



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 12/12/2022 Period start date To 05/04/2024 Period end date

Charity name: The Healing Harbour

Charity registration number: 1201305

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote the physical, mental health and well-being of those people and their families or carers in North Norfolk who are living with a life-limiting condition/palliative diagnosis, in particular by the provision of: A) A sensory, 'Healing' Garden B) A range of Holistic Therapies including but not limited to Horticulture, Reflexology and Music. C) Workshops in Advance Care Planning and Palliative Care
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	
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All Trustees have knowledge of the guidance published by the Charity Commission in relation to Public Benefit they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Structure, Governance and Management

Type of governing document (trust deed, royal charter)	Para 1.25	Our Governing document is the Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees (Foundation Model)
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
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	Charity Trustees are appointed for three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO

Reference and Administrative details

Charity name	The Healing Harbour
Registered charity number	1201305
Charity's principal address	16 Waterbank Road, Sheringham, Norfolk, NR26 8RB.

	Trustee name	
1	Alison Brennan	Chair Trustee
2	Paul Brennan	Trustee
3	Jacqueline Spencer	Trustee
4	Sally Revell	Trustee



The Healing Harbour Charity No.1201305

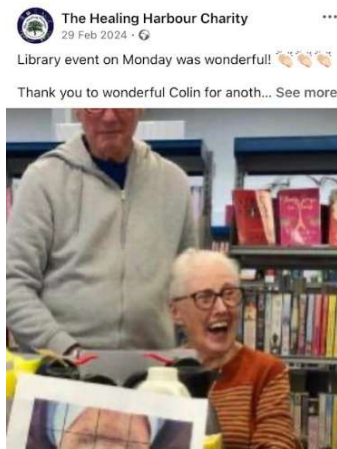
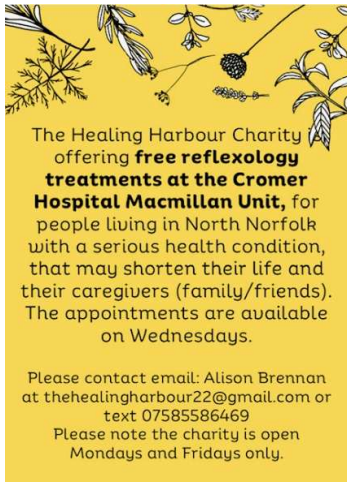
Annual Report Dec 12th 2022- April 5th 2024

The Healing Harbour is a small charity based in North Norfolk that is 'Bringing People Together' through a compassionate community approach, to support the well-being of those people (and their families/carers) who are living with life-limiting health conditions (Palliative Care) and to increase awareness, knowledge and skills in all aspects of palliative care through community learning opportunities. It is our vision to create a 'Healing Garden' space in which we can offer activities, as we believe that being present in nature and meaningful time with others supports well-being.



Our First Year

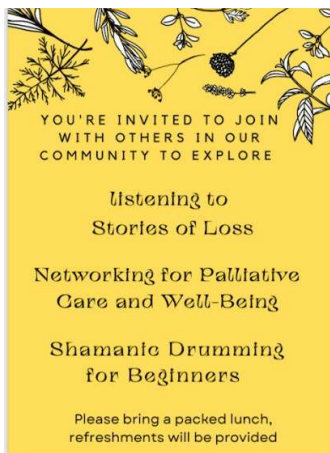
What a dynamic year! So much has happened, with the support of the fantastic Healing Harbour volunteers we have been able to offer over 20 workshops in 'Holistic Well-Being Therapies' to people living with serious illnesses that shorten their lives (and their families/carers) free of charge. This has included hands on therapies such as Reflexology and Aromatherapy Massage, Art Workshops, Drumming Circles, Gardening Club, Capacitar and Sound Baths. With kind thanks to the support of Carer's Voice small grants we were also able to cover some of the venue hire costs for our tea/chat support groups held in some localities during this period.



We are committed to empowering people in the community to gain skills and knowledge of Future Care Planning, Palliative Care, End of Life Care, Loss and Bereavement so that they are able to support each other in times of 'Health Crisis' and beyond. To enable our charitable purpose in this area we have participated in Information Sharing at Conferences, through presentations and Community events on nine occasions such as Palliative Care Networks, Green Care and Grief Matters Week.



In addition to this we have held eleven 'Community Learning Share' Workshops across North Norfolk offering topics including Communication Skills, Community Participation, Palliative Care and Advance Care Planning. We are passionate about increasing awareness of the importance of making choices about what matters most to you, especially at times of health crisis and therefore the charity has a commitment to offering training opportunities to explore 'What Matters Most' and future care planning.



Our volunteers have been able to participate in a training programme with 'My Care Matters' an organisation which is amongst other objectives supporting people in the community to gain skills and awareness in future care planning, to become advocates and a 'Buddy' to other people that want to explore choices for their future care (Advance Care Planning).



Collaborative working shares resources and skills

The charity is an active member of the Norfolk and Waveney Compassionate Community Group which is creating a network of people that are striving to work together to ensure that people (and their families/carers) living with serious illnesses that shorten lives experience the support of the community around them. This group participation has been a unique networking opportunity for the charity, with others that are motivated to support people living with serious illnesses that shorten lives in North Norfolk.



Compassionate Communities Norfolk & Waveney

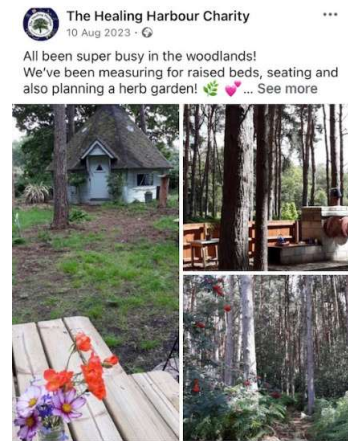
62 likes • 107 followers

We aim to spread public awareness, increase practical support, and enable more people to prepare and make choices for end-of-life care that align with their preferences, wishes, values and beliefs in Norfolk & Waveney.



The Healing Garden

Thanks to the kind support of Kinsley Woods at Briston and the Norfolk Garden's Trust, we were able to offer 22 weeks of gardening within a beautiful woodland setting, creating a space for aromatic herbs and planting bulbs to increase the experience in colourful blooms. The setting provided the opportunity to offer well-being workshops and was a wonderful start to offer connection with a natural setting and the benefits to well-being.



We were able to secure a number of small grants to support our work and completed projects that included Horticultural Therapy and Training Support for a volunteer to gain skills in Horticultural Therapy funded by the CLAN Trust. Nature based activities are a key component to our charitable purpose and we have been fortunate in this first year to have received support from the community and small grants.

Community Champion for Palliative Care

Our project 'A Compassionate Community Champion Role in Palliative Care' was supported by the Love Norfolk Fund and ran over a six-month period. This Champion role was funded to allow the charity to have meaningful time to 'culture' collaborative opportunities and network with other community organisations. The role also gave opportunity for a consistent presence in the community, having time to spend with people to actively listen and explore their experiences of living with life-limiting conditions or as carers.



The Music Project

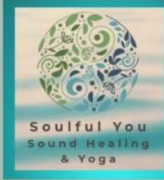
The charity was extremely happy to receive a donation which allowed a programme of Sound Based Therapeutic Workshops, from the Red Socks Charitable Trust. Participants were able to engage through active participation or relax and experience the soothing vibrations. The Drumming workshops and Sound baths were held across North Norfolk, in various settings, including for people living with Dementia, as a tool to support well-being.



Do you care for someone?
or have a illness or Health Condition
which is not improving?



Free Sound Bath
For Your Well-Being
Holt Community Centre
May 5th 11-12pm
Contact: thehealingharbour22@gmail.com



Supported by the Red Sock Charitable Trust



ARE YOU A CARER?
DO YOU HAVE A HEALTH CONDITION?
THE HEALING HARBOUR INVITES YOU TO A
FREE DRUMMING SESSION FOR WELL-BEING
FRIDAY 19TH JANUARY
BETWEEN 11.00-12.30PM
IN THE CLORE ROOM, THE MALTINGS,
WELLS NEXT THE SEA

COME AND FEEL THE SOOTHING
VIBRATIONS AND SOUNDS FOR YOURSELF.
JUST SIT AND LISTEN
OR TAKE PART IN THE DRUMMING
NO MUSICAL EXPERIENCE REQUIRED

ANY QUESTIONS? TEL: 07585586469



Fundraising

We have held fundraising events to support our charity and raise awareness including a Well-being Event in Bacton, organised by one of the volunteers Paula Holmes. It was an incredible event bringing lots of practitioners together to offer well-being therapies and raised funds towards our charity's insurance policy (helping to keep the charity running for another year). It is amazing what people from the community can achieve when they come together.



Volunteers

Our charitable work would not be possible without the dedicated support and time of our skilled volunteers. The Healing Harbour extends its heartfelt thanks to all of you who have been motivated to join with the charity in supporting people living in our community with palliative health conditions. As the charity evolves, we hope that our volunteer numbers continue to grow and more people (and their families/carers) living with life limiting conditions can experience the support of the community.



Thank you for all the support we have received during our first year

THE RED SOCKS CHARITABLE TRUST



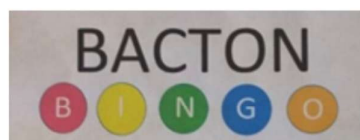
St. Faiths Crematorium
For a beautiful and respectful way to remember your loved one



Community Cares Fund



Bread of Haven



Norfolk Gardens Trust



Cafe Carmel

Giftory UK



nationalgrid





CHARITY COMMISSION
FOR ENGLAND AND WALES

Receipts and Payments Accounts

Charity name THE HEALING HARBOUR

Charity number (if any) 1201305

For the period from (start date) 060423

to (end date) 050424

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	0	13289	-	13289	-
DONATIONS	1396	0	-	1396	-
FUNDRAISING EVENTS	600	0	-	600	-
VILLAGE HALL DEPOSIT REFUND	50	0	-	50	-
Sub total	2046	13289	-	15335	-
A2 Asset and investment sales, etc	0	0	-	0	-
Total receipts	2046	13289	-	15335	-
A3 Payments					
SLA FOR COMMUNITY CHAMPION RMC	0	2760	-	2760	-
PROVISION OF TRAINING	45	1677	-	1722	-
PROVISION OF THERAPY	0	980	-	980	-
INSURANCE COSTS	762	0	-	762	-
VENUE HIRE	213	288	-	501	-
PRINTING COSTS	84	0	-	84	-
EQUIPMENT COSTS	60	0	-	60	-
MEMBERSHIP FEES	53	0	-	53	-
WELLBEING SUPPORT	50	0	-	50	-
DBS CHECKS	0	34	-	34	-
Sub total	1267	5740	-	7007	-
A4 Asset and investment purchases, etc	0	0	-	0	-
Total payments	1267	5740	-	7007	-
Net of receipts/(payments)	779	7549	-	8328	-
A5 Transfers between funds	0	0	-	0	-
A6 Cash funds last year end	0	0	-	0	-
Cash funds this year end	779	7549	-	8328	-

Section B

Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B1 Cash funds	Co-op BANK ACCOUNT	779	7549	-
	Total cash funds (agree balances with receipts and payments account(s))	779	7549	-

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B2 Other monetary assets	NONE			

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	NONE			

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	NONE			

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	NONE			

Signed by one or two trustees on behalf of all the trustees

Signature

Print name

Date of approval

Paul Brennan

PAUL BRENNAN

1/1/2025

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>AJBrennan</i>	
Full name(s)	Alison Brennan	
Position (eg Secretary, Chair, etc)	Chair Trustee	
Date	22/01/2025	