

BRIDPORT HEALTH AND WELLBEING CHAMPIONS

England & Wales · Charity number 1197060

Details

Other names BRIDPORT HEALTH AND WELLBEING CHAMPIONS CIC

Status Registered

Legal form CIO

Registered 2021-12-13

Register [View on the Charity Commission register](#)

Contact

Address 7 St. Swithins Place
Bridport
Dorset
DT6 5FD

Phone 01308421896

Email eilish.davoren@dorsetgp.nhs.uk

Activities

Objects: TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF PEOPLE IN BRIDPORT AND THE SURROUNDING AREAS, INCLUDING BUT NOT EXCLUSIVELY BY THE PROVISION OF GARDENING AND OTHER ACTIVITIES TO IMPROVE PHYSICAL AND MENTAL HEALTH.

Activities: Working to provide environments to improve and support people's mental and physical well-being.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Dorset

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£2,556	£2,342	-	-
2023-12-31	£1,500	£1,816	-	-
2022-12-31	£3,533	£2,684	-	-

Trustees

Name	Role	Appointed
Eilish Davoren	Chair	2021-12-13
Margaret Rosemary Russell		2023-06-22
Susan Stocker		2021-12-13

BRIDPORT HEALTH AND WELLBEING CHAMPIONS

England & Wales - Charity number 1197060

Accounts

Report to 2024

The Cowshed Project continues to focus on Wellbeing and Health activities for people who have various health vulnerabilities and resultant isolation, lack of confidence and weakened resilience

. Our age range is 50-80 and is slightly imbalanced towards women participants. We are able to welcome and accommodate people referred to us through social prescribing channels, and those just Drop In, providing we can meet their health and safety needs.

We recognise the opportunities we give to volunteers who benefit from being engaged in purposeful community activities. We also recognise the wider effect we have on Carers and Partners and their wellbeing and maintain contact with them.

We continue to partner with Connect Day Centre and Outreach. We have allocated space and helped them grow vegetables for cooking and consumption at their centre. The range of activities we cover include Raised bed growing and mini plot growing as well as covered and seated horticultural. Our group continues to meet weekly enjoying social interaction as well as propagating cuttings, growing herbs and spice and growing flowers and vegetable for sharing. You can also do nothing and just look and listen.

We are also pleased to welcome occasional visitors including Alumni who we are pleased to see doing well.

Alan said ' Coming here clears my head. I realize I can hear birds.' Christine said ' I come every week. I didn't know I could manage it, but I get great support.'

Date	Type	Description	Paid Out	Paid In	Balance
06-Feb-23	CR	Ammonite Health Pa FINAL BAL	£806.27	£806.27	£806.27
23-Mar-23	CR	BRID TOWN COUNCI CAR BOOT	£500.00		£1,301.27
24-Mar-23	BP	Mary Watson Bridpor	£107.55		£1,193.72
29-Mar-23	CR	DORSET COMMUNITY F DCF GR	£1,000.00		£2,193.72
12-Apr-23	DR	TOTAL CHARGES TO 2	£5.00		£2,188.72
19-Apr-23	VIS	CHEDINGTON COMPO	£105.00		£2,083.72
22-Apr-23	BP	Helen Wright H&W C	£157.00		£1,926.72
27-Apr-23	BP	Mary Watson Bridpor	£90.60		£1,836.12
13-May-23	DR	TOTAL CHARGES TO 2	£5.00		£1,831.12
01-Jun-23	BP	Mary Watson Bridpor	£87.41		£1,743.71
07-Jun-23	BP	Thomas Brereton Cow	£200.00		£1,543.71
12-Jun-23	DR	TOTAL CHARGES TO 2	£5.00		£1,538.71
13-Jul-23	DR	TOTAL CHARGES TO 2	£5.00		£1,533.71
21-Jul-23	BP	Mary Watson Bridpor	£135.42		£1,398.29
12-Aug-23	DR	TOTAL CHARGES TO 2	£5.00		£1,393.29
12-Sep-23	DR	TOTAL CHARGES TO 2	£5.00		£1,388.29
12-Sep-23	BP	Mary Watson Bridpor	£53.14		£1,335.15
02-Oct-23	BP	Julie Penfold Cowshec	£100.00		£1,235.15
08-Oct-23	BP	Mary Watson Bridpor	£199.00		£1,036.15
10-Oct-23	BP	Rachel Millson Cowsh	£100.00		£936.15
11-Oct-23	BP	Mary Watson Bridpor	£159.13		£777.02
13-Oct-23	DR	TOTAL CHARGES TO 2	£5.00		£772.02
18-Oct-23	BP	Mary Watson Bridpor	£162.54		£609.48
12-Nov-23	DR	TOTAL CHARGES TO 2	£5.00		£604.48
27-Nov-23	BP	Mickey Bonome Cows	£24.54		
27-Nov-23	BP	Mary Watson Bridpor	£42.42		£537.52
13-Dec-23	DR	TOTAL CHARGES TO 2	£5.00		£532.52
12-Jan-24	DR	TOTAL CHARGES TO 2	£5.00		£527.52
12-Feb-24	DR	TOTAL CHARGES TO 2	£5.00		£522.52
21-Feb-24	BP	Mary Watson Bridpor	£70.78		£451.74
14-Mar-24	DR	TOTAL CHARGES TO 2	£5.00		£446.74
26-Mar-24	CR	BRID TOWN COUNCI CAR BOOT	£250.00		£696.74
04-Apr-24	BP	Helen Wright H&W C	£157.00		£539.74
12-Apr-24	DR	TOTAL CHARGES TO 2	£5.00		£534.74
13-May-24	DR	TOTAL CHARGES TO 2	£5.00		£529.74
19-May-24	BP	Mary Watson Bridpor	£110.47		£419.27
12-Jun-24	DR	TOTAL CHARGES TO 2	£5.00		£414.27
19-Jun-24	BP	Mary Watson Bridpor	£112.00		£302.27
13-Jul-24	DR	TOTAL CHARGES TO 2	£5.00		£297.27
12-Aug-24	DR	TOTAL CHARGES TO 2	£5.00		£292.27
12-Sep-24	DR	TOTAL CHARGES TO 2	£5.00		£287.27
13-Sep-24	BP	Mary Watson Bridpor	£78.70		£208.57
13-Oct-24	CHG	TOTAL CHARGES TO 2	£5.00		£203.57

Narrative
Opening balance
Grant
Activities
Grant
Bank charges
Activities
Insurance
Activities
Bank charges
Activities
Activities
Bank charges
Bank charges
Activities
Bank charges
Bank charges
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Activities
Bank charges
Grant
Insurance
Bank charges
Bank charges
Activities
Bank charges
Volunteer training
Bank charges
Bank charges
Bank charges
Activities
Bank charges

BRIDPORT HEALTH AND WELLBEING CHAMPIONS

England & Wales - Charity number 1197060

Accounts



Trustees' Annual Report for the period

From 10th December 2022

To

31st December 2023

Charity name: **Bridport Health and Wellbeing Champions**

Charity registration number: **1197060**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote and support through non-clinical means, the improvement of mental and physical health which might be caused by long term health conditions, loneliness, isolation, anxiety or old age.
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	Principally through the allotment project, The Cowshed, which provides a social space to encourage participants to interact and take part in various gardening activities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to this guidance.

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	
Other		

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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>The Cowshed Project continues to focus on Wellbeing and Health activities for people who have various health vulnerabilities and resultant isolation, lack of confidence and weakened resilience.</p> <p>Our age range is 50-80 and is slightly imbalanced towards women participants. We are able to welcome and accommodate most of the people referred to us through social prescribing channels, providing we can meet their health and safety needs. Others just turn up and want to help.</p> <p>In addition, our new partners this year have been with Connect Day Centre and Outreach. We have allocated space and helped them grow vegetables for cooking and consumption at their centre.</p> <p>The range of activities we covered include..</p> <p>Built a Bug Hotel.</p> <p>Birdsong Walk.</p> <p>Fruit Tree planting.</p> <p>Propagating cuttings.</p> <p>Growing herbs and spice for outdoor cooking.</p> <p>Growing flowers for sharing and for donations.</p> <p>Wire and willow sculpture.</p> <p>Twice weekly groups with mini demonstrations many weeks.</p> <p>Spring Bulb planting event.</p> <p>Art: Precious boxes. Cabinet of wonders.</p> <p>Tea and hospitality with all sorts of nice visitors.</p> <p>Do nothing and just look and listen.</p> <p>Fred said ' Coming here clears my head. I realize I can hear birds.'</p> <p>Jill said ' I come every week. I didn't know I could do it.'</p>

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	
Investment performance against objectives	Para 1.41	

Other		
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The CIO has received £1500 income over the period and spent £1816 in gardening equipment, liability insurance and other general expenses.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Whilst the CIO has no fixed costs or liabilities, the Trustees' policy is to hold £200 as reserves.
Amount of reserves held	Para 1.22	£200
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

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	
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 (trust deed, royal charter)	Para 1.25	Foundation model constitution
How is the charity constituted? (e.g unincorporated association, CIO)	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	Appointment by a resolution passed at a properly convened meeting of the charity trustees, having regard to the skills, knowledge and experience needed for the effective admin of the CIO.

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	Bridport Health and Wellbeing Champions
Other name the charity uses	
Registered charity number	1194060
Charity's principal address	Bridport Medical Centre Bridport DT6 5BN

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	Eilish Davoren	Chair		
2	Helen Wright	Secretary		
3	Sue Stocker			
4	Margaret Rosemary Russell		22/6/23-31/12/23	
5				
6				
7				
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9				
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12				
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15				
16				
17				
18				
19				
20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)

--	--

Position (eg Secretary,
Chair, etc)

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Date

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Bridport Health and Well-being Champions	No (if any) 1197060
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Receipts and payments accounts

For the period from	31.12.22	To	31.12.23
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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 £
A1 Receipts					
Grants and donations	1,500	-	-	1,500	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,500	-	-	1,500	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,500	-	-	1,500	-
A3 Payments					
Costs / gardening supplies	1,816	-	-	1,816	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,816	-	-	1,816	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,816	-	-	1,816	-
Net of receipts/(payments)	- 316	-	-	- 316	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	849	-	-	849	-
Cash funds this year end	533	-	-	533	-

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	Closing Bank account	533	-	-
		-	-	-
		-	-	-
	Total cash funds	533	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval

BRIDPORT HEALTH AND WELLBEING CHAMPIONS

England & Wales - Charity number 1197060

Accounts



Trustees' Annual Report for the period

From 10th December 2021

To

31st December 2022

Charity name: **Bridport Health and Wellbeing Champions**

Charity registration number: **1197060**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote and support through non-clinical means, the improvement of mental and physical health which might be caused by long term health conditions, loneliness, isolation, anxiety or old age.
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	Principally through the allotment project, The Cowshed, which provides a social space to encourage participants to interact and take part in various gardening activities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to this guidance.

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	
Other		

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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>Two weekly sessions have been organised for participants to meet all year round to grown and cultivate flowers and vegetables. We have arranged demonstrations and workshops together with a number of wider community events, planting a hedge, a bulb planting afternoon, a summer celebration and a winter wreaths workshop.</p> <p>We have established a second garden area that has a wildlife focus, changing a bare grassed area into a stroll and seat area to enjoy the benefits of being in nature.</p> <p>For many beneficiaries this is their only social interaction in the week and it provides a safe space where their health vulnerabilities are catered for, growing their confidence and enabling friendships to blossom. They have felt able to join workshops and participate in community activities. We have helped people to feel independent when participating in tasks which engender a feeling of purpose and use.</p>

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	
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	The CIO has received £3533 income over the period and spent £2684 in gardening equipment, liability insurance and other general expenses.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Whilst the CIO has no fixed costs or liabilities, the Trustees' policy is to hold £200 as reserves.
Amount of reserves held	Para 1.22	£200
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

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	
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	Para 1.25	Foundation model constitution
How is the charity constituted?	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	Appointment by a resolution passed at a properly convened meeting of the charity trustees, having regard to the skills, knowledge and experience needed for the effective admin of the CIO.

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	Bridport Health and Wellbeing Champions
Other name the charity uses	
Registered charity number	1194060
Charity's principal address	Bridport Medical Centre Bridport DT6 5BN

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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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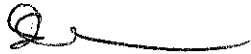
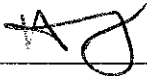
Other optional information

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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)		
Full name(s)	EILISH DAVOREN	HELEN ME WRIGHT
Position (eg Secretary, Chair, etc)	CHAIR	SECRETARY,
Date	22.06.2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Bridport Health and Well-being Champions

No (if any)
1197060

Receipts and payments accounts

For the period from	13.12.21	To	31.12.22
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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 £
A1 Receipts				
Grants and donations	3,533	-	-	3,533
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	3,533	-	-	3,533
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	3,533	-	-	3,533
A3 Payments				
Costs - gardening supplies	2,684	-	-	2,684
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	2,684	-	-	2,684
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	2,684	-	-	2,684
Net of receipts/(payments)	849	-	-	849
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	849	-	-	849

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Closing Bank account	809	-
		-	-
		-	-
	Total cash funds	809	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name

CC16a



Last year
to the nearest £

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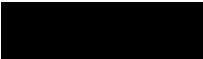
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Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval
