

SOW AND NURTURE

England & Wales · Charity number 1204119

Details

Status Registered

Legal form CIO

Registered 2023-07-26

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

Contact

Address 56 Brooklyn Gardens
Cheltenham
Gloucestershire
GL51 8LW

Phone 07841706889

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Website <https://sowandnurture.com/>

Activities

Objects: THE OBJECTS OF THE CIO ARE TO ADVANCE SUCH CHARITABLE PURPOSES (ACCORDING TO THE LAW OF ENGLAND AND WALES) AS THE TRUSTEES SEE FIT FROM TIME TO TIME, IN PARTICULAR BUT NOT EXCLUSIVELY BY:(1) DELIVERING OR ASSISTING IN THE DELIVERY OF PROJECTS THAT WILL FURTHER SUCH CHARITABLE PURPOSES;(2) MAKING GRANTS TO CHARITIES AND NON-GOVERNMENTAL ORGANISATIONS TO SUPPORT PROJECTS THAT FURTHER SUCH CHARITABLE PURPOSES.

Classification

- **How:** Makes Grants To Organisations, Provides Services
- **What:** General Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Nigeria
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-25		£19	£0	-
2024-07-25		£0	£0	-

Trustees

Name	Role	Appointed
Michael Gbadebo	Chair	2023-07-26
Osiorenu John Itsagwede		2023-07-26
Pepita Gbadebo		2023-07-26
Victor Harrison		2023-07-26

SOW AND NURTURE

England & Wales - Charity number 1204119

Accounts

Sow and Nurture

Charity Number: 1204119

Trustees' Annual Report and Accounts

For the Period 26 July 2024 – 25 July 2025

Trustees' Annual Report

Objectives and Activities

Sow and Nurture was established to directly deliver or assist in the delivery of projects and promote charitable activities for the public benefit. The charity aims to provide support and development opportunities in line with its mission. During the reporting period the charity remained largely unoperational, receiving only a single donation and undertaking no charitable activities.

Achievements and Performance

The charity did not undertake operational activities during the financial year. Trustees remain committed to advancing the charity's objectives when activities commence.

Financial Review

The charity received a donation of £19.50 and incurred no expenditure during the period. Net assets at the year end were therefore £19.50.

Reserves Policy

The charity held unrestricted reserves of £19.50 at the year end.

Structure, Governance and Management

Sow and Nurture is a Charitable Incorporated Organisation (CIO) regulated by the Charity Commission. The trustees are responsible for the governance and administration of the charity.

Signed on behalf of the trustees:

Name: PERITA GBADERO

Position: Trustee

Date: 06/06/26



Statement of Financial Activities (SOFA)

For the Period 26 July 2024 – 25 July 2025

Income

Donations and Grants: £19.50

Other Income: £0.00

Total Income: £19.50

Expenditure

Charitable Activities: £0.00

Governance Costs: £0.00

Other Expenses: £0.00

Total Expenditure: £0.00

Net Movement in Funds: £19.50

Balance Sheet

As at 25 July 2025

Cash at Bank: £19.50

Other Assets: £0.00

Total Assets: £19.50

Total Liabilities: £0.00

Net Assets: £19.50

Notes to the Accounts

1. These accounts have been prepared on a receipts and payments basis in accordance with the Charities Act 2011.
2. No trustee received remuneration or expenses during the period.
3. No related party transactions occurred during the period.

Trustees' Approval

These accounts were approved by the trustees on 05/06/26.

Name: PEPITA GRADERO

Position: Trustee

Date: 06/06/26



SOW AND NURTURE

England & Wales - Charity number 1204119

Accounts

Sow and Nurture

Charity Number: 1204119

Trustees' Annual Report and Accounts

For the period: **26 July 2023 – 25 July 2024**

Trustees' Annual Report

Objectives and Activities

Sow and Nurture was established to directly deliver or assist in the delivery of projects and promote charitable activities for the public benefit. The charity aims to provide support and development opportunities in line with its mission. However, during the reporting period, the charity remained unoperational with no financial transactions.

Achievements and Performance

Due to various circumstances, the charity did not undertake any activities during the financial year. The trustees remain committed to fulfilling the charity's objectives in future periods when operations commence.

Financial Review

There were no income or expenditure transactions for the period. The charity maintained a neutral financial position with no assets or liabilities.

Reserves Policy

Given that the charity had no income or expenditure, there are no reserves to report.

Structure, Governance, and Management

Sow and Nurture is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission. The trustees manage the affairs of the charity and ensure compliance with legal obligations. No changes were made to the governance structure during this period.

Trustees and Declaration

The trustees declare that they have approved this report and confirm its accuracy.

Signed on behalf of the trustees:

Name: _____

Position: Trustee

Date: _____

Statement of Financial Activities (SOFA)

For the period 26 July 2023 – 25 July 2024

Income	£
Donations and Grants	0
Other Income	0
Total Income	0

Expenditure	£
Charitable Activities	0
Governance Costs	0
Other Expenses	0
Total Expenditure	0

Net Movement in Funds: £0

Balance Sheet

As of 25 July 2024

Assets	£
Cash at Bank	0
Other Assets	0
Total Assets	0

Liabilities	£
Creditors	0
Total Liabilities	0

Net Assets: £0

Notes to the Accounts

1. **Accounting Policies:** These accounts have been prepared on a receipts and payments basis in accordance with the Charities Act 2011.
2. **Trustee Remuneration and Expenses:** No trustees received remuneration or expenses during the period.
3. **Related Party Transactions:** No related party transactions occurred during the period.

Trustees' Approval

These accounts were approved by the trustees on _____.

Signed on behalf of the trustees:

Name: _____

Position: Trustee

Date: _____