

GARDENING 4 HEALTH

England & Wales · Charity number 1210443

Details

Status Registered

Legal form CIO

Registered 2024-10-11

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

Contact

Address Mill House
Mill Street
Iden Green
Cranbrook
Kent
TN17 4HL

Phone 07702174404

Email <mailto:admin@gardening4health.co.uk>

Website <http://www.gardening4health.co.uk/>

Activities

Objects: TO RELIEVE THE NEEDS OF THOSE SUFFERING FROM POOR MENTAL OR PHYSICAL HEALTH BY PROVIDING BY PROVIDING OR ASSISTING IN THE PROVISION OF A THERAPY GARDEN, HORTICULTURAL EDUCATION AND ACTIVITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Gardening4Health is a charity that is working towards the universal provision of Therapeutic Horticulture across the UK. We believe that Therapeutic Horticulture is a valuable treatment for a wide range of Mental and Physical health problems. Our aim is for it to be as widely used and readily available and prescribed as, for example: Antidepressants or Physiotherapy are today.

Classification

- **How:** Makes Grants To Organisations, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£11,570	£3,967	-	-

Trustees

Name	Role	Appointed
Dr Richard Claxton	Chair	2024-05-01
Alison Marsden		2025-03-28
Anna Baker-Cresswell		2025-03-28
Boyd Douglas-Davies		2024-05-01
Dr Susan Taheri		2025-03-28
Margaret Eyvor Haynes		2024-05-01

Accounts

Trustees' Annual Report for the period

	Period start date			Period end date		
	11	October	2024		31	July
From				To		2025

Section A Reference and administration details

Charity name Gardening 4 Health

Other names charity is known by

Registered charity number (if any) 1210443

Charity's principal address
 Mill House
 Mill Street
 Iden Green
 CRANBROOK
 Kent

TN17 4HL

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	Dr Richard Claxton	Chair		
2	Alison Marsden		From 28 March 2025	
3	Dr Susan Taheri		From 28 March 2025	
4	Anna Baker Cresswell		From 28 March 2025	
5	Boyd Douglas- Davies			
6	Margaret Haynes			
7	Anne Wagstaff		Until February 2026	
8	Farah Brooks- Johnson		Until May 2025	
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent examiner	Zachary Ramsden	63 Deakin Leas, Tonbridge, Kent TN9 2JT

Name of chief executive or names of senior staff members (Optional information)

n/a

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution (Foundation model)
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO).
Trustee selection methods (eg. appointed by, elected by)	Apart from the first trustees, every trustee is appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. Selection must have regard to the skills, knowledge, and experience needed for effective administration.

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.

Induction and training: New trustees are provided with the current constitution and the latest TAR and statement of accounts.

Related parties: There have been no transactions with persons or entities closely connected to the charity or its trustees

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the objects:

To provide a network ^{for} of UK Therapy Gardens for public benefit, providing advice on funding, support, shared learning, training, and community events. This includes the advancement of health, community development, environmental improvement, and relief for those in need due to ill-health or disability.

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)

Summary of main activities:

- Development and maintenance of a comprehensive National Directory of therapeutic gardening services for public use.
- Sharing of Best Practice through regular Newsletters, an online "Toolkit", and occasional Symposia.
- Promoting health and wellbeing through STH to assist with conditions like heart disease, stroke, anxiety, depression, and social isolation.

"Gardening4Health is a charity that is working towards the universal provision of Therapeutic Horticulture across the UK. We believe not only that Gardening and Greener lifestyles can be part of a model of better health – and contribute to preventative healthcare, as well as having a positive impact on communities and the environment, but also that Therapeutic Horticulture is a valuable treatment for a wide range of Mental and Physical health problems. Our aim is for Therapeutic Horticulture to be as widely used and readily available and prescribed as, for example: Antidepressants or Physiotherapy are today."

Additional details of objectives and activities (Optional information)

Statutory Declaration: The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

The charity partly relies on the public to keep its directory up-to-date and to support local garden activities. The Charity's Trustees are also working to ensure the Directory is accurate and up to date.

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**Main achievements:**

- Successful registration and establishment of the CIO (Registered October 2024).
- Creation and launch of a National Directory of therapy gardens to help individuals find nature-based therapy.
- Secured £11,570 in total income during the initial period, including £9,250 in grants and £1,340 from fundraising.
- Launched a functional website to provide resources and connectivity for the STH community. This has been a successful relaunch of our previous site.
- Ongoing Newsletter publication on a quarterly basis to keep interested parties up to date with developments in this field.
- Working towards a Symposia as a follow-up to those previously held at Tuppeny Barn and Serge Hill.
- Ongoing Lobbying and advocacy activities in National fora, helping raise the profile and establish a foundation for propagation of Social and Therapeutic Horticulture.

Section E

Financial review

Brief statement of the charity's policy on reserves

Reserves policy: The charity held **£7,603** in unrestricted funds as of 31st July 2025.

Principal funding sources: The primary sources of funds were grants (£9,250) and fundraising income (£1,340).

Minimum Reserves: The Trustees have set a baseline of £2000 as the minimum level of reserves to be held.

Expenditure support: Expenditure was primarily directed toward website costs (£3,931) to establish the online directory and resource hub, directly supporting the charity's object of providing a learning and support network.

Deficit: No funds were materially in deficit.

Details of any funds materially in deficit

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

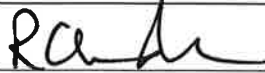
Other optional information

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)	RICHARD CUXTON	
Position (eg Secretary, Chair, etc)	Chair .	
Date	26.5.26	

GARDENING 4 HEALTH

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31ST JULY 2025

	Note	Unrestricted funds 2025	Restricted funds 2025	Total Funds 2025
INCOME				
Income from donations	2	10,820	750	11,570
TOTAL INCOME		10,820	750	11,570
EXPENSES				
Raising funds	3	36	-	36
Charitable activities	3	3,181	750	3,931
TOTAL EXPENSES		3,217	750	3,967
NET MOVEMENT IN FUNDS		7,603	-	7,603
BALANCES BROUGHT FORWARD		-	-	-
BALANCES CARRIED FORWARD AT 31ST JULY 2025		7,603	-	7,603

GARDENING 4 HEALTH

Charity number 1210443

BALANCE SHEET AS AT 31ST JULY 2025

	Note	2025
CURRENT ASSETS		
Debtors	4	1,003
Cash at bank and in hand		<u>6,600</u>
		7,603
LIABILITIES		
Amounts falling due in less than one year		<u>-</u>
NET CURRENT ASSETS		<u>7,603</u>
NET ASSETS		<u><u>7,603</u></u>
FUNDS		
	5	
Unrestricted funds		7,603
Restricted funds		<u>-</u>
TOTAL FUNDS		<u><u>7,603</u></u>

Approved by the trustees dated: 13th April 2026.

and signed on their behalf by:



R. CLAXTON

GARDENING 4 HEALTH

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31ST JULY 2025

1. ACCOUNTING POLICIES

(a) Basis of preparation and assessment of going concern

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

(b) Funds

Unrestricted Funds represent the funds of the charity that are not subject to any restrictions regarding their use and are available for application on the general purposes of the charity. Restricted Funds represents funds allocated for particular purposes by the donor.

(c) Income recognition

Grants and legacies to the charity are accounted for as soon as the charity is notified of its legal entitlement, the amount due is quantifiable and its ultimate receipt by the charity is reasonably certain.

(d) Expense recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

2. INCOME

	Unrestricted funds 2025	Restricted funds 2025	Total funds 2025
<u>Income from donations</u>			
Grants received	9,250	750	9,250
Donations	230	-	230
Income from fundraising	1,340	-	1,340
	<u>10,820</u>	<u>750</u>	<u>10,820</u>

GARDENING 4 HEALTH

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31ST JULY 2025

3. EXPENSES

	Unrestricted funds 2025	Restricted funds 2025	Total funds 2025
<u>Raising funds</u>			
Fundraising commission	36	-	36
<u>Charitable activities</u>			
Website costs	3,181	750	3,931

4. DEBTORS

	Unrestricted funds 2025	Total funds 2025
Peoples Fundraising balance	1,003	1,003

5. MOVEMENT IN FUNDS

	Opening balance £	Income £	Expenses £	Closing balance £
Unrestricted funds	-	10,820	-3,217	7,603
Restricted funds (for the website)	-	750	-750	-
	-	11,570	-3,967	7,603

6. RELATED PARTY TRANSACTIONS

There have been no transactions with persons or entities that are closely connected to the charity or its trustees.

Trustees' remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from the charity.

Trustees' expenses

No trustees' expenses were incurred in the period ended 31st July 2025.

Independent Examiner's Report to the Trustees of Gardening 4 Health

I report to the trustees on my examination of the accounts of the above charity for the period ended 31st July 2025.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: *Zachary Ramsden*

Name: Zachary Ramsden FCA

Chartered Accountant

63 Deakin Leas, Tonbridge, Kent TN9 2JT

Date: 26th May 2026

INDEPENDENT EXAMINATION REPRESENTATION LETTER

From the trustees of Gardening 4 Health
To Zachary Ramsden (the Independent Examiner)

The following representations are made on the basis of enquiries of trustees, staff and volunteers with relevant knowledge and experience such as we consider necessary in connection with your independent examination of the charity's financial statements for the period ended 31st July 2025. All representations are made to the best of our knowledge and belief.

Legal claims

We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for, and disclosed in, the financial statements.

Laws and regulations

We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.

Related parties

Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with legislative and accounting standards requirements.

Going concern

We believe that the charity's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charity's needs. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the financial statements.

Fraud

We have disclosed any instance of theft, fraud or misappropriation of funds in the charity that we have been aware of in the year. Cash is stored securely, counted in the presence of two people, and banked promptly.

Post year end events

We have disclosed any significant post year end events to you that may have a bearing on the financial statements at 31st July 2025.

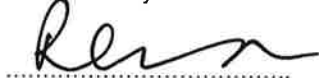
Transactions

All the transactions undertaken by the charity have been properly reflected and recorded in the accounting records. We believe all income is complete and reflected in the accounts.

Grants and donations

All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

Yours faithfully



Signed on behalf of Gardening 4 Health

Date: 26.8.26

GARDENING 4 HEALTH

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31ST JULY 2025

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TOTAL EXPENSES		3,217	750	3,967
NET MOVEMENT IN FUNDS		7,603	-	7,603
BALANCES BROUGHT FORWARD		-	-	-
BALANCES CARRIED FORWARD AT 31ST JULY 2025		7,603	-	7,603

GARDENING 4 HEALTH

Charity number 1210443

BALANCE SHEET AS AT 31ST JULY 2025

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		<u>7,603</u>
LIABILITIES		
Amounts falling due in less than one year		<u>-</u>
NET CURRENT ASSETS		<u>7,603</u>
NET ASSETS		<u><u>7,603</u></u>
FUNDS		
	5	
Unrestricted funds		7,603
Restricted funds		-
TOTAL FUNDS		<u><u>7,603</u></u>

Approved by the trustees dated:

and signed on their behalf by:

GARDENING 4 HEALTH

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31ST JULY 2025

1. ACCOUNTING POLICIES

(a) Basis of preparation and assessment of going concern

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

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2. INCOME

	Unrestricted funds 2025	Restricted funds 2025	Total funds 2025
<u>Income from donations</u>			
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Donations	230	-	230
Income from fundraising	1,340	-	1,340
	<u>10,820</u>	<u>750</u>	<u>10,820</u>

GARDENING 4 HEALTH

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31ST JULY 2025

3. EXPENSES	Unrestricted funds 2025	Restricted funds 2025	Total funds 2025
<u>Raising funds</u>			
Fundraising commission	36	-	36

Charitable activities

Website costs	3,181	750	3,931
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4. DEBTORS	Unrestricted funds 2025	Total funds 2025
Peoples Fundraising balance	1,003	1,003

5. MOVEMENT IN FUNDS	Opening balance £	Income £	Expenses £	Closing balance £
Unrestricted funds	-	10,820	-3,217	7,603
Restricted funds (for the website)	-	750	-750	-
	-	11,570	-3,967	7,603

6. RELATED PARTY TRANSACTIONS

There have been no transactions with persons or entities that are closely connected to the charity or its trustees.

Trustees' remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from the charity.

Trustees' expenses

No trustees' expenses were incurred in the period ended 31st July 2025.