

## **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 |           |
| 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   |

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