



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

## Trustees' Annual Report for the period

**Period start date:** From 01 April 2023 **To Period end date:** 31 March 2024

**Charity name:** Blossom – Health Through Activity

**Charity registration number:** 1196575

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance education in the Manchester area mainly but not exclusively by providing year-round education, workshops, learning and provide a drop in to teach the public how to grow their own food, care for plants, garden maintenance, enjoyment of nature and being outside and have a positive impact on health and our carbon footprint by valuing local seasonal produce to connect people with food in the ground and demonstrate how to produce cheap nutritious meals to alleviate food and fuel poverty.
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.	Para 1.17 and 1.19	<ul style="list-style-type: none"><li>• RHS Northwest in Bloom</li><li>• Weekly Green Doctor sessions</li><li>• Holiday Activity Fund (HAF) 2023 on behalf of MCC</li><li>• Hosting weekly Walking Group</li><li>• Eat Well Move More</li><li>• Manchester Adult Education Services MAES - How to cook courses.</li><li>• Growing workshop at Factory International</li></ul> <p>Workshops -</p> <ul style="list-style-type: none"><li>• Tomato Care</li><li>• Orchid Care</li><li>• Growing in small spaces</li><li>• Forest Bathing</li><li>• Gong Spa</li><li>• Meditation and Herbal Tea</li><li>• Foraging</li><li>• Aroma Stones</li><li>• Chilli Growing Workshop</li><li>• Age Friendly Network cooking workshop</li></ul>
Statement confirming	Para 1.18	The trustees have quarterly meetings to

whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit		make sure they are up to date with all activities that are being done is in the public benefit.
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### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Blossom has a huge contribution from volunteers listed below; we wouldn't be able to deliver all we offer without their support.
Other		

### Achievements and Performance

	SORP reference	
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.	Para 1.20	<p><b>Volunteer Hours</b> 4206</p> <p><b>Visitors to Horticultural Centre</b> 12,724</p> <p><b>RHS Northwest in Bloom</b> - Achieved Level 5 Outstanding</p> <p><b>Weekly Green Doctor sessions</b> Wednesday, Thursday and Saturday 1 to 4pm. These sessions give volunteers a place to come and relax with some gardening but also to talk about their lives and any problems / anxieties they may have. We have 58 different volunteers coming to the centre across the 3 sessions.</p> <p><b>Holiday Activity Fund (HAF) 2023</b> On behalf of Manchester City Council Blossom delivered 4 workshops with activities for 100 children in the Horticultural Centre. The children were provided with a healthy lunch.</p>

		<p><b>Big Spring Clean-up</b></p> <p>Blossom hosted Manchester City Council staff volunteers who donated 20 hours of their time to clean up activities. Positive action, pride in the community!</p> <p><b>Wednesday Walking Group</b></p> <p>Wednesday Walking Group – approx. 12 attendances each from the walking group Gentle exercise, enjoying green spaces, social time and new friendships. Always followed by a lovely cup of tea and biscuits from Liz, Blossom’s volunteer coordinator.</p> <p><b>Eat Well Move More -</b></p> <p>In partnership with Manchester Local Care Organisation, we delivered 2 x 10-week program working with families from Haveley Hey School and The Willows. Cooking with the parents and physical activity sessions for the children.</p> <p><b>Manchester Adult Education Services - MAES</b></p> <p>Blossom has delivered 2 x 6 weeks ‘How to cook’ courses in the community. 14 Attendees, all of whom were offered the option of a free online Level 2 Food Hygiene course.</p> <p><b>Cooking with Fuel Reducing Appliances</b></p> <p>12 Cooking on a budget workshops using fuel saving appliances were delivered in the community, each participant was given either an air fryer or a slow cooker and a larder bag containing store cupboard ingredients. 120 families benefitted from this programme.</p> <p><b>Workshops –</b></p> <p><b>Tomato Care</b> - 15 attendees.  <b>Orchid Care</b> - 15 attendees  <b>Tropical Plant Care</b> – 10 attendees  <b>Forest Bathing</b> - 10 attendees.  <b>Growing in small spaces</b> - 18 attendees  <b>Gong Spa</b> - 30 attendees  <b>Meditation and Herbal Tea</b> - 9 attendees  <b>Foraging</b> - 15 attendees  <b>Herbal First Aid</b> - 10 attendees  <b>Aroma Stones</b> - 5 attendees  <b>Introduction to food growing</b> - 15 attendees.  <b>Halloween</b> - Eco craft activities for 105 children</p>
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		<p>Blossom staff delivered most workshops in the park, when required specialist practitioners were engaged. The workshops were advertised on social media, on Eventbrite and in the park; the local residents were encouraged to come along and join in. We have had really good feedback regarding all the workshops.</p> <p><b>Horticulture Centre – new accessible path installation</b></p> <p>The centre belongs to the people of Manchester and is maintained by Manchester City Council (MCC) Enjoyed by thousands of visitors to the park each year. We secured Green Spaces funding to install a new accessible path throughout the Horticultural Centre allowing people with mobility issues full access to this wonderful facility.</p> <p><b>Visitors to Horticultural Centre</b> 2344</p> <p><b>Corporate Volunteering</b></p> <p>Corporate volunteering helps companies to give their employees the opportunity to help out in the community whilst helping their own mental health. We have had 11 different companies delivering 1521 volunteer hours of work within the park. They have helped with all aspects of the park and not just the horticulture centre.</p> <p><b>New defibrillator</b></p> <p>Blossom was successful in a funding bid to install a new defibrillator sited on the pavilion building next to the tennis courts. The defibrillator is on the regional network system so that local health professionals will be aware of its existence.</p> <p><b>Growing in the Community workshops</b></p> <ul style="list-style-type: none"> <li>• 2 workshops delivered on behalf of Manchester City Council South Neighbourhood team in community spaces. 15 attendees to each.</li> <li>• Factory International</li> <li>• Community Connector event for Climate Change.</li> </ul> <p>Bloomtown - Experience the joy of Blossom</p>
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	<p>in the City with the National Trust Bridgewater.</p> <p>Blossom hosted a visit for the Bridgewater project in February to explore our parallel aims to support nature in the city. As a consequence, Wythenshawe Park is in their Bloomtown guide.</p> <p><b>Cooking in the Community Workshops</b></p> <ul style="list-style-type: none"><li>• Diabetes event at Benchill Community Centre in collaboration with the NHS.</li><li>• 12 cooking sessions using fuel reducing appliances delivered at community venues across Wythenshawe. 10 attendees per session each receiving a free fuel reducing appliance and a larger bag with basic store cupboard ingredients.</li><li>• Cooking session delivered to Age Friendly Network using a fuel reducing appliance.</li></ul> <p><b>Green Space Funding event at Manchester Museum 14th March 2024</b></p> <p>Blossom attended the celebration event with Andy Burnham and lots of other successful Green activists to celebrate achievements and share stories and test ideas for future greening and protecting biodiversity.</p> <p><b>The Firs Manchester University Plant Science Department.</b></p> <p>Blossom met with senior staff from the Firs, here at the Horticultural Centre to discuss the idea for a member of our horticultural staff ('cross pollinator') to work across the two sites. MU are planning on pursuing Botanical Garden Status. Discussions are ongoing.</p> <p><b>Social Prescribing</b></p> <p>The Big Life group (BeWell) has funded a 15 places for referrals to Blossom.</p> <p><b>Social media engagement –</b></p> <p>570 followers on x (formerly Twitter) 517 followers on Facebook</p>
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		<p>244 followers on Instagram 54 subscribers on YouTube</p> <p>We use Eventbrite to facilitate workshops and events.</p> <p>We have made great progress in reaching our audience over social media and have clear plans on how to continue growing our digital presence.</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	Blossom continues to apply for funding monthly. £77,246 was brought in from grants, donations, fundraising and other.
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Barclays Bank £129.84 Co-Op Bank £35,360.37 Petty Cash £2.40
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have reserves so we can carry forward our activities in the next financial year.
Amount of reserves held	Para 1.22	£35,492.61
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Grants, Corporate Donations, public donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Articles of Association
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	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	Para 1.25	Trustee selection method is by invitation only.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	Blossom - Health through Activity
Other name the charity uses	
Registered charity number	1196575
Charity's principal address	The Pavilion, Wythenshawe Park, Wythenshawe Rd, M23 0AB



### **Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel Harding	Chair		
2	Sandra McNicholls	Treasurer		
3	Mary Monaghan	Trustee		
4				
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

Sandra McNicholls	Rachel Harding
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Position (eg Secretary,  
Chair, etc)

Treasurer	Chair
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Date

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Blossom Health Through Activity

1196575

## Receipts and payments accounts

CC16a

For the period  
from

1-Apr-23

To

31-Mar-24

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants	56,314		-	56,314	150,769
Donations	17,390		-	17,390	12,139
Fundraising + Other	3,542		-	3,542	258
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	77,246	-	-	77,246	163,166
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	77,246	-	-	77,246	163,166
<b>A3 Payments</b>					
Salaries	45,943		-	45,943	22,572
NI & PAYE	3,828		-	3,828	837
Direct Costs	36,451		-	36,451	83,673
Pension contributions	1,454		-	1,454	46
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	87,676	-	-	87,676	107,128
<b>A4 Asset and investment purchases, (see table)</b>					
Computer equipment		-	-	-	2,808
Other Equipment	1,342	-	-	1,342	5,430
<b>Sub total</b>	1,342	-	-	1,342	8,238
<b>Total payments</b>		-	-	89,018	115,366
<b>Net of receipts/(payments)</b>		-	-	11,772	47,800
<b>A5 Transfers between funds</b>		-	-	-	-
<b>A6 Cash funds last year end</b>		-	-		-
<b>Cash funds this year end</b>		-	-	35,490	47,800

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Donation	2	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	2	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	None		-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	None			
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	2023 Computer Equipment		2,808	1,800
	2023 Other Equipment		5,023	3,000
	2023 Mobile Sink - Correction		407	-
	2024 Display Panels		864	-
	2024 Mobile Sink		478	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

	Print Name	Date of approval
	Sandra McNicholls	7/15/2024



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Blossom – Health Through Activity

On accounts for the year  
ended

31<sup>st</sup> March 2024

Charity no  
(if any)

1196575

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2024**.

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* *Please delete the words in the brackets if they do not apply.*

Signed: *Tyler Lappage*

Date: 15/07/2024

Name: Tyler Lappage

Relevant professional  
qualification(s) or body  
(if any):

Association of Certified Chartered Accountants

Address:

Nabarro Poole Ltd.

31 Church Road

Manchester, M22 4NN

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**