



**A Charitable Incorporated Organisation
Registered charity number 1181216**

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

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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:

A handwritten signature in blue ink, appearing to read "Mark Rowley", with a large, stylized flourish at the end.

Sir Mark Rowley

Chair

Date:

17th 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 equivalents		
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 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 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 beneficiaries 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 £
<i>Restricted grants:</i>		
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
<i>Unrestricted donations:</i>		
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 £
<i>Workshops, lectures and seminars:</i>		
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	<u>6,291</u>	<u>1,100</u>

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	<u>91,228</u>	<u>20,696</u>

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	<u>87,441</u>	<u>17,428</u>

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	<u>3,788</u>	<u>3,268</u>

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
	<u>25,392</u>	<u>4,250</u>

9. Cash at bank

	Mar 21 £	Mar 20 £
Bank current account	<u>24,651</u>	<u>9,657</u>

10. Creditors: amounts falling due within one year

	Mar 21 £	Mar 20 £
Sundry creditors and accruals	<u>3,094</u>	<u>3,616</u>

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 Charities Trust		9,500	(9,500)	-	-
Ham Amenities		1,000	(1,000)	-	-
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
	<u>7,791</u>	<u>107,852</u>	<u>(68,694)</u>	<u>-</u>	<u>46,949</u>
	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
	<u>-</u>	<u>18,717</u>	<u>(10,926)</u>	<u>-</u>	<u>7,791</u>

14. Designated funds

	Mar 21 £	Mar 20 £
Wind-down costs	<u>12,000</u>	<u>1,500</u>

**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