



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From 10<sup>th</sup> December 2021**

**To**

**31<sup>st</sup> 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	<b>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.</b>
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	<b>Principally through the allotment project, The Cowshed, which provides a social space to encourage participants to interact and take part in various gardening activities.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The Trustees have had regard to this guidance.</b>

## **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	<b>The CIO has received £3533 income over the period and spent £2684 in gardening equipment, liability insurance and other general expenses.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>Whilst the CIO has no fixed costs or liabilities, the Trustees' policy is to hold £200 as reserves.</b>
Amount of reserves held	Para 1.22	<b>£200</b>
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	<b>Foundation model constitution</b>
How is the charity constituted?	Para 1.25	<b>CIO</b>
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	<b>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.</b>

### 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				
5				
6				
7				
8				
9				
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15				
16				
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	
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
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#### 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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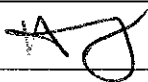
## Other optional information

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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 £
<b>A1 Receipts</b>				
Grants and donations	3,533	-	-	3,533
		-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	3,533	-	-	3,533
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	3,533	-	-	3,533
<b>A3 Payments</b>				
Costs - gardening supplies	2,684	-	-	2,684
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	2,684	-	-	2,684
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	2,684	-	-	2,684
<b>Net of receipts/(payments)</b>	849	-	-	849
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Closing Bank account	809	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>809</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

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

	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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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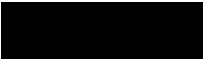
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**Endowment  
funds**

to nearest £

-
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-
-

OK

**Endowment  
funds**

to nearest £

-
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-
-

**Current value  
(optional)**

-
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-
-
-

**Current value  
(optional)**

-
-
-
-
-
-
-
-
-

**When due  
(optional)**


**Date of  
approval**
