

<p>Summary of the purposes of the charity as set out in its governing document (amended in Sept 2023)</p>	<p>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, (Devon) and surrounding areas, who have need of such facilities by reason of their: age, disability, financial circumstances or social circumstances with the object of improving their health and well-being in particular but not exclusively through facilitation of volunteering projects, arts and crafts, activities, community garden, growing and horticulture activities.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<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 Hub for anyone who wants to meet up for a friendly chat and coffee. Aimed at lonely, isolated - or people sometimes just in need of company, to encourage them to become involved in our activity of the day, sometimes learning new craft skills, others to play games like dominoes, card games and all sorts of puzzles.</p> <p>Garden Group volunteers look after the Chekhov Community Garden, Physic Garden and Vegetable Patch at College Surgery to support the benefits everyone gains from being involved in green spaces.</p> <p>Clickers Memory Café – a meeting place for those with mild cognitive problems (including the early stages of dementia) with lots of fun activities and musical entertainment. to help stimulate brain activity including activities to encourage reminiscence.</p> <p>Patients Hub includes three groups, the Patients Participation Group (PPG), Waiting Room Volunteers and Health and Wellbeing talks.</p> <p>Patient Participation Group holds six meetings a year to give feedback to the surgery on opinions of patients.</p> <p>Waiting Room volunteers act as marshals for all the Covid and Shingles Clinics meeting and greeting patients and directing them to the appropriate rooms.</p>

Objectives and Activities

From: 14th April 2023 to 24th April 2024

Charity registration number: 1189779

Charity name: Community Life Hub Group



Trustees' Annual Report for the financial year
April 2023 to March 2024

<p>Statement confirming regard to public benefit</p>	<p>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 are in regular contact with our client groups.</p>
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Achievements and Performance

<p>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>	<p>Friday Hub This is a drop-in group that regularly attracts 10 – 15 people each week and offers friendship and mental health support to people in the community. Several of the people who attend are just in need of company, some might have early stage dementia and like to come to a safe place to meet in an unstructured group.</p> <p>Clickers Memory Café On average 25 people attend each session. We run two sessions per month and the 1st and 3rd Tuesday of the month. We have a strong group of volunteers who support the group. This group focuses on supporting people with early-stage dementia, brain injuries and memory loss and their carers. The sessions involve cognitive stimulation in the form of quizzes, puzzles, reminiscence, music (live entertainers providing music and songs) and craft activities, all designed to help get their brain in gear.</p> <p>Hub Gardening Group The volunteers look after the Chekhov Garden, vegetable raised beds and Physic Garden. We have a small but active group who maintain the gardens and are involved in fundraising by: growing a variety of plants and vegetables, making small items out of recycled wood and maintaining the wooden structures. We continue to work closely with our volunteer Herbalist who advises on the most suitable herbs to grow in the gardens and provides help to people wanting to learn about using herbs safely.</p> <p>Patients Hub Patient Participation Group (PPG) The Patient Participation Group We re-established the group to support the work College Surgery undertakes and to give patient feedback about the services they provide. We formed a sub-committee and introduced a process to make contact with the 400 patients on the online database and to recruit new patients to create our new online virtual group. We have bi-monthly meetings that include the Practice Manager.</p>
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<p>Waiting Room Volunteers</p> <p>Volunteers help to run the Covid and Flu Clinics for the surgery. This administrative role includes managing the rotas, recruiting and training new volunteers to cover the sessions.</p> <p>Health Education Talks (Time to Talk)</p> <p>To fit in with our charitable objective, we re-introduced health education talks in co-operation with two GPs from College surgery and The Nuffield Hospital, Exeter who offered to supply consultant guest speakers for the events. The talks are open to anyone in the town and also the surrounding villages. Our first talk in April 2023 on the Pelvic Floor talk was very well attended and resulted in 50 people attending. After the event we assisted to set up a local Menopause Support Group - independent of the CLHG. We hosted a Menopause Q and A event and a Herbalist Menopause talk with over 40 people attending.</p> <p>Culm Valley Retired Farming Group</p> <p>Fifteen people attended the first meeting in January 2023 with a commitment from everyone to continue with meeting up on the 1st Wednesday of the month.</p> <p>To raise money for the charity we make items, grow plants and sell second-hand books and bric-a-brac items. We continue to look after the defibrillator situated on the outside of the College Surgery building.</p> <p>We arranged an art display by a local artist in the surgery waiting room and corridors - to improve the appearance of the waiting room. We liaised with U3a who took over the art display in March 2024, using this to publicise their opportunities available in the local area.</p>	
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Financial Review

Review of the charity's financial position at the end of the period	Opening balance 14/4/2023: £4,923.65 Income: £6,023.12 Closing Balance 24/04/2024 was: £10,946.77 (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.
Amount of reserves held	Reserve held: £1,500
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 CLHG 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	<p>Apart from the first charity trustees, every trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>In selecting individuals for appointment as charity trustees, we ensure have the necessary skills, knowledge and experience needed for the effective administration of the CIO.</p>
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Additional information

Policies and procedures	<p>We have established policies and procedures in place as a result of Clickers Memory Café holding the DMCC Quality Assurance Mark.</p> <p>We have a chairperson, treasurer and secretary managing the charity. We also have trustees who have taken on the role of project leaders.</p> <p>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 for the benefit of all. We also have developed links with local charitable groups and societies, the town council, CVS, church groups, other voluntary services and local companies.</p>
The charity's organisational structure and any wider network with which the charity works	
Relationship with any related parties	

Reference and Administrative details

Charity name	Community Life Hub Group
Other names the charity have been known by	Culm Valley Memory Café
Registered charity number	1189779
Charity's principal address	Culm Valley Centre for Integrated Health, Willand Road, Cullompton, Devon EX15 1FE

Trustees

Name	Role	Appointed	Elected at AGM	
1 Ann McClements	(Founder Culm Valley Hub in 2017 became CLHG in 2019) Treasurer	01/03/2017 CLHG 02/11/2019	28/01/2022	Resigned 29/09/2023
2 Jane Edwards	(Founder Culm Valley Hub in 2017) Secretary, Retired Farming Group, Health Talks	01/03/2017 CLHG 02/11/2019	28/01/2022 16/12/2022	
3 Chris O'Neil (Chair)	Chair Friday Hub	01/02/2018 CLHG	28/01/2022 16/12/2022	

		02/11/2019			
4	Phil Gater	Garden/IT	2018	07/12/2022	
5	Dr James Rowbury		02/11/2019	28/01/2022	
6	Alison Williams	Art projects	02/11/2019		Resigned 08/05/2021
7	Janet Jackson	Waiting room volunteers	01/03/2019	28/01/2022	
8	Annabel Barr	Clickers		28/01/2022	
9	Mary Bealey	PPG Chair	01/09/2022	16/12/2022	
10	Doreen Mousley	Treasurer		28/01/2022	
11	Norman Mousley	Assistant Treasurer		29/09/2023	

Declaration

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

Signature	C O'Neill	Full name	CHRISTINE RANNE O'NEILL	Position (eg Secretary, Chair, etc)	Chair	Date	06/09/22
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Community Life Hub Group Financial Report

INCOME 25/04/23-24/04/24

Hub	£1,042.48
Garden	£609.16
Clickers	£1,051.23
Uffculme	£172.82
Sampford Peverell	£78.62
Bradinch	£8.04
Patients Group money	£5,372.94
Donations	£1,362.83

TOTAL Income £9,698.12

EXPENDITURE

Hub	£626.30
Garden	£631.21
Clickers	£57.15
Grants	£385.18
Bank	£62.40
Insurance	£286.40
Garden Design	£350.00
Laptops	£621.93
RD&E Surgery	£625.65
Domain	£28.78

£3,675.00

£6,023.12
-£5,372.94
£650.18

TOTALS

Balances brought forward	£4,923.65
Excess of income over expenditure	£6,023.12
Balances carried forward	£10,946.77

Bank 24/04/24

BANK	PETTY CASH
£4,902.28	£21.37
£6,023.12	
£10,925.40	£21.37

Represented by:

BANK ACCOUNT	£9,425.40
RESTRICTED FUNDS	£1,500.00
FLOAT	£20.00
PETTY CASH	£1.37
	£10,946.77

Colin

C O'Neill

06/09/24