



Charity number **1191174**

**Annual Report and Financial Statements**  
**For the period 01/01/2023 to 31/12/2023**



# **Slow The Flow**

## **Annual Report and Financial Statements**

### **For the period 01/01/2023 to 31/12/2023**

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## Slow The Flow

### Trustees' report for the period 01/01/2023 to 31/12/2023

#### Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial period and up to and including the date the report was approved were:

Name	Position	Dates
Bede Mullen	Chair (to 15/07/2024)	Resigned 15/07/2024
Adrian Horton	Secretary (from 06/06/2024 to 19/07/2024)	Appointed 13/09/2023
	Chair (from 19/07/2024)	
Stephen John Garrod	Treasurer	
Stuart Bradshaw		Resigned 30/09/2023
Robin Gray		
Katie Kimber		
Marie Therese Degnan		Resigned 30/08/2023
Amanda McDermott		
Roseanne Marie Sweeney		Resigned 06/02/2023
Paul Garry Williams		Resigned 06/06/2024
Andrew Colin Wright		
Jacqueline Ann Lowe	Secretary (to 06/06/2024)	Appointed 31/05/2023
		Resigned 06/06/2024
Andrew John Mackintosh		Appointed 11/01/2023
Robin Howorth		Appointed 31/05/2023
		Resigned 20/07/2024
Susan O'Brien	Secretary (from 19/07/2024 to 16/10/2024)	Appointed 23/05/2024
		Resigned 16/10/2024
Samuel Townsend		Appointed 13/07/2024

#### Charity Number

The charity was registered with the Charity Commission for England and Wales, number 1191174, on 07/09/2020.

**Principal address**      Hebden Lodge  
Lee Mill Road  
Hebden Bridge  
West Yorkshire  
HX7 7AE

**Bankers**                      Reliance Bank Ltd  
Faith House  
23-24 Lovat Street  
London  
EC3R 8EB



## **Slow The Flow**

### **Trustees' report (continued) for the period 01/01/2023 to 31/12/2023**

#### **Structure, governance and management**

The charity is governed by a constitution adopted Jan 2020.

#### **Method of recruitment and appointment of trustees**

The trustees of the charity are the founding trustees of the charity or are otherwise appointed by the trustees.

#### **Objectives and activities**

##### **The charity's objects**

Slow The Flow is a charity working to advance the education of the public in Natural Flood Management, Sustainable Drainage Systems and other renewable methods of managing the environment, including the exploration of alternative practices which safeguard the natural environment and its resources in a manner which best fits the specifics of a local geography.

##### **The charity's main activities**

The educational objective of the organisation is achieved by presenting information on the Slow The Flow website from a mixture of specialist technical professionals and NFM practitioners including: case studies carried out with volunteers; "how to" guides for implementation at their own properties or land or that provided by others; workshops, lectures and seminars from the technical professionals and those leading or being involved in volunteer projects; and the hands-on volunteer activities - giving members of the public the opportunity to try first hand a range of flood management techniques on land offered by consenting landowners before doing the same on their own property or by similarly seeking cooperation for projects on land owned by others.



## **Slow The Flow**

### **Trustees' report (continued) for the period 01/01/2023 to 31/12/2023**

The organisation implements pilot projects in so far as this is necessary in a science which is emerging and requires an evidence base to demonstrate its efficacy. Its main project to date is work carried out by volunteers on land owned by The National Trust who is not a beneficiary but a consenting and cooperative landowner whose motivation is to help the organisation educate communities about Natural Flood Management and do its bit on land over which it has control. This project sets out to provide proof of concept including the feasibility of volunteer-based actions to implement Natural Flood Management in a local scenario – notably to the benefit of the entire downstream community – while recognising that this implementation by itself is a small part of a wider solution only achievable by educating others in the mechanics and arguments for Natural Flood Management.

Other implementations entail projects based on a similar scalability model where the organisation produces results and promotes the learned physical and social science to encourage others to repeat and expand the work so that it is scaled up to a level that is of benefit to the extended community.

These projects include: identifying Natural Flood Management opportunities; suggesting designs for small-scale woodland and terrain interventions; communications that encourage involvement of volunteers and landowners; facilitating discussions between participating parties; and building understanding between community participants and local and national government agencies

### **Public benefit statement**

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular in relation to advancing the education of the public in Natural Flood Management, Sustainable Drainage Systems and other renewable methods of managing the environment.



## Slow The Flow

### Trustees' report (continued) for the period 01/01/2023 to 31/12/2023

#### Achievements and performance

Slow The Flow started its work to build Natural Flood Management (NFM) and Sustainable Drainage Solutions (SuDS) into the Calder catchment in 2016. Since then its volunteers, trustees and partners have worked tirelessly on the task with the aim of reducing flood risk to our communities.

We have continued to build upon the last 6 years and develop new partnerships, ideas, projects, and initiatives to reduce flood risk here in the Calder Valley. Below you will find information about some of the activities we have been getting up to throughout 2023.

2023 has been a busy year for Slow The Flow trustees and volunteers. We have continued with our long-term project at the National Trust's Hardcastle Crag estate in Hebden Bridge. We have worked in partnership with the National Trust for the past seven years bringing hundreds of volunteers to monthly work sessions building leaky dams, and placing logs along valley contours to interrupt the flow of water into rivers.

We accommodated around 100 scouts, guides, brownies and other uniformed services to Hardcastle Crag over the summer providing practical and educational opportunities over a month of evening sessions. These prove invaluable in developing and promoting our work to a young audience who in the fullness of time may go on and develop their own interest in geography and natural Flood Management.

We also continue to welcome guests and visitors to Hardcastle Crag for them to see for themselves the work and the benefits to the community, and to the developing bio-diversity which the work contributes towards.

We also continued to welcome young people on the Duke Of Edinburgh scheme at Hardcastle Crag. They usually attended for a number of sessions and this helped towards their award. One particular participant wrote about his positive experience in a blog <https://slowtheflow.net/my-duke-of-edinburgh-experience-with-slow-the-flow/>.

Publicity and concern continue to be raised about river pollution and the contribution made by Combined Sewer Overflows (CSO). It is a cause we have been championing for a while now and in line with our education objectives have produced information about Combined Sewer Overflows (CSO) and Natural Flood Management (NFM). One of our volunteers



provided an interesting European perspective on the subject, [Combined Sewer Overflows: impacts, mitigation solutions and European perspective](#).

With funding from the Community Foundation for Calderdale, our work to develop resources for the teaching of Natural Flood Management at KS2 and KS3 continues and this is now being taught in Primary Schools throughout Calderdale. These resources have been written and designed by our trustees and the packs of resources were made available to primary and secondary schools in Calderdale. This work continues unabated, including full day workshops led by Slow The Flow trustees in Calderdale primary schools. The [Natural Flood Management curriculum resources](#) are freely available from this link.

We continue to support the community with our donations to the Community Foundation for Calderdale as part of their membership scheme. This supports other local charitable organisations in Calderdale.

Our work inspires other communities and groups around the UK to use natural processes to combat their own flood risk. These relationships are vitally important because collectively they have all contributed to the policy shift to include NFM and SuDS in Flood Alleviation Schemes in our cities, towns, villages, and rural communities.

Slow The Flow also continues to support national communications to promote flood resilience with flood action week.

In October, Storm Babet battered the UK and presented opportunities to see our works in action at Hardcastle Crag near Hebden Bridge. The 800+ leaky woody dams all continue to work to reduce the levels of rain water which would have made their way into the valleys through Calderdale.

Slow The Flow also commented on 37 planning applications in 2023 throughout Calderdale promoting sustainable drainage and simple flood mitigation measures which could be adopted on new build schemes.

A small number of our Trustees visited the beavers at Cropton Forest. It was a fascinating day out and lessons were learned from these natural dam builders.



And finally, seeing volunteers develop is so important to the work of Slow The Flow – educating young people and encouraging their passion for the environment. This is an outstanding example of where a young volunteer has enjoyed the work so much, he has gone on and studied more about this work we do in Calderdale and the benefits to the environment. Sam Townsend continues to be an integral part of our volunteer base and is looking forward to working with us in the years to come. You can read more about Sam here - [volunteer development](#).

As trustees and volunteers, we look forward with passion to a further year of passing on the importance of natural flood management through education and direct action.





## Slow The Flow

### Trustees' report (continued) for the period 01/01/2023 to 31/12/2023

#### Financial review

The net receipts for the year were: £1,373 to unrestricted funds comprising £6,489 receipts and £5,116 payments; and £7,940 to restricted funds comprising £13,000 receipts and £5,060 payments.

#### Reserves policy

The charity's free cash reserves at the year end were £17,476.

It is the charity's policy to maintain a reserve to provide a growing fund (currently £9,000) for future employment of staff and working capital in the region of £8,500 to fund its general activities in the year ahead comprising expenditure anticipated as follows:

Bank Charges	100
Fundraising costs	1000
General Publicity and Educational Media	3000
Governance Costs	500
Insurance	450
Equipment Renewal	500
Meeting Room Hire	500
Office and Admin Costs	2000
Trustee Expenses	200
Website	500

#### Risk management

The Trustees have introduced a risk management process to assess business risks and are implementing systems to mitigate these risks. Internal risks are minimised by the implementation of procedures or authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the Charity. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to relevant sites. These procedures are periodically reviewed to ensure that they still met the needs of the Charity.

Signed on behalf of the board of trustees:

Signed  
(Trustee)

A handwritten signature in black ink, appearing to read 'Stephen Garrod'.

Date: 30/10/2024

Name: Stephen Garrod

## Slow The Flow

### Receipts and payments account

for the Financial Period 01/01/2023 to 31/12/2023

Receipts	Financial Period to 31/12/2023 Unrestricted Funds	Financial Period to 31/12/2023 Restricted Funds	Financial Period to 31/12/2023 Total Funds	Financial Period to 31/12/2022 Total Funds
Donations	4689		4689	5056
Grants	1800	13000	14800	23150
<b>Total Receipts</b>	<b>6489</b>	<b>13000</b>	<b>19489</b>	<b>28206</b>
<b>Payments</b>				
Bank Charges	89		89	99
Bursaries				2000
Donations	10		10	
Fundraising costs	282		282	96
General Publicity	202		202	350
Governance Costs	750		750	300
Insurance	406		406	397
Measuring Equipment				40
Groundwork Tools	81		81	
Protective Clothing	783		783	
Meeting Room Hire	367		367	315
Miscellaneous				50
Office and Admin Costs	1604		1604	889
Restricted Grant Funded Projects		5060	5060	21563
Travel				140
Trustee Expenses	70		70	104
Website	471		471	491
<b>Total Payments</b>	<b>5116</b>	<b>5060</b>	<b>10176</b>	<b>26834</b>
Net (payments)/receipts	1373	7940	9313	1373
Fund Balances Brought Forward	16102	12676	28778	27406
Fund Balances Carried Forward	17476	20616	38092	28778



## Slow The Flow

### Statement of assets and liabilities

as at 31 December 2023

All cash funds were held at the charity's bank.

#### Assets retained for the charity's own use

Smart Turners (2)	Husqvarna 545 15" Chainsaw
Log Carries (2)	Husqvarna Chainsaw Box
Peavy Cant Hooks 3.5 ft (2)	Bolle Tracker
Timber Tongs (4)	Laptop for GDPR
Lifting Hooks (4)	NatureSpy Solar Camera
Seagate BUP Slim 1 TB Red	Storage Boxes (2)
Gloves (36 pairs)	Drone Mavic Mini Fly More Combo
Telescopic Staffs 5m, 5 Section (2)	Memory Card for drone - 100Mb/sec 64Gb
Branded Shirts (12)	Brochure & Leaflet Holders
Branded High Viz Vests (50)	Table Top Easel & Board (2 items)
Tsurugi 300mm Fine Tooth Saws (2)	Portable Wooden Easel – 1.5m High (8 items)
Sandvik Bow Saws 21" Type 51 (4)	Gazebo Frame, Cover and SideWalls
Time Lapse Cameras (8)	Wheeled gazebo bag
Husqvarna Technical Forest Helmet	5 ft Folding Table and Cover
Pavement Sign	Leg Weights
Stein Top Saw Multi Tool	

#### Approval of the accounts

The financial statements were approved by the board of trustees on 30/10/2024.

Signed:

A handwritten signature in black ink, appearing to be 'Stephen Garrod', written over a horizontal line.

Name: Stephen Garrod (Trustee)



# Slow The Flow

## Notes to the accounts for the period 01/01/2023 to 31/12/2023

### 1 Accounting policies

#### Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year. No changes have been made to the accounts for previous years.

#### Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

### 2 Trustee Expenses (excluding reimbursement for purchases made on behalf of the charity)

Expenses were paid to the following trustee to reimburse them for travel to Hull to attend an iCASP meeting:

Bede Mullen ... £34.54

Expenses were paid to the following trustees to reimburse them for their DBS check:

Bede Mullen ... £18.00    Amanda McDermott ... £18.00

### 3 Trustee remuneration and benefits

There was one trustee who received remuneration for services supplied to Slow The Flow.

This was Andrew Wright who was paid £3,990 in the year under a written agreement for him to provide 21 teaching days in schools to enable Slow The Flow to deliver its Education in Schools Project.



# Slow The Flow

## Notes to the accounts

for the period 01/01/2023 to 31/12/2023

### 4 Disclosures Relevant to The Charitable Incorporated Organisations (General) Regulations 2012

- a) There were no guarantees given by Slow The Flow where any potential liability under the guarantee was outstanding at the date of the statement of assets and liabilities.
- b) There was no debt outstanding at the date of the statement of assets and liabilities which was owed by the CIO and which was secured by an express charge on any of the assets of the CIO.

### 5 Grants and Donations

Source of Income	Financial Period Unrestricted Funds	Financial Period Restricted Funds	Financial Period Total Funds
AKIN I Z K	750		750
Todmorden Mayor	833		833
Calderdale Sustainability Forum	1800		1800
Community Foundation for Calderdale		10000	10000
FRIENDLY SOAP LTD	1362		1362
LOCALGIVING LTD	727		727
MOONFULL LTD	492		492
SHREDZ LIMITED	110		110
THE CALDER LEARNING TRUST	216		216
Todmorden Mayor	200		200
WEST YORKS F&R-FUN		3000	3000
<b>Total:</b>	<b>6489</b>	<b>13000</b>	<b>19489</b>



# Slow The Flow

## Notes to the accounts for the period 01/01/2023 to 31/12/2023

### 6 Restricted Funds

	Balance b/f	Incoming	Outgoing	Balance c/f
Community Foundation For Calderdale	7676	-	5060	2616
YORKSHIRE WATER SE	5000	-	0	5000
WEST YORKS F&R-FUN	-	3000	0	3000
Community Foundation For Calderdale	-	10000	0	10000
	<b>12676</b>	<b>13000</b>	<b>5060</b>	<b>20616</b>

Fund Name	Purpose of Restriction
Community Foundation For Calderdale	Education in Schools Project set up
YORKSHIRE WATER SE	Education in Schools Project roll out
WEST YORKS F&R-FUN	West Yorkshire Resilience Grant for Equipment
Community Foundation For Calderdale	Ovenden Wind Farm Project