

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)

--

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.

--

Section C	Objectives and activities
-----------	---------------------------

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

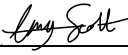
To

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