

# LIVING VITAL

England & Wales · Charity number 1192957

## Details

|             |                                                         |
|-------------|---------------------------------------------------------|
| Other names | COMMON GROUND                                           |
| Status      | Registered                                              |
| Legal form  | CIO                                                     |
| Registered  | 2021-01-04                                              |
| Register    | <a href="#">View on the Charity Commission register</a> |

## Contact

|         |                                                                                    |
|---------|------------------------------------------------------------------------------------|
| Address | Living Vital<br>Stanmer Organics<br>Stanmer Village<br>Brighton<br>BN1 9PZ         |
| Phone   | 07903114089                                                                        |
| Email   | <a href="mailto:commongroundbrighton@gmail.com">commongroundbrighton@gmail.com</a> |
| Website | <a href="http://livingvital.co.uk">livingvital.co.uk</a>                           |

## Activities

**Objects:** THE OBJECTS OF THE CIO ARE 1. THE PREVENTION OR RELIEF OF POVERTY BY THE PROVISION OF ITEMS SUCH AS FOOD TO INDIVIDUALS IN NEED AND/OR CHARITIES, OR OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY. 2. TO PROVIDE FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION BY PROVIDING AN AREA FOR USE AS A COMMUNITY GARDEN FOR: THERAPEUTIC HORTICULTURE; TRAINING AND SUPPORT FOR THOSE PERSONS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY, DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES IN PARTICULAR BUT NOT EXCLUSIVELY THE REFUGEE AND MIGRANT COMMUNITY; OR FOR THE PUBLIC AT LARGE IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITION OF LIFE OF SAID PERSONS. 3. TO PROMOTE FOR THE BENEFIT OF THE PUBLIC, THE CONSERVATION, PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT BY PROMOTING BIODIVERSITY, ORGANIC GROWING, HEALTHY LIFESTYLES, PERMACULTURE, TRADITIONAL CRAFTS AND CONSERVATION PRACTICES.

**Activities:** Living Vital offers a safe welcoming space in nature where anyone can come to learn about organic food growing, permaculture principles, basic woodwork, nutrition and cooking. We are building a community connecting local people with refugees and migrants and growing produce for food banks. We

offer people the chance to deepen their connection with their bodies, the natural world and each other.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, Environment/conservation/heritage, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Elderly/old People, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Brighton And Hove
- East Sussex
- West Sussex

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-01-31 | £57,786 | £39,018     | -      | -         |
| 2024-01-31 | £24,982 | £32,152     | -      | -         |
| 2023-01-31 | £27,519 | £28,211     | -      | -         |
| 2022-01-31 | £27,964 | £14,547     | -      | -         |

## Trustees

| Name                 | Role  | Appointed  |
|----------------------|-------|------------|
| Nick Grist           | Chair | 2020-10-01 |
| Adam Paul Weston     |       | 2020-10-01 |
| Roxana Khan-Williams |       | 2020-10-01 |