DANDELION SEEDS FOUNDATION

England & Wales · Charity number 1184674

Details

Status	Registered
Legal form	CIO
Registered	2019-07-30
Register	View on the Charity Commission register

Contact

Address	2 Addison Grove Taunton TA2 6JF
Phone	07401 352392
Email	phil@dseeds-foundation.org
Website	http://www.dseeds-foundation.org

Activities

Objects: THE RELIEF OF EMOTIONAL AND PHYSICAL DISTRESS AND SUFFERING OF PERSONS SUFFERING ILL HEALTH, DISABILITY OR INFIRMITY AS WELL AS THEIR CAREERS, FRIENDS AND FAMILIES FOR THE PUBLIC BENEFIT BY:· THE PROVISION OF INFORMATION AND SERVICES ON COMPLIMENTARY PALLIATIVE HEALTH, LIFESTYLE AND WELLNESS OPTIONS;· THE PROVISION OF GRANTS AND OTHER FINANCIAL ASSISTANCE FOR EQUIPMENT AND ITEMS THAT ARE UNAVAILABLE FROM STATUTORY PROVIDERS AS WELL AS FOR PALLIATIVE COMPLIMENTARY THERAPIES AND TREATMENTS; AND· IN SUCH OTHER WAYS AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE.

Activities: To promote and provide complementary and alternative therapies and treatments in furtherance of the relief of sickness.The charity has a strong focus on working collaboratively with other third sector organisations within the UK to enhance and complement existing health and wellbeing services. The charity will run workshops, seminars and events to inform the public about health and wellness

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Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£1,708	£2,263	-	-
2024-07-31	£3,848	£5,113	-	-
2023-07-31	£3,814	£1,000	-	-
2022-07-31	£1,486	£609	-	-
2021-07-31	£5,425	£9,795	-	-
2020-07-31	£14,530	£9,791	-	-

Trustees

Name	Role	Appointed
Phillip Bristow	Chair	2019-08-01
James Ryder		2019-08-01
Vivien Bristow		2019-08-01

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DANDELION SEEDS FOUNDATION

England & Wales - Charity number 1184674

Accounts

DANDELION
SEEDS FOUNDATION

ANNUAL REPORT

DANDELION SEEDS FOUNDATION

May 2026

Trustees' ANNUAL REPORT 2025-2025

Trustees' Annual Report
for the period

From (start date) 3 0 0 7 1 9 to (end date) 3 1 0 0 8 0

Section A Reference and administration details

Charity name	Dandelion Seeds Foundation
Other names the charity is known by	n/a
Registered charity number	
Charity's principal address	2 Addison Grove Taunton Somerset Postcode T A 2 6 J F

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. James Ryder		6 Year	
2	Mrs. Michelle Bristow		6 Year	
3	Mr. Phillip Bristow		6 Year	
4				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section A Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
n/a		

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution

Constitution for CIO

How the charity is constituted (e.g. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods (e.g. appointed by, elected by)

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (optional information)

Refer to constitutional document for information on the governance of the CIO.

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

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

Section C Objectives and activities

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

The object[s] of the CIO are:

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

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

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Grant funding for the Taunton Opportunity Group (TOG) provide a safe and satisfying group experience and play for the advancement of the education of children with special needs and other children under statutory school age.
- Provision of grants to individuals for palliative support.

Additional details of objectives and activities

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

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

Section D Achievements and performance

Summary of the main achievements of the charity during the year

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

Grant funding for the Taunton Opportunity Group (TOG) provide a safe and satisfying group experience and play for the advancement of the education of children with special needs and other children under statutory school age.

Provision of grants to individuals for palliative support.

Section E — Financial review

Brief statement of the charity's policy on reserves

The number of reserves as at report date is £500

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

Details of any funds materially in deficit

n/a

Further financial review details

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services.
As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose.

Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

Section F — Other optional information.

n/a

Section G — Declaration.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Phillip Bristow

Position (secretary, chair etc.) Chair

Date

2	5	0	5	2	6

Dandelion Seeds Foundation is an independent charity regulated by the Charity Commission

Dandelion Seeds Foundation

Charity No. 1184674

Company No. CE018370

Trustees' Report and Unaudited Accounts

31 July 2025

Dandelion Seeds Foundation
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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE018370

Charity No. 1184674

Registered Office

2 Addison Grove
Taunton
TA2 6JF

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bristow
P. Bristow
J. Ryder

Accountants

The Vine Accounting Ltd
17 St Margaret's Crescent
Gravesend
DA12 4EJ

OBJECTIVES AND ACTIVITIES

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

ACHIEVEMENTS AND PERFORMANCE

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

Grant funding for the Taunton Opportunity Group (TOG) provide a safe and satisfying group experience and play for the advancement of the education of children with special needs and other children under statutory school age.

Provision of grants to individuals for palliative support.

FINANCIAL REVIEW

The number of reserves as at report date is £500

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services. As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose. Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

P. Bristow
Trustee
29 May 2026

Dandelion Seeds Foundation
Statement of Financial Activities
for the year ended 31 July 2025

	Notes	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:				
Donations and legacies	4	1,708	1,708	3,848
Total		1,708	1,708	3,848
Expenditure on:				
Charitable activities	5	1,653	1,653	4,315
Other	6	610	610	798
Total		2,263	2,263	5,113
Net gains on investments		-	-	-
Net expenditure		(555)	(555)	(1,265)
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		(555)	(555)	(1,265)
Other gains and losses				
Net movement in funds		(555)	(555)	(1,265)
Reconciliation of funds:				
Total funds brought forward		2,795	2,795	4,060
Total funds carried forward		2,240	2,240	2,795

Dandelion Seeds Foundation
Summary Income and Expenditure Account
for the year ended 31 July 2025

	2025 £	2024 £
Income	1,708	3,848
Gross income for the year	1,708	3,848
Expenditure	2,263	5,113
Total expenditure for the year	2,263	5,113
Net expenditure before tax for the year	(555)	(1,265)
Net expenditure for the year	(555)	(1,265)

Dandelion Seeds Foundation
Balance Sheet

at 31 July 2025

Company No. CE018370	Notes	2025	2024
		£	£
Current assets			
Cash at bank and in hand		2,590	3,145
		2,590	3,145
Creditors: Amount falling due within one year	8	(350)	(350)
Net current assets		2,240	2,795
Total assets less current liabilities		2,240	2,795
Net assets excluding pension asset or liability		2,240	2,795
Total net assets		2,240	2,795
The funds of the charity			
Restricted funds	9		
Unrestricted funds	9		
General funds		2,240	2,795
		2,240	2,795
Reserves	9		
Total funds		2,240	2,795

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 July 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 29 May 2026

And signed on its behalf by:

P. Bristow
Trustee
29 May 2026

Dandelion Seeds Foundation
Statement of Cash flows
for the year ended 31 July 2025

	2025 £	2024 £
Cash flows from operating activities		
Net expenditure per Statement of Financial Activities	(555)	(1,265)
Net cash used in operating activities	(555)	(1,265)
Net cash from investing activities	-	-
Net cash from financing activities	-	-
Net decrease in cash and cash equivalents	(555)	(1,265)
Cash and cash equivalents at the beginning of the year	3,145	4,410
Cash and cash equivalents at the end of the year	2,590	3,145
Components of cash and cash equivalents		
Cash and bank balances	2,590	3,145
	2,590	3,145

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2024	Total funds 2024
	£	£
Income and endowments from:		
Donations and legacies	3,848	3,848
Total	3,848	3,848
Expenditure on:		
Charitable activities	4,315	4,315
Other	798	798
Total	5,113	5,113
Net income	(1,265)	(1,265)
Net income before other gains/(losses)	(1,265)	(1,265)
Other gains and losses:		
Net movement in funds	(1,265)	(1,265)
Reconciliation of funds:		
Total funds brought forward	4,060	4,060
Total funds carried forward	2,795	2,795

4 Income from donations and legacies

	Unrestricted	Total 2025	Total 2024
	£	£	£
Donations	1,708	1,708	3,848
	1,708	1,708	3,848

5 Expenditure on charitable activities

	Unrestricted	Total 2025	Total 2024
	£	£	£
Expenditure on charitable activities			
Grant Award	1,653	1,653	4,315
Governance costs			
	1,653	1,653	4,315

6 Other expenditure

	Unrestricted	Total 2025	Total 2024
	£	£	£
General administrative costs	260	260	198
Legal and professional costs	350	350	600
	610	610	798

7 Staff costs

No employee received emoluments in excess of £60,000.

8 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Other creditors	350	350
	350	350

9 Movement in funds

	At 1 August 2024	Incoming resources (including other gains/losses)	Resources expended	At 31 July 2025
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	2,795	1,708	(2,263)	2,240
Total funds	2,795	1,708	(2,263)	2,240

10 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Net current assets	2,240	2,240
	2,240	2,240

11 Reconciliation of net debt

	At 1 August 2024	Cash flows	At 31 July 2025
	£	£	£
Cash and cash equivalents	3,145	(555)	2,590
	3,145	(555)	2,590
Net debt	3,145	(555)	2,590

12 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Dandelion Seeds Foundation
Detailed Statement of Financial Activities
for the year ended 31 July 2025

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:			
Donations and legacies			
Donations	1,708	1,708	3,848
	1,708	1,708	3,848
Total income and endowments	1,708	1,708	3,848
Expenditure on:			
Charitable activities			
Grant Award	1,653	1,653	4,315
	1,653	1,653	4,315
Total of expenditure on charitable activities	1,653	1,653	4,315
General administrative costs, including depreciation and amortisation			
Bank charges	60	60	60
Software, IT support and related costs	-	-	138
Sundry expenses	200	200	-
	260	260	198
Legal and professional costs			
Accountancy and bookkeeping	350	350	450
Consultancy fees	-	-	150
	350	350	600
Total of expenditure of other costs	610	610	798
Total expenditure	2,263	2,263	5,113
Net gains on investments	-	-	-
Net expenditure	(555)	(555)	(1,265)
Net expenditure before other gains/(losses)	(555)	(555)	(1,265)
Other Gains	-	-	-
Net movement in funds	(555)	(555)	(1,265)
Reconciliation of funds:			
Total funds brought forward	2,795	2,795	4,060
Total funds carried forward	2,240	2,240	2,795

DANDELION SEEDS FOUNDATION

England & Wales - Charity number 1184674

Accounts

DANDELION
SEEDS FOUNDATION

ANNUAL REPORT

DANDELION SEEDS FOUNDATION

August 2024

Trustees' ANNUAL REPORT 2023-2024

Trustees' Annual Report
for the period

From (start date) 3 0 0 7 2 3 to (end date) 3 1 0 7 2 4

Section A Reference and administration details

Charity name	Dandelion Seeds Foundation
Other names the charity is known by	n/a
Registered charity number	
Charity's principal address	2 Addison Grove Taunton Somerset Postcode T A 2 6 J F

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. James Ryder		5 Year	
2	Mrs. Michelle Bristow		5 Year	
3	Mr. Phillip Bristow		5 Year	
4				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section A Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
n/a		

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution

Constitution for CIO

How the charity is constituted (e.g. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods (e.g. appointed by, elected by)

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (optional information)

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

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

Refer to constitutional document for information on the governance of the CIO.

Section C — Objectives and activities

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

The object[s] of the CIO are:

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

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

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Wellness Service Delivery: Active support in the delivery of wellness services through The Taunton Health Hub, promoting holistic health and well-being within the community.
- Provision of all-natural health supplement to local Somerset residents.
- Individual Grants for Support: Allocation of grants to individuals requiring emotional and physical support, helping to improve quality of life and personal well-being.
- Business Support Grants: Provision of financial support to local businesses that offer services aimed at improving clients' emotional and physical health.
- Start-Up Grants for New Initiatives: Funding support for newly established companies whose mission is to provide emotional and physical support to individuals, fostering innovation and service expansion in the wellness sector.

Additional details of objectives and activities

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

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

Section D — Achievements and performance

Summary of the main achievements of the charity during the year

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Wellness Service Delivery: Active support in the delivery of wellness services through The Taunton Health Hub, promoting holistic health and well-being within the community.
- Provision of all-natural health supplement to local Somerset residents.
- Individual Grants for Support: Allocation of grants to individuals requiring emotional and physical support, helping to improve quality of life and personal well-being.
- Business Support Grants: Provision of financial support to local businesses that offer services aimed at improving clients' emotional and physical health.
- Start-Up Grants for New Initiatives: Funding support for newly established companies whose mission is to provide emotional and physical support to individuals, fostering innovation and service expansion in the wellness sector.

Section E — Financial review

Brief statement of the charity's policy on reserves

The number of reserves as at report date is £1,000

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £1,000. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

Details of any funds materially in deficit

n/a

Further financial review details

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services.
As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose.

Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

Section F — Other optional information.

n/a

Section G — Declaration.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Phillip Bristow

Position (secretary, chair etc.) Chair

Date

0	1	1	5	2	5

Dandelion Seeds Foundation is an independent charity regulated by the Charity Commission

Dandelion Seeds Foundation

Charity No. 1184674

Company No. CE018370

Trustees' Report and Unaudited Accounts

31 July 2024

Dandelion Seeds Foundation
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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE018370

Charity No. 1184674

Registered Office

2 Addison Grove
Taunton
TA2 6JF

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bristow
P. Bristow
J. Ryder

Accountants

The Vine Accounting Ltd
17 St Margaret's Crescent
Gravesend
DA12 4EJ

OBJECTIVES AND ACTIVITIES

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

ACHIEVEMENTS AND PERFORMANCE

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

Wellness Service Delivery: Active support in the delivery of wellness services through The Taunton Health Hub, promoting holistic health and well-being within the community.

Provision of all-natural health supplement to local Somerset residents.

Individual Grants for Support: Allocation of grants to individuals requiring emotional and physical support, helping to improve quality of life and personal well-being.

Business Support Grants: Provision of financial support to local businesses that offer services aimed at improving clients' emotional and physical health.

Start-Up Grants for New Initiatives: Funding support for newly established companies whose mission is to provide emotional and physical support to individuals, fostering innovation and service expansion in the wellness sector.

FINANCIAL REVIEW

The number of reserves as at report date is £1000

The budget allows surpluses to be retained to create a reserve for the charity. Over time this will be maintained at six months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amounts to coverage for accounts fees and advertising costs, circa £1000. The charity runs on a voluntary basis, and all remaining funds are offset into project costs for the public benefit.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

P. Bristow
Trustee
21 May 2025

Dandelion Seeds Foundation
Statement of Financial Activities
for the year ended 31 July 2024

	Notes	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies	4	3,848	3,848	3,750
Other	5	-	-	64
Total		3,848	3,848	3,814
Expenditure on:				
Raising funds	6	-	-	500
Charitable activities	7	4,315	4,315	-
Other	8	798	798	500
Total		5,113	5,113	1,000
Net gains on investments		-	-	-
Net (expenditure)/income		(1,265)	(1,265)	2,814
Transfers between funds		-	-	-
Net (expenditure)/income before other gains/(losses)		(1,265)	(1,265)	2,814
Other gains and losses				
Net movement in funds		(1,265)	(1,265)	2,814
Reconciliation of funds:				
Total funds brought forward		4,060	4,060	1,246
Total funds carried forward		2,795	2,795	4,060

Dandelion Seeds Foundation
Summary Income and Expenditure Account
for the year ended 31 July 2024

	2024 £	2023 £
Income	3,848	3,814
Gross income for the year	3,848	3,814
Expenditure	5,113	1,000
Total expenditure for the year	5,113	1,000
Net (expenditure)/income before tax for the year	(1,265)	2,814
Net (expenditure)/income for the year	(1,265)	2,814

Dandelion Seeds Foundation
Balance Sheet

at 31 July 2024

Company No. CE018370	Notes	2024	2023
		£	£
Current assets			
Cash at bank and in hand		3,145	4,410
		3,145	4,410
Creditors: Amount falling due within one year	10	(350)	(350)
Net current assets		2,795	4,060
Total assets less current liabilities		2,795	4,060
Net assets excluding pension asset or liability		2,795	4,060
Total net assets		2,795	4,060
The funds of the charity			
Restricted funds	11		
Unrestricted funds	11		
General funds		2,795	4,060
		2,795	4,060
Reserves	11		
Total funds		2,795	4,060

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 July 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 21 May 2025

And signed on its behalf by:

P. Bristow
Trustee
21 May 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023	Total funds 2023
	£	£
Income and endowments from:		
Donations and legacies	3,750	3,750
Other	64	64
Total	3,814	3,814
Expenditure on:		
Raising funds	500	500
Other	500	500
Total	1,000	1,000
Net income	2,814	2,814
Net income before other gains/(losses)	2,814	2,814
Other gains and losses:		
Net movement in funds	2,814	2,814
Reconciliation of funds:		
Total funds brought forward	1,246	1,246
Total funds carried forward	4,060	4,060

4 Income from donations and legacies

	Unrestricted	Total 2024	Total 2023
	£	£	£
Donations	3,848	3,848	3,750
	3,848	3,848	3,750

5 Other income

	Total 2024	Total 2023
	£	£
	-	64
	-	64

6 Expenditure on raising funds

	Total 2024	Total 2023
	£	£
Costs of generating voluntary income		
Donations	-	500
	-	500

7 Expenditure on charitable activities

	Unrestricted	Total 2024	Total 2023
	£	£	£
Expenditure on charitable activities			
Grant Award	4,315	4,315	-
Governance costs			
	4,315	4,315	-

8 Other expenditure

	Unrestricted	Total 2024	Total 2023
	£	£	£
General administrative costs	198	198	150
Legal and professional costs	600	600	350
	798	798	500

9 Staff costs

No employee received emoluments in excess of £60,000.

10 Creditors:
amounts falling due within one year

	2024	2023
	£	£
Other creditors	350	350
	350	350

11 Movement in funds

	At 1 August 2023	Incoming resources (including other gains/losses)	Resources expended	At 31 July 2024
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	4,060	3,848	(5,113)	2,795
Total funds	4,060	3,848	(5,113)	2,795

12 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Net current assets	2,795	2,795
	2,795	2,795

13 Reconciliation of net debt

	At 1 August 2023	Cash flows	At 31 July 2024
	£	£	£
Cash and cash equivalents	4,410	(1,265)	3,145
	4,410	(1,265)	3,145
Net debt	4,410	(1,265)	3,145

14 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Dandelion Seeds Foundation
Detailed Statement of Financial Activities
for the year ended 31 July 2024

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies			
Donations	3,848	3,848	3,750
	3,848	3,848	3,750
Other			
	-	-	64
	-	-	64
Total income and endowments	3,848	3,848	3,814
Expenditure on:			
Costs of generating donations and legacies			
Donations	-	-	500
	-	-	500
Total of expenditure on raising funds	-	-	500
Charitable activities			
Grant Award	4,315	4,315	-
	4,315	4,315	-
Total of expenditure on charitable activities	4,315	4,315	-
General administrative costs, including depreciation and amortisation			
Bank charges	60	60	60
Software, IT support and related costs	138	138	90
	198	198	150
Legal and professional costs			
Accountancy and bookkeeping	450	450	350
Consultancy fees	150	150	-
	600	600	350
Total of expenditure of other costs	798	798	500
Total expenditure	5,113	5,113	1,000
Net gains on investments	-	-	-
Net (expenditure)/income	(1,265)	(1,265)	2,814
Net (expenditure)/income before other gains/(losses)	(1,265)	(1,265)	2,814

Other Gains	-	-	-
Net movement in funds	(1,265)	(1,265)	2,814
Reconciliation of funds:			
Total funds brought forward	4,060	4,060	1,246
Total funds carried forward	2,795	2,795	4,060

DANDELION SEEDS FOUNDATION

England & Wales - Charity number 1184674

Accounts

DANDELION
SEEDS FOUNDATION

ANNUAL REPORT

DANDELION SEEDS FOUNDATION

August 2023

DANDELION SEEDS FOUNDATION

Trustees' ANNUAL REPORT 2022-2023

Trustees' Annual Report
for the period

From (start date) 30/07/22 to (end date) 31/07/23

Section A Reference and administration details

Charity name	Dandelion Seeds Foundation
Other names the charity is known by	n/a
Registered charity number	
Charity's principal address	2 Addison Grove Taunton Somerset Postcode TA26JF

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. James Ryder		4 Year	
2	Mrs. Michelle Bristow		4 Year	
3	Mr. Phillip Bristow		4 Year	
4				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section A Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
n/a		

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution

Constitution for CIO

How the charity is constituted (e.g. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods (e.g. appointed by, elected by)

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (optional information)

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

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

Refer to constitutional document for information on the governance of the CIO.

Section C Objectives and activities

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

The object[s] of the CIO are:

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

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

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Support in the delivery of wellness services through The Taunton Health Hub
- Provision of all-natural health and sleep aid supplement to local Somerset residents.
- Provision of grants to individuals for emotional & physical support.

Additional details of objectives and activities

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

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

Section D Achievements and performance

Summary of the main achievements of the charity during the year

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Support in the delivery of wellness services through The Taunton Health Hub
- Provision of all-natural health and sleep aid supplement to local Somerset residents.
- Provision of grants to individuals for emotional & physical support.

Section E — Financial review

Brief statement of the charity's policy on reserves

The number of reserves as at report date is £1,000

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £1,000. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

Details of any funds materially in deficit

n/a

Further financial review details

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services.
As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose.

Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

Section F — Other optional information.

n/a

Section G — Declaration.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Phillip Bristow

Position (secretary, chair etc.) Chair

Date 01/12/23

Dandelion Seeds Foundation is an independent charity regulated by the Charity Commission

THE VINE
ACCOUNTING

17 St Margaret's Crescent, Gravesend, DA12 4EJ
office@thevineaccounting.com
www.thevineaccounting.com
078 6481 3717

Mr Phillip Bristow
2 Addison Grove
Taunton
TA2 6JF
Dandelion Seeds Foundation

03 December 2023

Dear Phillip ,

Accounts for Period ended 31/07/2023

Please find attached final accounts for Dandelion Seeds Foundation for the period ended 31/07/2023 [including filleted/abbreviated accounts if appropriate].

Please review the attached carefully and if you are happy that the accounts can be approved please print out a set of each of the attached documents, obtain appropriate signatures at the foot of each Balance Sheet [and Directors Report, if relevant] and return the signed documents to this office.

Please do not hesitate to contact us if you have any queries.

Yours sincerely,

Fego Aligboro

Dandelion Seeds Foundation

Charity No. 1184674

Company No. CE018370

Trustees' Report and Unaudited Accounts

31 July 2023

Dandelion Seeds Foundation
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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE018370

Charity No. 1184674

Registered Office

2 Addison Grove
Taunton
TA2 6JF

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bristow
P. Bristow
J. Ryder

Accountants

The Vine Accounting Ltd
17 St Margaret's Crescent
Gravesend
DA12 4EJ

OBJECTIVES AND ACTIVITIES

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

In partnership with FareShare SW. Dandelion Seeds Foundation have distributed food to residents of Taunton in partnership with local schools in the Taunton area.

The delivery of a Somerset Lifestyle Medicine programme to residents of Somerset.

Provision of all-natural health and sleep aid supplement to local Somerset residents.

ACHIEVEMENTS AND PERFORMANCE

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

Grant funding to deliver Somerset Lifestyle Medicine Course.

Provision of all-natural health and sleep aid supplement to local Somerset residents.

In partnership with FareShare SW. Dandelion Seeds Foundation are delighted to be expanding our food distribution work in partnership with local schools in the Taunton area.

The delivery of a Somerset Lifestyle Medicine programme to residents of Somerset.

FINANCIAL REVIEW

The number of reserves as at report date is £1000

The budget allows surpluses to be retained to create a reserve for the charity. Over time this will be maintained at six months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amounts to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis, and all remaining funds are offset into project costs for the public benefit.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

P. Bristow
Trustee
31 July 2023

Dandelion Seeds Foundation
Statement of Financial Activities
for the year ended 31 July 2023

	Notes	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:				
Donations and legacies	4	3,750	3,750	1,486
Other	5	64	64	-
Total		3,814	3,814	1,486
Expenditure on:				
Raising funds	6	500	500	119
Other	7	500	500	490
Total		1,000	1,000	609
Net gains on investments		-	-	-
Net income		2,814	2,814	877
Transfers between funds		-	-	-
Net income before other gains/(losses)		2,814	2,814	877
Other gains and losses				
Net movement in funds		2,814	2,814	877
Reconciliation of funds:				
Total funds brought forward		1,246	1,246	369
Total funds carried forward		4,060	4,060	1,246

Dandelion Seeds Foundation
Summary Income and Expenditure Account
for the year ended 31 July 2023

	2023 £	2022 £
Income	3,814	1,486
Gross income for the year	3,814	1,486
Expenditure	1,000	609
Total expenditure for the year	1,000	609
Net income before tax for the year	2,814	877
Net income for the year	2,814	877

Dandelion Seeds Foundation
Balance Sheet

at 31 July 2023

Company No. CE018370	Notes	2023	2022
		£	£
Current assets			
Cash at bank and in hand		4,410	1,696
		4,410	1,696
Creditors: Amount falling due within one year	9	(350)	(450)
Net current assets		4,060	1,246
Total assets less current liabilities		4,060	1,246
Net assets excluding pension asset or liability		4,060	1,246
Total net assets		4,060	1,246
The funds of the charity			
Restricted funds	10		
Unrestricted funds	10		
General funds		4,060	1,246
		4,060	1,246
Reserves	10		
Total funds		4,060	1,246

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 July 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 31 July 2023

And signed on its behalf by:

P. Bristow
Trustee
31 July 2023

Dandelion Seeds Foundation
Statement of Cash flows
for the year ended 31 July 2023

	2023 £	2022 £
Cash flows from operating activities		
Net income per Statement of Financial Activities	2,814	877
Adjustments for:		
Dividends, interest and rents from investments	(64)	-
(Decrease)/Increase in trade and other payables	(100)	100
Net cash provided by operating activities	2,650	977
Cash flows from investing activities		
Dividends, interest and rents from investments	64	-
Net cash from investing activities	64	-
Net cash from financing activities	-	-
Net increase in cash and cash equivalents	2,714	977
Cash and cash equivalents at the beginning of the year	1,696	719
Cash and cash equivalents at the end of the year	4,410	1,696
Components of cash and cash equivalents		
Cash and bank balances	4,410	1,696
	4,410	1,696

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2022	Total funds 2022
	£	£
Income and endowments from:		
Donations and legacies	1,486	1,486
Total	1,486	1,486
Expenditure on:		
Raising funds	119	119
Other	490	490
Total	609	609
Net income	877	877
Net income before other gains/(losses)	877	877
Other gains and losses:		
Net movement in funds	877	877
Reconciliation of funds:		
Total funds brought forward	369	369
Total funds carried forward	1,246	1,246

4 Income from donations and legacies

	Unrestricted	Total 2023	Total 2022
	£	£	£
Donations	3,750	3,750	1,486
	3,750	3,750	1,486

5 Other income

	Unrestricted	Total 2023	Total 2022
	£	£	£
	64	64	-
	64	64	-

6 Expenditure on raising funds

	Unrestricted	Total 2023	Total 2022
	£	£	£
Costs of generating voluntary income			
Donations	500	500	119
	500	500	119

7 Other expenditure

	Unrestricted	Total 2023	Total 2022
	£	£	£
General administrative costs	150	150	40
Legal and professional costs	350	350	450
	500	500	490

8 Staff costs

No employee received emoluments in excess of £60,000.

9 Creditors:
amounts falling due within one year

	2023	2022
	£	£
Other creditors	350	450
	350	450

10 Movement in funds

	At 1 August 2022	Incoming resources (including other gains/losses)	Resources expended	At 31 July 2023
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	1,246	3,814	(1,000)	4,060
Total funds	1,246	3,814	(1,000)	4,060

11 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Net current assets	4,060	4,060
	4,060	4,060

12 Reconciliation of net debt

	At 1 August 2022	Cash flows	At 31 July 2023
	£	£	£
Cash and cash equivalents	1,696	2,714	4,410
	1,696	2,714	4,410
Net debt	1,696	2,714	4,410

13 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Dandelion Seeds Foundation
Detailed Statement of Financial Activities
for the year ended 31 July 2023

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:			
Donations and legacies			
Donations	3,750	3,750	1,486
	3,750	3,750	1,486
Other			
	64	64	-
	64	64	-
Total income and endowments	3,814	3,814	1,486
Expenditure on:			
Costs of generating donations and legacies			
Donations	500	500	119
	500	500	119
Total of expenditure on raising funds	500	500	119
General administrative costs, including depreciation and amortisation			
Bank charges	60	60	40
Software, IT support and related costs	90	90	-
	150	150	40
Legal and professional costs			
Accountancy and bookkeeping	350	350	450
	350	350	450
Total of expenditure of other costs	500	500	490
Total expenditure	1,000	1,000	609
Net gains on investments	-	-	-
Net income	2,814	2,814	877
Net income before other gains/(losses)	2,814	2,814	877
Other Gains	-	-	-
Net movement in funds	2,814	2,814	877
Reconciliation of funds:			
Total funds brought forward	1,246	1,246	369

Total funds carried forward	4,060	4,060	1,246

DANDELION SEEDS FOUNDATION

England & Wales - Charity number 1184674

Accounts

DANDELION
SEEDS FOUNDATION

ANNUAL REPORT

DANDELION SEEDS FOUNDATION

August 2022

Trustees' ANNUAL REPORT 2020-2021

Trustees' Annual Report
for the period

From (start date) 3 0 0 7 2 1 to (end date) 3 1 0 7 2 2

Section A Reference and administration details

Charity name	Dandelion Seeds Foundation
Other names the charity is known by	n/a
Registered charity number	
Charity's principal address	2 Addison Grove Taunton Somerset Postcode T A 2 6 J F

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. James Ryder		3 Year	
2	Mrs. Michelle Bristow		3 Year	
3	Mr. Phillip Bristow		3 Year	
4				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section A Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
n/a		

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution

Constitution for CIO

How the charity is constituted (e.g. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods (e.g. appointed by, elected by)

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (optional information)

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

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

Refer to constitutional document for information on the governance of the CIO.

Section C Objectives and activities

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

The object[s] of the CIO are:

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

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

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Grant funding to deliver Somerset Lifestyle Medicine Course
- Provision of all-natural health and sleep aid supplement to local Somerset residents.
- In partnership with FareShare SW. Dandelion Seeds Foundation are delighted to be expanding our food distribution work in partnership with local schools in the Taunton area

Additional details of objectives and activities

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

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

Section D Achievements and performance

Summary of the main achievements of the charity during the year

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- The delivery of a Somerset Lifestyle Medicine programme to residents of Somerset.
- Provision of all-natural health and sleep aid supplement to local Somerset residents.
- In partnership with FareShare SW. Dandelion Seeds Foundation are delighted to be expanding our food distribution work in partnership with local schools in the Taunton area

Section E — Financial review

Brief statement of the charity's policy on reserves

The number of reserves as at report date is £1000

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

Details of any funds materially in deficit

n/a

Further financial review details

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services.
As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose.

Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

Section F — Other optional information.

n/a

Section G — Declaration.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Phillip Bristow

Position (secretary, chair etc.) Chair

Date

2	4	0	3	2	3

Dandelion Seeds Foundation is an independent charity regulated by the Charity Commission

THE VINE
ACCOUNTING

17 St Margaret's Crescent, Gravesend, DA12 4EJ
office@thevineaccounting.com
www.thevineaccounting.com
078 6481 3717

Mr Phillip Bristow
2 Addison Grove
Taunton
TA2 6JF
Dandelion Seeds Foundation

12 April 2023

Dear Phillip ,

Accounts for Period ended 31/07/2022

Please find attached final accounts for Dandelion Seeds Foundation for the period ended 31/07/2022 [including filleted/abbreviated accounts if appropriate].

Please review the attached carefully and if you are happy that the accounts can be approved please print out a set of each of the attached documents, obtain appropriate signatures at the foot of each Balance Sheet [and Directors Report, if relevant] and return the signed documents to this office.

Please do not hesitate to contact us if you have any queries.

Yours sincerely,

Fego Aligboro

Dandelion Seeds Foundation

Charity No. 1184674

Company No. CE018370

Trustees' Report and Unaudited Accounts

31 July 2022

Dandelion Seeds Foundation
Contents

	Pages
Trustees' Annual Report	2 to 3
Statement of Financial Activities	4
Summary Income and Expenditure Account	5
Balance Sheet	6
Notes to the Accounts	7 to 12
Detailed Statement of Financial Activities	13 to 14

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE018370

Charity No. 1184674

Registered Office

2 Addison Grove
Taunton
TA2 6JF

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bristow
P. Bristow
J. Ryder

Accountants

The Vine Accounting Ltd
17 St Margaret's Crescent
Gravesend
DA12 4EJ

OBJECTIVES AND ACTIVITIES

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

In partnership with FareShare SW. Dandelion Seeds Foundation have distributed food to residents of Taunton in partnership with local schools in the Taunton area.

The delivery of a Somerset Lifestyle Medicine programme to residents of Somerset.

Provision of all-natural health and sleep aid supplement to local Somerset residents.

ACHIEVEMENTS AND PERFORMANCE

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

Grant funding to deliver Somerset Lifestyle Medicine Course.

Provision of all-natural health and sleep aid supplement to local Somerset residents.

In partnership with FareShare SW. Dandelion Seeds Foundation are delighted to be expanding our food distribution work in partnership with local schools in the Taunton area.

The delivery of a Somerset Lifestyle Medicine programme to residents of Somerset.

FINANCIAL REVIEW

The number of reserves as at report date is £1000

The budget allows surpluses to be retained to create a reserve for the charity. Over time this will be maintained at six months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amounts to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis, and all remaining funds are offset into project costs for the public benefit.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

P. Bristow
Trustee
17 April 2023

Dandelion Seeds Foundation
Statement of Financial Activities
for the year ended 31 July 2022

	Notes	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:				
Donations and legacies	4	1,486	1,486	5,425
Total		1,486	1,486	5,425
Expenditure on:				
Raising funds	5	119	119	1,115
Charitable activities	6	-	-	8,330
Other	8	490	490	350
Total		609	609	9,795
Net gains on investments		-	-	-
Net income/(expenditure)		877	877	(4,370)
Transfers between funds		-	-	-
Net income/(expenditure) before other gains/(losses)		877	877	(4,370)
Other gains and losses				
Net movement in funds		877	877	(4,370)
Reconciliation of funds:				
Total funds brought forward		369	369	4,739
Total funds carried forward		1,246	1,246	369

Dandelion Seeds Foundation
Summary Income and Expenditure Account
for the year ended 31 July 2022

	2022 £	2021 £
Income	1,486	5,425
Gross income for the year	1,486	5,425
Expenditure	609	9,795
Total expenditure for the year	609	9,795
Net income/(expenditure) before tax for the year	877	(4,370)
Net income /(expenditure)for the year	877	(4,370)

Dandelion Seeds Foundation
Balance Sheet

at 31 July 2022

Company No. CE018370	Notes	2022	2021
		£	£
Current assets			
Cash at bank and in hand		1,696	719
		1,696	719
Creditors: Amount falling due within one year	10	(450)	(350)
Net current assets		1,246	369
Total assets less current liabilities		1,246	369
Net assets excluding pension asset or liability		1,246	369
Total net assets		1,246	369
The funds of the charity			
Restricted funds	11		
Unrestricted funds	11		
General funds		1,246	369
		1,246	369
Reserves	11		
Total funds		1,246	369

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 July 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 17 April 2023

And signed on its behalf by:

P. Bristow
Trustee
17 April 2023

Dandelion Seeds Foundation
Statement of Cash flows
for the year ended 31 July 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income/(expenditure) per Statement of Financial Activities	877	(4,370)
Adjustments for:		
Increase in trade and other payables	100	-
Net cash provided by/(used in) operating activities	977	(4,370)
Net cash from investing activities	-	-
Net cash from financing activities	-	-
Net increase/(decrease) in cash and cash equivalents	977	(4,370)
Cash and cash equivalents at the beginning of the year	719	5,089
Cash and cash equivalents at the end of the year	1,696	719
Components of cash and cash equivalents		
Cash and bank balances	1,696	719
	1,696	719

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

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Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2021	Restricted funds 2021	Total funds 2021
	£	£	£
Income and endowments from:			
Donations and legacies	925	4,500	5,425
Total	925	4,500	5,425
Expenditure on:			
Charitable activities	2,830	5,500	8,330
Other	1,465	-	1,465
Total	4,295	5,500	9,795
Net income	(3,370)	(1,000)	(4,370)
Net income before other gains/(losses)	(3,370)	(1,000)	(4,370)
Other gains and losses:			
Net movement in funds	(3,370)	(1,000)	(4,370)
Reconciliation of funds:			
Total funds brought forward	3,739	1,000	4,739
Total funds carried forward	369	-	369

4 Income from donations and legacies

	Unrestricted	Total 2022	Total 2021
	£	£	£
Donations	1,486	1,486	925
Grant	-	-	4,500
	1,486	1,486	5,425

5 Expenditure on raising funds

	Unrestricted	Total 2022	Total 2021
	£	£	£
Costs of generating voluntary income			
Donations	119	119	1,115
	119	119	1,115

6 Expenditure on charitable activities

	Total 2022	Total 2021
	£	£
Expenditure on charitable activities		
Food Supplement	-	8,330
Governance costs		
	-	8,330

7 Analysis of grants

Activity or programme	Total 2022	Total 2021
	£	£
COMPASS LM CLM	-	-
John L	-	-
Anil P	-	-

Activity or programme	Total 2022	Total 2021
	£	£
COMPASS LM CLM	-	-
John L	-	-
Anil P	-	-

8 Other expenditure

	Unrestricted	Total 2022	Total 2021
	£	£	£
General administrative costs	40	40	-
Legal and professional costs	450	450	350
	490	490	350

9 Staff costs

No employee received emoluments in excess of £60,000.

10 Creditors:
amounts falling due within one year

	2022	2021
	£	£
Other creditors	450	350
	450	350

11 Movement in funds

	At 1 August 2021	Incoming resources (including other gains/losses)	Resources expended	At 31 July 2022
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	369	1,486	(609)	1,246
Total funds	369	1,486	(609)	1,246

12 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Net current assets	1,246	1,246
	1,246	1,246

13 Reconciliation of net debt

	At 1 August 2021	Cash flows	At 31 July 2022
	£	£	£
Cash and cash equivalents	719	977	1,696
	719	977	1,696
Net debt	719	977	1,696

14 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Dandelion Seeds Foundation
Detailed Statement of Financial Activities
for the year ended 31 July 2022

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies			
Donations	1,486	1,486	925
Grant	-	-	4,500
	1,486	1,486	5,425
Total income and endowments	1,486	1,486	5,425
Expenditure on:			
Costs of generating donations and legacies			
Donations	119	119	1,115
	119	119	1,115
Total of expenditure on raising funds	119	119	1,115
Charitable activities			
Food Supplement	-	-	8,330
	-	-	8,330
Total of expenditure on charitable activities	-	-	8,330
General administrative costs, including depreciation and amortisation			
Bank charges	40	40	-
	40	40	-
Legal and professional costs			
Accountancy and bookkeeping	450	450	350
	450	450	350
Total of expenditure of other costs	490	490	350
Total expenditure	609	609	9,795
Net gains on investments	-	-	-
Net income/(expenditure)	877	877	(4,370)
Net income/(expenditure) before other gains/(losses)	877	877	(4,370)
Other Gains	-	-	-
Net movement in funds	877	877	(4,370)
Reconciliation of funds:			

Total funds brought forward	369	369	4,739
Total funds carried forward	1,246	1,246	369

DANDELION SEEDS FOUNDATION

England & Wales - Charity number 1184674

Accounts

DANDELION
SEEDS FOUNDATION

ANNUAL REPORT

DANDELION SEEDS FOUNDATION

August 2021

DANDELION SEEDS FOUNDATION

Trustees' ANNUAL REPORT 2020-2021

Trustees' Annual Report
for the period

From (start date) 3 0 0 7 2 0 to (end date) 3 1 0 7 2 1

Section A Reference and administration details

Charity name	Dandelion Seeds Foundation
Other names the charity is known by	n/a
Registered charity number	
Charity's principal address	2 Addison Grove Taunton Somerset Postcode T A 2 6 J F

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. James Ryder		2 Year	
2	Mrs. Michelle Bristow		2 Year	
3	Mr. Phillip Bristow		2 Year	
4				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section A Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
n/a		

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution

Constitution for CIO

How the charity is constituted (e.g. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods (e.g. appointed by, elected by)

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (optional information)

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

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

Refer to constitutional document for information on the governance of the CIO.

Section C Objectives and activities

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

The object[s] of the CIO are:

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

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

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Lifestyle Medicine course training to support the wellbeing and education of frontline NHS workers, who in turn will be equipped to better support our community.
- Further Lifestyle Medicine courses for local residents in Taunton Deane and Somerset West.
- Grant awards to enable individuals to access palliative complimentary support.
- Provision of surplus supermarket food to Taunton-based families, in partnership with Fareshare, through local primary schools.
- Delivery of an Oxford-based Lifestyle Medicine pilot specifically for patients suffering from Type 2 Diabetes.

Additional details of objectives and activities

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

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

Section D Achievements and performance

Summary of the main achievements of the charity during the year

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Lifestyle Medicine course training to support the wellbeing and education of frontline NHS workers, who in turn will be equipped to better support our community.
- Further Lifestyle Medicine courses for local residents in Taunton Deane and Somerset West.
- Grant awards to enable individuals to access palliative complimentary support.
- Provision of surplus supermarket food to Taunton-based families, in partnership with Fareshare, through local primary schools.
- Delivery of an Oxford-based Lifestyle Medicine pilot specifically for patients suffering from Type 2 Diabetes.

Section E — Financial review

Brief statement of the charity's policy on reserves

The number of reserves as at report date is £500

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

Details of any funds materially in deficit

n/a

Further financial review details

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services.
As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose.

Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

Section F — Other optional information.

n/a

Section G — Declaration.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Phillip Bristow

Position (secretary, chair etc.) Chair

Date

0	1	0	9	2	1

Dandelion Seeds Foundation is an independent charity regulated by the Charity Commission

Dandelion Seeds Foundation

Charity No. 1184674

Company No. CE018370

Trustees' Report and Unaudited Accounts

31 July 2021

Dandelion Seeds Foundation
Contents

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Summary Income and Expenditure Account	5
Balance Sheet	6
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Detailed Statement of Financial Activities	14 to 15

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE018370

Charity No. 1184674

Registered Office

2 Addison Grove
Taunton
TA2 6JF

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bristow
P. Bristow
J. Ryder

Accountants

The Vine Accounting Ltd
17 St Margaret's Crescent
Gravesend
DA12 4EJ

OBJECTIVES AND ACTIVITIES

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

ACHIEVEMENTS AND PERFORMANCE

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

Lifestyle Medicine course training to support the wellbeing and education of frontline NHS workers, who in turn will be equipped to better support our community.

Further Lifestyle Medicine courses for local residents in Taunton Deane and Somerset West.

Grant awards to enable individuals to access palliative complimentary support.

Provision of surplus supermarket food to Taunton-based families, in partnership with Fareshare, through local primary schools.
Delivery of an Oxford-based Lifestyle Medicine pilot specifically for patients suffering from Type 2 Diabetes.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

P. Bristow
Trustee
07 November 2021

Dandelion Seeds Foundation
Statement of Financial Activities

for the year ended 31 July 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:					
Donations and legacies	4	925	4,500	5,425	14,530
Total		925	4,500	5,425	14,530
Expenditure on:					
Charitable activities	5	2,830	5,500	8,330	4,398
Other	7	1,465	-	1,465	5,393
Total		4,295	5,500	9,795	9,791
Net gains on investments		-	-	-	-
Net (expenditure)/income		(3,370)	(1,000)	(4,370)	4,739
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(3,370)	(1,000)	(4,370)	4,739
Other gains and losses					
Net movement in funds		(3,370)	(1,000)	(4,370)	4,739
Reconciliation of funds:					
Total funds brought forward		3,739	1,000	4,739	-
Total funds carried forward		369	-	369	4,739

Dandelion Seeds Foundation
Summary Income and Expenditure Account
for the year ended 31 July 2021

	2021 £	2020 £
Income	5,425	14,530
Gross income for the year	5,425	14,530
Expenditure	9,795	9,791
Total expenditure for the year	9,795	9,791
Net (expenditure)/income before tax for the year	(4,370)	4,739
Net (expenditure)/income for the year	(4,370)	4,739

Dandelion Seeds Foundation
Balance Sheet

at 31 July 2021

Company No. CE018370	Notes	2021	2020
		£	£
Current assets			
Cash at bank and in hand		719	5,089
		719	5,089
Creditors: Amount falling due within one year	9	(350)	(350)
Net current assets		369	4,739
Total assets less current liabilities		369	4,739
Net assets excluding pension asset or liability		369	4,739
Total net assets		369	4,739
The funds of the charity			
Restricted funds	10		
Restricted income funds		-	1,000
		-	1,000
Unrestricted funds	10		
General funds		369	3,739
		369	3,739
Reserves	10		
Total funds		369	4,739

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 July 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 07 November 2021

And signed on its behalf by:

P. Bristow
Trustee
07 November 2021

Dandelion Seeds Foundation
Statement of Cash flows
for the year ended 31 July 2021

	2021 £	2020 £
Cash flows from operating activities		
Net (expenditure)/income per Statement of Financial Activities	(4,370)	4,739
Adjustments for:		
Increase in trade and other payables	-	350
Net cash (used in)/provided by operating activities	(4,370)	5,089
Net cash from investing activities	-	-
Net cash from financing activities	-	-
Net (decrease)/increase in cash and cash equivalents	(4,370)	5,089
Cash and cash equivalents at the beginning of the year	5,089	-
Cash and cash equivalents at the end of the year	719	5,089
Components of cash and cash equivalents		
Cash and bank balances	719	5,089
	719	5,089

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2020	Restricted funds 2020	Total funds 2020
	£	£	£
Income and endowments from:			
Donations and legacies	13,530	1,000	14,530
Total	13,530	1,000	14,530
Expenditure on:			
Charitable activities	4,398	-	4,398
Other	5,393	-	5,393
Total	9,791	-	9,791
Net income	3,739	1,000	4,739
Net income before other gains/(losses)	3,739	1,000	4,739
Other gains and losses:			
Net movement in funds	3,739	1,000	4,739
Reconciliation of funds:			
Total funds carried forward	3,739	1,000	4,739

4 Income from donations and legacies

	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Donations	925	-	925	13,530
Grant	-	4,500	4,500	1,000
	925	4,500	5,425	14,530

5 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Expenditure on charitable activities				
Food Supplement	2,830	5,500	8,330	1,396
Grants made	-	-	-	3,002
Governance costs				
	2,830	5,500	8,330	4,398

6 Analysis of grants

Activity or programme	Total 2021 £	Total 2020 £
COMPASS LM CLM	-	2,000
John L	-	956
Anil P	-	46
	-	3,002

Activity or programme	Total 2021 £	Total 2020 £
COMPASS LM CLM	-	2,000
John L	-	956
Anil P	-	46
	-	3,002

7 Other expenditure

	Unrestricted £	Total 2021 £	Total 2020 £
Media and Publicity	1,115	1,115	1,750
General administrative costs	-	-	293
Legal and professional costs	350	350	3,350
	1,465	1,465	5,393

8 Staff costs

No employee received emoluments in excess of £60,000.

9 Creditors:

amounts falling due within one year

	2021 £	2020 £
Other creditors	350	350
	350	350

10 Movement in funds

	At 1 August 2020	Incoming resources (including other gains/losses)	Resources expended	At 31 July 2021
		£	£	£
Restricted funds:				
Restricted income funds:				
Life Style Medical Program	1,000	4,500	(5,500)	-
Total	1,000	4,500	(5,500)	-
Unrestricted funds:				
General funds	3,739	925	(4,295)	369
Revaluation Reserves:				
Total funds	4,739	5,425	(9,795)	369

Purposes and restrictions in relation to the funds:
Restricted funds:
Life Style Medical Program — Programme for people with serious health conditions to potentially turn their lives around.

11 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Net current assets	369	369
	369	369

12 Reconciliation of net debt

	At 1 August 2020	Cash flows	At 31 July 2021
	£	£	£
Cash and cash equivalents	5,089	(4,370)	719
	5,089	(4,370)	719
Net debt	5,089	(4,370)	719

13 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Dandelion Seeds Foundation
Detailed Statement of Financial Activities
for the year ended 31 July 2021

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:				
Donations and legacies				
Donations	925	-	925	13,530
Grant	-	4,500	4,500	1,000
	925	4,500	5,425	14,530
Total income and endowments	925	4,500	5,425	14,530
Expenditure on:				
Charitable activities				
Food Supplement	2,830	5,500	8,330	1,396
Grants made	-	-	-	3,002
	2,830	5,500	8,330	4,398
Total of expenditure on charitable activities	2,830	5,500	8,330	4,398
Other expenditure				
Media and Publicity	1,115	-	1,115	1,750
	1,115	-	1,115	1,750
General administrative costs, including depreciation and amortisation				
Bank charges	-	-	-	214
Equipment expensed	-	-	-	60
Postage and couriers	-	-	-	19
	-	-	-	293
Legal and professional costs				
Accountancy and bookkeeping	350	-	350	350
Consultancy fees	-	-	-	3,000
	350	-	350	3,350
Total of expenditure of other costs	1,465	-	1,465	5,393
Total expenditure	4,295	5,500	9,795	9,791
Net gains on investments	-	-	-	-
Net (expenditure)/income	(3,370)	(1,000)	(4,370)	4,739
Net (expenditure)/income before other gains/(losses)	(3,370)	(1,000)	(4,370)	4,739
Other Gains	-	-	-	-
Net movement in funds	(3,370)	(1,000)	(4,370)	4,739
Reconciliation of funds:				

Total funds brought forward	3,739	1,000	4,739	-
Total funds carried forward	369	-	369	4,739

DANDELION SEEDS FOUNDATION

England & Wales - Charity number 1184674

Accounts

DANDELION
SEEDS FOUNDATION

ANNUAL REPORT

DANDELION SEEDS FOUNDATION

August 2020

DANDELION SEEDS FOUNDATION

Trustees' ANNUAL REPORT 2019-2020

Trustees' Annual Report
for the period

From (start date) 30/07/19 to (end date) 31/08/20

Section A Reference and administration details

Charity name	Dandelion Seeds Foundation
Other names the charity is known by	n/a
Registered charity number	
Charity's principal address	2 Addison Grove Taunton Somerset Postcode TA26JF

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. James Ryder		1 Year	
2	Mrs. Michelle Bristow		1 Year	
3	Mr. Phillip Bristow		1 Year	
4				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section A Reference and administration details (continued)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
n/a		

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

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution

Constitution for CIO

How the charity is constituted (e.g. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods (e.g. appointed by, elected by)

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional governance issues (optional information)

Refer to constitutional document for information on the governance of the CIO.

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

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

Section C — Objectives and activities

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

The object[s] of the CIO are:

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

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

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Grant funding for a business plan to deliver a UK Lifestyle Medicine retreat.
- Provision of all-natural health and sleep aid supplement to local Somerset residents.
- Provision of grants to individuals for palliative support.

Additional details of objectives and activities

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

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

Section D — Achievements and performance

Summary of the main achievements of the charity during the year

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

- Grant funding for a business plan to deliver a UK Lifestyle Medicine retreat.
- Provision of all-natural health and sleep aid supplement to local Somerset residents.
- Provision of grants to individuals for palliative support.

Section E — Financial review

Brief statement of the charity's policy on reserves

The number of reserves as at report date is £500

The budget allows for surpluses to be retained in order to create a reserve for the charity. Over time this will be maintained at 6 months operating costs in line with the Foundation's reserves policy.

Our reserves level (expressed in the ratio of reserves to annual operating expenditure) is minimal and amount to coverage for accounts fees and advertising costs, circa £500. The charity runs on a voluntary basis and all remaining funds are offset into project costs for the public benefit.

Details of any funds materially in deficit

n/a

Further financial review details

The charity will seek to attract funding from a variety of sources. In addition to those previously mentioned, it will also undertake a level of primary-purpose trading to generate income that will sustain the charity and contribute to the operational core costs of delivering its services.
As well as trading, the charity will also seek grant funding for the service delivery aspects of its work, which would be restricted funds for this purpose.

Overall, it is intended to develop multiple income streams to spread the risk and ultimately reduce reliance on any single source of income.

Section F — Other optional information.

n/a

Section G — Declaration.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Phillip Bristow

Position (secretary, chair etc.) Chair

Date 01/01/21

Dandelion Seeds Foundation is an independent charity regulated by the Charity Commission

THE VINE
ACCOUNTING

17 St Margaret's Crescent, Gravesend, DA12 4EJ
office@thevineaccounting.com
www.thevineaccounting.com
078 6481 3717

Mr Phillip Bristow
2 Addison Grove
Taunton
TA2 6JF
Dandelion Seeds Foundation

12 January 2021

Dear Phillip ,

Accounts for Period ended 31/07/2020

Please find attached final accounts for Dandelion Seeds Foundation for the period ended 31/07/2020 [including filleted/abbreviated accounts if appropriate].

Please review the attached carefully and if you are happy that the accounts can be approved please print out a set of each of the attached documents, obtain appropriate signatures at the foot of each Balance Sheet [and Directors Report, if relevant] and return the signed documents to this office.

Please do not hesitate to contact us if you have any queries.

Yours sincerely,

Fego Aligboro

Dandelion Seeds Foundation

Charity No. 1184674

Company No. CE018370

Trustees' Report and Unaudited Accounts

31 July 2020

Dandelion Seeds Foundation
Contents

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Detailed Statement of Financial Activities	13 to 14

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE018370

Charity No. 1184674

Registered Office

2 Addison Grove
Taunton
TA2 6JF

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M. Bristow
P. Bristow
J. Ryder

Accountants

The Vine Accounting Ltd
17 St Margaret's Crescent
Gravesend
DA12 4EJ

OBJECTIVES AND ACTIVITIES

The relief of emotional and physical distress and suffering of persons suffering ill health, disability or infirmity as well as their carers, friends and families for the public benefit by:

The provision of information and services on complimentary palliative health, lifestyle and wellness options; the provision of grants and other financial assistance for equipment and items that are unavailable from statutory providers as well as for palliative complimentary therapies and treatments; and in such other ways as the trustees may from time to time determine.

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

The delivery of the first CHIP Lifestyle Medicine NHS pilot.
Provision of all-natural health and sleep aid supplement to local Somerset residents.
Provision of food supplement to individuals for palliative support.

Grant funding for a business plan to deliver a UK Lifestyle Medicine retreat.

ACHIEVEMENTS AND PERFORMANCE

The object[s] of the CIO were delivered to provide relief of emotional and physical distress and suffering of persons suffering ill health, for the public benefit by:

The delivery of the first CHIP Lifestyle Medicine NHS pilot.
Provision of all-natural health and sleep aid supplement to local Somerset residents.
Provision of food supplement to individuals for palliative support.
Grant funding for a business plan to deliver a UK Lifestyle Medicine retreat.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

P. Bristow
Trustee
11 January 2021

Dandelion Seeds Foundation
Statement of Financial Activities

for the year ended 31 July 2020

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Income and endowments from:				
Donations and legacies	3	13,530	1,000	14,530
Total		13,530	1,000	14,530
Expenditure on:				
Charitable activities	4	4,398	-	4,398
Other	6	5,393	-	5,393
Total		9,791	-	9,791
Net gains on investments		-	-	-
Net income		3,739	1,000	4,739
Transfers between funds		-	-	-
Net income before other gains/(losses)		3,739	1,000	4,739
Other gains and losses				
Net movement in funds		3,739	1,000	4,739
Reconciliation of funds:				
Total funds carried forward		3,739	1,000	4,739

Dandelion Seeds Foundation
Summary Income and Expenditure Account
for the year ended 31 July 2020

	2020 £
Income	14,530
Gross income for the year	14,530
Expenditure	9,791
Total expenditure for the year	9,791
Net income before tax for the year	4,739
Net income for the year	4,739

Dandelion Seeds Foundation
Balance Sheet

at 31 July 2020

Company No. CE018370	Notes	2020
		£
Current assets		
Cash at bank and in hand		5,089
		5,089
Creditors: Amount falling due within one year	8	(350)
Net current assets		4,739
Total assets less current liabilities		4,739
Net assets excluding pension asset or liability		4,739
Total net assets		4,739
The funds of the charity		
Restricted funds	9	
Restricted income funds		1,000
		1,000
Unrestricted funds	9	
General funds		3,739
		3,739
Reserves	9	
Total funds		4,739

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 July 2020 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 11 January 2021

And signed on its behalf by:

P. Bristow
Trustee
11 January 2021

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Intangible fixed assets and amortisation

Intangible fixed assets (including purchased goodwill, patents and trademarks) are carried at cost less accumulated amortisation and impairment losses.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Income from donations and legacies

	Unrestricted	Restricted	Total 2020
	£	£	£
Donations	13,530	-	13,530
Grant	-	1,000	1,000
	13,530	1,000	14,530

4 Expenditure on charitable activities

	Unrestricted	Total 2020
	£	£
Expenditure on charitable activities		
Food Supplement	1,396	1,396
Grants made	3,002	3,002
Governance costs		
	4,398	4,398

5 Analysis of grants

Activity or programme	Grants to Institutions	Grants to Individuals	Total 2020
	£	£	£
COMPASS LM CLM	2,000	-	2,000
John L	-	956	956
Anil P	-	46	46
	2,000	1,002	3,002

Activity or programme	Grant funding of activities	Total 2020
	£	£
COMPASS LM CLM	2,000	2,000
John L	956	956
Anil P	46	46
	3,002	3,002

6 Other expenditure

	Unrestricted	Total 2020
	£	£
Media and Publicity	1,750	1,750
General administrative costs	293	293
Legal and professional costs	3,350	3,350
	5,393	5,393

7 Staff costs

No employee received emoluments in excess of £60,000.

8 Creditors:

amounts falling due within one year

	2020
	£
Other creditors	350
	350

9 Movement in funds

	Incoming resources (including other gains/losses)	Resources expended	At 31 July 2020
	£	£	£
Restricted funds:			
Restricted income funds:			
Life Style Medical Program	1,000	-	1,000
Total	1,000	-	1,000
Unrestricted funds:			
General funds	13,530	(9,791)	3,739
Revaluation Reserves:			
Total funds	14,530	(9,791)	4,739

Purposes and restrictions in relation to the funds:

Restricted funds:

Life Style Medical Program — Programme for people with serious health conditions to potentially turn their lives around.

10 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Net current assets	3,739	1,000	4,739
	3,739	1,000	4,739

11 Reconciliation of net debt

	At 1 August 2019	Cash flows	New HP/Finance leases	At 31 July 2020
	£	£	£	£
Cash and cash equivalents	-	5,089		5,089
	-	5,089	-	5,089
Net debt	-	5,089	-	5,089

12 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Dandelion Seeds Foundation
Detailed Statement of Financial Activities
for the year ended 31 July 2020

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Income and endowments from:			
Donations and legacies			
Donations	13,530	-	13,530
Grant	-	1,000	1,000
	13,530	1,000	14,530
Total income and endowments	13,530	1,000	14,530
Expenditure on:			
Charitable activities			
Food Supplement	1,396	-	1,396
Grants made	3,002	-	3,002
	4,398	-	4,398
Total of expenditure on charitable activities	4,398	-	4,398
Other expenditure			
Media and Publicity	1,750	-	1,750
	1,750	-	1,750
General administrative costs, including depreciation and amortisation			
Bank charges	214	-	214
Equipment expensed	60	-	60
Postage and couriers	19	-	19
	293	-	293
Legal and professional costs			
Accountancy and bookkeeping	350	-	350
Consultancy fees	3,000	-	3,000
	3,350	-	3,350
Total of expenditure of other costs	5,393	-	5,393
Total expenditure	9,791	-	9,791
Net gains on investments	-	-	-
Net income	3,739	1,000	4,739
Net income before other gains/(losses)	3,739	1,000	4,739
Other Gains	-	-	-
Net movement in funds	3,739	1,000	4,739
Reconciliation of funds:			

Total funds brought forward	-	-	-	-	-
Total funds carried forward	3,739	1,000	-	4,739	-