

BACK TO BASICS CIO

England & Wales · Charity number 1176426

Details

Status Registered

Legal form CIO

Registered 2017-12-21

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

Contact

Address 108
Bewdley Road
Kidderminster
Worcestershire
Postpac
DY11 6RL

Phone 08438498119

Email contact@backtobasics.org.uk

Website www.backtobasics.org.uk

Activities

Objects: THE RELIEF OF THOSE IN NEED, BY REASON OF YOUTH, AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE IN SANDWELL AND THE UK;BY PROVIDING FACILITIES TO TEACH SKILLS ON EFFECTIVE FARMING AND:PROVIDING GRANTS TO ASSIST THOSE IN NEED OF FINANCIAL ASSISTANCE TO TAKE PART IN SUCH ACTIVITIES.

Activities: DEMONSTRATING TO THE PUBLIC, IRRESPECTIVE OF AGE OR DISABILITIES, HOW TO GROW THEIR OWN PRODUCE USING ORGANIC AND TRADITIONAL METHODS. PROVIDING A SPACE AND WORKSHOPS WITH QUALIFIED TUTORS IN PERMACULTURE AND HORTICULTURE, IN ORDER TO LEARN FOR THEMSELVES.

Classification

- **How:** Makes Grants To Individuals, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-27	£31,472	£29,108	-	-
2024-07-27	£61,986	£56,147	-	-
2023-07-27	£41,941	£36,243	-	-
2022-07-27	£8,162	£7,819	-	-
2021-07-27	£1,643	£1,474	-	-
2020-07-27	£5,237	£5,148	-	-

Trustees

Name	Role	Appointed
CHAN NGO	Chair	2024-05-13
KWOK-HO TANG		2017-12-21

Accounts



Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	Day 28	Month JULY	Year 2024		Day 27	Month JULY

Section A Reference and administration details

Charity name	BACK TO BASICS CIO		
Other names charity is known by	N/A		
Registered charity number (if any)	1176426		
Charity's principal address	108 BEWDLEY ROAD		
	POSTPAC KIDDERMINSTER		
	Postcode	DY11 6RL	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	KWOK-HO TANG			
2	CHAN NGO			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CONSTITUTION
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION
Trustee selection methods (eg. appointed by, elected by)	APPOINTED

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

THE RELIEF OF THOSE IN NEED, BY REASON OF YOUTH, AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE IN SANDWELL AND THE UK;
BY PROVIDING FACILITIES TO TEACH SKILLS ON EFFECTIVE FARMING AND:
PROVIDING GRANTS TO ASSIST THOSE IN NEED OF FINANCIAL ASSISTANCE TO TAKE PART IN SUCH ACTIVITIES.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THROUGHOUT 2024 – 2025, OUR FOCUS HAS BEEN ON DISTRIBUTION OF SEED PACKS, SOIL AND CONTAINERS TO TEACH THOSE IN THE COMMUNITY THE FULL CYCLE OF FOOD TO FORK.

WE HAVE HELD WORKSHOPS ON THE DIFFERENCES IN ORGANIC AND PERMACULTURE FARMING COMPARED TO MODERN CONVENTIONAL METHODS.

THIS PERIOD HAS INTRODUCED VARIOUS AI METHODS AND HOW THE EMERGING AI CAN BE USED TO ASSIST WITH MONITORING LEVELS IN SOIL AND PLANT HEALTH FOR MORE EFFICIENT FARMING.

WE HAVE WORKED WITH LOCAL SCHOOL, COLLEGE AND UNIVERSITIES TO INTRODUCE MICRO:BITS FOR OBSERVATING DEMONSTRABLE, INSTANT RESULTS TO ENGAGE WITH THE PUBLIC AND SHOW HOW TRADITIONAL FARMING CAN CO-EXIST WITH THE LATEST AND MODERN TECHNOLOGIES.

WE HAVE CONTINUED TO EDUCATE VIA WORKSHOPS UP AND DOWN THE UK AT VARIOUS VILLAGE HALLS, CHURCHES AND COMMUNITY GATHERINGS.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

THE MAIN ACHIEVEMENT THIS YEAR HAS BEEN TO CONTINUE THE DEVELOPMENT OF A DIGITAL APP TO BETTER ENGAGE WITH THE YOUNGER GENERATION TO CONTINUE SPREADING THE KNOWLEDGE OF SEEDS, VARIOUS FOODS AND THEIR NUTRITIONAL BENEFIT. WE ARE EXPLORING AI INTEGRATION IN THE EARLIER VERSION OF THE APP IN ORDER TO MAKE IDENTIFICATION OF SEEDS, PLANTS AND THEIR BENEFITS EASIER TO ACCESS.

WE HAVE CONTINUED WORKING WITH SCHOOLS TO ENGAGE CHILDREN AND TEENAGERS WITH NUTRITIONAL INVALUABLE INFORMATION. WE HAVE HAD VERY POSITIVE FEEDBACK WITH HOW MUCH INFORMATION HAS BEEN TAKEN IN WHEN IT IS UNDERSTOOD WITH HOW THE KNOWLEDGE CAN BE APPLIED.

CORPORATE EVENTS TEACHING EMPLOYEES AND EMPLOYERS HOW VARIOUS INTAKES COULD IMPACT OUTPUTS AND TEAMWORK. THIS HAS ACHIEVED VERY POSITIVE FEEDBACK AND RESULTS, OFTEN RESULTING IN PHASE 2 AND 3 TO CONTINUE DEVELOPING THOSE RESULTS.

Section E

Financial review

Brief statement of the charity's policy on reserves

THE CHARITY TRUSTEES HAS EXAMINED AND AGREED THAT AT THIS STAGE, THERE WILL BE A 10% OF INCOME KEPT FOR RESERVES. AS THE ORGANISATION GROWS TO ESTABLISH ANY ASSETS, THIS POLICY WILL BE RE-EXAMINED.

Details of any funds materially in deficit

NO FUNDS MATERIALLY IN DEFICIT

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

KWOK-HO TANG

CHAN NGO

Position (eg Secretary, Chair, etc)

TREASURER

CHAIR

Date

23/05/26

Accounts



Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	Day 28	Month JULY	Year 2023		Day 27	Month JULY

Section A

Reference and administration details

Charity name	BACK TO BASICS CIO
Other names charity is known by	N/A
Registered charity number (if any)	1176426
Charity's principal address	87 EMERALD SUITE
	VYSE STREET
	BIRMINGHAM
	Postcode B18 6JZ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	KWOK-HO TANG			
2	CHAN NGO			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CONSTITUTION
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION
Trustee selection methods (eg. appointed by, elected by)	APPOINTED

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

THE RELIEF OF THOSE IN NEED, BY REASON OF YOUTH, AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE IN SANDWELL AND THE UK;
BY PROVIDING FACILITIES TO TEACH SKILLS ON EFFECTIVE FARMING AND:
PROVIDING GRANTS TO ASSIST THOSE IN NEED OF FINANCIAL ASSISTANCE TO TAKE PART IN SUCH ACTIVITIES.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THROUGHOUT 2023 – 2024, WE HAVE CONTINUED TO MANAGE AND CO-MANAGE VARIOUS GREEN SPACES ACROSS THE WEST MIDLANDS, INCLUDING GARDEN SPACES ON CHURCH GROUNDS, VILLAGE HALLS, SCHOOLS AND NURSERIES.

WE HAVE CONTINUED TO WORK WITH LOCAL SCHOOLS AND CONDUCT TALKS AND LOCAL WORKSHOPS ACROSS SUPERMARKETS AND LOCAL BUSINESSES TO RAISE AWARENESS OF THEIR NET ZERO GOALS AND HOW WE CAN ASSIST WITH WORKING ALONGSIDE THEM TO REACH THEIR TARGETS.

WE CONTINUE TO ASSIST ADULTS OUT OF WORK INTO RE-APPLYING FOR NEW JOBS, TAKING ON CONSIDERATION FOR THOSE WHO HAVE NEVER APPLIED FOR JOBS BEFORE AND HAVE UNDERLYING LEARNING DIFFICULTIES. WE HAVE PROVIDED ONGOING SUPPORT FOR THOSE WHO HAVE NEEDED IT AND INTRODUCED BASIC TECHNOLOGY SKILLS SUCH AS WORD, EMAILING AND APP-DOWNLOADING IN ORDER TO STAY CURRENT WITH COMMUNICATION METHODS.

WE HAVE ONBOARDED VOLUNTEERS FOR CAREER TALKS TO MOTIVATE CHILDREN WITHIN SCHOOLS AND COLLEGES SO THEY HAVE A CLEARER DIRECTION AND DEEPER UNDERSTANDING AS TO WHY THE WORK THEY ARE DOING MATTERS NOW, AND HOW THAT COULD IMPACT THEIR FUTURES.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

THE MAIN ACHIEVEMENT THIS YEAR HAS BEEN THE DEVELOPMENT OF A DIGITAL APP TO BETTER ENGAGE WITH THE YOUNGER GENERATION TO CONTINUE SPREADING THE KNOWLEDGE OF SEEDS, VARIOUS FOODS AND THEIR NUTRITIONAL BENEFIT.

WORKING CLOSELY WITH A NUTRITIONIST WHO UNDERTAKES WORKSHOPS WITH US, WE HAVE STARTED TO PUT TOGETHER BASIC UNDERSTANDINGS OF TEENAGE HORMONES AND HOW BEST TO SUPPORT THOSE IMBALANCES THROUGH NUTRITION. WE HAVE HAD PUT TOGETHER A PROGRAMME WHICH CAN BE USED ALONGSIDE PSHE LESSONS IN CLASSROOMS TO ACCOMPANY DEEPER UNDERSTANDING OF INDIVIDUALS, HOW THE MIND WORKS AT DIFFERENT VITAMIN DEFICIENCY LEVELS, ENSURING SELF CARE STARTS FROM WITHIN, FOR BETTER OUTPUT OF CONCENTRATION LEVELS AND MOODS THROUGHOUT LONG SCHOOL DAYS.

THIS IS BEING EXTENDED TO WORK WITH CORPORATIONS FOR THE WELLBEING OF EMPLOYEES AND WORK SETTINGS, RAISING AWARENESS OF NUTRITIONAL IMPACTS; BOTH POSTIVE AND NEGATIVE. THESE MESSAGES ARE BEING CONVEYED THROUGH CATERERS, IN HOPE OF CREATING MORE BALANCED MEALS TO NURTURE VARIOUS BODILY FUNCTIONS AT BETTER CAPACITY, AND KEEPING IT MORE AFFORDABLE THROUGHOUT THE COST OF LIVING.

Section E

Financial review

Brief statement of the charity's policy on reserves

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Details of any funds materially in deficit

NO FUNDS MATERIALLY IN DEFICIT

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

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- how expenditure has supported the key objectives of the charity;
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Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

KWOK-HO TANG

CHAN NGO

Position (eg Secretary, Chair, etc)

TREASURER

CHAIR

Date

21/05/25

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 28	Month JULY	Year 2022		Day 27	Month JULY	Year 2023

Section A Reference and administration details

Charity name

BACK TO BASICS CIO

Other names charity is known by

N/A

Registered charity number (if any)

1176426

Charity's principal address

87 EMERALD SUITE

VYSE STREET

BIRMINGHAM

Postcode

B18 6JZ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	KWOK-HO TANG			
2	YASEEN AHMED		FROM 13/5/2024	
3	CHAN NGO		FROM 13/5/2024	
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

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BY PROVIDING FACILITIES TO TEACH SKILLS ON EFFECTIVE FARMING AND:
PROVIDING GRANTS TO ASSIST THOSE IN NEED OF FINANCIAL ASSISTANCE TO TAKE PART IN SUCH ACTIVITIES.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THROUGHOUT 2022 – 2023, WE HAVE CONTINUED TO MANAGE AND CO-MANAGE VARIOUS GREEN SPACES ACROSS THE WEST MIDLANDS, INCLUDING GARDEN SPACES ON CHURCH GROUNDS, VILLAGE HALLS, SCHOOLS AND NURSERIES.

HAVING BEEN IN DISCUSSIONS WITH JEROME SINCLAIR IN THE LATTER OF 2023, HE HAS AGREED TO BECOME AN AMBASSADOR FOR THE FOLLOWING YEAR TO ASSIST WITH RAISING FUNDS AND PARTICIPATE IN AWARENESS OF OUR CHARITY.

WE HAVE CONTINUED TALKS WITH LOCAL FARMERS BY WAY OF INTRODUCING HERITAGE SEEDS WITH SEEDBANKS WHICH WE BUILT UP GREAT CONNECTIONS WITH FROM PREVIOUS YEARS AND HAVE BEGAN A PROGRAM OF FOOD DONATIONS WITH SUPERMARKETS AND LOCAL FARMERS FOR THOSE STRUGGLING FROM THE COST OF LIVING CRISIS.

WE ARE CURRENTLY EXPLORING FUNDING OPTIONS IN ORDER TO EXPAND OUR RESEARCH AND DEVELOPMENT ON SOIL ECOLOGY AND THE SUSTAINABILITY OF THE PLASTIC WASTE REDUCTION, WITH CONSIDERATIONS TO FUTURE ALTERNATIVES WHICH ARE FRIENDLY TO THE SURROUNDING, BUT ALSO GLOBAL, ENVIRONMENT.

WE HAVE UNDERTAKEN SCHOOL TALKS AND LOCAL WORKSHOPS, AMONGST THE JOB LOSSES SINCE COVID, TO ASSIST ADULTS OUT OF WORK INTO RE-APPLYING FOR NEW JOBS, TAKING ON CONSIDERATION FOR THOSE WHO HAVE NEVER APPLIED FOR JOBS BEFORE AND HAVE UNDERLYING LEARNING DIFFICULTIES. WE HAVE PROVIDED ONGOING SUPPORT FOR THOSE WHO HAVE NEEDED IT AND INTRODUCED BASIC TECHNOLOGY SKILLS SUCH AS WORD, EMAILING AND APP-DOWNLOADING IN ORDER TO STAY CURRENT WITH COMMUNICATION METHODS. WE HAVE ONBOARDED VOLUNTEERS FOR CAREER TALKS TO MOTIVATE CHILDREN WITHIN SCHOOLS AND COLLEGES SO THEY HAVE A CLEARER DIRECTION AND DEEPER UNDERSTANDING AS TO WHY THE WORK THEY ARE DOING MATTERS NOW, AND HOW THAT COULD IMPACT THEIR FUTURES.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

THERE HAS BEEN DISRUPTION IN THE WEATHER IN THE UK WHICH HAS CAUSED A DELAY IN THE SEASONAL PRODUCE WE WOULD ORDINARILY CONTRIBUTE IN ADDITION TO OUR WORKSHOPS AND FOOD GIVEAWAYS. THIS HAS BEEN A DOWNSIDE TO ONE ASPECT, YET, DURING OUR AGM, WE HAVE MANAGED TO UTILISE THE IMPACT TO SHOW MEMBERS OF THE PUBLIC DIFFERENT STAGES OF FOOD LIFECYCLE. THE FEEDBACK HAS BEEN POSITIVE AS MANY DO NOT HAVE THE OPPORTUNITIES TO WITNESS THESE GROWTH CYCLES AND HAS GIVEN DEPTH TO THE UNDERSTAND AND APPRECIATION OF FARMING AND THE DIFFERENCE A SINGLE SEED CAN MAKE.

WE HAVE ALSO ONBOARDED TWO NEW TRUSTEES WHO ARE COMMITTED TO RAISING AWARENESS OF THE CHARITY AND ITS AIMS, BRINGING IN MORE DIGITAL EXPERIENCE FOR A LARGER OUTREACH WHO ARE CURRENTLY WORKING ON VIDEOS AND UPDATING OUR BLOG PAGES AND POSTS, WITH POSITIVE FEEDBACK AND ENGAGEMENT FROM THE PUBLIC.

WE CONTINUED RUNNING OUR ENTERPRISE WORKSHOPS ACROSS HOLIDAY TERM TIMES DUE TO DEMAND AND A YOUNG TEAM OF UNDER 10s MANAGED TO SELF-FUND AN ENTIRE BOOK PUBLICATION FROM ATTENDANCE OF OUR WORKSHOPS, WITH THE GUIDANCE OF VARIOUS MEMBERS OF THE COMMUNITY WHO HAVE CAME TOGETHER TO OFFER ADVICE AND SUPPORT. THIS HAS BEEN A HUGE ACHIEVEMENT FOR THE CHARITY'S RESULTS OF THE ACTIVITIES WE DO.

PLANS HAVE BEEN DRAWN UP FOR OUR MOBILE WORKSHOP VANS WITH COMMITMENT FROM CORPORATE SPONSORS TO BEGIN BRINGING THIS INTO FRUITION IN 2024 TO BETTER ENGAGE MEMBERS OF PUBLIC INTO GROWING YOUR OWN FOOD AND ITS BENEFITS.

THE ANNOUNCEMENT OF THE RIGHT-TO-GROW IN PARLIAMENT HAS MEANT THAT WE ARE ABLE TO FURTHER ENHANCE OUR RELATIONSHIPS WITH LOCAL MPS TO BETTER USE OUR GREEN SPACES FOR THE BENEFIT OF THE COMMUNITY.

THERE HAS BEEN POSITIVE FEEDBACK FROM THE COMMUNITY WHO HAVE HAD LOCAL CRAFTSMEN TEACH A VARIATION OF PRACTICAL SKILLS TO ENHANCE THEIR LEARNING AND SKILLS. THIS HAS LED TO VARIOUS INITIATIVES ACROSS THE COMMUNITY TO CONTINUE THE ENGAGEMENT AND ACTIVITIES AND GROW ON THOSE BASIC SKILLS WITH THE OPPORTUNITIES WE PROVIDED.

Section E

Financial review

Brief statement of the charity's policy on reserves

THE CHARITY TRUSTEES HAS EXAMINED AND AGREED THAT AT THIS STAGE, THERE WILL BE A 10% OF INCOME KEPT FOR RESERVES. AS THE ORGANISATION GROWS TO ESTABLISH ANY ASSETS, THIS POLICY WILL BE RE-EXAMINED.

Details of any funds materially in deficit

NO FUNDS MATERIALLY IN DEFICIT

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s) KWOK-HO TANG

CHAN NGO

YASEEN AHMED

Position (eg Secretary, Chair, etc)	TREASURER	CHAIR	TRUSTEE
Date	12/05/24		

Accounts



Trustees' Annual Report for the period

From

Period start date

Day 28

Month JULY

Year 2021

To

Period end date

Day 27

Month JULY

Year 2022

Charity name

BACK TO BASICS CIO

Other names charity is known by

N/A

Registered charity number (if any)

1176426

Charity's principal address

61 BRIDGE STREET

KINGTON

HEREFORDSHIRE

Postcode

HR5 3DJ

Names of the charity trustees who manage the charity

Trustee name**Office (if any)****Dates acted if not for whole year****Name of person (or body) entitled to appoint trustee (if any)**

1 GAVIN LONG

2 KWOK-HO-TANG

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name**Dates acted if not for whole year**

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Description of the charity's trusts

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- trustees' consideration of major risks and the system and procedures to manage them.

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Summary of the objects of the charity set out in its governing document

THE RELIEF OF THOSE IN NEED, BY REASON OF YOUTH, AGE, ILL HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE IN SANDWELL AND THE UK; BY PROVIDING FACILITIES TO TEACH SKILLS ON EFFECTIVE FARMING AND: PROVIDING GRANTS TO ASSIST THOSE IN NEED OF FINANCIAL ASSISTANCE TO TAKE PART IN SUCH ACTIVITIES.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

BETWEEN JULY 2021 AND JULY 2022, WE HAVE CONTINUED TO BUILD OUR WORKSHOPS, ENRICHING VARIOUS ASPECTS OF AN INDIVIDUAL'S MENTAL WELLBEING, SOCIALISING SKILLS AND UPSKILLING BY WAYS OF LEARNING SOMETHING DIFFERENT.

WE HAVE INTRODUCED WORKSHOPS GOING RIGHT BACK TO BASICS, SUCH AS LISTENING WORKSHOPS, TEAM BUILDING WORKSHOPS, SILENT WORKSHOPS, READING CLUBS AND HAVE MORE RECENTLY BEEN EXPLORING THE OPTION OF A MEMBERSHIP SCHEME IN ORDER TO EXPAND THE REACH OF THOSE WHO WOULD BENEFIT FROM OUR WORKSHOPS.

WE HAVE ON-BOARDED A VARIETY OF LOCAL CRAFTSMEN WHO HAVE STRUGGLED WITH THEIR SMALL BUSINESSES DURING COVID-19 AND HAVE TURNED THEIR SKILLS INTO WORKSHOPS, TO WHICH, MANY HAVE BENEFITED FROM.

REGARDING THE FARMING ASPECTS OF OUR CHARITY, WE HAVE CONTINUED TO WORK WITH A SMALL HANDFUL OF ALLOTMENTS AND UNUSED GARDEN SPACES OF THOSE WITHIN OUR COMMUNITIES TO CONTINUE GROWING FOODS USING PERMACULTURE TECHNIQUES AND PROVIDING THAT SPACE WHERE PEOPLE CAN COME AND TOUCH, SEE, TASTE AND FEEL AS AN EXPERIENTIAL LEARNING ACTIVITY.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

ON-BOARDING SMALLER BUSINESS OWNERS AS VOLUNTEERS TO OUR WORKSHOPS AND CONTINUING TO BUILD OUR REACH SO MORE CAN BENEFIT FROM THE RESULTS OF BELONGING TO A GREAT COMMUNITY WHO ARE EACH WILLING TO LEARN FROM EACH OTHER, AS WELL AS TEACH OTHER WHAT THEY ALREADY KNOW SO THUS A SENSE OF PRIDE, MOTIVATION AND ACCOMPLISHMENT IS ACHIEVED FROM ALL PARTIES INVOLVED.

Brief statement of the charity's policy on reserves

THE CHARITY TRUSTEES HAS EXAMINED AND AGREED THAT AT THIS STAGE, THERE IS NO REQUIREMENT FOR RESERVES. AS THE ORGANISATION GROWS TO ESTABLISH ANY ASSETS, THIS POLICY WILL BE RE-EXAMINED.

Details of any funds materially in deficit

NO FUNDS MATERIALLY IN DEFECIT.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
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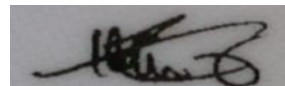
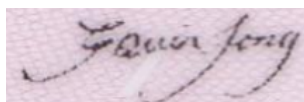
Section F

Other optional information

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

GAVIN LONG

KWOK-HO TANG

Position (eg Secretary, Chair, etc)

TREASURER

CHAIR

Date

18/05/2023

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year

Section A Reference and administration details

Charity name

BACK TO BASICS CIO

Other names charity is known by

N/A

Registered charity number (if any)

1176426

Charity's principal address

61 BRIDGE STREET

KINGTON

HEREFORDSHIRE

Postcode

HR5 3DJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	GAVIN LONG			
2	KWOK-HO TANG			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CONSTITUTION
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION
Trustee selection methods (eg. appointed by, elected by)	APPOINTED

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

THE RELIEF OF THOSE IN NEED, BY REASON OF YOUTH, AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE IN SANDWELL AND THE UK;
BY PROVIDING FACILITIES TO TEACH SKILLS ON EFFECTIVE FARMING AND:
PROVIDING GRANTS TO ASSIST THOSE IN NEED OF FINANCIAL ASSISTANCE TO TAKE PART IN SUCH ACTIVITIES.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THESE PAST 12 MONTHS HAVE BEEN FOCUSED ON SUPPORTING PRESERVATION OF OUR GREEN SPACES, PARTICIPATING IN VARIOUS PROTESTS TO SAVE TREES, PLANT TREES AND DISCUSSIONS WITH LOCAL COUNCILLORS ON HOW WE COULD INCORPORATE THE COMMUNITY TO BETTER UTILISE OUR GREEN SPACES.

THIS HAS INCLUDED, BUT CERTAINLY NOT LIMITED TO, PLANTING FLOWERS FROM OUR 'SEED BOMB CREATION' WORKSHOPS, WORKING WITH VARIOUS BOROUGH COUNCILS FROM THE DONATION OF IKEA TREE SAPLINGS TO PLANT SMALL ORCHARDS AND REPLACE TREES WHICH WERE IN ILL HEALTH, WITH NEW SAPLINGS.

IN ADDITION, WE HAVE BEEN WORKING CLOSELY WITH P.A.T RUNNING VARIOUS EXPERIMENTS ON HOW DIFFERENT FUNGI CAN REGENERATE DAMAGED SOIL ECOLOGY. MANAGING OUR DONATIONS, WE HAVE BEEN WORKING ON WORKSHOPS TO SHOW THE CURRENT PROGRESS OF THESE EXPERIMENTS AND INTEND ON ENGAGING WITH THE PUBLIC TO GENERATE INTEREST USING A HANDS-ON METHOD AND WORKING ON DIFFERENT WAYS TO INVOLVE MEMBERS OF THE PUBLIB, FOLLOWING SUCCESSFUL GRANT APPLICATIONS OR DONATIONS WITHIN THE NEXT 6-8 MONTHS.

WE HAVE ALSO INSTALLED VARIOUS BIRD NESTING BOXES FOLLOWING THE FROST AND STORMY SEASONS, TO AID OUR POLLINATORS FOR THIS COMING YEAR, RAISING AWARENESS OF THE IMPORTANCE OF THE VARIATION OF POLLINATORS OUR PLANET DEPENDS ON TO SURVIVE. WE CONTINUED TO RUN OUR WORMERY SESSIONS ONLINE AND INTEND ON SETTING UP LIVE CAMERA FEEDS WITHIN THE NEXT 12-18 MONTHS SO THAT WE CAN CAPTURE THE FOOTAGE FOR EDUCATIONAL AND TRAINING PURPOSES.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

THERE HAS BEEN A GROWTH IN THE ENGAGEMENT OF ACTIVITIES WE HAVE RAN, WITH MANY RECOGNISING THAT WE ARE AN INCLUSIVE CHARITY TO THOSE WITH PHYSICAL DISABILITIES. WE HAVE RECEIVED POSITIVE FEEDBACK TO THOSE WHO HAVE PARTICIPATED IN OUR ACTIVITIES VIA OUR FEEDBACK FORMS, WITH SUGGESTIONS ON IMPROVEMENTS WHICH WE ARE EXPLORING OTHER FUNDRAISING OPTIONS TO IMPLEMENT.

WE HAVE ALSO LAUNCHED MINI COMPETITIONS THROUGHOUT THE YEAR, FOR MOST CREATIVE IDEAS ON WHAT TO DO WITH YOUR WASTE, AND 'HOW BIG IS YOUR COMPOST HEAP', WITH AN OVERWHELMING AMOUNT OF ENTRIES. THIS IS A GREAT MEASURE OF SUCCESS TO SPREADING AWARENESS OF HOW WE CAN IMPROVE OUR ATTITUDES TOWARDS CARING FOR OUR PLANET, OUR SOIL AND OUR ECOLOGY.

Section E

Financial review

Brief statement of the charity's policy on reserves

THE CHARITY TRUSTEES HAS EXAMINED AND AGREED THAT AT THIS STAGE, THERE IS NO REQUIREMENT FOR RESERVES. AS THE ORGANISATION GROWS TO ESTABLISH ANY ASSETS, THIS POLICY WILL BE RE-EXAMINED.

Details of any funds materially in deficit

NO FUNDS MATERIALLY IN DEFICIT

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

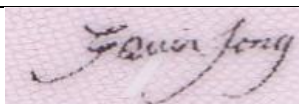
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

GAVIN LONG

KWOK-HO TANG

Position (eg Secretary, Chair, etc)

TREASURER

CHAIR

Date	20/05/22	20/05/22
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Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year

Section A Reference and administration details

Charity name BACK TO BASICS CIO

Other names charity is known by N/A

Registered charity number (if any) 1176426

Charity's principal address

61 Bridge Street	
KINGTON	
Herefordshire	
Postcode	HR5 3DJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

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(eg. trust, association, company)

CHARITABLE INCORPORATED ORGANISATION

Trustee selection methods
(eg. appointed by, elected by)

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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THE YEAR OF 2020 TO DATE HAS BEEN CHALLENGING IN REGARDS TO THE CURRENT PANDEMIC. WE HAVE NOT BEEN ABLE TO HOST ANY TALKS OR ASSIST, IN PERSON, IN WAYS WHICH WOULD HAVE GIVEN US GOVERNANCE CLEARANCE TO DO SO. INSTEAD, WE HAVE BEEN WORKING ON DIFFERENT STRATEGIES AND UNDERTAKEN MANY ZOOM MEETINGS WITH CHURCH GROUPS IN ORDER TO SEE HOW WE COULD IMPLEMENT DIFFERENT ECO-FRIENDLY MEASURES ONTO THEIR GROUNDS.

WE HAVE CONTINUED TALKS WITH LOCAL FARMERS BY WAY OF INTRODUCING HERITAGE SEEDS WITH SEEDBANKS WHICH WE BUILT UP GREAT CONNECTIONS WITH.

WE ARE CURRENTLY EXPLORING WAYS ONLINE, BY WAY OF VIDEOS, ON HOW TO CONVEY THE MEESAGE ACROSS OF VARIOUS WAYS TO IMPLEMENT PERMACULTURE STYLE GARDENING IN SMALLER SPACES.

WE DID NOT PROVIDE GRANTS AS WE HAVE NOT GENERATED ENOUGH MONEY IN ORDER TO DO SO BUT OUR TALKS WERE FUNDED FROM THE DONATIONS WE RECEIVED SO ALL OF THE TALKS WE PROVIDED WERE FREE AND OPEN TO PUBLIC.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

THIS YEAR, THE LOCAL WEATHER OF STORMS, FROST AND RAINFALL HAS DISRUPTED THE GROWING SEASON SO WE ARE CURRENTLY FOCUSED ON EXPLORING METHODS WHICH WOULD BE PRACTICABLE FOR UNPREDICTABLE WEATHER.

WE HAVE CONTINUED TO SUPPORT THE CENTRES WHICH WE SET UP FOR MICROGREENS LAST YEAR AND HAVE BEEN ABLE TO PROVIDE SEEDS TO VARIOUS ORGANISATIONS WHO SUPPORT THE EDUCATING OF GROWING YOUR OWN AND THE BENEFITS TO ONESELF'S MENTAL HEALTH.

WE HAVE CONTINUED TO WORK WITH FOODBANKS IN PROVIDING THOSE WHO HAVE STRUGGLED TO REACH FOOD, AS WELL AS FARMERS WHO STRUGGLED TO FIND PURCHASERS FOR THEIR PRODUCE WHILST RESTAURANTS, AND VARIOUS OUTLETS CONTINUED TO STAY CLOSED THROUGHOUT THE COVID-19 PANDEMIC.

Section E Financial review

Brief statement of the charity's policy on reserves

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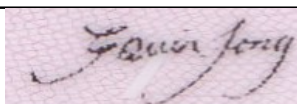
Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)




Full name(s)

GAVIN LONG

KWOK-HO TANG

Position (eg Secretary, Chair, etc)

TREASURER

Date

12/05/21

CHAIR