

BIG GREEN HEART

England & Wales · Charity number 1197237

Details

Status Registered

Legal form CIO

Registered 2021-12-21

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

Contact

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Wighill Lane
Healaugh
Tadcaster
LS24 8DA

Phone 07592414579

Email priscillahealaugh@gmail.com

Website Biggreenheart.org

Activities

Objects: THE OBJECTS OF THE CIO ARE THE RELIEF OF THE PHYSICAL AND MENTAL SICKNESS OF PERSONS IN NEED BY REASON OF AGE OR VULNERABILITY IN PARTICULAR BY THE PROVISION OF COUNSELLING AND SUPPORT AS AN INFORMED EXPRESSION OF THE CHRISTIAN FAITH.

Activities: Big Green Heart provides advice and assistance to young people and vulnerable adults through the provision of educational programmes, training and pastoral care.

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Disability, Other Charitable Purposes
- **Who:** Children/young People, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£27,530	£15,018	-	-
2023-12-31	£35,428	£7,024	-	-
2022-12-31	£5,911	£2,276	-	-

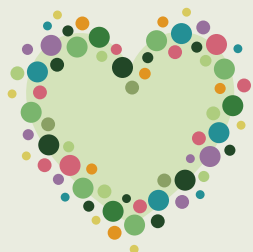
Trustees

Name	Role	Appointed
Robert Anthony Lankester	Chair	2025-01-13
Amy Lucinda Scott		2021-12-21
Leah Nichelle-Marie Brown		2021-12-21
PRISCILLA MARY ELSPETH SMITH		2021-12-21
Rev Anne Richards		2021-12-21
Robert Mansel Lewis		2024-01-31
SERENA ELLEN HARDY CRAWLEY		2023-02-01
Sailesh Pushkar Mehta		2025-10-13
Yeukai Kajidori		2025-07-01

BIG GREEN HEART

England & Wales - Charity number 1197237

Accounts



Big
Green
Heart

FOR GIVING LIFE



Annual Report 24

Including independently examined accounts
for financial year ending December 2024

Registered Charity No. 1197237



Big Green Heart provides advice and assistance to young people and adults through the provision of educational programmes, training and pastoral care.





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Big
Green
Heart

FOR GIVING LIFE

Words from our Founder & Interim Chair of Trustees

It is a joy to introduce our annual report for 2024.

The growth and development of Big Green Heart has been nothing short of a privilege. I am constantly amazed at what people share with me, the ease with which they grasp the concept that underpins Big Green Heart and the impact of the methodology on an individual whether through a personal session or with a group.

Such was the ready acceptance of our teaching and practice, we began a journey of scrutiny and evaluation of our ideas in different professional contexts.



We have had nothing but approval and encouragement from these assessors as well as some helpful suggestions to enhance our presentation. This has strengthened our self belief and empowered us to explore how we can stretch our reach.

Never has the need for an accessible mental health tool been more obvious. As I write this I have a double page spread newspaper article lying on our kitchen table describing an adult journey through the mental health service of our overstretched NHS. Throughout this year my experience has been that the simple truth around forgiving brings profound healing and peace to long held emotional wounds. Many clients have contacted me to speak of the transformative power of the Big Green Heart in their lives.

We are so grateful to those who have trusted us with their story and walked this journey with Big Green Heart. We have built a confident pattern of practice that will enable many more people to be trained as practitioners and facilitators so that we can make a significant contribution to the mental health of our nation. Whether through building resilience and positive patterns of behaviour in young people or bringing peace and freedom to adults who have struggled as a result of trauma throughout their lives, Big Green Heart brings hope.

We have been championed and supported by many this year, not least the Cinnamon Incubator Programme to whom we are immensely grateful. Our committed and talented board of trustees have worked hard and as chair I am immensely grateful to them and our gifted and growing team.

A handwritten signature in black ink, appearing to read 'Priscilla'.

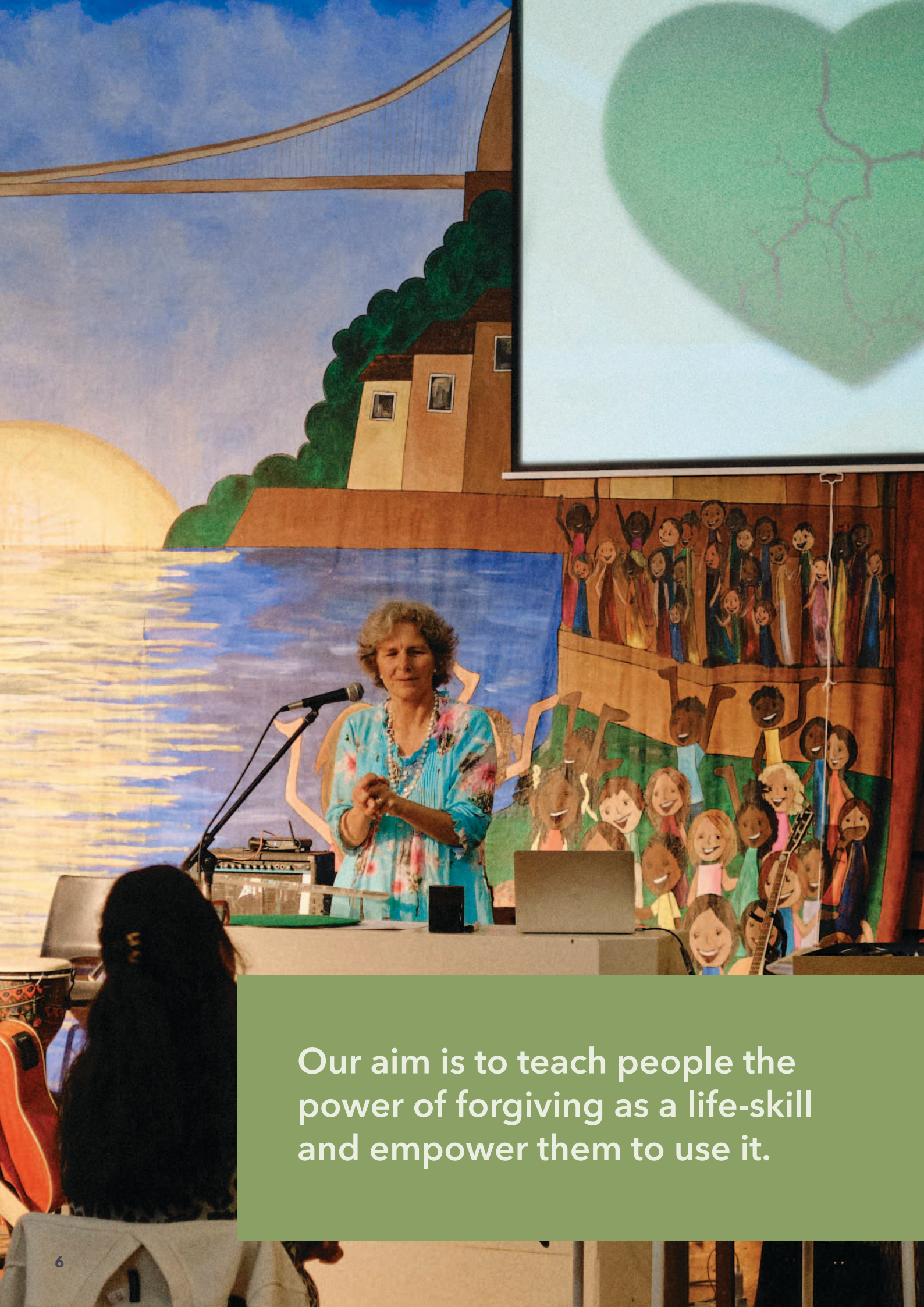
Priscilla Smith

Founder of Big Green Heart & Interim Chair of Trustees



"It revealed so much more than I was expecting. A chance to 'reset' spiritually. I feel at peace, released, joyful and more insightful as regards 'emotional responses.'"

Client feedback



Our aim is to teach people the power of forgiving as a life-skill and empower them to use it.

How do we achieve our aim?

We provide pastoral care, training, and educational programmes that bring understanding and practical ways to navigate forgiving. By debunking myths around what forgiving is and is not, and providing support, we help people work through situations and feelings in a gentle, empowering way using our Big Green Heart tools.

These inclusive tools and our teaching models have been developed through professional experience rooted in current psychological and scientific research. Initially created with young people in mind, Big Green Heart is a very simple process that is visual, tactile, and accessible to many ages, abilities, and backgrounds.

Forgiving, distinct from absolution or reconciliation, is a psychological skill that enables individuals to release resentment and negative emotions associated with harm. Studies link forgiving with lower blood pressure, better sleep, and reduced stress, as well as stronger mental well-being through decreases in depression, anxiety, and rumination.

It has also been shown to increase resilience, empathy, and healthier connections with others. Importantly, forgiving is something that can be taught, practised and strengthened over time, making it a life-skill that helps us navigate challenges more positively. This is where our tools facilitate that process in a memorable, applicable and insightful way. Ultimately, forgiving is less about the other person and more about caring for ourselves – with far-reaching rewards for mind, body, and relationships.

In 2024 Big Green Heart has been used in schools, youth clubs, churches, and addiction recovery groups. Through our Experience and Training days alone, **57 people** representing **22 organisations** across the country engaged with Big Green Heart teaching for the first time.

Forgiving is a foundational biblical principle and we believe it has the power to transform not just individual hearts and minds, but to also create a vital shift in the culture of today.

“Big Green Heart could be incorporated into a lot of daily practises for people and organisations...”

When you are caught in a storm at sea, forgiving gives you the opportunity to build a boat, and then change the relational dynamics of the whole situation.”

Doctoral Researcher in Trauma Informed Practice

What do we offer?

Pastoral care

Individual forgiving sessions with practitioners from within our network. Different to counselling this is a focussed session, delivered in person or online, to therapeutically process how the heart feels and work through issues, anxieties and past trauma.

Practitioners can also deliver sessions as a programme over six weeks with small groups.

Training

We operate a safer recruitment training pathway to join Big Green Heart as a practitioner. We teach how to use the tools to lead individuals or groups through Big Green Heart sessions in their setting, provide mentoring and ongoing support as they join our network. Applicants have to evidence safely using the tools and comply with safeguarding procedures in order to become accredited.

Educational programmes

We host Experience days to introduce our concepts and tools to groups in almost any setting. We provide speakers for events and offer bespoke wellbeing days and activities.

Our Schools offer is growing and we have experience in delivery from KS1 to KS4 as we promote the benefit of forgiving offering:

- One to one sessions for pupils
- Six week course for small groups
- Assemblies
- Taster sessions
- School wellbeing days
- Staff facilitator training

We are currently developing our accreditation for schools.

We believe that the often overlooked foundational skill of forgiving has the power to transform not just individual hearts and minds, but will also create a vital shift in the culture of today.

"I feel as though I have taken a ten ton rucksack off my back, put it down, and do not have to take it up again. This is powerful, I feel so light and free. Everyone needs to have access to this..."

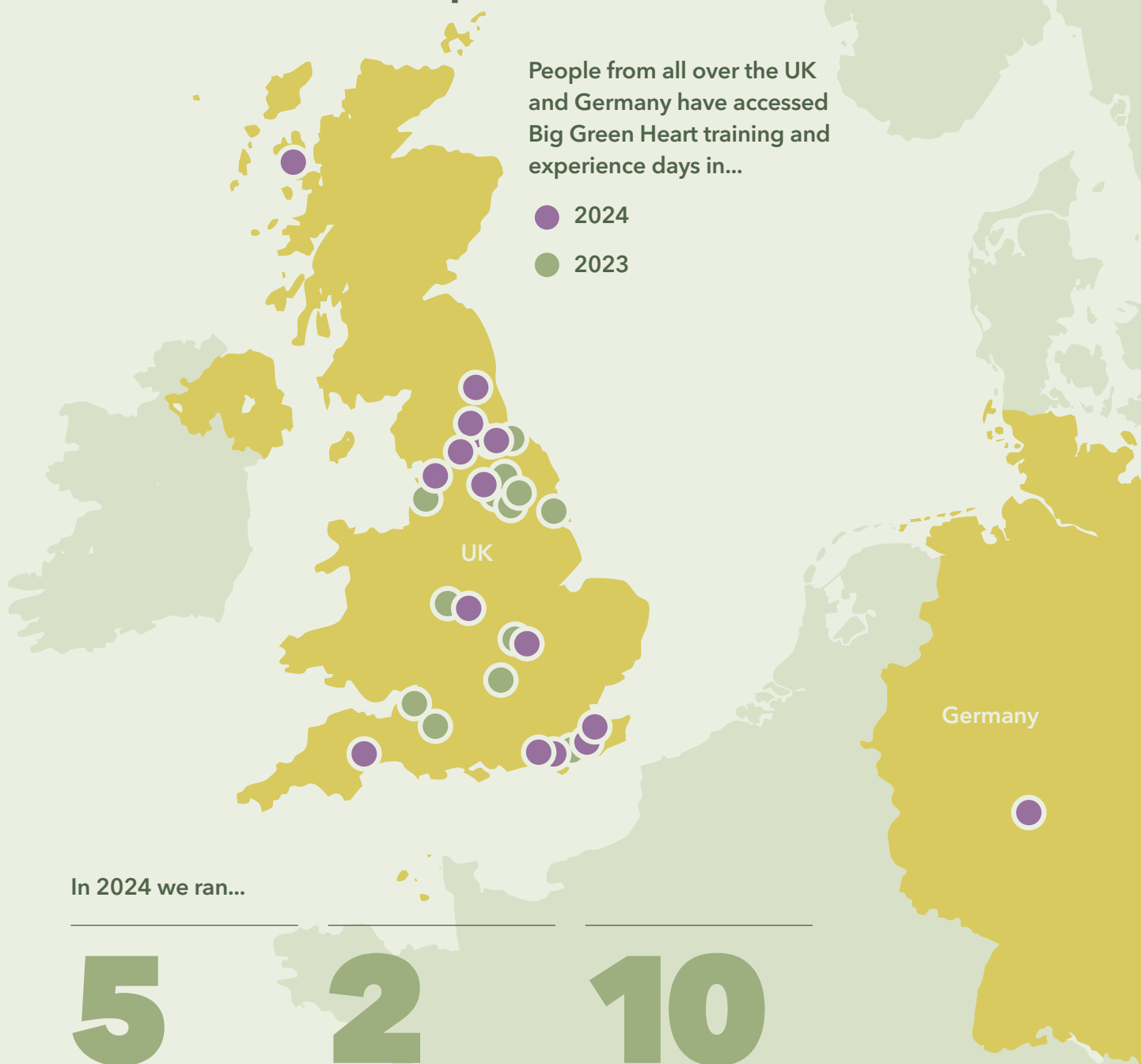
Feedback from a Neurodivergent person.
They found the visual nature of the tools deeply impactful and accessible.

Achievements & performance

People from all over the UK and Germany have accessed Big Green Heart training and experience days in...

● 2024

● 2023



In 2024 we ran...

5

experience days
for 41 people



2

training days
for 9 people



10

mentoring days
for 44 people



Our 2024 Cinnamon Impact data shows we facilitated...



4

replicated projects with...



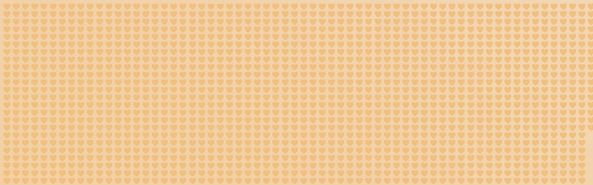
11

active practitioners delivering...



80

hours of teaching that impacted...



1529

pupils, staff and individuals



Achievements & performance

The Cinnamon effect

We launched into 2024 with three days of residential coaching with Cinnamon Network following our national recognition in 2023 as one of five charities across the UK chosen to be part of their two year incubator programme.

The team of coaches have great expertise in all things charitable and governance and they both gave us valuable input and ideas and also made us think through our identity, our structure, our funding models and streams. Bi-monthly coaching sessions with Amanda Bindon, who has many years of experience in marketing and franchise models, have boosted us far beyond what we would have been able to do on our own. Big Green Heart has grown and we have replicated our project. We are extremely grateful for their support and input both with the business modelling and with finance.

“Big Green Heart are a brilliant, social action project that help communities meet very real needs. We recognise the value, significance and impact their work can make in everyday lives.”

Amanda Bindon
The Cinnamon Network



Achievements & performance

Our training

Training

Much of our training this year has been in partnership with The KEYS Project (Keys) with whom we have beautiful synergy. Priscilla has led a three-day training in Hailsham, drawing a dozen people connected with a number of groups and churches; three days in Kighley, where she first addressed their group at Grubs Up; and on the Isle of Skye where she spent two days working with a newly established Keys team. In every situation the power of the model brings freedom.

Working with The KEYS Project, we have developed the use of online visuals to do remote individual sessions which continue to constitute the main bulk of the pastoral work.

We are grateful to Jonny Shepherd at Wingit Creatives for his excellent and prompt work with the graphics to enable this and also our presentations.

Outside of The KEYS Project and in addition to the two taster events, Priscilla also led a day's training in Exeter in January. In August, as Samson's initial training experience and as a pilot study, we trialled two days of training in Bristol with a specific focus on youth. Both were encouragingly received and have highlighted areas of focus for us in consolidation and team building after the initial imparting of information.

Practitioners

Most of the practitioners have been trained as part of The KEYS Project. They continue to do valuable work with increasing confidence. Priscilla has mentored individuals with this work.

In 2024 through our training pathway we interacted with...

22

different groups

57

individuals

"I now feel well-informed and have developed insight into my own behavior, as well as the behavior of others through my participation in the Big Green Heart course."

Trainee feedback



The KEYS Project

...are a charity that provide a holistic, community-based programme to help people escape the nightmare of addiction. Their three keys approach of community, spiritual plus medical support helps those who want to be free from drug or alcohol addiction and know they can't do it alone. All nine of The KEYS Project centres across the UK use Big Green Heart as part of their recovery programme.

"All my craving for alcohol completely disappeared."

Addiction recovery group client
after using Big Green Heart

"I feel very positively challenged and encouraged to put into practice what we have learnt."

Trainee feedback



Achievements & performance

Our mentoring

Case study:

Silas Crawley of Hope Chapel, Bristol

"Through the very simple, but deeply profound questions, you are given the key tools to be able to sustain your own recovery, and good mental health in the future. I speak as someone who had mental health challenges for some 40 years.

I decided to get trained because I knew that Big Green Heart was gold dust, and I believed that its power was in its simplicity. And in forgiving there is such power. So I wanted others to access this.

We are a small team at Hope Chapel who have embraced the training and the feedback has always been so positive.

Priscilla initially shared the vision and inspiring stories with us at a Taster day and then the people that were interested in learning more attended a couple of days training from Big Green Heart a few months later.

We then began to practice amongst ourselves following the guidelines and using all the step-by-step material. Big Green Heart sent us assessment sheets so we could continue to diligently monitor our own sessions.

In July 2024, Priscilla returned to mentor us and then those who were deemed to have been 'confident to practice' were released to do so under the safeguarding and oversight of Hope Chapel."

"I am such a fan of Big Green Heart as it enabled me to finally get to the bottom of issues that had fairly regularly been highlighted in my life."



In 2024 we hosted...

10

targeted mentoring days

We work with many different organisations and groups from across different sectors. Through our training pathway to become a Practitioner we offer mentoring and support as trainees develop confidence with the tools and grow their teams. Last year **41 people** accessed our mentoring sessions.

Achievements & performance

Work in schools

Our work was pioneered and originally developed in a secondary setting and we have seen how the culture of the whole school has benefitted from embedding a culture of forgiving.

Primary school work

We were increasingly aware of the potential to develop work in primary schools and a previous local head teacher, Liz Clow, was contracted into our team at the start of 2024 to investigate this potential and explore what work in schools, other than ASA, could look like.

With the support of Revd Anne Richards, Liz's brief was to develop a body of work that would communicate the essence of Big Green Heart. A School Offer was developed, whilst exploring assemblies and interventions to enhance pupil mental health and wellbeing, facilitating and informing discussion and reporting for Ofsted and SIAMs. Liz was then tasked with publicising, piloting and evaluating this work within a school setting.

From the initial schools contacted the uptake and evaluation has been very positive and encouraging with projects to build on in 2025.

Impact statements from our pilot primary school work:

- School felt that a safe space had been provided by Big Green Heart .
- During class time the pupil had started to integrate themselves more with other children.
- The individual time provided was important for the pupil due to the difficulties experienced both in school and at home.
- Big Green Heart has given the pupil some strategies to use when they experience difficulties both at home and in school.
- The pupil was able to identify emotions and provide some words for these feelings.



"Big Green Heart is such an exciting tool to use with children of any age and ability. It encourages them to understand what they feel, why they feel the way they do and what is in their control to do about their feelings, so that they can learn more about living at peace with themselves and others. The impact is immediate in children, as they start telling their story and learning about forgiving."

Liz Clow

School Link Advisor

60%

**conversion rate in 2024
with schools approached**

¹ Index of Multiple Deprivation (IMD) data.

"I felt relieved and better for coming to the reflection space."

Secondary school student



Case study: Hull Secondary school

Revd Anne Richards uses Big Green Heart material through her role as school chaplain. In 2024 a series of assemblies on forgiving were delivered to 1,200 students across all year groups using the teaching of Big Green Heart as a basis. A Reflection Space focussed around forgiving was developed alongside sessions specifically for year 7. Many of them said they felt 'calm, relieved and free' at the end of the session. The desire is to gradually change the whole school culture, underpinned by individual pastoral sessions as required. We have hope that the impact of Big Green Heart will ripple out and effect long lasting change in one of the UK's most deprived communities¹.

Operational report

Following our residential and mentoring with the Cinnamon Incubator team we developed a strategic plan to evaluate our methods and model with a variety of professional people for validation and to seek as a trustee body what we next needed to do to grow the charity.

Testing the model

We gathered two taster groups of professionals, one in Yorkshire and one in Oxford to present our concept to. From the taster in Yorkshire we welcomed very positive feedback from representatives from sectors including education, corporate leadership, business psychology, HR and Trauma Informed Practice. The Oxford group opened up the possibility of social prescribing for the NHS and work in the children's care sector.

We have built on all our feedback to explore potential connections and partnerships, plus refining our communications and model. Further discussion with two individuals first confirmed the appropriateness of our imagery and help us develop it further to illustrate the direct link between emotional and mental health; the heart and the mind.

Vision day

Priscilla presented our feedback and led 24 hours of discussion with our board of trustees to expand on our strategic vision.

Rebranding

A decision from our trustees was to look at our brand identity as it became clear that we needed to futureproof and trademark our brand. After many hours of consideration and work we came to a decision that we are really pleased with...

Big Green Heart - For Giving Life

Our freelance graphic designer Karen Fowler worked hard to develop the graphics and will implement them over time.

"This is powerful... yet so simple!"

Business Psychologist





Expanding the team

The trustees vision day resulted in the decision to employ an operations manager to strengthen our systems and to help us build a robust digital recording system using a programme called Knack.

In August, the team was joined by Samson Kiemo who has experience in online teaching. His first commission is to build the Knack platform for data storage. We are grateful to the support and guidance offered by Laura and her daughter from The KEYS Project who have helped Samson throughout the process.

Karen, Samson and Priscilla have spent time building TEAM (Together Everyone Achieves More) and establishing routines that work for each of us.

Funding

We were particularly grateful for an unexpected donation of £20K which came as a result of connections of the Bristol team. Thank you to the Oak Foundation for their support. We continue to be in a strong position financially thanks to some generous grant funding and some smaller individual giving alongside sales of products and costs of training.

It has been a good year of growth and strengthening.

Governance and Board of Reference

We are thankful for our dedicated team of trustees that bring a wealth of professional wisdom and experience from sectors including education, law, and charity legislation.

In 2024 Priscilla continued the role of interim Chair of Trustees whilst the trustee body continued to actively seek a permanent appointment.

After some months of waiting for him to be free we are thrilled that Robert Lankester will be appointed in January 2025 as Chair. We are immensely grateful for him accepting this role and look forward to benefiting from his wisdom.

Tony Holmes resigned from the trustee body in January 2024 and we are thankful for his support in establishing our safeguarding policies. At the same time we gratefully welcomed Rob Mansel Lewis onto the trustee body.

In 2024, we were thankful to be supported by an experienced Board of Reference made up of Caroline Dollard and Revd Tandy Ruoff.

Summary

The concentration of the work of Big Green Heart in 2024 has been in building strong foundations and establishing processes and support to build on for the future. We are grateful for all the encouragement that we have received from those with whom we work.

Looking to the future

We feel we are in a strong position looking forward to 2025, not least financially but also underpinned with firm foundations and a secure team from which to grow.

We are excited about the potential impact Big Green Heart can make and we can foresee a challenge will be to ensure that we go at a sustainable pace.

We will continue to build our system of data collection and develop more robust and strategic methods of collating feedback to inform our growth and integrity.

We are looking forward to another three day residential in early February and six months of mentoring with Amanda Bindon and the Cinnamon Network Incubator.

We will be focussing on developing our schools work and training models whilst continuing our programme of regular trainings and experiences around the country.

We are very much looking forward to working with our new Chair of Trustees and for the increasing opportunities to share our work.

Big Green Heart - For Giving Life.

Thank you

We are so grateful to those that support our work. If you would like to make a donation or become a regular giver please head to www.biggreenheart.org



Governance & legal information

CHARITY NAME	Big Green Heart
CHARITY NUMBER	1197237
DATE OF REGISTRATION	21st December 2021
START OF FINANCIAL YEAR	1st January 2024
END OF FINANCIAL YEAR	31st December 2024
TRUSTEES AT 31ST DECEMBER 2024	Mrs Priscilla Smith Interim Chair Mrs Serena Crawley Secretary Miss Amy Scott Treasurer Miss Leah Brown Revd Anne Richards Mr Robert Mansel Lewis Appointed 31 January 2024 Mr Anthony Holmes Resigned 31 January 2024
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 21st December 2021
OBJECTS	The relief of the physical and mental sickness of persons in need by reason of age or vulnerability in particular by the provision of counselling and support as an informed expression of the Christian faith.
PRINCIPLE ADDRESS	Healaugh Old Hall, Tadcaster, North Yorkshire, LS24 8DA
PRIMARY BANKERS	Lloyds Bank Plc, 25 Gresham Street, London EC2V 7HN
INDEPENDENT EXAMINERS	SPX Oxford, 19 Paradise St, Oxford OX1 1LD

Financial review

Income

The overall income for this financial period was £27,530 (2023 £35,428). This includes one-off donations, grant funding, regular giving and products and services.

To the nearest £	
One off income (one-off donations & grant funding)	23,835
Regular giving	500
Other (products & services)	3,195
TOTAL	27,530

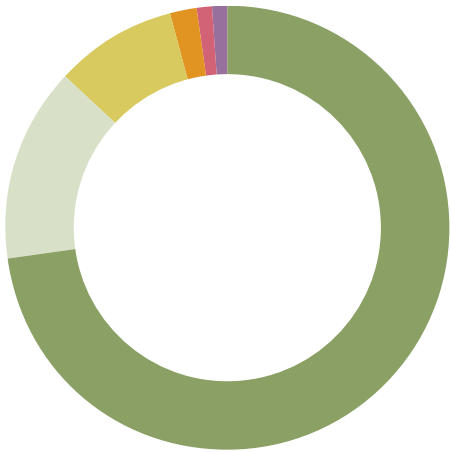
Our income decreased by 22% from the previous year.



less income in 2024 than in 2023

Income breakdown %

- 73% Grants
- 14% One-off donations
- 9% Practitioner Training Courses
- 2% Regular Donations
- 1% Mentoring & Individual sessions
- 1% Individual tools, Small box sales & Miscellaneous



↑
114%

**increase in expenses
in 2024 versus 2023**

Expenditure

Total expenditure for this financial year was £15,018 (2023 £7,024).

Expenditure increased by 114% from the previous year.

Expenses breakdown %

- 32% Personnel & Staff costs
- 26% Admin & overheads
- 12% Team training & development
- 8% Professional fees
- 6% Box purchases
- 6% Website
- 5% Governance & Trustee costs
- 2% Safeguarding
- 2% Travel expenses
- 1% Printing



The growth in expenditure mirrors the growth in the organisation and is primarily driven by the following:

i) Staffing

Over the period Big Green Heart employed the services of a web developer, freelance graphic designer, digital graphics developer, School Link advisor on a sessional basis.

From August 2024 we employed an Operations Manager.

ii) Operational Costs

This includes product costs, subscription fees and admin costs.

Cost for overheads remain very low because of the services provided by the exceptional support from Mr & Mrs O Smith who generously allow use of their premises.

The Trustees would like to record their gratitude for this support which cannot be quantified and therefore is not included in these accounts.

Net income

Net income for this financial period was £12,513.

Reserves

At the end of the year reserves stood at £44,552 (2023 £32,039) of which none were restricted.

Bank Account at 31st December 2024 was £44,550.75. Difference between accounts and bank account was £1.25. The difference is due to rounding.



Reserves policy

Our minimum reserves level is set to cover 3 months of core operating costs, which includes salaries, essential overheads, and ongoing commitments to key projects.

The maximum reserve level is set to ensure that funds are used to support our charitable objectives rather than being held back without purpose. Our maximum reserves level is set at 12 months of operating costs. Funds beyond this level will be earmarked for furthering our charitable aims, including investment in new projects, expanding services, or enhancing long-term sustainability.

This practice helps us maintain financial stability and ensures we can continue our work even during challenging times.

Structure, governance & management

Governing document

The organisation is a Charitable Incorporated Organisation (CIO) charity number 1197237, registered on the 21st December 2021. The charity is governed by a Constitution and its only voting members are its charity Trustees.

Recruitment and appointment of trustees and director

As of 31st December 2024 Big Green Heart had 6 unpaid Trustees.

All Trustees give their time voluntarily and receive no benefits from the charity.

Organisational structure & management

The Trustees meet regularly, up to four times a year. They are responsible for the strategic direction and policies of the charity. At present the Trustees have members from a variety of professional backgrounds relevant to the work of the charity. New recruits to the board are selected and appointed by Trustees.

Related Parties

The Trustees confirm that there are no related party relationships at present, and that no related party relationships or transactions occurred during the year.

There are no funds held as custodian trustees on behalf of others.

Trustees' responsibilities & declarations

The trustees of the Big Green heart are aware of the guidance of the Charity Commission to ensure that the activities that we do are of public benefit.

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period.

In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

SERENA CRAWLEY

Position

Secretary

Date

29.09.25



Big Green Heart

Receipts & Payments accounts

for the period from 1st January 2024 to 31st December 2024

Categories	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £
Receipts	Grants & Donations	24,335	-
	Earned income	3,079	-
	Other income	116	-
	Total	27,530	-
Payments	Training & Mentoring costs	2,811	-
	Personnel & Staff costs	4,788	-
	Governance & Trustee costs	1,009	-
	Travel & Logistics	316	-
	Admin & Overheads	3,934	-
	Professional Fees	2,160	-
	Total	15,018	-
Net total of Receipts & Payments		12,512	-
Cash funds at last year's end		32,039	-
Current cash funds		44,552	-

Signature(s)



Full name(s)

SERENA CRAWLEY

Date

29.09.25

Independent examiner's report on the accounts

Report to the trustees/members of Big Green Heart.
On accounts for the year ended 31st December 2024
Charity no (if any) 1197237
Set out on page 26 of Receipts & Payments accounts

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

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

Date: 29th September 2025

Name: Sheila Parry

Address: Peace House,
Paradise Street,
Oxford OX1 1LD

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



Big
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FOR GIVING LIFE

www.biggreenheart.org info@biggreenheart.org

BIG GREEN HEART

England & Wales - Charity number 1197237

Accounts

An abstract painting serves as the background for the entire page. It depicts two hands, one in the foreground and one slightly behind, cupping a vibrant green globe. The hands are rendered in warm, earthy tones of orange, brown, and tan, with visible brushstrokes. The globe is a bright, saturated green, also with visible texture. The background is a complex, layered composition of pink, purple, and blue hues, with a sense of movement and depth created by the overlapping colors and textures.

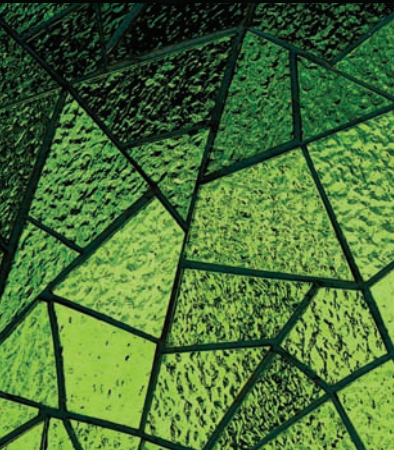
Big Green Heart

Where forgiving is living

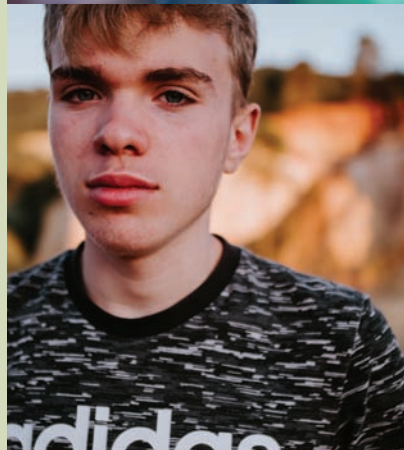
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for financial year ending December 2023

Registered Charity No. 1197237



Big Green Heart provides advice and assistance to young people and vulnerable adults through the provision of educational programmes, training and pastoral care.



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Words from our Founder & Interim Chair of Trustees

It is an honour for me to introduce our annual trustees report for 2023.

The concept of Big Green Heart was born out of an amazing personal journey, where I saw for myself the power that forgiving had to positively transform not just the mental, physical and spiritual health of a person but also the community around them.

As a trained teacher I understood the impact this could have in a school context. In 2018, after using the concept for some years in the local Youth Project, Big Green Heart was piloted very successfully in a secondary school and further developed alongside the chaplain.

The school is in Hull, in one of the most deprived areas of the UK ¹. Teaching the young people that forgiving was a 'super power' that released them from being victim, transformed the lives of many of the most vulnerable. Big Green Heart is all about listening and giving opportunity to let out the 'stories' and pain hidden in their heart.

Alarming one in five children and young people in England aged 8 to 25 had a probable mental disorder in 2023¹. It is our hope that Big Green Heart will grow to be an accessible and available early intervention tool that will help improve these statistics and reverse this trend.

We often cite children and young people and overlook the work that Big Green Heart do with adults. We know the tools are effective with all ages and abilities. The KEYS Project have incorporated Big Green Heart sessions into their addiction recovery groups and we are training people to deliver sessions across many different contexts.

We believe that the work that we do with vulnerable adults, young people and children, in particular those struggling with behaviour in school settings, is of significant benefit and value in alleviating mental distress both within society. This was underpinned by becoming one of five nationally recognised projects supported through The Cinnamon Incubator.

Looking back over the year, we have much to celebrate and be grateful for, particularly all those who have championed and supported us.

I hope you feel encouraged and inspired as you read,



A handwritten signature in black ink, appearing to read 'Priscilla'.

Priscilla Smith
Founder of Big Green Heart & Interim Chair of Trustees

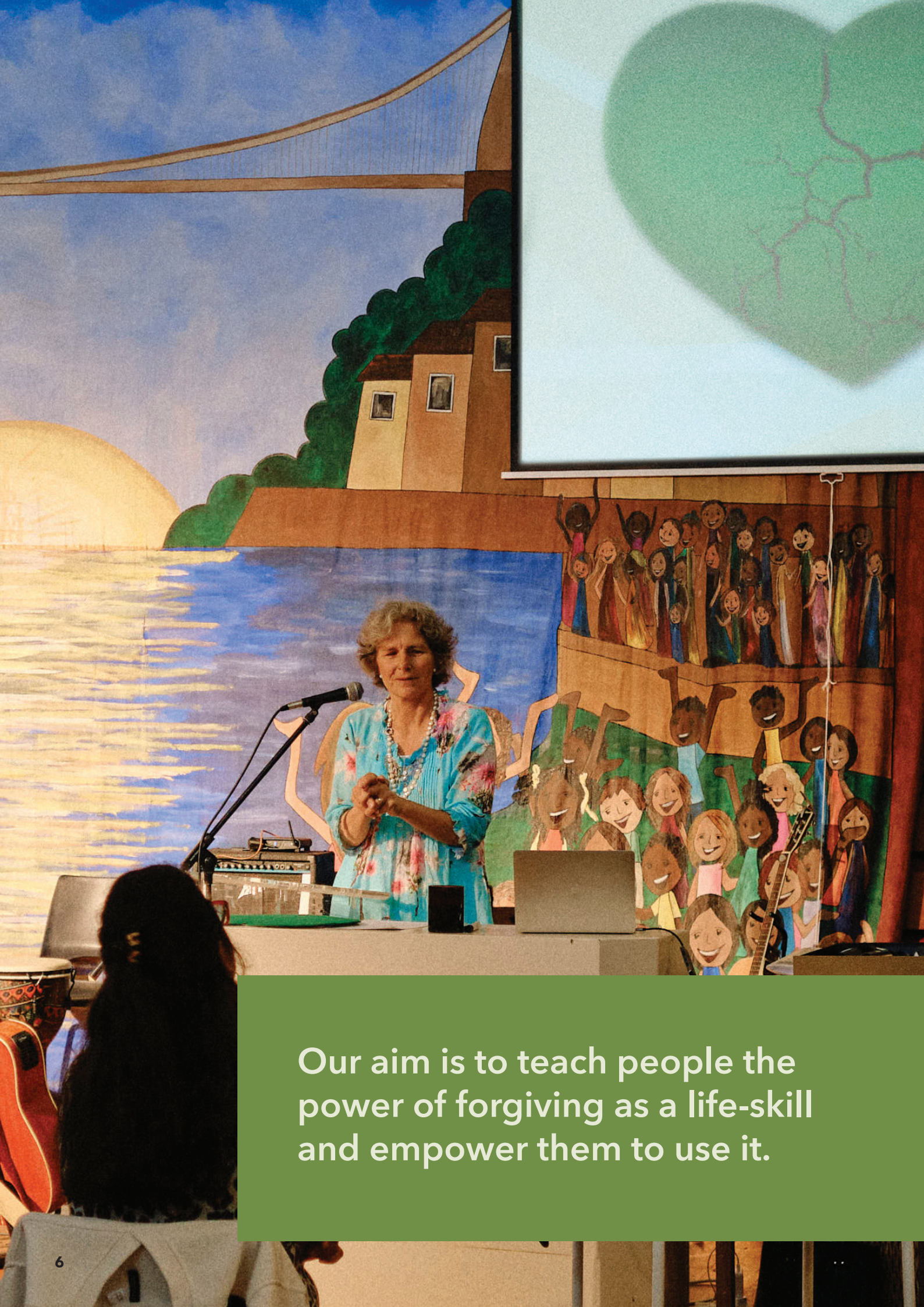
¹ Index of Multiple Deprivation (IMD) data.

² Mental Health of Children and Young People in England, 2023, NHS.



"I was deeply struck
by the gentleness and
accessibility of the approach
in accompanying participants
on a pathway towards freedom
and new possibilities."

Caroline Dollard, Board of Reference



Our aim is to teach people the power of forgiving as a life-skill and empower them to use it.

How do we achieve our aim?

Big Green Heart provides advice and assistance to young people and vulnerable adults through the provision of educational programmes, training and pastoral care.

We teach people the power of forgiving through simple visual illustrations developed with school children in mind but useful for people of any age who are struggling with emotional distress. It is particularly effective with those who feel victim to their circumstances or who are suffering from mental ill health due to its concrete nature.

The training pathway

We train practitioners to lead individuals or groups through Big Green Heart sessions that enable them to articulate what they are feeling and thinking. Every emotion has a story behind it. Explaining that we can either remain victim to our past or can choose to forgive and set ourselves free from the emotional power of the other person's actions has a releasing effect on the individual that is felt both mentally and emotionally. It is a simple process that has profound effects.

We operate a safer recruitment application process where individuals from organisations can join our training pathway to become trained practitioners. Applicants are fully trained in the tools, have to evidence safely using the tools and comply with safeguarding procedures in order to become accredited with continuing support throughout.

In 2023 we have worked with people from 25 organisations, 43 individuals began the training pathway and 62 people heard Big Green Heart teaching for the first time.

Big Green Heart has been used in schools, youth clubs, addiction recovery groups and churches. We offer in person sessions and individual sessions online.

We appreciate that forgiving is a foundational biblical principle and have designed the material to be used outside of a religious context and taught as a life-skill. The tools are visual, tactile and accessible to many ages and abilities.

**In 2023 we shared
our teaching with...**

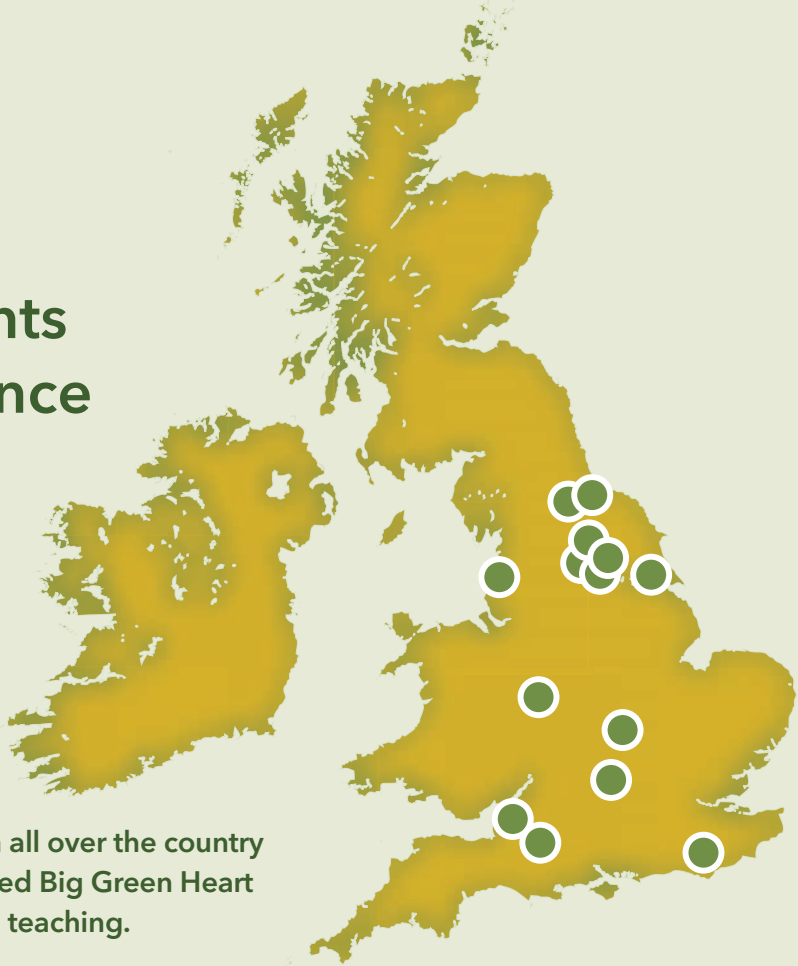
25

different organisations

105

individuals

Achievements & performance



People from all over the country
have accessed Big Green Heart
training and teaching.

Big Green Heart individual sessions

Alongside overseeing the training pathway, Priscilla has personally continued to lead individuals through one-to-one sessions both online and in person. The response is often... "this is so powerful". These are bookable through the website but many clients come having been referred through The KEYS Project.

Big Green Heart group sessions

Sessions have continued with young people through a local community youth group. After a course of six weeks the practitioner saw young people become considerably calmer in their behaviour. The physicality of engaging with the tools seems to really help people to feel the emotional release. During the final week the response of one young person who had presented as mute in the first session, was... "oh that feels much lighter" as they popped their 'wound' in the bin!

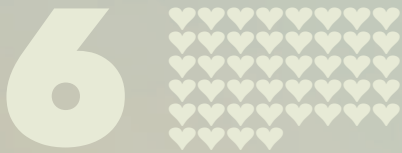
In 2023 we ran...



training days with 43 people



experience days for 17 people



mentoring days with 44 people



speaking event for 45 women

The training pathway

We have developed a clearer training pathway and run training pathway days in York, Hailsham, Healaugh in Yorkshire, Bristol, Stoke on Trent and Middlesbrough throughout the year. The process of training involves at least three days of training and mentoring followed by contextual mentoring to ensure that standards of practice are safe for both client and practitioner. It is not a quick process but we are confident that those to whom we give accreditation have good practice.

Experience days

Alongside the developments that we made to the training pathway, we also crafted an experience day to facilitate more access to the teaching on the power of forgiving without committing to the full training pathway. Through research we noted that people came with many pre-conceptions about what forgiving is and is not, and this day helps to educate and inform; this is our best form of marketing.

This initial day was piloted successfully in Hailsham with 7 participants and again in Middlesbrough with 10 participants.

We are very keen to share about the work of Big Green Heart and willingly accept invitations to speak at events. We were invited to speak at a women's event in Ripon where we shared with 45 women which was warmly received. On the back of this several individual Big Green Heart sessions were booked.

Staffing

In February 2023 we engaged a freelance graphic designer, Karen Fowler, to work alongside Big Green Heart founder Priscilla. Together they have worked hard to develop the brand and embed systems of training, record keeping, applications, practitioner support and training, costings, shop and update the website.

A communications database has also been established which has seen a regular trickle of people subscribing as our name has become more widely known.

Priscilla has also been helped with administration by Kirsty Farrar who has worked on sourcing and collating all the products. The team is building strength alongside the very active and able trustees.

Funding

Following up on preliminary training and taking practitioners through our training programme is time consuming because of geography and the number of hours necessary to train each individual. Freeing up time with having another person to do the administrative and operational work became an obvious area that we should develop and so we put in a funding application and received a grant that will enable us to look at how employment might work.



Case study: Hull Secondary school

Revd Anne Richards regularly uses Big Green Heart material through her role as school chaplain for one-to-one sessions and to inform assemblies and pastoral work. The school has recognised the benefit of the work and two further colleagues are now familiar with the material. The vision is that every class in the school has access to a forgiving tool. We are seeing the culture of the school changing, and the effect of that ripple out into the one of the most deprived communities in the UK (IMD).

“I don’t know what you are doing with that group of students but please keep at it, their behaviour is so different”

Sports teacher

Governance and Board of Reference

We do not have a permanent Chair of Trustees in position and currently Priscilla has been appointed as interim chair. We have actively approached a number of people and we are hopeful that we will appoint the right candidate to enhance the skills that we currently have through our Trustee body.

We were grateful for the input and help with training that Darrell Cocup gave and for his support and belief in the methodology which he was able to share widely and especially in his foreign travels. He left the trustee body in July.

In 2023, we were thankful to be supported by a Board of Reference made up of Caroline Dollard, Revd Tandy Ruoff and Howard Worsley.

Schools work

After the successful pilot in a secondary school we were aware of the potential to develop work in primary schools. We identified that reading levels may prohibit written words being used to communicate so we have developed a set of visual emojis that enable the tools to be used regardless of literacy. This makes the tools very accessible. These have been well received and children as young as five have used them successfully. Priscilla has also begun to talk to a retired headteacher about the possibility of taking on expanding our work in primary schools and strategically developing this.

Summary

In summary this has been a year of growth , consolidation, encouragement, development and an increased sense that what we are doing is powerful and effective. We are grateful for all the support and encouragement that we have received from those with whom we work.

The difference we made

We are in the process of investigating suitable ways to collate quantitative and qualitative benchmark data to inform our practice. At present we ask for feedback through both Big Green Heart sessions and trainings.

We have a selection of anonymised quotes and case studies shared with permission.

“The following morning I awoke to a completely quiet mind – honestly, profoundly different. All the torment has gone, it’s incredible. Since then each morning I’ve been amazed at how still my mind has been, free from all the anxiety.”

One-to-one online session feedback

Case study: Mentoring session

During a mentoring session the trainer was observing a trainee practitioner leading someone through the forgiving process. The client who is neuro diverse, repeatedly proclaimed that this was powerful, that she felt relieved, lighter, as though she had taken a ten-ton knapsack off her back and didn't need to pick it up again. She was exuberant about how effective this visual work could be in the special needs community.

“I had heard my colleague being excited about Big Green Heart, but confess I didn’t really understand what it was. So I attended an introductory session about vision and tools for Big Green Heart.

Part of this session included having a go. I did not think that I was there to have a go! In fact I was so reluctant to do this and was planning how I could get out of it.

However, I am SO glad that I didn’t, because facing my wounds during that session and having the trainer leading me through forgiving has been transformational, and has helped me to experience a freedom from the effects that those wounds have had on my life for far too long! Thank you!!”

Experience day feedback

Case study: Team training

During team training with a group, our Big Green Heart trainer witnessed the transformation of one very withdrawn trainee not wanting to be noticed to someone who stood up and told their story in front of a room full of people three months later. Being able to speak out about what had happened during their one-to-one Big Green Heart session and the sense of empowerment was life transforming, releasing them from being victim of their past.

Case study: One-to-one session

Through a one-to-one session at Oxford elicited the response ‘transformational’ from one mature student.

Our partnerships



The KEYS Project

After a national team training day with Keys, where Priscilla did a fifteen minute presentation of the elements of the Big Green Heart, one lady commented, "that changed my life. I wish I had known this years ago, I could have helped so many more people."

The majority of the practitioners are being trained in conjunction with The Keys Project and this provides useful skills training for them and helps their groups as well as giving insight and experience to us.

Many sessions have been done with people in recovery from addiction and again their responses are extremely positive.

"This is the most powerful therapy I have done – and I have done many!"

Addiction clinic attendee



Cinnamon Network Incubator

In May our application for the Cinnamon Network Incubator programme was successful. The Cinnamon Network nationally identify social action charities with the potential to effect positive change. Despite lots of competition, we were honoured to be selected as one of five charities from across the country to benefit from two years of professional support and mentoring to develop all aspects of our governance and productivity. We had the opportunity to present to potential investors at the awards evening in London in November. This was a significant and encouraging event for us to be nationally recognised.



Looking to the future

We have ambitious plans to grow in 2024. We recognise the need to develop our processes and systems. After securing the grant we feel we are in a position to investigate the potential of recruiting our first employee. We will spend time defining the role and establishing the safer recruitment process.

We also aim to develop more robust methods of collating feedback and data collection, alongside developing a suitable content management system that will provide the platform for accountable growth in the future.

We will embark on 18 months of mentoring alongside Amanda Bindon of Cinnamon Network that begins with a three day residential in January.

We want to develop the schools work and feel that this will be best by appointing a suitable person to lead that project. We will investigate the sector lead model to develop location specific hubs with the first one being Bristol.

We will continue the programme of regular trainings around the country in a variety of contexts.

We hope to expand the Trustee body after completing an audit of skills, and recruit a suitable chair.

Thank you

We are so grateful to those that support our work. Over this financial period we recieved one significant grant, a number of one-off donations from individuals and have one regular monthly giver.

If you would like to make a donation please head to **www.biggreenheart.org**



Governance & legal information

CHARITY NAME	Big Green Heart
CHARITY NUMBER	1197237
DATE OF REGISTRATION	21st December 2021
START OF FINANCIAL YEAR	1st January 2023
END OF FINANCIAL YEAR	31st December 2023
TRUSTEES AT 31ST DECEMBER 2023	Mrs Priscilla Smith Interim Chair Mrs Serena Crawley Secretary Miss Amy Scott Treasurer Miss Leah Brown Revd Anne Richards Mr Anthony Holmes Mr Darrell Cocup Resigned in July 2023
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 21st December 2021
OBJECTS	The relief of the physical and mental sickness of persons in need by reason of age or vulnerability in particular by the provision of counselling and support as an informed expression of the Christian faith.
PRINCIPLE ADDRESS	Healaugh Old Hall, Tadcaster, North Yorkshire, LS24 8DA
PRIMARY BANKERS	Lloyds Bank Plc, 25 Gresham Street, London EC2V 7HN
INDEPENDENT EXAMINERS	SPX Oxford, 19 Paradise St, Oxford OX1 1LD

Financial review

Income

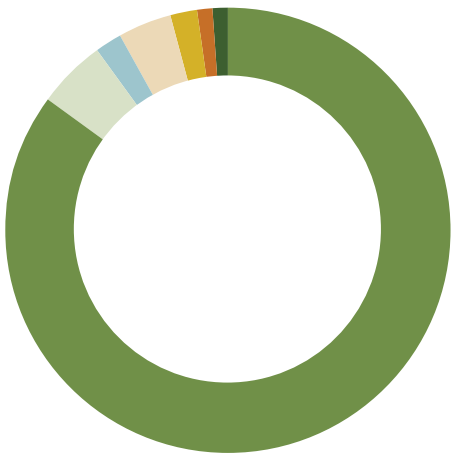
The overall income for this financial period was £35,428 (2022 £5,911). This includes one-off donations, grant funding, regular giving and products and services.

	To the nearest £
One off income (one-off donations & grant funding)	30,795
Regular giving	525
Other (products & services)	4,108
TOTAL	35,428

Income increased by 499% from the previous year.

Income breakdown %

- Grants 85%
- Large box sales 5%
- One-off donations 2%
- Practitioner Training Courses 4%
- Regular Donations 2%
- BGH Sessions 1%
- Small box sales 1%



Products sold by type

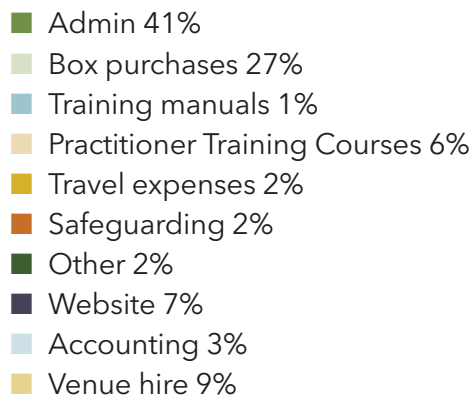
- Complete packs 47%
- Forgiving packs 41%
- Other items 12%



Expenditure

Total expenditure for this financial year was £7,024 (2022 £2,276). Expenditure increased by 209% from the previous year.

Expenses breakdown %



At the end of the year reserves stood at £32,039 (2022 £3,635) of which none were restricted.

The growth in expenditure mirrors the growth in the organisation and is primarily driven by the following:

i) Staffing

Over the period Big Green Heart employed the services of a web developer, graphic design and communications freelancer plus self-employed administrator on a sessional basis. There were also costs for an additional trainer for the training pathway provided by Darrel Cocup.

ii) Operational Costs

This includes product costs, subscription fees and admin costs.

Cost for overheads remain very low because of the services provided by exceptional support from Mr & Mrs O Smith who generously allow use of their premises. The Trustees would like to record their gratitude for this support which cannot be quantified and therefore is not included in these accounts.

Net income

Net receipts for this financial period were £28,515.

Receivables at 31st December 2023 were £860.

Liabilities at 31st December 2023 were £980.

Bank Account at 31st December 2023 was £32,038.59. Difference between accounts and bank account was -£0.41. The difference is due to rounding

Having received more than £25,000 we are now in a category that requires an independent examination of our accounts.



Structure, governance & management

Governing document

The organisation is a Charitable Incorporated Organisation (CIO) charity number 1197237, registered on the 21st December 2021. The charity is governed by a Constitution and its only voting members are its charity Trustees.

Recruitment and appointment of trustees and director

As of 31st December 2023 Big Green Heart had 6 unpaid Trustees.

All Trustees give their time voluntarily and receive no benefits from the charity. No expenses were reclaimed from the charity during the year. Box purchases have been paid to Priscilla Smith in accordance with the agreement in place at the time of sale of the boxes. A payment of £450 has been made to Darrell Cocup, a former trustee, for assisting in running a training course in Bristol.

Organisational structure & management

The Trustees meet regularly (up to four times a year) and are responsible for the strategic direction and policies of the charity. At present the Trustees have members from a variety of professional backgrounds relevant to the work of the charity.

Related Parties

The Trustees confirm that there are no related party relationships at present, and that no related party relationships or transactions occurred during the year.

There are no funds held as custodian trustees on behalf of others.

Reserves policy

The reason for holding zero reserves is to date our receipts have been higher than our payments. We are in the process of developing our reserves policy moving forward as our activities increase.

We do not have details of fund materially in deficit.

We have no uncertainties about the charity continuing as a going concern.

Trustees' responsibilities & declarations

The trustees of the Big Green heart are aware of the guidance of the Charity Commission to ensure that the activities that we do are of public benefit.

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period.

In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

SERENA CRAWLEY

Position

Secretary

Date

02.09.24



Big Green Heart

Receipts & payments accounts

for the period from 1st January 2023 to 1st December 2023

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					
Donations	1,320	-	-	1,320	5,515
Grants	30,000	-	-	30,000	-
Large box sales	1,853	-	-	1,853	362
Small box sales	270	-	-	270	34
Practitioner Training courses	1,505	-	-	1,505	-
BGH sessions	480	-	-	480	-
Sub total (Gross income for AR)	35,428	-	-	35,428	5,911
A2 Asset & investment sales (See table)	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	35,428	-	-	35,428	5,911

	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 £
A3 Payments					
Trainer/Course Expenses	450	-	-	450	1,090
Website	466	-	-	466	560
Box purchases	1,868	-	-	1,868	396
Safeguarding	145	-	-	145	145
Travel expenses	125	-	-	125	-
Training materials	98	-	-	98	85
Miscellaneous	111	-	-	111	-
Administration	2,871	-	-	2,871	-
Accounting	240	-	-	240	-
Venue hire	600	-	-	600	-
Development	50	-	-	50	-
Sub total	7,024	-	-	7,024	2,276
A4 Asset & investment sales (See table)	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,024	-	-	7,024	2,276
Net of receipts/ (payments)	28,404	-	-	28,404	3,635
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,635	-	-	3,635	-
Total payments	32,039	-	-	32,039	3,635

Notes: Box purchases have been paid to Priscilla Smith in accordance with the agreement in place at the time of sale of the boxes.

A payment of £450 has been made to Darrell Cocup, a former trustee, for assisting in running a training course in Bristol.

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

Categories	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B1 Cash funds				
	Current Account	32,039	-	-
	Total cash funds	32,039	-	-

		Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B2 Other monetary assets				
	Large box sales receivable	350	-	-
	Small box sales receivable	221	-	-
	Practitioner Training courses receivable	400	-	-

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

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

		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities				
	Travel Expenses to be paid	120	-	-
	Box purchases to be paid	860	-	-

Signed by one trustee on behalf of all the trustees

Signature(s)



Full name(s)

SERENA CRAWLEY

Date

02.09.24

Independent examiner's report on the accounts

Report to the trustees/members of Big Green Heart.
On accounts for the year ended 31 December 2023
Charity no (if any) 1197237
Set out on pages 20-22 of Receipts and Payments accounts

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

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

Date: 27th September 2024

Name: Sheila Parry

Address: Peace House,
Paradise Street,
Oxford OX1 1LD

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



Where forgiving is living

www.biggreenheart.org // info@biggreenheart.org

BIG GREEN HEART

England & Wales - Charity number 1197237

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	21	12	2021		31	12	2022

Section A Reference and administration details

Charity name

Big Green Heart

Other names charity is known by

Registered charity number (if any) 1197237

Charity's principal address

Healaugh Old Hall,

Tadcaster

North Yorkshire

Postcode

LS24 8DA

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	Miss Leah Brown	Secretary (until 1st Feb 2023)		
2	Mr Darrell Cocup			
3	Mr Paul Gibson	Chair	To May 19 th 2022	
4	Miss Amy Scott	Treasurer		
5	Reverend Anne Richards			
6	Mrs Priscilla Smith			
7	Mr Anthony Holmes			
8	Mrs Serena Crawley	Secretary (from 1 st February 2023)	from 1 st February 2023	
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				

20	Names of the trustees for the charity, if any, (for example, any custodian trustees)			
		Dates acted if not for whole year		
		n/a		

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage

--

them.

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Section C	Objectives and activities
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Summary of the objects of the charity set out in its governing document

The objects of the CIO are the relief of the physical and mental sickness of persons in need by reason of age or vulnerability in particular by the provision of counselling and support as an informed expression of the Christian faith.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees of the Big Green heart are aware of the guidance of the Charity Commission to ensure that the activities that we do is of public benefit and consider that the work that we do with

vulnerable adults including those in addiction

teenagers and children in particular those struggling with behaviour in school settings

is of significant value in alleviating the stress caused by mental ill health both within institutions and with the public at large and is therefore of benefit to the public.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Development

Since being awarded charitable status in December 2021 the Big Green Heart has sought to make sure that the foundations of our activity were secure with a clear programme for training, good materials, and good public face via the website.

- worked on our training manual with the help of a graphic designer,
- developed the website with a web designer
- sourced and created the products necessary for equipping any trained practitioner to use the six tools.
-

Trainings

Following a successful training day with **Keys Community Detox** in London,

- we filmed the founder of the Big Green Heart using the heart and wounds in a session for use in mentoring. This has improved our training technique.

Keys Community Detox have continued to refer their clients to us and Priscilla worked with 5 individuals two of whom had a series of sessions. Keys clients find the method very powerful and releasing.

At another training in the Autumn in **York** Priscilla took 11 people through to the next stage of being practitioners. From that group one will become a trainer based in the **Midlands**.

In September she welcomed an ordinand from Cambridge on **contextual training** and introduced her to the school in Hull.

Schools work

For the month of March we used the opportunity to work in a secondary school in Hull to mentor eight, mainly York based individuals, in using the Big Green Heart in a school setting. Every form for all of years 7-10 (around 1000 students) had one 45 min lesson based around the power of forgiving to release the individual from living as a victim. The trainee practitioners accompanied Priscilla for at least a day and saw the lesson modelled first and then took the lead in later sessions. The groups were responsive and engaged, some individuals were deeply impacted including members of staff. We taught lessons for 14 school days during the month of March and were joined by some local volunteers. The training model worked well.

The school are grateful for the impact of the methodology in their school and on individuals

Priscilla has worked in two further schools doing sessions alongside two other charities.

Individual Work

Outside of school Priscilla worked with four **teenagers**, two of them returning for repeat sessions. One was totally released, one needed no more help after a second session, one was helped at the time and came back for a second session and the fourth was fairly silent but has been able to move forward.

Priscilla has worked with 16 **adults** sometimes with more than one session. Many say they have had significant breakthrough.

In conclusion we have seen a steady stream of individuals, vulnerable, addicted, troubled come for individual sessions both in person and online. We have worked with more than a thousand teenagers in group sessions and four individuals, we have trained and mentored more than a dozen practitioners and have identified and mentored one potential trainer. Our governance is stronger and we have developed our resources and our materials leaving the year in a stronger place than we began.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity does not hold any reserves at present

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Serena Crawley

Position (eg Secretary, Chair, etc)

Secretary

Date

20/10/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Big Green Heart

No (if any)
1197237

Receipts and payments accounts

CC16a

For the period
from

Period start date
21/12/2021

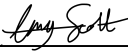
To

Period end date
31/12/2022

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					
Donations	5,515	-	-	5,515	-
Large box sales	362	-	-	362	-
Small box sales	34	-	-	34	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,911	-	-	5,911	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,911	-	-	5,911	-
A3 Payments					
Trainer/Course expenses	1,090	-	-	1,090	-
Website	560	-	-	560	-
Box purchases	396	-	-	396	-
Safeguarding	145	-	-	145	-
Training materials	85	-	-	85	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,276	-	-	2,276	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,276	-	-	2,276	-
Net of receipts/(payments)	3,635	-	-	3,635	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	3,635	-	-	3,635	-

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	Current Account	3,635	-	-
		-	-	-
		-	-	-
	Total cash funds	3,635	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
			Amy Scott	03/04/2023

Notes to the accounts for Big Green Heart for the year 21/12/2021 – 31/12/2022

These accounts are prepared on a receipts and payments basis, with all revenue and expenses shown on a cash basis. The charity does not have any non-monetary assets or liabilities.

The charity has one unrestricted General Fund.

Nil grants have been paid.

A sum of £396 has been paid to Priscilla Smith in purchasing Big Green Heart product packs in accordance with the agreement between Priscilla Smith and the Big Green Heart.

No remuneration was paid to any trustees. Nil expenses have been paid to trustees.

Safeguarding expenses consist of a subscription to Thirty-one eight

Training material costs consisted of printing training manuals

The trustees confirm, in accordance with the CIO (General) Regulations 2012, that at the year end the charity did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.