



CHARITY COMMISSION
FOR ENGLAND AND WALES

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				
8				
9				
10				
11				
12				
13				
14				
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)

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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

Receipts and payments accounts

CC16a

For the period
from

31.12.22

To

31.12.23

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
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	