

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.