

Trustees' Annual Report

Financial year April 2024 to 2025



Charity name	Community Life Hub Group (CIO)
Other names the charity have been known by	Culm Valley Hub was our original group name and merged with Culm Valley Memory Café. Both combined to become the Community Life Hub Group in 2018.
Registered charity number	1189779
Charity's principal address	Culm Valley Centre for Integrated Health, Willand Road, Cullompton, Devon EX15 1FE

From: 25th April 2024 to 24th April 2025

Objectives, Activities, Achievements and Performance

Summary of the purposes of Community Life Hub Group (CLHG) charity, as set out in our 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, (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.
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 Group includes:</p> <p>Friday Hub for anyone who wants to meet up for a friendly chat and coffee. Aimed people who are lonely or isolated. This is a drop-in group that regularly attracts 10 – 20 people each week to offer companionship, friendship and mental health support to people in our community to meet with like-minded people. Some have early-stage dementia and like to come to a safe place to meet in an unstructured group or some might just be in need of company. We encourage them to become involved in our activities 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 raised beds all in the grounds of College Surgery. A small team of volunteers look after the Chekhov Garden, raised beds and the Physic Garden. We continue to work closely with Halina our volunteer Herbalist who looks after our Physic Garden and advises on the most suitable herbs to grow in the gardens and provides help to people interested in learning about using herbs safely.</p>

They are also involved in fundraising by: growing a variety of plants and vegetables, making small items out of recycled wood and doing small maintenance jobs around the Hub. Everyone gets benefit from being involved in looking after green spaces.

Clickers Memory Café – a meeting place for those with mild cognitive problems, the group focuses on supporting people with early-stage dementia, brain injuries and memory loss, along with their carers. On average 20 to 25 people attend each session. We run two sessions per month on the 1st and 3rd Tuesday of the month. We have a strong group of volunteers who support the group. 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.

Crafty Group Set up in January 2025 for a small number of people to create craft items, including handmade cards, decorations and repurposing craft materials to assist with fundraising for the CLHG. The group initially came together with volunteers to offer peer-to-peer support due of bereavement, anxiety, isolation or health issues etc. to people with an interest in craft.

Culm Valley Retired Farming Group Started in January 2023, to bring retired and semi-retired people with a farming background to share knowledge and offer peer to peer support. We meet up on the 1st Wednesday of each month, with an average of 15 people attending each meeting and regularly have guest speakers that have included: local farmers - young and retired, our herbalist, a representative from farm insurance. Sometimes we just chat about local farming issues over a morning cup of coffee.

Annual Open Day. On 29th June 2024 we held an open day to showcase all the groups who meet in the surgery. This included our Life Hub groups (Clickers, Retired Farmers, Friday Hub, Garden group and Herbalist), Devon Carers, GP led yoga taster sessions and a fitness coach giving Pilates taster sessions. Approximately 200 attended.

PATIENTS HUB includes three groups: the Patients Participation Group (PPG), Waiting Room Volunteers, Covid Clinic volunteers and Health and Wellbeing talks.

Patient Participation Group (PPG) holds six meetings a year to give feedback to the surgery on opinions of patients. The PPG supports the work College Surgery undertakes and give patient feedback about the services they provide. We have a Chair and Secretary that organise the group and meetings include the Practice Manager. We maintain a virtual group of approximately 4-500 patients on our online database.

Waiting Room volunteers

We started a Waiting Room volunteer group to direct patients to appointments, offer information, update leaflets and generally support the work of the surgery receptionists

Covid, Flu and Shingles Clinics. A trustee works with the surgery to manage the rotas, recruit and train new volunteers to cover the sessions. We have approx. 20 volunteers meeting and greeting patients and directing them to the appropriate rooms. Busies time in in the Autumn when most of the clinics take place.

	Health and Wellbeing talks. 'Time to Talk' is about arranging health and wellbeing education events for patients living within the Culm Valley. We work in conjunction with GPs from College Surgery and invite consultants from The Nuffield Hospital in Exeter to speak at the events. To fit in with our charitable objective the health education talks are open to anyone in the town and surrounding villages. We held a talk on Arthritis in April 2024 where 68 people attended with 95 percent rating the event as excellent or very good. Our talk on Skin in July 2024 had 50 people attending and 80 percent rated it as excellent or very good.
Statement confirming regard to 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 are in regular contact with our client groups.

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>Fundraising</p> <p>To raise money for the charity our Craft Group make craft items, we recycle items where possible by selling: second-hand books, DVDs, CDs and bric-a-brac items. The gardening group raise plants from seed and grow on to sell, we also grow vegetables in our raised beds that then offered for sale, or given to people in need.</p> <p>We continue to look after the defibrillator situated on the outside of the College Surgery building.</p> <p>Art Display</p> <p>We arranged the art display in the surgery waiting room and corridors - to improve the appearance of the public areas with U3a, using this to publicise their courses and groups in the local area. We have received very positive feedback from patients and staff about the improved appearance of the Waiting Room.</p>
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Financial Review

Review of the charity's financial position at the end of the period	Opening balance 24/4/2024: £10,946.77 Income: £5,349.99 Closing Balance 24/04/2025 was: £12,231.32 (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	Apart from the first charity trustees, the trustees will 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, we ensure have the necessary skills, knowledge and experience needed for the effective administration of the CIO.

Additional information

Policies and procedures	We have established policies and procedures in place - as a result of Clickers Memory Café holding the DMCC Quality Assurance Mark.
The charity's organisational structure and any wider network with which the charity works	A chairperson, treasurer and secretary manages the charity. We also have trustees who have taken on the role of our 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 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.

Trustees

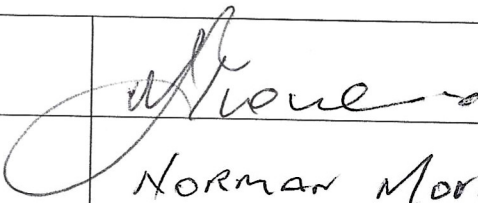
	Name	Trustee / Role in CLHG	Appointed	Elected at AGM	Resigned
1	Jane Edwards	Secretary,	01/03/2017 CLHG Created 02/11/2019	28/01/2022 16/12/2022	
3	Chris O'Neil (Chair)	Chair	01/02/2018 CLHG Created 02/11/2019	28/01/2022 16/12/2022	15/03/2025
4	Phil Gater		2018 CLHG created 02/11/2019	07/12/2022 29/09/2023	
5	Dr James Rowbury	Medical advisor	02/08/2019 CLHG created 02/11/2019	28/01/2022	
6	Janet Jackson		23/11/2021	28/01/2022 29/09/2023	
7	Annabel Barr		23/11/2021	28/01/2022	
8	Mary Bealey	PPG Chair	01/09/2022	16/12/2022	

9	Doreen Mouldsley	Treasurer	28/01/2022	28/01//2022	
10	Norman Mouldsley	Assistant Treasurer	29/09/2023	29/09/2023	
11	Elizabeth Bullivant	Trustee	29/09/2024	29/09/2024	29/03/2025

Declaration

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

Signed on behalf of the charity's trustees

Signature	
Full name	NORMAN MOULSLEY
Position (eg Secretary, Chair, etc)	CHAIR
Date	30/09/2025

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

TOTAL Income = £5,349.99

Total Expenses = £4,044.07

Represented by:

BANK ACCOUNT	£10,731.32
RESERVE FUNDS	£1,500.00
FLOAT	£20.00
PETTY CASH	£1.37
	£12,252.69

Sign
Position
Date

W. H. H. H. H.
30/9/25