



Trustees' Annual Report for the financial year

From: Period start date 1 April 2021 To: Period end date 31 March 2022

Charity name: Community Life Hub Group

Charity registration number: 1189779

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document	To provide or assist in the provision of facilities in the interests of social welfare and recreation or other leisure time occupations of individuals, residing in Cullompton town, Devon and surrounding areas, who have need of such facilities by reason of their youth, age, infirmity or disability or financial circumstances or social circumstances with the object of improving their conditions of life in particular but not exclusively through facilitation of a community garden, growing and horticulture activities, arts and crafts activities and volunteering projects.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	<p>The CLHG aim is to enhance the health and well-being of people living in the local area. We focus on activities to: build confidence, reduce isolation, , make new friends and feel involved in the local community whilst also finding out about other local services and activities. The groups we run include:</p> <p>Friday Morning Drop-in for anyone who wants to meet up for a friendly chat and coffee. Aimed at lonely, isolated or people just in need of company, to get involved in our informal activity of the day, sometimes learn new craft skills and find out about other local activities or groups.</p> <p>Hub Garden Group volunteers look after the Chekhov Community Garden, Physic Garden and Vegetable Patch (soon to include a small sensory garden) to support the benefits we all gain from being involved in green spaces.</p> <p>Clickers Memory Café – a meeting point for those with mild cognitive problems (including the early stages of dementia) with lots of activities to help stimulate brain activity. We joined our Clickers Group (a cognitive stimulation group that had been functioning in College Surgery for many years) with</p>

	Culm Valley Memory Café (run by the same person as Clickers, but in the Community Centre in the town) and it became known as Clickers Memory Café. This group takes place on the 1st and 3rd Tuesday of the month in the Community Life Hub room.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	All our projects are run for public benefit, we encourage our clients to have a say in what we do and how our projects operate. All trustees are volunteers and in regular contact with our client groups.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	<p>On 4th June 2020 we became a registered charity. Our Group was originally set up in 2017. In March 2020, all our groups were suspended from operating in the Community Life Hub room because the surgery needed the room for the Covid Clinics. However during the year we continued to meet outside in the Chekhov Community Garden until we were eventually able to move back into the Life Hub room.</p> <p>We received funding from a few sources that provided: storage boxes (to store the equipment that had previously been stored in the surgery) and a tea urn so we could make drinks outdoors. Our Clickers Memory Café received funding to purchase outdoor games to entertain our clients in the garden -mostly older people with mild dementia or cognitive impairments. This money was used to buy games like large dominoes, large Connect 4 etc to entertain our clients outdoors. We also had a grant to purchase a large outdoor picnic bench that was used by both our clients, the surgery staff, nurses and GPs in their break times.</p> <p>We started renovating our Physic Garden, working closely with our Herbalist to revise the plan of the garden, improve plant descriptions and engage with clients to gain a better understanding of the various herbs growing in the garden. As part of our education side of the charity we introduced our 'Herb of the Month', focussing on one herb each month, producing a leaflet that all patients could pick up and we started holding outdoor talks provided by our Herbalist.</p> <p>We held our fourth Chekhov Garden Open Day in September 2021 with a guest speaker specialising in herbs that can be used to improve health and wellbeing. This was attended by over 50 people, even though we were still working under Covid restrictions</p> <p>In March 2022 as the Covid restrictions started to be relaxed, we started Clickers Memory Café and were luck to appoint a new Memory</p>
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	Cafe Co-ordinator. We started advertising for people who had early-stage dementia and memory issues and found that the clients who came to the group were delighted to be able to meet up in person again and get to know others in a similar situation.
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Financial Review (Doreen to complete)

Review of the charity's financial position at the end of the period	Opening balance 12/4/2021 was: £2,503.91 Closing Balance 04/04/2022 was: £3,785.64 See attached accounts.
Statement explaining the policy for holding reserves stating why they are held	We have set a reserve limit that is enough to pay for six months running costs (we have very small amount to committed outgoings).
Amount of reserves held	Reserve held: £1,000
Reasons for holding zero reserves	NA
Details of fund materially in deficit	None
Explanation of any uncertainties about the charity continuing as a going concern	NA

Structure, Governance and Management

Description of charity's trusts:	
Type of governing document (trust deed, royal charter)	We run the Group in accordance with our constitution
How is the charity constituted? (e.g unincorporated association, CIO)	We are a Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees have the skills, knowledge and experience needed for the effective administration of the CIO.

Additional information (optional)

Policies and procedures adopted for the induction and training of trustees	We have policies and procedures in place including: volunteers, complaints, confidentiality, equality and privacy that have been adopted for training purposes.
The charity's organisational structure and any wider network with which the charity works	We have a chairperson, treasurer and secretary managing the charity. We also have trustees who have taken on the role of project leaders.
Relationship with any related parties	We work with both surgeries in the town and surrounding villages as our community group is open to everyone and we offer groups and activities that will

	benefit all patients. We also have developed links with local charitable groups and societies, the town council, CVS, church groups and other voluntary services.
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Reference and Administrative details

Charity name	Community Life Hub Group
Other name the charity uses	(Culm Valley Hub was our original group title)
Registered charity number	1189779
Charity's principal address	Culm Valley Centre for Integrated Health, Willand Road, Cullompton, Devon EX15 1FE

Additional information (optional)

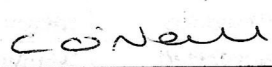
Trustee name	Office (if any)	Dates acted if not for whole year
Christine O'Neill	Chairperson	
Ann McClements	Deputy Treasurer	
Jane Edwards	Secretary	
Phil Gater		
Dr James Rowbury		
Alison Williamson		
Annabel Barr		
Doreen Mousley	Treasurer	

Advisors to the Community Life Hub Group		
Type of adviser	Name	Address
Social Prescribing and wellbeing advisor	Dr Michael Dixon	Culm Valley Centre for Integrated Health
Practice Manager	Kyla Dawe	Culm Valley Centre for Integrated Health
Herbalist	Halina Przydatek	

Declaration

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

Signed on behalf of the charity's trustees

Signature	
Full name	CHRISTINE O'NEILL
Position (eg Secretary, Chair, etc)	CHAIRPERSON
Date	16/12/2022

Organised by: Community Life Hub Group, Culm Valley Integrated Centre for Health,
Willand Road, Cullompton, Devon. EX15 1FE www.communitylifehubgroup.co.uk
admin@communitylifehubgroup.co.uk Registered Charity Number 1189779
Tel: 07707491569 Follow us on Facebook CommunityLifeHubGroup



Income and Expenditure for 12th April 2021 to 4th April 2022

Brought forward from 12th April 2021

HUB + STOCK	863.88
GARDEN	382.25

RESTRICTED FUNDS

1. COMPOST	217.81
2. SEETECPLUSS	187.39
3. MCCARTHY & STONE	250.00
(Games)	
4. CLICKERS	602.58

TOTAL = £2503.91

RECEIPTS

HUB + STOCK SALES	151.04
GARDEN	839.69
DONATIONS	326.69
CLICKERS.	644.61
EASY FUNDING + AMAZON.	47.37

£2009.40

Funds for SENSORY GARDEN

TESCO	700.00
McCarthy & Stone (Dec)	250.00
From Dementia Friendly Town	278.91

£1228.91

Total INCOME = £5742.22

EXPENDITURE

EXPENDITURE

Restricted Grants

Compost Group	74.20
SEETEC	187.39
MCCARTHY & STONE (Games).	250.00
McCarthy & Stone (December)	66.39
CLICKERS(+£100 insurance share).	184.43
Travel Expenses for Gardener	45.00
HUB (+ £100 Insurance Share)	431.48
GARDEN (+ £ 77.84 Insurance Share).	717.69

TOTAL =. £ 1956.58

FINAL AMOUNT = £3785.64

REPRESENTED BY:

BANK ACCOUNT = £2732.72

RESERVE = £ 1000.00 (HUB =£500, GARDEN = £200 CLICKERS = £300)

CASH. = £52.92

C O'Neil

CHRISTINE O'NEIL (CHAIRPERSON)

16/12/2022