

Sowing Seeds Family Hub

Annual Report and Unaudited Financial Statements

For the year ended 15 July 2024

Sowing Seeds Family Hub

Contents

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 11

SOWING SEEDS FAMILY HUB

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	A Hockney	
	A Beeton	
	L Harvey	
	S Harvey	(Appointed 7 August 2024)
	J Kuhl	(Appointed 7 August 2024)

Charity number 1173396

Independent examiner
Gilberts Chartered Accountants
Pendragon House
65 London Road
St Albans
Hertfordshire
AL1 1LJ

Sowing Seeds Family Hub

Trustees' Report

For the year ended 15 July 2024

The trustees present their annual report and financial statements for the year ended 15 July 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are for the public benefit, the advancement of the Christian Faith as part of the mission of Life Church Cuffley and by the advancement of education in Cuffley and the surrounding area.

The activities undertaken in furtherance of these objects is the provision of preschool education for children aged 2-4. We follow the EYFS in line with Ofsted requirements and follow the Statutory Framework for Early Years.

We provide a safe, warm, enabling environment which offers activities based on children's interests to promote their learning and independence, ensuring that the children reach their full potential before they leave us to go to Nursery or Reception.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Over the past year, Sowing Seeds has made significant strides in fostering community connections and promoting mental well-being. A major milestone was the opening of our Community Hub, a welcoming space where people can meet, share experiences, and build lasting relationships.

Throughout the year, we organized a variety of community events, including afternoon teas with live music, support groups, and classes—all designed to enhance mental health and overall well-being. These initiatives have helped create a supportive environment, encouraging social interaction and personal growth.

Looking ahead, we remain committed to strengthening our community and expanding our programs. We are proud to be working alongside Broxbourne Alliance, Communities 1st, and social prescribers, collaborating to improve people's lives and ensure that support reaches those who need it most.

Financial review

Full details of the Trust's financial position are shown in the accounts attached to this report.

The trustees consider that the financial position and reserves of the charity are satisfactory.

Reserves policy

It is the policy of the charity that reserves should be maintained at a level to ensure the charity has an adequate contingency fund to meet staff salaries and essential running costs.

Major risks

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a charitable incorporated organisation.

Sowing Seeds Family Hub

Trustees' Report (Continued)

For the year ended 15 July 2024

The trustees who served during the year and up to the date of signature of the financial statements were:

A Hockney

A Beeton

L Harvey

S Harvey

(Appointed 7 August 2024)

J Kuhl

(Appointed 7 August 2024)

Recruitment and appointment of trustees

New Trustees are appointed by existing Trustees. The charity ensures that all new trustees are given sufficient training upon appointment by attending meetings and reading relevant literature.

The trustees' report was approved by the Board of Trustees.

A Hockney

Trustee

25 April 2025



Sowing Seeds Family Hub

Independent Examiner's Report

To the Trustees of Sowing Seeds Family Hub

I report to the trustees on my examination of the financial statements of Sowing Seeds Family Hub (the charity) for the year ended 15 July 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Gilberts Chartered Accountants

Pendragon House
65 London Road
St Albans
Hertfordshire
AL1 1LJ

Dated: 25 April 2025

SOWING SEEDS FAMILY HUB

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 15 JULY 2024

	Notes	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Income from:			
Donations and legacies	2	11,407	60
Charitable activities	3	13,889	62,122
Total income		25,296	62,182
Expenditure on:			
Charitable activities	4	24,087	65,052
Total expenditure		24,087	65,052
Net income/(expenditure) and movement in funds		1,209	(2,870)
Reconciliation of funds:			
Fund balances at 17 July 2023		4,246	7,116
Fund balances at 15 July 2024		5,455	4,246

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

SOWING SEEDS FAMILY HUB

BALANCE SHEET

AS AT 15 JULY 2024

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	9		1		1
Current assets					
Debtors	10	100		-	
Cash at bank and in hand		5,924		4,485	
		6,024		4,485	
Creditors: amounts falling due within one year	11	(570)		(240)	
Net current assets			5,454		4,245
Total assets less current liabilities			5,455		4,246
The funds of the charity					
Unrestricted funds	13		5,455		4,246
			5,455		4,246

The financial statements were approved by the trustees on 25 April 2025

A Hockney
Trustee

A Beeton
Trustee

SOWING SEEDS FAMILY HUB

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 15 JULY 2024

1 Accounting policies

Charity information

Sowing Seeds Family Hub is a Charitable Incorporated Organisation registered in England with the Charity Commission. The address of the principal location is Life Church Cuffley, Cuffley, Potters Bar, Hertfordshire EN6 4LN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.3 Income

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured

1.4 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Equipment	20% Straight Line
-----------	-------------------

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

SOWING SEEDS FAMILY HUB

NOTES TO THE FINANCIAL STATEMENTS (Continued)

FOR THE YEAR ENDED 15 JULY 2024

1 Accounting policies

(Continued)

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

SOWING SEEDS FAMILY HUB

NOTES TO THE FINANCIAL STATEMENTS (Continued)

FOR THE YEAR ENDED 15 JULY 2024

2 Income from donations and legacies

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations and gifts	11,407	60

3 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Parent Fees	1,498	24,594
Funding	12,391	34,063
Lunch Club	-	3,465
	13,889	62,122

4 Charitable activities

	Expenditure 2024 £	Expenditure 2023 £
Staff costs	16,053	53,073
Depreciation and impairment	-	51
Pre School Supplies	5,046	3,989
Rent	-	5,844
Advertising and Marketing	833	-
Staff Training	381	151
Subscriptions	1,056	1,318
General Expenses	388	386
Accountancy	330	240
	24,087	65,052
	24,087	65,052

SOWING SEEDS FAMILY HUB

NOTES TO THE FINANCIAL STATEMENTS (Continued)

FOR THE YEAR ENDED 15 JULY 2024

5	Net movement in funds	2024	2023
		£	£
	The net movement in funds is stated after charging/(crediting):		
	Depreciation of owned tangible fixed assets	-	51
		=====	=====

6 Trustees

Alison Hockney, a trustee of the charity, received remuneration of £8,399 as manager of the pre school.

7 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
Nursery Staff	2	7
	=====	=====

Employment costs	2024	2023
	£	£
Wages and salaries	15,785	52,616
Other pension costs	268	457
	=====	=====
	16,053	53,073
	=====	=====

There were no employees whose annual remuneration was more than £60,000.

8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

SOWING SEEDS FAMILY HUB

NOTES TO THE FINANCIAL STATEMENTS (Continued)

FOR THE YEAR ENDED 15 JULY 2024

(Continued)

9 Tangible fixed assets

	Equipment £
Cost	
At 17 July 2023	260
At 15 July 2024	260
Depreciation and impairment	
At 17 July 2023	259
At 15 July 2024	259
Carrying amount	
At 15 July 2024	1
At 16 July 2023	1

10 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	100	-

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	570	240

12 Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	268	457

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

SOWING SEEDS FAMILY HUB

NOTES TO THE FINANCIAL STATEMENTS (Continued)

FOR THE YEAR ENDED 15 JULY 2024

13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 17 July 2023	Incoming resources	Resources expended	At 15 July 2024
	£	£	£	£
General funds	4,246	25,296	(24,087)	5,455
	=====	=====	=====	=====
Previous year:	At 17 July 2022	Incoming resources	Resources expended	At 16 July 2023
	£	£	£	£
General funds	7,116	62,182	(65,052)	4,246
	=====	=====	=====	=====

14 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).