

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

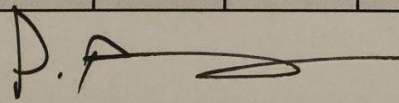
Date: .. 13.10.2023

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').

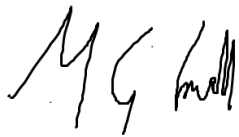
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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