



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 28	Month JULY	Year 2023		Day 27	Month JULY	Year 2024

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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20				

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

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

21/05/25