

HEART WOOD

England & Wales · Charity number 1182889

Details

Status Registered

Legal form CIO

Registered 2019-04-09

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

Contact

Address 12 Woodside
Hexham
NE46 1HU

Phone 01434607726

Email admin@heartwoodcharity.org

Website www.heartwoodcharity.org

Activities

Objects: TO IMPROVE THE MENTAL HEALTH OF PEOPLE WITH A FOCUS ON MEN IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH EVIDENCE-BASED, PERSON-CENTRED COUNSELLING, PSYCHOTHERAPY AND CONTACT ORIENTATED PROJECTS DELIVERED PRIMARILY OUTDOORS.

Activities: To improve the mental health of people with a focus on men in particular but not exclusively through evidence-based, person-centred counselling, psychotherapy and contact orientated projects delivered primarily outdoors. Current focus is on activity in the Northumberland in the North East of the UK.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Environment/conservation/heritage, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£124,336	£127,492	-	-
2024-03-31	£93,627	£106,313	-	-
2023-03-31	£92,906	£72,637	-	-
2022-03-31	£49,533	£45,993	-	-
2021-03-31	£32,692	£15,879	-	-

Trustees

Name	Role	Appointed
Sue James	Chair	2020-07-24
Beverley Warrington		2026-02-12
Judith Perry		2021-02-01
Mark Lawson		2026-02-04

HEART WOOD

England & Wales - Charity number 1182889

Accounts



Heart Wood TAR / financial statements 2024- 2025
Charity Number 1182889

HEART WOOD

**Annual Report
and Financial Statements
for the year ended 31 March 2025**



HEART WOOD CHARITY

Reference and administrative information for the year ended 31 March 2025

Charity Number: 1182889

Trustees: Sue James (Chair)
Stephanie Ellis (Treasurer)
Jonathan Joures
Judi Perry

Principal Office: 12 Woodside
Hexham
NE46 1HU

Bankers: Co-Operative Bank
P.O. Box 48
1 Balloon Street
Manchester
M60 1GP

Virgin Money
Symington House
7-8 North Avenue
Clydebank
G81 2NT

Independent Examiner: Karen Rae
Armstrong Watson
15 Victoria Place
Carlisle
CA1 1EW



HEART WOOD TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

INTRODUCTION

The trustees present their report and the unaudited financial statements for the year ended 31 March 2025. The trustees have prepared the annual report and financial statements in accordance with the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in January 2015.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Heart Wood is a registered charity number 1182889. It was registered with the Charity Commission on 9 April 2019 and is constituted as a Charitable Incorporated Organisation. Its Constitution was adopted on 20 September 2018.

The charitable objectives of Heart Wood are "to improve the mental health of people with a focus on men in particular but not exclusively through evidence-based, person-centred counselling, psychotherapy and contact orientated projects delivered primarily outdoors."

The Charity adheres to the guidelines within the *Heart Wood Child/Vulnerable Adult Safeguarding Policy* and all facilitators are required to undertake regular safeguarding training to the appropriate level.

Governance

The Management Committee comprises a minimum of three trustees, who are charity trustees for the purpose of charity law. Trustees are appointed by other trustees.

Trustee Induction and Training

A Trustee Information Pack is available to potential and new trustees. Potential trustees are invited to attend a trustee meeting to find out more about the workings of the Management Committee and the governance of the charity, after which they may feel better informed to make the decision to put themselves forward to become a trustee.

During a period of six months, potential trustees are introduced to the charity, their legal obligations under charity law, the content of the governing document, the trustees and the decision-making process, the business plan and financial performance of the charity. After six months, the current trustees will vote to invite the new trustee to be officially appointed.

Trustees are encouraged to attend appropriate training events that will support effective conduct in their role.

Risk Management

Where appropriate, policies and procedures or systems have been put in place to mitigate the risks the charity might face. Significant external risks to funding, and the nature of funding across the Community and Voluntary Sector, have led to the development of a long-term strategic plan including the identification of priority activities in relation to income generation.

Policies and procedures exist to ensure compliance with health and safety of all staff, volunteers, and beneficiaries of the charity. This includes the provision of adequate insurance cover and risk assessment of all charitable activities. These policies and procedures are reviewed annually or more frequently, on change of circumstances, to ensure that they continue to meet the needs of the charity.



OBJECTIVES AND ACTIVITIES

Public Benefit

In shaping the objectives for the year and in planning the activities, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.
The charity provides group counselling in a nature setting for people, primarily in South-West Northumberland, suffering with poor mental health, including those with complex and enduring poor mental health.

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The charity is working towards becoming a Centre of Excellence which provides training in the Heart Wood Approach.

ACHIEVEMENT AND PERFORMANCE

Men's Groups

March – August 2024

Heart Wood offered two Men's Groups running concurrently on eighteen Fridays at our Woodland and Lakeside sites at Minsteracres, DH8 9RT.

Each group was facilitated by a Lead Facilitator and two Co-Facilitators with a maximum attendance of 12 men per group.

At the 36 sessions:

- 22 men engaged
- 9 were new to Heart Wood
- 14 of the men attended more than 50% of the sessions
- 50% of the participants used taxis provided for free

Men's Groups stats overview

Period of activity	March – August 2024
Sessions planned	36
Sessions delivered	36
Total men engaging	22
New participants	9
No. attending more than 50% of sessions	14
Total attendances	223

"Where have you been?"

is different from

"Welcome back."

**Participant
2024**



Heart Wood Facilitators, 2024

"I take my sister's dog for a walk, 3 or 4 times a week now ... My mind just switched off, but for some reason when I've come here, it's woken up ... All my family have noticed as well that I've changed ... And last week when I went to the doctors to see my doctor, even she said, she said "Ye what a difference."

Participant 2024



Connecting Sessions

September 2024 – March 2025

The drop-in *Connecting Sessions* run throughout Autumn and Winter and provide an opportunity for new men to try out a group before the next Men’s Groups start in the Spring.

Connecting Sessions Stats overview.

No of sessions planned	7
No of sessions delivered	7
Total no of men engaging	27
No. of new participants	10
No of men attending more than 50% of sessions	15
Total number of attendances	99



Certificate Level Training Course 2024

Following the refurbishment of the Cottage and Office buildings within Minsteracres Walled Garden, we were able to offer our first residential CPD training programme between March – October 2024. The course offered 100 hours CPD over six residential weekends, for person-centred counsellors wanting to work therapeutically in nature, with experiences focusing on individual 'one to one' nature-based practices as well as nature-based group sessions.



We had four full paying participants and two places (funded by DRLFCT) for Trainee Facilitators.

Our three Co-Facilitators are attending two of the weekends to complete their training.

The DRLFCT grant also funded the costs for BSL interpreters who were supporting a participant.

*“A great opportunity to learn from gifted and experienced practitioners.
They embody the very principles that they seek to teach.”*

Bill, Training Certificate Participant 2024



Evaluation

Qualitative Evaluation

The Men’s Groups Sessions were evaluated by an external evaluator and once again the outcomes confirm to us that we are achieving our aims in improving the wellbeing of vulnerable people in our society by offering something different to existing mental health services.

The evaluator noted feedback from participants about what they would like to change:

- Frequency of Connecting Sessions

“Some participants struggle when the project moves to its Winter cycle of once a month, instead of the Summer cycle of one a week”

“Another participant reflected on the fact that if he misses a winter session, it could be two or three months before he is able to come again, just because he wasn’t available on that day, so having to miss a winter session leaves a big hole in support for him.”

Heart Wood has now secured funding to run Connecting Sessions fortnightly in the 2025-2026 season.

- Initial Session

“One participant reflected on how hard the first session had been for him and that it might have been made easier if he had a buddy or a mentor or a case worker he already knew who could have come to the initial session with him.”

New participants are invited to come along with someone to the first session. In addition, all new participants are offered a 1-2-1 session at the fire site prior to attending the first group session in order for them to meet a facilitator face to face and to familiarise them with the site.

- Marketing Heart Wood sessions

“Participants would like to see more projects like this more widely available and more widely publicised.”

We intentionally don’t promote our services too widely as we have a steady stream of enquiries and are limited in our capacity.

Quantitative Evaluation

In order to meet the requirements of a funder, in June 2024 we undertook quantitative evaluation with 14 men who were attending a Men’s Group session.

Reasons for coming to Heart Wood

- 100% couldn’t find any other services who they felt could help them
- 79% felt lonely and / or isolated
- 79% wanted to meet other people
- 100% wanted to be involved in something that was outside
- 71% had had negative experience of other services
- 86% have experienced past trauma and needed support
- 93% felt sad / low / depressed
- 93% struggled with excessive worry / anxiety
- 57% thought about ending their own life

Since coming to Heart Wood

- 100% feel an improvement in their mental health
- 93% have better relationships with others
- 100% feel as if they belong to a community
- 86% have a deeper understanding of nature, conservation and wildlife
- 86% have seen improvements in their mood
- 79% have improved their physical health
- 79% have better self-esteem
- 57% feel less likely to take their own life
- 86% have seen an improvement in their confidence
- 100% feel better about themselves
- 100% have had better improvements to their mental health than they have from other services
- 100% have made friends



Active Listening Training

As part of our plan to embed person-centred ways of being throughout the organisation, staff and trustees undertook Active Listening training in this period. Active Listening is an empathic way of responding to someone's words and feelings and always trusting the speaker as the expert on their own experiencing.

We have received funding to support a roll-out of this training to men who have expressed an interest in this in 2025-2026. We can see potential in offering more structured training to our participants and the benefit of sharing an understanding of our approach and resourcing their growing capacity to facilitate each other.

Organisational development

The Trustees are continuing the process of reviewing our organisational structure and operation, including reviewing: the roles and responsibilities of Trustees; decision making and assigning sub-committees; risk management; and financial processes.

The charity's constitution Object has been updated as follows:

Previous:

"To improve the mental health of people with a focus on men through evidence-based, person-centred counselling and psychotherapy projects delivered primarily outdoors.

Revised:

"To improve the mental health of people with a focus on men in particular but not exclusively through evidence-based, person-centred counselling, psychotherapy and contact orientated projects delivered primarily outdoors."

Governance

Stephanie Ellis resigned as a Trustee on 17 January 2025 after 4 years and 1 month service.

The Charity has undergone an audit of trustee and staff skills and experience and are in the process of appointing new Trustees.

FINANCIAL REVIEW

The charity remains grateful for the help and support given by charitable trusts and other sources of fundraising and donations. The charity also recognises the valuable contribution made by individuals and supporters.

Total income, including these fees, grants, fundraising and donations, in the year ended 31 March 2025, was £124,336 (2023-2024: £93,627).

Grants received in financial year 2023-2024, for activity in this period (carried forward):

David and Ruth Charitable Trust (£29,800) unrestricted grant

Grants received in 2024-2025 for activity in this period:

Ballinger Trust - £15,000

National Lottery Reaching Communities - £40,000

Shears Foundation - £10,000

Tynedale Lions - £500.00

Mental Health Concern (NHS) - £9,865

Screwfix - £3,380

Percy Bilton Charity - £747.00



Barbour Foundation - £3,000
Arnold Clark - £100.00
DRLFCT - £7,756 (of £33,474 grant)

Grants received in this period with an amount carried forward for activity in 2025-2026:

DRLFCT - £25,718 (of £33,474 grant)

Total costs in 2024-2025 were £127,492 (2023-2024: £106,313).

Total cash funds at 31 March 2025 were £29,475 (2024: £32,631) of which £3,757 was unrestricted (cash) and £25,718 restricted grant funding.

Reserves Policy

Heart Wood does not have any reserves at present.

The Trustees are creating a Reserves Policy for the period 2023 – 2026 as part of the three-year plan, with the aim to build a reserve of sufficient unrestricted funds to cover three months' operating costs, plus exit charges. This figure has been identified following consideration of the main financial risks to the charity once the staff are moved from short term freelance contracts to payroll. The strategy will be to build reserves through economies of scale wherever possible, suitable cost control, and seeking additional funding to meet essential expenses which underpin the provision of service. The trustees will regularly review the level of unrestricted reserves at Management Committee meetings.

Grant Making Policy

The Charity does not make grants.

Investment Policy

The charity holds no investments, other than reserve funds held in interest bearing bank deposit accounts, and as such has no formal investment policy.

PLANS FOR FUTURE PERIODS

- Continue to deliver our two *Men's Groups* running concurrently on Friday's at Minsteracres in Spring/Summer
- The drop-in *Connecting Sessions* in the Autumn/Winter will be increased from monthly to fortnightly.
- Pilot *Active Listening* training to men who have been participating in the Men's Groups
- Offer the Pre-Therapy International Network our space at Minsteracres to hold their annual network meeting plus offering a masterclass open to all therapists.
- Review our Training Certificate model so that it offers more flexibility to participants.
- Continue working towards becoming a Centre of Excellence in working therapeutically in nature in a client-centred way.
- Continue to explore ways to increase revenue streams for Heart Wood to make the charity more sustainable whilst not diverging from the core programme. This includes income from the Training Certificate and hiring out the new space at Minsteracres to other charities close to Heart Wood.
- Increase our focus on fundraising events to generate more income and raise the profile of Heart Wood.



STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charity. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

RESPONSIBILITIES OF THE TRUSTEES

Trustees who served during the year and up to the date of this report are set out under Legal and Administrative Information. In accordance with charity law, as the charity's trustees, we certify that:

- so far as we are aware, there is no relevant information of which the charity's examiner is unaware; and
- as trustees we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant accounts information and to establish that the charity's examiner is aware of that information.

The trustees' annual report has been approved by the trustees and signed on their behalf by

SIGNED:

Sue James (Chair)

DATE:

12 November 2025




Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant - Ballinger Trust	15,000	-	-	15,000	15,000
Grant - Co-Op	-	-	-	-	2,337
Grant - DRLFCT	-	33,474	-	33,474	29,800
Grant - National Lottery	-	40,000	-	40,000	40,000
Grant - Mental Health Concern (NHS)	-	9,865	-	9,865	-
Grant - Percy Bilton Charity	-	747	-	747	-
Grant - Screwfix Foundation	-	3,380	-	3,380	-
Grant - Shears Foundation	-	10,000	-	10,000	-
Grant - Tynedale Lions	-	500	-	500	-
Grant - Barbour Foundation	-	3,000	-	3,000	-
Grant - Arnold Clarke	-	100	-	100	-
Donations Just Giving	30	-	-	30	78
Private Donations and Other Income	1,502	-	-	1,502	3,753
Earned Income	6,738	-	-	6,738	2,640
Gift Aid Claim	-	-	-	-	19
Sub total (Gross income for AR)	23,270	101,066	-	124,336	93,627
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,270	101,066	-	124,336	93,627
A3 Payments					
Core Costs	5,333	20,404	-	25,737	24,931
Salary Costs	16,453	34,333	-	50,786	32,383
Costs of generating earned income	558	-	-	558	2,542
Evaluation	-	1,627	-	1,627	2,721
Connecting Sessions	-	6,795	-	6,795	5,208
Active Survival	-	-	-	-	14,337
Mens Group	-	25,740	-	25,740	24,191
Training	-	16,249	-	16,249	-
	-	-	-	-	-
Sub total	22,344	105,148	-	127,492	106,313
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	22,344	105,148	-	127,492	106,313
Net of receipts/(payments)	926	- 4,082	-	- 3,156	- 12,686
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,831	29,800	-	32,631	45,317
Cash funds this year end	3,757	25,718	-	29,475	32,631

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	3,757	25,718	-
		-	-	-
		-	-	-
	Total cash funds	3,757	25,718	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Sue James	12-Nov-25	

HEART WOOD
INDEPENDENT EXAMINATION REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

Independent examiner's report to the Trustees of Heart Wood (the 'charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 March 2025.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

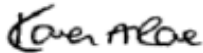
Independent examiner's statement

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- the accounts do not accord with such records; or
- 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 drawing in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my own work or for this report.



Karen Rae FCCA, DChA

Dated: 12 November 2025

Armstrong Watson Audit Limited
Chartered Accountants
Dumfries

HEART WOOD

England & Wales - Charity number 1182889

Accounts



Heart Wood TAR / financial statements 2023- 2024
Charity Number 1182889

HEART WOOD

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



HEART WOOD CHARITY

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Charity Number:

1182889

Trustees:

**Sue James (Chair)
Stephanie Ellis (Treasurer)
Jonathan Joures
Judi Perry
Nancy Rios**

Principal Office:

**12 Woodside
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NE46 1HU**

Bankers:

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G81 2NT**

Independent Examiner:

**Karen Rae
Armstrong Watson
15 Victoria Place
Carlisle
CA1 1EW**



HEART WOOD

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Public Benefit

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The charity provides group counselling in a nature setting for people, primarily in South-West Northumberland, suffering with poor mental health, including those with complex and enduring poor mental health.

The charity is working towards becoming a Centre of Excellence which provides training in the Heart Wood Approach and is in the process of revising its charitable purpose to encompass planned future activity in this area.



ACHIEVEMENT AND PERFORMANCE

Men’s Groups

For the second year, Heart Wood was able to offer two Men’s Groups running concurrently. Each group was facilitated by a Lead Facilitator and Co-Facilitator with a third co-facilitator working across both groups.

The groups ran concurrently on Friday’s from 10.30am - 2.30pm, between April & August 2023 at Minsteracres at our Woodland and Lakeside sites.

Stats

Period of activity	31 March – 4 August 2023
Sessions planned	18
Sessions delivered	18
Total men engaging	18
New participants	11
No. attending more than 50% of sessions	10
Total attendances	187

“Here’s different, more open. Here you’re sat in a forest, you’re around other people who’ve got the same needs. You’ve actually got more than one person listening to you so you can have a lot of resources, a lot of help. Here, you can choose if you want to speak, you don’t have to open up if you don’t want to, you can just sit there. It’s just an amazing group.”

Participant 2023

Connecting Sessions

The *Connecting Sessions* ran monthly between September 2023 and March 2024

A total of 17 men engaged with these sessions, with 8 of them being new to Heart Wood.

Connecting Sessions

Period of activity	Sept 23 – March 24
No of sessions planned	7
No of sessions delivered	7
Total no of men engaging	23
No. of new participants	7
No of men attending more than 50% of sessions	14
Total number of attendences	160



Active Survival

Following the pilot the previous year, we secured funding from Northumberland Direct Delivery Youth Partnership Funding to run further Active Survival sessions for young people aged 16-24, in partnership with Hexham Youth Initiative between April and July 2023.

The sessions took place at private woodland in Thorneyford, Northumberland. Each session was facilitated by two Heart Wood client-centred therapists and at least one youth worker or staff member was also present at the sessions.

We ran 10 **Active Survival** Sessions for young people aged 16-24 engaging 10 young people through Hexham Youth Initiative and Queen Elizabeth High School.

Evaluation

The Men's Groups Sessions were evaluated by an external evaluator and the outcomes confirm to us that we are achieving our aims in improving the wellbeing of vulnerable people in our society by offering something different to existing mental health services.

"The men who have taken part in this study have been able to articulate that Heart Wood has had a profound effect on their lives and for some it has been transformative. Whether it is the only time a person eats vegetables in their lives or that they no longer feel the everyday weight of despair, the participants can identify change that has occurred for them as a result of taking part in Heart Wood."

An internal evaluation of the Active Survival sessions was undertaken in addition to the one carried out by the external evaluator. The complexities around working with younger people are considerable. Many are suffering considerably and some benefitted considerably from attending, but two main factors made it very challenging to build relationships with them and have them engage with regular sessions: 1) the young people are legally required to be in education, training or employment so cannot attend weekly sessions during the day and 2) whilst we built a good relationship with our partners, we had to depend on their understanding of our offer and their describing of it to young people who might come.

We agreed to put this project on hold and to possibly revisit the idea of working with young people when we have more staff available to do so, and partner with a therapeutic organisation.

Training

We have revised our training programme plans. We are now working towards becoming a Centre of Excellence and in 2024-2025 will deliver our first Heart Wood Certificate Level Training Course. The course offers 100 hours CPD over six residential weekends, for person-centred counsellors wanting to work therapeutically in nature, with experiences focusing on individual 'one to one' nature-based practices as well as nature-based group sessions.



Organisational development

In this period, the Trustees started reviewing our organisational structure and planning, including reviewing roles and responsibilities of Trustees; assigning sub-committees; reviewing our charitable aims, and longer-term strategic planning.

We moved core staff on to payroll and have engaged an Administrator who works 1 day a week.

We have entered into a lease agreement with Minsteracres for use of buildings and outside space within the Walled Garden. This comprises use of The Cottage (open plan kitchen, dining and sitting room space, two toilets and a shower) and a separate Heart Wood Office. Renovations on these spaces began in January 2023 with the Cottage space being ready for use by mid-March.

After 3.5 years in the role, Nancy Rios stood down as a Trustee in March 2024. The Charity are undergoing an audit of Heart Wood trustee and staff skills and experience before appointing new positions.

FINANCIAL REVIEW

The charity remains grateful for the help and support given by charitable trusts and other sources of fundraising and donations. The charity also recognises the valuable contribution made by individuals and supporters.

Total income, including these fees, grants, fundraising and donations, in the year ended 31 March 2024, was £93,627 (2023: £92,906).

Grants received in 2022-2023, for activity in this period (carried forward):

NL Direct Delivery Youth Services (£10,000) to support Active Survival

Albert Hunt Trust (£2,000) to support the Men's Groups

Tesco Community Grants (£1,000) to support Connecting Sessions

David and Ruth Charitable Trust (£20,000) unrestricted grant period 2023/2024

Grants received for activity in this period:

Ballinger Trust - £15,000 unrestricted grant

National Lottery Reaching Communities - £40,000 restricted grant for core and delivery activity

Grants received in this period, for activity in 2024-2025:



David and Ruth Charitable Trust (£29,800) restricted grant for core and delivery activity

Total costs in 2023-2024 were £106,313 (2022: £72,637).

Total cash funds at 31 March 2024 were £32,361 (2022: £45,317) of which £2,831 was unrestricted (cash) and £29,800 restricted grant funding.

Reserves Policy

Heart Wood does not have any reserves at present.

The Trustees are creating a Reserves Policy for the period 2023 – 2026 as part of the three-year plan, with the aim to build a reserve of sufficient unrestricted funds to cover three months' operating costs, plus exit charges. This figure has been identified following consideration of the main financial risks to the charity once the staff are moved from short term freelance contracts to payroll. The strategy will be to build reserves through economies of scale wherever possible, suitable cost control, and seeking additional funding to meet essential expenses which underpin the provision of service. The trustees will regularly review the level of unrestricted reserves at Management Committee meetings.

Grant Making Policy

The Charity does not make grants.

Investment Policy

The charity holds no investments, other than reserve funds held in interest bearing bank deposit accounts, and as such has no formal investment policy.

PLANS FOR FUTURE PERIODS

We will continue to deliver our two *Men's Groups* running concurrently on Friday's at Minsteracres in Spring/Summer along with the monthly drop-in *Connecting Sessions* in the Autumn/Winter.

We will pilot Active Listening training to men who have been participating in the Men's Groups for two or more years, Heart Wood staff and Trustees will also be offered this training.

We will continue working towards becoming a Centre of Excellence in working therapeutically in nature in a client-centred way.

We will continue to explore ways to increase revenue streams for Heart Wood to make the charity more sustainable whilst not diverging from the core programme. This includes income from the Training Certificate and hiring out the new space at Minsteracres to other charities close to Heart Wood.



STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charity. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

RESPONSIBILITIES OF THE TRUSTEES

Trustees who served during the year and up to the date of this report are set out under Legal and Administrative Information. In accordance with charity law, as the charity's trustees, we certify that:

- so far as we are aware, there is no relevant information of which the charity's examiner is unaware; and
- as trustees we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant accounts information and to establish that the charity's examiner is aware of that information.

The trustees' annual report has been approved by the trustees and signed on their behalf by

SIGNED:

Sue James (Chair)

DATE:

6 November 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart Wood	No (if any) 1182889
----------------------------	------------------------

CC16a

Receipts and payments accounts

For the period from	01/04/2023	To	31/03/2024
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grant Receivables	-	-	-	-	81,780
Grant - Ballinger Trust	15,000	-	-	15,000	-
Grant - Co-Op	-	2,337	-	2,337	-
Grant - DRLFCT	-	29,800	-	29,800	-
Grant - National Lottery	-	40,000	-	40,000	-
Donations Just Giving	78	-	-	78	3,827
Private Donations and Other Income	3,753	-	-	3,753	878
Earned Income	2,640	-	-	2,640	4,645
Gift aid claim	19	-	-	19	1,776
Sub total (Gross income for AR)	21,490	72,137	-	93,627	92,906
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21,490	72,137	-	93,627	92,906
A3 Payments					
Core Costs	9,193	15,738	-	24,931	15,092
Salary costs	24,050	8,333	-	32,383	-
Costs of generating earned income	2,542	-	-	2,542	4,605
Evaluation	-	2,721	-	2,721	3,372
Connecting Sessions	-	5,208	-	5,208	-
Active Survival	-	14,337	-	14,337	8,669
Mens Group	15,191	9,000	-	24,191	40,899
Sub total	50,976	55,337	-	106,313	72,637
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	50,976	55,337	-	106,313	72,637
Net of receipts/(payments)	- 29,486	16,800	-	- 12,686	20,269
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	32,317	13,000	-	45,317	25,048
Cash funds this year end	2,831	29,800	-	32,631	45,317

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	2,831	29,800	-
		-	-	-
		-	-	-
	Total cash funds	2,831	29,800	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
 <small>Stephanie Ellis (Sep 6, 2024 14:33 GMT+1)</small>		06/09/2024

HEART WOOD
INDEPENDENT EXAMINATION REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

Independent examiner's report to the Trustees of Heart Wood (the 'charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 March 2024.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and 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

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- the accounts do not accord with such records; or
- 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 drawing in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my own work or for this report.



[Karen Rae \(Sep 9, 2024 08:52 GMT+1\)](#)

Karen Rae FCCA

Dated: 09/09/2024

Armstrong Watson LLP
Chartered Accountants
Dumfries

The Trustees
Heart Wood
12 Woodside
Hexham
Northumberland
NE46 1HU

Date: 31 July 2024
Please ask for: Karen Rae
Our Ref: 671/17(73973/NF)
T: 01228 690200
e: Karen.rae@armstrongwatson.co.uk

Dear Sirs

During the course of the preparation and independent examination of your accounts for the period ending 31 March 2024, the following representations were made to us by the Trustees. Please read these representations carefully and if you agree with our understanding please sign and return a copy of this letter to ourselves as confirmation of this.

Financial Statements

- 1 You have fulfilled your responsibility as Trustees, as set out in the terms of our engagement letter dated 19 November 2021, for preparing financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which we have drafted on your behalf, which give a true and fair view of the financial position of the charity as of 31 March 2024 and of the results of its operations for the year then ended and for making accurate representations to us.
- 2 Significant assumptions used by you in making accounting estimates, including those measured at fair value, are reasonable.
- 3 You have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.
- 4 You have disclosed all known actual or possible litigation and claims whose effects should be considered when preparing the financial statements and these have been disclosed in accordance with the requirements of accounting standards.
- 5 You confirm that related party relationships and transactions listed below are a complete list of such relationships and transactions and that you are not aware of any further related parties or transactions.

51 Rae Street
Dumfries
DG1 1JD

T: 01387 955900
F: 01387 955901

www.armstrongwatson.co.uk



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- 6 All events since the balance sheet date which require disclosure or which would materially affect the amounts in the financial statements have been adjusted or disclosed in the financial statements.
- 7 You confirm that the financial statements are free from material misstatements, including omissions. You believe that those uncorrected misstatements identified during the preparation of the financial statements are immaterial both individually and in aggregate to the financial statements as a whole.
- 8 You confirm that, having considered your expectations and intentions for the next twelve months, and the availability of working capital, the charity is a going concern. You confirm that the disclosures in the accounting policies are an accurate reflection of the reasons for your consideration that the financial statements should be drawn up on a going concern basis.

Information provided

- 9 All accounting records and relevant information have been made available to us for the purpose of our preparation of the financial statements. You have provided to us all other information requested and given unrestricted access to persons within the charity from whom we have deemed it necessary to request information.
- 10 All transactions undertaken by the charity have been properly reflected in the accounting records and are reflected in the financial statements.
- 11 You confirm that you are not aware of any possible or actual instance of non-compliance with those laws and regulations which provide a legal framework within which the charity conducts its business and which could affect the financial statements. The charity has complied with all aspects of contractual agreements that could have a material effect on the financial statements in the event of non-compliance.
- 12 The charity has satisfactory title to all assets, and there are no liens or encumbrances on the assets except for those disclosed in the financial statements.
- 13 There are no liabilities, contingent liabilities or guarantees to third parties other than those disclosed in the financial statements.
- 14 The charity has at no time during the year entered into any arrangement, transaction or agreement to provide credit facilities (including loans, quasi-loans or credit transactions) for Trustees, nor to guarantee or provide security for such matters.

You confirm to the best of your knowledge and belief that the above representations are made on the basis of enquiries of management and staff with relevant knowledge and experience and, where appropriate, of inspection of supporting documentation sufficient to satisfy ourselves that you can properly make each of the above representations to us.

We should be grateful if you would kindly acknowledge your agreement with this letter by signing the duplicate where indicated and returning it to us.


Yours faithfully



Armstrong Watson LLP

We confirm that we have read and understood the contents of this letter and agree that it accurately reflects the representations made to you by the Trustees during the course of preparing the charity's accounts.

Signed on behalf of the Board of Trustees by:


Stephanie Ellis (Sep 6, 2024 14:33 GMT+1)..... (Signature)

06/09/2024
..... (Date)

Party	Relationship	Transaction
The Trustees	Trustee	None noted

HEART WOOD

England & Wales - Charity number 1182889

Accounts



Heart Wood TAR / financial statements 2022- 2023
Charity Number 1182889

HEART WOOD

**Report and financial statements
for the year ended 31 March 2023**



HEART WOOD CHARITY

Reference and administrative information for the year ended 31 March 2023

Charity Number:

1182889

Trustees:

**Sue James (Chair)
Stephanie Ellis (Treasurer)
Jos Joures
Judi Perry
Nancy Rios**

Principal Office:

**12 Woodside
Hexham
NE46 1HU**

Bankers:

**Co-Operative Bank
P.O. Box 48
1 Balloon Street
Manchester
M60 1GP**

Independent Examiner:

**Karen Rae FCCA
Armstrong Watson
15 Victoria Place
Carlisle
CA1 1EW**



HEART WOOD

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023

Introduction

The trustees present their report and the unaudited financial statements for the year ended 31 March 2023. The trustees have prepared the annual report and financial statements in accordance with the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in January 2015.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Heart Wood is a registered charity number 1182889. It was registered with the Charity Commission on 9 April 2019 and is constituted as a Charitable Incorporated Organisation. Its Constitution was adopted on 20 September 2018.

The charitable objectives of Heart Wood are "to improve the mental health of people with a focus on men through evidence-based, person-centred counselling and psychotherapy projects delivered primarily outdoors."

Governance

The Management Committee comprises a minimum of three trustees, who are charity trustees for the purpose of charity law. Trustees are appointed by other trustees.

Trustee Induction and Training

A Trustee Information Pack is available to potential and new trustees. Potential trustees are invited to attend a trustee meeting to find out more about the workings of the Management Committee and the governance of the charity, after which they may feel better informed to make the decision to put themselves forward to become a trustee.

During an induction period of six months after appointment, new trustees are introduced to the charity, their legal obligations under charity law, the content of the governing document, the trustees and the decision-making process, the business plan and financial performance of the charity. After six months, the current trustees will vote to invite the new trustee to be officially appointed.

Trustees are encouraged to attend appropriate training events that will support effective conduct in their role.

Risk Management

Where appropriate, policies and procedures or systems have been put in place to mitigate the risks the charity might face. Significant external risks to funding, and the nature of funding across the Community and Voluntary Sector, have led to the development of a long-



term strategic plan including the identification of priority activities in relation to income generation.

Policies and procedures exist to ensure compliance with health and safety of all staff, volunteers, and beneficiaries of the charity. This includes the provision of adequate insurance cover and risk assessment of all charitable activities. These policies and procedures are reviewed annually or more frequently, on change of circumstances, to ensure that they continue to meet the needs of the charity.

OBJECTIVES AND ACTIVITIES

Public Benefit

In shaping the objectives for the year and in planning the activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The charity provides group counselling in a nature setting for people, primarily in South West Northumberland, suffering with poor mental health, including those with complex and enduring poor mental health.

The current provision is:

- Men's Group - group sessions for men aged 25+
- Active Survival - group sessions for young adults aged 16-24

The charity also provides training led by the Lead Facilitators, available to the charity's Co-facilitators and other therapists interested in learning more about the Heart Wood Approach (<https://www.heartwoodcharity.org/the-heart-wood-approach>) .

ACHIEVEMENT AND PERFORMANCE

Following the training programme in 2021 we now engage three co-facilitators to enable us to respond to demand and increase our Men's Groups from one to two. The second Men's Group was made possible thanks to funding from NHS Northumberland CCG via the VSCE Alliance.

The groups ran concurrently between April & August 2022 at Minsteracres following the development of a second site near the lake. In addition, a compost loo was installed near to the Heart Wood sites.

Sixteen men engaged in the groups with over half attending more than 50% of the 18 sessions.

The *Connecting Sessions*, piloted in the previous year, proved popular and necessary to both existing participants. We ran these monthly (rather than every six weeks) between October 2022 and March 2023.

A total of 17 men engaged with these sessions, with 8 of them being new to Heart Wood.



We piloted a partnership project with the Hexham Youth Initiative to offer 10 fortnightly sessions specifically for their young people (men and women aged 16-24) funded by Awards For All. The project engaged 13 young people overall plus attendance from Hexham Youth Workers.

All our projects have been evaluated by an external evaluator and the outcomes confirm to us that we are achieving our aims in improving the wellbeing of vulnerable people in our society by offering something different to existing mental health services.

This period was significant in consolidating how we do what we do and how it is we differ from existing provision. The Heart Wood Approach, written by Rab Erskine and Chip Ponsford, is now published on our website:

www.heartwoodcharity.org/the-heart-wood-approach

We have worked on our three-year project plan for the period 2023 – 2026 and have identified a need to increase our core costs which were significantly underbudgeted for previous years. This will include putting two key staff on payroll.

We have built in new project strands to support the charity's sustainability as we expand our delivery. This includes offering bespoke staff facilitation for organisations led by the team of Heart Wood facilitators. Our first engagement took place in January 2023 supporting a team of staff at a local charity.

We are now looking towards offering a Certificate Level Training for person-centred counsellors wanting to work therapeutically in nature, with experiences focusing on individual 'one to one' nature-based practices as well as nature-based group sessions.

FINANCIAL REVIEW

The charity remains grateful for the help and support given by local government agencies, charitable trusts and other sources of fundraising and donations. The charity also recognises the valuable contribution made by individuals and supporters.

Total income, including these fees, grants, fundraising and donations, in the year ended 31 March 2023 was £92,906 (2022: £49,533).

Grants received for activity in this period were:

Hadrian Trust (£500)

Northumberland VSCE Alliance NHS (£9,445) to run a second Men's Group

NL Direct Delivery Youth Services (£10,000) to support Active Survival in period 2023/2024

Albert Hunt Trust (£2,000) to support the Men's Groups in period 2023/2024

Tesco Community Grants (£1,000) to support Connecting Sessions in period 2023/2024

David and Ruth Charitable Trust (£20,000) unrestricted grant period 2023/2024



Total costs in 2023 were £72,637 (2022: £45,993).

Total cash funds at 31 March 2023 were £45,417 (2022: £25,048) of which £32,317 was unrestricted (comprising £20,000 unrestricted grant and £12,417 cash) and £13,000 restricted funding.

In this period we received confirmation of two 3-year funding agreements for period 2023-2026:

National Lottery Reaching Communities - £40,000 per year for three years
Ballinger Trust - £15,000 per year for three years

Reserves Policy

Heart Wood does not have any reserves at present.

The Trustees are creating a Reserves Policy for the period 2023 – 2026 as part of the three year plan, with the aim to build a reserve of sufficient unrestricted funds to cover three months' operating costs, plus exit charges. This figure has been identified following consideration of the main financial risks to the charity once the staff are moved from short term freelance contracts to payroll. The strategy will be to build reserves through economies of scale wherever possible, suitable cost control, and seeking additional funding to meet essential expenses which underpin the provision of service. The trustees will regularly review the level of unrestricted reserves at Management Committee meetings.

Grant Making Policy

The Charity does not make grants.

Investment Policy

The charity holds no investments, other than reserve funds held in interest bearing bank deposit accounts, and as such has no formal investment policy.

PLANS FOR FUTURE PERIODS

Thanks to confirmation of National Lottery Reaching Communities funding for the period April 2023 – March 2026, plus a three-year commitment from the Ballinger Trust, we have the security we need in order to be able to focus our efforts more on development and delivery. We are now in a position to be able to employ the two primary roles.

We will continue to deliver our two *Men's Groups* running concurrently on Friday's at Minsteracres in Spring/Summer along with the monthly drop-in *Connecting Sessions* which now run year round.



We will evaluate the pilot project with the Hexham Youth Initiative at the end of the Summer 2023 and will develop the programme according to our findings.

We are in discussion with Minsteracres about creating a Heart Wood base in some of the buildings within the Walled Garden from which we can run residential training programmes.

We are working towards becoming a Centre of Excellence and offering an annual CPD Training Certificate for qualified person-centred or humanistic therapists interested in working in a contact-oriented way with individuals and groups in nature.

We will continue to explore ways to increase revenue streams for Heart Wood to make the charity more sustainable whilst not diverging from the core programme.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charity. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



RESPONSIBILITIES OF THE TRUSTEES

Trustees who served during the year and up to the date of this report are set out under Legal and Administrative Information. In accordance with charity law, as the charity's trustees, we certify that:

- so far as we are aware, there is no relevant information of which the charity's examiner is unaware; and
- as trustees we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant accounts information and to establish that the charity's examiner is aware of that information.

The trustees' annual report has been approved by the trustees and signed on their behalf by

SIGNED:

Sue James (Chair)

DATE: 5 October 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart Wood	No (if any) 1182889
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CC16a

Receipts and payments accounts

For the period from	01/04/2022	To	31/03/2023
---------------------	------------	----	------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Receivables	28,068	53,712		81,780	47,215
Donations Just Giving	3,827	-	-	3,827	1,669
Private Donations and Other Income	878	-	-	878	649
Earned Income	4,645	-	-	4,645	-
Gift aid claim	1,776	-	-	1,776	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	39,194	53,712	-	92,906	49,533
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,194	53,712	-	92,906	49,533
A3 Payments					
Core Costs	14,828	-	-	14,828	13,594
CPD	264	-	-	264	5,967
Costs of generating earned income	4,605	-	-	4,605	-
Evaluation		3,372	-	3,372	2,091
Active Survival		8,669	-	8,669	8,627
Mens Group		40,899	-	40,899	15,714
Sub total	19,697	52,940	-	72,637	45,993
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	19,697	52,940	-	72,637	45,993
Net of receipts/(payments)	19,497	772	-	20,269	3,540
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,820	12,228	-	25,048	21,508
Cash funds this year end	32,317	13,000	-	45,317	25,048

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	32,317	13,000	-
		-	-	-
		-	-	-
	Total cash funds	32,317	13,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Sue James	06/10/23

The Trustees
Heart Wood
12 Woodside
Hexham
Northumberland
NE46 1HU

Date: 18 September 2023
Please ask for: Karen Rae
Our Ref: 671/17(73973/NF)
T: 01228 690200
e: Karen.rae@armstrongwatson.co.uk

Dear Sirs

During the course of the preparation and independent examination of your accounts for the period ending 31 March 2023, the following representations were made to us by the Trustees. Please read these representations carefully and if you agree with our understanding please sign and return a copy of this letter to ourselves as confirmation of this.

Financial Statements

- 1 You have fulfilled your responsibility as Trustees, as set out in the terms of our engagement letter dated 19 November 2021, for preparing financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which we have drafted on your behalf, which give a true and fair view of the financial position of the charity as of 31 March 2023 and of the results of its operations for the year then ended and for making accurate representations to us.
- 2 Significant assumptions used by you in making accounting estimates, including those measured at fair value, are reasonable.
- 3 You have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.
- 4 You have disclosed all known actual or possible litigation and claims whose effects should be considered when preparing the financial statements and these have been disclosed in accordance with the requirements of accounting standards.
- 5 You confirm that related party relationships and transactions listed below are a complete list of such relationships and transactions and that you are not aware of any further related parties or transactions.

51 Rae Street
Dumfries
DG1 1JD

T: 01387 955900
F: 01387 955901

www.armstrongwatson.co.uk



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- 6 All events since the balance sheet date which require disclosure or which would materially affect the amounts in the financial statements have been adjusted or disclosed in the financial statements.
- 7 You confirm that the financial statements are free from material misstatements, including omissions. You believe that those uncorrected misstatements identified during the preparation of the financial statements are immaterial both individually and in aggregate to the financial statements as a whole.
- 8 You confirm that, having considered your expectations and intentions for the next twelve months, and the availability of working capital, the charity is a going concern. You confirm that the disclosures in the accounting policies are an accurate reflection of the reasons for your consideration that the financial statements should be drawn up on a going concern basis.

Information provided

- 9 All accounting records and relevant information have been made available to us for the purpose of our preparation of the financial statements. You have provided to us all other information requested and given unrestricted access to persons within the charity from whom we have deemed it necessary to request information.
- 10 All transactions undertaken by the charity have been properly reflected in the accounting records and are reflected in the financial statements.
- 11 You confirm that you are not aware of any possible or actual instance of non-compliance with those laws and regulations which provide a legal framework within which the charity conducts its business and which could affect the financial statements. The charity has complied with all aspects of contractual agreements that could have a material effect on the financial statements in the event of non-compliance.
- 12 The charity has satisfactory title to all assets, and there are no liens or encumbrances on the assets except for those disclosed in the financial statements.
- 13 There are no liabilities, contingent liabilities or guarantees to third parties other than those disclosed in the financial statements.
- 14 The charity has at no time during the year entered into any arrangement, transaction or agreement to provide credit facilities (including loans, quasi-loans or credit transactions) for Trustees, nor to guarantee or provide security for such matters.

You confirm to the best of your knowledge and belief that the above representations are made on the basis of enquiries of management and staff with relevant knowledge and experience and, where appropriate, of inspection of supporting documentation sufficient to satisfy ourselves that you can properly make each of the above representations to us.

We should be grateful if you would kindly acknowledge your agreement with this letter by signing the duplicate where indicated and returning it to us.

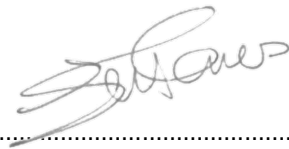
Yours faithfully



Armstrong Watson LLP

We confirm that we have read and understood the contents of this letter and agree that it accurately reflects the representations made to you by the Trustees during the course of preparing the charity's accounts.

Signed on behalf of the Board of Trustees by:



..... (Signature)

..... 6 October 2023

..... (Date)

Party	Relationship	Transaction
The Trustees	Trustee	None noted

HEART WOOD

England & Wales - Charity number 1182889

Accounts

HEART WOOD

**Report and financial statements
for the year ended 31 March 2022**

HEART WOOD CHARITY

Reference and administrative information for the year ended 31 March 2022

Charity Number: 1182889

Trustees:
Sue James (Chair)
Stephanie Ellis (Treasurer)
Judi Perry
Nancy Rios

Principal Office:
12 Woodside
Hexham
NE46 1HU

Bankers:
Co-Operative Bank
P.O. Box 48
1 Balloon Street
Manchester
M60 1GP

Independent Examiner:
Karen Rae FCCA
Armstrong Watson
15 Victoria Place
Carlisle
CA1 1EW

HEART WOOD

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

Introduction

The trustees present their report and the unaudited financial statements for the year ended 31 March 2022. The trustees have prepared the annual report and financial statements in accordance with the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in January 2015.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Heart Wood is a registered charity number 1182889. It was registered with the Charity Commission on 9 April 2019 and is constituted as a Charitable Incorporated Organisation. Its Constitution was adopted on 20 September 2018.

The charitable objectives of Heart Wood are "to improve the mental health of people with a focus on men through evidence-based, person-centred counselling and psychotherapy projects delivered primarily outdoors."

Governance

The Management Committee comprises a minimum of three trustees, who are charity trustees for the purpose of charity law. Trustees are appointed by other trustees.

Trustee Induction and Training

A Trustee Information Pack is available to potential and new trustees. Potential trustees are invited to attend a trustee meeting to find out more about the workings of the Management Committee and the governance of the charity, after which they may feel better informed to make the decision to put themselves forward to become a trustee.

During an induction period of six months after appointment, new trustees are introduced to the charity, their legal obligations under charity law, the content of the governing document, the trustees and the decision-making process, the business plan and financial performance of the charity. After six months, the current trustees will vote to invite the new trustee to be officially appointed.

Trustees are encouraged to attend appropriate training events that will support effective conduct in their role.

Risk Management

Where appropriate, policies and procedures or systems have been put in place to mitigate the risks the charity might face. Significant external risks to funding, and the nature of funding across the Community and Voluntary Sector, have led to the development of a long-term strategic plan including the identification of priority activities in relation to income generation.

Policies and procedures exist to ensure compliance with health and safety of all staff, volunteers, and beneficiaries of the charity. This includes the provision of adequate insurance cover and risk assessment of all charitable activities. These policies and procedures are reviewed annually or more frequently, on change of circumstances, to ensure that they continue to meet the needs of the charity.

OBJECTIVES AND ACTIVITIES

Public Benefit

In shaping the objectives for the year and in planning the activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The charity provides group counselling in a nature setting for people, primarily in South West Northumberland, suffering with poor mental health, including those with complex and enduring poor mental health.

The current provision is:

- Men's Group - group sessions for men aged 25+
- Active Survival - group sessions for young adults aged 16-24

The charity also provides training led by the Lead Facilitators, available to the charity's Co-facilitators and other therapists interested in learning more about the Heart Wood Approach (<https://www.heartwoodcharity.org/the-heart-wood-approach>) .

ACHIEVEMENT AND PERFORMANCE

Heart Wood have continued to develop projects and training the offer in this period. The following activity was delivered:

- eighteen Men's Group sessions for men aged 24+ taking place weekly between April and August 2021 in private woodland at Minsteracres Retreat Centre, engaging with 7 men
- eight *Active Survival* pilot open sessions for young men aged 18-24. These took place monthly on Saturdays at the Thorneyford site between April and August 2021, engaging with 6 young men
- seven monthly taster sessions for Hexham Youth Initiative young people aged 16-24 between July 2021 and March 2022 engaging with 5 young people
- five Men's Group Connecting Sessions between September 2021 and February 2022 engaging with 15 men
- one Men's Group taster sessions specifically for new participants in March 2022
- training programme for 5 therapists with a view to them being brought on board as Heart Wood facilitators to enable the charity to sustain or its provision

FINANCIAL REVIEW

The charity remains grateful for the help and support given by local government agencies, charitable trusts and other sources of fundraising and donations. The charity also recognises the valuable contribution made by individuals and supporters.

Total income, including these fees, grants, fundraising and donations, in the year ended 31 March 2022 was £49,533 (2021: £32,692).

Grants received in this period were:

National Lottery Reaching Communities (£28,937.00)

Greatham Hospital of God (£1,000)

Hadrian Trust (£1,000)

Sir James Knott (£750)

Arnold Clark (£1,000)

Awards For All (£9,228) – restricted fund for activity in next period

Allen Lane Foundation (£3,000) – restricted fund for activity in next period

Total costs in 2022 were £45,993 (2021: £15,879).

Total cash funds at 31 March 2022 were £25,048 (2021: £21,508) of which £12,820 was unrestricted and £12,228 was restricted.

Reserves Policy

Heart Wood does not yet have any reserves at present.

The Trustees are creating a Reserves Policy for the period 2023 – 2026 as part of the new Business Plan, with the aim to build a reserve of sufficient unrestricted funds to cover three months' operating costs, plus exit charges. This figure has been identified following consideration of the main financial risks to the charity once the staff are moved from short term freelance contracts to payroll. The strategy will be to build reserves through economies of scale wherever possible, suitable cost control, and seeking additional funding to meet essential expenses which underpin the provision of service. The trustees will regularly review the level of unrestricted reserves at Management Committee meetings.

Grant Making Policy

The Charity does not make grants.

Investment Policy

The charity holds no investments, other than reserve funds held in interest bearing bank deposit accounts, and as such has no formal investment policy.

PLANS FOR FUTURE PERIODS

Our main aim this year is to continue to find funds to support the most disadvantaged and vulnerable people in our community.

We will expand our Men's Groups to two running concurrently on Friday's at Minsteracres and have developed a second site there.

We will pilot a partnership with the Hexham Youth Initiative to offer fortnightly sessions specifically for their young people (men and women).

We will publish the Heart Wood approach on our website.

We will write a business plan for the period 2023 – 2026 and look to make the organisation more sustainable as we expand our delivery.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charity as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year; in preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

RESPONSIBILITIES OF THE TRUSTEES

Trustees who served during the year and up to the date of this report are set out under Legal and Administrative Information. In accordance with charity law, as the charity's trustees, we certify that:

- so far as we are aware, there is no relevant information of which the charity's examiner is unaware; and
- as trustees we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant accounts information and to establish that the charity's examiner is are aware of that information.

The trustees' annual report has been approved by the trustees and signed on their behalf by

SIGNED:



Sue James (Chair)

DATE:

28 November 2022

Receipts and payments accounts

CC16a

For the period from	01/04/2021	To	31/03/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Receivables	31,937	15,278	-	47,215	32,392
Donations Just Giving	1,669	-	-	1,669	-
Private Donations	649	-	-	649	300
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	34,255	15,278	-	49,533	32,692
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	34,255	15,278	-	49,533	32,692
A3 Payments					
Core Costs	13,594	-	-	13,594	4,611
CPD	5,967	-	-	5,967	-
Evaluation	2,091	-	-	2,091	-
Younger mens project	-	-	-	-	867
Older mens project	-	-	-	-	3,158
Lads & dads project	-	-	-	-	888
Reflections in nature project	-	-	-	-	6,355
Active Survival	4,327	4,300	-	8,627	-
Mens Group	15,714	-	-	15,714	-
Sub total	41,693	4,300	-	45,993	15,879
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	41,693	4,300	-	45,993	15,879
Net of receipts/(payments)	- 7,438	10,978	-	3,540	16,813
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	20,258	1,250	-	21,508	4,695
Cash funds this year end	12,820	12,228	-	25,048	21,508

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	12,820	12,228	-
		-	-	-
		-	-	-
	Total cash funds	12,820	12,228	-

(agree balances with receipts and payments account(s))

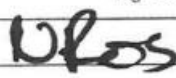
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	NANCY RIOS	30/08/2022

HEART WOOD
INDEPENDENT EXAMINATION REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

Independent examiner's report to the Trustees of Heart Wood (the 'charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 March 2022.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

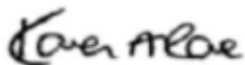
Independent examiner's statement

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- the accounts do not accord with such records; or
- 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 drawing in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my own work or for this report.



Karen Rae FCCA

Dated: 30 August 2022

Armstrong Watson Audit Limited

Chartered Accountants

Carlisle

HEART WOOD

England & Wales - Charity number 1182889

Accounts



**Heart Wood CIO
Trustees Report
for the Year Ended 31 March 2021**

Charity number 1182889



Charity Objectives

Heart Wood is a mental health charity based and operating in Northumberland, specifically South-East Northumberland and Tynedale.

We provide group counselling in a nature setting for people suffering with enduring and complex poor mental health.

We primarily work with vulnerable men who are unable to engage with existing services. They may be experiencing depression, suicidal feelings, loneliness, isolation, lacking in confidence or suffering with trauma from past life experiences. They are likely to be losing contact with themselves, friends and family and the communities around them.

We offer a safe space facilitated by two client-centred counsellors experienced in working therapeutically in a nature setting. We work with a small group size that is manageable to the participants. At the sessions, the men will check-in, prepare and light the fire, set up the parachute, clear woodland from rhododendron and other bushcraft activities, be part of group time and make group soup.

There is a regular structure to the sessions. However, how much and what the men engage with is dependent on how they are feeling on the day. Throughout the project we are asking the men how it is for them. We are in a constant process of evaluation and adaptation in order to meet their needs. The men that participate feel valued, heard and respected.

Our recent evaluation showed that participants have:

- increased in confidence
- had a reduction in loneliness
- felt 'valid and worth-while'
- continued connecting with each other beyond the project
- got back into employment
- resolved financial problems
- have engaged again within their local community
- improved relationships with families and friends
- learnt cooking skills resulting in an improved diet
- had an improvement in physical health
- learnt about nature and ecology
- and have continued to engage with the outdoors beyond the project in the knowledge that this helps with their wellbeing

Charity Structure in the period of this report

Heart Wood is a CIO with four Trustees. There is one part-time freelance Project Manager and two freelance Lead Facilitators.



Report from the Trustees

For the purposes of this inaugural report from the Heart Wood Trustees, the initial period of the foundation of Heart Wood from April 2019 until March 2020 is also included.

April 2019 – March 2020

Objectives in this period from 3-year plan 2019 - 2022

- Charity Development
- Design Heart Wood logo & identity
- Create website
- Set up charity bank account
- Set three-year budget and plan
- Fundraising campaign for Men's Group 2020
- Increase stakeholder engagement and influence, to create champions of the projects and referral routes, by speaking to GP's and local mental health organisations (e.g. Cynus, NDAS, The Bridge Project, Men's Sheds)
- Create and distribute fliers for group projects
- Devise and implement marketing and social media campaign
- Generate local and regional press coverage
- Development time for new group working with adolescents (Active Survival)
- Site development at Thorneyford and Minsteracres

Key Achievements

Heart Wood was constituted in April 2019. Four trustees were engaged, and the following months saw a period of charity development, with networking from the charity founder, Chip Ponsford, attending local networking events such as VCS; a funding strategy formed, options, establishing the charity name, logo and brand, setting up the website, setting up the bank account, and drafting charity policies.

In this period, we secured funding as follows:

£2,000 Barbour Foundation

£1,250 Rothley Trust:

£1,000 The William Leech Foundation

£2,483 via JustGiving with our fundraising bike ride (now an annual event).

£2,960 via private donations





In December 2019, Heart Wood was awarded a considerable grant of £87,712 over 3 years (April 2020 – March 2023) from National Lottery Reaching Communities fund.

This enabled us to start planning to deliver the activity outlined in the three-year plan of:

- two 'Men In Woods' projects in Spring / Summer 2020
- a CPD weekend in June 2020
- a 'Lads and Dads' weekend in Autumn 2020



Fliers were created and distributed around local towns and villages, in GP surgeries, on community notice boards, libraries, shops, cafes etc. Referral partners were contacted again and recruitment began.

By the beginning of March 2020, eight men had signed up for the first Men's Group, due to run on Fridays from 17 April – 19 September 2021. The recruitment for the younger men's group had been less successful and the project was put on hold to allow time to think of other ways of engaging with younger men.

By the end of March 2020, the COVID-19 pandemic hit. An extraordinary meeting was called by the Trustees on 6 April and all activity was paused.





April 2020 – March 2021

Objectives in this period from 3-year plan 2019 - 2022

- Deliver Men's Group 1 (18-25 year olds)
- Deliver Men's Group 2 (over 25 year olds)
- Planning and marketing CPD therapist course
- Planning and marketing Lads and Dads
- CPD therapist training weekend # 1
- Lads and Dads pilot programme

Summary of Key Activity: April 2020 – March 2021

In April 2020, Heart Wood went through a process of responding and adapting in the face of the COVID pandemic. It was no longer possible to meet in the woods, but there was a duty of care needed towards the men who had signed up for the Men's Group project.

Reflections in Nature

The lead facilitators, Chip Ponsford and Rab Erskine, adapted the model that would enable Heart Wood to continue to engage with the men remotely. Additional funding was sought and secured from the National Lottery Covid fund.

The programme, *Reflections in Nature*, was a series of 12 weekly tasks set by the facilitators, which encouraged the men to engage with nature and respond. Their responses were shared anonymously with the other group members.

Men's Group Sessions

When the lockdown restrictions were lifted we were able to hold four in-person sessions in the woods between October and March, adhering to Covid guidelines.

Lad's and Dad's Pilot

Heart Wood received funding to pilot a programme working with fathers and sons. This was piloted with a father and son who had contacted Heart Wood expressing a desire to work together. Two sessions took place and whilst the feedback was positive from the participants, it was felt that the model couldn't be expanded to work with several groups of father and sons and therefore this project model would need rethinking.



Governance

In this period three Trustees retired, and three new Trustees were appointed.

Funding (April 2020 – March 2021)

£32,392	National Lottery Reaching Communities Grant
£250	Charity of the Month donation from Armstrong Watson
£50	Private donation



HEXHAM COURANT hexham-courant.co.uk

Psychotherapist and founder of the Heart Wood charity, Chip Ponsford. Photo: HX062036

Boost for men's mental health

£87,712 Lottery grant for charity

By James Robinson
jwc.robson@newsquest.co.uk

The charity has been awarded the grant from the National Lottery Community Fund, which Chip said would help the charity move forward.

"It helps us to consolidate what we've already done and build on that," he said. "We had real success in 2019.

"There's a mental health crisis going on, so this helps us reach people who don't engage with traditional services.

"Suicide is the biggest killer of men.

"They don't open up as easily as women, but they really respond to this sort of outdoor therapy."

The money will be used to run two ecotherapy groups a week, as well as training more therapists who will then be able to offer similar sessions.

"One is held in private woodland near Slaley for men aged over 25, while a second group for men aged between 18-25 is held in woodland near Ponteland.

Chip explained that the charity offered different therapy groups for men of different ages due to the fact that younger men found it more comfortable with people closer to their own age.

Duncan Nicholson, head of funding for the North-East and Cumbria at the National Lottery Community Fund, said: "We're delighted to be able to fund Heart Wood and the valuable, person-centred work that it does, striving to improve people's mental health."

hexham-courant.co.uk HEXHAM COURANT THUR 1 AUGUST 19

Men's bike ride launches mental health charity

Therapist hopes woodland work can benefit sufferers

By James Robinson
jwc.robson@newsquest.co.uk

A THERAPIST has cycled 49 miles to launch his new charity. Psychotherapist Chip Ponsford was joined by ten other men - nine from Tyndale and one from Australia - who rode the distance to launch Heart Wood.

The charity works to improve the mental health of people focusing on men, through woodland-based, person-centred, counselling and therapy.

Every nine represents the age under which suicide is the biggest killer of men in the UK.

Chip formed the charity following the successful outcomes of pilot schemes completed by himself and fellow psychotherapist Rab Erskine, along with the Northumberland Domestic Abuse Service (NDAS).

The model proposed by Heart Wood involves long-term work, building trust through by respecting each individual's experiences.

Originally from London, Chip moved his family to Tyndale in order to set up Heart Wood and provide the service.

Chip Ponsford completed a bike ride in aid of the charity he's set up to provide woodland therapy for men struggling with mental health problems. Photo: HX311908

He explained: "There's a large proportion of men who can't engage with traditional therapy. They're the men we want to reach out to.

"There's good research that shows men will engage more with, something outside.

"We're answering a very real need. We did a pilot scheme in 2018 which showed this type of therapy is very successful.

"We're now a charity and we can raise funds. We're confident we can raise the money."

Chip is hoping that the bike ride will raise £2,000, which will fund a place for one participant to engage in the therapy sessions.

Donations can be made at www.justgiving.com/campaign/heart-woodride



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart Wood	No (if any) 1182889
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Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Funding	32,392	-	-	32,392	4,250
Private Donations	300	-	-	300	2,660
Just Giving	-	-	-	-	2,530
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,692	-	-	32,692	9,440
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,692	-	-	32,692	9,440
A3 Payments					
Core Costs	4,611	-	-	4,611	2,273
Younger mens project	867	-	-	867	1,311
Older mens project	3,158	-	-	3,158	1,161
Lads & dads project	888	-	-	888	-
Reflections in nature project	6,355	-	-	6,355	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	15,879	-	-	15,879	4,745
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,879	-	-	15,879	4,745
Net of receipts/(payments)	16,813	-	-	16,813	4,695
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,445	1,250	-	4,695	-
Cash funds this year end	20,258	1,250	-	21,508	4,695

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	20,258	1,250	-
		-	-	-
		-	-	-
	Total cash funds	20,258	1,250	-

(agree balances with receipts and payments account(s))

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
-	-	-
-	-	-
-	-	-
-	-	-

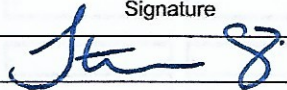
Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name STEPHANIE ELLIS	Date of approval 25/1/22
2		

HEART WOOD
INDEPENDENT EXAMINATION REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

Independent examiner's report to the Trustees of Heart Wood (the 'charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 March 2021.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

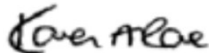
Independent examiner's statement

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- the accounts do not accord with such records; or
- 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 drawing in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my own work or for this report.



Karen Rae FCCA

Dated: 22 January 2022

Armstrong Watson Audit Limited

Chartered Accountants

Carlisle



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart Wood	No (if any) 1182889
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Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021
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	-	-	-	-	-
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	-	-	-	-	-
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		-	-	-
		-	-	-
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(agree balances with receipts and payments account(s))

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

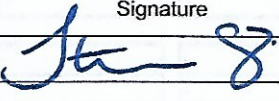
B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name STEPHANIE ELLIS	Date of approval 25/1/22
2		

HEART WOOD
INDEPENDENT EXAMINATION REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

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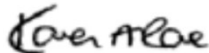
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Karen Rae FCCA

Dated: 22 January 2022

Armstrong Watson Audit Limited
Chartered Accountants
Carlisle