

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

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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.

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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

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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:



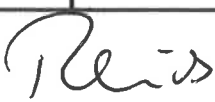
Name TRISTRAM LEWIS

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