



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
- Receipts and Payments Accounts
- Statement of Assets and Liabilities

## **GREEN HEALTH THAMES VALLEY**

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

#### **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:

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  
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 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**

The charity trustees are responsible for preparing a trustees' annual report and financial statement 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 30 August 2024 and signed on their behalf by:**



**Ralph Godbold**

**Trustee**

**1<sup>st</sup> October 2024**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
GREEN HEALTH THAMES VALLEY

No (if any)  
1173640

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
1st May 2023

To

Period end date  
30th April 2024

### 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 £
<b>A1 Receipts</b>					
	-	-	-	-	-
	-	-	-	-	-
Grants	14,400	4,000	-	18,400	30,454
Donations	1,519	-	-	1,519	2,335
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	15,919	4,000	-	19,919	32,789
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	15,919	4,000	-	19,919	32,789
<b>A3 Payments</b>					
	-	-	-	-	-
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	37,266	3,363	-	40,629	53,507
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	37,266	3,363	-	40,629	53,507
<b>Net of receipts/(payments)</b>	- 21,347	637	-	- 20,710	- 20,718
<b>A5 Transfers between funds</b>	400	- 400	-	-	-
<b>A6 Cash funds last year end</b>	24,926	1,557	-	26,483	47,201
<b>Cash funds this year end</b>	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	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>3,979</b>	<b>1,794</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	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	