



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## 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"><li>a) <b>The advancement of health</b> both mental and physical, for the public benefit, by providing access to and activities in a healing garden</li><li>b) <b>The relief of those in need by reason of health youth, age, ill health, disability, financial hardship or other disadvantage</b></li><li>c) <b>The promotion and advancement of education for the public benefit</b></li></ul>
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><b>The promotion and advancement of education for the public benefit,</b> 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>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<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	<b>No grants made</b>
Policy on social investment including program related investment	Para 1.38	<b>No social investment</b>
Contribution made by volunteers	Para 1.38	<b>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.</b>
Other		

**Achievements and Performance**

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the		<b>As the threat of Covid receded we were able to begin to plan events in the garden again.</b>  <b>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</b>

charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<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:

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	<b>See financial statement</b>
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	<b>Not applicable</b>
Details of fund materially in deficit	Para 1.24	<b>Not applicable</b>
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><b>Funding through plant sales is an important source of funds.</b></p> <p><b>Suitable grants are the other principle source of funding for events/garden development.</b></p> <p><b>The gardener is funded through a regular monthly donation.</b></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	<b>Nomination and election by existing trustees.</b>

### 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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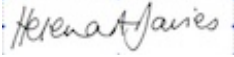


## Declarations

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