

GREEN HEALTH THAMES VALLEY

England & Wales · Charity number 1173640

Details

Status Registered

Legal form CIO

Registered 2017-07-03

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

Contact

Address c/o Stepping Forward UK
12A Southview Park
Caversham
Reading
RG4 5AF

Phone 07450334091

Email info@greenhealththamesvalley.org.uk

Website www.greenhealththamesvalley.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS TO RELIEVE SICKNESS AND PROTECT MENTAL HEALTH THROUGH THE PROVISION OF THERAPEUTIC HORTICULTURE TO THOSE WITH, OR VULNERABLE TO, MENTAL HEALTH PROBLEMS AND TO PROTECT PHYSICAL HEALTH THROUGH ENCOURAGING HORTICULTURE-RELATED PHYSICAL ACTIVITY AND BY PROMOTING HEALTHY EATING TO INDIVIDUALS AND ORGANISATIONS.

Activities: The Charitys main purpose is to relieve sickness and protect mental health through the provision of therapeutic horticulture to those with, or vulnerable to, mental health problems and to protect physical health through encouraging horticulture related physical activity and by promoting healthy eating to individuals and organisations.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Bracknell Forest
- Hampshire
- Oxfordshire
- Reading
- Slough
- West Berkshire
- Windsor And Maidenhead
- Wokingham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£53,280	£34,084	-	-
2024-04-30	£19,919	£40,629	-	-
2023-04-30	£32,789	£53,507	-	-
2022-04-30	£57,850	£36,087	-	-
2021-04-30	£56,692	£20,430	-	-

Trustees

Name	Role	Appointed
Dr Eloise Tribollet		2026-03-11
Dr Julie Hopkins		2025-08-21
Dr Patricia Odell		2020-11-09
Selina Louise Hogarth		2025-04-17
ralph godbold		2020-11-09

GREEN HEALTH THAMES VALLEY

England & Wales - Charity number 1173640

Accounts



REGISTERED CHARITY I

NO. 1173640

Annual report and financial statement for the period ended 30 April 2025

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements

for the period Ended 30 April 2025

- Trustees' report
- Receipts and Payments Accounts
- Statement of Assets and Liabilities
- Independent Examiner's Report

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the period Ended 30 April 2025

1. Establishment and Purpose

A Trust Deed dated 21 January 2017 established Green Health Thames Valley (GHTV) as a Charitable Incorporated organisation (CIO).

The Charity's main purpose is to relieve sickness and protect mental health through the provision of therapeutic horticulture to those with, or vulnerable to, mental health problems. Also to protect physical health through encouraging horticulture-related physical activity and by promoting healthy eating to individuals and organisations.

2. Trustees and Officers

During the year the following served as trustees:-

Tricia Odell

Ralph Godbold

Selina Hogarth. Appointed 17 April 2025

Gerald Stormont resigned 17 April 2025

The trustees met 4 times during the year. They also communicate frequently between formal meetings.

The number of trustees may not be fewer than three. The appointment and removal of trustees is in the power of the trustees.

3. Address

The principal address of the charity is

12A Southview Park

Marsack Street

Reading RG4 5AF

We deliver activities on site at

The Well Community church,

Dawlish Road,

Reading, RG2 7SD

4. Independent Examiner

Chaweevan Williams FCCA

Chartered Certified Accountants

Verdant Accountants Limited

20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the period Ended 30 April 2025

5. Object and Main Activity

Under its governing document the objects of the trust are to relieve sickness and protect mental health through the provision of therapeutic horticulture. This is mainly done through the site at the garden of The Well Church in Whitley, Reading,

Overview of 24 – 5 activities;

During this period we made new contacts within local agencies, including mental health referring organisations. We have continued and expanded our work with the nutritionist and courses and advice on healthy eating have proved popular with clients. The number of clients attending the garden has increased and increasing numbers have moved-on to new ventures.

Strategy meeting

Garden supervisors and trustees held a Saturday morning Away-Day meeting to review our current position and agree an outline strategy for the next three years.

New Garden Building:

Thanks to grant funding, we were able to build a garden room. This now provides office space for garden supervisors and clients, and in particular, it offers an inside space where clients can work on indoor craft-based projects during the colder winter months.

6. Policies:

Trustees are confident that we have all appropriate policies and these are reviewed annually. In view of the nature of the service we provide, the Safeguarding policy is regularly reviewed and updated.

7. Financial Review

For the period ended 30th April 2023 trustees continued to balance need against financial resources and the raising of funds to sustain our service continued to be a high priority. General cost increases, particularly staff costs, have caused us to examine our expenditure budget for savings and efficiencies, although there is little to save.

8. Risk Assessment

Grants from grant-making trusts and organisations form a major part of our annual income. The trustees consider that the greatest risk to the charity's continued operation is that the availability of grant income is reduced. Should income decrease substantially the charity would have to reduce the level of its activities and services.

The trustees consider that existing internal controls provide reasonable assurance regarding the risk of losses arising from dishonest activities or negligence on the part of officers or trustees.

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The charity's reserve policy sets a designated fund of £12,000, approximately 4 months running costs, to help ensure the sustainability of our service. Trustees also recommended that any

agreement to significant capital developments should occur only if nine months free reserves are held, or specific designated funds are obtained.

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As a small charity, volunteers make a valuable contribution towards the service that we offer. Whilst volunteer roles occur across the charity, the most frequent is for work in the garden, either in direct support of clients or in ensuring that the site is safe and welcoming

GREEN HEALTH THAMES VALLEY

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- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for:

- keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity.
- safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.
- the maintenance and integrity of the corporate and financial information included on the website.

Approved by the trustees on 11th July 2023 and signed on their behalf by:



Ralph Godbold



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name GREEN HEALTH THAMES VALLEY	No (if any) 1173640
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CC16a

Receipts and payments accounts

For the period from	Period start date 1st May 2024	To	Period end date 30th April 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 £
A1 Receipts					
	-	-	-	-	-
	-	-	-	-	-
Grants	50,807	800	-	51,607	18,400
Donations	1,673	-	-	1,673	1,519
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	52,480	800	-	53,280	19,919
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	52,480	800	-	53,280	19,919
A3 Payments					
	-	-	-	-	-
Service provision	24,521	702	-	25,223	34,087
Site & facilities	4,050	2,180	-	6,230	5,078
Governance	780	-	-	780	636
Promotion	1,851	-	-	1,851	445
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	31,202	2,882	-	34,084	40,246
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,202	2,882	-	34,084	40,246
Net of receipts/(payments)	21,278	- 2,082	-	19,196	- 20,327
A5 Transfers between funds	80	- 80	-	-	-
A6 Cash funds last year end	3,979	1,794	-	5,773	26,483
Cash funds this year end	24,970	-	-	24,970	5,773

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 £
B1 Cash funds	HSBC bank	24,970	-	-
		-	-	-
		-	-	-
	Total cash funds	24,970	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

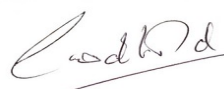
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Examiner's fee		-	
	1 months rent		-	
	1 month staff salaries		-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	RALPH GODBOLD	10/8/2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

GREEN HEALTH THAMES VALLEY

**On accounts for the year
ended**

30 April 2025

**Charity no
(if any)**

1173640

Set out on page

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 30 April 2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

08 October 2025

Name:

Chaweevan Williams FCCA

**Relevant professional
qualification(s) or body :**

Chartered Certified Accountants

Address:

Verdant Accountants Limited

20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

England & Wales - Charity number 1173640

Accounts



REGISTERED CHARITY NO. 1173640

Annual report and financial statement for the year ended 30 April 2024

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements

for the year ended 30 April 2024

- Report of the trustees
- Independent Examiner's Report
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- Statement of Assets and Liabilities

GREEN HEALTH THAMES VALLEY

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The Charity's main purpose is to relieve sickness and protect mental health through the provision of therapeutic horticulture to those with, or vulnerable to, mental health problems. Also to protect physical health through encouraging horticulture-related physical activity and by promoting healthy eating to individuals and organisations.

2. Trustees and Officers

During the year the following served as trustees:

Gerald Stormont	Treasurer until 12-9-2023
Tricia Odell	
Ralph Godbold	Treasurer from 12-9-2023
Claire Cullen	

Following Richard Byard's resignation as chair in March 2023, trustees decided to recruit a new trustee to fill the Chair's role, in the meantime the responsibilities would be allocated as follows:

HR & policies:	Tricia Odell
Marketing & promotion:	Claire Cullen
Finance & governance:	Ralph Godbold

The trustees met 6 times during the year.

The number of trustees may not be fewer than three. The appointment and removal of trustees is in the power of the trustees.

3. Address

The principal address of the charity is
12A Southview Park
Marsack Street
Reading RG4 5AF

We deliver activities on site at
The Well Centre, Dawlish Road, Reading, RG2 7SD

4. Independent Examiner

Chaweevan Williams FCCA
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Verdant Accountants Limited
20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the year Ended 30 April 2024

5. Object and Main Activity

Under its governing document, the objects of the trust are to relieve sickness and protect mental health through the provision of therapeutic horticulture. This is mainly done through the site at the garden of The Well Church in Whitley, Reading.

Overview of 23-24 activities:

Although the 2023-24 year brought a number of changes and many challenges, trustees are confident that we are in a strong position from which to develop our service.

During this period, we made many new contacts and supporters, including the Community Engagement Team at the University of Reading. We are grateful for the help of an increasing number of volunteers who are working to support our very small team.

As a result of a National Lottery Community fund grant in April, we have been able to fund a series of food nutrition workshops, as well as sessions to help our beneficiaries manage their mental health difficulties.

The number of clients attending the garden has increased to 18, with an average of 12 clients attending regularly.

Trustees were pleased to appoint our very experienced assistant client support worker to lead the team. Her experience and networking skills are already helping to build new community relationships.

Community Led Research Project: In July, GHTV were awarded a research grant by the British Science Association, working in partnership with the University of Reading and Reading Voluntary Action. Led by our clients, the community project aimed to explore the link between nutrition and mental health and to identify some of the challenges when applying the theory about nutrition and mental health to their own lives. Activities included conducting one interviews with people in the local community, engaging in food nutrition workshops and follow up discussions to help apply the learning and taking part in a video to share our learning with the wider community
<https://greenhealththamesvalley.org.uk>

ii) **Surviving Winter:** As a result of two Berkshire Community Foundation grants, we were able to provide our clients with a warm space during the cold winter days, and nutritious soups at lunchtime. The soups were prepared by clients using plants from the garden and based on their knowledge of plants and nutrition.

We are grateful to all funders, supporters and donors for their help during the year.

Impact of our work

We have continued to gather data on numbers of clients who progress into employment, volunteering, or join educational courses. Examples of progression by our clients this year are below:

- Client A who had financial problems has agreed to have help and is now learning to reduce her debt and manage her money. This is having a positive impact on her mental health.
- Client B has now accepted help from the council to address hoarding issues
- Client C has completed/passed a computer course – the first undertaken since leaving school - and has signed up for a follow-on course.
- Client D has just been accepted for a job working with people with autism;
- Client E has been volunteering at a charity shop and plans to continue this commitment

6. Policies:

Trustees are confident that we have all appropriate policies and these are reviewed annually. In view of the nature of the service we provide, the Safeguarding policy is regularly reviewed and updated.

7. Financial Review

Increased running costs and competition for funding from grant providers made 2023 – 24 a difficult year financially. Trustees took steps to reduce costs without an appreciable reduction in the service to clients and with the help and goodwill of staff and supporters the charity is now in a more stable position from which to serve its clients.

8. Risk Assessment

Grants from grant-making trusts and organisations form a major part of our annual income. The trustees consider that the greatest risk to the charity's continued operation is that the availability of grant income is reduced. Should income decrease substantially the charity would have to reduce the level of its activities and services.

The trustees consider that existing internal controls provide reasonable assurance regarding the risk of losses arising from dishonest activities or negligence on the part of officers or trustees.

9. Reserves Policy

The charity's reserve policy sets a designated fund of £10,000, approximately 4 months running costs, to help ensure the sustainability of our service. Trustees also recommended that any agreement to significant capital developments should occur only if nine months free reserves are held, or specific designated funds are obtained.

10. Use of volunteers

As a small charity, volunteers make a valuable contribution towards the service that we offer. We were pleased to welcome five new volunteers during this period who helped both in the garden and with promotional and strategic support. We are grateful, also, for the help of teams from Pepsi-Cola, Thames water and Virgin Media, who have helped with garden maintenance.

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements For the year Ended 30 April 2024

Trustees' responsibilities in relation to the financial statements

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The trustees are responsible for:

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- safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.
- the maintenance and integrity of the corporate and financial information included on the website.

Approved by the trustees on 30 August 2024 and signed on their behalf by:



Ralph Godbold

Trustee

1st October 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name GREEN HEALTH THAMES VALLEY	No (if any) 1173640
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CC16a

Receipts and payments accounts

For the period from	Period start date 1st May 2023	To	Period end date 30th April 2024
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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 £
A1 Receipts					
	-	-	-	-	-
	-	-	-	-	-
Grants	14,400	4,000	-	18,400	30,454
Donations	1,519	-	-	1,519	2,335
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,919	4,000	-	19,919	32,789
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,919	4,000	-	19,919	32,789
A3 Payments					
	-	-	-	-	-
Service provision	33,287	2,656	-	35,943	31,005
Site & facilities	2,898	707	-	3,605	20,601
Governance	636	-	-	636	1,522
Promotion	445	-	-	445	379
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	37,266	3,363	-	40,629	53,507
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	37,266	3,363	-	40,629	53,507
Net of receipts/(payments)	- 21,347	637	-	- 20,710	- 20,718
A5 Transfers between funds	400	- 400	-	-	-
A6 Cash funds last year end	24,926	1,557	-	26,483	47,201
Cash funds this year end	3,979	1,794	-	5,773	26,483

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	3,979	1,794	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Examiner's fee		-	
	4 months rent		-	
	1 month staff salaries		-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		RALPH GODBOLD	

GREEN HEALTH THAMES VALLEY

England & Wales - Charity number 1173640

Accounts



REGISTERED CHARITY NO. 1173640

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During the year the following served as trustees:-

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Gerald Stormont	Treasurer
Tricia Odell	
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The trustees met 4 times during the year. They also communicate frequently between formal meetings.

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Approved by the trustees on 11th July 2023 and signed on their behalf by:



Ralph Godbold



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name		No (if any)		CC16a
GREEN HEALTH THAMES VALLEY		1173640		
Receipts and payments accounts				
For the period from	Period start date	To	Period end date	
	1st May 2022		30th April 2023	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
	-	-	-	-	-
Grants	30,454			30,454	55,561
Donations	2,335			2,335	2,289
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,789	-	-	32,789	57,850
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,789	-	-	32,789	57,850
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
SERVICE PROVISION	31,005			31,005	29,928
SITE & FACILITIES	5,612	14,989		20,601	2,076
GOVERNANCE	1,522			1,522	810
PROMOTION	379			379	3,274
	-	-	-	-	-
	-	-	-	-	-
Sub total	38,518	14,989	-	53,507	36,088
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	38,518	14,989	-	53,507	36,088
Net of receipts/(payments)	- 5,729	- 14,989	-	- 20,718	21,762
A5 Transfers between funds	1,839	1,839	-	-	-
A6 Cash funds last year end	28,816	18,385	-	47,201	25,439
Cash funds this year end	24,926	1,557	-	26,483	47,201

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 £
B1 Cash funds	Cash at bank	24,926	1,557	-
		-	-	-
		-	-	-
	Total cash funds	24,926	1,557	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount dug (optional)	When due (optional)
B5 Liabilities	Examiner's fee		-	
	three months rent		-	
	one months fees		-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name Ralph Godbold	Date of approval 31-Jul-23
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**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A

Independent Examiner's Report

**Report to the trustees/
members of** GREEN HEALTH THAMES VALLEY

**On accounts for the year
ended** 30 April 2023 **Charity no
(if any)** 1173640

Set out on page 1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 30 April 2023.

**Responsibilities and
basis of report** As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date: 01 August 2023

Name: Chaweevan Williams FCCA

**Relevant professional
qualification(s) or body :** Chartered Certified Accountants

Address: Verdant Accountants Limited
20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

England & Wales - Charity number 1173640

Accounts



REGISTERED CHARITY NO. 1173640

Annual report and financial statement for the period ended 30 April 2022

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements

for the Year Ended 30 April 2022

- Report of the trustees
- Independent Examiner's Report
- Receipts and Payments Accounts
- Statement of Assets and Liabilities

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the Year Ended 30 April 2022

1. Establishment and Purpose

A Trust Deed dated 21 January 2017 established Green Health Thames Valley (GHTV) as a Charitable Incorporated organisation (CIO).

The Charity's main purpose is to relieve sickness and protect mental health through the provision of therapeutic horticulture to those with, or vulnerable to, mental health problems. Also to protect physical health through encouraging horticulture-related physical activity and by promoting healthy eating to individuals and organisations.

2. Trustees and Officers

During the year the following served as trustees:-

Richard Byard	Chair
Gerald Stormont	Treasurer
Tricia Odell	
Mike Taylor	(resigned 7 April 2022)
Ralph Godbold	

The trustees met four times during the year. They also communicated frequently in between formal meetings.

The number of trustees may not be fewer than three. The appointment and removal of trustees is in the power of the trustees.

3. Address

The principal address of the charity is

12A Southview Park
Marsack Street
Reading RG4 5AF

We deliver activities on site at
The Well Centre, Dawlish Road, Reading, RG2 7SD

4. Independent Examiner

Chaweevan Williams FCCA

Chartered Certified Accountants

Verdant Accountants Limited

20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the Year Ended 30 April 2022

5. Object and Main Activity

Under its governing document the objects of the trust are to relieve sickness and protect mental health through the provision of therapeutic horticulture. This is mainly done through the site at The Well Church in Whitley, Reading.

Coming out of earlier waves of Covid the charity provided a combination of face to face and online support, recognising that face to face was preferable but also that some clients still lacked confidence to use public transport and to mix with others. We maintained robust Covid-19 safety measures and supported those clients that were comfortable meeting outdoors in the garden. The rise in referrals because of the pandemic continued into 21/22 and we also introduced a successful social prescribing pilot in partnership with Ridgeline Trust that saw a new strategic relationship formed with a local GP surgery who continued to refer clients after the completion of the pilot project.

We also introduced mental health and wellbeing workshops – delivered by a local specialist provider, and specialist nutrition support that enabled us to provide a holistic range of support to clients.

6. Financial Review

For the year ended 30th April 2022 GHTV continued its work as a registered charity balancing needs, against financial resources. Trustees' work to ensure the sustainability of the charity has increased budgeted expenditure and has led to an increase in income from charity grants.

7. Risk Assessment

The charity exists to provide therapeutic horticulture and health and wellbeing support for users facing mental health challenges.

The major source of income is grants from grant-making trusts and organisations. The trustees consider that the greatest risk to the charity's ability to continue its activities is that the availability of grant income is reduced. Were income to decrease substantially the charity would have to reduce the level of its activities and services.

The trustees consider that existing internal controls provide reasonable assurance regarding the risk of losses arising from dishonest activities or negligence on the part of officers or trustees.

8. Reserves Policy

In keeping with good practice the Trustees reviewed the reserves policy in 2021 and agreed to increase the reserve to £12,000, approximately 4 months running costs. The trustees also recommended that any agreement to significant capital developments should occur only if nine months free reserves were held, or specific designated funds were obtained

9. Use of volunteers

The charity continues to work with no employees on payroll, although acknowledges the considerable and essential input of independent contractors. The charity requires additional voluntary help in project management, marketing and fundraising and this voluntary work is acknowledged and appreciated. We look forward to increasing the number of volunteers as we return to post pandemic times, their contribution is a vital source of support and experience and adds significant value.

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements For the Year Ended 30 April 2022

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards. Charity law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity.

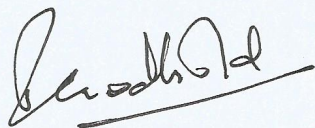
In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for:

- keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity.
- safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.
- the maintenance and integrity of the corporate and financial information included on the website.

Approved by the trustees on 12th February 2023 and signed on their behalf by:



Ralph Godbold
Trustee



CHARITY COMMISSION
FOR ENGLAND AND WALES

GREEN HEALTH THAMES VALLEY

1173640

Receipts and payments accounts

CC16a

For the period from	Period start 01/05/2021	To	30/04/2022
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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 £
A1 Receipts					
	-	-	-	-	-
Grants	34,151	21,410	-	55,561	53,319
Donations	2,289	-	-	2,289	3,439
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	36,440	21,410	-	57,850	56,758
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	36,440	21,410	-	57,850	56,758
A3 Payments					
	-	-	-	-	-
SERVICE PROVISION	27,176	2,752	-	29,928	25,916
SITE & FACILITIES	1,803	273	-	2,076	6,640
FUND RAISING & PROMOTION	3,274	-	-	3,274	-
RENT	-	-	-	-	2,342
CONSUMABLES	-	-	-	-	1,493
GOVERNANCE	810	-	-	810	-
	-	-	-	-	-
Sub total	33,063	3,025	-	36,088	36,391
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	33,063	3,025	-	36,088	36,391
Net of receipts/(payments)	3,377	18,385	-	21,762	20,367
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	25,439	-	-	25,439	-
Cash funds this year end	28,816	18,385	-	47,201	25,439

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 £
B1 Cash funds	Cash at bank	28,816	18,385	-
		-	-	-
		-	-	-
	Total cash funds	28,816	18,385	-
(agree balances with receipts and payments account(s))		OK	OK	OK

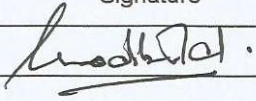
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Examiner's fees x 2		-	
	13 month's rent		-	
	One month's fees		-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	RALPH GODBOLD	13 Feb. 23



Section A

Independent Examiner's Report

Report to the trustees/
members of

GREEN HEALTH THAMES VALLEY

On accounts for the year
ended

30 April 2022

Charity no
(if any)

1173640

Set out on page

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 30 April 2022.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

20 February 2023

Name:

Chaweevan Williams FCCA

Relevant professional
qualification(s) or body :

Chartered Certified Accountants

Address:

Verdant Accountants Limited

20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

England & Wales - Charity number 1173640

Accounts



REGISTERED CHARITY NO. 1173640

Annual report and financial statement for the period ended 30 April 2021

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements

for the Year Ended 30 April 2021

- Report of the trustees
- Independent Examiner's Report
- Receipts and Payments Accounts
- Statement of Assets and Liabilities

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the Year Ended 30 April 2021

1. Establishment and Purpose

A Trust Deed dated 21 January 2017 established Green Health Thames Valley (GHTV) as a Charitable Incorporated organisation (CIO).

The Charity's main purpose is to relieve sickness and protect mental health through the provision of therapeutic horticulture to those with, or vulnerable to, mental health problems. Also to protect physical health through encouraging horticulture-related physical activity and by promoting healthy eating to individuals and organisations.

2. Trustees and Officers

During the year the following served as trustees:-

Richard Byard	Chair
Gerald Stormont	Appointed treasurer 10 November 2020
Mark Macdonald	Treasurer, resigned 10 November 2020
Tricia Odell	Appointed 9 November 2020
Mike Taylor	Appointed 9 November 2020
Ralph Godbold	Appointed 9 November 2020

Three new trustees were recruited during the reporting year.

The trustees met six times during the year. They also communicate frequently in between formal meetings.

The number of trustees may not be fewer than three. The appointment and removal of trustees is in the power of the trustees.

3. Address

The principal address of the charity is

12A Southview Park
Marsack Street
Reading RG4 5AF

We deliver activities on site at
The Well Centre, Dawlish Road, Reading, RG2 7SD

4. Independent Examiner

Chaweevan Williams FCCA

Chartered Certified Accountants

Verdant Accountants Limited

20-22 Wenlock Road, London N1 7GU

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements for the Year Ended 30 April 2021

5. Object and Main Activity

Under its governing document the objects of the trust are to relieve sickness and protect mental health through the provision of therapeutic horticulture. This is mainly done through the site at The Well Church in Whitley, Reading, though the charity pivoted its operations to a combination of face to face and online support due to Covid-19 restrictions. We implemented robust Covid-19 safety measures and when restrictions allowed we supported those clients that were comfortable meeting outdoors in the garden and also continued online support for others. We saw a significant rise in referrals as a consequence of the pandemic that we managed through our hybrid model that proved to be very successful and ensured we were able to provide ongoing mental health at a time of great anxiety and concern globally.

6. Financial Review

For the year ended 30th April 2021 GHTV continued its work as a registered charity balancing needs, against financial resources. Trustees' work to ensure the sustainability of the charity has increased budgeted expenditure and has led to an increase in income from charity grants.

7. Risk Assessment

The charity exists to provide therapeutic horticulture and health and wellbeing support for users facing mental health challenges. The major source of income is grants from other charitable organisations. The trustees consider that the greatest risk to the charity's ability to continue its activities is that giving to the charity could diminish. Were income to decrease substantially the charity would have to reduce the level of its activities and services. The trustees consider that existing internal controls provide reasonable assurance regarding the risk of losses arising from dishonest activities or negligence on the part of officers or trustees.

8. Reserves Policy

Under financial advice and in keeping with good practice the Trustees agreed to a reserve policy of £6000, approximately 2 months running costs. The trustees also recommended, any agreement to significant capital developments should only occur if nine months free reserves were held or specific designated funds were obtained

9. Use of volunteers

The charity continues to work with no employees on payroll, although acknowledges the considerable and essential input of independent contractors. The charity requires additional voluntary help in project management, marketing and fundraising. This voluntary work is acknowledged and appreciated. We look forward to increasing the number of volunteers post pandemic as they are a vital source of support, experience and add significant value.

GREEN HEALTH THAMES VALLEY

Contents of the Financial Statements For the Year Ended 30 April 2021

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards. Charity law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity.

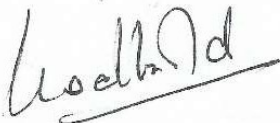
In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for:

- keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity.
- safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.
- the maintenance and integrity of the corporate and financial information included on the website.

Approved by the trustees on 20 January 2023 and signed on their behalf by:



Ralph Godbold
Trustee



CHARITY COMMISSION
FOR ENGLAND AND WALES

GREEN HEALTH THAMES VALLEY

1173640

Receipts and payments accounts

CC16a

For the period from	Period start 01/05/2020	To	30/04/2021
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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 £
A1 Receipts					
Grants	53,319	-	-	53,319	18,784
Donations	3,439	-	-	3,439	3,521
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	56,758	-	-	56,758	22,305
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	56,758	-	-	56,758	22,305
A3 Payments					
Site	6,640	-	-	6,640	1,688
Rent & Insurance	2,342	-	-	2,342	2,013
Fees	25,916	-	-	25,916	22,136
Consumables	1,493	-	-	1,493	1,473
	-	-	-	-	-
	-	-	-	-	-
Sub total	36,391	-	-	36,391	27,310
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	36,391	-	-	36,391	27,310
Net of receipts/(payments)	20,367	-	-	20,367	5,005
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,072	-	-	5,072	10,077
Cash funds this year end	25,439	-	-	25,439	5,072

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 £
B1 Cash funds	Cash at bank	25,439	-	-
		-	-	-
		-	-	-
	Total cash funds	25,439	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Examiner's fees		-	
	One month's rent		-	
	One month's fees		-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name Ralph Godbold	Date of approval 17-Jan-23
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Section A

Independent Examiner's Report

Report to the trustees/
members of

GREEN HEALTH THAMES VALLEY

On accounts for the year
ended

30 April 2021

Charity no
(if any)

1173640

Set out on page

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 30 April 2021.

Responsibilities and
basis of report

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I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

20 January 2023

Name:

Chaweevan Williams FCCA

Relevant professional
qualification(s) or body :

Chartered Certified Accountants

Address:

Verdant Accountants Limited

20-22 Wenlock Road, London N1 7GU