

CROFT

ANNUAL REPORT

2023-2024

CROFT.ORG.UK



OBJECTIVES AND ACTIVITIES



The charity's main objectives are specifically restricted to the alleviation and relief of poverty, hardship and distress.

The charity supports people to improve wellbeing and quality of life through community and skills building, both for residents and visitors.

Emphasis is on growing and cooking food, managing a small holding and therapeutic support.

In achieving those objectives during the year, the charity continued to offer a safe and stable home environment in which residents worked together on our smallholding.

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REVIEW

Croft is a charity supporting people in recovery from trauma, couched within a therapeutic social system of shared farming & craftsmanship. We offer the most vulnerable in Norfolk a place to recover, rehabilitate, reclaim their independence & form positive community connections that extend beyond our farm walls. At Croft we are developing a programme of intensive, trauma-informed support for people who come & live with us, typically for a period of up to two years. We also offer shorter stays helping traumatised people gain the skills, confidence & networks needed to thrive independently in the community.

Our range of therapeutic activities, both current & planned, is based around our 5 pillars of wellbeing: food, nature, animal therapy, creative activities & talking therapies. Low income disproportionately correlates to poor nutritional choices, & community-based cooking has an evidenced positive impact on food choices, budgeting & acts as a Lifestyle Motivator. NIH therapeutic evidence shows community gardening improves & maintains the wellbeing of individuals with positive effects on self-esteem, socialisation, confidence & behaviour. Stroking animals is scientifically proven to reduce human blood pressure by 10%, reducing stress, preventing cardiovascular disease, strokes, aneurysms & anxiety. Creative community-led micro-enterprises are evidenced to empower communities to drive & invest in their own social care, increasing financial, marketing & sales skills alongside social cohesion & confidence.

We currently offer supported accommodation plus talking therapies with trauma informed therapists & psychologists & the use of horticultural therapy from the outset. We have trialled the use of domestic therapy animals (a therapy dog, two cats and several chickens are on site) and are looking to expand this further to include goats, sheep, donkeys etc. We are also looking to develop & introduce a series of 'crofting' micro enterprises with our residents & partner services to develop skills, confidence & community-led wellbeing.



THE TRUSTEES CARRIED OUT THE FOLLOWING CHANGES:

Following our 2022/23 official review we explored various models & completed a theory of change exercise to look at embedding trauma informed practice & the 5 pillars of wellbeing (food, nature, animal therapy, creative activities & talking therapies) into our provision. Since developing our Theory of Change & implementing our new model we have:

- Developed and implemented a 5 ways of wellbeing evaluation model with residents and users.
- Fully refurbished 3 rooms, the kitchen & a new washup equipment room to meet commercial food hygiene standards.
- Worked with Breckland Council to regain approval as a provider of services.
- Welcomed 1 new resident & undertaken several 'get to know us' taster days with another individual, with a view to becoming a resident in 2024/25.
- Begun establishing service provider partnerships.
- Tested social enterprise opportunities making salves, oils & soaps from flowers & herbs grown on site.

HIGHLIGHTS OF THE YEAR:

Over the 3 years prior to the closure of our residential units for refurbishment we remained at capacity (6 residents) & supported 14 residents to successfully move into permanent accommodation. In 2021/22 alone



we worked with 10 residents & enabled 6 successful transitions back into society, delivered a 12 step on-site Recovery Programme, woodworking workshops, smallholding animal workshops.

In 2023/24 we are proud that, as a community, we have created 50 accessible, raised vegetable beds, pressed 200+ litres of apple juice & produced 80 jars of jam & chutney. Since reopening in January 2024, we had 1 new resident join us, plus began a series of taster days with another potential resident. Both individuals have accessed weekly cooking and gardening classes, one-to-one therapeutic support, group sessions, weaving and embroidery workshops and support to access local activities including yoga, singing and crafting.



OUR THANKS AND ACKNOWLEDGEMENTS:

We would like to thank our board and volunteers (Mark, Dan, Clem) for their tireless work over the year. We would like to thank our residents for their feedback in helping us shape our residential service. We would like to thank Bridget for her continued support for our residents, bringing her trained therapy dog to our table, and for caring deeply that the Charity, and the people we support, thrive.

We would also like to thank Jane Peel for the excellent onsite horticultural sessions she has delivered with the residents and Annie Blunt for her continued interest in what we are doing and support to us in developing our therapeutic offer and trauma informed approach?

We would also like to thank our landlord for her continued support and generous financial investment in helping the charity achieve its aims with very limited funds and high level of repair needed to our site and the buildings within it.

We believe in ensuring those we serve are represented at every level of decision making & our female-led Board of 7 has lived experience (direct or via a family member) of mental health issues, drug & alcohol addiction, the criminal justice system, domestic violence, living in poverty, living with a long-term health condition, severe vision impairment, neurodivergence, LGBTQIA+ & coming from a working class background.

Julie Eason (Co-Chair): Julie founded The Fundraisers & co-founded The Arts Fundraisers, has previously worked as a Director of Fundraising for National Charities, in the UK Cabinet Office, DCLG, & as director of housing for the New South Wales Government. She has won a Charity Times Award & a Government Excellence in Delivery award for her work.

Georgie Finn (Co-Chair): Norfolk local & a visual artist, exhibiting as part of the East Anglian 4PRINTmakers, with a BA in Ceramics from Central St martins & MA in children's book illustration.

Mary Lawson (Vice Chair): a local retired school administrator.

Yvonne O'Connor (Treasurer): Managing Director of Framptons Accounting Services & qualified accountant.

Hannah Travers (Trustee Fundraising): former Director of Fundraising, & nominated Young Fundraiser of the Year, who set up her own consultancy & co-founded The Arts Fundraisers, with an 80%+ bid success rate for arts clients.

Pea Crabtree (Trustee Comms): Artist, Printmaker, Fundraiser and Graphic Designer with long term experience of working inside the VCS and in creative career and side hustle experiences throughout his working life.

Tim Mellows (Trustee): a volunteer at Croft for over 10 years & Deacon of Hope Church, Norfolk.



OUR FUTURE PLANS:

The board held our first strategy day to look at the challenges and opportunities for the charity in the year ahead.

Croft has reached a crucial tipping point and over the next 12 months we aim to:

BRIDGE THE GAP and, following a fallow year, unlock further funding for the next 2 years which will enable us to demonstrate the impact of our new model.

We realise that we can't rely on volunteers alone & therefore we aim to **GROW OUR TEAM** to pay for a part-time General Manager with a therapeutic background, a part-time Project Manager & Social Enterprise lead. We believe in sharing resources & that we are stronger together. To maximise our resources & reach we will also invest time in exploring partnerships to work with other local charities supporting vulnerable people & offer our site to their clients for therapeutic work.

EXPAND OUR OFFER AND UPGRADE OUR ACCOMMODATION TO PROVIDE CREATIVE AND THERAPEUTIC COURSES We wish to convert our barn into an arts and therapeutic center from which we can run classes, support groups and creative courses for our residents, and the wider community explicitly targeting people who are vulnerable or isolated and impacted by trauma.

TRANSFORM OUR OFFER with: (i) access to exceptional, trauma informed psychologists & therapists, for individual & group sessions as needed, (ii) horticultural therapy



using our fabulous grounds, gardens & orchard to take that well-trodden (& dug) road to mental wellbeing, & (iii) animal therapy with a range of farm animals, exploring the therapeutic benefit of animals as well as using their eggs, wool & milk to help build micro enterprises.

BUILD SUSTAINABLE LIVES FOR ALL by investing in the tools & time to support our community to harvest & develop the fresh produce from our land, & animals, & use them & traditional crafts associated with crofts including weaving, dying fabric, cooking, baking, arts etc to create a range of micro enterprises including a micro farm shop & from the gate produce. These micro enterprises will give our residents skills for work, in establishing micro enterprises & independent living, & build self-esteem & entrepreneurial experience. This model will also create an income stream to reinvest in the growth of Croft & our offer, reducing our reliance on grants & donations

"I came to Croft to help me begin to build skills for independence as well as learning to develop tools to overcome my anxiety and childhood trauma. My relationships with family have broken down and I need a tranquil place to begin my recovery journey but at the same time to build resilience." SB



The Charity Registration Number is :- 1178610

Croft

Report and Accounts

30 April 2024

Croft - Statement of Financial Activities for the year ended 30 April 2024

Statement of Financial Activities for the year ended 30 April 2024

	SORP Ref	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Endowment Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Income & Endowments from:						
Voluntary Income	A1		-	-	-	-
Charitable activities	A2	30,762		-	30,762	46,805
Investment income	A4	-		-	-	-
Total income	A	30,762	-	-	30,762	46,805
Expenditure on:						
				-		
Charitable activities	B2	33,827		-	33,827	54,175
Governance costs	B2			-	-	-
Other costs		-				-
Total expenditure	B	33,827	-	-	33,827	54,175
Net expenditure for the year		(3,065)	-	-	(3,065)	(7,370)
Transfers between funds	C			-	-	-
Net income after transfers	A-B-C	(3,065)	-	-	(3,065)	(7,370)
Net movement in funds		(3,065)	-	-	(3,065)	(7,370)
Reconciliation of funds:-						
	E					
Total funds brought forward		2,095		-	2,095	9,465
Total funds carried forward		(970)	-	-	(970)	2,095

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

All activities derive from continuing operations

the notes attached on pages 6- 8 form an integral part of these accounts

Croft - Balance Sheet as at 30 April 2024

	Notes	SORP Ref	2024 £	2023 £
Fixed assets		A		
Tangible assets		A2	822	1,096
Current assets		B		
Debtors		B2	-	-
Cash at bank and in hand		B4	17	999
Total current assets			<u>17</u>	<u>999</u>
Creditors: amounts falling due within one year	2	C1	<u>(1,809)</u>	<u>-</u>
Net current (liabilities)/assets			(1,792)	999
The total net (liabilities of the charity)/assets of the charity			<u>(970)</u>	<u>2,095</u>

The total net (liabilities of the charity)/assets of the charity are funded by the funds of the charity, as follows:-

Restricted funds

Restricted Fixed Asset Funds	D2	<u>-</u>	<u>-</u>
		-	-

Unrestricted Funds

Unrestricted Revenue Funds	D3	<u>(970)</u>	<u>-</u>	<u>9,465</u>
		(970)	-	9,465
Total charity funds		<u>(970)</u>	<u>(970)</u>	<u>9,465</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

Ms J Eason

Chair

Approved by the board of trustees on 11th February 2025

the notes attached on pages 6- 8 form an integral part of these accounts

Croft

Notes to the Accounts for the year ended 30 April 2024

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (as amended by the Bulletin issued in February 2016) published by the Charity Commission in England & Wales (CCEW) ,effective January 2016, (The SORP), and in accordance with all applicable law in the charity's jurisdiction of registration.

Going Concern

At the time of approving the accounts, the Trustees have reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Restricted and Unrestricted Funds

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities work or for specific artistic projects being undertaken by the charity.

Significant judgements, key assumptions and estimates

The preparation of the accounts in conformity with generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the accounts and the reported amounts of revenues and expenses during the reporting period. Actual results may differ from these estimates. The key estimates and assumptions used in these financial statements are set out in the accounting policies notes included the additional policy notes within these accounts such as for depreciation.

Policies relating income recognition.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Notes to the Accounts for the year ended 30 April 2024

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Croft

Notes to the Accounts for the year ended 30 April 2024

Financial instruments including cash and bank balances

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instrument Issues' of FRS 102 to all financial instruments.

Financial instruments are recognised when the Charity becomes party to the contractual provisions of the instrument.

Financial assets are offset, with the net presented in the accounts when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for the indicators of impairment at each reporting end date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected.

If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in net income/(expenditure) for the year.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in net income/(expenditure) for the year.

2 Creditors: amounts falling due within one year

	2024	2023
	£	£
Creditors	1,809	-
Accruals	-	-
PAYE, NIC VAT and other taxes	-	-
Other creditors	-	-
	<u>1,809</u>	<u>-</u>

3 Income and Expenditure account summary

	2024	2023
	£	£
At 1 May 2023	2,095	9,465
Transfers in for the year	-	-
Loss after tax for the year	(3,065)	(7,370)
At 30 April 2024	<u>(970)</u>	<u>2,095</u>