

NURTURENATURE

England & Wales · Charity number 1182363

Details

Status Registered

Legal form CIO

Registered 2019-03-07

Register [View on the Charity Commission register](#)

Contact

Address Station House (Nurturenature)
Finkle Street Lane
Wortley
Station House
Finkle Street Lane
S35 7DH

Phone 07831505624

Email nurturenature61@gmail.com

Activities

Objects: THE RELIEF OF PERSONS WHO ARE PHYSICALLY OR MENTALLY ILL OR DISABLED (WHETHER PERMANENTLY OR TEMPORARILY), OR WHO ARE IN NECESSITOUS CIRCUMSTANCES, IN BARNSELY AND SHEFFIELD AND THE SURROUNDING AREAS, PARTICULARLY BUT NOT EXCLUSIVELY, BY THE PROVISION OF THERAPEUTIC GARDENING AND HORTICULTURE

Activities: nurturenature is a healing garden which offers a space for individuals with chronic mental or physical illness to enhance their health by being in the garden or undertaking gardening tasks. In addition nurturenature runs a range of events such as mindfulness days in the garden which are available to anyone who wishes to attend including those on low income.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Barnsley
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-06	£16,489	£5,134	-	-
2024-04-06	£16,489	£17,026	-	-
2023-04-06	£11,903	£15,074	-	-
2022-04-06	£23,078	£23,450	-	-
2021-04-06	£16,613	£18,000	-	-

Trustees

Name	Role	Appointed
Dr HELENA ANNE DAVIES	Chair	2018-05-01
ALISON ANNE CHRYSTAL		2018-05-01
DORIS STUBBS		2019-03-18
Frances Parkinson		2021-05-21
SVAVA BJARNASON		2018-05-01

NURTURENATURE

England & Wales - Charity number 1182363

Accounts



Trustees' Annual Report for the period

From April 1st 2024 Period start date To March 31st 2025 Period end date

Charity name: NURTURENATURE

Charity registration number: 1182363

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>a) The advancement of health both mental and physical, for the public benefit, by providing access to and activities in a healing garden</p> <p>b) The relief of those in need by reason of health youth, age, ill health, disability, financial hardship or other disadvantage</p> <p>c) The promotion and advancement of education for the public benefit</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The object of the CIO is to be a healing garden that promotes health and wellbeing for the local community including individuals with chronic physical and/or mental illness and life limiting conditions, To this end, the CIO provides a healing garden for individuals principally but not exclusively in Sheffield, Barnsley and the wider South Yorkshire region. There is a wide body of evidence that time spent either passively or actively in nature/gardens has a beneficial effect on physical and mental health. For example, reports from large national organisations like the Kings Fund, RHS and MIND confirm the benefit of gardens and gardening for physical and mental health and well being.</p> <p>Users have the opportunity to simply sit in the garden which has been planted in line with good practice for healing gardens or participate more actively by gardening themselves or engaging in events taking place in the garden which are in keeping with the CIO's stated</p>

		<p>purposes of the advancement of health and relief of those in need by reason of ill health and/or disability. The CIO will provide, for the public benefit, space for mental rest and reflection or horticultural or other activities promoting recuperation from symptoms of chronic ill health, including long COVID</p> <p>The promotion and advancement of education for the public benefit, is by organizing small scale workshops and courses, such as mindfulness courses, writing for health, propagation courses. Such activities may also include creative workshops in arts and crafts and other such activities organised by outside experts and practitioners on subjects and activities known to further enhance general well being, in chronically ill or disabled people as well as the general public maximising the benefit of participating in education by utilising the additional benefits of green care per se.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008].

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No grants made
Policy on social investment including program related investment	Para 1.38	No social investment

Contribution made by volunteers	Para 1.38	The local Rotary club with whom NurtureNature has close liaison has a small group of volunteers who help in the summer months when they are able. There are also a number of volunteers who help with ake making and tea and coffee for events. In addition volunteers help out at open days and plant sales
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The charity operates on a small scale providing mindfulness, creative writing and craft based workshops that are beneficial to the participants in keeping with the purposes of the charity as set out in its governing document. The workshops take place in a dedicated space in the garden which has a covering allowing the garden to be used even in the event of inclement weather. By running the workshops in the garden the benefit to health and wellbeing for the individual participants is enhanced because of the benefit to physical and mental health of greenspace per se. Because the workshops are run outside they only take place in the spring/summer months. During the spring/summer of 2024 NurtureNature held workshops on Mindfulness, Creative Writing, and crafts. Payment for the workshops is on an "as you can afford" basis with NurtureNature subsidising all places to an extent but paying in full for those who are on low income. All workshops are formally evaluated including asking about what</p>

the participants got out of the workshop. All the evaluations have been very positive highlighting the benefit that participating in such events has for the individuals from the local community who take part.

A small local Christian group uses the garden regularly for meditation and reflection.

In addition open days were held where the garden was open to visitors and a plant sale was held. Visitors are encouraged to explore the garden and take time to sit and enjoy its peace and calm

A plant sale is held at the same time as the Open Day selling plants from the small nursery we run and this is an important source of income for NurtureNature.

Local garden groups and the Rotary come and visit the garden interested in its healing potential as well as its horticultural aspects. All of these visitor groups make a voluntary donation to NurtureNature. Access to the garden for individuals or groups is not charged for as the garden is a community resource aimed at providing a healing environment for those visiting it but voluntary donations are accepted and go towards subsidising workshops.

A significant event in the summer of 2024 was a further poetry reading by Jackie Kay a well known Scottish poet who was the Scottish Makar (the equivalent of the English Poet Laureate). In 2024 Carol Ann Duffy the former Poet Laureate also provided poetry readings at the same event. Both poets gave their services for free so that we could use the poetry reading as a fund raiser for the charity. The event proved extremely popular and raised over £500 for NurtureNature. As well as raising funds for the charity the event was an excellent awareness raising event bringing the existence of the charity to the attention of members of the local

		community.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	See financial statement
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Funding through plant sales is an important source of funds. The poetry reading which is set to become an annual event is also a source of income.</p> <p>Suitable grants are the other principal source of funding for events/garden development.</p> <p>The gardener is funded through a regular monthly donation.</p> <p>Visitor groups to the garden usually also make a voluntary donation.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	

A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is controlled by its governing document in the form of a constitution of an incorporated charity
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Incorporated charity
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Nomination and election by existing trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	

Other		

Reference and Administrative details

Charity name	NurtureNature
Other name the charity uses	NURTURENATURE Healing Garden
Registered charity number	1182363
Charity's principal address	Station House Finkle Street Lane Wortley Sheffield S35 7DH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Helena Davies	Chair		
2	Svava Bjarnason			
3	Doris Stubbs			
4	Alison Chrystal			
5	Frances Parkinson			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

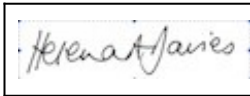
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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

HELENA DAVIES	
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Position (eg Secretary,
Chair, etc)

Chair	
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Date

4/2/2026

Nurture Nature Financial Activities

April 2024 - March 2025

	Total	
	Apr 2024 - Mar 2025	Apr 2023 - Mar 2024 (PY)
Income		
Donations and legacies	14,929.95	14,685.00
Event Income	1,335.00	1,186.82
Plant Sales	368.90	617.10
Total Income	£ 16,633.85	£ 16,488.92
Cost of Sales		
Event Costs	601.20	652.10
Gardening Services	14,400.00	14,400.00
Plant Materials		1,973.72
Total Cost of Sales	£ 15,001.20	£ 17,025.82
Total	£ 1,632.65	-£ 536.90
Expenditures		
Depreciation	1,837.00	1,837.00
Insurances	359.95	322.17
Other Professional Services	0.00	2,620.00
Software	415.20	355.20
Total Expenditures	£ 2,612.15	£ 5,134.37
Net Operating Income	-£ 979.50	-£ 5,671.27
Net Income/(Expenditure)	-£ 979.50	-£ 5,671.27

NURTURENATURE

England & Wales - Charity number 1182363

Accounts



Trustees' Annual Report for the period

From April 1st 2023 Period start date To March 31st 2024 Period end date

Charity name: NURTURENATURE

Charity registration number: 1182363

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>a) The advancement of health both mental and physical, for the public benefit, by providing access to and activities in a healing garden</p> <p>b) The relief of those in need by reason of health youth, age, ill health, disability, financial hardship or other disadvantage</p> <p>c) The promotion and advancement of education for the public benefit</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The object of the CIO is to be a healing garden that promotes health and wellbeing for the local community including individuals with chronic physical and/or mental illness and life limiting conditions, To this end, the CIO provides a healing garden for individuals principally but not exclusively in Sheffield, Barnsley and the wider South Yorkshire region. There is a wide body of evidence that time spent either passively or actively in nature/gardens has a beneficial effect on physical and mental health. For example, reports from large national organisations like the Kings Fund, RHS and MIND confirm the benefit of gardens and gardening for physical and mental health and well being.</p> <p>Users have the opportunity to simply sit in the garden which has been</p>

		<p>planted in line with good practice for healing gardens or participate more actively by gardening themselves or engaging in events taking place in the garden which are in keeping with the CIO's stated purposes of the advancement of health and relief of those in need by reason of ill health and/or disability. The CIO will provide, for the public benefit, space for mental rest and reflection or horticultural or other activities promoting recuperation from symptoms of chronic ill health, including long COVID</p> <p>The promotion and advancement of education for the public benefit, is by organizing small scale workshops and courses, such as mindfulness courses, writing for health, propagation courses. Such activities may also include creative workshops in arts and crafts and other such activities organised by outside experts and practitioners on subjects and activities known to further enhance general well being, in chronically ill or disabled people as well as the general public maximising the benefit of participating in education by utilising the additional benefits of green care per se.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008].

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No grants made
Policy on social investment including program related investment	Para 1.38	No social investment
Contribution made by volunteers	Para 1.38	The local Rotary club with whom NurtureNature has close liaison has a small group of volunteers who help in the summer months

		when they are able. They were particularly committed to development of the woodland and meadow turf area and contributed a grant towards development of the meadow turf. They have also donated 2000 crocus bulbs for planting in the garden.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The charity operates on a small scale providing mindfulness, creative writing and craft based workshops that are beneficial to the participants in keeping with the purposes of the charity as set out in its governing document. The workshops take place in a dedicated space in the garden which has a covering allowing the garden to be used even in the event of inclement weather. By running the workshops in the garden the benefit to health and wellbeing for the individual participants is enhanced because of the benefit to physical and mental health of greenspace per se. Because the workshops are run outside they only take place in the spring/summer months. During the spring/summer of 2023 NurtureNature held workshops on Mindfulness, Creative Writing, Silk Scarf making and Batik. Payment for the workshops is on an "as you can afford" basis with NurtureNature subsidising all places to an extent but paying in full for those who are on low income. All workshops are formally evaluated including asking about what the participants got out of the workshop. All the evaluations were very positive highlighting the benefit that participating in such events has for the individuals from the local community who take part. In addition to the workshops two open days were held where the garden was open to visitors and a plant sale was held. Visitors are encouraged to explore the garden and take time to sit and enjoy its peace and calm, one visitor, for

		<p>example, commented that <i>“just being in this space is healing; it makes me feel calm”</i> .</p> <p>A plant sale is held at the same time as the Open Day selling plants from the small nursery we run and this is an important source of income for NurtureNature. Local garden groups and the Rotary come and visit the garden interested in its healing potential as well as its horticultural aspects. All of these visitor groups made a voluntary donation to NurtureNature. Access to the garden for individuals or groups is not charged for as the garden is a community resource aimed at providing a healing environment for those visiting it but voluntary donations are accepted and go towards subsidising workshops.</p> <p>A significant event in the summer of 2023 was a poetry reading by Jackie Kay a well known Scottish poet who was the Scottish Makar (the equivalent of the English Poet Laureate). Jackie Kay gave her services for free so that we could use the poetry reading as a fund raiser for the charity. The event proved extremely popular and raised over £500 for NurtureNature. Jackie committed to return in the summer of 2024. As well as raising funds for the charity the event was an excellent awareness raising event bringing the existence of the charity to the attention of members of the local community.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	See financial statement
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Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Funding through plant sales is an important source of funds. The poetry reading which is set to become an annual event is also a source of income.</p> <p>Suitable grants are the other principal source of funding for events/garden development.</p> <p>The gardener is funded through a regular monthly donation.</p> <p>Visitor groups to the garden usually also make a voluntary donation.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is controlled by its governing document in the form of a constitution of an incorporated charity
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Incorporated charity
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Nomination and election by existing trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	NurtureNature
Other name the charity uses	NURTURENATURE Healing Garden
Registered charity number	1182363
Charity's principal address	Station House Finkle Street Lane Wortley

	Sheffield
	S35 7DH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Helena Davies	Chair		
2	Svava Bjarnason			
3	Doris Stubbs			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

HELENA DAVIES	
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Position (eg Secretary,
Chair, etc)

Chair	
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Date

4/2/2025

Nurture Nature

Financial Activities

April 2023 - March 2024

	TOTAL
Income	
Donations and legacies	14,685.00
Event Income	1,186.82
Plant Sales	617.10
Total Income	£16,488.92
Cost of Sales	
Event Costs	652.10
Gardening Services	14,400.00
Plant Materials	1,973.72
Total Cost of Sales	£17,025.82
TOTAL	£ -536.90
Expenditures	
Depreciation	1,837.00
Insurances	322.17
Other Professional Services	2,620.00
Software	355.20
Total Expenditures	£5,134.37
NET OPERATING INCOME	£ -5,671.27
NET INCOME/(EXPENDITURE)	£ -5,671.27

NURTURENATURE

England & Wales - Charity number 1182363

Accounts



Trustees' Annual Report for the period

From Period start date 01/04/2022 To Period end date 31/03/2023

Charity name: NURTURENATURE

Charity registration number: 1182363

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>Nurturenature's Charitable Purposes are:</p> <ul style="list-style-type: none">a) The advancement of health both mental and physical, for the public benefit, by providing access to and activities in a healing gardenb) The relief of those in need by reason of health youth, age, ill health, disability, financial hardship or other disadvantagec) The promotion and advancement of education for the public benefit
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The object of the CIO is to be a healing garden that promotes health and well-being for individuals with chronic physical and/or mental illness and life-limiting conditions, To this end, the CIO will provide a healing garden for individuals principally but not exclusively in Sheffield, Barnsley and the wider South Yorkshire region. There is a wide body of evidence that time spent either passively or actively in nature/gardens has a beneficial effect on physical and mental health. For example, reports from large national organisations like the Kings</p>

		<p>Fund, RHS and MIND confirm the benefit of gardens and gardening for physical and mental health and well being.</p> <p>Users will have the opportunity to simply sit in the garden which has been planted in line with good practice for healing gardens or participate more actively by gardening themselves or engaging in events taking place in the garden which will be in keeping with the CIO's stated purposes of the advancement of health and relief of those in need by reason of ill health and/or disability. The CIO will provide, for the public benefit, space for mental rest and reflection or horticultural or other activities promoting recuperation from symptoms of chronic ill health, including long COVID</p> <p>The promotion and advancement of education for the public benefit, is by organizing small scale workshops and courses, such as mindfulness courses, writing for health, propagation courses. Such activities may also include creative workshops in arts and crafts and other such activities organised by outside experts and practitioners on subjects and activities known to further enhance general well being, in chronically ill or disabled people as well as the general public maximising the benefit of participating in education by utilising the additional benefits of green care.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008].</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No grants made
Policy on social investment including program related investment	Para 1.38	No social investment
Contribution made by volunteers	Para 1.38	The local Rotary club with whom NurtureNature has close liaison has a small group of volunteers who help with general garden maintenance on a weekly basis in the summer months. They are particularly committed to development of the woodland and meadow turf area and contributed a grant towards development of the meadow turf.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the		As the threat of Covid receded we were able to begin to plan events in the garden again. In September we had an open day and plant sale which raised money for the charity and was an opportunity for people to view progress in the garden

<p>charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>and experience the healing nature of the garden. Feedback from this was extremely positive with many comments on the calming nature of the garden.</p> <p>We also provided an open evening for a volunteer group based at a local stately home garden. On this occasion they were guided round the garden by our main gardener and myself. The group were a knowledgeable group interested in the planting and design of the garden and able to understand the particular way it had been designed as a healing garden.</p> <p>We managed to find dry stone wallers with experience in the traditional dry stone walling methods required to repair the walls by the meadow turf area and this work took place in the winter of 2022. Delay in finding a suitable waller to make safe the wall adjacent to the meadow turf area means that laying of the turf had to be delayed and will now be laid in spring 2024 instead of spring 2023.</p> <p>Events for summer 2023 were planned and booked including mindfulness for writing, art based workshops and a poetry reading. These will be reported on in next years annual report.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	See financial statement
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Details of fund materially in deficit	Para 1.24	Not applicable
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Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Funding through plant sales is an important source of funds.</p> <p>Suitable grants are the other principle source of funding for events/garden development.</p> <p>The gardener is funded through a regular monthly donation.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	

Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is controlled by its governing document in the form of a constitution of an incorporated charity
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Incorporated charity
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Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	

Other		

Reference and Administrative details

Charity name	NUTURENATURE
Other name the charity uses	NURTURENATURE Healing Garden
Registered charity number	1182363
Charity's principal address	Station House Finkle Street Lane Wortley Sheffield S35 7DH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Helena Davies	Chair		
2	Svava Bjarnason			
3	Doris Stubbs			
4	Alison Chrystal			
5	Frances Parkinson			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

HELENA DAVIES	
---------------	--

Position (eg Secretary,
Chair, etc)

CHAIR	
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Date

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Nurture Nature

Financial Activities

April 2022 - March 2023

	TOTAL
Income	
Donations and legacies	11,863.00
Event Income	0.00
Plant Sales	40.00
Total Income	£11,903.00
Cost of Sales	
Gardening Services	11,570.00
Plant Materials	1,038.93
Total Cost of Sales	£12,608.93
TOTAL	£ -705.93
Expenditures	
Depreciation	1,837.00
Insurances	214.99
Other Professional Services	120.00
Software	292.80
Total Expenditures	£2,464.79
NET OPERATING INCOME	£ -3,170.72
NET INCOME/(EXPENDITURE)	£ -3,170.72

NURTURENATURE

England & Wales - Charity number 1182363

Accounts

Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	April	2021	To	31	March	2022

Section A Reference and administration details

Charity name

NURTURENATURE

Other names charity is known by

Registered charity number (if any)

1182363

Charity's principal address

STATION HOUSE

FINKLE STREET LANE, WORTLEY

SHEFFIELD

Postcode

S35 7DH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	HELENA DAVIES	CHAIR		
2	SVAVA BJARNASON			
3	DORIS STUBBS			
4	ALISON CHRYSTAL			
5	FRANCES PARKINSON		21 MAY 2021 - ONGOING	ELECTED BY TRUSTEES
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	The charity is controlled by its governing document in the form of a constitution of an incorporated charity
How the charity is constituted (eg. trust, association, company)	Incorporated charity
Trustee selection methods (eg. appointed by, elected by)	Elected by other trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Nurturenature's Charitable Purposes are:

- a. The advancement of health** both mental and physical, for the public benefit, by providing access to and activities in a healing garden
- b. The relief of those in need by reason of health youth, age, ill health, disability, financial hardship or other disadvantage**
- c. The promotion and advancement of education for the public benefit**

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008].

The object of the CIO is to be a healing garden that promotes health and well-being for individuals with chronic physical and/or mental illness and life-limiting conditions, To this end, the CIO will provide a healing garden for individuals principally but not exclusively in Sheffield, Barnsley and the wider South Yorkshire region. There is a wide body of evidence that time spent either passively or actively in nature/gardens has a beneficial effect on physical and mental health. For example, reports from large national organisations like the Kings Fund, RHS and MIND confirm the benefit of gardens and gardening for physical and mental health and well being.

Users will have the opportunity to simply sit in the garden which has been planted in line with good practice for healing gardens or participate more actively by gardening themselves or engaging in events taking place in the garden which will be in keeping with the CIO's stated purposes of the advancement of health and relief of those in need by reason of ill health and/or disability. The CIO will provide, for the public benefit, space for mental rest and reflection or horticultural or other activities promoting recuperation from symptoms of chronic ill health, including long COVID

The promotion and advancement of education for the public benefit, is by organizing small scale workshops and courses, such as mindfulness courses, writing for health, propagation courses. Such activities may also include creative workshops in arts and crafts and other such activities organised by outside experts and practitioners on subjects and activities known to further enhance general well being, in chronically ill or disabled people maximising the benefit of participating in education by utilising the additional benefits of green care.

Additional details of objectives and activities (Optional information)

Nurturenature works closely with Wortley Rotary Club who volunteer on a weekly basis (COVID-19 permitting) and fund raise on our behalf.

We survey the local South Yorkshire Funding opportunities weekly (they are collated and disseminated by email by SYFAB) to look for any appropriate funding opportunities.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Because of the ongoing impact of Covid-19 during this time period we have not been able to run workshops or have open days. We continued selling small numbers of plants in a Covid safe manner.

However we have used this opportunity to develop new areas of the garden to enhance its benefit to users once we are able to utilise it more normally. In particular there is an area of garden that is being developed as a small perennial meadow area. We anticipate placing seating in this area as it is in a very quiet area of the garden and will be especially suitable for users who wish to simply sit and read or reflect. In addition, the planting of the turf is designed to attract wildlife so provides an educational opportunity in relation to the importance of considering the impact (positive or negative) of replanting areas of a garden as well as the experience of an area with bees and insects attracted to plants that will be therapeutic. Funding for the meadow turf and preparation of the area was obtained through a community grant from Wortley Rotary Club of £2000. Before the turf can be laid the area needs to be cleared and an adjacent high dry stone wall repaired (for health and safety reasons). The volunteers from Rotary will be responsible for clearing the meadow turf area with the help of the gardener and of course with his supervision. It is anticipated that the wall will be repaired and then the area cleared and prepared to permit the turf to be laid in Spring 2023 ready for summer use of the garden therapeutically.

Section E

Financial review

Brief statement of the charity's policy on reserves

A small reserve is kept to cover unexpected expenditure and there is potential for matched donations in the event of reserves being exhausted

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Donations; both regular and ad hoc and charitable grants
Plant sales
Collaboration with Wortley Rotary Club


Expenditure has mainly been on:
Maintaining nursery in order to be able to continue plant sales through click and collect and for spring planting in the healing garden to continue to develop the potential benefits of this.
Paying gardener to ensure that garden is maintained to the standard required for opening to the public (this is funded through a regular monthly donation)
Purchase of meadow turf for meadow turf area
Improving access

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	HELENA DAVIES	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	29/01/2023	

Nurture Nature

Financial Activities
April 2021 - March 2022

	TOTAL
Income	
Donations and legacies	17,463.00
Grants	5,156.09
Plant Sales	459.00
Total Income	£23,078.09
Cost of Sales	
Gardening Services	14,138.00
Plant Materials	6,865.37
Tools & Equipment	177.00
Total Cost of Sales	£21,180.37
TOTAL	£1,897.72
Expenditures	
Depreciation	1,837.00
Insurances	169.50
Other Professional Services	120.00
Software	144.00
Total Expenditures	£2,270.50
NET OPERATING INCOME	£ -372.78
NET INCOME/(EXPENDITURE)	£ -372.78

NURTURENATURE

England & Wales - Charity number 1182363

Accounts

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	04	2020		31	03

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Station House
Finkle Street Lane
Wortley, Sheffield
Postcode <input type="text" value="S35 7DH"/>

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Helena Davies	Chair		
2	Doris Stubbs			
3	Alison Chrystal			
4	Svava Bjarnason			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	The charity is controlled by its governing document in the form of a constitution of an incorporated charity
How the charity is constituted (eg. trust, association, company)	Incorporated charity
Trustee selection methods (eg. appointed by, elected by)	Elected by other trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Nurturenature's Charitable Purposes are:

- The advancement of health both mental and physical, for the public benefit, by providing access to and activities in a healing garden
- The relief of those in need by reason of health youth, age, ill health, disability, financial hardship or other disadvantage
- The promotion and advancement of education for the public benefit

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008].

The object of the CIO is to be a healing garden that promotes health and well-being for individuals with chronic physical and/or mental illness and life-limiting conditions, To this end, the CIO will provide a healing garden for individuals principally but not exclusively in Sheffield, Barnsley and the wider South Yorkshire region. There is a wide body of evidence that time spent either passively or actively in nature/gardens has a beneficial effect on physical and mental health. For example, reports from large national organisations like the Kings Fund, RHS and MIND confirm the benefit of gardens and gardening for physical and mental health and well being.

Users will have the opportunity to simply sit in the garden which has been planted in line with good practice for healing gardens or participate more actively by gardening themselves or engaging in events taking place in the garden which will be in keeping with the CIO's stated purposes of the advancement of health and relief of those in need by reason of ill health and/or disability. The CIO will provide, for the public benefit, space for mental rest and reflection or horticultural or other activities promoting recuperation from symptoms of chronic ill health, including long COVID

The promotion and advancement of education for the public benefit, is by organizing small scale workshops and courses, such as mindfulness courses, writing for health, propagation courses. Such activities may also include creative workshops in arts and crafts and other such activities organised by outside experts and practitioners on subjects and activities known to further enhance general well being, in chronically ill or disabled people maximising the benefit of participating in education by utilising the additional benefits of green care.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Nurturenature works closely with Wortley Rotary Club who volunteer on a weekly basis (COVID-19 permitting) and fund raise on our behalf.

We survey the local South Yorkshire Funding opportunities weekly (they are collated and disseminated by email by SYFAB) to look for any appropriate funding opportunities.

We were successful in obtaining a Co-op Community Grant commencing in October 2020.

Summary of the main achievements of the charity during the year

We were successful in obtaining a Co-op Community Grant commencing in October 2020.

We established an ongoing collaboration with Wortley Rotary Club

We received a generous donation to establish an outdoor decking area to run workshops and events which has a retractable weatherproof awning, heaters and power plugs with an adjacent outdoor office with kitchenette and toilet as well as printer, scanner etc. It has a table seating up to 12 people which is the maximum group size we aim for for workshops

Because of COVID-19 we were unable to open the garden in the spring/summer/autumn of 2020 when we would normally have had plant sales, events and workshops. We have set up a facility to sell plants through a click and collect system which has been successful and worked on optimising the garden's potential to meet its stated purposes for when we are able to re-open it.

Section E

Financial review

Brief statement of the charity's policy on reserves

A small reserve is kept to cover unexpected expenditure and there is potential for matched donations in the event of reserves being exhausted.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Principal sources of funding:
Donations; both regular and ad hoc and charitable grants
Plant sales
Collaboration with Wortley Rotary Club

Expenditure has mainly been on:
Maintaining nursery in order to be able to continue plant sales through click and collect and for spring planting in the healing garden to continue to develop the potential benefits of this.
Paying gardener to ensure that garden is maintained to the standard required for opening to the public (this is funded through a regular monthly donation)
Improving access to ensure individuals with disability can use the garden.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Helena Anne Davies

Full name(s) HELENA ANNE DAVIES

Position (eg Secretary, Chair, etc) CHAIR

Date 4/2/2022

Nurture Nature

Financial Activities
April 2020 - March 2021

	TOTAL
Income	
Donations and legacies	11,075.00
Grants	984.66
Plant Sales	4,553.00
Total Income	£16,612.66
Cost of Sales	
Gardening Services	10,800.00
Plant Materials	3,875.71
Tools & Equipment	1,097.89
Total Cost of Sales	£15,773.60
TOTAL	£839.06
Expenditures	
Depreciation	1,837.00
Insurances	221.60
Other Professional Services	46.96
Software	120.00
Total Expenditures	£2,225.56
NET OPERATING INCOME	£ -1,386.50
NET INCOME/(EXPENDITURE)	£ -1,386.50