walks carried out for the Hornbeam Centre

Payments in: sessions run for the London Fungus Network. Payments out: liability

Payments in: donations. Payments out: herbalist specialist, coordination of ev

Project

y insurance, DBS, room hire
ents, bank charges

WALK THE LOOP

England & Wales - Charity number 1173103

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Summary Trustees' Annual Report for the period

From January 2020 **To**
December 2020

Charity name: Walk the Loop

Charity registration number: 1173103

Objectives and Activities

Summary of the purposes of the charity:

1. The advancement of education for the public benefit by providing services for children and young people (particularly age 0-8) that promote their holistic development (including physical, cognitive, social and emotional) through experiential learning outside the classroom at sites of natural beauty or of special interest on or near the London Loop
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Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

While contending with the challenges posed by COVID-19, we remained committed to providing opportunities for beneficiaries to engage with nature through walking, discovery trails, scavenger hunts and related arts and crafts activities. Our work on the front-line was curtailed, however, owing to lockdown restrictions.

Events on the Ground:

Early in the year, we were able to run an event in January and two half-term events in February.

1. **January Event:** 4th Jan - Hope for 2020, inspired by "When I Coloured the World"

2. **February Events:** 20th Feb - Nature Asleep; 21st February - Winter Patterns

In the week beginning 16th March 2020, we put a halt to plans for further outdoor activities as full lockdown restrictions came into force.

Continued Communication Online

We sought to emphasise how nature can bring solace through continued communication online (email, newsletter, Facebook), encouraging people to go outdoors where possible and experience the wonder of nature as the seasons shift. We provided regular updates about the beauty of nature passing while pointing out how there is so much to capture of nature indoors through arts and crafts, science, poetry and books. In our website blog, we provided tips and advice about the benefits of walking in nature.

<https://walktheloop.org.uk/2020/04/08/health-walks-for-children-during-lockdown/>

Summer Activities

Over the summer, we dedicated time to supporting the Hornbeam Lodge at Pimp Hall Nature Reserve where we run most of our events. We helped ensure the lodge was given a full clear and clean so that it would be COVID-19 ready when restrictions on using indoor spaces might be lifted.

We also applied for National Lottery Community Funding to be able to support families who might be struggling with the impact of the pandemic. Our application turned out to be successful, leading us to embark on a project **Nature and You** to run from late September 2021 to late March 2022.

Nature and You

Our project outline was to: run twelve events for small socially distanced groups at Pimp Hall Nature Reserve in Chingford, engaging them with nature through trails and arts and crafts; to share online and in local hubs some four discovery packs. By the time we completed our interim review in December 2020, we had:

- run three events in Pimp Hall Nature Reserve:
October Events - 29th, 30th, 31st October - Nature Trail: Name that Tree with Outdoor Arts and Crafts. We linked the events to the Big Green Draw Festival #Climate of Change.
- created one **discovery pack: Just One Leaf**, shared with families at the events. It can now be downloaded from our website on www.walktheloop.org.uk/resources

Working Together

As well as working with the Friends of Pimp Hall Nature Reserve and staff from the Hornbeam Learning Lodge, we took on a self-employed lead facilitator - a forest school specialist. Two volunteers played an invaluable role in helping to meet and greet participants and ensure COVID-19 guidance was followed. One other volunteer / trustee oversaw events.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

We found ourselves having to be creative and resourceful in order to rise to the challenges of COVID-19. On the one hand, this meant developing our online approach and resources and improving our website so as to stay in regular contact with beneficiaries. On the other hand, it meant reconsidering how we ran events on the ground so as to ensure health and safety, taking COVID-19 guidelines into account.

For our October events, we planned carefully and took time in advance to put up COVID secure signage, set up the trail and work out how best to meet and greet participants, ensuring they registered with us appropriately. Using the entrance of the Hornbeam Lodge with access to a regularly sanitized toilet helped. Families showed one another mutual respect, staying in their bubbles while roaming free at their own pace and in their own time. The tasks we set on our trail and for our art activity could be adapted both to very little children just engaging with the world around and older children. Families were happy to adapt to changeable weather except for the second half of our session on 31st October when there was a downpour.

Participants included some 63 individuals over the 3 sessions (25 adults and 38 children up to age 9), nearly all from E4 (the local area). They were stimulated and engaged and able to take away new learning about leaves and trees. We were able to show families the discovery pack and how to experiment with it in their own time.

Some feedback from events:

"It is so good to have opportunities to get out into nature and do something together."

"We had a wonderful time."

"My children have had fun."

"I have learned the difference between a hornbeam and a beech today."

"We can enjoy our time outdoors in the rain."

Financial Review

At the close of 2020, our charity has some £8.409 in the accounts as outlined in our income and expenditure statement. This includes reserves of £3,000 that provide a safety net for any unexpected eventualities or emergencies.

Sources of funds and fundraising

We have offered events for free, inviting donations and support in kind. We have also collaborated with other like-minded organisations and individuals, sharing ideas, facilities and resources so as to be able to keep focus on a positive way forward.

In September 2021 we were awarded the sum of £3474 for our successful application for National Lottery Community Funding. This was restricted to the Nature and You Project.

Risk management

In the early months of 2021, we will focus on following through our commitment to the Nature and You Project while adapting to COVID-19 developments. We will continue to improve online communication through our website and social media. We will also take time to review our situation and set out a strategy for 2022-2025 so as to build up resilience and flexibility as we move on.

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Mr. Steven Price	23 Grove Park Wanstead London E11 2DN	Safeguarding

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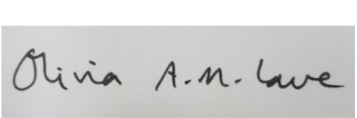

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Declarations

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Signed on behalf of the charity's trustees

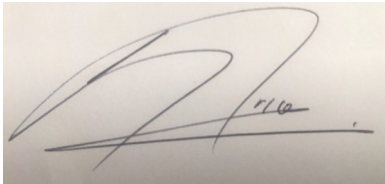
Signature(s)		
Full name(s)	Olivia Ann Margaret Lowe	Emine Osman

Position (eg
Secretary, Chair,
etc)

Founder

Treasurer

Signature(s)



Full name(s)

Saika Alam

Steven Price

Position (eg
Secretary, Chair,
etc)

Chair

Safeguarding

Date

13th October 2021

Walk the Loop Income and Expenditure 2020 - January - December

Month (2020)	Income £	Expenditure £	Category
January	0	474	HR specialist support on a volunteering strategy and policy
February	0	116.48	resources and materials
March	49.1	18.43	donations; expenses
April	0	0	
May	0	0	
June	0	0	
July	0	0	
August	0	0	
September	0	0	
October	3474	0	The National Lottery Community Fund
November	0	0	
December	0	382.93	

Total Income 2020 3523.1

Total Expenditure

2020 991.84

Total Balance 2020 2,531.26

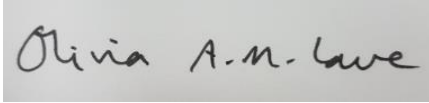
Total Overall Balance
for 2019

5,877.74

Total Overall Balance
for 2020

8,409.00

EMINE OSMAN



23. 9. 2021