



# Annual Report and Financial Statements

12 months to March 31<sup>st</sup> 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.





# Contents

Charity Overview	3
Our Model	4
Clinical Results	5
Current Research	7
Demographics	8
GPs	10
Our Volunteer Guides	12
Our Groups	13
2024-25 Highlights in Guildford	14
2024-25 Highlights in Kew	15
Young People's Programme	16
In the Media	18
Wellbeing Workshops	19
Funders and Supporters	20
Administrative Details, Structure, Financial Review, Future Plans and Public Benefit	21
Statement of Financial Activities for the Year Ended 31 March 2025	22
Balance Sheet	23
Statement of Cashflows	24
Notes to the Financial Statements	25
Independent Examiner's Report	31







# 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<sup>1</sup> have experienced a 'common mental disorder' and an estimated 40% of GP appointments now relate to mental health concerns.<sup>2</sup> 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<sup>1</sup> 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

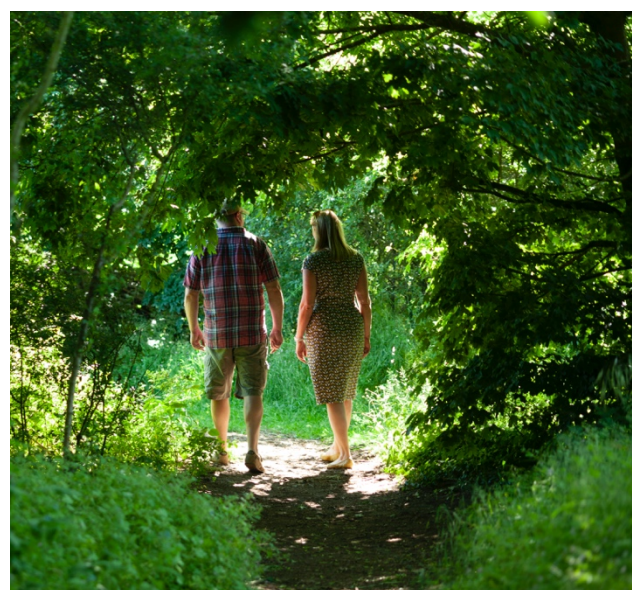
accessible to them. Through education, experiential activities, and practical and motivational support, their Guide encourages them to spend more time outside, and to foster a greater connection with the natural world, inspiring sustainable lifestyle changes that have a significant and lasting impact 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.



<sup>1</sup> House of Commons Library (2024), Mental health statistics: prevalence, services and funding in England.

<sup>2</sup> Mind (2018), GP Mental Health Training Survey Summary.







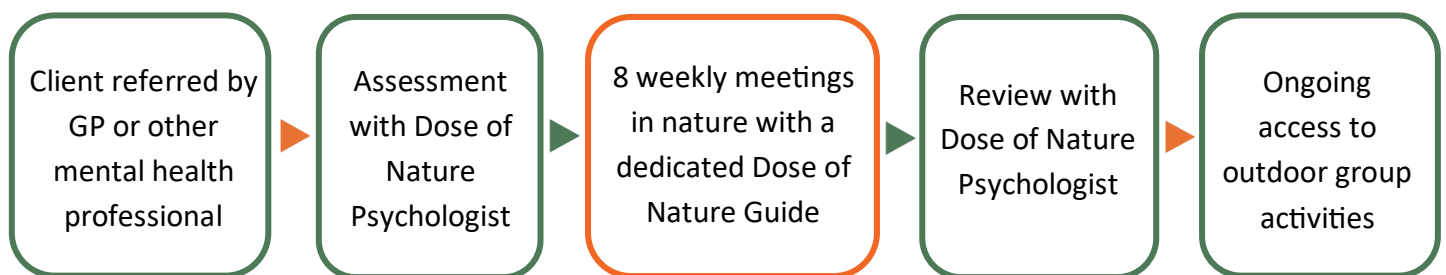
# Our Model

## 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.



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%).

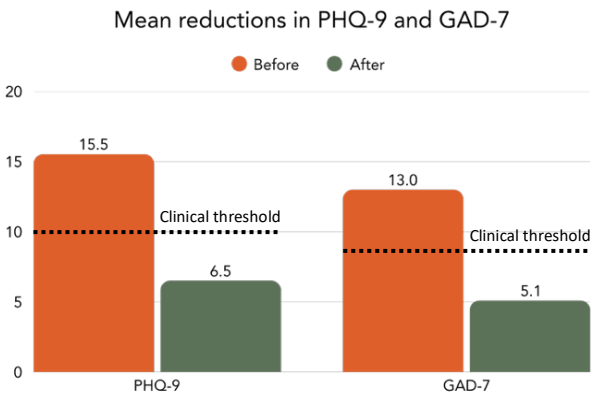
Whilst GPs initially referred their patients with mild to moderate mental health difficulties to our service, they are now referring many of their patients who have complex and severe mental health challenges, reflecting the increasing confidence and trust they place in Dose of Nature. In 2024-25, the 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.<sup>3</sup>



All adults	Recovery rate
Dose of Nature Prescription	64%
NHS Talking Therapies <sup>3</sup>	50%

All adults	Reliable improvement
Dose of Nature Prescription	86%
NHS Talking Therapies <sup>3</sup>	67%



All adults	PHQ-9 reduction	GAD-7 reduction
Nature Prescription	9.0	7.9
NHS Talking Therapies <sup>1</sup>	5.7	5.3



<sup>3</sup> NHS Digital (2024), NHS Talking Therapies, for anxiety and depression, Annual reports, 2023-24





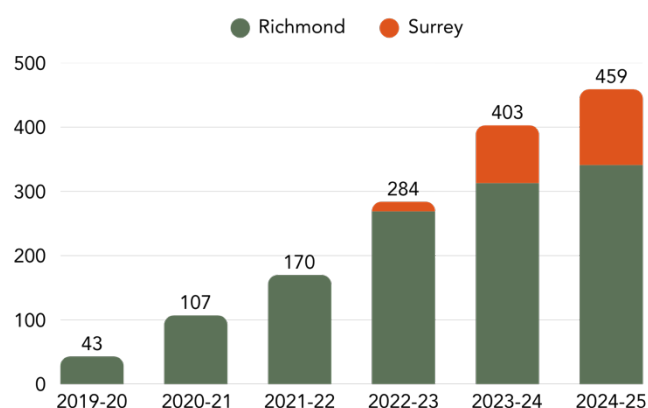
Demand for our services has continued to increase substantially. In 2024-25 we received over **800 referrals from 167 GPs across 88 GP practices** in the London Boroughs of Richmond and Kingston and the Guildford area, representing a marked increase from 635 referrals in 2023-24.

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%<sup>†</sup> 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).



Courses of treatment delivered



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,<sup>4</sup> it is encouraging to see that 31% of our clients were male in 2024-25, which matches the gender split in NHS Talking Therapies<sup>5</sup> and is close to the gender split in the prevalence of mental health disorders in England.<sup>6</sup> 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.

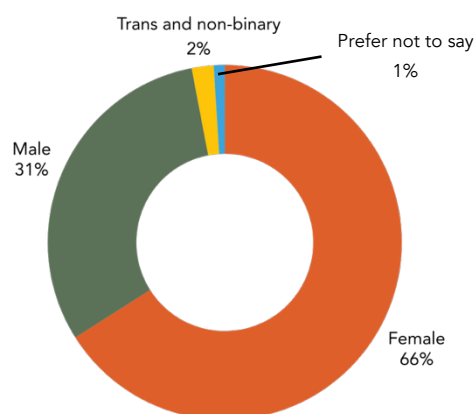
Furthermore, our Nature Prescriptions are **equally effective for men and women**: the 2024-25 recovery rate was 64% for men and 65% for women. Of course, our service is open to all genders, and we are pleased to be helping double the number of transgender and non-binary people year-on-year.

The age distribution of our clients is broadly reflective of the age distribution of our operating areas,<sup>7</sup> 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.

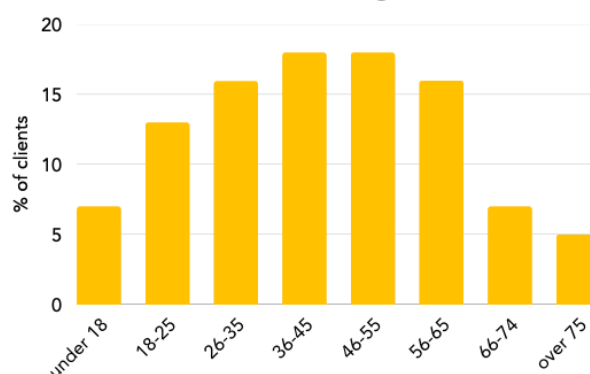
Our intervention is effective across all ethnicities. Our clients are an ethnically diverse group, with slightly higher representation from ethnic minorities than the areas we operate in.<sup>5</sup>



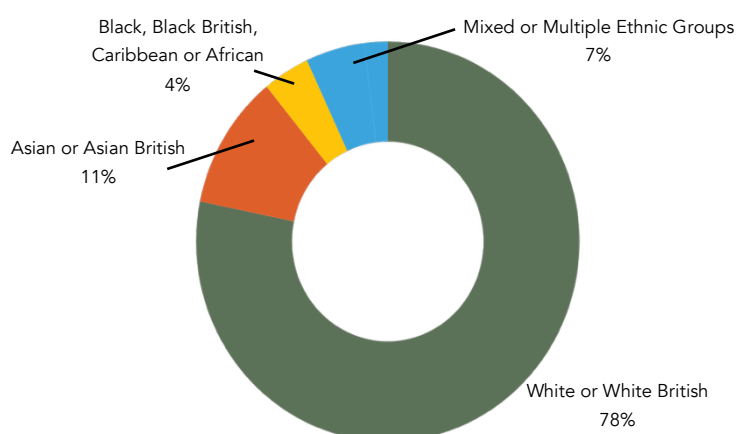
Client Gender Identity



Client Age



Client Ethnicity



<sup>4</sup> Sierra Hernandez *et al.* (2014). Understanding help-seeking among depressed men. *Psychology of Men and Masculinity*, 15(3), 346–354. doi: 10.1037/a0034052

<sup>5</sup> NHS Digital (2025), NHS Talking Therapies Monthly Statistics Including Employment Advisors for 2024/25

<sup>6</sup> NHS Digital, Adult Psychiatric Morbidity Survey 2014

<sup>7</sup> ONS (2023), How life has changed in Richmond upon Thames: Census 2021 and How life has changed in Surrey Heath: Census 2021

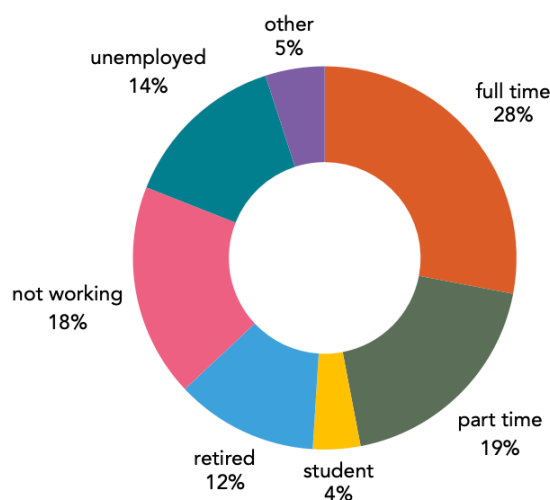




Approximately **14% of our clients are unemployed and 42% have a gross household income below £21,000 per year.**

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%.<sup>8</sup> These figures highlight how people who are unemployed or are on low incomes are disproportionately affected by mental health difficulties.<sup>9</sup> We are therefore particularly pleased that our Nature Prescriptions have helped a significant number of our clients return to work or study.

Client Working Status



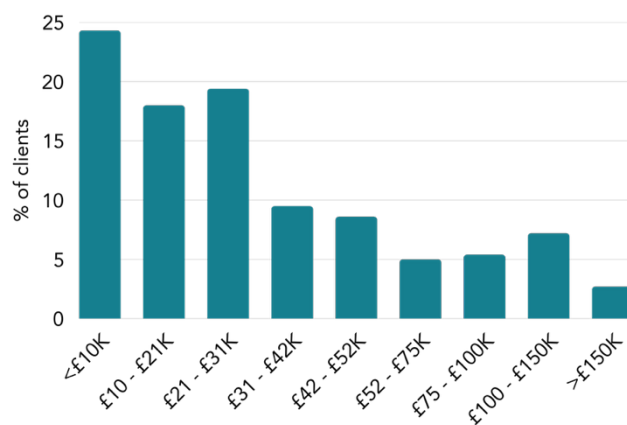
***“After my experience with Dose of Nature, my confidence increased to such an extent that I went on to get a wonderful job - something I'm not sure I would have been able to do without my Nature Prescription.”***

Alice, referred to DoN for anxiety and low mood  
69%

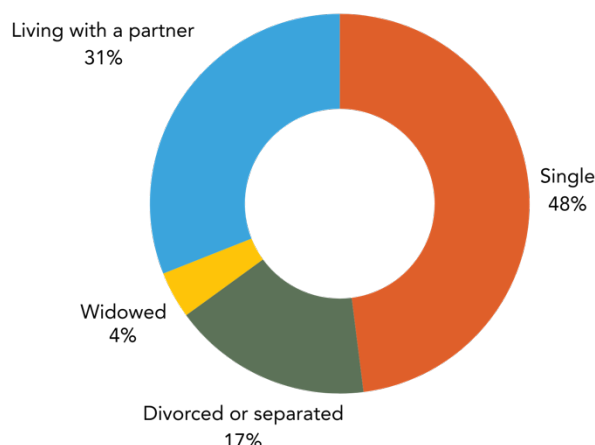
Loneliness and social isolation are major risk factors for mental ill health, and individuals living alone are particularly susceptible to feeling lonely. It is therefore perhaps unsurprising that **69% of our clients are single, divorced, separated, or widowed.** One of the ways our programme supports 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.



Client Income



Client Relationship Status



<sup>8</sup> ONS (2023), How life has changed in Richmond upon Thames: Census 2021 and How life has changed in Surrey Heath: Census 2021

<sup>9</sup> <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’.<sup>10</sup>**

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.

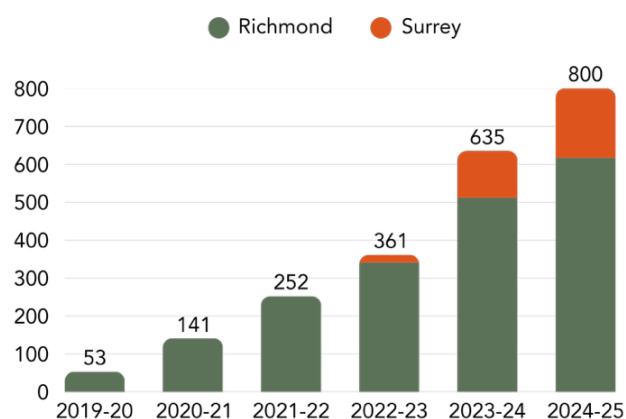
GPs value our unique nature-based model, which is overseen by chartered psychologists, and gives them confidence that Dose of Nature can provide safe, evidenced-based treatment for all their patients, including those most vulnerable with complex mental health needs. GPs regularly tell us of the profound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

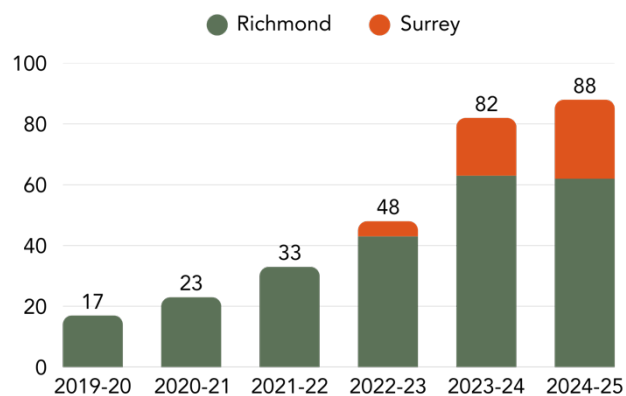
***“I have been a doctor for 21 years and I can honestly say I have not come across a mental health initiative that has come close to being as useful as Dose of Nature has to my patients.”***

Dr Lisa Wray, GP at Richmond Lock Surgery

Referrals



Number of referring practices



<sup>10</sup> 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**

*"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**



*"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 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".<sup>11</sup>

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.<sup>12</sup>

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.



<sup>11</sup> NHS England (2023), Mental Health of Children and Young People in England, 2023

<sup>12</sup> 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

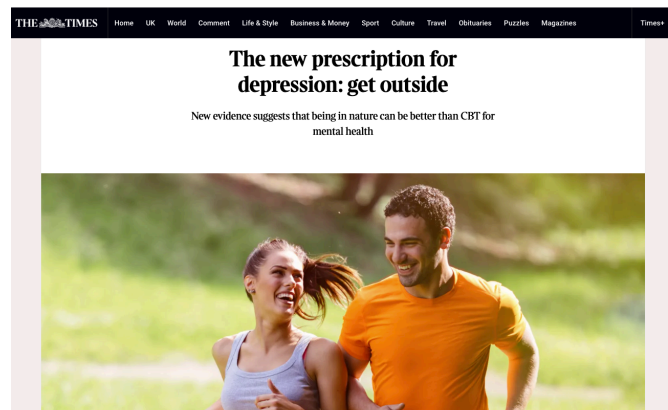
#### Charity pioneers nature therapy as cost-effective approach to mental illness

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.







# 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

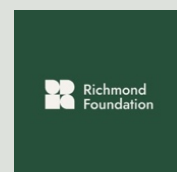
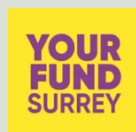


Belvedere Trust



Maingot Trust

HighwayOneTrust





# 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:

*Mark Rowley*  
23/11/26







## Statement of Financial Activities for the Year Ended 31 March 2025

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

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

 23/1/26

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
<b>Net cash provided by operating activities</b>	<b>61,629</b>	<b>(56,833)</b>
<b>Cash and cash equivalents</b>		
At start of period	69,853	126,686
<b>At 31 March</b>	<b>131,482</b>	<b>69,853</b>





## 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 £
<i>Restricted grants:</i>		
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
<i>Unrestricted donations:</i>		
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 £
<i>Workshops, lectures and seminars:</i>		
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	<u>2,331</u>	<u>2,452</u>

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	<u>407,037</u>	<u>348,670</u>

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	<u>373,440</u>	<u>329,547</u>

#### 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	<u>33,597</u>	<u>19,123</u>







## 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
	<u>18,174</u>	<u>29,363</u>

### 9. Cash at bank

	Mar 25 £	Mar 24 £
Bank current account	<u>131,482</u>	<u>69,853</u>

### 10. Creditors: amounts falling due within one year

	Mar 25 £	Mar 24 £
Sundry creditors and accruals	<u>16,537</u>	<u>3,254</u>





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

### 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	(19,600)	-	-
Prudence Trust	37,500	50,000	(50,000)	-	37,500
Chimo Trust	-	50,000	(50,000)	-	-
<b>Total</b>	<b>37,500</b>	<b>306,973</b>	<b>(282,173)</b>	<b>-</b>	<b>62,300</b>

	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)	-	-
<b>Total</b>	<b>87,100</b>	<b>145,832</b>	<b>(195,432)</b>	<b>-</b>	<b>37,500</b>

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
	<b>58,462</b>	<b>145,271</b>	<b>(132,914)</b>	<b>-</b>	<b>70,819</b>

	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
	<b>79,005</b>	<b>278,527</b>	<b>(348,670)</b>	<b>-</b>	<b>58,462</b>

### 14. Designated funds

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

### 15. Analysis of Net Assets between funds

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

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

	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)
	<b>58,462</b>	<b>37,500</b>	<b>95,962</b>

### 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

