



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<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 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>

		<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
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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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

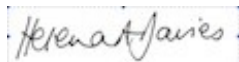
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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

HELENA DAVIES

Position (eg Secretary,
Chair, etc)

Chair

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