

GROW FOR LIFE

England & Wales · Charity number 1173914

Details

Status Registered

Legal form CIO

Registered 2017-07-24

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

Contact

Address 548 Wellsway
Bath
BA2 2UE

Phone 07729906223

Email info@growforlife.org.uk

Website www.growforlife.org.uk

Activities

Objects: TO ASSIST IN THE TREATMENT AND CARE OF PERSONS IN ENGLAND AND WALES WHO ARE EXPERIENCING MENTAL OR PHYSICAL ILL HEALTH OR LOW SELF CONFIDENCE, THROUGH THE PROVISION OF THERAPEUTIC GARDENING, HORTICULTURAL TRAINING AND COMPANIONSHIP. THESE OBJECTS ARE TO BE PURSUED IN ACCORDANCE WITH THE PRINCIPLES AND VALUES OF THE CHRISTIAN FAITH.

Activities: Grow for Life provides therapeutic gardening and training for people struggling in life, especially those suffering from mental ill health, with the aim of increasing their confidence and self esteem. Through training and practical work, its trainees gain social and horticultural skills, thereby giving them a route into employment or meaningful activity.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Bath And North East Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£106,401	£79,438	-	-
2024-01-31	£82,302	£69,526	-	-
2023-01-31	£58,517	£71,141	-	-
2022-01-31	£49,906	£36,056	-	-
2021-01-31	£15,832	£20,375	-	-

Trustees

Name	Role	Appointed
Tristram Wickham Lewis	Chair	2022-10-19
Dr Peg Bavin Butler		2021-07-07
Edward Thomas Litchfield		2021-07-07
Hilary Jane Daphne Long		2026-01-23
Justine Patricia Buxton		2025-01-24
MARTIN EDWARD GEAKE		2017-01-26

Accounts

Grow for Life

Charity Number: 1173914

Trustees' Annual Report and Financial Statements for the Year ended 31 January 2025

Grow for Life
Trustees report for the year ended 31 January 2025

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

<i>Trustee Name</i>	<i>Office (if any)</i>	<i>Appointed</i>	<i>Re-elected</i>
Martin Geake		24 July 2017	5 July 2024
Phillip Blacker		24 July 2017	Stood down 5 July 2024
Denise Weikert		16 May 2019	6 July 2022
Dr Peg Bavin Butler		7 July 2021	5 July 2024
Ted Litchfield		7 July 2021	5 July 2024
Tristram Lewis	Chairperson	19 October 2022	
Justine Buxton		24 January 2025	
Helen Marton		4 April 2025	

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1173914, on 24 July 2017.

Registered and principal address

548 Wellsway

Bath

BA2 2UE

Names & Address of Bank

	<i>Name</i>	<i>Address & Postcode</i>
Bank:	Lloyds Bank	47 Milsom Street , Bath, BA1 1DN

Grow for Life

Trustees report for the year ended 31 January 2025

Structure, governance and management

The charity is registered as a Charitable Incorporated Organisation and is governed by a constitution adopted on 24 July 2017.

Trustees determine the strategy and policy of the charity. When staff are appointed they report to the board of trustees. Trustees must have an active commitment to the objects of the charity. The board of trustees selects and appoints new trustees who are chosen for their expertise. Trustees are all required to read the Charity Commission's guidelines on the role of charitable trustees and also to familiarise themselves with the charity's work on the ground.

The trustees have the pleasure of presenting the accounts for the year ending 31 January 2025 with comparison for the year ended 31 January 2024.

Objectives and activities

Grow for Life (GFL) was registered as a Charitable Incorporated Organisation in July 2017 and the objects were updated in September 2023, approved by all trustees and the Charity Commission. The new objects are to assist in the treatment and care of persons in England and Wales who are experiencing mental or physical ill health or low self-confidence, through the provision of therapeutic gardening, horticulture training and companionship. These objects are to be pursued in accordance with the principles and values of the Christian faith.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

GFL's vision is a world where people experiencing low confidence, anxiety, depression or isolation are restored to live life to the full. Our purpose is to nurture people so that they flourish. We do this by welcoming people into the safe space of a garden where we inspire, build skills, create connections and provide a pathway to work.

We provide therapeutic horticulture for Bath & NE Somerset residents who are struggling with mental health issues, low self-esteem, anxiety, depression or isolation. Our project participants are known as our Gardeners. Each attends a block of therapeutic horticulture with us. Sessions are held in private and public gardens, or at our beautiful Walled Garden and orchard. The hosts of the private gardens where we work need assistance due to old age or infirmity. Gardeners learn horticultural skills and gain experience of gardening in various settings. Recovering from mental health issues takes time. Therapeutic horticulture requires a high ratio of staff to Gardeners to listen, talk, encourage and to share horticultural and social skills. Our skilled team of staff and volunteers create an environment where Gardeners can overcome isolation & increase their confidence and self-esteem.

In late 2021 GFL took on a lease from the Duchy of Cornwall on an abandoned walled garden in Newton St Loe. This Walled Garden and its adjoining orchard are now the centre of GFL's operations and will be a key resource in enabling GFL to expand its activities and reach more Gardeners and operate sessions year-round.

Grow for Life

Trustees report for the year ended 31 January 2025

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements

Our core activities and outputs centre around weekly sessions, delivered by our team of part time staff and dedicated volunteers have enabled 75 people to benefit from our therapeutic horticulture services this year. Our regular sessions include a starter group at the Walled Garden for new referrals, helping us to restore the beautiful Walled Garden and orchard. We lead a popular 'Herbs and Nature' course, focused on learning about and growing herbs, and connecting with nature through tree walks in Royal Victoria Park, Bath. Our peripatetic group moves from venue to venue - the Walled Garden, our coppice and orchard, Haycombe Cemetery, private gardens of care homes and needy individuals. This group is focused upon preparing the Gardeners for employment. The therapeutic nature of our approach is a key factor in supporting Gardeners back into work, following a time of mental ill health.

We are delighted to have continued our partnerships with Genesis Trust in Bath and Boys in Mind (BiM). Over the last year we've led a course specifically designed to support 12 adults supported by the Genesis Trust, to gain new skills and develop confidence at the Walled Garden as part of their pathway to work. We've welcomed 30 boys from a local school through BiM. These lively sessions engage the boys with positive activities, increase their confidence and calm anxieties through connection with nature.

Over the last year the Walled Garden has truly flourished. What was once an abandoned and overgrown green space is almost unrecognisable. A major milestone has been the completion of our pond. This was a key feature identified by our Gardeners, when we began to co-create the space with them. Water always brings life, and our new pond has brought new wildlife in abundance. It's been wonderful to see dragonflies hovering across the water, alongside bees and wasps using it as a watering hole. The pond offers a calming atmosphere and sense of tranquillity in the garden, providing a focal point for moments of quiet contemplation.

Our 'Friends of the Walled Garden' group meets fortnightly. This group aims to keep those Gardeners who have completed the series of therapeutic sessions connected with the Grow for Life family and allows those Gardeners who feel they want to give-back, along with volunteers, an opportunity to support the work of the Garden, for others.

In May we held our Open Days at the Walled Garden, which were a great success. We were fortunate to welcome Charles Dowding, who kindly shared a no-dig demonstration in the vegetable garden. We shared orchard and garden tours, alongside plenty of tea and cake and a plant sale. Our ever popular Apple Day returned in the autumn. All who attended were able to pick apples, wash, bosh and scrat those apples before having them added to the layered of apple pulp in the press.

We are incredibly proud of and grateful to our growing volunteer community, who partner with us to deliver our mission. Over the last year GFL volunteers have generously donated time and support in the following ways; 1500 hours of supported therapeutic gardening, 432

Grow for Life
Trustees report for the year ended 31 January 2025

hours of volunteers supporting the work in the garden and 179 hours of specialist admin, mentoring and training support. This equates to 2100 volunteer hours all adding capacity and skills to our programme work and strengthening relationships across our local communities.

The trustees would like to thank all our donors who have supported us over the last year and made it possible to carry on our work, including The National Lottery and funds raised by players of People's Postcode Lottery.

Financial review

Income for the year 2024/25 was £106,401 (£82,302 2023/24) of which £60,350 was restricted (£33,415 prior year). Expenditure for the year was £79,438 (£69,536 2023/24) this was split between unrestricted £27,218 (£42,688 prior year) and restricted £52,220 expenditure (£26,838 prior year). GFL's main costs were for the part-time employment of staff and the development of the walled garden.

Policy on Reserves

At the period end, it is holding just under £60k in free reserves. The Charity's policy on reserves is to generate and maintain a balance which is sufficient to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income. At the current time the trustees consider this to be a minimum of six months expenditure which relating to next year's budget is around £46k so our free reserves meet this policy.

Particulars of Any Outstanding Guarantee Given by Grow for Life

There are no outstanding guarantees given by GFL

Particulars of Any Outstanding Debt

We owed pension contributions of £108 and invoices of £260.

Signed on behalf of the board of trustees: Signed:



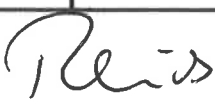
Name TRISTRAM LEWIS

Date: .. 11/7/25

Grow for Life
Receipt and payment account
For the Year to 31 January 2025

		Year to January 2025			Year to January 2024		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		funds	funds	funds	funds	funds	funds
	Note	£	£	£	£	£	£
Receipts							
Interest		661	-	661	508	-	508
Donations and grants	2	45,390	60,350	105,740	48,379	33,415	81,794
Total receipts		46,051	60,350	106,401	48,887	33,415	82,302
Payments							
Charitable activities							
Activities relating to the							
work of the charity	3	27,218	52,220	79,438	42,688	26,838	69,526
Total payments		27,218	52,220	79,438	42,688	26,838	69,526
Net receipts/ (payments)		18,833	8,130	26,963	6,199	6,577	12,776
Cash funds at start of period		40,834	6,577	47,411	34,635	-	34,635
CASH AT THE END OF THE YEAR		59,667	14,707	74,374	40,834	6,577	47,411

Grow for Life
Statement of assets and liabilities
As at 31 January 2025

			2025			2024		
			Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Note	funds	funds	funds	funds	funds	funds
			£	£	£	£	£	£
CASH FUNDS								
Cash at bank and in hand		5	59,667	14,707	74,374	40,834	6,577	47,411
			59,667	14,707	74,374	40,834	6,577	47,411
OTHER MONETARY ASSETS								
Due on Gift aid			58	1,250	1,308	21	1,250	1,271
OTHER MONETARY ASSETS			58	1,250	1,308	21	1,250	1,271
LIABILITIES			336	32	368	258	28	286
Signed on behalf of trustees								
Name			TRISTRAM LEWIS					
Date			11/7/25					

Grow for Life
Notes to the accounts
For the Year ended 31 January 2025

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

The comparisons are for the year ended 31 January 2024.

Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Grants

Grants are recognised on receipt from the grant making body.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Grow for Life
Notes to the accounts
For the Year ended 31 January 2025

2 Grants and donations

	Year ended January 2025			Year ended January 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Gardening services and training	4,600	-	4,600	2,831	-	2,831
Community Fundraising	7,405	-	7,405	-	-	-
Voluntary donations and other trust and grant income	33,385	60,350	93,735	45,548	33,415	78,963
Total	45,390	60,350	105,740	48,379	33,415	81,794

3 Payments - Charitable activities

	Year ended January 2025			Year ended January 2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Salaries and consultants	22,251	47,556	69,807	32,591	24,373	56,964
Training	334	380	714	1,104	-	1,104
Insurance	-	754	754	469	-	469
Other operational costs	3,029	324	3,353	2,698	-	2,698
Walled garden non staff costs	1,604	3,206	4,810	5,826	2,465	8,291
Total	27,218	52,220	79,438	42,688	26,838	69,526

Grow for Life
Notes to the accounts
For the Year ended 31 January 2025

4 Trustees expenses and remuneration

No trustee received any expenses or remuneration during this year or the previous period.

5 Restricted and unrestricted reserves

	Brought forward as at 1 February 2024	Income	Expenditure	Carry forward as at 31 January 2025
Therapeutic gardening sessions	3,000	44,850	37,850	10,000
Walled Garden	1,200	3,000	2,506	1,694
Other restrictions	2,377	12,500	11,864	3,013
Total restricted reserves	6,577	60,350	52,220	14,707
Unrestricted reserves	40,834	46,051	27,218	59,667
Total Reserves/ Cash	47,411	106,401	79,438	74,374

Independent Examiner's Report to the Trustees of Grow For Life

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 January 2025.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 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 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Matthew George Small FCA
ICAEW
Berkeley Hall Marshall Limited
6 Charlotte Street
Bath
BA1 2NE

11 July 2025

GROW FOR LIFE

England & Wales - Charity number 1173914

Accounts

Grow for Life

Charity Number: 1173914

**Trustees' Annual Report
and Financial Statements
for the Year ended
31 January 2024**

Grow for Life

Trustees report for the year ended 31 January 2024

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

<i>Trustee Name</i>	<i>Office (if any)</i>	<i>Appointed</i>	<i>Re-elected</i>
1: Martin Geake	Chairperson	24 July 2017	7 July 2021
2: Phillip Blacker		24 July 2017	13 October 2023
3: Denise Weikert		16 May 2019	6 July 2022
4: Dr Alex Eldridge		20 November 2019	Stood down 1 March 2023
5: Dr Peg Bavin Butler		7 July 2021	
6: Ted Litchfield		7 July 2021	
7 Tristram Lewis		19 October 2022	

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1173914, on 24 July 2017.

Registered and principal address

548 Wellsway

Bath

BA2 2UE

Names & Address of Bank

	<i>Name</i>	<i>Address & Postcode</i>
Bank:	Lloyds Bank	47 Milsom Street , Bath, BA1 1DN

Grow for Life

Trustees report for the year ended 31 January 2024

Structure, governance and management

The charity is registered as a Charitable Incorporated Organisation and is governed by a constitution adopted on 24 July 2017.

Trustees determine the strategy and policy of the charity. When staff are appointed they report to the board of trustees. Trustees must have an active commitment to the objects of the charity. The board of trustees selects and appoints new trustees who are chosen for their expertise. Trustees are all required to read the Charity Commission's guidelines on the role of charitable trustees and also to familiarise themselves with the charity's work on the ground.

The trustees have the pleasure of presenting the accounts for the year ending 31 January 2024 with comparison for the year ended 31 January 2023.

Objectives and activities

Grow for Life (GFL) was registered as a Charitable Incorporated Organisation in July 2017 and the objects were updated in September 2023, approved by all trustees and the Charity commission. The new objects are to assist in the treatment and care of persons in England and Wales who are experiencing mental or physical ill health or low self-confidence, through the provision of therapeutic gardening, horticulture training and companionship. These objects are to be pursued in accordance with the principles and values of the Christian faith.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Grow for Life provides therapeutic gardening for people struggling with life, especially those suffering with depression and/or anxiety conditions. Working outdoors in a garden is enjoyable and productive and gives trainees, who we now call Gardeners, a sense of wellbeing and achievement. The charity aims to increase the confidence and self-esteem of its Gardeners equipping them with gardening and social skills, thereby providing a potential route into employment or meaningful activity.

We work in teams with Gardeners participating weekly in a morning or an afternoon session. We make the sessions informative, fun and safe. GFL works in both private and public gardens, in particular Bath Botanical Gardens. The hosts of the private gardens where we work need assistance due to old age or infirmity.

In late 2021 GFL took on a lease from the Duchy of Cornwall on an abandoned walled garden in Newton St Loe. While still a work in progress, it is being transformed into a productive vegetable garden and a superb resource for training and therapy. This Walled Garden and its adjoining orchard are now the centre of GFL's operations and will be a key resource in enabling GFL to expand its activities and reach more Gardeners. A large polytunnel has been

Grow for Life

Trustees report for the year ended 31 January 2024

built on site together with two WCs and a tool shed. As a result, it is now possible to operate sessions year-round.

GFL also started an orchard pruning, harvesting and pressing activity. We have visited special needs homes and other venues and involved vulnerable participants in the process of making apple juice. This has proved very popular.

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements

Our core activities and outputs centre around weekly sessions. These are run by our part-time members of staff assisted by an amazing and growing army of volunteers who contributed 1839 hours in 2023. Within this we've received HR, fundraising and strategic management support from volunteers who heard of us through BBC Gardeners World who visited and filmed at the Walled Garden in April.

Over the year we have developed the walled garden. This has given the charity a superb base from which to offer a wider, more comprehensive learning experience to our Gardeners. In future we will be able to receive a wider range of groups with special needs due to the safe nature of the garden and its facilities. Together with our access to Bath Parks, we now have excellent venues to host a wide range of clients.

GFL has several weekly sessions ongoing. One is a starter group at the Walled Garden for new referrals. One is at St Martins School Odd Down in partnership with St Philips and St James Church. One is a peripatetic group that moves from venue to venue - the Walled Garden, Haycombe Cemetery (for Parks), private gardens of care homes and needy individuals. The aim of this group is to get the Gardeners out and about and ready for employment. Another is a new Herbs and Nature course held at the Parks Nurseries which is to be run three times a year. The excellent working relationship with Bath Parks Dept continues.

GFL has built new partnerships in 2023 to enable the GFL model to be more widely used and to attract an increasing number of participants. In particular, the charity has a partnership with Boys in Mind (BiM) & a local secondary school, with a group of boys, who have issues with their mental health, meeting at the Walled Garden weekly. The sessions teach the boys horticultural and social skills, giving them more confidence and less anxiety. We hope to expand this to other secondary schools in the area as the model appears to have been very positively received by the school. GFL also ran a horticultural therapy course for Genesis Trust beneficiaries and we plan to run this annually. The next sessions commence in April.

In addition to the above, we have continued to hold orchard pruning, harvesting, pressing and juicing days which are very popular.

Over the year 74 participants benefited from the work of GFL. Of these 34 were new referrals and 16 were from the partnerships with Boys in Mind and Genesis. Expanding our numbers of Gardeners and our partnerships is a key objective for 2024.

Grow for Life

Trustees report for the year ended 31 January 2024

In total over 2023 there have been 1428 hours of supported therapeutic gardening across the different groups. We recognise that many of our Gardeners have benefited from more than 12 weeks of sessions gardening with us, and as part of our strategic ambition to increase numbers reached by our therapeutic sessions we need to encourage our existing Gardeners to consider their longer term ambitions and goals. We are starting to network with existing local gardening groups to promote the 'next steps' in our Gardeners' journeys.

All our Gardeners undertake an initial assessment with our Gardener's Support Manager and a follow up "Flourish review" at the end of the block of sessions they attend. From our most recent cohort of Gardeners, 96% experienced improved mental health and self-confidence, against our target of 80%.

Most of the Gardeners progress in a remarkably short space of time which reflects the high quality of support and therapy that we are able to provide.

One of the Gardeners has now transitioned into becoming a core volunteer with GFL, taking on more responsibility for supporting new Gardeners referred to us in subsequent session blocks. We really value his input and can see the potential for his growth within our team in supporting new referrals to Grow for Life. Two others have taken on part-time roles with GFL.

Due to the expansion of Grow for Life, the trustees determined that there was a need to recruit a part-time Director to lead and manage the charity. The post was advertised internally and externally on the GFL website and, following thorough interviews by trustees, Dr Alex Eldridge was appointed in April 2023.

We are also joining up with a local charity, "Foodcycle" who provide meals to local families, and they are using our surplus vegetables to support others in need. Vegetables grown at St Martin's Garden school are shared with the families who use the food pantry there.

This year we have started getting feedback from regular volunteers who are key to our success. Many of them shared the benefits of volunteering with GFL on their own mental wellbeing. Most of our volunteer hours are made up of individuals supporting one of GFL's weekly groups.

Financial review

Income for the year 2023/24 was £82,302 (£58,517 2022/23) of which £33,415 was restricted (£16,370 prior year). Expenditure for the year was £69,526 (£71,141 2022/23) this was split between unrestricted £42,688 (£38,421 prior year) and restricted £26,838 expenditure (£32,720 prior year). GFL's main costs were for the part-time employment of staff and the development of the walled garden.

Policy on Reserves

At the period end, it is holding just under £41k in free reserves. The Charity's policy on reserves is to generate and maintain a balance which is sufficient to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income. At the current time the trustees consider this to be a minimum of six months expenditure which is around £35k so our free reserves meet this policy.

Grow for Life
Trustees report for the year ended 31 January 2024

Particulars of Any Outstanding Guarantee Given by Grow for Life

There are no outstanding guarantees given by GFL

Particulars of Any Outstanding Debt

We owed pension contribution of £286

Signed on behalf of the board of trustees: Signed:

Name ME GEARKE

Date: .. 5 JULY 2024

NE Geake

Grow for Life
Receipt and payment account
For the Year to 31 January 2024

		Year to January 2024			Year to January 2023		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		funds	funds	funds	funds	funds	funds
	Note	£	£	£	£	£	£
Receipts							
Interest		508	-	508	34	-	34
Donations and grants	2	48,379	33,415	81,794	42,113	16,370	58,483
Total receipts		48,887	33,415	82,302	42,147	16,370	58,517
Payments							
Charitable activities							
Activities relating to the							
work of the charity	3	42,688	26,838	69,526	38,421	32,720	71,141
Total payments		42,688	26,838	69,526	38,421	32,720	71,141
Net receipts/ (payments)		6,199	6,577	12,776	3,726	(16,350)	(12,624)
Cash funds at start of period		34,635	-	34,635	30,909	16,350	47,259
CASH AT THE END OF THE YEAR		40,834	6,577	47,411	34,635	-	34,635

Grow for Life
Statement of assets and liabilities
As at 31 January 2024

			2024			2023		
			Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Note	funds	funds	funds	funds	funds	funds
			£	£	£	£	£	£
CASH FUNDS								
Cash at bank and in hand		5	40,834	6,577	47,411	34,635	-	34,635
			40,834	6,577	47,411	34,635	-	34,635
OTHER MONETARY ASSETS								
Due from invoices			-	-	-	2,100	-	2,100
Due on Gift aid			21	1,250	1,271	936	1,165	2,101
OTHER MONETARY ASSETS			21	1,250	1,271	3,036	1,165	4,201
LIABILITIES			258	28	286	62	-	62
Signed on behalf of trustees								
Name			ME GEAKE					
Date			5 JULY 2024					

Grow for Life
Notes to the accounts
For the Year ended 31 January 2024

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

The comparisons are for the year ended 31 January 2023.

Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Grants

Grants are recognised on receipt from the grant making body.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Grow for Life
Notes to the accounts
For the Year ended 31 January 2024

2 Grants and donations

	Year ended January 2024			Year ended January 2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Gardening services and training	2,831	-	2,831	5,752	-	5,752
South West Social Entrepreneur Fund	-	-	-	-	15,000	15,000
Voluntary donations and other trust donations	45,548	33,415	78,963	36,361	1,370	37,731
Total	48,379	33,415	81,794	42,113	16,370	58,483

3 Payments - Charitable activities

	Year ended January 2024			Year ended January 2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Salaries and consultants	32,591	24,373	56,964	34,888	10,641	45,529
Training	1,104	-	1,104	381	120	501
Insurance	469	-	469	780	-	780
IT, Marketing and Website	1,280	-	1,280	772	700	1,472
Other costs	1,418	-	1,418	1,600	-	1,600
Walled garden non staff costs	5,826	2,465	8,291	-	21,259	21,259
Total	42,688	26,838	69,526	38,421	32,720	71,141

Grow for Life
Notes to the accounts
For the Year ended 31 January 2024

4 Trustees expenses and remuneration

No trustee received any expenses or remuneration during this year or the previous period.

5 Restricted and unrestricted reserves

	Brought forward as at 1 February 2023	Income	Expenditure	Carry forward as at 31 January 2024
Therapeutic gardening groups	-	18,500	15,500	3,000
Walled Garden	-	3,665	2,465	1,200
Other restrictions	-	11,250	8,873	2,377
Total restricted reserves	-	33,415	26,838	6,577
Unrestricted reserves	34,635	48,887	42,688	40,834
Total Reserves/ Cash	34,635	82,302	69,526	47,411

Independent Examiner's Report to the Trustees of Grow For Life

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 January 2024.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 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 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Matthew George Small FCA
ICAEW
Berkeley Hall Marshall Limited
6 Charlotte Street
Bath
BA1 2NE

5 July 2024

GROW FOR LIFE

England & Wales - Charity number 1173914

Accounts

Grow for Life

Charity Number: 1173914

Trustees' Annual Report and Financial Statements for the Year ended 31 January 2023

Grow for Life

Trustees report for the year ended 31 January 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

	<i>Trustee Name</i>	<i>Office (if any)</i>	<i>Appointed</i>	<i>Re-elected</i>
1:	Martin Geake	Chairperson	24 July 2017	7 July 2021
2:	Phillip Blacker		24 July 2017	24 June 2020
3:	Denise Weikert		16 May 2019	
4:	Dr Alex Eldridge		20 November 2019	Stood down 1 March 2023
5:	Dr Peg Bavin Butler		7 July 2021	
6:	Ted Litchfield		7 July 2021	
7	Tristram Lewis		19 October 2022	

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1173914, on 24 July 2017.

Registered and principal address

548 Wellsway

Bath

BA2 2UE

Names & Address of Bank

	<i>Name</i>	<i>Address & Postcode</i>
Bank:	Lloyds Bank	47 Milsom Street , Bath, BA1 1DN

Grow for Life

Trustees report for the year ended 31 January 2023

Structure, governance and management

The charity is registered as a Charitable Incorporated Organisation and is governed by a constitution adopted on 24 July 2017.

Trustees determine the strategy and policy of the charity. When staff are appointed they report to the board of trustees. Trustees must have an active commitment to the objects of the charity. The board of trustees selects and appoints new trustees who are chosen for their expertise. Trustees are all required to read the Charity Commission's guidelines on the role of charitable trustees and also to familiarise themselves with the charity's work on the ground.

The trustees have the pleasure of presenting the accounts for the year ending 31 January 2023 with comparison for the year ended 31 January 2022.

Objectives and activities

Grow for Life (GFL) was registered as a Charitable Incorporated Organisation in July 2017. The charity's objects are to assist in the treatment and care of persons suffering from ill health, particularly but not exclusively mental illness of any description, or those who are in need of rehabilitation as a result of such illness, in Bath and the surrounding areas, by the provision of therapeutic gardening and horticulture.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Grow for Life provides therapeutic gardening for people struggling with life, especially those suffering with depression and/or anxiety conditions. Working outdoors in a garden is enjoyable and productive and gives trainees, who we now call Gardeners, a sense of wellbeing and achievement. The charity aims to increase the confidence and self-esteem of its Gardeners equipping them with gardening and social skills, thereby providing a potential route into employment or meaningful activity.

We work in teams with Gardeners participating weekly in a morning or an afternoon session. We make the sessions informative, fun and safe. GFL works in both private and public gardens, in particular Bath Botanical Gardens. The hosts of the private gardens where we work need assistance due to old age or infirmity.

In late 2021 GFL took on a lease from the Duchy of Cornwall on an abandoned walled garden in Newton St Loe. While still a work in progress, it is being transformed into a productive vegetable garden and a superb resource for training and therapy. This Walled Garden and its adjoining orchard are now the centre of GFL's operations and will be a key resource in enabling GFL to expand its activities and reach more Gardeners. A large polytunnel has been built on site together with two WCs and a tool shed. As a result, it is now possible to operate sessions year-round.

GFL also started an orchard pruning, harvesting and pressing activity. We have visited special needs homes and other venues and involved vulnerable participants in the process of making apple juice. This has proved very popular.

Grow for Life

Trustees report for the year ended 31 January 2023

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements

GFL completed two City & Guilds courses in practical horticulture in partnership with a local social enterprise, Grow Yourself, and Bath Parks Dept. Sessions took place in Park's glass houses and nurseries. 14 Gardeners attended the course.

GFL provided therapy for 24 Gardeners in larger groups, one based at the Walled Garden and one in a variety of private and public gardens across Bath with a further 6 in a group set up in partnership with St Philips and St James Church, Odd Down. 30 vulnerable participants took part in the new orchard activities.

The charity's model of training and practical experience for people affected by low confidence, anxiety, depression, or isolation has proved highly effective. Working in small groups, Gardeners are taught horticultural skills and gain experience in a variety of settings and at the same time learn social skills to help them overcome isolation and build relationships. Regular reviews with Gardeners revealed the following impact:

- 100% reported more confidence, with half reporting a lot more confidence.
- 96% reported that their mental health had improved of which half said it had improved a lot.
- Improved mental health and increased confidence has led to Gardeners being able to commit to training or further education, take up work experience opportunities, engage with job coaches, or apply for jobs. As a result, of the 44 Gardeners GFL worked with during 2022, 11 achieved a City & Guilds qualification in practical horticulture, 8 secured part-time or full-time work, and 2 volunteered for other charities.

Group sessions were led by at least two garden leads. All our garden leads have attended mental health first aid training courses and three have attended courses run by Thrive UK, the leading social therapeutic horticulture organisation in the UK. GFL has a brilliant and enthusiastic team of 4 very part-time staff and 18 volunteers. The volunteers contributed an estimated 580 hours in the year. Some of these volunteers have worked with the gardening groups, others have worked on restoration of the Walled Garden and yet others have helped with fundraising and admin tasks.

Financial review

Income for the year 2022/23 was £58,517 (£49,909 2021/22). Expenditure for the year was £71,141 (£36,056 2021/22) this was split between unrestricted (£38,421) and restricted (£32,720) expenditure. GFL's main costs were for the part-time employment of staff and the development of the walled garden.

Policy on Reserves

At the period end, it is holding just over £34k in free reserves. The Charity's policy on reserves is to generate and maintain a balance which is sufficient to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a

Grow for Life

Trustees report for the year ended 31 January 2023

short-term fall in its income. At the current time the trustees consider this to be a minimum of six months expenditure.

Particulars of Any Outstanding Guarantee Given by Grow for Life

There are no outstanding guarantees given by GFL

Particulars of Any Outstanding Debt

We owed pension contribution of £62.

Signed on behalf of the board of trustees: Signed:

Name PHILLIP BLACKER

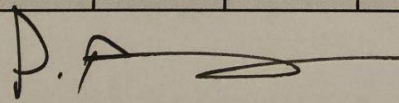
Date: .. 13.10.2023

P. BLACKER

Grow for Life
Receipt and payment account
For the Year to 31 January 2023

		Year to January 2023			Year to January 2022		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		funds	funds	funds	funds	funds	funds
	Note	£	£	£	£	£	£
Receipts							
Interest		34		34			
Donations and grants	2	42,113	16,370	58,483	33,556	16,350	49,906
Total receipts		42,147	16,370	58,517	33,556	16,350	49,906
Payments							
Charitable activities							
Activities relating to the							
work of the charity	3	38,421	32,720	71,141	36,056	0	36,056
Total payments		38,421	32,720	71,141	36,056	0	36,056
Net receipts/ (payments)		3,726	(16,350)	(12,624)	(2,500)	16,350	13,850
Cash funds at start of period		30,909	16,350	47,259	33,409	0	33,409
CASH AT THE END OF THE YEAR		34,635	0	34,635	30,909	16,350	47,259

Grow for Life
Statement of assets and liabilities
As at 31 January 2023

			2023			2022		
			Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Note	funds	funds	funds	funds	funds	funds
			£	£	£	£	£	£
CASH FUNDS								
Cash at bank and in hand		6	34,635	0	34,635	30,909	16,350	47,259
			34,635	0	34,635	30,909	16,350	47,259
OTHER MONETARY ASSETS								
Due from invoices			2,100	0	2,100	2188	0	2188
Due on Gift aid			936	1,165	2,101	75	1,165	1,240
OTHER MONETARY ASSETS			3,036	1,165	4,201	2,263	1,165	3,428
LIABILITIES			62	0	62	96	0	96
Signed on behalf of trustees								
Name			PHILIP BLACKER					
Date			13.10.2023					

Grow for Life
Notes to the accounts
For the Year ended 31 January 2023

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.
The comparisons are for the year ended 31 January 2022.

Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Grants

Grants are recognised on receipt from the grant making body.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Grow for Life
Notes to the accounts
For the Year ended 31 January 2023

2 Grants and donations

	Year ended January 2023			Year ended January 2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Gardening services and training	5,752	-	5,752	900	-	900
Coronavirus Job Retention Scheme	0	-	0	1,000	-	1,000
South West Social Entrepreneur Fund	-	15,000	15,000	-	-	-
Voluntary donations and other trust donations	36,361	1,370	37,731	31,656	16,350	48,006
Total	42,113	16,370	58,483	33,556	16,350	49,906

3 Payments - Charitable activities

	Year ended January 2023			Year ended January 2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Salaries and consultants	34,888	10,641	45,529	31,934	0	31,934
Training	381	120	501	778	0	778
Insurance	780	0	780	729	0	729
Marketing and Website	772	700	1,472	1,926	0	1,926
Tools and other costs	1,600	0	1,600	689	0	689
Walled garden non staff costs	0	21,259	21,259			
Total	38,421	32,720	71,141	36,056	0	36,056

Grow for Life
Notes to the accounts
For the Year ended 31 January 2023

4 Trustees expenses and remuneration

No trustee received any expenses or remuneration during this year or the previous period.

5 Related party transactions

£845 was paid to Martin Geake's adult daughter for copywriting. The other trustees assessed that the amount paid was less than what would have been charged on an arm's length basis externally therefore this represented best value for the charity.

6 Restricted and unrestricted reserves

	Brought forward as at 1 February 2022	Income	Expenditure	Carry forward as at 31 January 2023
South West Social Entrepreneur Fund	0	15,000	15,000	0
Walled Garden	16,350	1,370	17,720	0
Total restricted reserves	16,350	16,370	32,720	0
Unrestricted reserves	30,909	42,147	38,421	34,635
Total Reserves/ Cash	47,259	58,517	71,141	34,635

The South West Social Entrepreneur fund awarded us a grant which was fully utilised in the year on specific items. During the year, the walled garden project was started and the restricted funds raised last year were utilise in the infrastructure, staffing and setting up of this new project. Additional costs of this project, not funded from restricted income, were met by un restricted funds.

Independent Examiner's Report to the Trustees of Grow For Life

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 January 2023.

Responsibilities and basis of report

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

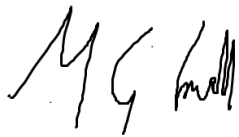
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 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 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Matthew George Small FCA
ICAEW
Berkeley Hall Marshall Limited
6 Charlotte Street
Bath
BA1 2NE

13 October 2023

Accounts

Grow for Life

Charity Number: 1173914

Trustees' Annual Report and Financial Statements for the Year ended 31 January 2022

Grow for Life

Trustees report for the year ended 31 January 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

	<i>Trustee Name</i>	<i>Office (if any)</i>	<i>Appointed</i>	<i>Re-elected</i>
1:	Martin Geake	Chairperson	24 July 2017	7 July 2021
2:	Phillip Blacker		24 July 2017	24 June 2020
3:	Denise Weikert		16 May 2019	
4:	Dr Alex Eldridge		20 November 2019	
5:	Dr Peg Bavin Butler		7 July 2021	
6:	Ted Litchfield		7 July 2021	

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1173914, on 24 July 2017.

Registered and principal address

8, The Tyning

Bath

BA2 6AL

Names & Address of Bank

	<i>Name</i>	<i>Address & Postcode</i>
Bank:	Lloyds Bank	47 Milsom Street , Bath, BA1 1DN

Grow for Life

Trustees report for the year ended 31 January 2022

Structure, governance and management

The charity is registered as a Charitable Incorporated Organisation and is governed by a constitution adopted on 24 July 2017.

Trustees determine the strategy and policy of the charity. When staff are appointed they report to the board of trustees. Trustees must have an active commitment to the objects of the charity. The board of trustees selects and appoints new trustees who are chosen for their expertise. Trustees are all required to read the Charity Commission's guidelines on the role of charitable trustees and also to familiarise themselves with the charity's work on the ground.

The trustees have the pleasure of presenting the accounts for the year ending 31 January 2022 with comparison for the year ended 31 January 2021.

Objectives and activities

Grow for Life (GFL) was registered as a Charitable Incorporated Organisation in July 2017. The charity's objects are to assist in the treatment and care of persons suffering from ill health, particularly but not exclusively mental illness of any description, or those who are in need of rehabilitation as a result of such illness, in Bath and the surrounding areas, by the provision of therapeutic gardening and horticulture.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Grow for Life provides therapeutic gardening for people struggling with life, especially those suffering with depression and/or anxiety conditions. Working outdoors in a garden is enjoyable and productive and gives trainees a sense of wellbeing and achievement. The charity aims to increase the confidence and self-esteem of its trainees equipping them with gardening and social skills, thereby providing a potential route into employment or meaningful activity.

We work in teams with trainees participating weekly in a morning or an afternoon session. The hosts of the private gardens where we work make the teams welcome and agree what tasks are to be undertaken. We make the sessions informative, fun and safe.

GFL historically has worked in both private and public gardens. In 2021/ 22 GFL has worked primarily in the Bath Parks and Nurseries since Covid19 regulations have restricted working in private or care home gardens for much of the year. During the year GFL also reached agreement with the Duchy of Cornwall to take on a lease on an abandoned walled garden in Newton St Loe and has started on restoration work. This garden will be a key resource in enabling GFL to expand its activities and reach more trainees.

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Grow for Life

Trustees report for the year ended 31 January 2022

Summary of the Main Achievements

GFL completed a second and third City & Guilds course in practical horticulture in partnership with a local social enterprise, Grow Yourself, and Bath Parks Dept. Sessions took place in Park's glass houses and nurseries. 16 trainees completed the course successfully.

GFL also worked with 18 trainees in a larger gardening group, primarily based at the Botanical Gardens in Victoria Park. In addition, a further 6 joined a gardening group set up in partnership with St Philips and St James Church, Odd Down. A further 14 were referred but never engaged with GFL.

The charity's model of training and practical experience for people affected by low confidence, anxiety, depression or isolation has proved highly effective. Working in small groups, trainees are taught horticultural skills and gain experience of gardening in a variety of settings and at the same time learn social skills to help them overcome isolation and build relationships. Regular reviews with trainees revealed the following impact: 96% reported that their mental health and confidence had improved and 50% reported that it had improved a lot. Improved mental health and increased confidence has led to trainees being able to commit to training or further education, take up work experience opportunities, engage with job coaches, or apply for jobs. As a result, of the 40 trainees GFL worked with during 2021, 16 have achieved City & Guilds qualifications in practical horticulture, 8 have taken part in work experience, 7 have secured part-time or full-time work, and one has started an open university course.

Group sessions were led by at least two garden leads. All our garden leads have attended mental health first aid training courses and three have attended courses run by Thrive UK, the leading social therapeutic horticulture organisation in the UK. GFL has a brilliant and enthusiastic team of part-time staff and volunteers. 19 volunteers worked for GFL and contributed an estimated 900 hours in the year. Some of these volunteers have worked with the gardening groups, others have worked on starting restoration of the Walled Garden and yet others have helped with fundraising and admin tasks.

GFL's profile in Bath increased thanks to its partnership with Parks which has led to wider recognition of the value of our work. Our Operations Manager has developed a profile within Bath's health care sector and referrals are steadily increasing.

Financial review

Income for the year 2021/22 was £49,906 (£15,832 2020/21), the majority of which was individual donations. £16,350 of income was raised for the Walled Garden Project. Expenditure for the year was £36,056 (£20,376 2020/21) which was all unrestricted expenditure. GFL's main costs were for the part-time employment of staff.

Policy on Reserves

At the period end, it is holding just over £31k in free reserves. The Charity's policy on reserves is to generate and maintain a balance which is sufficient to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income. At the current time the trustees consider this to be a minimum of six months expenditure.

Grow for Life
Trustees report for the year ended 31 January 2022

Particulars of Any Outstanding Guarantee Given by Grow for Life

There are no outstanding guarantees given by GFL

Particulars of Any Outstanding Debt

We owed pension contribution of £ 96.

Signed on behalf of the board of trustees: Signed: *ME Geake*

Name M E Geake

Date: ... *6 July 2022*

Grow for Life
Receipt and payment account
For the Year to 31 January 2022

		Year to January 2022			Year to January 2021		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		funds	funds	funds	funds	funds	funds
	Note	£	£	£	£	£	£
Receipts							
Donations and grants	2	33,556	16,350	49,906	15,832	0	15,832
Total receipts		33,556	16,350	49,906	15,832	0	15,832
Payments							
Charitable activities							
Activities relating to the							
work of the charity	3	36,056	0	36,056	2,389	17,986	20,375
Total payments		36,056	0	36,056	2,389	17,986	20,375
Net receipts/ (payments)		(2,500)	16,350	13,850	13,443	(17,986)	(4,543)
Cash funds at start of period		33,409	0	33,409	19,966	17,986	37,952
CASH AT THE END OF THE YEAR		30,909	16,350	47,259	33,409	0	33,409

Grow for Life
Statement of assets and liabilities
As at 31 January 2022

			2022			2021		
			Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Note		funds	funds	funds	funds	funds	funds
			£	£	£	£	£	£
CASH FUNDS								
Cash at bank and in hand	6		30,909	16,350	47,259	33,409	0	33,409
			30,909	16,350	47,259	33,409	0	33,409
OTHER MONETARY ASSETS								
Due on Coronavirus Job Retention Scheme						500		500
Due from invoices			2,188	0	2,188	320	0	320
Due on Gift aid			75	1,165	1,240	1,550	0	1,550
OTHER MONETARY ASSETS			2,263	1,165	3,428	2,370	0	2,370
LIABILITIES			96	0	96	43	0	43
Signed on behalf of trustees			<i>ME Geake</i>					
Name			M E Geake					
Date			6 July 2022					

Grow for Life
Notes to the accounts
For the Year ended 31 January 2022

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

The comparisons are for the year ended 31 January 2021.

Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Grants

Grants are recognised on receipt from the grant making body.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Grow for Life
Notes to the accounts
For the Year ended 31 January 2022

2 Grants and donations

	Year ended January 2022			Year ended January 2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Gardening services and training	900	-	900	-	-	-
Coronavirus Job Retention Scheme	1,000		1,000	1,676		1,676
Voluntary donations and other trust donations	31,656	16,350	48,006	14,156	-	14,156
Total	33,556	16,350	49,906	15,832	-	15,832

3 Payments - Charitable activities

	Year ended January 2022			Year ended January 2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Salaries	31,934	0	31,934	2,389	15,609	17,998
Training	778	0	778		720	720
Insurance	729	0	729		691	691
Marketing and Website	1,926	0	1,926		489	489
Tools and other costs	689	0	689		477	477
Total	36,056	0	36,056	2,389	17,986	20,375

Grow for Life
Notes to the accounts
For the Year ended 31 January 2022

4 Trustees expenses and remuneration

No trustee received any expenses or remuneration during this year or the previous period.

5 Related party transactions

£773.75 was paid to Martin Geake's adult daughter for copywriting and designing of website. The other trustees assessed that the amount paid was less than what would have been charged on an arm's length basis externally therefore this represented best value for the charity.

6 Restricted and unrestricted reserves

	Brought forward as at 1 February 2021	Income	Expenditure	Carry forward as at 31 January 2022
Walled Garden	0	16,350	0	16,350
Total restricted reserves	0	16,350	0	16,350
Unrestricted reserves	33,409	33,556	36,056	30,909
Total Reserves/ Cash	33,409	49,906	36,056	47,259

During the year, Grow for Life have fundraised for a new project called the Walled Garden. The fundraising occurred at the end of financial year and the project started in new financial year hence there is no expenditure in the current year.

Independent Examiner's Report to the Trustees of Grow For Life

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 January 2022.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 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 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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]¹.

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 accounts to be reached.



Matthew George Small FCA
ICAEW
Berkeley Hall Marshall Limited
6 Charlotte Street
Bath
BA1 2NE

6 July 2022

¹ Delete if preparing receipts and payments accounts.

GROW FOR LIFE

England & Wales - Charity number 1173914

Accounts

Grow for Life

Charity Number: 1173914

Trustees' Annual Report and Financial Statements for the Year ended 31 January 2021

Grow for Life

Trustees report for the year ended 31 January 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

<i>Trustee Name</i>	<i>Office (if any)</i>	<i>Appointed</i>	<i>Re-elected</i>
1: Martin Geake	Chairperson	24 July 2017	
2: Phillip Blacker		24 July 2017	24 June 2020
3: Denise Weikert		16 May 2019	
4: Dr Alex Eldridge		20 November 2019	

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1173914, on 24 July 2017.

Registered and principal address

8, The Tyning

Bath

BA2 6AL

Names & Address of Bank

	<i>Name</i>	<i>Address & Postcode</i>
Bank:	Lloyds Bank	47 Milsom Street , Bath, BA1 1DN

Grow for Life

Trustees report for the year ended 31 January 2021

Structure, governance and management

The charity is registered as a Charitable Incorporated Organisation and is governed by a constitution adopted on 24 July 2017.

Trustees determine the strategy and policy of the charity. When staff are appointed they report to the board of trustees. Trustees must have an active commitment to the objects of the charity. The board of trustees selects and appoints new trustees who are chosen for their expertise. Trustees are all required to read the Charity Commission's guidelines on the role of charitable trustees and also to familiarise themselves with the charity's work on the ground.

The trustees have the pleasure of presenting the accounts for the year ending 31 January 2021 with comparison for the year ended 31 January 2020.

Objectives and activities

Grow for Life (GFL) was registered as a Charitable Incorporated Organisation in July 2017. The charity's objects are to assist in the treatment and care of persons suffering from ill health, particularly but not exclusively mental illness of any description, or those who are in need of rehabilitation as a result of such illness, in Bath and the surrounding areas, by the provision of therapeutic gardening and horticulture.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Grow for Life provides therapeutic gardening for people struggling with life, especially those suffering with depression and/or anxiety conditions. Working outdoors in a garden is enjoyable and productive and gives trainees a sense of wellbeing and achievement. The charity aims to increase the confidence and self-esteem of its trainees. Experienced volunteer gardeners work alongside the trainees, mentor them and pass on gardening and social skills thereby giving them a potential route into employment or meaningful activity.

We work in teams with trainees participating weekly in a morning or an afternoon session. The hosts of the private gardens where we work make the teams welcome and agree what tasks are to be undertaken. We make the sessions informative, fun and safe.

GFL historically has worked in both private and public gardens. The trustees have established criteria on who qualifies as a private garden host so as to ensure its activities are for the public benefit. In 2020/21 GFL has worked solely in Bath Parks and Nurseries since Covid19 regulations have prevented working in private gardens.

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements

GFL commenced its first City & Guilds course in practical horticulture in partnership with a local social enterprise, Grow Yourself, and Bath Parks Dept. Sessions took place in Park's glass houses and nurseries and were run by GFL's horticulturalist who was employed from

Grow for Life

Trustees report for the year ended 31 January 2021

February 2020. The course had to close during the first national lockdown but was permitted to operate for much of the year being a training activity. 6 trainees participated two of which left by the end of the year to take up employment.

GFL also worked with 24 trainees in a larger gardening group, primarily based at the Botanical Gardens in Victoria Park. During sessions, this larger group was split into sub-groups of six due to Covid regulations.

The trainees had a variety of mental health issues. They all had depression and/or anxiety in some form and all had low self-esteem and confidence. None were employed on a regular basis. They were very positive about their involvement with Grow for Life and the impact it had had on their lives. Confidence and self-esteem were improved and some were able to return to employment or further education as a result of the time they spent with GFL.

Group sessions were led by at least 2 volunteer garden leads. All our garden leads have attended mental health first aid training courses and 2 have attended courses run by Thrive UK, the leading social therapeutic horticulture organisation in the UK. 10 volunteers worked for GFL and contributed an estimated 410 hours in the year.

GFL's profile in Bath increased thanks to its partnership with Parks which has led to wider recognition of the value of our work. Our Operations Manager has developed a profile within Bath's health care sector and referrals are steadily increasing.

Financial review

Income for the year 2020/21 was £15,832 (£13,876 2019/20), the majority of which was individual donations. Expenditure for the year was £20,376 (£12,892 2019/20). We utilised the remainder of a two-year grant of £30,000 from St Johns Foundation which GFL received at the end of 2018. GFL's main costs were part-time employment of an Operations Manager and a Horticulturalist.

Policy on Reserves

At the period end, it is holding just over £33k in free reserves. The Charity's policy on reserves is to generate and maintain a balance which is sufficient to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income. At the current time the trustees consider this to be a minimum of six months expenditure.

Particulars of Any Outstanding Guarantee Given by Grow for Life

There are no outstanding guarantees given by GFL

Particulars of Any Outstanding Debt

We owed pension contribution of £ 43.

Signed on behalf of the board of trustees: Signed: *ME Geake*

Name Martin Geake

Date: 7th July 2021

Grow for Life
Receipt and payment account
For the Year to 31 January 2021

		Year to January 2021			Year to January 2020		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		funds	funds	funds	funds	funds	funds
	Note	£	£	£	£	£	£
Receipts							
Donations and grants	2	15,832	0	15,832	13,876	0	13,876
Total receipts		15,832	0	15,832	13,876	0	13,876
Payments							
Charitable activities							
Activities relating to the							
work of the charity	3	2,389	17,986	20,375	0	12,892	12,892
Total payments		2,389	17,986	20,375	0	12,892	12,892
Net receipts/ (payments)		13,443	(17,986)	(4,543)	13,876	(12,892)	984
Cash funds at start of period		19,966	17,986	37,952	6,090	30,878	36,968
CASH AT THE END OF THE YEAR		33,409	0	33,409	19,966	17,986	37,952

Grow for Life
Statement of assets and liabilities
As at 31 January 2021

			2021			2020		
			Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Note	funds	funds	funds	funds	funds	funds
			£	£	£	£	£	£
CASH FUNDS								
Cash at bank and in hand		6	33,409	0	33,409	19,966	17,986	37,952
			33,409	0	33,409	19,966	17,986	37,952
OTHER MONETARY ASSETS								
Due on Coronavirus Job Retention Scheme			500		500			
Due from HMRC			320	0	320			
Due on Gift aid			1,550	0	1,550			
OTHER MONETARY ASSETS			2,370	0	2,370			
LIABILITIES			43	0	43	0	111	111
Signed on behalf of trustees			<i>ME Geake</i>					
Name			Martin Geake					
Date			7 th July 2021					

Grow for Life
Notes to the accounts
For the Year ended 31 January 2021

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

The comparisons are for the year ended 31 January 2020.

Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Grants

Grants are recognised on receipt from the grant making body.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Grow for Life
Notes to the accounts
For the Year ended 31 January 2021

2 Grants and donations

	Year ended January 2021			Year ended January 2020		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Seedbed Trust	-	-	-	10,000	-	10,000
Coronavirus Job Retention Scheme	1,676		1,676			
Voluntary donations and other trust donations	14,156	-	14,156	3,876	-	3,876
Total	15,832	-	15,832	13,876	-	13,876

3 Payments - Charitable activities

	Year ended January 2021			Year ended January 2020		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Salaries	2,389	15,609	17,998		9,666	9,666
Training		720	720		601	601
Insurance		691	691		654	654
Marketing and Website		489	489		1,240	1,240
Tools and other costs		477	477		731	731
Total	2,389	17,986	20,375	0	12,892	12,892

Grow for Life
Notes to the accounts
For the Year ended 31 January 2021

4 Trustees expenses and remuneration

No trustee received any expenses or remuneration during this year or the previous period.

5 Related party transactions

£322.50 was paid to Martin Geake's adult daughter for copywriting and designing of website. The other trustees assessed that the amount paid was less than what would have been charged on an arm's length basis externally therefore this represented best value for the charity.

6 Restricted and unrestricted reserves

	Brought forward as at 1 February 2020	Income	Expenditure	Carry forward as at 31 January 2021
St John's Foundation	17,986	0	17,986	0
Total restricted reserves	17,986	0	17,986	0
Unrestricted reserves	19,966	15,832	2,389	33,409
Total Reserves/ Cash	37,952	15,832	20,375	33,409

As discussed in the Trustees report, the St John's Foundation gave this grant up front in December 2018 to be spent over the coming two years, hence why the spend was only fully spent in this year.