DOSE OF NATURE

England & Wales · Charity number 1181216

Details

Status	Registered
Legal form	CIO
Registered	2018-12-17
Register	View on the Charity Commission register

Contact

Address	51 Gloucester Road Richmond TW9 3BT
Phone	02083327067
Email	info@doseofnature.org.uk
Website	www.doseofnature.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH OF PEOPLE THROUGHOUT ENGLAND THROUGH, PRIMARILY BUT NOT EXCLUSIVELY, THE PROVISION OF PROGRAMS OF ENGAGEMENT WITH NATURE TO TREAT MENTAL HEALTH ISSUES.

Activities: Dose of Nature is a mental health charity that promotes the mental health benefits of engaging with the natural world. We offer a 10-week nature prescription to individuals with mental health problems referred to us by their GP. In addition, we deliver wellbeing workshops to non-clinical groups in which participants learn about and experience the benefits of an increased connection with nature.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- Throughout England

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£452,244	£415,087	-	-
2024-03-31	£278,527	£348,670	-	-
2023-03-31	£313,541	£238,862	-	-
2022-03-31	£177,684	£133,207	-	-
2021-03-31	£128,102	£91,444	-	-

Trustees

Name	Role	Appointed
Sir Mark Rowley	Chair	2021-04-01
Amelia Lucy Gosal		2023-07-03
Dr Faisal Islam		2021-01-18
Kerry Godden		2019-10-14
MEENA BOND		2018-12-18
Profesor Martin Milton		2019-10-14
Toby Seth		2023-04-17

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DOSE OF NATURE

England & Wales - Charity number 1181216

Accounts



Annual Report and Financial Statements

12 months to March 31st 2025

A Charitable Incorporated Organisation
Registered charity number 1181216

Our purpose is to improve the mental health and wellbeing of individuals through increased engagement with the natural world.

Over the past six years we have helped over **1,500** people with a wide range of mental health issues, referred directly by their GP to our Nature Prescription Programme.

Our work is rooted in a wealth of scientific evidence that demonstrates the physiological and psychological benefits of spending time in nature.

Our Nature Prescriptions are effective, sustainable, accessible to all, and offer a genuine alternative to medication and more traditional talking therapies.

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Charity Overview

Dose of Nature is a mental health charity dedicated to improving the mental health and wellbeing of individuals through increased engagement with the natural world. Our work is grounded in the evidence-based understanding that nature can be a powerful tool for clinical recovery and psychological resilience.

We are currently facing a significant mental health crisis. It is estimated that 1 in 6 adults in England[1] have experienced a 'common mental disorder' and an estimated 40% of GP appointments now relate to mental health concerns.[2] This growing demand is placing immense pressure on already stretched services. Among young people, the situation is particularly alarming, with an estimated 20% having a probable mental health condition in 2023[1] and more than 65% of those referred for mental health support waiting over a year to be seen. There has never been a greater need for mental health interventions and recovery tools that are both effective and economical, and that can be accessed by as many people as possible. As demand for support continues to rise, it is essential to identify and implement approaches that can alleviate pressure on existing services whilst delivering measurable improvements in wellbeing.

A substantial body of scientific evidence demonstrates the physiological and psychological benefits of engagement with the natural environment. Among the many reported outcomes, contact with nature has been shown to reduce stress, alleviate symptoms of depression and anxiety, enhance mood and overall wellbeing, restore attention and increase cognitive function, lower blood-pressure, increase heart rate variability and boost immune functioning. These findings provide a robust foundation for nature-based interventions as an effective means of supporting mental health and promoting recovery.

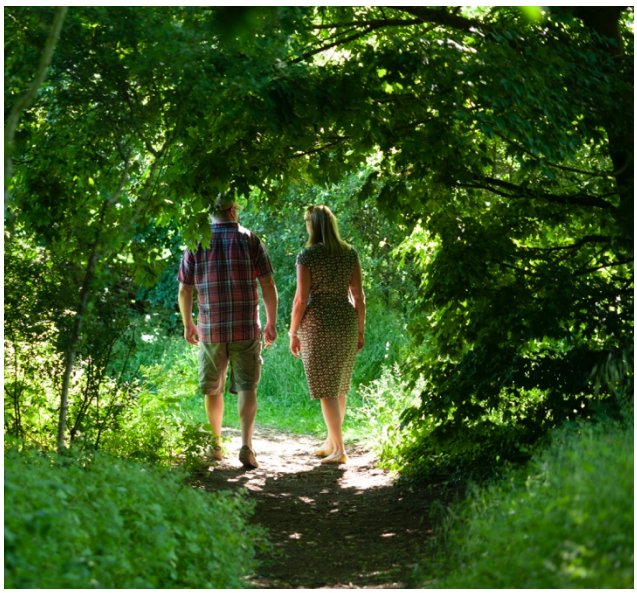
We developed our **'Nature Prescription'** as a structured clinical programme, led by psychologists, delivered by volunteers, and built around nature's restorative power. Clients with a wide range of mental health challenges are referred to us directly by their GPs. Over the course of a ten-week prescription, they receive psychological consultation from one of our chartered psychologists and are matched with one of our dedicated volunteer Dose of Nature Guides. Clients meet with their Guides on a weekly basis in natural environments that are easily accessible to them. Through education, experiential activities, and practical and motivational support, their Guide encourages them to spend more time outside, and to foster a greater connection with the natural world, inspiring sustainable lifestyle changes that have a significant and lasting impact on wellbeing.

Recognising the importance of access to ongoing support in reducing the likelihood of relapse, Dose of Nature also offers a range of nature-based groups that remain available to all clients on a drop-in basis, for an unlimited period of time.

Our model represents a positive, hopeful and outward-looking approach to mental health.

And it works.

Our recovery rates amongst clients are significantly higher than those achieved through comparable NHS mental health interventions, such as Cognitive Behavioural Therapy (CBT). As a result of their nature prescription, many clients reduce, and frequently cease, their medication, and report significant lifestyle changes including returning to work or education, undertaking voluntary roles, or pursuing new training. Furthermore, our focus on developing new habits, independent of the person delivering the programme, means clients have in nature a resource that is free, effective, and accessible, and will be with them for the rest of their lives.



[1] House of Commons Library (2024), Mental health statistics: prevalence, services and funding in England.
[2] Mind (2018), GP Mental Health Training Survey Summary.

Our Model

A Dose of Nature Prescription

A Dose of Nature Prescription is a clinically informed mental health intervention that harnesses the scientifically proven benefits of nature to improve psychological wellbeing. It is led by chartered psychologists and delivered by trained and supervised volunteers.

We deliver our Nature Prescriptions to people referred directly by their GP or mental health professional with a broad range of difficulties, including depression, anxiety, trauma, stress, bereavement, and addiction.

Through an integrated approach combining psychoeducation, experiential engagement with nature, and practical and motivational support, we encourage a greater connection with the natural environment and inspire lifestyle changes that have a significant and lasting impact on mental wellbeing.

Client referred by GP or other mental health professional ▶ Assessment with Dose of Nature Psychologist ▶ 8 weekly meetings in nature with a dedicated Dose of Nature Guide ▶ Review with Dose of Nature Psychologist ▶ Ongoing access to outdoor group activities

Following their assessment, clients are carefully matched with a specially trained Dose of Nature volunteer Guide. Although our Guides are not therapists, they are all compassionate, kind and patient individuals with strong interpersonal skills and a passion for nature. They are trained by Dose of Nature Psychologists in the science underpinning the mental health benefits of engaging with nature and employ a range of experiential techniques to encourage a greater connection with the natural world.

For a period of 8 weeks, client and Guide meet weekly, one-to-one, in natural spaces near to the client's home, such as public parks, gardens, and riversides. Clients learn simple, evidence-based practices to strengthen their connection with nature. Our Guides tailor each prescription to the unique needs and preferences of individual clients and receive client-specific supervision from our psychologists over the course of each Nature Prescription.

Recognising the importance of access to ongoing support, we also offer a wide range of nature-based group activities, which remain available to our clients on a drop-in basis, for an unlimited amount of time. These include a wide range of activities to suit individual preferences, including arts in nature, creative writing, knitting and nattering, singing in nature, bird watching, walking groups, qigong, tennis, kayaking and yoga.

As a result of our Nature Prescriptions, many clients reduce, and frequently cease, medication, and make significant lifestyle changes such as returning to work or university, finding a job, doing voluntary work, or undertaking new training. Furthermore, with a focus on developing new habits, independent of the person delivering the programme, clients have a life-long resource in nature that is free, accessible, and sustainable.

Many clients also report improvements in their physical health, adopting healthier lifestyles such as eating more healthily, exercising more regularly, and reducing unhealthy habits such as smoking and excessive alcohol consumption.



Clinical Results

Our clinical results continue to demonstrate the effectiveness of our intervention as a genuine alternative to medication and traditional psychological therapies.

We collect and analyse performance data using the Patient Health Questionnaire for depression (PHQ-9) and the Generalised Anxiety Disorder scale for anxiety (GAD-7), allowing us to compare our efficacy rates with NHS Talking Therapies, and primarily Cognitive Behavioural Therapy (CBT).

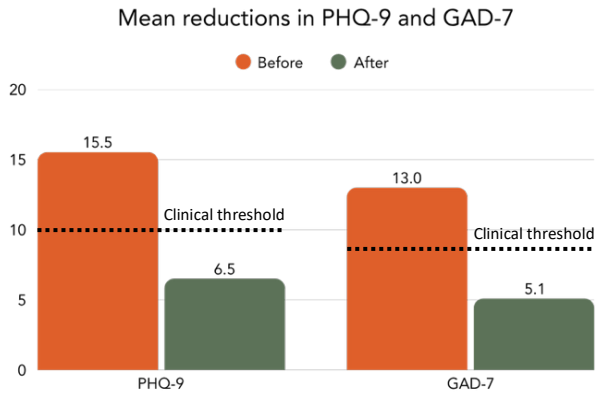
Our 2024-25 results, collected within the framework of a Randomised Control Trial (RCT) conducted in collaboration with the London School of Economics, indicate adult **recovery rates of 64%** and **reliably improved rates of 86%**. These outcomes are significantly higher than those reported by NHS Talking Therapies in their most recent full-year data (recovery rates of 50% and reliably improved rates of 67%).

Whilst GPs initially referred their patients with mild to moderate mental health difficulties to our service, they are now referring many of their patients who have complex and severe mental health challenges, reflecting the increasing confidence and trust they place in Dose of Nature. In 2024-25, the average baseline score for our clients was 15.5 on the 27-point PHQ-9 scale for depression and 13.0 on the 21-point GAD-7 scale for anxiety. These averages are substantially **above the established clinical thresholds for 'caseness'** - 10 on the PHQ-9 and 8 on the GAD-7, respectively.

Given the severity and complexity of many of our clients' needs, we are particularly proud of the mean reductions in scores we achieve. The mean reduction on the PHQ-9 scale was 9.0 points, compared with 5.7 reported by NHS Talking Therapies, whilst the mean reduction on the GAD-7 scale was 7.9 points, compared with 5.3 achieved within NHS services.[3]

All adults	Recovery rate
Dose of Nature Prescription	64%
NHS Talking Therapies[3]	50%

All adults	Reliable improvement
Dose of Nature Prescription	86%
NHS Talking Therapies[3]	67%



All adults	PHQ-9 reduction	GAD-7 reduction
Nature Prescription	9.0	7.9
NHS Talking Therapies[1]	5.7	5.3



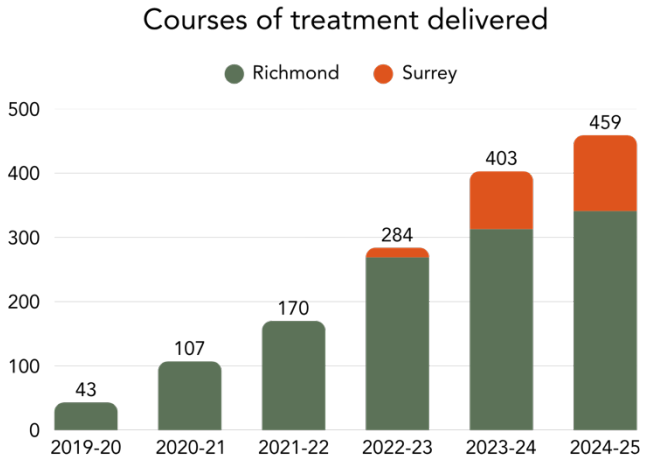
[3] NHS Digital (2024), NHS Talking Therapies, for anxiety and depression, Annual reports, 2023-24

Demand for our services has continued to increase substantially. In 2024-25 we received over **800 referrals from 167 GPs across 88 GP practices** in the London Boroughs of Richmond and Kingston and the Guildford area, representing a marked increase from 635 referrals in 2023-24.

To meet this growing demand, we continued to expand our service in 2024-25, supporting an increasing number of people. In addition to those we help through our nature-based groups and preventative wellbeing workshops, in 2024-25, **459 individuals** struggling with their mental health **engaged in our Dose of Nature Prescription Programme**. To date we have delivered over **1,500** Nature Prescriptions in our six years of operation since 2019.

The vast majority of people who start our programme remain engaged with it, reporting meaningful improvements in their mental health and a renewed sense of positivity and hope that connection with nature brings. This is reflected in our high **completion rate**: **89%[†] of those who started a Nature Prescription completed the full 10-week programme**, compared with 55% among NHS Talking Therapies. Furthermore, many clients continue to attend our group activities on an ongoing basis (see page 13).





459
Dose of Nature Prescriptions in 24/25

167
GPs referred to us in 24/25

89%
completion rate

"Out of every single mental health intervention I have ever received, what I have found at DoN has been the most effective at actually improving my quality of life and helping me to heal."

Noor, 34, referred for anxiety and low mood

Current Research

Contributing to the growing body of research evidencing the mental health and wellbeing benefits of engaging with nature in an important aspect of our work.

LSE Randomised Control Trial

In Autumn 2022, we were pleased to be approached by the London School of Economics and Political Science (LSE) with a proposal to evaluate the Dose of Nature Prescription Programme. Dr Kate Laffan and Dr Christian Krekel, both Assistant Professors in Behavioural Science, are conducting a Randomised Controlled Trial (RCT) to evaluate the wellbeing impacts of our Nature Prescriptions as well as their influence on pro-environmental behaviours.

This study is particularly significant as the first RCT to assess the efficacy of a nature-based intervention delivered as a GP-referred treatment for mental health.

An Interim Report, released in February 2025, and presented at the International Conference on Environmental Psychology (ICEP) in Vilnius, Lithuania, identified clinically substantive improvements on standardised measures of depression (PHQ-9) and anxiety (GAD-7). We anticipate completing data collection in 2025 and look forward to the full publication of the study's findings in the New Year.



King's College Research

Dr Cat Huckle, our Lead Psychologist in Guildford, has co-authored a systematic review of nature-based interventions for neurological disorders with researchers from King's College London, which is currently under peer review prior to publication.

Evaluation of our Young People's Programme

A recent evaluation of our Young People's Programme, conducted as part of a master's degree at Goldsmith's, University of London, examined how clients aged 15-25 perceive the impact of their Dose of Nature Prescription on their mental health and wellbeing. The young people involved in the evaluation reported reductions in anxiety, and enhanced mood, alongside improvements in their relationships, with themselves, with others, and with the natural world, through strengthened connections in each case.

Therapists' Experiences of Delivering Traditional Therapy and Nature Prescriptions.

As part of an MA in Integrative Counselling and Psychotherapy at the University of Roehampton, one of our Dose of Nature Guides undertook a comparative study with professional therapists, exploring their experiences of delivering both traditional talking therapy and nature prescriptions. Participants were asked to reflect on whether a nature prescription could be as effective in treating anxiety and depression as conventional talking therapies delivered in a clinical setting.

Therapists with experience of both approaches reported that nature-based interventions can indeed be equally beneficial for many clients. They highlighted that being in natural environments can reduce stress, improve emotional wellbeing, and encourage meaningful therapeutic engagement.

Doctoral Theses

A number of trainee psychologists at Surrey and City St George's Universities are making the Dose of Nature programme the subject of their doctoral research projects. One study is examining the representation of different demographics within our client population, compared with the local population, while another is exploring the experiences of volunteering as a Dose of Nature Guide. A third is exploring the influence of engaging with a Dose of Nature Prescription on feelings of loneliness.

Demographics

Our Nature Prescriptions are for everyone: they are accessed by, and work effectively across, all demographics.

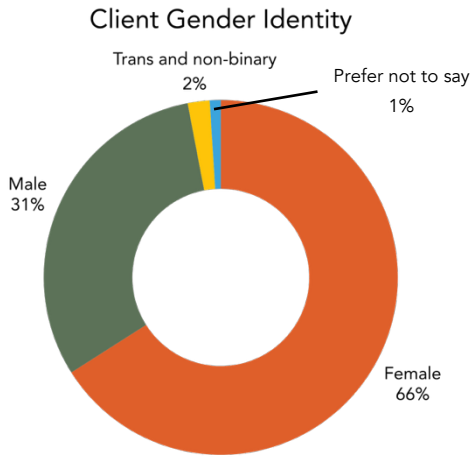
Given the historical reticence of men to seek treatment for mental health issues,[4] it is encouraging to see that 31% of our clients were male in 2024-25, which matches the gender split in NHS Talking Therapies[5] and is close to the gender split in the prevalence of mental health disorders in England.[6] 89% of men and 88% of women who started a Nature Prescription went on to complete the full programme, showing that men engage with us just as readily as women do.

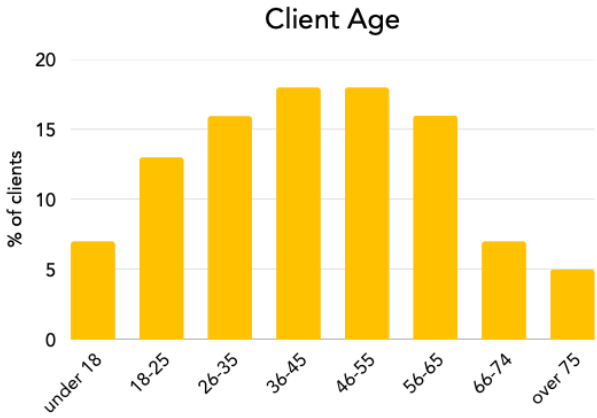
Furthermore, our Nature Prescriptions are **equally effective for men and women**: the 2024-25 recovery rate was 64% for men and 65% for women. Of course, our service is open to all genders, and we are pleased to be helping double the number of transgender and non-binary people year-on-year.

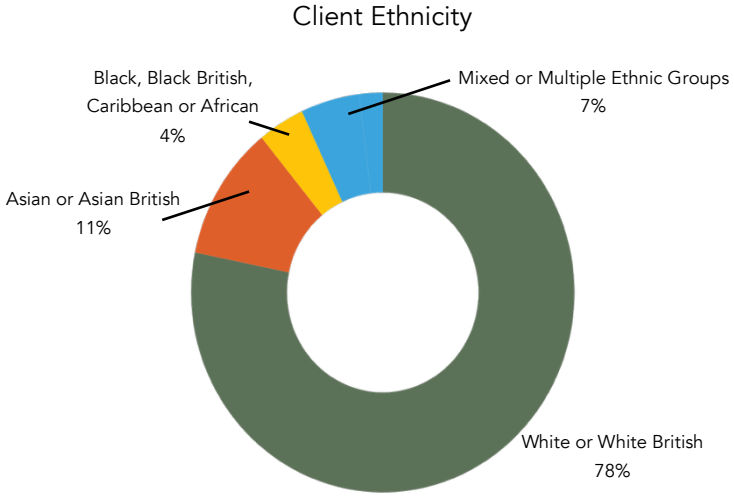
The age distribution of our clients is broadly reflective of the age distribution of our operating areas,[7] showing that **people of all ages readily engage with our Nature Prescriptions.** Furthermore, we are pleased that in the second year of our Young People's Programme (see page 16) 98 people aged 25 and under engaged in a Nature Prescription.

Our intervention is effective across all ethnicities. Our clients are an ethnically diverse group, with slightly higher representation from ethnic minorities than the areas we operate in.[5]









[4] Sierra Hernandez *et al.* (2014). Understanding help-seeking among depressed men. Psychology of Men and Masculinity, 15(3), 346–354. doi: 10.1037/a0034052
[5] NHS Digital (2025), NHS Talking Therapies Monthly Statistics Including Employment Advisors for 2024/25
[6] NHS Digital, Adult Psychiatric Morbidity Survey 2014
[7] ONS (2023), How life has changed in Richmond upon Thames: Census 2021 and How life has changed in Surrey Heath: Census 2021

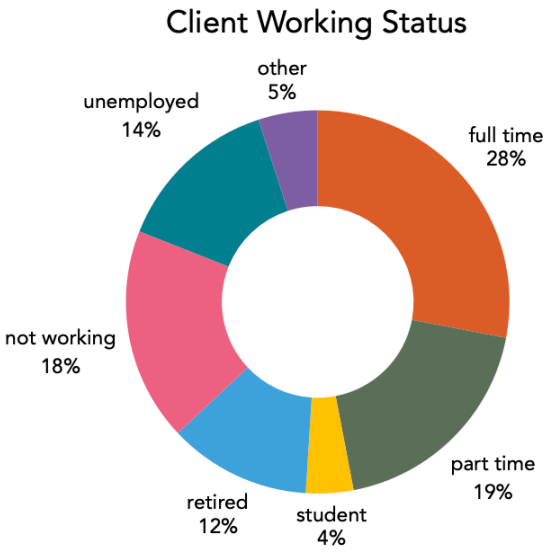
Approximately **14% of our clients are unemployed and 42% have a gross household income below £21,000 per year.** This is despite the fact that the London Boroughs of Richmond and Kingston, and Surrey County, are among the more affluent areas of the country with unemployment rates of around 4%.[8] These figures highlight how people who are unemployed or are on low incomes are disproportionately affected by mental health difficulties.[9] We are therefore particularly pleased that our Nature Prescriptions have helped a significant number of our clients return to work or study.

"After my experience with Dose of Nature, my confidence increased to such an extent that I went on to get a wonderful job - something I'm not sure I would have been able to do without my Nature Prescription."

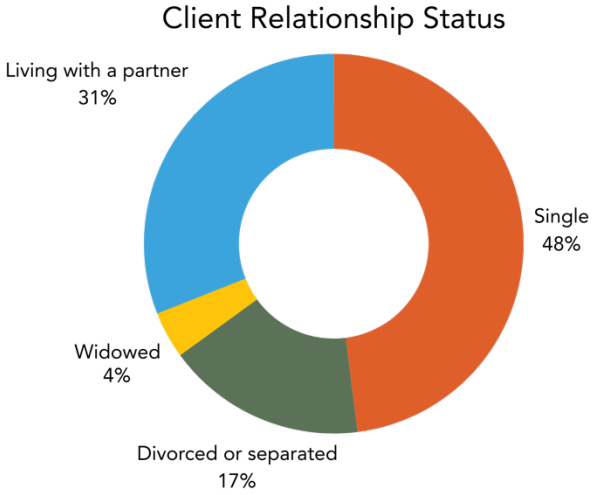
Alice, referred to DoN for anxiety and low mood

69%

Loneliness and social isolation are major risk factors for mental ill health, and individuals living alone are particularly susceptible to feeling lonely. It is therefore perhaps unsurprising that **69% of our clients are single, divorced, separated, or widowed**. One of the ways our programme supports clients is by fostering connections, both with the natural world and with other people. Our clients often tell us how much they appreciate that their Guides are volunteers who offer their support and time freely, listening and relating to them on an equal footing. Clients can continue to attend our groups (see page 13) indefinitely and often form lasting friendships with others they meet through group activities and social gatherings.







[8] ONS (2023), How life has changed in Richmond upon Thames: Census 2021 and How life has changed in Surrey Heath: Census 2021

[9] https://www.mentalhealth.org.uk/explore-mental-health/statistics/poverty-statistics

GPs

According to GPs surveyed by Mind, 'Mental health issues are estimated to be a factor in up to 40% of GP appointments'.[10]

This reflects the growing mental health epidemic in the UK, which is placing increasing pressure on GPs and NHS mental health services.

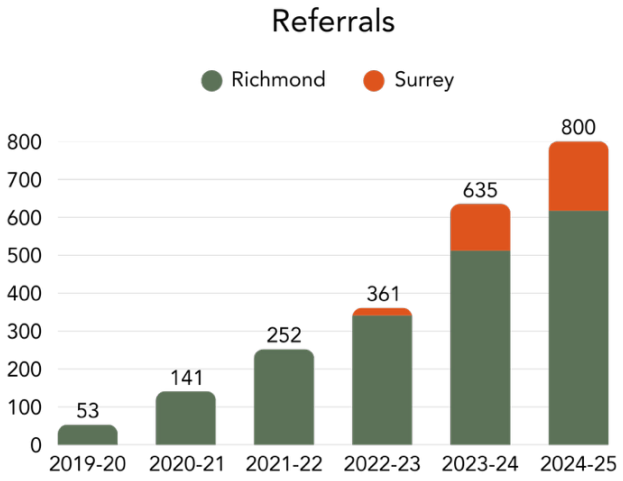
It is therefore not surprising that demand for our service continues to rise. In the 2024-25 financial year, we received over **800 referrals from 88 GP surgeries** and other mental health services across South-West London and Surrey, up from 635 referrals in the previous year.

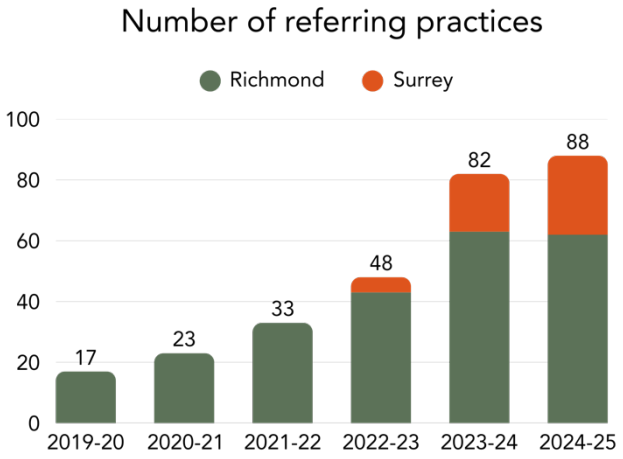
GPs value our unique nature-based model, which is overseen by chartered psychologists, and gives them confidence that Dose of Nature can provide safe, evidenced-based treatment for all their patients, including those most vulnerable with complex mental health needs. GPs regularly tell us of the profound improvements they have seen in their patients as a result of a Nature Prescription.

Awareness of our work continues to grow. In 2024-25, 136 new GPs and mental health professionals referred clients to us for the first time, and since we began operating, we have now received referrals from 133 GP practices and other mental health services.

"I have been a doctor for 21 years and I can honestly say I have not come across a mental health initiative that has come close to being as useful as Dose of Nature has to my patients."

Dr Lisa Wray, GP at Richmond Lock Surgery







[10] Mind (2018), GP Mental Health Training Survey Summary

What our referring GPs say

" There's a woman in her 40s, who has had a miserable life after trauma and medical problems. She is neurodiverse so finds accessing some services difficult. She used to come in several times a month and it made my heart sink as there was little to offer. She has been greatly helped by Dose of Nature and now wants to coach other women in a similar situation, and rarely now attends Surgery."

"Another patient is a carer for a person with significant demands, with marked anxiety, poor functioning. She now walks in with a smile, head held high, has written a poem for a national competition after her input with Dose of Nature and is a calmer, happier person and able to continue her caring role."

Dr Lisa Wray, Richmond Lock Surgery, Twickenham



"We are living in a time of huge mental health challenge through the cost of living crisis, employment fragility, worsening physical health and local authority financial challenge in support services. GPs are seeing large numbers of people needing help and Dose of Nature has become a key organisation alongside (or as an alternative to) traditional psychological therapy and medication."

Dr Nick Merrifield, Holmwood Corner Surgery, New Malden

"I have been referring to Dose of Nature for a number of years. Patients who have struggled with a wide range of mental health related illnesses from anxiety and depression to bereavement and substance misuse. They have often tried conventional NHS treatments and have continued to struggle. Dose of Nature has provided a genuine alternative and some of my patients have told me it has literally saved their lives. I cannot pay the service a higher compliment."

Dr Faisal Islam, Cross Deep Surgery, Twickenham

"I have referred multiple patients all of whom have benefited greatly from the interactions with volunteers and later group sessions. These are often patients with severe mental health and social issues who find it hard to engage/get appropriate support from local mental health services."

Dr Claire Sillitoe, Parkshot Medical Centre, Richmond



"There is an enormous amount of benefit to be gained through connection with the natural world. This charity encourages and teaches people to do just that which improves their mental health and gives them tools to cope with future difficulties."

Dr Elizabeth Hockney, Essex House Surgery, Barnes

Our Volunteer Guides

Our Dose of Nature Guides are a vital part of our model. In 2024-25, we had 82 active Guides working across the Boroughs of Richmond and Kingston and 37 working in and around Guildford.

They generously give their time, energy, and compassion to make a real difference to people's lives. Many of our clients tell us how much they appreciate the fact that our Dose of Nature Guides are volunteers who freely offer their support, motivated by a genuine desire to help.

In addition to helping make our Nature Prescriptions a low-cost intervention, our volunteers root our model in the local community. By supporting fellow residents within their own area, they help build connections, trust, and a stronger sense of belonging.

Our volunteers are all from different walks of life, and most of them have no former therapeutic experience but they are all warm, compassionate, and non-judgemental. Following our application and recruitment process they complete a two-day training course with our chartered psychologists, as well as additional online safeguarding training and DBS checks. Our training course covers the science that underpins our model, our processes and safeguarding procedures, and a wide variety of experiential tools to help people connect with nature. All guides continue to attend ongoing monthly training sessions and regular supervision throughout their time with Dose of Nature.

Our volunteer Guides come from a broad range of backgrounds and bring their own style and experience to each Nature Prescription. What unites our community is our shared love of nature and our understanding of its many benefits for
health and wellbeing.

"The combination of compassion, professionalism, and nature-based support offered by Dose of Nature is truly life-changing."

Jamilla, Dose of Nature Guide

"Since becoming a volunteer Guide with Dose of Nature, I have witnessed the incredible impact this charity has had. The combination of compassion, professionalism, and nature-based support is truly life-changing. I have seen individuals arrive withdrawn and anxious, and slowly, through time spent outdoors with caring guidance, begin to reconnect with themselves, others, and the world around them."

Clive, Dose of Nature Guide



"I've been a Guide with Dose of Nature since its inception, and it is without doubt one of the greatest things I have ever done. Dose of Nature exists to help and to make life better for clients, but also for the people who volunteer and get involved on every level."

Alex, Dose of Nature Guide

Our Groups

Our, nature-based activity groups are an essential element of our programme. Our outdoor groups provide opportunities for people to continue connecting with nature, and with each other, beyond the end of their individual nature prescription for as long as they choose. This unlimited ongoing support helps sustain recovery and build a sense of community and belonging.

We run a wide range of free, weekly groups at each hub, all year round, and in all weathers, led by our marvellous volunteers. Our groups operate on a drop-in basis, allowing clients to join as many sessions as they like, as often as they like, and for as long as they like. Our groups are not therapy groups, but provide continuing opportunities to participate in nature-based activities, within a safe and supportive environment, fostering connections with both nature and other people.

Our groups include nature-based creative writing, birdwatching, art in nature, nature craft sessions, nature-inspired poetry, outdoor mindfulness sessions, nature photography, knitting and nattering in nature, conservation work, outdoor yoga, qigong, tennis classes, kayaking, and group walks.





"I don't do well with endings and goodbyes. And often the way things work, like say counselling, or an 8-week programme, it had an inevitable ending, and it was hard for me to deal with that - it brings on things like rejection, abandonment.

But Dose of Nature is like 'You don't have to go anywhere, you are allowed to go to our groups whenever you want'. I was like 'Really?'

And it's turned from me being the client into me volunteering and seeing both sides. I feel helpful when I speak to new clients that come to the groups, because I know how it feels to come to a group without knowing anyone.

So, it's reassuring just knowing that Dose of Nature are still going to be there for you and that it's a growing community, I'm like, I don't want this to stop."

Adam, 43

2024-25 Highlights in Guildford *from Lead Psychologist, Dr Cat Huckle*

Dapdune Wharf is located in the heart of Guildford, tucked behind Surrey Cricket Club, where our team works out of an idyllic cottage within the beautiful National Trust estate.

Over the past year, Dose of Nature Guildford has continued to grow in both impact and reach, with inspiring successes and some welcome challenges that reflect our momentum. We exceeded our goal of launching three new nature-based groups, proudly running four, thanks in part to the recruitment and training of 21 new volunteer Guides. This has helped us respond to growing demand and strengthen our presence in the local community.

Our partnership with Farncombe Community Garden now provides another nurturing location for assessments. We were honoured to be named Charity of the Year by Guildford Golf Club, and thanks to increased National Trust visitor footfall following their refurbishment, our visibility has never been higher. Our team has also grown - we've recently welcomed an operations assistant and an additional psychologist to meet rising need.

Funding from Surrey Council is helping us support clients at risk of homelessness, and our partnerships with GPs continue to expand, resulting in increasing referral numbers.

Our fantastic new therapeutic garden (pictured opposite) is the result of a collaboration with RHS Garden Wisley. Created by students on the Level 4 Diploma in Horticulture Practice, the garden balances structure, serenity, and sensory richness to support mental wellbeing.

Dose of Nature's work was formally recognised in the House of Commons through an Early Day Motion (EDM 1698), tabled by Zoë Franklin, MP for Guildford. The motion highlights the lasting impact our work has had on the mental wellbeing of local residents, relieving financial pressure on primary care services in the area.

With success comes challenge. Growing demand can lead to longer waits and pressure on group spaces. Balancing quality support with timely access is our next big focus - but with continued collaboration, and the incredible support of our community, we are optimistic and excited to help even more people improve their mental health through engagement with nature.









2024-25 Highlights in Kew

Whilst our base in Kew is Pensford Field, the beautiful small nature reserve in the heart of a residential community, our Nature Prescriptions continue to take place in the public parks, gardens, and riversides throughout the boroughs of Richmond and Kingston.

Over the past year, we have trained 30 new volunteer Guides to support clients across the boroughs of Richmond and Kingston, as our referral numbers continue to grow, and we support more people year-on-year. To meet rising demand, we also hired an additional psychologist in 2024.

Our thriving programme of volunteer-led groups has included special events such as a bank holiday dawn chorus walk, a creative crafts workshop for young people at Easter, and participation in the RSPB Big Garden Birdwatch at Pensford Field in January.

We have delivered a number of wellbeing workshops to community groups including Achieving for Children's Leaving Care Transitions Team, who support young people leaving care transition to living independently, EAL Friendship Group, who support isolated women with limited English, LVA Trust, who provide relationship, sex, and health education (RSHE) to schools and communities, and SPEAR, who support people facing homelessness.

We have also been spreading the word about our programme for young people across our community and have presented stalls at Richmond College and Roehampton University events to mark World Mental Health Day and World Mental Health Awareness Week.

Venturing further afield, we were proud to present our model at the annual Counselling Psychology Conference in Glasgow in the summer, where fellow psychologists were excited to learn about the benefits of integrating nature into their practice.

We are pleased to be progressing with data collection for a substantial randomised controlled trial, in partnership with the London School of Economics, to evaluate the effectiveness of our programme, as well as examining its impact on pro-environmental behaviours. The preliminary findings of this study were presented at the International Conference on Environmental Psychology (ICEP) in Vilnius, Lithuania. We look forward to sharing more from the full evaluation in due course.









Young People's Programme

Today's young people struggle more with their mental health than any other age group in the UK.

According to the NHS, "one in five children and young people in England aged between 8 and 25 years had a probable mental health disorder in 2023".[11]

The most recent Children's Mental Health Services Report found that 64% of NHS referrals were still waiting for mental health support at the end of the year or had their referral closed before accessing support.[12]

Meanwhile, RSPB research suggests that only 21% of 8-12 year olds are "connected to nature" and identified young people as experiencing the lowest measure of nature relatedness, dropping from a peak in 4-year-olds to the lowest recorded figures for 15- to 17-year-olds.

In other words, today's young people have the poorest mental health of any age group in the UK and, at the same time, feel the least connected to nature.

And yet…

- Children who spend just 60 minutes daily in nature have a 50% lower risk of experiencing mental health issues.
- Higher daily exposure to natural settings amongst adolescents is associated with a lower risk of emotional and behavioural problems.
- EEG (electroencephalogram) scans of students viewing flowers show increased brain activity in regions associated with improved concentration, creativity and attention.

"My nature prescription gave me hope for the rest of the week."

Jen, 16

Our work with young people

Our Nature Prescriptions take young people (aged 16 and over) away from screens, decrease anxiety, improve mood, and build resilience, confidence, and self-esteem. Through a wide range of fun, interesting, and forward-looking practices, they inspire lifestyle changes that create long-lasting effects on mental health and wellbeing. With minimal waiting lists, high engagement rates and impressive outcome measures, they have been well received by young people and GPs alike. We receive referrals from statutory services, including Child and Adolescent Mental Health Services (CAMHS) and other teams within Achieving for Children and Southwest London and St George's NHS Trust, as well as schools, colleges, universities and other organisations within the voluntary sector.

In the year 2024/25, we:

- delivered Nature Prescriptions to 98 people aged 25 and under.
- engaged with a total of 194 students through our pilot school-based interventions at Christ's School in Richmond.
- provided specialist training to help our volunteer Guides work with young people.
- delivered preventative wellbeing workshops and talks for local schools and universities, including Roehampton, St Mary's and Kingston Universities, and Richmond and Kingston Colleges.



[11] NHS England (2023), Mental Health of Children and Young People in England, 2023

[12] Children's Commissioner (2025), Children's mental health services, 2023-24

School-based interventions

We have long considered a schools-based intervention to have huge potential, with schools playing a central role in the network of support for young people.

Recently, we ran a pilot programme at Christ's School, a local state comprehensive in Richmond, designed to bring the proven benefits of nature directly into the school environment. The pilot reached 180 Year 8 students (aged 12-13), who completed a four-week course during their regular PSHE lessons. Throughout the programme, students learned practical tools to manage stress, anxiety, and emotional challenges.

The materials we developed for the programme included outdoor activities, group discussions, a series of original animated short films, and a comprehensive training manual to support the teachers delivering the course.

"I realised that I overthink things and now I use nature to ground me... I also use nature as a break from my work, and I then feel refreshed and produce better quality work"

Ali, 17



We also developed a six-week 'Nature for Wellbeing' course, delivered by our psychologists to 14 students from Years 7-10 (aged 11-16) who had been identified as needing additional support. This pilot provided focused and intensive psychoeducation to small groups of students on the mental health benefits of nature, and the results were measured using questionnaires completed at the start and the end of the programme.

The results were hugely encouraging: 85% of students reported improvements in their mental wellbeing, based on the Short Warwick–Edinburgh Mental Well-being Scale (SWEMWBS). All students reported spending more time in nature, and 83% felt more connected to the natural world.

These outcomes were achieved in just six weekly sessions, highlighting the potential impact on children's mental health if such a programme were implemented nationally as part of the school curriculum.

The programme is overseen by Dr Georgina Gould, our Clinical Lead, who has extensive experience working with young people, including many years in Child and Adolescent Mental Health Services (CAMHS).

85%
of students' mental health improved

83%
felt more connected to nature

All students started spending more time in nature

"I used to have panic attacks, but Dose of Nature has helped me relieve so much stress. I am much happier and more confident."

Holly, 16

In the Media

This year was highly successful for raising awareness of our charity and the mental health benefits of nature. Dose of Nature was featured in major national newspapers and magazines, including the *Financial Times, The Times, The Guardian, The Independent, and the Psychologies magazine*, as well as on broadcast media such as Voice of Islam Radio, BBC Radio Surrey, and BBC Radio Sussex.

The Financial Times



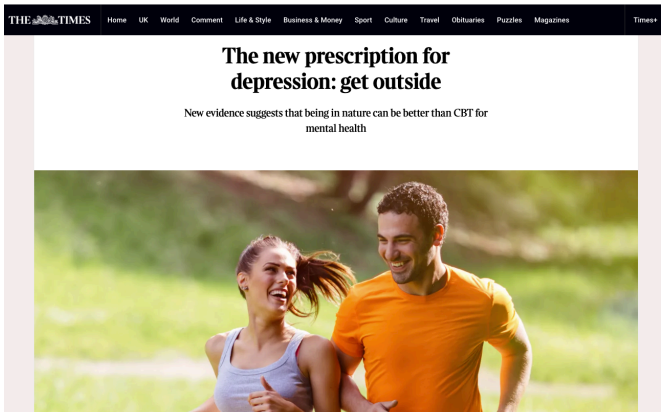
Charity pioneers nature therapy as cost-effective approach to mental illness

West London group inspired by international 'forest medicine' movement takes referrals from local GPs

An article in the *Financial Times* highlighted the impact of Dose of Nature, noting that our programme has "consistently outperformed equivalent NHS interventions", even for those with more severe or complex needs. The piece also observed that our intervention is "demonstrably easing strain on the NHS", whilst remaining remarkably cost-effective.

The Times





An article in The Times highlighted some of the scientific evidence behind the mental health benefits of nature, including how some of nature's 'active ingredients' can stimulate the parasympathetic nervous system, helping us to 'rest and digest'.

Our CEO, Dr Alison Greenwood, also shared practical ways to engage with these active ingredients, from observing fractals, which increase alpha waves in the brain, promoting a "wakefully relaxed state", to running our hands through soil and breathing in mycobacterium vaccae, which can increase our capacity to manage stress.

FT FINANCIAL TIMES · THE TIMES · INDEPENDENT · The Guardian · BBC RADIO SURREY · VOICE OF ISLAM · PSYCHOLOGIES

Wellbeing Workshops

In addition to supporting those experiencing mental health difficulties, we are committed to spreading awareness of the wellbeing benefits of engaging with nature to the wider population.

Our wellbeing workshops combine education on the robust science behind nature's benefits with practical and enjoyable nature-based activities. Participants learn how nature can be used to build resilience, manage emotions, reduce stress and anxiety, and boost mood. Our workshops inspire lifestyle changes, encouraging people to adopt nature as a free, accessible, and sustainable resource for wellbeing.

Each year, we run workshops for a wide range of voluntary, community and social enterprise groups. Past workshops have included groups of teachers, carers, firefighters, paramedics, refugees, charity workers, health professionals, the homeless, college students, young parents, and older adults.

This year we hosted workshops for employees from Achieving for Children, a social enterprise providing children's services, the RHS Community Outreach team, an NHS Talking Therapies Service, teams from both Richmond and Kingston CAMHS (Children and Adolescent Mental Health Services), GP surgeries in Guildford, and teams from the Counter-terrorism Police, and Government security services.

We also attend wellbeing days at local colleges and universities, to raise awareness among young people about nature's benefits, and explain how our nature prescriptions can provide effective, free and sustainable support for anyone struggling with their mental health.









Funders and Supporters

In our financial year 2024-25, Dose of Nature's income rose to £452,244, a 62% increase from the previous year.

We are a small charity, and every donation is both hugely appreciated and highly impactful. Our income comes from three main sources: statutory funding (both NHS and local authority), charitable trusts and foundations, and individual donations.

The breakdown of our sources of income is as follows.

- **50%** Trust Funds
- **15%** NHS
- **15%** Private Donors
- **10%** Local Authority
- **10%** Local Community, Corporate, Earned Income





Administrative Details, Structure, Financial Review, Future Plans and Public Benefit

Dose of Nature is a Charitable Incorporated Organisation ('CIO').

Principal office of the charity:
51 Gloucester Road, Richmond, Surrey TW9 3BT

Chief Executive:
Dr Alison Greenwood, DPsych

Independent Examiner:
Kevin Fisher BA, FCA, CTA
Kingston Burrowes Audit Ltd, 308 Ewell Rd, Surbiton, Surrey KT6 7AL

Board of Trustees:
Sir Mark Rowley (Chair)
Ms Meena Bond
Ms Kerry Godden
Ms Amelia Gosal
Dr Faisal Islam
Dr Amelia Kidd
Professor Martin Milton
Mr Toby Seth

Charity registration number: 1181216

Structure, Governance and Management

The governing document of the CIO adopts the 'Association' Model Constitution, as registered with the Charities Commission on 17 December 2018. During the period under review, the day-to-day activities of the charity were delivered by a team of five psychologists and an operations team consisting of seven members of staff, led by Chief Executive Dr Alison Greenwood. In addition to those paid members of staff, the charity has over 100 volunteer Dose of Nature Guides, all of whom have received enhanced DBS checks, completed a full training programme, including safeguarding, and continue to receive regular supervision and ongoing training from Dose of Nature psychologists. The trustees named above ensure the charity carries out its purposes for the public benefit, providing strategic and financial oversight.

Financial review

The year to 31 March 2025 was the sixth full year of activities and has seen the charity expand its operations, as described more fully in this Annual Report. At the end of March 2025, the charity has total funds of £133,119, an increase of £37,157 on the 31 March 2024 position. Income for the year to March 2025 totalled £452,244 (2024: £278,527). The trustees recognise the need for a coherent policy on the level of reserves held. The aim of the trustees is to build a level of reserves which will enable a proportion to be set aside in a Designated Fund, to meet financial obligations to employees and any others, in the unlikely event of the charity ceasing to exist. At the end of this current year the Designated Fund stands at £48,000. The goal remains to build the fund to approximate three months of committed operating cash outflows of the charity.

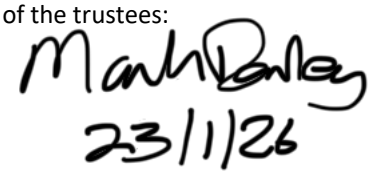
Future Plans

The charity aims to continue both to grow its influence in the sector and to extend its reach, in order that more people access the mental health benefits of nature. The growth will be closely monitored by the trustees, to ensure that at all times the charity is operating within the constraints of its available resources and funding.

Public Benefit

The charity trustees 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.

Signed on behalf of the trustees:
Sir Mark Rowley
Chair
Date:



Statement of Financial Activities for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Mar 25 £	Mar 24 £
Income from:						
Donations and grants	2	142,940	-	306,973	**449,913**	**276,075**
Charitable activities	3	2,331	-	-	**2,331**	**2,452**
Total		145,271	-	306,973	**452,244**	**278,527**
Expenditure on:						
Raising funds		(8,050)	-	-	**(8,050)**	**-**
Charitable activities	4	(124,864)	-	(282,173)	**(407,037)**	**(348,670)**
Other		-	-	-	**-**	**-**
Total		(132,914)	-	(282,173)	**(415,087)**	**(348,670)**
Net income/(expenditure)		12,357	-	24,800	**37,157**	**(70,143)**
Transfers between funds		-	-	-	**-**	**-**
Net movement in funds		12,357	-	24,800	**37,157**	**(70,143)**
Reconciliation of funds:						
Total funds brought forward		10,462	48,000	37,500	**95,962**	**166,105**
Total funds carried forward		22,819	48,000	62,300	**133,119**	**95,962**

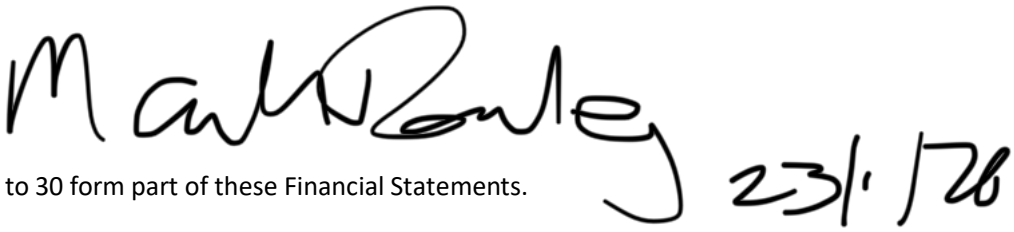
All income and expenditure is derived from continuing activities.
There were no recognised gains or losses for the current period other than those included in the Statement of Financial Activities.
The notes on pages 25 to 30 form part of these Financial Statements.

Balance Sheet as at 31 March 2025

	Notes	Mar 25 £	Mar 24 £
Fixed assets	7	-	-
Current assets:			
Debtors	8	18,174	29,363
Cash at bank and in hand	9	131,482	69,853
Total current assets		149,656	99,216
Liabilities:			
Creditors: amounts falling due within one year	10	(16,537)	(3,254)
Net current assets		133,119	95,962
Net assets		133,119	95,962
The funds of the charity:			
Restricted funds	12	62,300	37,500
Unrestricted funds	13	22,819	10,462
Designated funds	14	48,000	48,000
Total charity funds		133,119	95,962

The Financial Statements were approved on 24 November 2025 and signed on behalf of the trustees by:

Sir Mark Rowley
Trustee



The notes on pages 25 to 30 form part of these Financial Statements.

Statement of Cashflows for the year ended 31 March 2025

	Mar 25 £	Mar 24 £
Net income/(expenditure)	37,157	(70,143)
(Increase)/decrease in debtors	11,189	10,648
(Decrease)/increase in creditors	13,284	2,662
Net cash provided by operating activities	**61,629**	**(56,833)**
Cash and cash equivalents		
At start of period	69,853	126,686
At 31 March	**131,482**	**69,853**

Notes to the Financial Statements for the year ended 31 March 2025

1. Accounting policies

General information and basis of preparation

Dose of Nature is a Charitable Incorporated Organisation and a registered charity, number 1181216. The financial statements have been prepared in accordance with Accounting and Reporting by Charities.

In so doing, the financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS102) issued October 2019, the Financial Reporting Standard applicable in the UK, The Charities Act 2011, and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that the receipt of the income is considered probable;
- the amount can be measured reliably.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and that the amount can be measured reliably.

Expenditure is allocated to each activity where the costs relate directly to that activity. Support costs, including governance costs, that do not relate directly to any activity are apportioned to each activity on the basis of staff time.

Expenditure is included under the following headings:
- Raising funds, which comprises the costs associated with attracting voluntary donations and grants
- Charitable activities, which comprises the costs associated with running the various activities, services and
projects for the beneficiaries of the charity.

Notes to the Financial Statements for the year ended 31 March 2025

1. Accounting policies (continued)

Fund accounting
Unrestricted general funds are those which are freely available for use in furtherance of the objects of the charity. Designated funds are unrestricted funds set aside by the trustees for particular purposes. Restricted funds can only be used in accordance with the wishes of the donor or have been raised for a particular purpose.

Pension costs
The charity operates a defined contribution pension scheme. Contributions payable to the scheme are charged to the Statement of Financial Activities in the year to which they relate.

2. Income from donations and grants

	Mar 25 £	Mar 24 £
Restricted grants:		
NHS SW London ICB	74,400	-
HighwayOne	20,000	-
Hampton Fuel Allotments	33,483	-
Garfield Weston Foundation	30,000	-
LBRUT: Richmond Voluntary Fund	29,490	-
Lottery Main Grants	19,600	-
Prudence Trust	50,000	50,000
Chimo Trust	50,000	50,000
Surrey CC	-	45,832
Total restricted grants	306,973	145,832
Unrestricted donations:		
Richmond Parish Lands	40,000	40,000
Maingot Trust	-	15,000
Barnes Fund	-	10,000
Spotify	9,050	-
Kew Fete	1,250	-
Chilworth PCC	296	-
St Anne's Kew	1,000	1,000
St Luke's Kew	-	2,000
South West Surrey	500	-
John Lewis	-	2,502
Hampton Riverside Trust	-	250
Insurance Guild	-	4,017
University of Surrey	4,242	-
Other	7,000	-
Mayor's Office	300	-
Private donors	79,302	55,474
Total unrestricted donations	142,940	130,243
Total income from donations and grants	449,913	276,075

Notes to the Financial Statements for the year ended 31 March 2025

3. Income from charitable activities

	Mar 25	Mar 24
	£	£
Workshops, lectures and seminars:		
South West London & St Georges Mental Health NHS Trust	-	200
Richmond CAMHS	200	-
Voluntary Action	1,000	-
Royal Horticultural Society	350	-
A Little Dose of Nature	-	1,600
Other income	781	652
Total income from charitable activities	2,331	2,452

All of the £2,331 recognised in the year ended March 2025 (2024: £2,452) related to unrestricted funds.

4. Expenditure on charitable activities

	Mar 25	Mar 24
	£	£
Cost of providing programmes and workshops which promote and develop the mental health benefits of engaging with the natural world	407,037	348,670

Of the £407,037 expenditure in the year to March 2025 (2024: £348,670), £124,864 (2024: £153,238) was charged to unrestricted funds and £282,173 (2024: £195,432) was charged to restricted funds.

Expenditure on charitable activities is comprised of direct costs and support costs, as follows:

Direct costs

Included within expenditure on charitable activities are direct costs as follows:

	Mar 25	Mar 24
	£	£
Wages and salaries	325,556	297,454
Other direct costs	47,884	32,093
Total direct costs	373,440	329,547

Support costs

Included within expenditure on charitable activities are support costs as follows:

	Mar 25	Mar 24
	£	£
Premises	16,337	5,760
Office costs	13,473	9,598
Governance costs: Independent Examiner's fee	2,520	2,520
Governance costs: other	1,267	1,245
Total support costs	33,597	19,123

Notes to the Financial Statements for the year ended 31 March 2025

5. Related party disclosures

During the year there were no payments made to trustees in respect of expenses or fees.
In the year to March 2025 unrestricted donations from related parties totalled £44,600 (2024: £38,395).

6. Staff costs

Total staff costs for the period excluding employer's national insurance were £303,276 (2024: £271,103).
Social security costs for the year were £30,330 (2024: £26,351), the charity having taken advantage of the Employment Allowance scheme made available by HMRC.
The charity had 11 employees at the start of the current period (full and part time), and 11 at the end (full and part time).
The charity operates a defined contribution pension scheme. Contributions by the charity into the scheme during the year totalled £8,162 (2024: £7,072).
None of the Trustees or members of the Management Committee received any emoluments during the year. One employee received total employee benefits (excluding employer's national insurance and employer pension contributions) of more than £60,000 during the year to March 2025 (2024: none).
Total employee benefits received by key management amounted to £71,305 (2024: £65,728). Under FRS102, employee benefits includes gross salary, benefits in kind, employer's national insurance and employers pension contributions.
Average monthly number of staff in the year ended March 2025 was 10 (2024: 9).

7. Tangible fixed assets

The charity employed no fixed assets in the year under review.

8. Debtors

	Mar 25	Mar 24
	£	£
Gift Aid recoverable	18,174	8,650
Other debtors	-	20,713
	18,174	29,363

9. Cash at bank

	Mar 25	Mar 24
	£	£
Bank current account	131,482	69,853

10. Creditors: amounts falling due within one year

	Mar 25	Mar 24
	£	£
Sundry creditors and accruals	16,537	3,254

11. Operating lease commitments

The charity has entered into no material, non-cancellable operating leases.

12. Restricted funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers between funds	Balance at 31 March 2025 £
NHS SW London CCG	-	74,400	(49,600)	-	**24,800**
HighwayOne	-	20,000	(20,000)	-	-
Hampton Fuel Allotments	-	33,483	(33,483)	-	-
Garfield Weston Foundation	-	30,000	(30,000)	-	-
LBRUT: Richmond Voluntary Fund	-	29,490	(29,490)	-	-
Lottery Main Grants	-	19,600	(19600)	-	-
Prudence Trust	**37,500**	50,000	(50,000)	-	**37,500**
Chimo Trust	-	50,000	(50,000)	-	-
Total	**37,500**	**306,973**	**(282,173)**	**-**	**62,300**

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers between funds	Balance at 31 March 2024 £
NHS SW London CCG	**49,600**	-	(49,600)	-	-
Surrey CC	-	45,832	(45,832)	-	-
Prudence Trust	**37,500**	50,000	(50,000)	-	**37,500**
Chimo Trust	-	50,000	(50,000)	-	-
Total	**87,100**	**145,832**	**(195,432)**	**-**	**37,500**

Restricted funds are held on trust to be applied to specific purposes. Regular reports are made to the fund providers as to how those funds are applied.

NHS SW London CCG - Provision of Nature Prescriptions to the Boroughs of Richmond and Kingston
HighwayOne - Provision of Nature Prescriptions
Hampton Fuel Allotments - Provision of Nature Prescriptions to Hampton postcode areas
Garfield Weston Foundation - Provision of Nature Prescriptions
LBRUT: Richmond Voluntary Fund - Provision of Nature Prescriptions to the Borough of Richmond
Lottery Main Grants – Provision of activities related to Nature Prescriptions at our Guildford location
Surrey CC - Provision of Nature Prescriptions to the Guildford area
Prudence Trust - Provision of Nature Prescriptions to young people aged 16-25
Chimo Trust - Provision of Nature Prescriptions to young people aged 16-25; funding research into the efficacy of Nature Prescriptions

Notes to the Financial Statements for the year ended 31 March 2025

13. Unrestricted funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2025 £
Unrestricted funds	**10,462**	145,271	(132,914)	-	**22,819**
Designated funds (Note 14)	**48,000**	-	-	-	**48,000**
	58,462	145,271	(132,914)	-	**70,819**

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2024 £
Unrestricted funds	**31,005**	132,695	(153,238)	-	**10,462**
Designated funds (Note 14)	**48,000**	-	-	-	**48,000**
	79,005	278,527	(348,670)	-	**58,462**

14. Designated funds

	Mar 25 £	Mar 24 £
Wind-down costs	48,000	48,000

15. Analysis of Net Assets between funds

March 2025	Unrestricted Funds Mar 25 £	Restricted Funds Mar 25 £	Total Funds Mar 25 £
	87,356	62,300	149,656
Current assets	(16,537)	-	(16,537)
Current liabilities			
	70,819	62,300	133,119

Comparative information for the analysis of net assets between funds in the previous year is as follows:

March 2024	Unrestricted Funds Mar 24 £	Restricted Funds Mar 24 £	Total Funds Mar 24 £
	61,716	37,500	99,216
Current assets	(3,254)	-	(3,254)
Current liabilities			
	58,462	37,500	95,962

16. Contingent assets

Grant funding awarded at 31 March 2025 but not yet received amounts to £50,000 (2024: £250,000).

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

DOSE OF NATURE

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 22 to 30.

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. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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.

Kevin Fisher BA FCA CTA
% Kingston Burrowes Audit Limited
308 Ewell Road
Surbiton
Surrey
KT6 7AL

2026

DOSE OF NATURE

England & Wales - Charity number 1181216

Accounts

Dose of Nature

A Charitable Incorporated Organisation
Registered charity number 1181216

Trustees' Report and Financial Statements for the year ended 31 March 2024

Dose of Nature

A Charitable Incorporated Organisation, registered charity number 1181216

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Administrative Details of the Charity and its Trustees

Dose of Nature is a Charitable Incorporated Organisation ('CIO').
Charity registration number: 1181216 Website: www.doseofnature.org.uk

Principal office of the charity:
51 Gloucester Road
Richmond
Surrey
TW9 3BT

Chief Executive:
Dr Alison Greenwood, DPsych

Trustees:
Sir Mark Rowley (Chair)
Ms Meena Bond
Ms Kerry Godden
Dr Faisal Islam
Dr Amelia Kidd
Professor Martin Milton
Mr Toby Seth (appointed July 2023)
Ms Amelia Gosal (appointed July 2023)

Independent Examiner:
Kevin Fisher BA, FCA, CTA
Kingston Burrowes Audit Ltd
308 Ewell Rd
Surbiton
Surrey KT6 7AL

Structure, Governance and Management

The governing document of the CIO adopts the 'Association' Model Constitution, as registered with the Charities Commission on 17 December 2018. During the period under review, the day-to-day activities of the charity were delivered by a team of five psychologists, led by Chief Executive Dr Alison Greenwood, and an operations team consisting of five members of staff. In addition to those paid members of staff, the charity has over 100 volunteer Dose of Nature Guides, all of whom have received enhanced DBS checks, completed a full training programme, including safeguarding, and continue to receive regular supervision and ongoing training from Dose of Nature psychologists. The trustees named above ensure the charity carries out its purposes for the public benefit, providing strategic and financial oversight.

Financial review

The year to 31 March 2024 was the fifth full year of activities and has seen the charity expand its operations, as described more fully in this Trustees' Report. At the end of March 2024, the charity has total funds of £95,962, a reduction of £70,143 on the 31 March 2023 position as a consequence of a delay in the receipt of certain unrestricted income. Income for the year to March 2024 totalled £278,527 (2023: £313,541).

The trustees recognise the need for a coherent policy on the level of reserves held. The aim of the trustees is to build a level of reserves which will enable a proportion to be set aside in a Designated Fund, to meet financial obligations to employees and any others, in the unlikely event of the charity ceasing to exist. At the end of this current year the Designated Fund stands at £48,000. The goal remains to build the fund to approximate three months of committed operating cash outflows of the charity. The trustees expect a surplus of income over expenditure in the year to March 2025, enabling the charity to add to the Designated Fund in that year.

Objectives and Activities

Dose of Nature is a mental health charity whose purpose is to improve the mental health and wellbeing of individuals through increased engagement with the natural world. Our work is rooted in a wealth of scientific evidence that demonstrates the physiological and psychological benefits of spending time in nature. We work with both clinical populations, through our Dose of Nature Prescription Programme, and the general population, delivering wellbeing workshops, training sessions, seminars and lectures. A further important aspect of our work is our contribution to the growing body of research demonstrating the mental health and wellbeing benefits of spending time in nature.

A Dose of Nature Prescription

We deliver 'nature prescriptions' to people referred by their GP with a wide range of mental health problems, including depression, anxiety, trauma, stress, bereavement, ADHD, and addiction. Through a combination of education, first-hand experience, and practical and motivational support, we encourage a greater connection with nature, and inspire lifestyle changes that have a significant and lasting impact on mental wellbeing. Our model is a positive, hopeful and outward-looking approach to mental health.

We believe in the importance of an individual approach for those suffering with mental health problems and offer a highly flexible one-to-one 10-week programme that is tailored to the specific needs and preferences of our clients. We also recognise the importance of offering access to ongoing support in order to reduce the likelihood of relapse, and therefore, alongside the one-to-one element of our programme, we offer a wide range of nature-based groups, that remain available to all of our clients on a drop-in basis and for an unlimited amount of time.

Our nature prescriptions are a genuine alternative to both medication and more traditional psychological interventions; they are led by chartered psychologists, delivered by trained and supervised volunteers, and draw on the curative power of nature.

Our recovery rates are significantly higher than those for comparable mental health interventions such as CBT (typically over 75% for a Dose of Nature Prescription, compared with approximately 50% for an equivalent NHS intervention). As a result of our nature prescriptions, many clients reduce, and frequently cease, their medication, and report significant lifestyle changes such as returning to work or university, finding a job, doing voluntary work, or undertaking new training. Furthermore, with a focus on developing new habits, independent of the person delivering the programme, clients have a life-long resource in nature that is free, accessible, and sustainable.

Individuals are referred by their GP or other health professional, and after an initial consultation with a psychologist, they are matched with a specially trained volunteer Dose of Nature Guide who meets with them on a weekly basis for a period of 8 weeks in natural environments that are easily accessible and local to them. Following or alongside this 8-week course, our clients have the opportunity to join any or all of our group activities, including nature-based creative writing, birdwatching, art in nature, nature-inspired poetry, mindfulness sessions, nature photography, knitting and nattering in nature, outdoor yoga, qigong, tennis classes, and group walks.

Wellbeing Workshops

Our workshops and seminars are designed to promote the mental health benefits of engaging with the natural world to the general population. They are informative, fun, interactive and restorative, and have been in high demand since the charity began. We have delivered wellbeing workshops to a wide variety of groups including children, adolescents, students, new parents, older adults, community friendship groups, carers, charity leaders, GPs, mental health workers, people experiencing homelessness, refugees, firefighters, and survivors of domestic abuse.

Young People's Programme

Our Young People's Nature Prescription Programme is an individual psychological programme that introduces young people aged 16 to 25 years to the mental health benefits of spending time in nature. Similarly to our adult programme, it includes a psychological assessment, a 6-8 week course with a dedicated volunteer Dose of Nature Guide, and an end of programme review. In addition, there are opportunities to join nature-based groups specifically developed for young people.

Our nature prescriptions take young people away from screens, decrease anxiety, increase mood, and build resilience, confidence, and self-esteem. Through fun, interesting, positive, and forward-looking practices, they inspire lifestyle changes that create long-lasting effects on mental wellbeing. With no waiting lists, high engagement rates and impressive outcome measures, they have been well received by GPs and young people alike.

The programme is overseen by Dr Georgina Gould, our Clinical Lead. Georgina has extensive experience of working with young people, including 7 years' experience within Child and Adolescent Mental Health Services (CAMHS).

As well as the 1:1 programme, we offer workshops and talks to schools and colleges. We receive referrals from statutory services, including CAMHS and other teams within Achieving for Children and Southwest London and St George's NHS Trust, as well as schools, colleges, and other organisations within the voluntary sector. To date, we have received 200 referrals, and with enhanced awareness of our service, referrals are rapidly increasing.

Surrey Hub: Dapdune Wharf

There is now a permanent, full time Operations Manager at the Surrey Hub and 0.6FTE Clinical Psychologist. The site also now welcomes trainee Clinical Psychologists from the University of Surrey for six-month clinical placements.

Since opening at the beginning of 2023, 164 clients have been referred to our Surrey Hub at Dapdune Wharf in Guildford. Referrers are from 23 GP surgeries across Guildford and Waverley, including GPs, GPimhs and Social Prescribers.

The riverside location at Dapdune Wharf facilitates our offering of a thriving group programme including a walking group, a conservation group, arts and crafts, bird watching, yoga and tai chi. We have recruited and trained 31 Dose of Nature Guides and provide additional monthly training opportunities alongside regular supervision. We have built partnerships with local charitable and statutory organisations including RHS Wisley, The Green Hub, The Department of Work and Pensions, the Rape & Sexual Abuse Support Centre (RASASC) and local faith groups. Our relationship with our National Trust hosts thrives and we look forward to moving into our permanent premises on the Dapdune Wharf site in 2024.

Research

We are committed to advancing the research into the mental health benefits of engaging with the natural world. In the past, Dose of Nature's Prescription Programme has been part of research studies at a number of universities including the Universities of Surrey, Exeter, and Liverpool John Moores. In one of these we partnered with Dr Kaye Richards and Dr James Fullam on a UKRI funded project to develop a practical resource on 'Sustainability Indicators when Utilising Nature for Mental Health'.

We are currently collaborating with two professors from the London School of Economics, Dr Kate Laffan and Dr Chirs Krekel, on a year-long RCT (Randomised Control Trial) investigating the efficacy of our Dose of Nature Prescription Programme. As well as evaluating the impact on individuals' wellbeing, the research is measuring the effect of increasing people's engagement with the natural world on their pro-environmental behaviour.

Dose of Nature has also been the focus of a number of Masters students research studies investigating different aspects of nature's mental health benefits, including a current project specifically examining the benefits of our Dose of Nature Prescription Programme for young people aged 15 to 17.

Training and Consultancy

We deliver lectures and training sessions for people responsible for the wellbeing of others, and previous groups have included psychologists, GPs, psychiatrists, teachers, employers, and charity leaders. We also train leaders to train others. For example, we trained a client engagement officer from the homelessness charity SPEAR in the mental health benefits of nature, and as a result, nature as a resource for mental wellbeing is being integrated into the support they offer their clients.

We are often asked to present at conferences and symposiums. In 2023 our CEO was invited to provide keynote speeches at Surrey County Council's Green Health and Wellbeing event, 'Cultivating a Green Health and Wellbeing Movement in Surrey', and at the National Trust's London and South-East regional conference. We are also frequently asked to advise organisations and services on the mental health benefits of nature, and in July 2023, Dr Alison Greenwood was invited as an expert witness to give evidence to the House of Lords Science and Technology Committee on the effect of artificial light and noise on human health.

Achievements and Performance

Reaching more people with our nature prescriptions

We now take referrals from all 25 GP practices in the borough of Richmond, all 22 GP practices in the borough of Kingston, and 23 GP practices across the boroughs of Guildford and Waverley. Since we began delivering our nature prescriptions in 2019, we have received over 1,500 referrals.

Our Young People's Programme for young people aged 16-25 continues to thrive. As well as from GPs, we now receive referrals from Tiers Two and Three CAMHS teams, Leaving Care Transitions Team, Social Care Referral and Assessments Team, young people's counselling service Off the Record, and counselling services in schools, colleges and universities (including Richmond College, St Mary's University, Roehampton University and Surrey University). Recognising that the need for an external referral can be a barrier to some young people accessing the mental health support they need, we now also accept self-referrals for young people.

Student Placements

In addition to increasing our reach by extending our referral pathways and by recruiting more staff and volunteers, we now offer placements to students completing their Level 4 Diploma in Counselling at Richmond and Hillcroft Adult Community College. We also provide clinical placements for trainee Clinical Psychologists from the University of Surrey at both our Kew and Guildford sites.

Performance Data

In the first five years of operation, the Dose of Nature Prescription Programme has achieved the following:

- Over 1,500 referrals from 70 GP practices and a further 15 mental health organisations
- Over 120 volunteers recruited and trained to be Dose of Nature Guides
- Over 95% of clients have reported a reduction in anxiety and depression
- 7 point mean reduction in depression scores (using the PHQ-9 27-point scale for depression)
- 8 point mean reduction in anxiety scores (using the GAD-7 21-point scale for anxiety)
- '*Recovery*' and '*Reliably Improved*' rates consistently higher than those for equivalent NHS interventions
- Waiting times between 0-8 weeks
- 90% engagement rates
- Delivery of over 250 workshops, seminars, and training sessions, promoting the mental health benefits of nature.

Collaborations

Alongside numerous local environmental and mental health organisations, we have worked with a number of prestigious national organisations, including the National Trust, English Heritage, Royal Parks and Kew Gardens. In addition, we have collaborated with a number of academic institutions, including the London School of Economics, Regent's University and the Universities of Exeter, Surrey, Liverpool John Moores, and Roehampton.

Media

Dose of Nature has been featured in articles in both local and national newspapers, including the Guardian newspaper, the i newspaper, and The Week, and has also featured in numerous podcasts and blogs, including for the Eden Project, the Economist, and Kew Gardens, and on BBC Radio Surrey, and the BBC and ITV national News.

Individual Case Studies

Evidence from individual clients illustrates the effectiveness of our Dose of Nature prescriptions and demonstrates the way in which they have transformed the lives of people struggling with mental health issues. Below are just a few examples (changes have been made to ensure anonymity):

Michelle is a 23-year-old who had suffered a traumatic childhood bereavement and been persistently bullied at school. Following a suicide attempt, she had dropped out of university half-way through her second year, and at the time she was referred to our service (via her mother's visit to the GP on her behalf), she had not left her house for three years. She had refused all other therapy, but agreed to meet our psychologist to discuss a nature prescription in a small green space just by her home. Whilst initially extremely anxious, she was able to build a strong and trusting relationship with her Dose of Nature Guide, and progressed from a fifteen minute chat on a nearby bench in week one, to enjoying hour-long walks along the river together by the end of ten weeks. Since completing her nature prescription, Michelle is regularly going outside on her own, she has reconnected with old friends, and felt confident enough to reapply to university to complete her degree.

She said of her Dose of Nature prescription: *"Dose of Nature has been brilliant. I'd completely lost all my confidence and couldn't ever imagine going out again, let alone returning to uni."*

Claire is a 35-year-old woman living alone in a one-bedroom flat. She has a 13-year-old daughter, who lived with her until three years ago when she suffered a psychotic episode and was hospitalised. As a child she suffered severe physical, psychological and sexual abuse at home, and this traumatic childhood led to a drug addiction that lasted 17 years. At the time of her assessment, Claire had been discharged from secondary care services, and was no longer experiencing psychotic symptoms, but presented as low in mood and highly anxious; she rarely left the house, and spent long periods of time isolated and with very little to occupy her. Claire immediately embraced the opportunity to visit different parks and gardens around the Borough with her Dose of Nature Guide, and enjoyed all the activities and exercises designed to increase her connection with nature. By the end of her prescription she was starting every day with a walk. Her confidence increased and she enrolled at Richmond Adult Education College, initially to study basic English and Maths, but she has since progressed to studying higher level office and business skills. She is also working on a voluntary basis to gain work experience, with a view to getting an office job. She has passed on her new enthusiasm for the outdoors to her daughter, who now spends every weekend with her, and they enjoy exploring new green spaces together. After years of abusive relationships, and then many years alone, she has recently begun a relationship with someone she describes as *"kind and considerate"*. She has also recently completed the Dose of Nature training to become a volunteer Dose of Nature Guide, stating *"I want to help others with mental health issues"*. Claire is now positive and hopeful about her future, seeing her dream of *"a normal life"* as realistic and achievable.

She said of her Dose of Nature Prescription: *"This has completely changed my life. In every way. I would never have gone back to college or thought it was possible to feel completely well again before Dose of Nature. My Dose of Nature Guide made me feel normal, and not like someone with mental health issues like other services and therapy have always done. Going out into nature every day and learning to really notice everything, it really lifts my mood, I feel so much more positive and confident. I cannot believe how much my life has changed. For the first time in my life I feel normal and excited about the future."*

Jonathan is a 57-year-old deputy-head teacher of a secondary school. He has two grown-up children and having divorced two years ago, he now lives alone. Until recently, he had no history of mental health issues, and no previous experience of therapy. When he was referred to our services by his GP, he had already been off work with stress for two months and was taking anti-depressants for his low mood. He felt his medication was not helping and reported feeling empty, unmotivated and hopeless about the future. Jonathan had always liked being outside in nature, but since his divorce he had found himself going out less and less frequently, and when he did go out, he found little joy in nature: he walked briskly for exercise, and usually listened to podcasts whilst walking. He was immediately fascinated by the science behind the mental health benefits of nature and engaged very positively and actively with the Dose of Nature programme. He enjoyed his weekly meetings with his Guide and embraced a more mindful way of being in nature, learning to slow down and notice the natural environment around him. He was conscientious about taking his daily dose of nature and regularly practised the activities and exercises he had experienced with his Guide. He described being in nature as *"calming and grounding"* as well as *"energising, refreshing and restorative"*. By session five he said he felt he had turned a corner and was feeling more positive, and *"the darkness seems to have lifted"*.

Jonathan returned to work shortly after completing our programme and is no longer taking anti- depressants.

Frances is a 75-year-old woman and the full-time carer for her husband who has recently had a stroke. She has led a busy life pursuing a successful career and bringing up a family. However, with her children married and living away, and a disabled husband to look after, she reported finding little joy in her life; she was having difficulty sleeping and was taking sleeping pills but was reluctant to take anti-depressants in spite of *"feeling low all the time"*. Her GP referred her to our service with depression, but she was sceptical about how helpful it could be for her due to her mobility issues. However, she was able to drive, and her Dose of Nature Guide found different natural spaces that she could easily drive to, so they could sit together and enjoy the natural environment around them. Frances used to paint, and encouraged by her Guide and inspired by nature, she began to paint and sketch again. At the end of eight weeks, Frances joined both our 'art in nature' and our 'writing in nature' groups and is a regular attendee.

She says of her Dose of Nature Prescription: *"With so very many thanks again to you for my Dose of Nature prescription, you have quite literally saved my life - you have really uplifted my life and spirit more than I can properly say."*

And her son writes: *"I could not possibly have anticipated how incredibly positive the effect has been on my mother's outlook on life - she is now engaged, upbeat and stimulated. Amazing. As an outsider looking in, you seem like an incredible group of people who have stumbled across a model with an impact which I would never have imagined – thank you!"*

Future Plans

The charity aims to continue both to grow its influence in the sector and to extend its reach, in order that more people access the mental health benefits of nature. The growth will be closely monitored by the trustees, to ensure that at all times the charity is operating within the constraints of its available resources and funding.

Public Benefit

The charity trustees 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.

Signed on behalf of the trustees:

Mark Rowley

Sir Mark Rowley

Chair

Date: 26/1/25

Statement of Financial Activities for the year ended 31 March 2024

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Mar 24 £	Mar 23 £
Income from:						
Donations and grants	2	130 243	-	145 832	**276 075**	**308 664**
Charitable activities	3	2 452	-	-	**2 452**	**4 877**
Total		132 695	-	145 832	**278 527**	**313 541**
Expenditure on:						
Raising funds		-	-	-	**-**	**-**
Charitable activities	4	(153 238)	-	(195 432)	**(348 670)**	**(238 862)**
Other		-	-	-	**-**	**-**
Total		(153 238)	-	(195 432)	**(348 670)**	**(238 862)**
Net income/(expenditure)		(20 543)	-	(49 600)	**(70 143)**	**74 679**
Transfers between funds		-	-	-	**-**	**-**
Net movement in funds		(20 543)	-	(49 600)	**(70 143)**	**74 679**
Reconciliation of funds:						
Total funds brought forward		31 005	48 000	87 100	**166 105**	**91 426**
Total funds carried forward		10 462	48 000	37 500	**95 962**	**166 105**

All income and expenditure is derived from continuing activities.
There were no recognised gains or losses for the current period other than those included in the Statement of Financial Activities.
The notes on pages 15 to 20 form part of these Financial Statements.

Balance Sheet as at 31 March 2024

	Notes	Mar 24 £	Mar 23 £
Fixed assets	7	-	-
Current assets:			
Debtors	8	29 363	40 011
Cash at bank and in hand	9	69 853	126 686
Total current assets		99 216	166 697
Liabilities:			
Creditors: amounts falling due within one year	10	(3 254)	(592)
Net current assets		95 962	166 105
Net assets		95 962	166 105
The funds of the charity:			
Restricted funds	12	37 500	87 100
Unrestricted funds	13	10 462	31 005
Designated funds	14	48 000	48 000
Total charity funds		95 962	166 105

The Financial Statements were approved on 25th November 2024 and signed on behalf of the trustees by:

Mark Rowley

Sir Mark Rowley
Trustee 26/1/25

The notes on pages 15 to 20 form part of these Financial Statements.

Statement of Cashflows for the year ended 31 March 2024

	Mar 24 £	Mar 23 £
Net income/(expenditure)	(70 143)	74 679
(Increase)/decrease in debtors	10 648	18 289
(Decrease)/increase in creditors	2 662	(2 078)
Net cash provided by operating activities	**(56 833)**	**90 890**
Cash and cash equivilents		
At start of period	126 686	35 796
At 31 March	**69 853**	**126 686**

Notes to the Financial Statements for the year ended 31 March 2024

1. Accounting policies

General information and basis of preparation

Dose of Nature is a Charitable Inorporated Organisation and a registered charity, number 1181216.
The financial statements have been prepared in accordance with Accounting and Reporting by Charities.

In so doing, the financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS102) issued October 2019, the Financial Reporting Standard applicable in the UK, The Charities Act 2011, and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that the receipt of the income is considered probable;
- the amount can be measured reliably.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and that the amount can be measured reliably.

Expenditure is allocated to each activity where the costs relate directly to that activity. Support costs, including governance costs, that do not relate directly to any activity are apportioned to each activity on the basis of staff time.

Expenditure is included under the following headings:
- Raising funds, which comprises the costs associated with attracting voluntary donations and grants
- Charitable activities, which comprises the costs associated with running the various activities, services and projects for the benficiaries of the charity.

Notes to the Financial Statements for the year ended 31 March 2024

1. Accounting policies (continued)

Fund accounting
Unrestricted general funds are those which are freely available for use in furtherance of the objects of the charity. Designated funds are unrestricted funds set aside by the trustees for particular purposes. Restricted funds can only be used in accordance with the wishes of the donor or have been raised for a particular purpose.

Pension costs
The charity operates a defined contribution pension scheme. Contributions payable to the scheme are charged to the Statement of Financial Activities in the year to which they relate.

2. Income from donations and grants

	Mar 24 £	Mar 23 £
Restricted grants:		
NHS SW London CCG	-	49 600
LBRUT: Richmond Voluntary Fund	-	987
Prudence Trust	50 000	50 000
Chimo Trust	50 000	-
Surrey CC	45 832	37 500
Total restricted grants	145 832	138 087
Unrestricted donations:		
Richmond Parish Lands	40 000	35 000
HighwayOne	-	10 000
Maingot Trust	15 000	15 000
Barnes Fund	10 000	10 000
Richmond Mayor's Charity	-	14 856
Open Gardens	-	8 500
Kew Fete	-	2 000
St Anne's Kew	1 000	2 100
Mortlake Parish	-	1 819
St Luke's Kew	2 000	596
NHS Surrey Heartlands Citizens' Panel	-	494
Hallets Estate Agents	-	3 000
John Lewis	2 502	-
Hampton Riverside Trust	250	-
Insurance Guild	4 017	-
Private donors	55 474	36 565
Legacy	-	25 000
Other	-	5 647
Total unrestricted donations	130 243	170 577
Total income from donations and grants	276 075	308 664

Notes to the Financial Statements for the year ended 31 March 2024

3. Income from charitable activities

	Mar 24 £	Mar 23 £
Workshops, lectures and seminars:		
South West London & St Georges Mental Health NHS Trust	200	-
English Heritage	-	2 200
Fountain Centre	-	500
Royal Parks	-	300
A Little Dose of Nature	1 600	1 000
Other income	652	877
Total income from charitable activities	2 452	4 877

All of the £2,452 recognised in the year ended March 2024 (2023: £4,877) related to unrestricted funds.

4. Expenditure on charitable activities

	Mar 24 £	Mar 23 £
Cost of providing programmes and workshops which promote and develop the mental health benefits of engaging with the natural world	346 150	238 862

Of the £346,150 expenditure in the year to March 2024 (2023: £238,862), £153,238 (2023: £138,275) was charged to unrestricted funds and £195,432 (2023: £100,587) was charged to restricted funds.

Expenditure on charitable activities is comprised of direct costs and support costs, as follows:

Direct costs

Included within expenditure on charitable activities are direct costs as follows:

	Mar 24 £	Mar 23 £
Wages and salaries	297 454	207 150
Other direct costs	32 093	25 378
Total direct costs	329 547	232 528

Support costs

Included within expenditure on charitable activities are support costs as follows:

	Mar 24 £	Mar 23 £
Premises	5 760	1 920
Office costs	7 077	4 414
Governance costs: Independent Examiner's fee	2 520	-
Governance costs: other	1 245	-
Total support costs	16 602	6 334

Notes to the Financial Statements for the year ended 31 March 2024

5. Related party disclosures

During the year there were no payments made to trustees in respect of expenses or fees.

In the year to March 2024 unrestricted donations from related parties totalled £38,395 (2023: £11,060).

6. Staff costs

Total staff costs for the period excluding employer's national insurance were £271,103 (2023: £192,976).

Social security costs for the year were £26,351 (2023: £14,174), the charity having taken advantage of the Employment Allowance scheme made available by HMRC.

The charity had 7 employees at the start of the current period (full and part time), and 11 at the end (full and part time).

The charity operates a defined contribution pension scheme. Contributions by the charity into the scheme during the year totalled £7,072 (2023: £4,775).

None of the Trustees or members of the Management Committee received any emoluments during the year.

No employee received total employee benefits (excluding employer's national insurance and employer pension contributions) of more than £60,000 during the year to March 2024 (2023: none).

Total employee benefits received by key management amounted to £ 65,728 (2023: £57,782). Under FRS102 employee benefits includes gross salary, benefits in kind, employers national insurance and employers pensio contributions.

Average monly number of staff in the year ended March 2024 was 9 (2023: 7).

7. Tangible fixed assets

The charity employed no fixed assets in the year under review.

8. Debtors

	Mar 24 £	Mar 23 £
Gift Aid recoverable	8 650	2 511
Other debtors	20 713	37 500
	29 363	40 011

9. Cash at bank

	Mar 24 £	Mar 23 £
Bank current account	69 853	126 686

10. Creditors: amounts falling due within one year

	Mar 24 £	Mar 23 £
Sundry creditors and accruals	3 254	592

Notes to the Financial Statements for the year ended 31 March 2024

11. Operating lease commitments

The charity has entered into no material, non-cancellable operating leases.

12. Restricted funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers between funds	Balance at 31 March 2024 £
NHS SW London CCG	49 600	-	(49 600)	-	-
Surrey CC	-	45 832	(45 832)	-	-
Prudence Trust	37 500	50 000	(50 000)	-	**37 500**
Chimo Trust	-	50 000	(50 000)	-	-
Total	**87 100**	145 832	(195 432)	-	**37 500**

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers between funds	Balance at 31 March 2023 £
NHS SW London CCG	49 600	49 600	(49 600)	-	**49 600**
LBRUT: Richmond Voluntary Fund	-	987	(987)	-	-
Surrey CC	-	37 500	(37 500)	-	-
Prudence Trust	-	50 000	(12 500)	-	**37 500**
Total	**49 600**	**138 087**	**(100 587)**	-	**87 100**

Restricted funds are held on trust to be applied to specific purposes. Regular reports are made to the fund providers as to how those funds are applied.

NHS SW London CCG
Provision of Nature Prescriptions to the Boroughs of Richmond and Kingston

Surrey CC
Provision of Nature Prescriptions to the Guildford area

Prudence Trust
Provision of Nature Prescriptions to young people aged 16-25

Chimo Trust
Provision of Nature Prescriptions to young people aged 16-25; funding the research of the efficacy of Nature Prescriptions

Notes to the Financial Statements for the year ended 31 March 2024

13. Unrestricted funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2024 £
Unrestricted funds	**31 005**	132 695	(153 238)	-	**10 462**
Designated funds (Note 14)	**48 000**	-	-	-	**48 000**
	79 005	132 695	(153 238)	-	**58 462**

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2023 £
Unrestricted funds	**17 826**	175 454	(138 275)	(24 000)	**31 005**
Designated funds (Note 14)	**24 000**	-	-	24 000	**48 000**
	41 826	175 454	(138 275)	-	**79 005**

14. Designated funds

	Mar 24 £	Mar 23 £
Wind-down costs	48 000	48 000

15. Analysis of Net Assets between funds

March 2024	Unrestricted Funds Mar 24 £	Restricted Funds Mar 24 £	Total Funds Mar 24 £
Current assets	61 716	37 500	99 216
Current liabilities	(3 254)	-	(3 254)
Total direct costs	58 462	37 500	95 962

Comparative information for the analysis of net assets between funds in the previous year is as follows:

March 2023	Unrestricted Funds Mar 23 £	Restricted Funds Mar 23 £	Total Funds Mar 23 £
Current assets	79 597	87 100	166 697
Current liabilities	(592)	-	(592)
Total direct costs	79 005	87 100	166 105

16. Contingent assets

The total grant funding awarded as at 31 March 2024 but not yet received and recognised as income due to the recognition criteria not being met amounts to £250,000.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

DOSE OF NATURE

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 12 to 20.

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. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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.

K.C. Fisher

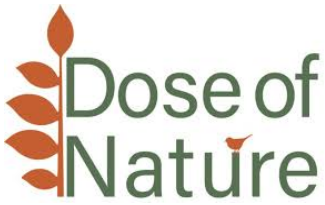
Kevin Fisher BA FCA CTA
% Kingston Burrowes Audit Limited
308 Ewell Road
Surbiton
Surrey
KT6 7AL

27 – 1 – 2025

DOSE OF NATURE

England & Wales - Charity number 1181216

Accounts



A Charitable Incorporated Organisation
Registered charity number 1181216

Trustees' Report and Financial Statements for the year ended 31 March 2023

A Charitable Incorporated Organisation, registered charity number 1181216

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Administrative Details of the Charity and its Trustees

Dose of Nature is a Charitable Incorporated Organisation ('CIO').
Charity registration number: 1181216

Website: www.doseofnature.org.uk

Principal office of the charity:
51 Gloucester Road
Richmond
Surrey
TW9 3BT

Chief Executive:
Dr Alison Greenwood, DPsych

Trustees:
Sir Mark Rowley (Chair)
Dr Dan Bloomfield (resigned December 2022)
Ms Meena Bond
Ms Kerry Godden
Dr Faisal Islam
Dr Amelia Kidd
Professor Martin Milton
Mr Toby Seth (appointed July 2023)
Ms Amelia Gosal (appointed July 2023)

Structure, Governance and Management

The governing document of the CIO adopts the 'Association' Model Constitution, as registered with the Charities Commission on 17 December 2018.

During the period under review, the day-to-day activities of the charity were delivered by a team of three psychologists, including Chief Executive Dr Alison Greenwood, and an operations team consisting of four members of staff. In addition to those paid members of staff, the charity had over 70 volunteer Dose of Nature Guides, all of whom received enhanced DBS checks, completed a full training programme, including safeguarding, and continue to receive regular supervision and ongoing training from Dose of Nature psychologists. Since March 2023, the charity has recruited two additional psychologists for our Richmond base and a Lead Psychologist for our new hub in Surrey, as well as a further 20 Dose of Nature volunteers across both sites.

The trustees named above ensure the charity carries out its purposes for the public benefit, providing strategic and financial oversight.

Financial review

The year to 31 March 2023 was the fourth full year of activities and has seen the charity expand its operations, as described more fully in this Trustees' Report. At the end of 31 March 2023, the charity has total funds of £166,105, an increase on the 31 March 2022 position which stood at £91,426. The increase is primarily a result of focusing on the raising of both restricted and unrestricted funds in advance of the expansion of operations planned for the year to March 2024. Income for the year to March 2023 totalled £313,541 (2022: £177,684). The trustees recognise the need for a coherent policy on the level of reserves held. The aim of the trustees is to build a level of reserves which will enable a proportion to be set aside in a Designated Fund, to meet financial obligations to employees and any others, in the unlikely event of the charity ceasing to exist. At the end of this current year, the trustees have transferred a further £24,000 to this Designated Fund, bringing the total to £48,000, close to the goal of building the fund over time to approximate three months of committed operating cash outflows of the charity. The remaining unrestricted funds of £31,005 are available to continue to support the work of the charity as described in this Trustees' Report, while the restricted funds of £87,100 are the subject of regular reports to the providers of such funds as to how they have been applied.

Objectives and Activities

Dose of Nature is a mental health charity whose purpose is to improve the mental health and wellbeing of individuals through increased engagement with the natural world. Our work is rooted in a wealth of scientific evidence that demonstrates the physiological and psychological benefits of spending time in nature. We work with both clinical populations, through our Dose of Nature Prescription Programme, and the general population, delivering wellbeing workshops, training sessions, seminars and lectures. A further important aspect of our work is our contribution to the growing body of research demonstrating the mental health and wellbeing benefits of spending time in nature.

A Dose of Nature Prescription

We deliver 'nature prescriptions' to people referred by their GP with a wide range of mental health problems, including depression, anxiety, stress, bereavement, trauma, addiction, and long covid. Through a combination of education, first-hand experience, and practical and motivational support, we encourage a greater connection with nature, and inspire lifestyle changes that have a significant and lasting impact on mental wellbeing. Our model is a positive, hopeful and outward-looking approach to mental health.

We believe in the importance of an individual approach for those suffering with mental health problems and offer a highly flexible one-to-one 8-week programme that is tailored to the specific needs and preferences of our clients. We also recognise the importance of offering access to ongoing support in order to reduce the likelihood of relapse, and therefore, alongside the one-to-one element of our programme, we offer a wide range of nature-based groups, that remain available to all of our clients on a drop-in basis and for an unlimited amount of time.

Our nature prescriptions are a genuine alternative to both medication and more traditional psychological interventions; they are led by chartered psychologists, delivered by trained and supervised volunteers, and draw on the curative power of nature.

Our recovery rates are significantly higher than those for comparable mental health interventions such as CBT (over 75% for a Dose of Nature Prescription, compared with approximately 50% for an equivalent NHS intervention). As a result of our nature prescriptions, many clients reduce, and frequently cease, their medication, and report significant lifestyle changes such as returning to work or university, finding a job, doing voluntary work, or undertaking new training. Furthermore, with a focus on developing new habits, independent of the person delivering the 8-week programme, clients have a life-long resource in nature that is free, accessible, and sustainable.

Individuals are referred by their GP or other health professional, and after an initial consultation with a psychologist, they are matched with a specially trained volunteer Dose of Nature Guide who meets with them on a weekly basis for a period of 8 weeks in natural environments that are easily accessible and local to them. Following or alongside this 8-week course, our clients have the opportunity to join any or all of our group activities, including nature-based creative writing, birdwatching, art in nature, nature-inspired poetry, mindfulness sessions, nature photography, knitting and nattering in nature, outdoor yoga, qigong, tennis classes, and group walks.

Wellbeing Workshops

Our workshops and seminars are designed to promote the mental health benefits of engaging with the natural world to the general population. They are informative, fun, interactive and restorative, and have been in high demand since the charity began. We have delivered wellbeing workshops to a wide variety of groups including children, adolescents, students, new parents, older adults, community friendship groups, carers, charity leaders, people experiencing homelessness, refugees, firefighters, and survivors of domestic abuse.

Young People's Programme

At the beginning of 2022, in response to demand from many of our referring GPs and members of the local community, we extended our Dose of Nature Prescription Programme to young people between the ages of 15 and 17. As with our adult nature prescriptions, this is a psychological programme that includes an individual psychological assessment, a 6-week course with a dedicated volunteer Dose of Nature Guide and an end of programme review. In addition, there are opportunities to join nature-based groups specifically developed for young people. The programme is overseen by Dr Georgina Gould, Clinical Lead for Children and Young People. Georgina has extensive experience of working with young people including 7 years' experience within Child and Adolescent Mental Health Services (CAMHS).

Our nature prescriptions take young people away from screens, decrease anxiety, increase mood, and build resilience, confidence, and self-esteem. They are fun, interesting, optimistic and forward-looking, and encourage the use of nature as a free and accessible resource that will last a lifetime. With no waiting lists, high engagement rates and impressive outcome measures, they have been well received by GPs and young people alike.

Research

We are committed to advancing the research into the mental health benefits of engaging with the natural world. In the past, Dose of Nature's Prescription Programme has been part of research studies at a number of universities including the Universities of Surrey, Exeter, and Liverpool John Moores. In one of these we partnered with Dr Kaye Richards and Dr James Fullam on a UKRI funded project to develop a practical resource on 'Sustainability Indicators when Utilising Nature for Mental Health'.

We are currently collaborating with two professors from the London School of Economics, Dr Kate Laffan and Dr Chirs Krekel, on a year-long RCT (Randomised Control Trial) investigating the efficacy of our Dose of Nature Prescription Programme. As well as evaluating the impact on individuals' wellbeing, the research is measuring the effect of increasing people's engagement with the natural world on their pro-environmental behaviour.

Dose of Nature has also been the focus of a number of Masters students research studies investigating different aspects of nature's mental health benefits, including a current project specifically examining the benefits of our Dose of Nature Prescription Programme for young people aged 15 to 17.

Training and Consultancy

We deliver lectures and training sessions for people responsible for the wellbeing of others, and previous groups have included psychologists, GPs, psychiatrists, teachers, employers, and charity leaders. We also train leaders to train others. For example, we trained a client engagement officer from the homelessness charity SPEAR in the mental health benefits of nature, and as a result, nature as a resource for mental wellbeing is being integrated into the support they offer their clients.

We are often asked to present at conferences and symposiums. For example, our CEO was recently invited to provide keynote speeches at Surrey County Council's Green Health and Wellbeing event, 'Cultivating a Green Health and Wellbeing Movement in Surrey, and at the National Trust's London and South-East regional conference.

Achievements and Performance

Reaching more people with our Nature Prescriptions

In March 2022, we extended our nature prescriptions to all 22 GP practices in the Borough of Kingston-upon Thames.

In response to demand for our referring GPs to extend our nature prescriptions to young people, aged 15-17, we have adapted our programme to suit the specific needs of young people, and as well as GPs, we now take referrals from Tiers Two and Three CAMHS teams, young people's counselling service Off the Record, and the Leaving Care team.

Having been funded by Surrey County Council to deliver our nature prescriptions to patients from eight GP surgeries across North Guildford, in 2023, a further 15 GP surgeries across East Guildford and East and West Waverley asked to refer their patients to our service.

Performance Data

In the first four years of operation, the Dose of Nature Prescription Programme has achieved the following:

- Over 1,000 referrals from 70 GP practices and a further seven mental health organisations
- Over 100 volunteers recruited and trained to be Dose of Nature Guides
- Over 95% of clients have reported a reduction in anxiety and depression
- 7 point mean reduction in depression scores (using the PHQ-9 27-point scale for depression)
- 8 point mean reduction in anxiety scores (using the GAD-7 21-point scale for anxiety)
- Recovery rate of 75% (compared with 50% for an equivalent short-term therapy in NHS IAPT services)
- Delivery of over 250 workshops, seminars, and training sessions, promoting the mental health benefits of nature.

Collaborations

Alongside numerous local environmental and mental health organisations, we have worked with a number of prestigious national organisations, including English Heritage, National Trust, Shaw Trust and Kew Gardens. In addition, we have collaborated with a number of academic institutions, including the London School of Economics, Regent's University and the Universities of Exeter, Surrey, Liverpool John Moores, and Roehampton.

Media

Dose of Nature has been featured in articles in both local and national newspapers, including the Guardian newspaper, the i newspaper, and The Week, and has also featured in numerous podcasts and on the BBC and ITV national News.

Individual Case Studies

Evidence from individual clients illustrates the effectiveness of our Dose of Nature prescriptions and demonstrates the way in which they have transformed the lives of people struggling with mental health issues. Below are just a few examples (changes have been made to ensure anonymity):

Michelle is a 23-year-old who had suffered a traumatic childhood bereavement and been persistently bullied at school. Following a suicide attempt, she had dropped out of university half-way through her second year, and at the time she was referred to our service (via her mother's visit to the GP on her behalf), she had not left her house for three years. She had refused all other therapy, but agreed to meet our psychologist to discuss a nature prescription in a small green space just by her home. Whilst initially extremely anxious, she was able to build a strong and trusting relationship with her Dose of Nature Guide, and progressed from a fifteen minute chat on a nearby bench in week one, to enjoying hour-long walks along the river together by the end of ten weeks. Since completing her nature prescription, Michelle is regularly going outside on her own, she has reconnected with old friends, and felt confident enough to reapply to university to complete her degree.

She said of her Dose of Nature prescription: "*Dose of Nature has been brilliant. I'd completely lost all my confidence and couldn't ever imagine going out again, let alone returning to uni.*"

Claire is a 35-year-old woman living alone in a one-bedroom flat. She has a 13-year-old daughter, who lived with her until three years ago when she suffered a psychotic episode and was hospitalised. As a child she suffered severe physical, psychological and sexual abuse at home, and this traumatic childhood led to a drug addiction that lasted 17 years. At the time of her assessment, Claire had been discharged from secondary care services, and was no longer experiencing psychotic symptoms, but presented as low in mood and highly anxious; she rarely left the house, and spent long periods of time isolated and with very little to occupy her. Claire immediately embraced the opportunity to visit different parks and gardens around the Borough with her Dose of Nature Guide, and enjoyed all the activities and exercises designed to increase her connection with nature. By the end of her prescription she was starting every day with a walk. Her confidence increased and she enrolled at Richmond Adult Education College, initially to study basic English and Maths, but she has since progressed to studying higher level office and business skills. She is also working on a voluntary basis to gain work experience, with a view to getting an office job. She has passed on her new enthusiasm for the outdoors to her daughter, who now spends every weekend with her, and they enjoy exploring new green spaces together. After years of abusive relationships, and then many years alone, she has recently begun a relationship with someone she describes as "*kind and considerate*". She has also recently completed the Dose of Nature training to become a volunteer Dose of Nature Guide, stating "*I want to help others with mental health issues*". Claire is now positive and hopeful about her future, seeing her dream of "*a normal life*" as realistic and achievable.

She said of her Dose of Nature Prescription: "*This has completely changed my life. In every way. I would never have gone back to college or thought it was possible to feel completely well again before Dose of Nature. My Dose of Nature Guide made me feel normal, and not like someone with mental health issues like other services and therapy have always done. Going out into nature every day and learning to really notice everything, it really lifts my mood, I feel so much more positive and confident. I cannot believe how much my life has changed. For the first time in my life I feel normal and excited about the future.*"

Jonathan is a 57-year-old deputy-head teacher of a secondary school. He has two grown-up children and having divorced two years ago, he now lives alone. Until recently, he had no history of mental health issues, and no previous experience of therapy. When he was referred to our services by his GP, he had already been off work with stress for two months and was taking anti-depressants for his low mood. He felt his medication was not helping and reported feeling empty, unmotivated and hopeless about the future. Jonathan had always liked being outside in nature, but since his divorce he had found himself going out less and less frequently, and when he did go out, he found little joy in nature: he walked briskly for exercise, and usually listened to podcasts whilst walking. He was immediately fascinated by the science behind the mental health benefits of nature and engaged very positively and actively with the Dose of Nature programme. He enjoyed his weekly meetings with his Guide and embraced a more mindful way of being in nature, learning to slow down and notice the natural environment around him. He was conscientious about taking his daily dose of nature and regularly practised the activities and exercises he had experienced with his Guide. He described being in nature as "*calming and grounding*" as well as "*energising, refreshing and restorative*". By session five he said he felt he had turned a corner and was feeling more positive, and "*the darkness seems to have lifted*".

Jonathan returned to work shortly after completing our programme and is no longer taking anti- depressants.

Frances is a 75-year-old woman and the full-time carer for her husband who has recently had a stroke. She has led a busy life pursuing a successful career and bringing up a family. However, with her children married and living away, and a disabled husband to look after, she reported finding little joy in her life; she was having difficulty sleeping and was taking sleeping pills but was reluctant to take anti-depressants in spite of "*feeling low all the time*". Her GP referred her to our service with depression, but she was sceptical about how helpful it could be for her due to her mobility issues. However, she was able to drive, and her Dose of Nature Guide found different natural spaces that she could easily drive to, so they could sit together and enjoy the natural environment around them. Frances used to paint, and encouraged by her Guide and inspired by nature, she began to paint and sketch again. At the end of eight weeks, Frances joined both our 'art in nature' and our 'writing in nature' groups and is a regular attendee.

She says of her Dose of Nature Prescription: "*With so very many thanks again to you for my Dose of Nature prescription, you have quite literally saved my life - you have really uplifted my life and spirit more than I can properly say*."

And her son writes: "*I could not possibly have anticipated how incredibly positive the effect has been on my mother's outlook on life - she is now engaged, upbeat and stimulated. Amazing. As an outsider looking in, you seem like an incredible group of people who have stumbled across a model with an impact which I would never have imagined – thank you!*"

Future Plans

The charity aims to continue both to grow its influence in the sector and to extend its reach, in order that more people access the mental health benefits of nature. The growth will be closely monitored by the trustees, to ensure that at all times the charity is operating within the constraints of its available resources and funding.

Public Benefit

The charity trustees 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.

Signed on behalf of the trustees:



Sir Mark Rowley

Chair

Date: 4th December 2023

Statement of Financial Activities for the year ended 31 March 2023

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Mar 23 £	Mar 22 £
Income from:						
Donations and grants	2	170 577	-	138 087	**308 664**	**175 054**
Charitable activities	3	4 877	-	-	**4 877**	**2 630**
Total		175 454	-	138 087	**313 541**	**177 684**
Expenditure on:						
Raising funds		-	-	-	**-**	**(54)**
Charitable activities	4	(138 275)	-	(100 587)	**(238 862)**	**(133 153)**
Other		-	-	-	**-**	**-**
Total		(138 275)	-	(100 587)	**(238 862)**	**(133 207)**
Net income/(expenditure)		37 179	-	37 500	**74 679**	**44 477**
Transfers between funds		(24 000)	24 000	-	**-**	**-**
Net movement in funds		13 179	24 000	37 500	**74 679**	**44 477**
Reconciliation of funds:						
Total funds brought forward		17 826	24 000	49 600	**91 426**	**46 949**
Total funds carried forward		31 005	48 000	87 100	**166 105**	**91 426**

All income and expenditure is derived from continuing activities.
There were no recognised gains or losses for the current period other than those included in the Statement of Financial Activities.
The notes on pages 13 to 18 form part of these Financial Statements.

Balance Sheet as at 31 March 2023

	Notes	Mar 23 £	Mar 22 £
Fixed assets	7	-	-
Current assets:			
Debtors	8	40 011	58 300
Cash at bank and in hand	9	126 686	35 796
Total current assets		166 697	94 096
Liabilities:			
Creditors: amounts falling due within one year	10	(592)	(2 670)
Net current assets		166 105	91 426
Net assets		166 105	91 426
The funds of the charity:			
Restricted funds	12	87 100	49 600
Unrestricted funds	13	31 005	17 826
Designated funds	14	48 000	24 000
Total charity funds		166 105	91 426

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved on 4 December 2023 and signed on behalf of the trustees by:

Sir Mark Rowley
Trustee

The notes on pages 13 to 18 form part of these Financial Statements.

Statement of Cashflows for the year ended 31 March 2023

	Mar 23 £	Mar 22 £
Net income/(expenditure)	74 679	44 477
(Increase)/decrease in debtors	18 289	(32 908)
(Decrease)/increase in creditors	(2 078)	(425)
Net cash provided by operating activities	**90 890**	**11 144**
Cash and cash equivilents		
At start of period	35 796	24 652
At 31 March	**126 686**	**35 796**

Notes to the Financial Statements for the year ended 31 March 2023

1. Accounting policies

General information and basis of preparation

Dose of Nature is a Charitable Inorporated Organisation and a registered charity, number 1181216.
The financial statements have been prepared in accordance with Accounting and Reporting by Charities.

In so doing, the financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS102) issued on 16 July 2014, the Financial Reporting Standard applicable in the UK, The Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that the receipt of the income is considered probable;
- the amount can be measured reliably.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and that the amount can be measured reliably.

Expenditure is allocated to each activity where the costs relate directly to that activity. Support costs, including governance costs, that do not relate directly to any activity are apportioned to each activity on the basis of staff time.

Expenditure is included under the following headings:
- Raising Funds, which comprises the costs associated with attracting voluntary donations and grants
- Charitable activities, which comprises the costs associated with running the various activities, services and projects for the benficiaries of the charity.

Notes to the Financial Statements for the year ended 31 March 2023

1. Accounting policies (continued)

Fund accounting

Unrestricted general funds are those which are freely available for use in furtherance of the objects of the charity. Designated funds are unrestricted funds set aside by the trustees for particular purposes. Restricted funds can only be used in accordance with the wishes of the donor or have been raised for a particular purpose.

Pension costs

The charity operates a defined contribution pension scheme. Contributions payable to the scheme are charged to the Statement of Financial Activities in the year to which they relate.

2. Income from donations and grants

	Mar 23 £	Mar 22 £
Restricted grants:		
NHS SW London CCG	49 600	59 600
LBRUT: Richmond Voluntary Fund	987	19 000
Prudence Trust	50 000	-
Surrey CC	37 500	-
Total restricted grants	138 087	78 600
Unrestricted donations:		
Richmond Parish Lands	35 000	35 000
HighwayOne	10 000	-
Maingot Trust	15 000	10 000
Barnes Fund	10 000	-
Richmond Mayor's Charity	14 856	-
Open Gardens	8 500	-
Kew Fete	2 000	-
St Anne's Kew	2 100	2 300
Mortlake Parish	1 819	1 819
St Luke's Kew	596	-
NHS Surrey Heartlands Citizen's Panel	494	-
Hallets Estate Agents	3 000	-
Private donors	36 565	46 905
Legacy	25 000	-
Other	5 647	430
Total unrestricted donations	170 577	96 454
Total income from donations and grants	308 664	175 054

Notes to the Financial Statements for the year ended 31 March 2023

3. Income from charitable activities

	Mar 23 £	Mar 22 £
Workshops, lectures and seminars:		
University of Exeter research	-	1 500
English Heritage	2 200	-
Fountain Centre	500	-
Royal Parks	300	-
Book publishing	1 000	
Other income	877	1 130
Total income from charitable activities	4 877	2 630

4. Expenditure on charitable activities

	Mar 23 £	Mar 22 £
Cost of providing programmes and workshops which promote and develop the mental health benefits of engaging with the natural world	238 862	133 153

Expenditure on charitable activities is comprised of direct costs and support costs, as follows:

Direct costs

Included within expenditure on charitable activities are direct costs as follows:

	Mar 23 £	Mar 22 £
Wages and salaries	207 150	112 459
Other direct costs	25 378	13 579
Total direct costs	232 528	126 038

Support costs

Included within expenditure on charitable activities are support costs as follows:

	Mar 23 £	Mar 22 £
Premises	1 920	1 679
Office costs	4 413	5 436
Total direct costs	6 333	7 115

Governance including the verification of the Financial Statements, and the cost of the AGM and other committee meetings, is provided at no cost to the charity.

Notes to the Financial Statements for the year ended 31 March 2023

5. Trustee and board member expenses

During the year there were no payments made to trustees in respect of expenses or fees.

6. Staff costs

Total staff costs for the period excluding employers national insurance were £192,976 (2022: £106,721).
Social security costs for the year were £14,174 (2022: £5,737), the charity having taken advantage of the Employment Allowance scheme made available by HMRC.
The charity had 3 employees at the start of the current period (full and part time), and 7 at the end (full and part time).
The charity operates a defined contribution pension scheme. Contributions by the charity into the scheme during the year totalled £4,775 (2022: £2,966).
None of the Trustees or members of the Management Committee received any emoluments during the year.

7. Tangible fixed assets

The charity employed no fixed assets in the year under review.

8. Debtors

	Mar 23 £	Mar 22 £
Gift Aid recoverable	2 511	8 700
Other income	37 500	49 600
	40 011	58 300

9. Cash at bank

	Mar 23 £	Mar 22 £
Bank current account	126 686	35 796

10. Creditors: amounts falling due within one year

	Mar 23 £	Mar 22 £
Sundry creditors and accruals	592	2 670

Notes to the Financial Statements for the year ended 31 March 2023

11. Operating lease commitments

The charity has entered into no material, non-cancellable operating leases.

12. Restricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers between funds	**Balance at 31 March 2023 £**
NHS SW London CCG	**49 600**	49 600	(49 600)	-	**49 600**
LBRUT: Richmond Voluntary Fund	-	987	(987)	-	**-**
Surrey CC	-	37 500	(37 500)	-	**-**
Prudence Trust	-	50 000	(12 500)	-	**37 500**
Total	**49 600**	138 087	(100 587)	-	**87 100**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers between funds	**Balance at 31 March 2022 £**
NHS SW London CCG	-	59 600	(10 000)	-	**49 600**
LBRUT: Richmond Voluntary Fund	-	19 000	(19 000)	-	**-**
Total	**-**	78 600	(29 000)	-	**49 600**

Restricted funds are held on trust to be applied to specific purposes. Regular reports are made to the fund providers as to how those funds are applied.

Notes to the Financial Statements for the year ended 31 March 2023

13. Unrestricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2023 £
Unrestricted funds	**17 826**	175 454	(138 275)	(24 000)	**31 005**
Designated funds (Note 14)	**24 000**	-	-	24 000	**48 000**
	41 826	175 454	(138 275)	-	**79 005**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2022 £
Unrestricted funds	**34 949**	99 084	(104 207)	(12 000)	**17 826**
Designated funds (Note 14)	**12 000**	-	-	12 000	**24 000**
	46 949	99 084	(104 207)	-	**41 826**

14. Designated funds

	Mar 23 £	Mar 22 £
Wind-down costs	48 000	24 000

Dose of Nature ("DoN" or, "the Charity"): registered charity #1181216

Summary of work undertaken to support Independent Examiners Report on Financial Statements for the year ended 31 March 2023.

Overview

Review took place during the period 20th November to 11th December, 2023 and primarily consisted of:

1. Review of Charity's founding document
2. Review of the Financial Statements contained within the charity's Annual Report together with supporting documents primarily consisting of an excel workbook analyzing all bank account movements during the year
3. Review on sample basis, of employment contracts, the contract with Surrey CC, expense claims and sundry expenses incurred
4. Discussion of the operations, controls, financial performance of the business and the process of accounts preparation with Mike Greenwood – the preparer of the Financial Statements

Background to Risk/Control environment:

1. DoN was founded by Alison Greenwood who provided all her time for free until prior to the FY20/21 as well as using her own financial resources to pay for other costs during the start-up of the Charity. Ms Greenwood was Chair of the trustees until FY20/21 when, having seen the Charity's income increase substantially (as a direct result of her own dedication to fund raising as well as running the Charity's programmes), the trustees determined she should receive remuneration for her work – at which point she resigned as a trustee to avoid any conflict.
2. FY22/23 was DoN's fourth full year of activity and saw the charity expand its operations considerably. Compared to the prior year:
    a. Total income rose 76.5% to £313,541
    b. Spending on charitable activities increased by 79.4% to £238,862
    c. Total funds as at 31/3/23 were 81.7% up on the prior year at £166,105
3. During FY22/23 DoN continued to increase its staff headcount as detailed in the annual report
4. DoN's accounting records and bookkeeping are undertaken by Mike Greenwood, husband of Ms Greenwood. Mr. Greenwood is an ACA, has worked in accountancy for over 30 years and is currently the CFO of a medium sized UK company. As such, he is more than qualified for the role. He receives no remuneration for his work for DoN.
5. The Charity's income and expenditure are tracked via an excel spreadsheet designed by Mr Greenwood and on which I have based my review. The spreadsheet is used to manually codify each individual movement of the Charity's bank account according to the type of income or expenditure it represents. The relatively low number of transactions flowing through the accounts makes this an appropriate and cost-effective way of accounting for the Charity, although this should be monitored as the Charity grows.

Documentation Reviewed

Document	Review procedure	Comments
Accounting Excel Book	- Review of staff costs reconciliation - Sample review of sundry expenditures for reasonableness - Request for explanation of all large (>£300) amounts (representing 50.6% of all non-payroll costs)	- In order - Smaller expense items appear reasonable - Satisfactory explanations received
Draft Accounts	- Review of draft accounts and reconciliation of key captions to the accounting records - Review of adequacy of disclosures	- In order - In order

Additional Review Procedures

In addition to the above, an Optional Checklist for Auditors and Independent Examiners was completed and is submitted together with the current summary.

Conclusions

I have satisfied myself, as Independent Examiner, that there are no matters relating to the Accounts of Dose of Nature for the year ended 31 March 2023 that require reporting to either the Trustees or the Charity Commission.

Dated: 23/12/23

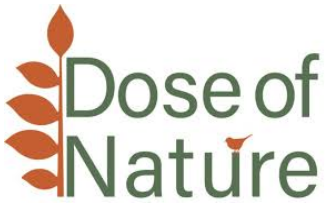


Julian S Brown

DOSE OF NATURE

England & Wales - Charity number 1181216

Accounts



A Charitable Incorporated Organisation
Registered charity number 1181216

Trustees' Report and Financial Statements for the year ended 31 March 2022

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Administrative details of the charity and its trustees

Dose of Nature is a Charitable Incorporated Organisation ('CIO').
Charity registration number: 1181216

Website: www.doseofnature.org.uk

Principal office of the charity:
51 Gloucester Road
Richmond
Surrey
TW9 3BT

Chief Executive and Lead Psychologist:
Dr Alison Greenwood, DPsych

Trustees:
Sir Mark Rowley (Chair)
Dr Dan Bloomfield
Ms Meena Bond
Ms Kerry Godden
Dr Faisal Islam
Dr Amelia Kidd
Professor Martin Milton

Structure, Governance and Management

The governing document of the CIO adopts the 'Association' Model Constitution, as registered with the Charities Commission on 17 December 2018.

At the start of the period under review, the day-to-day activities of the charity were led and delivered by Dr Alison Greenwood and an Operations Manager. During the year, the charity recruited an additional Operations Manager, a second Counselling Psychologist, a Communications and Engagement Manager and an Operations Assistant. In addition to these paid members of staff, the charity has over 50 volunteer Dose of Nature Guides, all of whom have completed a full training programme under the direction of Dr Greenwood. Overview is provided by the trustees listed above.

Financial review

The year to 31 March 2022 was the third full year of activities and has seen the charity expand its operations, as described more fully on pages 3-4 of this Trustees' Report. At the end of 31 March 2022, the charity has total funds of £91,426, an increase on the 31 March 2021 position which stood at £46,949. The increase is primarily a result of the receipt of a grant from NHS SW London CCG in amount of £49,600, which will be spent during the year to March 2023.

The trustees recognise the need for a coherent policy on the level of reserves held. The aim of the trustees is to build a level of reserves which will enable a proportion to be set aside in a Designated Fund, to meet financial obligations to employees and any others, in the unlikely event of the charity ceasing to exist. At the end of this current year, the trustees have transferred a further £12,000 to this Designated Fund, bringing the total to £24,000; the goal is to build the fund over time to approximate three months of committed operating cash outflows of the charity. The remaining unrestricted funds of £17,826 are available to continue to support the work of the charity as described in this Trustees' Report.

Objectives and activities

Dose of Nature is a mental health charity whose purpose is to improve the mental health and wellbeing of individuals through increased engagement with the natural world. Our work is rooted in a wealth of scientific evidence that demonstrates the physiological and psychological benefits of spending time in nature, and we work with both clinical populations, through our Dose of Nature Prescription Programme, and non-clinical groups, delivering our wellbeing workshops, training sessions and seminars to the general population.

A Dose of Nature Prescription

We deliver 'nature prescriptions' to people referred by their GP with a wide range of mental health issues, including depression, anxiety, stress, bereavement, trauma, and addiction. Through a combination of education, first-hand experience, and practical and motivational support, we encourage a greater connection with nature, and inspire lifestyle changes that have a significant and lasting impact on mental wellbeing. Our model is a positive, hopeful and outward-looking approach to mental health.

With an understanding of the importance of an individual approach, and at the same time recognising many people's need for increased social interaction, our programme offers a highly flexible 1:1 10-week programme, alongside multiple opportunities for participating in a wide range of group activities for an unlimited amount of time. Our nature prescriptions are a genuine alternative to both medication and more traditional psychological interventions; they are led by chartered psychologists, delivered by trained and supervised volunteers, and draw on the curative power of nature.

Our recovery rates are significantly higher than those for comparable mental health interventions such as CBT (over 75% for a Dose of Nature Prescription, compared with 33-50% for an equivalent NHS treatment). As a result of our nature prescriptions, many clients reduce, and frequently cease, their medication, and report significant lifestyle changes such as returning to work or university, finding a job, doing voluntary work, or undertaking new training. Furthermore, with a focus on developing new habits, independent of the person delivering the 10-week programme, clients have a life-long resource in nature that is free, accessible, and sustainable.

Individuals are referred by their GP or other health professional, and, after an initial consultation with a psychologist, a specially trained Dose of Nature Guide (a volunteer) meets with them on a weekly basis for a period of 10 weeks in natural environments that are local to them. In addition to this individual programme, individuals on the programme also have the opportunity to participate in a range of group activities, for example courses in nature-based creative writing, birdwatching, art in nature, nature-inspired poetry, mindfulness sessions, nature photography and film making, knitting and nattering in nature, outdoor yoga, tennis classes, and group walks.

Wellbeing Workshops

Our workshops and seminars are designed to promote the mental health benefits of engaging with the natural world, to the general population. They are informative, fun, interactive and restorative, and have been in high demand since the charity began. We have delivered wellbeing workshops to a wide variety of groups including children, adolescents, students, new parents, older adults, community friendship groups, carers, refugees, firefighters, and survivors of domestic abuse.

Young Person's Programme

At the beginning of 2022, in response to demand from many of our GPs and members of the local community, we extended our Dose of Nature Prescription Programme to young people between the ages of 15 and 17.
As with our adult nature prescriptions, this is a psychological programme, developed, overseen, and supervised by Chartered Psychologists. It includes an individual psychological assessment and mid and end of programme reviews, alongside ongoing training, consultation, and supervision of our Dose of Nature Guides. The programme is overseen by Dr Georgina Gould, Clinical Lead for Children and Young People. Georgina has extensive experience of working with young people including 7 years' experience within Child and Adolescent Mental Health Services (CAMHS).

Our nature prescriptions for young people are a one-one intervention but with opportunities to access groups; they take young people away from screens, decrease anxiety, increase mood, and build resilience, confidence, and self-esteem. Our prescriptions are fun, interesting, optimistic and forward-looking, and encourage the use of nature as a free and accessible resource that will always be there. With no waiting lists, high engagement and impressive outcome measures, they have been well received by GPs and young people alike.

Additional Activities

Training and consultancy

We deliver lectures and training sessions for people responsible for the wellbeing of others, and previous groups have included psychologists, GPs, psychiatrists, teachers, employers, and charity leaders. We also train leaders to train others.

Research

Our Lead Psychologist was co-chair of the MARCH national research group Nature, Outdoors and Mental Health in 2021; her own research has been published in the Journal of Environmental Psychology, and she regularly delivers lectures and seminars on the mental health benefits of nature. Dose of Nature's programme has been part of separate research studies at the University of Surrey, the University of Exeter, and Liverpool John Moores University. Dr Greenwood is currently a co-investigator on a university-led research project investigating sustainability in nature-based interventions.

Young People

In 2021-2022, we offered volunteering opportunities to students participating in the Duke of Edinburgh Award Scheme and helped them to achieve their Bronze and Silver Awards. We have Dose of Nature youth ambassadors and provide work experience opportunities for sixth formers and university students.

Achievements and Performance

Nature Prescriptions
In 2022, we extended our nature prescriptions to the 22 GP practices in the Borough of Kingston-upon Thames. Dose of Nature is now embedded in 51 GP surgeries across South-West London, as well as numerous other mental health organisations, within both the NHS and the third sector.

In the first three years of operation, the Dose of Nature Prescription Programme has achieved the following:

- Over 650 referrals from 51 GP practices and a further 7 mental health organisations
- 62 volunteers recruited and trained to be Dose of Nature Guides
- 98% of clients have reported a reduction in anxiety and depression
- 7.6 mean reduction in depression scores (using the PHQ-9 27-point scale for depression)
- 7.9 mean reduction in anxiety scores (using the GAD-7 21-point scale for anxiety)
- Recovery rate of 76% (compared with 51% for an equivalent short-term therapy in NHS IAPT services)

Surrey Hub
Surrey County Council have committed to fund Dose of Nature in setting up a new hub in North Guildford, an urbanised area of Surrey, identified as being an area of high social deprivation.

Wellbeing workshops
We have delivered over 50 workshops, seminars, and training sessions, promoting the mental health benefits of nature to over 2,000 people, in person and online.

Collaborations
We have worked with English Heritage, National Trust, Kew Gardens, and Royal Parks, as well as the Universities of Exeter, Surrey, Liverpool John Moores University and Regent's.

Media
Dose of Nature has been featured in articles in both local and national newspapers, including the Guardian newspaper, the i newspaper, and The Week, and has also featured on the BBC and ITV national News.

Individual Case Studies

Evidence from individual clients illustrates the effectiveness of our Dose of Nature prescriptions and demonstrates the way in which they have transformed the lives of people struggling with mental health issues. Below are just a few examples (changes have been made to ensure anonymity):

Michelle is a 23-year-old who had suffered a traumatic childhood bereavement and been persistently bullied at school. Following a suicide attempt, she had dropped out of university half-way through her second year, and at the time she was referred to our service (via her mother's visit to the GP on her behalf), she had not left her house for three years. She had refused all other therapy, but agreed to meet our psychologist to discuss a nature prescription in a small green space just by her home. Whilst initially extremely anxious, over a period of ten weeks she was able to build a strong and trusting relationship with her Dose of Nature Guide, and progressed from a fifteen minute chat on a nearby bench in week one, to enjoying hour-long walks along the river together by the end of ten weeks. Since completing her nature prescription, Michelle is regularly going outside on her own, she has reconnected with old friends, and just before lockdown felt confident enough to reapply to university to complete her degree.

She said of her Dose of Nature prescription: "*Dose of Nature has been brilliant. I'd completely lost all my confidence and couldn't ever imagine going out again, let alone returning to uni.*"

Claire is a 35-year-old woman living alone in a one-bedroom flat. She has a 13-year-old daughter, who lived with her until three years ago when she suffered a psychotic episode and was hospitalised. As a child she suffered severe physical, psychological and sexual abuse at home, and this traumatic childhood led to a drug addiction that lasted 17 years. At the time of her assessment, Claire had been discharged from secondary care services, and was no longer experiencing psychotic symptoms, but presented as low in mood and highly anxious; she rarely left the house, and spent long periods of time isolated and with very little to occupy her. Claire immediately embraced the opportunity to visit different parks and gardens around the Borough with her Dose of Nature Guide, and enjoyed all the activities and exercises designed to increase her connection with nature. By the end of her ten-week prescription she was starting every day with a walk. Her confidence increased and she enrolled at Richmond Adult Education College, initially to study basic English and Maths, but she has since progressed to studying higher level office and business skills. She is also working on a voluntary basis to gain work experience, with a view to getting an office job. She has passed on her new enthusiasm for the outdoors to her daughter, who now spends every weekend with her, and they enjoy exploring new green spaces together. After years of abusive relationships, and then many years alone, she has recently begun a relationship with someone she describes as "*kind and considerate*". She has also recently completed the Dose of Nature training to become a volunteer Dose of Nature Guide, stating "*I want to help others with mental health issues*". Claire is now positive and hopeful about her future, seeing her dream of "*a normal life*" as realistic and achievable.

She said of her Dose of Nature Prescription: "*This has completely changed my life. In every way. I would never have gone back to college or thought it was possible to feel completely well again before Dose of Nature. My Dose of Nature Guide made me feel normal, and not like someone with mental health issues like other services and therapy have always done. Going out into nature every day and learning to really notice everything, it really lifts my mood, I feel so much more positive and confident. I cannot believe how much my life has changed. For the first time in my life I feel normal and excited about the future.*"

Individual Case Studies (continued):

Jonathan is a 57-year-old deputy-head teacher of a secondary school. He has two grown-up children and having divorced two years ago, he now lives alone. Until recently, he had no history of mental health issues, and no previous experience of therapy. When he was referred to our services by his GP, he had already been off work with stress for two months and was taking anti-depressants for his low mood. He felt his medication was not helping and reported feeling empty, unmotivated and hopeless about the future. Jonathan had always liked being outside in nature, but since his divorce he had found himself going out less and less frequently, and when he did go out, he found little joy in nature: he walked briskly for exercise, and usually listened to podcasts whilst walking. He was immediately fascinated by the science behind the mental health benefits of nature and engaged very positively and actively with the Dose of Nature programme. He enjoyed his weekly meetings with his Guide and embraced a more mindful way of being in nature, learning to slow down and notice the natural environment around him. He was conscientious about taking his daily dose of nature and regularly practised the activities and exercises he had experienced with his Guide. He described being in nature as "*calming and grounding*" as well as "*energising, refreshing and restorative*". By session five he said he felt he had turned a corner and was feeling more positive, and "*the darkness seems to have lifted*".

Jonathan returned to work shortly after completing our programme and is no longer taking anti- depressants.

Frances is a 75-year-old woman and the full-time carer for her husband who has recently had a stroke. She has led a busy life pursuing a successful career and bringing up a family. However, with her children married and living away, and a disabled husband to look after, she reported finding little joy in her life; she was having difficulty sleeping and was taking sleeping pills but was reluctant to take anti-depressants in spite of "*feeling low all the time*". Her GP referred her to our service with depression, but she was sceptical about how helpful it could be for her due to her mobility issues. However, she was able to drive, and her Dose of Nature Guide found different natural spaces that she could easily drive to, so they could sit together and enjoy the natural environment around them. Frances used to paint, and encouraged by her Guide and inspired by nature, she began to paint and sketch again. At the end of ten weeks, Frances joined both our 'art in nature' and our 'writing in nature' groups and is a regular attendee.

She says of her Dose of Nature Prescription: "*With so very many thanks again to you for my Dose of Nature prescription, you have quite literally saved my life - you have really uplifted my life and spirit more than I can properly say*."

And her son writes: "*I could not possibly have anticipated how incredibly positive the effect has been on my mother's outlook on life - she is now engaged, upbeat and stimulated. Amazing. As an outsider looking in, you seem like an incredible group of people who have stumbled across a model with an impact which I would never have imagined – thank you!*"

Plans for future periods

The charity aims to continue to grow the volume of activities delivered, and has set itself ambitious goals for the year to March 2023. The growth will be closely monitored by the trustees, to ensure that at all times the charity is operating within the constraints of its available resources and funding, but with the goal of reaching a number of milestones.

Public benefit

The charity trustees 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.

Signed on behalf of the trustees:



Sir Mark Rowley

Chair

Date: 9th May 2022

Statement of Financial Activities for the year ended 31 March 2022

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Mar 22 £	Mar 21 £
Income from:						
Donations and grants	2	96 454	-	78 600	**175 054**	**121 811**
Charitable activities	3	2 630	-	-	**2 630**	**6 291**
Total		99 084	-	78 600	**177 684**	**128 102**
Expenditure on:						
Raising funds		(54)	-	-	**(54)**	**(216)**
Charitable activities	4	(104 153)	-	(29 000)	**(133 153)**	**(91 228)**
Other		-	-	-	**-**	**-**
Total		(104 207)	-	(29 000)	**(133 207)**	**(91 444)**
Net income/(expenditure)		(5 123)	-	49 600	**44 477**	**36 658**
Transfers between funds		(12 000)	12 000	-	**-**	**-**
Net movement in funds		(17 123)	12 000	49 600	**44 477**	**36 658**
Reconciliation of funds:						
Total funds brought forward		34 949	12 000	-	**46 949**	**10 291**
Total funds carried forward		17 826	24 000	49 600	**91 426**	**46 949**

All income and expenditure is derived from continuing activities.
There were no recognised gains or losses for the current period other than those included in the Statement of Financial Activities.
The notes on pages 12 to 17 form part of these Financial Statements.

Balance Sheet as at 31 March 2022

	Notes	Mar 22 £	Mar 21 £
Fixed assets	7	-	-
Current assets:			
Debtors	8	58 300	25 392
Cash at bank and in hand	9	35 796	24 651
Total current assets		94 096	50 043
Liabilities:			
Creditors: amounts falling due within one year	10	(2 670)	(3 094)
Net current assets		91 426	46 949
Net assets		91 426	46 949
The funds of the charity:			
Restricted funds	12	49 600	-
Unrestricted funds	13	17 826	34 949
Designated funds	14	24 000	12 000
Total charity funds		91 426	46 949

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved on 9 May 2022 and signed on behalf of the trustees by:

Sir Mark Rowley
Trustee

The notes on pages 12 to 17 form part of these Financial Statements.

Statement of Cashflows for the year ended 31 March 2022

	Mar 22 £	Mar 21 £
Net income/(expenditure)	44 477	36 658
(Increase)/decrease in debtors	(32 908)	(21 142)
(Decrease)/increase in creditors	(424)	(522)
Net cash provided by operating activities	**11 145**	**14 994**
Cash and cash equivilents		
At start of period	24 651	9 657
At 31 March	**35 796**	**24 651**

Notes to the Financial Statements for the year ended 31 March 2022

1. Accounting policies

General information and basis of preparation

Dose of Nature is a Charitable Inorporated Organisation and a registered charity, number 1181216.
The financial statements have been prepared in accordance with Accounting and Reporting by Charities.

In so doing, the financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS102) issued on 16 July 2014, the Financial Reporting Standard applicable in the UK, The Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that the receipt of the income is considered probable;
- the amount can be measured reliably.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and that the amount can be measured reliably.

Expenditure is allocated to each activity where the costs relate directly to that activity. Support costs, including governance costs, that do not relate directly to any activity are apportioned to each activity on the basis of staff time.

Expenditure is included under the following headings:
- Raising Funds, which comprises the costs associated with attracting voluntary donations and grants
- Charitable activities, which comprises the costs associated with running the various activities, services and projects for the benficiaries of the charity.

Notes to the Financial Statements for the year ended 31 March 2022

1. Accounting policies (continued)

Fund accounting

Unrestricted general funds are those which are freely available for use in furtherance of the objects of the charity. Designated funds are unrestricted funds set aside by the trustees for particular purposes. Restricted funds can only be used in accordance with the wishes of the donor or have been raised for a particular purpose.

Pension costs

The charity operates a defined contribution pension scheme. Contributions payable to the scheme are charged to the Statement of Financial Activities in the year to which they relate.

2. Income from donations and grants

	Mar 22 £	Mar 21 £
Restricted grants:		
NHS SW London CCG	59 600	-
LBRUT: Richmond Voluntary Fund	19 000	-
Richmond Parish Lands	-	9 250
The London Community	-	9 500
Charities Trust	-	1 000
Ham Amenities	-	250
Richmond in Bloom	-	250
Total restricted grants	78 600	20 250
Unrestricted donations:		
Richmond Parish Lands	35 000	35 000
HighwayOne	-	15 000
Maingot Trust	10 000	10 000
Thames Water	-	5 000
LBRUT	-	4 920
St Anne's Kew	2 300	-
Mortlake Parish	1 819	1 819
Johnson Mathy	-	300
Private donors	46 905	29 522
Total unrestricted donations	96 454	101 561
Total income from donations and grants	175 054	121 811

Notes to the Financial Statements for the year ended 31 March 2022

3. Income from charitable activities

	Mar 22 £	Mar 21 £
Workshops, lectures and seminars:		
University of Exeter research	1 500	2 000
NHS Recovery College	-	2 000
English Heritage	-	2 200
Royal Botanical Gardens Kew	-	600
Regents College	-	150
Urban Growth, London	-	200
Other income	1 130	1 141
Total income from charitable activities	2 630	6 291

4. Expenditure on charitable activities

	Mar 22 £	Mar 21 £
Cost of providing programmes and workshops which promote and develop the mental health benefits of engaging with the natural world	133 153	91 228

Expenditure on charitable activities is comprised of direct costs and support costs, as follows:

Direct costs

Included within expenditure on charitable activities are direct costs as follows:

	Mar 22 £	Mar 21 £
Wages and salaries	112 459	81 687
Other direct costs	13 579	5 753
Total direct costs	126 038	87 440

Support costs

Included within expenditure on charitable activities are support costs as follows:

	Mar 22 £	Mar 21 £
Premises	1 679	1 500
Office costs	5 436	2 288
Total direct costs	7 115	3 788

Governance including the verification of the Financial Statements, and the cost of the AGM and other committee meetings, is provided at no cost to the charity.

Notes to the Financial Statements for the year ended 31 March 2022

5. Trustee and board member expenses

During the year there were no payments made to trustees in respect of expenses or fees.

6. Staff costs

Total staff costs for the period excluding employers national insurance were £106,721 (2021: £77,739). Social security costs for the year were £5,737 (2021: £3,948), the charity having taken advantage of the Employment Allowance scheme made available by HMRC.

The charity had four employees (one full-time, three part-time) for the entirety of the current period, one part-time employee who left the charity in July 2021, and one part-time employee who joined the charity in March 2022 (2021: two employees). The charity operates a defined contribution pension scheme. Contributions by the charity into the scheme during the year totalled £2,966 (2021: £1,879).

None of the Trustees or members of the Management Committee received any emoluments during the year.

7. Tangible fixed assets

The charity employed no fixed assets in the year under review.

8. Debtors

	Mar 22 £	Mar 21 £
Gift Aid recoverable	8 700	4 742
Other income	49 600	20 650
	58 300	25 392

9. Cash at bank

	Mar 22 £	Mar 21 £
Bank current account	35 796	24 651

10. Creditors: amounts falling due within one year

	Mar 22 £	Mar 21 £
Sundry creditors and accruals	2 670	3 094

Notes to the Financial Statements for the year ended 31 March 2022

11. Operating lease commitments

The charity has entered into no material, non-cancellable operating leases.

12. Restricted funds

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers between funds	**Balance at 31 March 2022 £**
NHS SW London CCG	-	59 600	(10 000)	-	**49 600**
LBRUT: Richmond Voluntary Fund	-	19 000	(19 000)	-	**-**
Total	-	78 600	(29 000)	-	**49 600**

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers between funds	**Balance at 31 March 2021 £**
Richmond Parish Lands	-	9 250	(9 250)	-	**-**
The London Community	-	9 500	(9 500)	-	**-**
Charities Trust	-	1 000	(1 000)	-	**-**
Ham Amenities	-	250	(250)	-	**-**
Richmond in Bloom	-	250	(250)	-	**-**
Barnes Workhouse	2 500	-	(2 500)	-	**-**
D'Oyly Carte	-	-	-	-	**-**
Total	2 500	20 250	(22 750)	-	**-**

Restricted funds are held on trust to be applied to specific purposes.

Notes to the Financial Statements for the year ended 31 March 2022

13. Unrestricted funds

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2022 £
Unrestricted funds	34 949	99 084	(104 207)	(12 000)	17 826
Designated funds (Note 14)	12 000	-	-	12 000	24 000
	46 949	99 084	(104 207)	-	41 826

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2021 £
Unrestricted funds	6 291	107 852	(68 694)	(10 500)	34 949
Designated funds (Note 14)	1 500	-	-	10 500	12 000
	7 791	107 852	(68 694)	-	46 949

14. Designated funds

	Mar 22 £	Mar 21 £
Wind-down costs	24 000	12 000

Dose of Nature ("DoN" or, "the Charity"): registered charity #1181216

Summary of work undertaken to support Independent Examiners Report on Financial Statements for the year ended 31 March 2022

Overview

Review took place during the period 10th to 15th December, 2022 and primarily consisted of:

1. Review of Charity's founding document
2. Review of the Financial Statements contained within the charity's Annual Report together with supporting documents primarily consisting of an excel workbook analyzing all bank account movements during the year
3. Discussion of the operations, controls, financial performance of the business and the process of accounts preparation with Mike Greenwood – the preparer of the Financial Statements

Background to Risk/Control environment:

1. DoN was founded by Alison Greenwood who provided all her time for free until prior to the FY20/21 as well as using her own financial resources to pay for other costs during the start-up of the Charity. Ms Greenwood was Chair of the trustees until FY20/21 when, having seen the Charity's income increase substantially (as a direct result of her own dedication to fund raising as well as running the Charity's programmes), the trustees determined she should receive remuneration for her work – at which point she resigned as a trustee to avoid any conflict.
2. FY21/22 was DoN's third full year of activity and saw the charity expand its operations considerably. Compared to the prior year:
    a. Total income rose 38.7% to £177,684
    b. Spending on charitable activities increased by 46.0% to £133,153
    c. Total funds as at 31/3/21 were 94.7% up on the prior year at £91,426
3. During FY21/22 DoN recruited an additional Operations Manager, a second Counselling Psychologist, a Communications and Engagement Manager and an Operations Assistant.
4. DoN's accounting records and bookkeeping are undertaken by Mike Greenwood, husband of Ms Greenwood. Mr. Greenwood is an ACA, has worked in accountancy for over 30 years and is currently the CFO of a medium sized UK company. As such, he is more than qualified for the role. He receives no remuneration for his work for DoN.
5. The Charity's income and expenditure are tracked via an excel spreadsheet designed by Mr Greenwood and on which I have based my review. The spreadsheet is used to manually codify each individual movement of the Charity's bank account according to the type of income or expenditure it represents. The relatively low number of transactions flowing through the accounts makes this an appropriate and cost-effective way of accounting for the Charity.

Documentation Reviewed

Document	Review procedure	Comments
Accounting Excel Book	- Review of staff costs reconciliation - Sample review of sundry expenditures for reasonableness - Request for explanation of all large (>£300) amounts (representing 37% of non-payroll costs)	- In order - All smaller expense items appear reasonable - Satisfactory explanations received
Draft Accounts	- Review of draft accounts and reconciliation of key captions to the accounting records - Review of adequacy of disclosures	- In order - In order

Additional Review Procedures

In addition to the above, an Optional Checklist for Auditors and Independent Examiners was completed and is submitted together with the current summary.

Conclusions

I have satisfied myself, as Independent Examiner, that there are no matters relating to the Accounts of Dose of Nature for the year ended 31 March 2022 that require reporting to either the Trustees or the Charity Commission.

Dated: 15/12/22



Julian S Brown

DOSE OF NATURE

England & Wales - Charity number 1181216

Accounts



A Charitable Incorporated Organisation
Registered charity number 1181216

Trustees' Report and Financial Statements for the year ended 31 March 2021

A Charitable Incorporated Organisation, registered charity number 1181216

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Administrative details of the charity and its trustees

Dose of Nature is a Charitable Incorporated Organisation ('CIO').
Charity registration no.: 1181216

Website: www.doseofnature.org.uk

Principal office of the charity:
51 Gloucester Road
Richmond
Surrey
TW9 3BT

Chief Executive and Lead Psychologist:
Dr Alison Greenwood, DPsych

Trustees:
Dr Alison Greenwood, DPsych (resigned 1 April 2020)
Sir Mark Rowley (Chair) (appointed 2 November 2020)
Dr Dan Bloomfield
Ms Meena Bond
Ms Kerry Godden
Dr Faisal Islam (appointed 18 January 2021)
Dr Amelia Kidd
Professor Martin Milton

Structure, governance and management

The governing document of the CIO adopts the 'Association' Model Constitution, as registered with the Charities Commission 17 December 2018.

In the period under review, the day to day activities of the charity were led and delivered by Dr Alison Greenwood and an Operations Manager, alongside a body of 45 volunteers all of whom completed a full training programme under the direction of Dr Greenwood. In April 2021, the success of the charity and growth of referrals led to the employment of an additional Psychologist, initially on a part time basis, and a Communications and Engagement Manager, also on a part time basis.

Overview is provided by the trustees listed above. Under the provisions of its governing document, the trustees may at any time decide to appoint a new trustee to the CIO.

Financial review

The fifteen months to 31 March 2020 represented the first period of activities, and the year to 31 March 2021 has seen the charity expand its operations, as described more fully on pages 3-4 of this Trustees' Report. At the end of 31 March 2021, the charity has total funds of £46,949, an increase on the 31 March 2020 position which stood at £10,291.

The trustees recognise the need for a coherent policy on the level of reserves held. The aim of the trustees is to build a level of reserves which will enable a proportion to be set aside in a Designated Fund, to meet financial obligations to employees and any others, in the unlikely event of the charity ceasing to exist. At the end of this current year, the trustees have transferred a further £10,500 to this Designated Fund, bringing the total to £12,000; the goal is to build it over time to approximate three months of committed operating cash outflows of the charity. The remaining unrestricted funds of £34,949 are available to continue to support the work of the charity as described in this Trustees' Report.

Objectives and activities

Dose of Nature is a mental health charity whose objective is to improve the mental health and wellbeing of individuals through increased engagement with the natural world.

Dose of Nature uses the power of engaging with the natural world to support people experiencing mental health problems; this is a new approach to tackling the mental health issues which are destroying millions of lives across the UK. Formed in December 2018, our work is rooted in a wealth of scientific evidence; hundreds of studies conducted worldwide demonstrate that engaging with nature has a significant positive impact on mental health and wellbeing.

A Dose of Nature Prescription:

A Dose of Nature Prescription is a cost-effective and sustainable alternative to medication and/or a psychological intervention. It is suitable for individuals with mild to moderate mental health issues, including depression, anxiety, ADHD, OCD, trauma and addiction. It introduces people to the mental health benefits of spending time in nature, and through a combination of education and experience, aims to inspire lifestyle changes that will have a significant and lasting impact on mental wellbeing.

The Dose of Nature Prescription uniquely combines the three essential elements of our approach:

- The transformative power of the natural world,
- The human impact of support from a trained volunteer, all managed within
- The professional oversight of our qualified psychologists

Individuals are referred by their GP or other health professional, and, after an initial consultation with a psychologist, a specially trained Dose of Nature Guide (a volunteer) meets them on a weekly basis for a period of 10 weeks in natural environments that are local to them. In addition to this individual programme, clients also have the opportunity to participate in a range of group activities, for example courses in creative writing, birdwatching, art in nature, nature poetry, mindfulness sessions, nature photography, knitting in nature, tennis classes, and group walks.

100% of our clients who have completed the prescription have reported improvements in their mental health, and all have demonstrated reductions in anxiety and/or depression scores measured on the GAD-7 (a 21 point scale) and PHQ-9 (a 27 point scale), with a mean reduction in anxiety scores of 8.7, and a mean reduction in depression scores of 8.1. These headline indicators are underpinned by many other ground-breaking service levels. For example the 'did not attend' rate for appointments is 2% when the NHS commonly sees rates as high as 50%. This is as a consequence of the more personal approach offered by Dr Greenwood and the volunteers. Such care and stickiness is why the results are so impressive.

This prescription is delivered at a cost of circa £400 per head – extraordinary given these exceptionally high levels of outcomes are being delivered at a fraction of the cost of other options.

Wellbeing workshops:

Our workshops are designed to promote the mental health benefits of engaging with the natural world, to the general population. They are informative, fun, interactive and restorative, and have been in high demand since the charity began. We have delivered wellbeing workshops to a wide variety of groups including children, adolescents, students, older adults, community friendship groups, carers, refugees, and victims of domestic abuse.

Additional activities:

Training and consultancy: We deliver sessions for people responsible for the wellbeing of others, and previous groups have included psychologists, GPs, psychiatrists, teachers, employers, and charity leaders. We also train leaders to train others.

Research: Our Lead Psychologist is co-chair of the MARCH national research group Nature, Outdoors and Mental Health; her own research has been published in the Journal of Environmental Psychology, and she regularly delivers lectures and seminars on the mental health benefits of nature. Dose of Nature's programme has been part of separate research studies at the University of Surrey, the University of Exeter, and Liverpool John Moores University. Dr Greenwood is currently a co-investigator on a university-led research project investigating sustainability in nature-based interventions.

Young people: We offer the Duke of Edinburgh Award Scheme, have Dose of Nature youth ambassadors, and provide work experience opportunities for sixth-formers and university students.

COVID 19:

The global pandemic necessitated an immediate response and within two days of lockdown in March 2020 we had set up a comprehensive programme of nature-based on-line sessions for our vulnerable clients to access, twice-daily, at 10am and 2pm. Our work continued on-line throughout this initial period of lockdown, but we moved both our individual prescriptions and our groups back outside as soon as was possible in July 2020.

We recognise the significant impact on mental health of the pandemic, and also the difficulties experienced by many mental health services in being unable to operate in indoor environments at this time. We aim to continue to deliver our 1:1 nature prescriptions and to run our groups in outdoor spaces for as long as is possible, in order to support both current clients and new ones, in these very difficult times.

Achievements and performance

Dose of Nature has achieved a huge amount in its first two years of operation. In the case of the nature prescription programme, Dr Greenwood has recruited and trained 42 volunteer guides to help deliver the programme.

Dr Greenwood was successful in securing funding for a full time, remunerated role of Operations Manager, which has been in place for the entirety of the year under review. The Operations Manager has a BSc in Psychology and a MSc in Environmental Strategy from the University of Surrey, both of which are crucial in working alongside Dr Greenwood to further the work of Dose of Nature.

Performance milestones:

Nature Prescriptions

As a consequence of developing and delivering its prescription programme, Dose of Nature is now embedded in 15 GP surgeries across South West London, as well as numerous other mental health organisations, within both the NHS and the third sector. In the first two years of operation, the Dose of Nature Prescription Programme has achieved the following:

- Over 200 referrals from 15 GP practices and a further five mental health organisations
- 42 volunteers recruited and trained to be Dose of Nature Guides
- 100% of clients reported a reduction in anxiety and depression.

Workshops and training programmes

In the year under review, the charity has designed, developed and delivered over 30 bespoke workshops, reaching over 500 people, encompassing a wide range of clients, including: The NHS Recovery College, MIND, Royal Botanic Gardens Kew, English Heritage, community friendship groups, older adults in community centres, carers, victims of domestic abuse, charity leaders, GPs & Psychologists, and student groups. All workshops generated extremely positive feedback, with further work arising as a consequence.

Research

Our prescriptions programme has featured in research projects at Surrey, Exeter and Liverpool John Moores Universities.

Media

Dose of Nature has been featured in articles in both local and national newspapers, including the Guardian newspaper, the i newspaper, and The Week, and has also featured on the BBC and ITV national News.

Individual Case Studies:

Evidence from individual clients illustrates the effectiveness of our Dose of Nature prescriptions and demonstrates the way in which they have transformed the lives of people struggling with mental health issues. Below are just a few examples (changes have been made to ensure anonymity):

Michelle is a 23-year-old who had suffered a traumatic childhood bereavement and been persistently bullied at school. Following a suicide attempt, she had dropped out of university half-way through her second year, and at the time she was referred to our service (via her mother's visit to the GP on her behalf), she had not left her house for three years. She had refused all other therapy, but agreed to meet our psychologist to discuss a nature prescription in a small green space just by her home. Whilst initially extremely anxious, over a period of ten weeks she was able to build a strong and trusting relationship with her Dose of Nature Guide, and progressed from a fifteen minute chat on a nearby bench in week one, to enjoying hour-long walks along the river together by the end of ten weeks. Since completing her nature prescription, Michelle is regularly going outside on her own, she has reconnected with old friends, and just before lockdown felt confident enough to reapply to university to complete her degree.

She said of her Dose of Nature prescription: "*Dose of Nature has been brilliant. I'd completely lost all my confidence and couldn't ever imagine going out again, let alone returning to uni.*"

Claire is a 35-year-old woman living alone in a one-bedroom flat. She has a 13-year-old daughter, who lived with her until three years ago when she suffered a psychotic episode and was hospitalised. As a child she suffered severe physical, psychological and sexual abuse at home, and this traumatic childhood led to a drug addiction that lasted 17 years. At the time of her assessment, Claire had been discharged from secondary care services, and was no longer experiencing psychotic symptoms, but presented as low in mood and highly anxious; she rarely left the house, and spent long periods of time isolated and with very little to occupy her. Claire immediately embraced the opportunity to visit different parks and gardens around the Borough with her Dose of Nature Guide, and enjoyed all the activities and exercises designed to increase her connection with nature. By the end of her ten-week prescription she was starting every day with a walk. Her confidence increased and she enrolled at Richmond Adult Education College, initially to study basic English and Maths, but she has since progressed to studying higher level office and business skills. She is also working on a voluntary basis to gain work experience, with a view to getting an office job. She has passed on her new enthusiasm for the outdoors to her daughter, who now spends every weekend with her, and they enjoy exploring new green spaces together. After years of abusive relationships, and then many years alone, she has recently begun a relationship with someone she describes as "*kind and considerate*". She has also recently completed the Dose of Nature training to become a volunteer Dose of Nature Guide, stating "*I want to help others with mental health issues*". Claire is now positive and hopeful about her future, seeing her dream of "*a normal life*" as realistic and achievable.

She said of her Dose of Nature Prescription: "*This has completely changed my life. In every way. I would never have gone back to college or thought it was possible to feel completely well again before Dose of Nature. My Dose of Nature Guide made me feel normal, and not like someone with mental health issues like other services and therapy have always done. Going out into nature every day and learning to really notice everything, it really lifts my mood, I feel so much more positive and confident. I cannot believe how much my life has changed. For the first time in my life I feel normal and excited about the future.*"

Individual Case Studies (continued):

Jonathan is a 57-year-old deputy-head teacher of a secondary school. He has two grown-up children and having divorced two years ago, he now lives alone. Until recently, he had no history of mental health issues, and no previous experience of therapy. When he was referred to our services by his GP, he had already been off work with stress for two months and was taking anti-depressants for his low mood. He felt his medication was not helping and reported feeling empty, unmotivated and hopeless about the future. Jonathan had always liked being outside in nature, but since his divorce he had found himself going out less and less frequently, and when he did go out, he found little joy in nature: he walked briskly for exercise, and usually listened to podcasts whilst walking. He was immediately fascinated by the science behind the mental health benefits of nature and engaged very positively and actively with the Dose of Nature programme. He enjoyed his weekly meetings with his Guide and embraced a more mindful way of being in nature, learning to slow down and notice the natural environment around him. He was conscientious about taking his daily dose of nature and regularly practised the activities and exercises he had experienced with his Guide. He described being in nature as "*calming and grounding*" as well as "*energising, refreshing and restorative*". By session five he said he felt he had turned a corner and was feeling more positive, and "*the darkness seems to have lifted*".

Jonathan returned to work shortly after completing our programme and is no longer taking anti- depressants.

Frances is a 75-year-old woman and the full-time carer for her husband who has recently had a stroke. She has led a busy life pursuing a successful career and bringing up a family. However, with her children married and living away, and a disabled husband to look after, she reported finding little joy in her life; she was having difficulty sleeping and was taking sleeping pills but was reluctant to take anti-depressants in spite of "*feeling low all the time*". Her GP referred her to our service with depression, but she was sceptical about how helpful it could be for her due to her mobility issues. However, she was able to drive, and her Dose of Nature Guide found different natural spaces that she could easily drive to, so they could sit together and enjoy the natural environment around them. Frances used to paint, and encouraged by her Guide and inspired by nature, she began to paint and sketch again. At the end of ten weeks, Frances joined both our 'art in nature' and our 'writing in nature' groups and is a regular attendee.

She says of her Dose of Nature Prescription: "*With so very many thanks again to you for my Dose of Nature prescription, you have quite literally saved my life - you have really uplifted my life and spirit more than I can properly say*."

And her son writes: "*I could not possibly have anticipated how incredibly positive the effect has been on my mother's outlook on life - she is now engaged, upbeat and stimulated. Amazing. As an outsider looking in, you seem like an incredible group of people who have stumbled across a model with an impact which I would never have imagined – thank you!*"

Plans for future periods

The charity aims to continue to grow the volume of activities delivered, and has set itself ambitious goals for the year to March 2022. The growth will be closely monitored by the trustees, to ensure that at all times the charity is operating within the constraints of its available resources and funding, but with the goal of reaching a number of milestones. Specifically, within the Dose of Nature Prescription Programme, we aim to:

- grow the number of Dose of Nature prescriptions delivered, to 250 per year by the end of our third year
- grow the number of trained Dose of Nature Guides, to 60 by the end of our third year
- grow the number of participants who go on to become Dose of Nature Guides
- bring Dose of Nature prescriptions to new local authorities

The early success of Dose of Nature has attracted significant interest from medical professionals, community groups and the media across the country. This is a testament to the degree of innovation and the rapid operational success dealing with mental health issues which are ever more important where the NHS struggles with demand now accelerated by COVID. Hence as our model beds in and scales up as per the plans above we anticipate working to bring Dose of Nature prescriptions to other areas.

Public benefit

The charity trustees 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.

Signed on behalf of the trustees:



Sir Mark Rowley

Chair

Date: 17/V/2021

Statement of Financial Activities for the year ended 31 March 2021

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Mar 21 £	Mar 20 £
Income from:						
Donations and grants	2	101,561	-	20,250	**121,811**	**31,117**
Charitable activities	3	6,291	-	-	**6,291**	**1,100**
Total		107,852	-	20,250	**128,102**	**32,217**
Expenditure on:						
Raising funds		(216)	-	-	**(216)**	**(1,230)**
Charitable activities	4	(68,478)	-	(22,750)	**(91,228)**	**(20,696)**
Other		-	-	-	**-**	**-**
Total		(68,694)	-	(22,750)	**(91,444)**	**(21,926)**
Net income/(expenditure)		39,158	-	(2,500)	**36,658**	**10,291**
Transfers between funds		(10,500)	10,500	-	**-**	**-**
Net movement in funds		28,658	10,500	(2,500)	**36,658**	**10,291**
Reconciliation of funds:						
Total funds brought forward		6,291	1,500	2,500	**10,291**	**-**
Total funds carried forward		34,949	12,000	-	**46,949**	**10,291**

All income and expenditure is derived from continuing activities.
There were no recognised gains or losses for the current period other than those included in the Statement of Financial Activities.
The notes on pages 12 to 17 form part of these Financial Statements.

Balance Sheet as at 31 March 2021

	Notes	Mar 21 £	Mar 20 £
Fixed assets	7	-	-
Current assets:			
Debtors	8	25,392	4,250
Cash at bank and in hand	9	24,651	9,657
Total current assets		50,043	13,907
Liabilities:			
Creditors: amounts falling due within one year	10	(3,094)	(3,616)
Net current assets		46,949	10,291
Net assets		46,949	10,291
The funds of the charity:			
Restricted funds	12	-	2,500
Unrestricted funds	13	34,949	6,291
Designated funds	14	12,000	1,500
Total charity funds		46,949	10,291

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved on 26 April 2021 and signed on behalf of the trustees by:

Sir Mark Rowley
Trustee

The notes on pages 12 to 17 form part of these Financial Statements.

Statement of Cashflows for the year ended 31 March 2021

	Mar 21 £	Mar 20 £
Net income/(expenditure)	36,658	10,291
(Increase)/decrease in debtors	(21,142)	(4,250)
(Decrease)/increase in creditors	(522)	3,616
Net cash provided by operating activities	**14,994**	**9,657**
Cash and cash equivilents		
At start of period	9,657	-
At 31 March	**24,651**	**9,657**

Notes to the Financial Statements for the year ended 31 March 2021

1. Accounting policies

General information and basis of preparation

Dose of Nature is a Charitable Inorporated Organisation and a registered charity, number 1181216.
The financial statements have been prepared in accordance with Accounting and Reporting by Charities.

In so doing, the financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS102) issued on 16 July 2014, the Financial Reporting Standard applicable in the UK, The Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that the receipt of the income is considered probable;
- the amount can be measured reliably.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and that the amount can be measured reliably.

Expenditure is allocated to each activity where the costs relate directly to that activity. Support costs, including governance costs, that do not relate directly to any activity are apportioned to each activity on the basis of staff time.

Expenditure is included under the following headings:
- Raising Funds, which comprises the costs associated with attracting voluntary donations and grants
- Charitable activities, which comprises the costs associated with running the various activities, services and projects for the benficiaries of the charity.

Notes to the Financial Statements for the year ended 31 March 2021

1. Accounting policies (continued)

Fund accounting

Unrestricted general funds are those which are freely available for use in furtherance of the objects of the charity. Designated funds are unrestricted funds set aside by the trustees for particular purposes. Restricted funds can only be used in accordance with the wishes of the donor or have been raised for a particular purpose.

Pension costs

The charity operates a defined contribution pension scheme. Contributions payable to the scheme are charged to the Statement of Financial Activities in the year to which they relate.

2. Income from donations and grants

	Mar 21 £	Mar 20 £
Restricted grants:		
Richmond Parish Lands	9,250	5,000
The London Community	9,500	-
Charities Trust	1,000	-
Ham Amenities	250	-
Richmond in Bloom	250	-
Barnes Workhouse	-	5,000
D'Oyly Carte	-	3,500
Total restricted grants	20,250	13,500
Unrestricted donations:		
Richmond Parish Lands	35,000	-
HighwayOne	15,000	-
Maingot Trust	10,000	-
Thames Water	5,000	-
LBRUT	4,920	-
Mortlake Parish and similar	1,819	-
Johnson Mathy	300	-
Private donors	29,522	-
Total unrestricted donations	101,561	17,617
Total income from donations and grants	121,811	31,117

Notes to the Financial Statements for the year ended 31 March 2021

3. Income from charitable activities

	Mar 21 £	Mar 20 £
Workshops, lectures and seminars:		
NHS Recovery Collage	2,000	900
English Heritage	2,200	-
Royal Botanical Gardens Kew	600	-
Regents Collage	150	-
Urban Growth, London	200	-
Other income	1,141	200
Total income from charitable activities	6,291	1,100

4. Expenditure on charitable activities

	Mar 21 £	Mar 20 £
Cost of providing programmes and workshops which promote and develop the mental health benefits of engaging with the natural world	91,228	20,696

Expenditure on charitable activities is comprised of direct costs and support costs, as follows:

Direct costs

Included within expenditure on charitable activities are direct costs as follows:

	Mar 21 £	Mar 20 £
Wages and salaries	81,687	12,264
Other direct costs	5,754	5,165
Total direct costs	87,441	17,428

Support costs

Included within expenditure on charitable activities are support costs as follows:

	Mar 21 £	Mar 20 £
Premises	1,500	-
Office costs	2,288	3,268
Total direct costs	3,788	3,268

In the period to March 2020, premises were made available to the charity at no cost, in recognition of the start up phase of the charity. Governance including the verification of the Financial Statements, and the cost of the AGM and other committee meetings, is provided at no cost to the charity.

Notes to the Financial Statements for the year ended 31 March 2021

5. Trustee and board member expenses

During the year there were no payments made to trustees in respect of expenses or fees.

6. Staff costs

Total staff costs for the period excluding employers national insurance were £77,739 (2020: £11,681).
Social security costs for the year were £3,948 (2020: £nil), the charity having taken advantage of the Employment Allowance scheme made available by HMRC.
During the period, the charity had two employees (2020: one employee, whose employment commenced October 2019).
The charity operates a defined contribution pension scheme. Contributions into the scheme during the year totalled £1,879 (2020: £583).
None of the Trustees or members of the Management Committee received any emoluments during the year.

7. Tangible fixed assets

The charity employed no fixed assets in the year under review.

8. Debtors

	Mar 21 £	Mar 20 £
Gift Aid recoverable	4,742	3,350
Other income	20,650	900
	25,392	4,250

9. Cash at bank

	Mar 21 £	Mar 20 £
Bank current account	24,651	9,657

10. Creditors: amounts falling due within one year

	Mar 21 £	Mar 20 £
Sundry creditors and accruals	3,094	3,616

Notes to the Financial Statements for the year ended 31 March 2021

11. Operating lease commitments

The charity has entered into no material, non-cancellable operating leases.

12. Restricted funds

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers between funds	**Balance at 31 March 2021 £**
Richmond Parish Lands	-	9,250	(9,250)	-	**-**
The London Community		9,500	(9,500)	-	**-**
Charities Trust		1,000	(1,000)	-	**-**
Ham Amenities		250	(250)	-	**-**
Richmond in Bloom		250	(250)	-	**-**
Barnes Workhouse	2,500	-	(2,500)	-	**-**
D'Oyly Carte	-	-	-	-	**-**
Total	2,500	20,250	(22,750)	-	**-**

	Balance at inception of charity £	Income £	Expenditure £	Transfers between funds	**Balance at 31 March 2020 £**
Richmond Parish Lands	-	5,000	(5,000)	-	**-**
Barnes Workhouse	-	5,000	(2,500)	-	**2,500**
D'Oyly Carte	-	3,500	(3,500)	-	**-**
Total	-	13,500	(11,000)	-	**2,500**

Restricted funds are held on trust to be applied to specific purposes.

Notes to the Financial Statements for the year ended 31 March 2021

13. Unrestricted funds

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2021 £
Unrestricted funds	6,291	107,852	(68,694)	(10,500)	34,949
Designated funds (Note 14)	1,500	-	-	10,500	12,000
	7,791	107,852	(68,694)	-	46,949

	Balance at inception of charity £	Income £	Expenditure £	Transfers between funds £	Balance at 31 March 2020 £
Unrestricted funds	-	18,717	(10,926)	(1,500)	6,291
Designated funds (Note 14)	-	-	-	1,500	1,500
	-	18,717	(10,926)	-	7,791

14. Designated funds

	Mar 21 £	Mar 20 £
Wind-down costs	12,000	1,500

Independent examiner's report to the trustees of Dose of Nature, a Charitable Incorporated Organisation, registered charity number 1181216

I report to the trustees on my examination of the accounts of Dose of Nature for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity trustees of Dose of Nature 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 Dose of Nature accounts carried out under section 145 of the 2011 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 Dose of Nature 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.

Signed:
Name: Julian St John Brown
Relevant professional qualification or membership of professional bodies: ACA (ICAEW)
Address: 1 Ashlar Court, Ravenscourt Gardens, London W6 0TU
Date: 17th May 2021