The Cowshed @ Plot 17 – Bridport Health & Wellbeing Champions CIO

Annual Report to 2025

The Cowshed Is a place where people can work, have a bit of a chat, share a cuppa, and grow food and flowers to take home. That's our recipe for Wellbeing Gardening. This year it has been open on Tuesdays and Fridays for people to come along and join in. The Cowshed is run by volunteers who have a great deal of experience in growing and in supporting others. We enjoy sharing our love of nature. It's there for anyone – maybe someone who has been shielding and need their mood lifting, maybe they have had to handle pain and realise that looking after plants in our raised beds helps forget the pain for a while. And it's for the keen gardener with advice to offer to others: or someone with DIY skills who suffers anxiety. Our site has wide non slip paths suitable for wheelchair and scooter users.

This year The Cowshed Project continued to focus on Wellbeing and Health activities for people who have various health vulnerabilities and resultant isolation, lack of confidence and weakened resilience

Our age range is 50-80 and is slightly imbalanced towards women participants.
We recognise the opportunities we give to volunteers who benefit from being engaged in purposeful community activities. We also recognise the wider effect we have on Carers and Partners and their well being and maintain contact with them.

We have allocated space and helped them grow vegetables for cooking and consumption at their centre. The range of activities we covered include raised bed growing and mini plot growing as well as covered and seated horticultural. Our group continued to meet weekly enjoying social interaction as well as propagating cuttings, growing herbs and spice and growing flowers and vegetable for sharing. Or people do nothing but come to look and listen. We have been pleased to welcome occasional visitors including Alumni who we are pleased to see doing well.

This year we have purchased seeds, compost, woodchip and rails to enhance the space and ensure it is fully accessible for everyone including wheelchair users including raised beds for them to work on. We purchased art materials for participants to create decorations and artistic responses to the garden. Additionally admin costs (printer ink, insurance) have been met with this (Dorset Community Foundation Wessex Water) funding and good first aid and hygiene products to ensure the space is clean and safe. We are able to welcome and accommodate people referred to us through social prescribing channels, and those just Drop In, providing we can meet their health and safety needs.

We have continued to partner with Connect Day Centre and Outreach. In July, following the imminent move of the key volunteer and driver of The Cowshed, it was agreed that

Bridport Health & Wellbeing (BH&WB) will take on The Cowshed and continue working with Social Prescribing through their connections to signpost people to Cowshed as well as developing their own activities. Remaining funds were transferred to Bridport Food Matters as charitable community benefit society (overarching food groups including Bridport Health & Wellbeing) to deliver activities in accordance with our mission and values and outstanding grant from Wessex Water (Dorset Community Foundation).

Dec 2025

Date	Type	Description
04 April 2024	BP	Helen Wright H&W Champs
12 April 2024	DR	TOTAL CHARGES TO 21MAR2024
13 May 2024	DR	TOTAL CHARGES TO 21APR2024
19 May 2024	BP	Mary Watson Bridport H&W Champ
12 June 2024	DR	TOTAL CHARGES TO 21MAY2024
19 June 2024	BP	Mary Watson Bridport H&W Champ
13 July 2024	DR	TOTAL CHARGES TO 21JUN2024
12 August 2024	DR	TOTAL CHARGES TO 21JUL2024
12 September 2024	DR	TOTAL CHARGES TO 21AUG2024
13 September 2024	BP	Mary Watson Bridport H&W Champ
13 October 2024	CHG	TOTAL CHARGES TO 21SEP2024
12 November 2024	CHG	TOTAL CHARGES TO 21OCT2024
18 November 2024	BP	Mary Watson Bridport H&W Champ
18 November 2024	BP	Bridport TC
13 December 2024	DR	TOTAL CHARGES TO 21NOV2024
20 December 2024	CR	DORSET COMMUNITY F DCF GRANT PAYMENT
12 January 2025	BP	TOTAL CHARGES TO 21DEC2024
20 January 2025	BP	Mary Watson Bridport H&W Champ
10 February 2025	BP	Mary Watson Bridport H&W Champ
12 February 2025	DR	TOTAL CHARGES TO21JAN2025
15 March 2025	DR	TOTAL CHARGES TO 21FEB2025
18 March 2025	CR	BRID TOWN COUNCI CAR BOOT GRANT
24 March 2025	BP	Mary Watson Bridport H&W Champ

2024/25 Annual Accounts Summary		
Opening Balance		
Income	INC	Grants
Expenditure	EXP	Activities
	EXP	Rent
	EXP	Insurance
	EXP	Training
	EXP	Bank Charges
Closing balance		

Paid Out	Paid In	Balance	Narrative
£157.00		£539.74	Insurance
£5.00		£534.74	Bank charges
£5.00		£529.74	Bank charges
£110.47		£419.27	Activities
£5.00		£414.27	Bank charges
£112.00		£302.27	Volunteer training
£5.00		£297.27	Bank charges
£5.00		£292.27	Bank charges
£5.00		£287.27	Bank charges
£78.70		£208.57	Activities
£5.00		£203.57	Bank charges
£5.00		£198.57	Bank charges
£47.96		£150.61	Activities
£44.50		£106.11	Activities/Rent
£5.00		£101.11	Bank charges
	987.84	£1,088.95	Grant
£5.00		£1,083.95	Bank charges
£148.93		£935.02	Activities
£99.03		£835.99	Activities
£5.00		£830.99	Bank Charges
£5.00		£825.99	Bank Charges
	£250.00	£1,075.99	Grants
£91.88		£984.11	Activities

£696.74	
£1,237.84	
	£576.97
	£44.50
	£157.00
	£112.00
	£60.00
£1,237.84	£950.47
	£984.11