



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

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

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A Charitable Incorporated Organisation, registered charity number 1181216

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:



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.

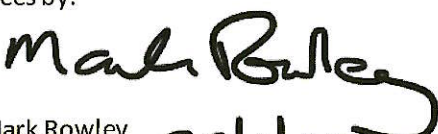
There were no recognised gains or losses for the current period other than those included in the Statement of Financial Activities.

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		<u>99 216</u>	<u>166 697</u>
Liabilities:			
Creditors: amounts falling due within one year	10	(3 254)	(592)
Net current assets		<u>95 962</u>	<u>166 105</u>
Net assets		<u>95 962</u>	<u>166 105</u>
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		<u>95 962</u>	<u>166 105</u>

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


 Sir Mark Rowley
 Trustee

26/11/25

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 equivalents		
At start of period	126 686	35 796
At 31 March	69 853	126 686



A Charitable Incorporated Organisation, registered charity number 1181216

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 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 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 £
<i>Restricted grants:</i>		
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
<i>Unrestricted donations:</i>		
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 £
<i>Workshops, lectures and seminars:</i>		
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	<u>2 452</u>	<u>4 877</u>

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	<u>346 150</u>	<u>238 862</u>

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	<u>329 547</u>	<u>232 528</u>

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	<u>16 602</u>	<u>6 334</u>



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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 pension contributions.

Average monthly 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
	<u>29 363</u>	<u>40 011</u>

9. Cash at bank

	Mar 24 £	Mar 23 £
Bank current account	<u>69 853</u>	<u>126 686</u>

10. Creditors: amounts falling due within one year

	Mar 24 £	Mar 23 £
Sundry creditors and accruals	<u>3 254</u>	<u>592</u>

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



A Charitable Incorporated Organisation, registered charity number 1181216

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

	Unrestricted Funds Mar 24 £	Restricted Funds Mar 24 £	Total Funds Mar 24 £
March 2024			
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:

	Unrestricted Funds Mar 23 £	Restricted Funds Mar 23 £	Total Funds Mar 23 £
March 2023			
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.



Kevin Fisher BA FCA CTA
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Surbiton
Surrey
KT6 7AL

27-1- 2025