ABBEY PHYSIC COMMUNITY GARDEN

England & Wales · Charity number 1119456

Details

Status	Registered
Legal form	Charitable company
Company number	06015188
Registered	2007-06-01
Register	View on the Charity Commission register

Contact

Address	Abbey Physic Community Garden Abbey Place Faversham Kent ME13 7BG
Phone	01795539115
Email	abbeyphysic@btinternet.com
Website	abbeyphysic.org

Activities

Objects: THE OBJECTS FOR WHICH THE CHARITY IS ESTABLISHED ARE TO RELIEVE THE NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS IN THE COUNTY OF KENT, OR TO PROVIDE RELIEF TO THOSE WHO ARE SOCIALLY AND ECONOMICALLY DISADVANTAGED, THROUGH THE PROVISION OF HORTICULTURE AND GARDENING FACILITIES AND TRAINING SO AS TO STRENGTHEN THEIR CONFIDENCE AND SELF-ESTEEM IN ORDER TO SUPPORT THEM TO RE-INTEGRATE INTO THE WIDER COMMUNITY.

Activities: To help our members and the wider public maintain or improve their physical and mental health and wellbeing, build diverse skills and confidence, reduce social isolation and connect with their community. Through our commitment to equality and diversity and provision of inclusive services and support we aim to break down the stigma of mental ill health and build understanding and empathy.

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Classification

- **How:** Provides Human Resources, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Environment/conservation/heritage
- **Who:** People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** KENT.
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£193,370	£165,650	-	-
2023-12-31	£183,823	£138,446	-	-
2022-12-31	£105,701	£141,251	-	-
2021-12-31	£84,020	£118,481	-	-
2020-12-31	£153,770	£100,148	-	-

Trustees

Name	Role	Appointed
Helen Jane Carr	Chair	2020-09-18
Imogen Armstrong		2023-06-30
Kate Bowman		2024-08-28
Leigh Ogden		2025-07-23
Luke Stevens-Burt		2025-07-23
PHILIP WYARD		2024-08-28
Suzanne Wood		2024-08-28

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ABBEY PHYSIC COMMUNITY GARDEN

England & Wales - Charity number 1119456

Accounts

Abbey Physic Community Garden

Celebrating 30 years of growing a healthy community

Abbey Physic Community Garden



Annual Report and Financial Statement

Year ending 2024

Charity Registration Number: 1119456

Company Number: 06015188

Abbey Place, Faversham, Kent, ME13 7BG

Tel 01795 539915 communitygarden@abbeyphysic.org

Website: www.abbeyphysiccommunitygarden.org

Facebook: https://www.facebook.com/AbbeyPhysic

Message from our Chair of Trustees

It is a privilege to be Chair of Trustees for such an excellent and appreciated charity, with a committed board of trustees, staff, volunteers and members, all with endless energy and ideas for pushing the garden forwards, keeping it evolving to meet the needs of our community.

This year has been full of celebration for our 30th anniversary, being a chosen charity by our Mayor and being awarded The King's Award for Voluntary Service, which is excellent recognition of all our volunteers.

We have also seen our piloted projects from 2023 become successfully embedded and the garden continues to develop a wide range of activities for and with our members, balancing activity with also providing a space for refuge. From this report, you can see the impact that the charity has achieved, and I want to say a big thank you to everyone, including our funders, for helping this all happen and protecting this magical place. At time of writing, we have just renewed our lease for ten more years, which is fantastic news (thank you to The Old Grammar School Charity Faversham) – but more of this in our 2025 report.

I take this opportunity to remember friends we have lost this past year – people we have been very grateful for knowing, even if only for a short time in our lives, you have made it richer, and this includes Gulliver Immink, Chris Ives and Mary Watts.

Thankyou to our two previous trustees who left their roles at the 2024 AGM - Lucia Dello-Iolo (Treasurer 2018-2024) and Sarah Porter (Secretary 2021-24). We also said goodbye to Millie van der Byl Williams as a valued member of staff.

I hope you enjoy this report and seeing all the achievements of our community over the past year.





In Memory of a Friend and Trustee

On 18th April 2024, Gulliver, a good friend and trustee of the garden died. Gulliver had been a valued trustee since 2016 and he was passionate about protecting the garden as a refuge for support, friendship and healing - it was always Gulliver calling for quiet times in the garden where people can escape the busy humdrum of life.

Gulliver loved the garden itself, the trees and nature, and on a summer's evening, he'd often open up the garden so others could share his enjoyment of the tranquility he found there at this time of day.

Gulliver long expected his death, however he was determined to live well with his illness. He was warm and welcoming, generous and kind, always finding a compassionate and supportive comment for members and visitors to the garden.

I wanted to include Gulliver in our report – he was one of our many members who make our charity into a supportive and thriving community where every individual matters – Gulliver actively encouraged people to feel they matter and belong and he will have touched many people’s lives.

Helen Carr

About Us



The Abbey Physic Community Garden is a half-acre, award winning, therapeutic community garden in the heart of Faversham, Kent.

Our aims are:

To help our members and the wider public maintain or improve their physical and mental health and wellbeing, build diverse skills and confidence, reduce social isolation and connect with their community. Through our commitment to equality and diversity and provision of inclusive services and support we aim to break down the stigma of mental ill health and build understanding and empathy.

About Us

- The garden was established as a formal charity in 2007 however it began earlier than this and celebrates 30 years in 2024
- Our mission is **Growing a Healthy Community** – a reflection of both our focus on health and wellbeing and the importance of the community of peers who support each other with their lived experience of mental health and wellbeing and as carers
- The garden is open Mon-Fri 10am - 3pm and Sundays are staffed by volunteer members 11am - 2pm
- Garden membership aims to provide companionship and to reduce social isolation – **the charity is committed to tackling loneliness**
- Abbey Physic Community Garden provides an invaluable service for Faversham and wider across Kent. In this modern take on a ‘Physic Garden’, it is not herbs, or potions which provide healing, it is the garden itself, and the people who come here





Current Areas of Focus for our Charity

Direction of the charity is to:

- Improve accessibility to those who need us
- Refine our existing programme of activities and to introduce new opportunities according to evolving needs
- Develop long-term sustainability of the charity
- Continue evaluating activities and progress

Impacts for users of the charity:

- Improve mood and wellbeing
- Increase confidence & sense of connection with others
- Increase understanding of and skills for selfcare









Activities

The charity provides a wide range of activities that are both practical and therapeutic, usually both at the same time and these include:

- All year gardening
- A community kitchen and coffee cabin
- Faversham Men's Shed
- Singing and various music groups including ukulele and guitars
- Creative arts and crafts groups
- Guided meditation, Yoga and Qi Gong Tai Chi
- A poetry and a reading group
- A walking group
- A Happy Café
- Resistance training – Kung Fu Pandas

The garden also serves as a hub for community events, e.g. regular NHS Health Checks

Please see https://www.abbeyphysic.org/activities/ for more details of activities

33 Core Activities across the Year

19 Core activities



14 New activities in response to evolving member needs and interests

- 6 wk course Hands on Gardening
- 6 wk course Mindful Cooking
- Rise and Shine
- Kitchen Skills Training
- Men's Breakfast Club
- Drop in Gardening (recovery sessions)
- Coffee Cabin volunteering
- Permaculture
- Foraging
- Herbal Tonics
- Volunteer Training
- Friday Evening socials
- Forest Gardening
- Wildlife survey sessions

Abbey Physic Community Garden

Mindful Kitchen

6 Week Course - Wednesdays 9.30– 11



- Learn how to support the mind and body through mindful cooking and eating
- Pick fresh ingredients from our kitchen garden
- Make and eat delicious healthy meals using the senses
- Have fun and make new friends

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Abbey Physic Community Garden

Gardening for the Mind

6 Week Course

Thursdays 10.30 – 12.30



- Explore the garden through practical activities using your senses.
- Make new friends
- Relax and have fun learning new tips for supporting your health and well being

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Abbey Physic Community Garden

Community Kitchen Training

6 Week Course - Thursdays 10– 12.30



- Learn the basics in food hygiene and safety
- Gain experience making and serving food in a working kitchen
- Have fun and make new friends

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Abbey Physic Community Garden

Hands on Gardening

6 Week Course

Tuesdays 10 – 12.30



- Gain sustainable gardening tips and techniques
- Have fun and make new friends
- Gain gardening experience in our beautiful award-winning garden

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915













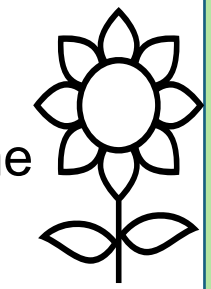


Abbey Physic Community Garden – our year in numbers

1,495
people reached
(150% increase in 2 years)



£69,000
in kind volunteer time



30% increase from £53,000

211 individuals participated in one or more of our activities
45% increase in 2 years



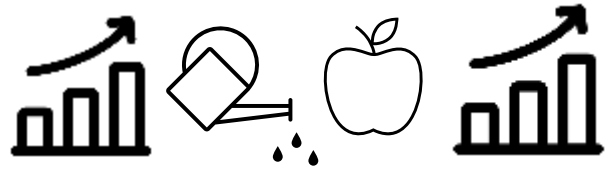
6,032
Volunteer hours a year
14% increase



59
people participated in our
new
6 weekly courses



645
staff run sessions



We supported over 211 individuals through 532 activity sessions in 2024

Activity	No. attended	Activity	No. attended
Gardening courses	58	Permaculture	17
6 - week courses	59	Rise & Shine	12
Community Kitchen	56	Qi Gong	22
Men's Shed 2x week	29	W.I Gardening	21
Men's Breakfast Club	18	Little Green Folk	17
Thursday Crafts	21		
Wednesday Singing	22	Social only	25
Monday Strumming	17	Volunteering Support	28
Mindful Walking	15		
Resistance Training	15	Weekend Courses	40
Read & Write for Wellbeing	10	Saturday Morning Yoga	20
Poetry	10		





















Our Impact in Numbers

Groups & Events hosted by APCG

1,284 people reached

University of Kent hosting 'Green Me' 50

Embracing Life by Facing Death Event 65

Canterbury School of Visual Arts 62

Memorials x 2 250

30th Anniversary Party 250

Wine'd Down Evening 150

Curry & Carols 80

Porchlight Annual Conference 150

Windmill Community Garden 15

Catching Lives 12

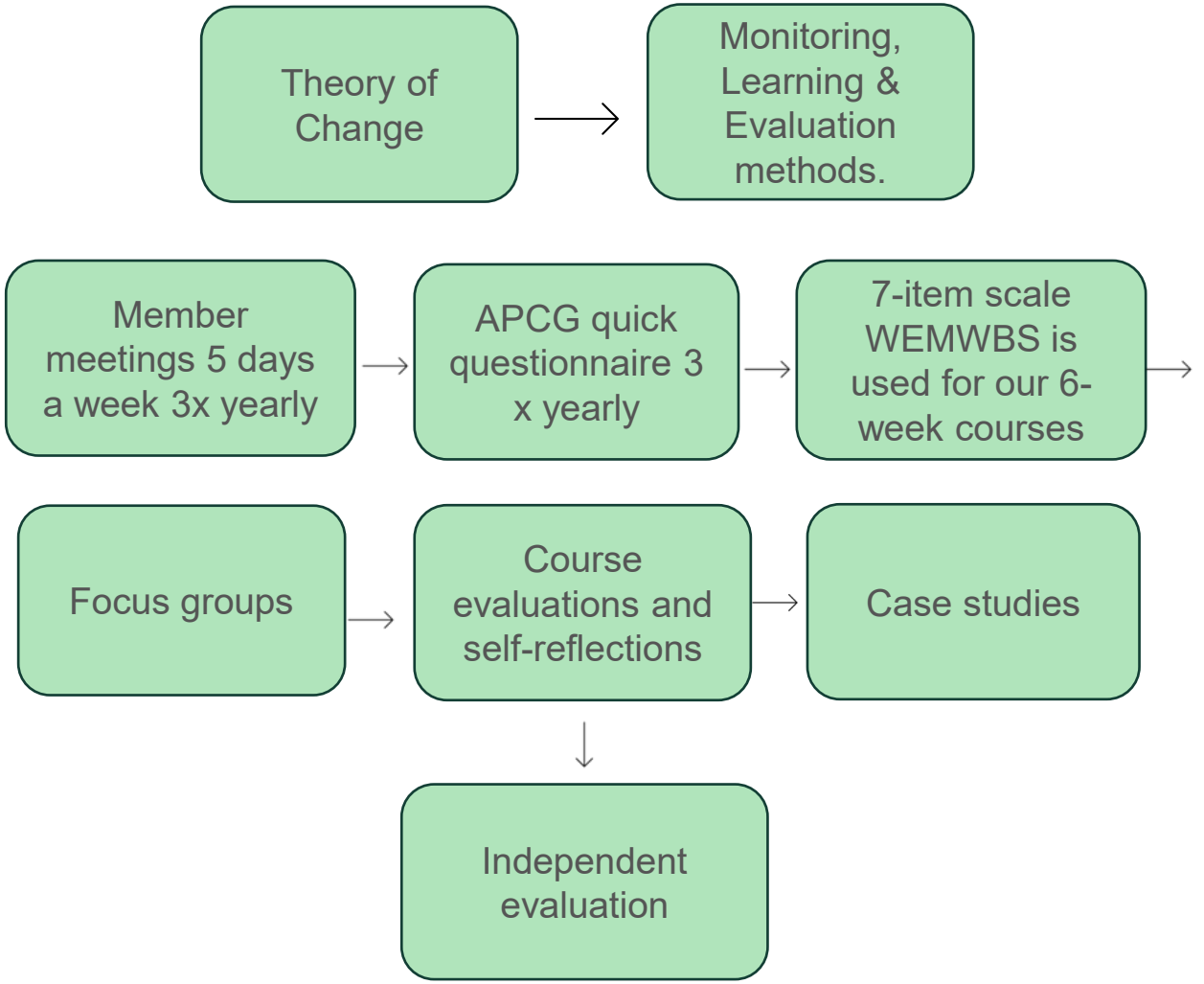
Faversham Refugee Support 65

Medway Community Gardens 25

Faversham Literacy Festival 50

St Peters School 60

Continual evaluating with our members is important to us



Quotes from Members



Community Partnerships - Working with over 50 organisations in 2024 and as a key member of Faversham Community Networking Group. Partnerships include:

Referrers

New Leaf Support

Faversham Community Networking Group

Porchlight

Red Zebra Community Solutions

SATEDA

Newton Place Surgery

NHS Kent and Medway NHS and Social Care Partnership Trust

NHS Kent Community Health NHS Foundation Trust

Kent County Council kent.gov.uk

Sittingbourne Primary Care Network

NELFT NHS NHS Foundation Trust

FCS Talking Therapies

NHS Health Check

Education Providers

Canterbury Christ Church University

Barton Court Grammar School

EKC Canterbury College

EKC Sheppey College

St Mary of Charity Primary School

Groups

Scouts 1st Faversham

Faversham & Villages Refugee Solidarity Group – No Human Is Illegal

Green Folk Outdoor Learning

Faversham Literary Festival

Visiting Groups

GreenME

catching LIVES

Windmill Community Gardens Margate

Kent Community Rail Partnership

Looking after our Environment

- Green Flag Community Award 2024-25 (‘*Cleanliness of the compost loo was really impressive*’, Green Flag Judge)
- No spray (using biodiverse pest control, i.e. garlic spray and companion planting) and peat free (producing own compost)
- No dig beds
- Focus on foraging, less weeding
- Growing techniques include lasagne for veg patches, Hügelkultur raised bed, dead hedges, vertical growing
- Seed saving and community seed swaps
- Use of heritage rainwater collection and bilge pump to move water
- Wildlife monitoring and moth nights
- Permaculture centre
- APCG is the home of East Kent Permaculture Learning Centre















Gardening & Growing

- 58 people regularly participated in gardening this year
- 20 people attended 6-week Hands on Gardening courses
- 28 people attended gardener meetings and 27 are members on the Gardeners' WhatsApp
- 12 people attended monthly Forest Garden sessions
- There is improving communication and planning of plants/food for the Community Kitchen
- There is improving foraging knowledge









Impacts of our Community Kitchen

- 16 people attended 6-wk Mindful Cooking courses
- 18 people attended Kitchen Skills courses
- Fresh meals were produced each weekday
- 56 people participated in cooking sessions, with a focus on healthy eating
- 2,626 meals were prepared, including 152 Love Lunches provided through our Pay It Forward scheme
- Reduced food miles by foraging ingredients
- Catered for 6 community events, plus Porchlight's Annual Conference for 150 people
- Produced our first Recipe Book

A Productive Year for Faversham Men's Shed

29 regular shed members (50% increase)

Introduced new Men's Breakfast Club – 18 participants

35 Faversham Scouts gain DIY badges

Monthly coffee mornings & monthly 'open to all' sessions

£1300 raised by Tesco staff in recognition of men's mental health issues

Interview with ITV News Meridian & Helen Whately MP visits

Working with other charities

Red Zebra referrals

Promoted at the Axminster Tools roadshow

Hosts Resistance Training

New Leaf Support for Domestic Abuse women only sessions









Impact of our Community Coffee Cabin

The Community Coffee Cabin is a welcoming hub for conversations and support.

It provides a wealth of volunteer opportunities with informal Barista training and serving refreshments to our members and visitors.

This is now open six days a week

Students, Trainees and Work Experience







In 2024, we hosted 8 trainee GPs; Occupational Therapy Students from Canterbury Christ Church University; Visits from St Mary of Charity Primary School; Yr 12 & 13 pupils from Barton Grammar School , Archbishops School and Brogdale CIC Craftworks College for work experience; and we supported a Queen Elizabeth’s Grammar School design and technology woodwork project

Press and Media Coverage

Faversham Eye

https://www.favershameye.co.uk/post/abbey-physic-community-garden-celebrating-30-years-of-a-growing-healthy-community

Video: Growing flowers and food together - the new trend for old cottage garden style

What an incredible interview with Jo Barker – at the APCG.

ITV News – Men's Shed



Helen Whately MP visited APCG's Faversham Men's Shed to talk about the importance of men's mental health.



An audio story about the history, activities and impact of Abbey Physic Community Garden



Mayor's charity of the year 2024-2025



Faversham Times



30th Anniversary Celebrations



















Staffing for Year 2024

Thank you to all our staff for their commitment in keeping the garden welcoming and well run. We have 8 members of staff, full- and part-time.

We had a consistent staffing team this year, until sadly Millie left us in December. This role is now re-appointed to for 2025.

Suzanne Campbell – Garden Manager

Louise Gray - Assistant Garden Manager

Millie van der Byl Williams - Finance, Administration and IT Lead

Jacqueline Hunt – Community Partnerships Lead

Alessa Correia-Leitch – Community Kitchen Project Lead

Karen Franczak – Community Kitchen Project Lead

Ian Hardie – Faversham Men's Shed Project Lead

Paul Muddle – Horticulture Trainer

We welcome Deborah Hope as our Finance Officer for 2025



Organisation and Governance

We are a registered charity and a company limited by guarantee:

Charity Registration No 111945; Company Registration No 06015188

Our registered office is:

Abbey Physic Community Garden, Abbey Place, Faversham, ME13 7BG

Bank details:

Santander Business Banking, Bridle Road. Bootle, L30 4BG

Account title: Abbey Physic Community Garden.

Day to day management is the responsibility of the garden manager, Suzanne Campbell and her team – Louise Gray, Alessa Correia-Leitch, Karen Franczak, Jacqui Hunt, Paul Muddle and Ian Hardie.

There are regular member meetings to discuss and plan how the garden operates. Garden members appoint the trustees at the Annual General Meeting for a term of one year. Trustees are welcome to restand if they want to be reappointed.

Organisation and Governance

Elected trustees during 2024:

- Helen Carr (Chair) appointed Sept 2020 and Chair Sept 2021
- Lucia Dello-Iolo (Treasurer) appointed June 2018 and Treasurer July 2018 – Aug 2024
- Philip Wyard (Treasurer) from Aug 2024
- Sarah Porter (Secretary) appointed Sept 2021 – Aug 2024
- Gulliver Immink appointed Sept 2016 - died 18 April 2024
- Imogen Tinkler appointed Sept 2023
- Andrew Ireland appointed Sept 2023
- Kate Bowman appointed Aug 2024
- Suzanne Wood appointed Aug 2024

Trustees are appointed at each annual general meeting by members.
The Trustees met at least monthly during the year.

In our planning of the charity's activities, we have paid due regard to Charity Commission's guidance on public benefit, and on the standards expected of trustees.

Independent financial examiner for this set of accounts - Louise Shaw, with Philip Wyard as treasurer.

Highlights of 2024

Month	*Events*
Jan	New – Nurture Gardening Winter Wednesdays, and we welcomed Occupational Therapy students for a placement. Ian Hardie, our Men's Shed Lead, was interviewed for BBC Radio Kent
Feb	Excitingly starting our 2nd year of 3 Years' funding from Reaching Communities (The National Lottery Community Fund) . Love Lunches began in 2023 - a pay it forward scheme providing free lunches for those in need – this year we raised over 500 lunches for those financially struggling
Mar	Planting in the greenhouse, a pilot course started for Cookery for the Mind in March 2023 and this is now successfully established, we held a Faversham Seed Swap
Apr	There was a Faversham Men's Shed feature on Meridian News, highlighting this great work
May	Mental health awareness week – the Charity organised a Chatty Bench in the town centre, start of our summer BBQs, and nominated as one of two of the Faversham Mayor's charities for the year
Jun	Opened our doors as part of Faversham Open Gardens, Walking for the Mind (in partnership with Age UK) began in June 2023 and successfully continues, as part of Loneliness Awareness Week we had a week of our Chatty Bench in the town centre, we held a sponsored 30 laps of the garden to celebrate its 30th anniversary, 34 cubs received their DIY badges from support of the Men's Shedders
Jul	Held a Faversham & Villages Refugee Solidarity Group event at the garden, a foraging evening and we hosted a large vibrant Summer Garden Party to celebrate our 30 Years as Abbey Physic Community Garden
Aug	Awarded the Green Flag Community Award
Sept	Hosted Wine'd Down evening event as part of Open Faversham and Faversham in Bloom awards held at the garden,
Oct	Visited by 54 delegates from across Europe – Green Me Project
Nov	Awarded The King's Award for Voluntary Service
Dec	New Men's Breakfast Club, Community wreath making sessions, and end of year Curry and Carols

Our Financial Report



Summary

- 2024 was the second year in which Abbey Physic Community Garden (APCG) continued activities funded by the latest three-year National Lottery Grant, Reaching Communities. The amount available for2024 was £91k. With the additional income from other successful grant receipts, individual donations, and membership subscriptions it meant that the total income for the year was £193k.
- Staffing costs make up 82% of the expenditure of APCG. The Repairs and Maintenance costs were £6k.
- The total Expenditure for 2024 was £166k
- The net income was therefore £28k for 2024.
- The balance of funds carried forward at the end of 2024 was £139k. An increase of £28k over 2023
- The total expenditure of £166k exceeds the National Lottery Grant by £75k, so additional ad hoc fundraising, and donations remain an essential part of the income that allows the garden to continue.

2024 – Income

Abbey Physic Garden

STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)

FOR THE YEAR ENDED 31 December 2024

	Notes	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
Voluntary Income:					
Grants		450	131,385	131,835	123,211
Donations		13,720	0	13,720	34,551
Membership subscriptions		8,209	0	8,209	6,515
Activities for Generating Funds:					
Sales & events		12,253	0	12,253	6,202
Fundraising events		2,559	0	2,559	1,905
Community Kitchen		14,891	0	14,891	7,430
Optivo		844	0	844-	
External Groups		0		0	0
Gift Aid Reclaimed		1,289	0	1,289	246
Trainees		5,562	0	5,562	1,853
Faversham Lottery		2,208	0	2,208	1,870
Investment Income:					
Bank interest				0	
Total Incoming Resources		61,985	131,385	193,370	183,783
RESOURCES EXPENDED	3				
Cost of generating funds:					
Purchases and miscellaneous costs		13,694	54	13,748	4,321
Operational and support costs		29,886	122,016	151,902	134,125
Governance costs		0			0
Total Expended Resources		43,579	122,070	165,650	138,446
NET MOVEMENT OF FUNDS	7	18,405	9,315	27,720	45,337
RECONCILIATION OF FUNDS					
Total Funds Brought Forward		59,319	52,115	111,434	66,097
Fund Balance Carried Forward		77,724	61,430	139,154	111,434

- 2024 Income
- In 2024 our income was £193k, which was £10k higher than in 2023, due to the receipt of more non-Lottery grant funding.
- Income received from membership increased slightly over 2023 by £1.7k
- The drop in Donations was due to a one-off donation in 2023 from the Henry Oldfield Trust of £20k.
- Grants were mostly restricted in nature, requiring the money to be spent on specific projects. Grant income was mostly from the National Lottery 3-year grant, however amongst the other grants there were significant grants from Orchard Community (£4.6k), Co-op Community(£5k), and Henry Smith (£10k)

2024 - Expenditure

	Notes	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
Abbey Physic Garden					
STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)					
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- 2024 Expenditure
- Total Expenditure increased by £27k

From2023 to 2024 from £138k to £165k

This was due to two specific reasons:

Staffing Costs increased by £17k

Other running costs increased by £10k.

N.B. This increase was matched by a similar increase in Community lunches income.

2024 – Net Movement in Funds

Charities measure the movement of funds, the difference between money received and spent, during a reporting period.

- In 2024, we spent £28k less than we received.
- In 2023, we spent £45k less than we received.
- In 2022, we spent £35k more than we received
- In 2021 we spent £34k more than we received.

2024 – The Balance Sheet

At the end of the year, the Abbey Physic Community Garden had £6k of fixed assets.

- The charity has one main current account with Santander, but there are other platforms such as Local Giving, Paypal and Stripe that are used to facilitate payment methods and income receipts. These feed into the main account but may have small balances at any specific point in time. At the end of 2024, there was £136k in the Santander bank account,
- The net cash balance of £136k was made up of £61k of restricted funds and £75k unrestricted funds.
- There are no loans so the total assets were £145kx.

2024 – Notes to The Accounts

NOTES TO THE FINANCIAL STATEMENTS
For the Year Ended 31 December 2024

1 Accounting Policies

Basis of Preparation

The financial statements have been prepared under the historical cost convention and are in accordance with Financial Reporting Standard for Smaller Entities (effective January 2007), the Companies Act 2006, and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued 2005).

Quickbooks accounting software is used to explain income and expenditure but it does not contain all the asset calculations.

Grants and Voluntary Income

All grants and voluntary income are accounted for gross when receivable.

Resources Expended:

Depreciation

Assets acquired costing less than £2,500 are charged to revenue in the year of purchase:

Assets exceeding this purchase price: Pavillion, New Cabin, New kitchen units and island are depreciated by 10% straight line

Purchases and miscellaneous costs

Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to more than function cost category, they have been split on an estimated basis as appropriate.

This was prevoiusly named charitable expenditure.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets criteria is charged to the fund.

2024 – Notes to The Accounts

NOTES TO THE FINANCIAL STATEMENTS							
2	Incoming Resources			Unrestricted	Restricted	Total	Total
				2024	2024	2024	2023
	Grants Received:			£	£		£
		Big Lottery	09/02/2024		22,875	22,875	24,125
			10/05/2024		22,875	22,875	24,125
			09/08/2024		22,875	22,875	24,125
			06/11/2024		22,875	22,875	24,125
		The Access Foundation	12/08/2024 & 17/09/2024		12,000	12,000	0
		Swale Borough Council	12/04/2024	250		250	3,761
		SBC Eastern Area Committee				-	0
		Faversham Town Council				-	500
						-	5,000
						-	450
		Benstead Trust				-	2,000
		Colyer Fergusson				-	5,000
		Henry Smith	08/07/2024		10,000	10,000	10,000
		Cantiacorum Foundation	18/06/2024		1,800	1,800	
		Alpkit Foundation	21/06/2024	200		200	
		Albert Hunt	12/07/2024		2,000	2,000	
		Austin Hope	10/10/2024		1,000	1,000	
		H G Wills	15/08/2024		1,000	1,000	
		Arnold Clark	20/09/2024		750	750	
		Young SE	04/11/2024		1,000	1,000	
		Co-Operative Community Grant	19/12/2024		5,000	5,000	
		Orchard Community Energy	23/12/2024		4,635	4,635	
		Imperial Plastics	15/11/2024		700	700	
				450	131,385	131,835	123,211
	Donations:						
		Porchlight		1500		1500	-
		Organisation / Corporate Donations<£1000		2,145		2,145	1,497
		Personal Donations <£1000		10,075		10,075	6,054
		Centrica (British Gas)					2,000
		Henry Oldfield Trust					20,000
		Colin Sharpe					5,000
				13,720	-	13,720	34,551
	Membership Subscriptions:			8,209		8,209	6,515
	Sales:						
		Refreshments donations		9,472		9,472	5,618
		Garden & Mens shed sales		2,781		2,781	584
		Community Kitchen		14,891		14,891	7,430
	Trainees:			5,562		5,562	1,853
	Paid Courses			844		844	-
	Faversham Lottery:			2,208		2,208	1,870
	Fundraising Events:			2,559		2,559	1,905
	External Groups:					-	
	Gift Aid Reclaimed:			1,289		1,289	246
				47,815	-	47,815	26,021
	Total Incoming			61,985	131,385	193,370	183,783
ABBEY PHYSIC COMMUNITY GARDEN							
NOTES TO THE FINANCIAL STATEMENTS							
FOR THE YEAR ENDING 2024	4						

2024 – Notes to The Accounts

3	Resources Expended			Unrestricted	Restricted	Total	Total
				2,024	2,024	2,024	2023
				£	£		£
	Purchases and miscellaneous costs:						
		Garden supplies		6,840		6,840	2,224
		Grub Club Ingredients		-		-	-
		Groceries/Provisions		6,853		6,853	2,097
		Craft tools/Equipment		-		-	
		Mens Shed			54	54	
				13,694	54	13,748	4,321
	Operational and support costs:						
		Advertising		1,385	2,220	3,605	1,655
		Accounts/Auditing				-	
		Bank Charges		643		643	338
		Bees, Beehives and Chickens		160		160	
		Computer costs		905		905	915
		DBS checks		136		136	92
		Evaluation			2,500	2,500	-
		External Fundraising				-	-
		External Trainig Activity Providers			1,000	1,000	107
		Insurance		2,272		2,272	1,710
		Governance / Subscriptions		340		340	48
		Office supplies		696		696	1,053
		Other				-	-
		Printing and Stationery		949		949	1,184
		Professional Services				-	1,059
		Rent				-	178
		Repairs, renewals & maintenance		578	4,989	5,568	4,444
		Salaries /NI		17,943	96,046	113,989	96,932
		Sesional Workers			12,993	12,993	14,961
		Supplies		2,054		2,054	2,690
		Training		841		841	2,012
		Travel/Parking		38		38	60
		Utilities - Telephone / Internet		344	463	807	717
		Utilities - Rent, electric & Water			1,805	1,805	1,301
		Website costs		315		315	1,929
		Garden party costs		287		287	653
		Raising funds		-	-	-	87
				29,886	122,016	151,902	134,125
	Governance costs:						
		Companies House					
	No employee received emoluments of more than £50,000.						

2024 – Notes to The Accounts

4	Directors of the Charity						
	No member of the Board of Directors received any remuneration during the period.						
	Reimbursement of expenses to the Directors was zero.						
	The charity has Trustee Indemnity Insurance (effective from 1st November 2014).						
5	Taxation						
	The charity is exempt from Corporation Tax on its charitable activities.						
ABBEY PHYSIC COMMUNITY GARDEN							
NOTES TO THE FINANCIAL STATEMENTS (cont.)							
FOR THE YEAR ENDED 31 December 2022							
6	Tangible Fixed Assets						
					2024	2023	Purchase Price
					£	£	
	Pavilion		Purchased 2009 10% straight line			-	
	New Cabin		Purchased 2017 10% straight line		3,000	4,000	10,000
	New units & Island		Purchased 2019 10% straight line		1,122	1,410	2,876
	Men's Shed		Purchased 2017 10% straight line		1,857	2,209	3,518
					5,980	7,619	16,394
7	Analysis of Net Assets between Funds						
				2024	2023	2022	
				Total	Total	Total	
				£	£	£	
	Restricted Funds			61,430	52,115	39,796	
	Unrestricted Funds			77,724	59,319	26,301	
				139,154	111,434	66,097	
	A positive balancing adjustment of £443.79 was added to the 2021 restricted funds total						
8	Incorporation						
	The Abbey Physic Community Garden is a company limited by guarantee, without a share capital,						
	incorporated on 30 November 2006.						
	It took over the activities in the garden on 1 December 2006.						
	In the event of the company being wound up, members guarantee to pay £1 each towards the						
	Garden's debts.						

2024 Notes to the Accounts

NOTES TO THE FINANCIAL STATEMENTS (cont.)				
SCHEDULE OF ONGOING RESTRICTED GRANTS AND DONATIONS				
Restricted Grants Carried forward to 2023				
Bal b/f	Grant Name	Grant Receipts in 2024	2024 Restricted exp.	bal c/f
31/12/2023				31/12/2024
5,121	Big Lottery	91,500	92,613	4,008
5,450	Faversham Town Council	0	5,450	0
4,050	Benstead Trust (incl. Colin Sharp)	0	4,050	0
1,667	Colyer Ferguson	0	1,667	0
4,169	Henry Smith	10,000	9,169	5,000
0	The Access Foundation/Philips & Connie	12,000	3,400	8,600
0	Swale Borough Council	0	0	0
0	Contiacorum Foundation	1,800	1,800	0
0	Alpkit Foundation	0	0	0
0	Albert Hunt	2,000	1,000	1,000
0	Austin Hope	1,000	250	750
0	H G Wells	1,000	1,000	0
0	Arnold Clark	750	750	0
0	Young SE	1,000	167	833
0	Co-Operative Community	5,000	0	5,000
0	Orchard Community Energy	4,635	0	4,635
0	Imperial Plastics	700	700	0
20,457	0	131,385	122,016	29,826

Abbey Physic Community Garden

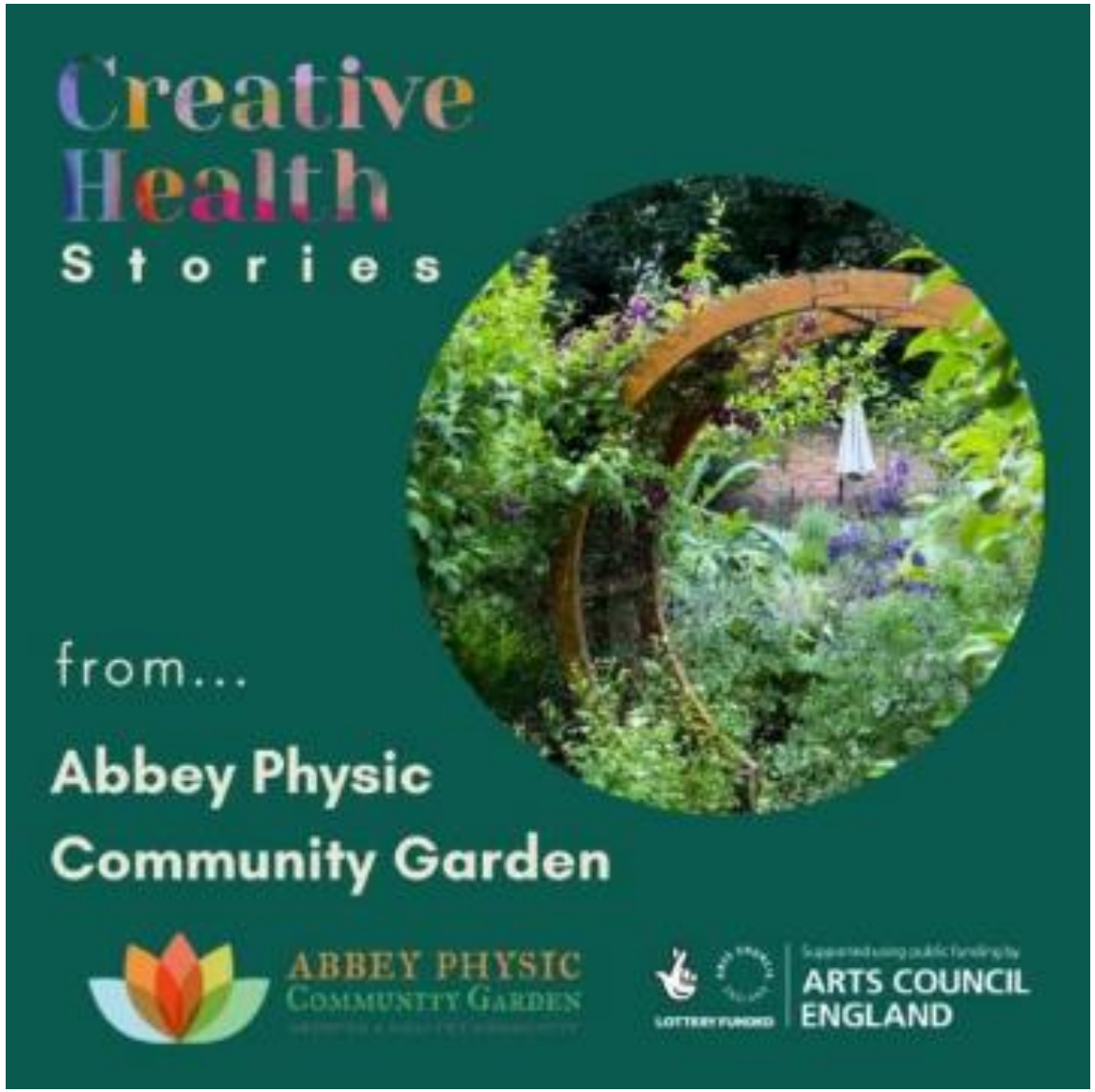
An audio story about the history, activities and impact of Abbey Physic Community Garden

Laura Bailey has just released an excellent podcast about the garden and charity and the benefits that being a member and visitor brings to peoples' lives.

During 2024, Laura interviewed people in the garden and Laura has successfully captured the many different ways in which the garden helps us all.

A big thank you to Laura and to the Arts Council England for funding Laura in this exciting project.

Listen below, and read the full article on Laura's website here: https://creative-health.co.uk/podcasts/abbey-physic-community-garden/



We are incredibly thankful for all the support we receive from all our donors, sponsors, volunteers, members, staff and the community – helping us to support people when they need us

We would also like to say an extra special thanks to the following:

Our landlords – The Old Grammar School Charity Faversham

Key Funders - Reaching Communities England – The National Lottery Community Fund; The Swire Charitable Trust; Bensted's Charity; Centrica; Colyer-Fergusson Charitable Trust; Faversham Town Council; Henry Smith Charity County Grants; Henry Oldfield Trust; and Swale Borough Council; The Access Foundation; Co-operative Community ; Orchard Community Energy

Andrew Ireland, Trustee, leaving us as a trustee at our AGM 2025 – for all your support in 2024 to which this report refers.

Many thanks to Philip Wyard (Treasurer) in preparing the accounts and Louise Shaw for examining the accounts.

On behalf of the trustees,

Helen Carr, July 2025

Abbey Physic Community Garden

The King's Award for Voluntary Service

Abbey Physic Garden

STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)

FOR THE YEAR ENDED 31 December 2024

	Notes	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
Voluntary Income:					
Grants		450	131,385	131,835	123,211
Donations		13,720	0	13,720	34,551
Membership subscriptions		8,209	0	8,209	6,515
Activities for Generating Funds:					
Sales & events		12,253	0	12,253	6,202
Fundraising events		2,559	0	2,559	1,905
Community Kitchen		14,891	0	14,891	7,430
Optivo		844	0	844 -	
External Groups		0		0	0
Gift Aid Reclaimed		1,289	0	1,289	246
Trainees		5,562	0	5,562	1,853
Faversham Lottery		2,208	0	2,208	1,870
Investment Income:					
Bank interest				0	
Total Incoming Resources		61,985	131,385	193,370	183,783
RESOURCES EXPENDED	3				
Cost of generating funds:					
Purchases and miscellaneous costs		13,694	54	13,748	4,321
Operational and support costs		29,886	122,016	151,902	134,125
Governance costs		0			0
Total Expended Resources		43,579	122,070	165,650	138,446
NET MOVEMENT OF FUNDS	7	18,405	9,315	27,720	45,337
RECONCILIATION OF FUNDS					
Total Funds Brought Forward		59,319	52,115	111,434	66,097
Fund Balance Carried Forward		77,724	61,430	139,154	111,434

Abbey Physic Garden

BALANCE SHEET

For the Year Ended 31 December 2024

			Notes	2024	2023
				£	£
FIXED ASSETS					
	Tangible assets	Old Cabin	6	0	0
		New Cabin		3,000	4,000
		New sink & Island units		1,122	1,410
		Men's Shed		1,857	2,209
CURRENT ASSETS					
	Debtors				
	Bank deposits			136,238	110,571
	Cash in hand			51	24
	Paypal			2,449	766
	Soldo			356	
	Local giving			0	151
	Izettle			0	0
	Stripe			60	-38
Net Current Assets				139,154	111,474
NET ASSETS					
	Represented by:				
	Fixed Assets			5,980	7,619
	Restricted Funds			43,487	52,115
	Unrestricted Funds			95,668	59,319
	Retained earnings				
Total Funds				**145,135**	**119,053**

For the year ending 31 December 2024 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.
The accounts have been prepared in accordance with IAS / IFRS.

INDEPENDENT EXAMINATION

I can confirm that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2024.

Independent Examiner signature:

…….

Date:

…….

Abbey Physic Garden

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended 31 December 2024

1 Accounting Policies

Basis of Preparation

The financial statements have been prepared under the historical cost convention and are in accordance with Financial Reporting Standard for Smaller Entities (effective January 2007), the Companies Act 2006, and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued 2005).

Quickbooks accounting software is used to explain income and expenditure but it does not contain all the asset calculations.

Grants and Voluntary Income

All grants and voluntary income are accounted for gross when receivable.

Resources Expended:

Depreciation

Assets acquired costing less than £2,500 are charged to revenue in the year of purchase:

Assets exceeding this purchase price: Pavillion, New Cabin, New kitchen units and island are depreciated by 10% straight line

Purchases and miscellaneous costs

Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to more than function cost category, they have been split on an estimated basis as appropriate.

This was prevoiusly named charitable expenditure.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets criteria is charged to the fund.

NOTES TO THE FINANCIAL STATEMENTS

2	**Incoming Resources**			**Unrestricted 2024**	**Restricted 2024**	**Total 2024**	**Total 2023**
	Grants Received:			£	£		£
		Big Lottery	2/9/2024		22,875	22,875	24,125
			5/10/2024		22,875	22,875	24,125
			8/9/2024		22,875	22,875	24,125
			11/6/2024		22,875	22,875	24,125
		The Access Foundation	12/08/2024 & 17/09/2024		12,000	12,000	0
		Swale Borough Council	4/12/2024	250		250	3,761
		SBC Eastern Area Committee				-	0
		Faversham Town Council				-	500
						-	5,000
						-	450
		Benstead Trust				-	2,000
		Colyer Fergusson				-	5,000
		Henry Smith	7/8/2024		10,000	10,000	10,000
		Cantiacorum Foundation	6/18/2024		1,800	1,800	
		Alpkit Foundation	6/21/2024	200		200	
		Albert Hunt	7/12/2024		2,000	2,000	
		Austin Hope	10/10/2024		1,000	1,000	
		H G Wills	8/15/2024		1,000	1,000	
		Arnold Clark	9/20/2024		750	750	
		Young SE	11/4/2024		1,000	1,000	
		Co-Operative Community Grant	12/19/2024		5,000	5,000	
		Orchard Community Energy	12/23/2024		4,635	4,635	
		Imperial Plastics	11/15/2024		700	700	
				450	**131,385**	**131,835**	**123,211**
	Donations:						
		Porchlight		1500		1500	-
		Organisation / Corporate Donations<£1000		2,145		2,145	1,497
		Personal Donations <£1000		10,075		10,075	6,054
		Centrica (British Gas)					2,000
		Henry Oldfield Trust					20,000
		Colin Sharpe					5,000
				13,720	**-**	**13,720**	**34,551**
	Membership Subscriptions:			8,209		8,209	6,515
	Sales:						
		Refreshments donations		9,472		9,472	5,618
		Garden & Mens shed sales		2,781		2,781	584
		Community Kitchen		*14,891*		14,891	7,430
	Trainees:			*5,562*		5,562	1,853
	Paid Courses			844		844	-
	Faversham Lottery:			*2,208*		2,208	1,870
	Fundraising Events:			*2,559*		2,559	1,905
	External Groups:					-	
	Gift Aid Reclaimed:			*1,289*		1,289	246
				47,815	**-**	**47,815**	**26,021**
	Total Incoming			**61,985**	**131,385**	**193,370**	**183,783**

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YE4

3 Resources Expended

	Unrestricted	Restricted	Total	Total
	2,024	**2,024**	**2,024**	**2023**
	£	£		£
Purchases and miscellaneous costs:				
Garden supplies	6,840		6,840	2,224
Grub Club Ingredients	-		-	-
Groceries/Provisions	6,853		6,853	2,097
Craft tools/Equipment	-		-	
Mens Shed		54	54	
	13,694	**54**	**13,748**	**4,321**
Operational and support costs:				
Advertising	1,385	2,220	3,605	1,655
Accounts/Auditing			-	
Bank Charges	643		643	338
Bees, Beehives and Chickens	160		160	
Computer costs	905		905	915
DBS checks	136		136	92
Evaluation		2,500	2,500	-
External Fundraising			-	-
External Trainig Activity Providers		1,000	1,000	107
Insurance	2,272		2,272	1,710
Governance / Subscriptions	340		340	48
Office supplies	696		696	1,053
Other			-	-
Printing and Stationery	949		949	1,184
Professional Services			-	1,059
Rent			-	178
Repairs, renewals & maintenance	578	4,989	5,568	4,444
Salaries /NI	17,943	96,046	113,989	96,932
Sesional Workers		12,993	12,993	14,961
Supplies	2,054		2,054	2,690
Training	841		841	2,012
Travel/Parking	38		38	60
Utilities - Telephone / Internet	344	463	807	717
Utilities - Rent, electric & Water		1,805	1,805	1,301
Website costs	315		315	1,929
Garden party costs	287		287	653
Raising funds	-	-	-	87
	29,886	**122,016**	**151,902**	**134,125**
Governance costs:				
Companies House				

No employee received emoluments of more than £50,000.

4 Directors of the Charity

No member of the Board of Directors received any remuneration during the period.
Reimbursement of expenses to the Directors was zero.
The charity has Trustee Indemnity Insurance (effective from 1st November 2014).

5 Taxation

The charity is exempt from Corporation Tax on its charitable activities.

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS (cont.)
For the year ended 31st December 2024

6 Tangible Fixed Assets

		2024	2023 Purchase Price	
		£	£	
Pavilion	Purchased 2009 10% straight line		-	
New Cabin	Purchased 2017 10% straight line	3,000	4,000	10,000
New units & Island	Purchased 2019 10% straight line	1,122	1,410	2,876
Men's Shed	Purchased 2017 10% straight line	1,857	2,209	3,518
		5,980	**7,619**	**16,394**

7 Analysis of Net Assets between Funds

	2024 Total	2023 Total	2022 Total
	£	£	£
Restricted Funds	43,487	52,115	39,796
Unrestricted Funds	95,668	59,319	26,301
	139,155	**111,434**	**66,097**

A positive balancing adjustment of £443.79 was added to the 2021 restricted funds total

8 Incorporation

The Abbey Physic Community Garden is a company limited by guarantee, without a share capital, incorporated on 30 November 2006.

It took over the activities in the garden on 1 December 2006.
In the event of the company being wound up, members guarantee to pay £1 each towards the Garden's debts.

NOTES TO THE FINANCIAL STATEMENTS (cont.)
SCHEDULE OF ONGOING RESTRICTED GRANTS AND DONATIONS
Restricted Grants Carried forward to 2024

Bal b/f	Grant Name	Grant Receipts in 2024	2024 Restricted exp.	bal c/f
12/31/2023				12/31/2024
5,121	Big Lottery	91,500	92,613	4,008
5,450	Faversham Town Council	0	5,450	0
4,050	Benstead Trust (incl. Colin Sharp)	0	4,050	0
1,667	Colyer Ferguson	0	1,667	0
4,169	Henry Smith	10,000	9,169	5,000
0	The Access Foundation/Philips & Conni	12,000	3,400	8,600
0	Swale Borough Council	0	0	0
0	Contiacorum Foundation	1,800	1,800	0
0	Alpkit Foundation	0	0	0
0	Albert Hunt	2,000	1,000	1,000
0	Austin Hope	1,000	250	750
0	H G Wells	1,000	1,000	0
0	Arnold Clark	750	750	0
0	Young SE	1,000	167	833
0	Co-Operative Community	5,000	0	5,000
0	Orchard Community Energy	4,635	0	4,635
0	Imperial Plastics	700	700	0
20,457	0	131,385	122,016	29,826

Independent examiner's report to the trustees of Abbey Physic Community Garden

I report to the trustees on my examination of the accounts of the Abbey Physic Community Garden for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust'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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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: 

Name: Lousie Shaw, CA

Relevant professional qualification or membership of professional bodies (if any): Institute of Chartered Accountants of Scotland, M24744

Address: Chase House, 55 Preston Street, Faversham, ME13 8PG

Date: 26th September 2024

ABBEY PHYSIC COMMUNITY GARDEN

England & Wales - Charity number 1119456

Accounts

Abbey Physic Community Garden



Annual Report and Financial Statement

Year ending 2023

Charity Registration Number: 1119456

Company Number: 06015188

Abbey Place, Faversham, Kent, ME13 7BG

Tel 01795 539915 communitygarden@abbeyphysic.org

Website: www.abbeyphysiccommunitygarden.org

Facebook: https://www.facebook.com/AbbeyPhysic

Message from our Chair of Trustees

It is a privilege to be Chair of Trustees for such an excellent and appreciated charity, with a committed board of trustees, staff, volunteers and members, all with endless energy and ideas for pushing the garden forwards, keeping it evolving to meet the needs of our community.

This year has seen new staff roles established as the garden continues to develop a wide range of activities for and with our members, balancing activity with also providing a space for refuge. From this report, you can see the impact that the charity has achieved, and I want to say a big thank you to everyone, including our funders, for helping this all happen and protecting this magical place.

I also take this opportunity to remember friends we have lost this past year – people we have been very grateful for knowing, even if only for a short time in our lives, you have made it richer.

I hope you enjoy this report and seeing all the achievements of our community over the past year.





About Us

The Abbey Physic Community Garden is a half-acre, award winning, therapeutic community garden in the heart of Faversham, Kent.

Our aims are:

To help our members and the wider public maintain or improve their physical and mental health and wellbeing, build diverse skills and confidence, reduce social isolation and connect with their community. Through our commitment to equality and diversity and provision of inclusive services and support we aim to break down the stigma of mental ill health and build understanding and empathy.

About Us

- The garden was established as a formal charity in 2007 however it began earlier than this and celebrates 30 years in 2024
- Our mission is **Growing a Healthy Community** – a reflection of both our focus on health and wellbeing and the importance of the community of peers who support each other with their lived experience of mental health and wellbeing and as carers
- The garden is open Mon-Fri 10am - 3pm and weekends are staffed by volunteer members 11am - 2pm
- Garden membership aims to provide companionship and to reduce social isolation – **the charity is committed to tackling loneliness**
- Abbey Physic Community Garden provides an invaluable service for Faversham and wider across Kent. In this modern take on a ‘Physic Garden’, it is not herbs or potions which provide healing, it is the garden itself, and the people who come here



Current Aims of the Charity 2023-2024

Direction of the charity is to:

- Improve accessibility to those who need us
- Refine our existing programme of activities and to introduce new opportunities according to evolving needs
- Develop long-term sustainability of the charity
- Continue evaluating activities and progress

Impacts for users of the charity:

- Improve mood and wellbeing
- Increase confidence & sense of connection with others
- Increase understanding of and skills for selfcare

Activities

The charity provides a wide range of activities that are both practical and therapeutic, usually both at the same time and these include:

- All year gardening
- A community kitchen and coffee cabin
- Faversham Men's Shed
- Singing and various music groups including ukulele and guitars
- Creative arts and crafts groups
- Guided meditation, Yoga and Qi Gong Tai Chi
- A poetry and a reading group
- A walking group
- A Happy Café
- Resistance training

The garden also serves as a hub for community events, e.g. regular NHS Health Checks

Please see https://www.abbeyphysic.org/activities/ for more details of activities



How we look after the environment and our resources in our garden



The Abbey Physic Community Garden met the international standards for the Green Flag Award in the following areas:

- A Welcoming Place
- Healthy, Safe and Secure
- Well Maintained and Clean
- Environmental Management
- Biodiversity, Landscape and Heritage
- Community Involvement
- Marketing and Communication
- Management

We are

- Peat free and spray free
- A permaculture training centre

We

- Harvest all our rainwater
- Run Faversham's annual seed swap
- Make our own compost

For me, this site gets green all the way! A perfect gem of a site that is welcoming with a wonderful calm feeling throughout. Staff and volunteers are friendly and knowledgeable. A real asset for the local community and one I will visit again, hopefully in better weather!

Green Flag Mystery shopper Judge 2023

Developments in 2023

For our new lottery funding plan, we have increased our management and administrative staffing hours to deliver the agreed plan.

Building on our successful model from our Gardening for the Mind course, we developed three further 6-week courses:

- Mindful Kitchen - An opportunity to think differently about how we choose food and cook. The ingredients mostly come from our garden.
- Hands on Gardening
- Community Kitchen Training

Establishing the cabin into a meeting hub where volunteers serve teas and coffees and an increasing number of cakes

Love Lunches – a pay it forward scheme – there is an option for people to discretely buy a lunch for another member

Lunch is now offered 5 days a week – with great support from volunteers and members, gaining and sharing skills

The Men's Shed – expanding this service so women can also learn new skills, whilst maintaining the shed as a space where men can talk to each other

Walking for the Mind – introduced a monthly walking group to appreciate our community and an opportunity to admire some different plants on our way

Increasing partnership working, e.g. developing new referral pathways for GPs and social prescribers

Changing our membership database to a new CRM system





Abbey Physic Community Garden

Mindful Kitchen

6 Week Course - Wednesdays 9.30– 11



- Learn how to support the mind and body through mindful cooking and eating
- Pick fresh ingredients from our kitchen garden
- Make and eat delicious healthy meals using the senses
- Have fun and make new friends

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Abbey Physic Community Garden

Gardening for the Mind

6 Week Course

Thursdays 10.30 – 12.30



- Explore the garden through practical activities using your senses.
- Make new friends
- Relax and have fun learning new tips for supporting your health and well being

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Abbey Physic Community Garden

Community Kitchen Training

6 Week Course - Thursdays 10– 12.30



- Learn the basics in food hygiene and safety
- Gain experience making and serving food in a working kitchen
- Have fun and make new friends

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Abbey Physic Community Garden

Hands on Gardening

6 Week Course

Tuesdays 10 – 12.30



- Gain sustainable gardening tips and techniques
- Have fun and make new friends
- Gain gardening experience in our beautiful award-winning garden

For course dates and to book your place
Email:
communitygarden@abbeyphysic.org
Call: 01795 539915

Our Community Kitchen & Café

Volunteering offers the opportunity to gain training experience, skills and confidence in a supportive environment with less pressure. Members can train and support each other.

We have

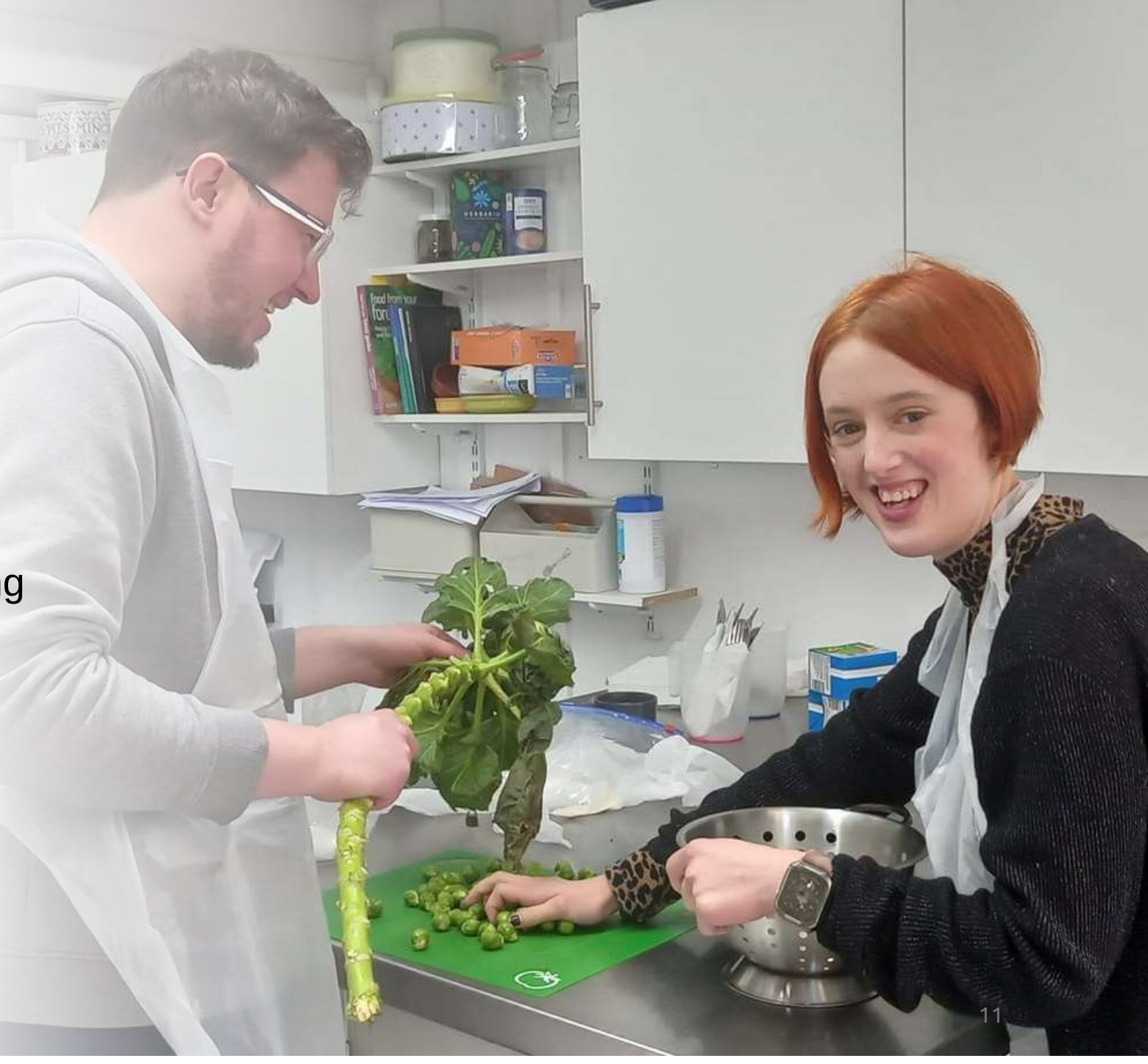
- A new volunteer rota in place
- A new Volunteer Handbook being produced
- An ‘in kind’ coffee machine from partnership working with New Leaf



Our Community Kitchen

We have refined the delivery of our community cooking sessions to reach more people, offer more choice, and serve lunch 5 days a week. In 2023:

- 58 people have participated
- 12 people completed NEW Mindful Cooking
- 12 People completed Kitchen Training
- 1,500 meals were prepared
- 4 people completed Food Hygiene training
- We hosted Bemix students, trainee GPs and staff from Power Works
- Catered for community events
- Served 55 free pay it forward meals





Gardening & Growing

- 12 members helped to pilot our new 6-week Hands on Gardening sessions
- Approx. 59 people have participated in gardening
- Members grow plants for sale
- Invited to design and install a small show garden at Kent County Show
- New Monthly Gardeners' meetings
- New Forest Gardening sessions
- Record amount of harvest produced
- As with the Community Kitchen, hosted Trainee GPs, Kent Power People and a Kent Wildlife Trust Christmas event.

A Productive Year for Faversham Men's Shed

- 19 regular shed members
- Products sold at Faversham Tourism shop
- Held an open day for Mental Health Awareness week
- Supported Faversham Library
- Products made for Diversity House
- UKMSA member
- Working with other charities
- Red Zebra referrals
- Radio Kent interviews Ian Shed Project Lead
- Monthly coffee mornings
- Open to all sessions



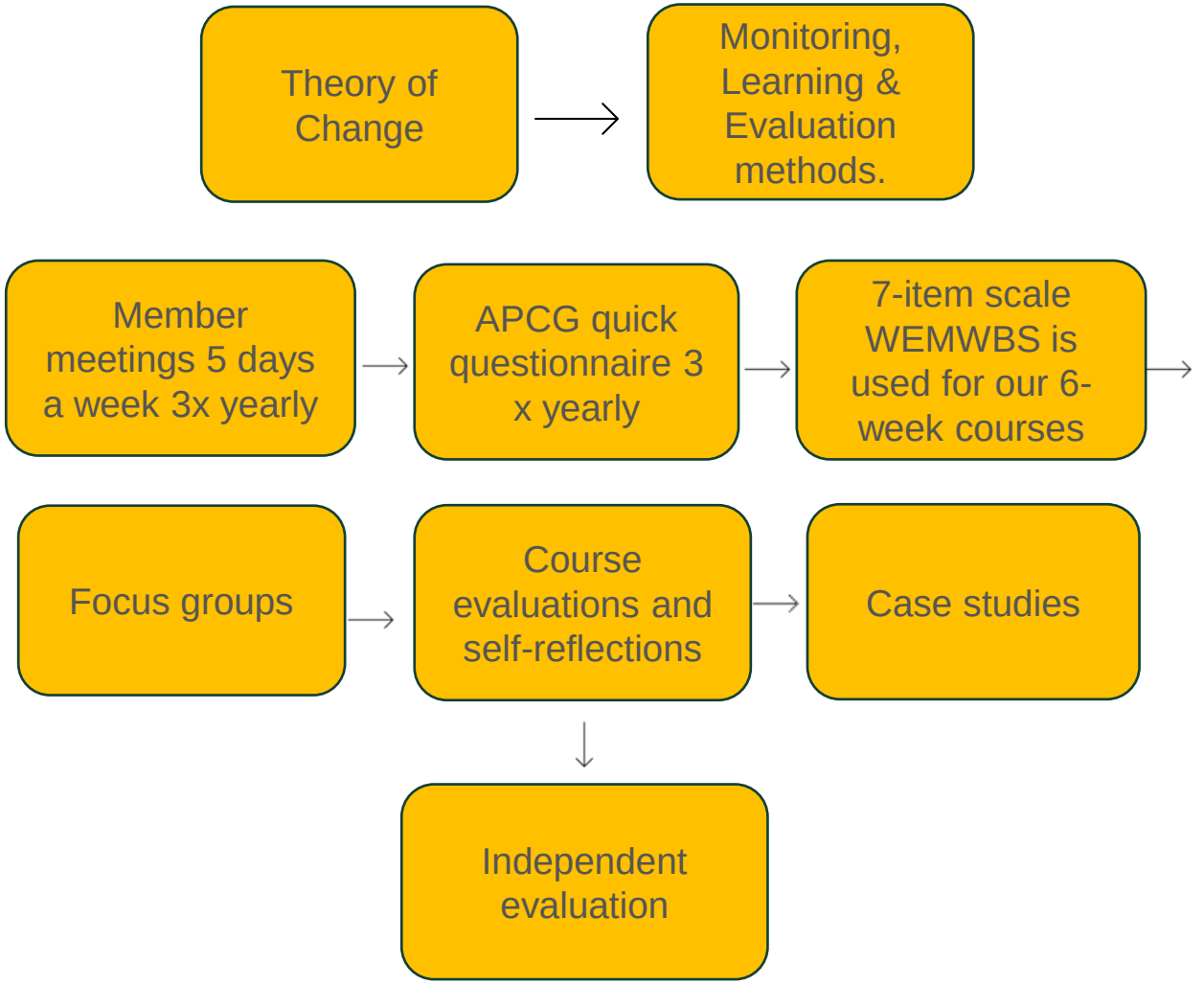
Working in Partnership for our Community

This year we have collaborated with over 23 groups & organisations including:

Faversham Community Network Group (consisting of 55 organisations); Kent Permaculture; Age UK; New Leaf Support (domestic abuse charity); Faversham Umbrella; Kent County Council Enablement Team; Red Zebra (social prescribing); Newton Place Medical Practice; Faversham Medical Centre; Porchlight; West Faversham Community Centre; Ground Force (Men's Shed); Keep Talking Services; Faversham Foodbank; Abbey Street Association; Queen Elizabeth's Grammar School; The Abbey School; Meadowfield School; Canterbury Christ Church University; Catching Lives (homeless charity); Bemix (supporting people with learning difficulties and/or autism); Canterbury Art College; NHS Health Check Team; Debt Advisors; Faversham Council; Swale Borough Council



Continual evaluating with our members is important to us



Impact: Quotes from Members

A safe haven…encouraged a degree of openness in me and that one need not live in fear of prejudice and ignorance

Hearing other people's stories helped engender a feeling that one isn't alone….there were enough similarities which helped instigate and promote a feeling of hopefulness

Spending more time in the garden, in the light…has helped me relax and feel in control

When we focus on listening, touching, tasting, we feel a connect to nature – how it is beneficial to mind and body

At the garden, it's not just flowers that grow but people too

Impact: An Extract from One Member's Journey:

Many of the hundreds of days I've spent at the Abbey Physic Community Garden stand out in my memory. My first day there was bright and sunny, I was greeted almost immediately upon entering, introduced to Suzanne, and shown around. The cucamelons were out in the old raised beds, I tried one – not my thing but not bad. I had a cup of tea with two men who were both called Stuart, though they spelled it differently. One of them asked me a bit about myself, and reassured me that it was ok to have been having a bit of a tough time lately, and would I like to come back soon?

I remember a day early on when one of the volunteers broke something by accident, a glazed pot on display for sale, I think. I immediately felt anxious, wanting to fix it, or run away, or not get in trouble. However, Suzanne's garden-filling laugh soon broke the tension: it was just a thing, things get broken sometimes. We felt better……

We had a tradition of making slide shows of all the pictures of things that had gone on in the Garden at the end of each year, and we were always surprised to be reminded of just how much we'd all done together. It feels the same for me now, looking back on my time at the Garden and the countless ways that I grew without even noticing it, thanks to all the experiences I had and people that I met….

Thank you, to everyone who helps to grow the Garden.



Impact:

An extract from another member's story that was provided to support our King's Award for Volunteering Nomination (result due end of 2024)

'My experience at the APCG was extremely transformative by changing me from a shy, unconfident individual to somebody who was empowered to move on and find meaningful employment. I arrived in 2021, referred by a friend after a long stay in a psychiatric hospital. Initially the APCG was a soothing environment where I was not expected to meet lots of new people or get involved with activities, instead I was able to quietly garden with the friend who brought me. When I was ready, and had gained in some confidence, I took the step to volunteer to take part in an APCG community outreach project and began to make new friends and gain new skills…..The support, friendship, and skills I gained during this time enabled me to apply for and secure a job in a field of genuine personal interest to me – something I could never have imagined when I first arrived at the garden.

The volunteer community at the APCG is special because of the diversity of the backgrounds and lives of its members. People of all ages, and social and economic circumstances come together as friends, sharing their lived experiences, talking openly about mental and physical health over a cup of tea.

The volunteers at the APCG are special not simply because they give up so much time and effort, but because they are integral in creating the unique culture and atmosphere found here. It is a special place where everyone feels welcome and able to talk openly about whatever circumstances may have brought them there. The garden is a place that is affirming and encouraging, empowering and equitable, and all volunteers and members are very proud and protective of this.'

2023 in Numbers

Over 400 members	1,867 additional external people from other groups using the garden	Approx. 2,000 visitors
Approx. 150 individual members participating on a monthly basis	18 different activities run throughout the year	35 regular volunteers - equivalent to approx. £55,000 a year in kind
357 individual activity sessions – with approx. 240 participants across the year	8 weekend Permaculture sessions	20 weekly meeting of Ukrainian families

Staffing for Year 2023

Thank you to all our staff for their commitment in keeping the garden welcoming and well run. We have 8 members of staff, full- and part-time.

We had significant staff changes this year:

We welcomed Suzanne Campbell back to work and the enthusiasm she brings

We sadly said goodbye to Tom Jewell, our Assistant Garden Manager, who is taking all his excellent skills off into his new chosen profession – all our best wishes

Louise Gray joined as our new Assistant Garden Manager

Millie van der Byl Williams joined as Finance, Administration and IT Lead

Jacqueline Hunt – Community Connector

Alex Leitch – Community Kitchen Project Lead

Karen Franczak – Community Kitchen Project Lead

Ian Hardie – Men's Shed Project Lead

Paul Muddle – Horticulture Trainer



Organisation & Governance

- We are a registered charity and a company limited by guarantee:

  Charity Registration No 111945; Company Registration No 06015188

- Our registered office is:

  Abbey Physic Community Garden, Abbey Place, Faversham, ME13 7BG

- Bank details:

  Santander Business Banking, Bridle Road. Bootle, L30 4BG

  Account title: Abbey Physic Community Garden.

- Day to day management is the responsibility of the garden manager, Suzanne Campbell and her team – Louise Gray, Alex Leitch, Karen Franzac, Jacqui Hunt, Millie van der Byl Williams, Paul Muddle and Ian Hardie.

- There are regular member meetings to discuss and plan how the garden operates. Garden members appoint the trustees at the Annual General Meeting for a term of one year. Trustees are welcome to restand if they want to be reappointed.

Organisation & Governance

Elected trustees during 2023:

- Helen Carr (Chair) appointed Sept 2020 and Chair Sept 2021
- Lucia Dello-Iolo (Treasurer) appointed June 2018 and Treasurer July 2018
- Sarah Porter (Secretary) appointed Sept 2021
- Hannah Temple appointed June 2018 resigned Sept 2023
- Gulliver Immink appointed Sept 2016 (died 18 April 2024)
- Tamarin Ward appointed Sept 2020 resigned Jan 2023
- Jane Arnott appointed Sept 2021 resigned Sept 2023
- Polly Radcliffe appointed Sept 2023 resigned Dec 2023
- Imogen Tinkler appointed Sept 2023
- Andrew Ireland appointed Sept 2023

The Trustees met at least monthly during the year.

In our planning of the charity's activities, we have paid due regard to Charity Commission's guidance on public benefit, and on the standards expected of trustees.

Independent financial examiner for this set of accounts - Louise Shaw, with Philip Wyard as co-opted treasurer and Lucia Dello-Iolo as treasurer.

Highlights of 2023

Month	*Events*
Jan	62 Canterbury Art College students visited, Men's Shed busy making bug hotels, gardeners still harvesting carrots
Feb	Excitingly 3 Years' funding began from Reaching Communities (The National Lottery Community Fund) so lots of planning around staffing for long-term sustainability and community partnerships; started Love Lunches - a pay it forward scheme providing free lunches for those in need
Mar	Planting in the greenhouse, a composting session with Heart & Soil Community, monthly debt advice support, a pilot course started for Cookery for the Mind, two new Occupational Therapy students began a 12-week placement
Apr	Staff attended training 'Counselling for Non-Counsellors', reconnected with Faversham Foodbank, started to provide foodbank vouchers, Power network team volunteering day
May	Breaditation class (sourdough bread making), mental health awareness week – the Charity organised a Chatty Bench in the town centre, start of our summer BBQs
Jun	Opened our doors as part of Faversham Open Gardens, started Walking for the Mind (with each session followed by a free meal) in partnership with Age UK, held a community storytelling session by Faversham Inklings, Permaculture sessions including Forest Gardening & Foraging
Jul	Awarded the Green Flag Community Award, St. Mary's Primary School visited, 38 people attended a Faversham & Villages Refugee Solidarity Group event at the garden
Aug	Wine'd Down evening event as part of Open Faversham, Tom Jewell's (Assistant Garden Manager) leaving event
Sept	Faversham in Bloom awards held at the garden, embracing life by facing death community event at the garden
Oct	East Kent Permaculture gathering, new partnership with New Leaf domestic abuse support group, Maidstone Art Society visited, participated in Faversham Tree Week, started pilot of 6-week Hands on Gardening course
Nov	Nominated for the King's Award for Volunteering, new coffee machine and tables from New Leaf, coffee morning for men's mental health
Dec	Community wreath making sessions, hosted Natural England's Christmas staff day, evening community Christmas carols and end of year celebrations













































Our Financial Report



Summary

- 2023 was the year in which Abbey Physic Community Garden (APCG) started activities funded by the latest three-year National Lottery Grant, Reaching Communities. The amount available for 2023 was £96k. With the additional income from other successful grant receipts, individual donations, and membership subscriptions it meant that the total income for the year was £183k.
- Staffing costs make up 82% of the expenditure of APCG. The building projects costs reported in 2022 of £20k fell to just £4k. As a result, the total expenditure for 2023 was £138k.
- The net income was therefore £45k for 2023.
- The balance of funds carried forward at the end of 2023 was £111k.
- The total expenditure of £138k exceeds the National Lottery Grant by £42k, so additional ad hoc fund raising, and donations remain an essential part of the income that allows the garden to continue.

STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)					
FOR THE YEAR ENDED 31 December 2023					
	Notes	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
Voluntary Income:					
Grants		0	123,211	123,211	50,387
Donations		33,551	1,000	34,551	33,319
Membership subscriptions		6,515	0	6,515	5,900
Activities for Generating Funds:					
Sales & events		6,203	0	6,203	4,191
Fundraising events		1,905	0	1,905	908
Community Kitchen		7,430	0	7,430	2,499
Optivo		0	0	0	810
External Groups		0		0	168
Gift Aid Reclaimed		246	0	246	536
Trainees		1,853	0	1,853	4,906
Faversham Lottery		1,870	0	1,870	2,077
Investment Income:					
Bank interest				0	
Total Incoming Resources		59,572	124,211	183,783	105,700
RESOURCES EXPENDED	3				
Cost of generating funds:					
Purchases and miscellaneous costs		4,321	0	4,321	2,650
Operational and support costs		22,233	111,892	134,125	138,601
Governance costs		0			0
Total Expended Resources		26,554	111,892	138,446	141,252
NET MOVEMENT OF FUNDS	7	33,018	12,319	45,337	-35,551
RECONCILIATION OF FUNDS					
Total Funds Brought Forward		26,301	39,796	66,097	101,648
Fund Balance Carried Forward		59,319	52,115	111,434	66,097

2023 - Income

- In 2023 our income was £183k, which was £78k higher than in 2022, due to the receipt of year one of the National Lottery Reaching Communities Grant.
- Income received from donations and membership remained consistent with 2022, however there was a drop in non-National Lottery Grant receipts of £27k.

Grant Income:

All Grants were restricted requiring the money to be spent on specific projects. Grant income was mostly from the National Lottery 3-year grant, however amongst the other grants there were significant grants from Kent Community Foundation, (£16k), Garfield Weston (£10k), Queensborough Fisheries, The February Foundation and Orchard Community Energy, (all three at £5k).

Donations:

- Donations were £35k in 2023, £2k higher than in 2022

Membership Subscriptions:

- Subscriptions were £7k in 2023, £1k higher than in 2022.

STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)					
FOR THE YEAR ENDED 31 December 2023					
	Notes	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
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Fund Balance Carried Forward		59,319	52,115	111,434	66,097

2023 - Expenditure

- Total Expenditure reduced by £3k from 2022 from £141k to £138k

This was due to these specific reasons:

- Repairs and building projects expenditure reduced by £16k
- Staffing Costs increased by £11k
- Other Running Costs overall reduced by £2k

2023 – Net Movement in Funds

Charities measure the movement of funds, the difference between money received and spent, during a reporting period.

- In 2023, we spent £45k less than we received.
- In 2022, we spent £35,550 more than we received as we had lower income and higher costs. In 2021 we spent £34,461 more than we received.

BALANCE SHEET				
FOR THE YEAR ENDED 31 December 2023				
		Notes	2023	2022
			£	£
FIXED ASSETS				
	New Cabin		4,000	5,000
	New sink & Island units		1,410	1,697
	Men's Shed		2,209	2,561
CURRENT ASSETS				
	Debtors			
	Bank deposits		110,571	65,537
	Cash in hand		24	542
	Paypal		766	365
	Local giving		151	-348
	Stripe		-38	
Net Current Assets			111,474	66,097
NET ASSETS				
	Represented by:			
	Fixed Assets		7,619	9,258
	Restricted Funds		52,115	39,796
	Unrestricted Funds		59,319	26,301
	Retained earnings			
Total Funds			119,052	75,355
For the year ending 31 December 2023 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.				
The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006				
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.				
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.				
The accounts have been prepared in accordance with IAS / IFRS.				
INDEPENDENT EXAMINATION				
I can confirm that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2022.				

2023 – The Balance Sheet

At the end of the year, the Abbey Physic Community Garden had £7.6k of fixed assets.

- The charity has one main current account with Santander, but there are other platforms such as Local Giving, Paypal and Stripe that are used to facilitate payment methods and income receipts. These feed into the main account but may have small balances at any specific point in time. At the end of 2023, there was £110,571 in the Santander bank account,
- The net cash balance of £111,434 was made up of £52,115 of restricted funds and £59,319 unrestricted.
- There are no loans so the total assets were £119,052.

2023 – Notes to The Accounts

NOTES TO THE FINANCIAL STATEMENTS		
FOR THE YEAR ENDED 31 December 2023		
1	**Accounting Policies**	
		Basis of Preparation
		The financial statements have been prepared under the historical cost convention and are in
		accordance with Financial Reporting Standard for Smaller Entities (effective January 2007),
		the Companies Act 2006, and follow the recommendations in Accounting and Reporting by
		Charities: Statement of Recommended Practice (issued 2005).
		Quickbooks accounting software is used explain income and expenditure but it does not contain all the asset calculations.
		Grants and Voluntary Income
		All grants and voluntary income are accounted for gross when receivable.
		Resources Expended:
		Depreciation
		Assets acquired costing less than £2,500 are charged to revenue in the year of purchase:
		Assets exceeding this purchase price: Pavillion, New Cabin, New kitchen units and island are depreciated by 10% straight line
		Purchases and miscellaneous costs
		Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to
		more than function cost category, they have been split on an estimated basis as appropriate.
		This was prevoiusly named charitable expenditure.
		Unrestricted Funds
		Unrestricted funds are donations and other incoming resources receivable or generated for the
		objects of the charity without further specified purpose and are available as general funds.
		Restricted Funds
		Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure
		which meets criteria is charged to the fund.

2023 – Notes to The Accounts

NOTES TO THE FINANCIAL STATEMENTS							
2	**Incoming Resources**			**Unrestricted**	**Restricted**	**Total**	**Total**
				2023	**2023**	**2023**	**2022**
	Grants Received:			£	£		£
		Big Lottery	10.2.23		24,125.00	24,125	
			05/05/2023		24,125.00	24,125	
			04/08/2023		24,125.00	24,125	
			10/11/2023		24,125.00	24,125	
		KCC members grant				0	1,500
		Swale Borough Council			3,760.96	3,761	450
		SBC Eastern Area Committee				0	1,937
		Faversham Town Council	12/07/2023		500.00	500	
			15/09/2023		5,000.00	5,000	
			13/12/2023		450	450	
		Benstead Trust	23/03/2023		2,000.00	2,000	
		Colyer Fergusson	01/05/2023		5,000.00	5,000	
		Henry Smith	26/06/2023		10,000.00	10,000	
		Queenborough Fisheries					5,000
		Kent Community Foundation					16,000
		South East Water					2,000
		Albert Hunt					2,000
		The Cole Trust					1,000
		The February Foundation					5,000
		Postcode Society Trust					500
		Garfield Weston					10,000
		Orchard Community Energy					5,000
				-	**123,211**	**123,211**	**50,387**
	Donations:						
		Anonymous					5,000
		Anonymous					1,000
		Whelan Legacy					1,442
		John Swire 1989 Charitable Trust					5,000
		John Swire 1989 Charitable Trust					10,000
		Inner Wheel					1,000
		Personal Service Group					2,000
		Personal Service Group					3,000
		Organisation / Corporate Donations<£1000		1497.09		1497.09	3,434
		Personal Donations <£1000		6,054.22		6,054.22	1,443
		Centrica (British Gas)		2,000		2,000	
		Henry Oldfield Trust		20,000.00		20,000.00	
		Colin Sharpe		4,000.00	1,000	5,000.00	
				33,551	**1,000**	**34,551**	**33,319**
	Membership Subscriptions:			6515		**6,515**	5,900
	Sales:						4,191
		Refreshments donations		5617.78		5617.78	
		Garden & Mens shed sales		584.8		584.8	
		Community Kitchen		*7,430*		7,430	2,499
	Trainees:			*1,853*		1,853	4,906
	Optivo:						810
	Faversham Lottery:			*1870*		1870	2,077
	Fundraising Events:			*1904.5*		1904.5	908
	External Groups:						168
	Gift Aid Reclaimed:			*246*		246	536
				26,021	**-**	**26,021**	**21,995**
	Total Incoming			**59,572**	**124,211**	**183,783**	**105,700**

NOTES TO THE FINANCIAL STATEMENTS						
FOR THE YEAR ENDED 31 December 2023						
3	**Resources Expended**		**Unrestricted**	**Restricted**	**Total**	**Total**
			2023	**2023**	**2023**	**2022**
			£	£		£
	Purchases and miscellaneous costs:					
		Garden supplies	2,224.11	-	2,224.11	911
		Grub Club Ingredients			-	-
		Groceries/Provisions	2,097.07		2,097.07	866
		Craft tools/Equipment				874
			4,321	**0**	**4,321**	**2,650**
	Operational and support costs:					
		Advertising	1,654.60		1,655	27
		Accounts/Auditing			-	
		Bank Charges	337.92		338	145
		Bees, Beehives and Chickens			-	183
		Computer costs	914.69		915	831
		DBS checks	92.16		92	560
		External Fundraising			-	8,100
		External Trainig Activity Providers	106.80		107	1,660
		Insurance	1,710.22		1,710	
		Governance / Subscriptions	48.00		48	1,387
		Office supplies	1,052.82		1,053	
		Other			-	
		Printing and Stationery	1,183.71		1,184	1,362
		Professional Services	1,059.00		1,059	100
		Rent	178.29		178	50
		Repairs, renewals & maintenance	4,444.50		4,445	20,503
		Salaries /NI		96,931.60	96,932	85,537
		Sesional Workers		14,960.55	14,961	14,487
		Supplies	2,689.71		2,690	1,683
		Telephone / Internet	717.94		718	820
		Training	2,012.00		2,012	54
		Travel/Parking	60.15		60	20
		Utilities	1,300.72		1,301	1,091
		Website costs	1,929.00		1,929	-
		Garden party costs	653.21		653	
		Raising funds	87.49		87	
			22,233	**111,892**	**134,125**	**138,601**
	Governance costs:					
		Companies House				
	No employee received emoluments of more than £50,000.					

2023 – Notes to The Accounts

4	**Directors of the Charity**					
	No member of the Board of Directors received any remuneration during the period.					
	Reimbursement of expenses to the Directors was zero.					
	The charity has Trustee Indemnity Insurance (effective from 1st November 2014).					
5	**Taxation**					
	The charity is exempt from Corporation Tax on its charitable activities.					
6	**Tangible Fixed Assets**					
				2023	**2022**	**Purchase Price**
				£	£	
	Pavilion		Purchased 2009 10% straight line		0	
	New Cabin		Purchased 2017 10% straight line	4,000	5,000	10,000
	New units & Island		Purchased 2019 10% straight line	1,410	1697.4	2,876
	Men's Shed		Purchased 2017 10% straight line	2208.7	2560.5	3,518
				7,619	**9,258**	**16,394**
7	**Analysis of Net Assets between Funds**					
				2023	**2022**	
				Total	**Total**	
				£	£	
	Restricted Funds			52,115	39,796	
	Unrestricted Funds			59,319	26,301	
				111,434	**66,097**	
	A positive balancing adjustment of £443.79 was added to the 2021 restricted funds total					
8	**Incorporation**					
	The Abbey Physic Community Garden is a company limited by guarantee, without a share capital,					
	incorporated on 30 November 2006.					
	It took over the activities in the garden on 1 December 2006.					
	In the event of the company being wound up, members guarantee to pay £1 each towards the					
	Garden's debts.					

2023 – Notes to The Accounts

SCHEDULE OF ONGOING GRANTS				
Restricted Grants Carried forward to 2023				
Bal b/f	Grant Name	Grant Receipts in 2023	2023 Restricted exp.	bal c/f
31/12/2022				31/12/2023
2,594	Awards for all (Gardening for the mind)	0	2,594	0
10,000	Garfield Weston	0	10,000	0
2,000	KCF (Kent Community Fund)	0	2,000	0
5,000	Orchard Community Energy	0	5,000	0
500	Postcode society Trust	0	500	0
1,937	Swale Borough council (eastern area)	0	1,937	0
0	Big Lottery	96,500	91,379	5,121
0	Swale Borough Council (winter Cold)	3,760	3,760	0
0	Centrica	2,000	2,000	0
0	Faversham Town Council	5,000	0	5,000
0	Henry Oldfield Trust	20,000	0	20,000
0	Benstead Trust (incl. Colin Sharp)	7,050	3,000	4,050
0	Colyer Ferguson	5,000	3,333	1,667
0	Henry Smith	10,000	5,831	4,169
22,031	0	149,310	131,334	40,007

We are incredibly thankful for all the support we receive from all our donors, sponsors, volunteers, members, staff and the community – helping us to support people when they need us

.

We would also like to say an extra special thanks to the following:

Our landlords – The Old Grammar School Charity Faversham

Key Funders - Reaching Communities England – The National Lottery Community Fund; The Swire Charitable Trust; Bensted's Charity; Centrica; Colyer-Fergusson Charitable Trust; Faversham Town Council; Henry Smith Charity County Grants; Henry Oldfield Trust; and Swale Borough Council

Many thanks to Lucia Dello-Iolo (Treasurer for 2023), Philip Wyard (co-opted Trustee and Treasurer nomination for this coming year 2024) and Louise Shaw for preparing and examining the accounts.

On behalf of the trustees,

Helen Carr, August 2024

ABBEY PHYSIC COMMUNITY GARDEN

STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)

FOR THE YEAR ENDED 31 December 2023

	Notes	Unrestricted Funds	Restricted Funds
		£	£
INCOMING RESOURCES	2		
Incoming resources from generated funds:			
Voluntary Income:			
Grants		0	123,211
Donations		33,551	1,000
Membership subscriptions		6,515	0
Activities for Generating Funds:			
Sales & events		6,203	0
Fundraising events		1,905	0
Community Kitchen		7,430	0
Optivo		0	0
External Groups		40	
Gift Aid Reclaimed		246	0
Trainees		1,853	0
Faversham Lottery		1,870	0
Investment Income:			
Bank interest			
Total Incoming Resources		59,612	124,211
RESOURCES EXPENDED	3		
Cost of generating funds:			
Purchases and miscellaneous costs		4,321	0
Operational and support costs		22,233	111,892
Governance costs		0	
Total Expended Resources		26,554	111,892
NET MOVEMENT OF FUNDS	7	33,058	12,319
RECONCILIATION OF FUNDS			
Total Funds Brought Forward		26,301	39,796
Fund Balance Carried Forward		59,359	52,115

Total 2023 £	Total 2022 £		
123,211	50,387		
34,551	33,319		
6,515	5,900		
6,203	4,191		
1,905	908		
7,430	2,499		
0	810		
40	168		
246	536		
1,853	4,906		
1,870	2,077		
0			183823
183,823	105,700		
4,321	2,650		
134,125	138,601		
	0		
138,446	141,252		
45,377	-35,551		
66,097	101,648		
111,474	66,097		

BALANCE SHEET

FOR THE YEAR ENDED 31 December 2022

			Notes	2023	2022
				£	£
FIXED ASSETS					
	Tangible assets	Old Cabin	6	0	0
		New Cabin		4,000	5,000
		New sink & Island units		1,410	1,697
		Men's Shed		2,209	2,561
CURRENT ASSETS					
	Debtors				
	Bank deposits			110,571	65,537
	Cash in hand			24	542
	Paypal			766	365
	Local giving			151	-348
	Stripe			-38	
Net Current Assets				111,474	66,097
NET ASSETS					
	Represented by:				
	Fixed Assets			7,619	9,258
	Restricted Funds			52,115	39,796
	Unrestricted Funds			59,359	26,301
	Retained earnings				
Total Funds				**119,092**	**75,355**

For the year ending 31 December 2023 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts have been prepared in accordance with IAS / IFRS.

INDEPENDENT EXAMINATION

I can confirm that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2022.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 December 2022

1 Accounting Policies

Basis of Preparation
The financial statements have been prepared under the historical cost convention and are in accordance with Financial Reporting Standard for Smaller Entities (effective January 2007), the Companies Act 2006, and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued 2005).
Quickbooks accounting software is used explain income and expenditure but it does not contain all the asset calculations.

Grants and Voluntary Income
All grants and voluntary income are accounted for gross when receivable.

Resources Expended:

Depreciation
Assets acquired costing less than £2,500 are charged to revenue in the year of purchase:
Assets exceeding this purchase price: Pavillion, New Cabin, New kitchen units and island are depreciated by 10% straight line

Purchases and miscellaneous costs
Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to more than function cost category, they have been split on an estimated basis as appropriate.
This was prevoiusly named charitable expenditure.

Unrestricted Funds
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets criteria is charged to the fund.

NOTES TO THE FINANCIAL STATEMENTS

2 Incoming Resources

			Unrestricted 2023	Restricted 2023	Total 2023	Total 2022
Grants Received:			£	£		£
	Big Lottery	10.2.23		24,125.00	24,125	
		05/05/2023		24,125.00	24,125	
		04/08/2023		24,125.00	24,125	
		10/11/2023		24,125.00	24,125	
	KCC members grant				0	1,500
	Swale Borough Council			3,760.96	3,761	450
	SBC Eastern Area Committee				0	1,937
	Faversham Town Council	12/07/2023		500.00	500	
		15/09/2023		5,000.00	5,000	
		13/12/2023		450	450	
	Benstead Trust	23/03/2023		2,000.00	2,000	
	Colyer Fergusson	01/05/2023		5,000.00	5,000	
	Henry Smith	26/06/2023		10,000.00	10,000	
	Queenborough Fisheries					5,000
	Kent Community Foundation					16,000
	South East Water					2,000
	Albert Hunt					2,000
	The Cole Trust					1,000
	The February Foundation					5,000
	Postcode Society Trust					500
	Garfield Weston					10,000
	Orchard Community Energy					5,000
			-	**123,211**	**123,211**	**50,387**
Donations:						
	Anonymous					5,000
	Anonymous					1,000
	Whelan Legacy					1,442
	John Swire 1989 Charitable Trust					5,000
	John Swire 1989 Charitable Trust					10,000
	Inner Wheel					1,000
	Personal Service Group					2,000
	Personal Service Group					3,000
	Organisation / Corporate Donations<£1000		1497.09		1497.09	3,434
	Personal Donations <£1000		6,054.22		6,054.22	1,443
	Centrica (British Gas)		2,000		2,000	
	Henry Oldfield Trust		20,000.00		20,000.00	
	Colin Sharpe		4,000.00	1,000	5,000.00	
			33,551	**1,000**	**34,551**	**33,319**
Membership Subscriptions:			6515		**6,515**	5,900
Sales:						4,191
	Refreshments donations		5617.78		5617.78	
	Garden & Mens shed sales		584.8		584.8	
	Community Kitchen		*7,430*		7,430	2,499
Trainees:			*1,853*		1,853	4,906
Optivo:						810
Faversham Lottery:			*1870*		1870	2,077
Fundraising Events:			*1904.5*		1904.5	908
External Groups:			40			168
Gift Aid Reclaimed:			*246*		246	536
			26,061	**-**	**26,021**	**21,995**
Total Incoming			**59,612**	**124,211**	**183,783**	**105,700**

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 December 2022

3 Resources Expended

		Unrestricted 2023	Restricted 2023	Total 2023	Total 2022
		£	£		£
Purchases and miscellaneous costs:					
	Garden supplies	2,224.11	-	2,224.11	911
	Grub Club Ingredients			-	-
	Groceries/Provisions	2,097.07		2,097.07	866
	Craft tools/Equipment				874
		4,321	**0**	**4,321**	**2,650**
Operational and support costs:					
	Advertising	1,654.60		1,655	27
	Accounts/Auditing			-	
	Bank Charges	337.92		338	145
	Bees, Beehives and Chickens			-	183
	Computer costs	914.69		915	831
	DBS checks	92.16		92	560
	External Fundraising			-	8,100
	External Trainig Activity Providers	106.80		107	1,660
	Insurance	1,710.22		1,710	
	Governance / Subscriptions	48.00		48	1,387
	Office supplies	1,052.82		1,053	
	Other			-	
	Printing and Stationery	1,183.71		1,184	1,362
	Professional Services	1,059.00		1,059	100
	Rent	178.29		178	50
	Repairs, renewals & maintenance	4,444.50		4,445	20,503
	Salaries /NI		96,931.60	96,932	85,537
	Sesional Workers		14,960.55	14,961	14,487
	Supplies	2,689.71		2,690	1,683
	Telephone / Internet	717.94		718	820
	Training	2,012.00		2,012	54
	Travel/Parking	60.15		60	20
	Utilities	1,300.72		1,301	1,091
	Website costs	1,929.00		1,929	-
	Garden party costs	653.21		653	
	Raising funds	87.49		87	
		22,233	**111,892**	**134,125**	**138,601**
Governance costs:					
	Companies House				

No employee received emoluments of more than £50,000.

4 Directors of the Charity

No member of the Board of Directors received any remuneration during the period.
Reimbursement of expenses to the Directors was zero.
The charity has Trustee Indemnity Insurance (effective from 1st November 2014).

5 Taxation

The charity is exempt from Corporation Tax on its charitable activities.

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS (cont.)
FOR THE YEAR ENDED 31 December 2022

6 Tangible Fixed Assets

		2023	2022	Purchase Price
		£	£	
Pavilion	Purchased 2009 10% straight line		0	
New Cabin	Purchased 2017 10% straight line	4,000	5,000	10,000
New units & Island	Purchased 2019 10% straight line	1,410	1697.4	2,876
Men's Shed	Purchased 2017 10% straight line	2208.7	2560.5	3,518
		7,619	**9,258**	**16,394**

7 Analysis of Net Assets between Funds

	2023 Total	2022 Total
	£	£
Restricted Funds	52,115	39,796
Unrestricted Funds	59,359	26,301
	111,474	**66,097**

A positive balancing adjustment of £443.79 was added to the 2021 restricted funds total

8 Incorporation

The Abbey Physic Community Garden is a company limited by guarantee, without a share capital, incorporated on 30 November 2006.

It took over the activities in the garden on 1 December 2006.
In the event of the company being wound up, members guarantee to pay £1 each towards the Garden's debts.

NOTES TO THE FINANCIAL STATEMENTS (cont.)
SCHEDULE OF ONGOING GRANTS
Restricted Grants Carried forward to 2023

Bal b/f 12/31/2022	Grant Name	Grant Receipts in 2023	2023 Restricted exp.	bal c/f 12/31/2023
2,594	Awards for all (Gardening for the mind)	0	2,594	0
10,000	Garfield Weston	0	10,000	0
2,000	KCF (Kent Community Fund)	0	2,000	0
5,000	Orchard Community Energy	0	5,000	0
500	Postcode society Trust	0	500	0
1,937	Swale Borough council (eastern area)	0	1,937	0
0	Big Lottery	96,500	91,379	5,121
0	Swale Borough Council (winter Cold)	3,760	3,760	0
0	Centrica	2,000	2,000	0
0	Faversham Town Council	5,450	0	5,450
0	Henry Oldfield Trust	20,000	0	20,000
0	Benstead Trust (incl. Colin Sharp)	7,050	3,000	4,050
0	Colyer Ferguson	5,000	3,333	1,667
0	Henry Smith	10,000	5,831	4,169
22,031	0	149,760	131,334	40,457

Independent examiner's report to the trustees of Abbey Physic Community Garden

I report to the trustees on my examination of the accounts of the Abbey Physic Community Garden for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust'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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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: 

Name: Lousie Shaw, CA

Relevant professional qualification or membership of professional bodies (if any): Institute of Chartered Accountants of Scotland, M24744

Address: Chase House, 55 Preston Street, Faversham, ME13 8PG

Date: 30th September 2024

ABBEY PHYSIC COMMUNITY GARDEN

England & Wales - Charity number 1119456

Accounts


ANNUAL REPORT
2022
ABBEY PHYSIC
COMMUNITY GARDEN

ABOUT US

The Abbey Physic Community Garden (APCG) is a half-acre, award winning, therapeutic community garden in the heart of Faversham, Kent.

Our core purpose is to help our members and the wider public maintain or improve their physical and mental health and wellbeing, build diverse skills and confidence, reduce social isolation and connect with their community.



ABOUT US

Through our commitment to equality and diversity and provision of inclusive services and support we aim to break down the stigma of mental ill health and build understanding and empathy. We provide a beautiful, safe place where people can find peace, support and companionship.

We offer a wide range of activities for members that are both practical and therapeutic, usually both at the same time: gardening, craft activities, horticulture training, a Men's Shed and bee keeping. There's a strong focus on gardening sustainably and growing and preparing healthy food. Our community kitchen helps people learn about nutrition, budgeting and how to cook and uses garden produce wherever possible.

Social interaction is a key element in helping members recover their confidence and self-esteem. We are open to members every day and to the public Fridays and Saturdays . We love welcoming visitors to the garden – whether it's people wandering through the town, parents with children or health professionals.

Find out more
Website: www.abbeyphysiccommunitygarden.org
Facebook: https://www.facebook.com/AbbeyPhysic
Instagram @abbeyphysic

OVERVIEW FROM THE CHAIR



Helen Carr
Chair of
Trustees

As Chair of Trustees, I would like to take this opportunity to thank all the members of our busy and supportive community, our volunteers, the staff, my fellow trustees and, of course, our many visitors throughout the year. The garden is an amazing place for growing relationships and networks of support to thrive. It is an immense privilege to be involved and supporting such a welcoming community.

I would also like to thank our many benefactors whose financial support allows us to provide such a rich variety of opportunities for individuals seeking a community. Here is one example:

Colin Sharpe - Colin was from Lincolnshire, he was awarded an HNC in horticulture and came to Faversham as a management trainee with East Kent Packers Ltd in 1962, working with local fruit farmers. In 1970 he and his then boss left to set up a fruit trading company in London, and for the next 25 years Colin travelled extensively worldwide, making contracts in Chile, South Africa, New Zealand and America as UK supermarkets demanded all year produce. He lived at Arden's Cottage then moved to the Customs House in Court Street. On his death he left virtually all his money to charities both national and local. The donation to The Abbey Physic Garden would have been much to his liking.



TRUSTEES' OVERVIEW OF THE YEAR

This year the garden flourished. Chair of Trustees, Helen Carr, was supported by an established trustee board, and as a team, they contributed to the development of funding applications as well as a review of the governance and structures leading the garden.

The garden became the East Kent Permaculture Learning Centre.

We received Green Flag status – real testament to the hard work of the staff, members and volunteers.

We launched 'Friends of the Garden' to help raise the profile and income of the charity.



OVERVIEW OF THE YEAR

During this year, Abbey Physic Garden led a partnership of other local organisations to promote mental health awareness week. Jacqui Hunt, our Community Connector, has been integral in developing our partnerships. This week included the introduction of a chatty bench in the town centre, where people could come along and talk and learn about local support to tackle loneliness.

We reopened the garden with an updated, accessible patio area. The seating area outside the cabin was increased, so more people can relax and enjoy the space together. This involved great teamwork led by our Assistant Garden Manager, Tom Jewell – thank you Tom.

The new kitchen reopened after a lot of work went into improving the facilities and increasing the size of the kitchen.

The first ‘Friends of the Garden’ event was held, to raise awareness of the garden with funders and potential donors. This was bravely held on what felt as one of the coldest days in December.

A CHALLENGING YEAR

ABBEY PHYSIC COMMUNITY GARDEN
GROWING A HEALTHY COMMUNITY

Post covid there were a number of activities taking place in the garden. We've been mindful to make sure that there are quiet times as well as an appropriate variety of activities to support members.

Suzanne Campbell, our Garden manager was on leave due to ill health for part of this year, and this would have been much more difficult to manage if it hadn't been for Tom, who stepped into the role with great knowledge and sensitivity. All the staff worked together to make sure that visitors and members were still offered the same warm welcome and activities.

We had a lot of building works in the garden to improve facilities. This meant that the garden was closed for chunks of time, and we thank the members for their patience while this work happened. Meanwhile, staff and trustees spent considerable time and attention on the successful bid to the national lottery.

We have been developing our future strategy to improve the financial sustainability of the garden and to reduce our dependence on grants.

BUILDING WORKS

A year of improvements around the Garden, made possible by some fantastic volunteers and staff - they moved tonnes of hardcore and put in hours of work to get the garden re-opened as quickly as possible

Cutting the Ribbon for the Community Kitchen



Patio – Before & After









MEMBERS' EXPERIENCES OF THE YEAR

I COME BACK TO THE GARDEN EACH WEEK BECAUSE…

"It's wonderful to meet up with friends who don't make judgements, to learn skills, become creative, to breathe, to be uplifted... to just be"

"it is a safe space, everybody accepts each other and when you are there it will be OK'

"Coming to the art group at the Garden gives me time to share a creative and social time with a group of lovely people who I build up a relationship and friendship with. Everyone is very welcome–it feels like a safe, secure and relaxing place–unique"

"I enjoy that we cook all sorts with the produce and veg in the Garden"



MEMBERS EXPERIENCES OF THE YEAR

SINCE TAKING PART AT THE GARDEN I FEEL...

"Relaxed, as I have moved to the area and didn't know anyone. It has improved my self-confidence through art and having social interactions – otherwise I would be isolated. I feel welcomed, as I can access the Garden at any time to just enjoy the serenity and goodwill"

"more relaxed and able to cope with the stresses of day-to-day living"

"so much more confident"

"more able to switch off busy and unwelcome thoughts"



Men’s Shed

The Men’s Shed doubled their membership this year, increasing participation and engagement. They were able to make the improvements to the kitchen – enlarging the space, putting in the serving hatch. They also built the planters for the new accessible patio area. As well as this, they created custom planters, bird tables, feeders and bug boxes for local residents.

When one of the ‘shedders’ returned to the garden after a long absence, he didn’t initially come to join the shed, but when staff spoke to him and understood that he had a keen interest in woodworking, he was encouraged to join the Men’s Shed where he started to come in on different days, which increased his confidence and encouraged him to share his skills with others.

“I can honestly say I wouldn’t be alive today if I hadn’t come back … you sat with me and listened, and put me on the phone to someone who could help”

Thank you to Ian Hardie for project leading the Men’s Shed.



Community Kitchen

Alex and Karen have been supported by an experienced forager to increase the amount of produce used from the garden this year. As always they deliver fantastic lunches throughout the year on a Wednesday and Friday – these have continued to grow in popularity with members and visitors alike.

We started partnering with the Food Bank and became a referral agency for them.

The plans for the new, enlarged kitchen were organised by the kitchen staff and all of the improvements were supported by them. A big thank you to Howdens, a local kitchen and joinery business, for their help with funding the new kitchen equipment and fittings.

Thank you to Alex and Karen Franczak for project leading the Community Kitchen.



Gardening for the Mind

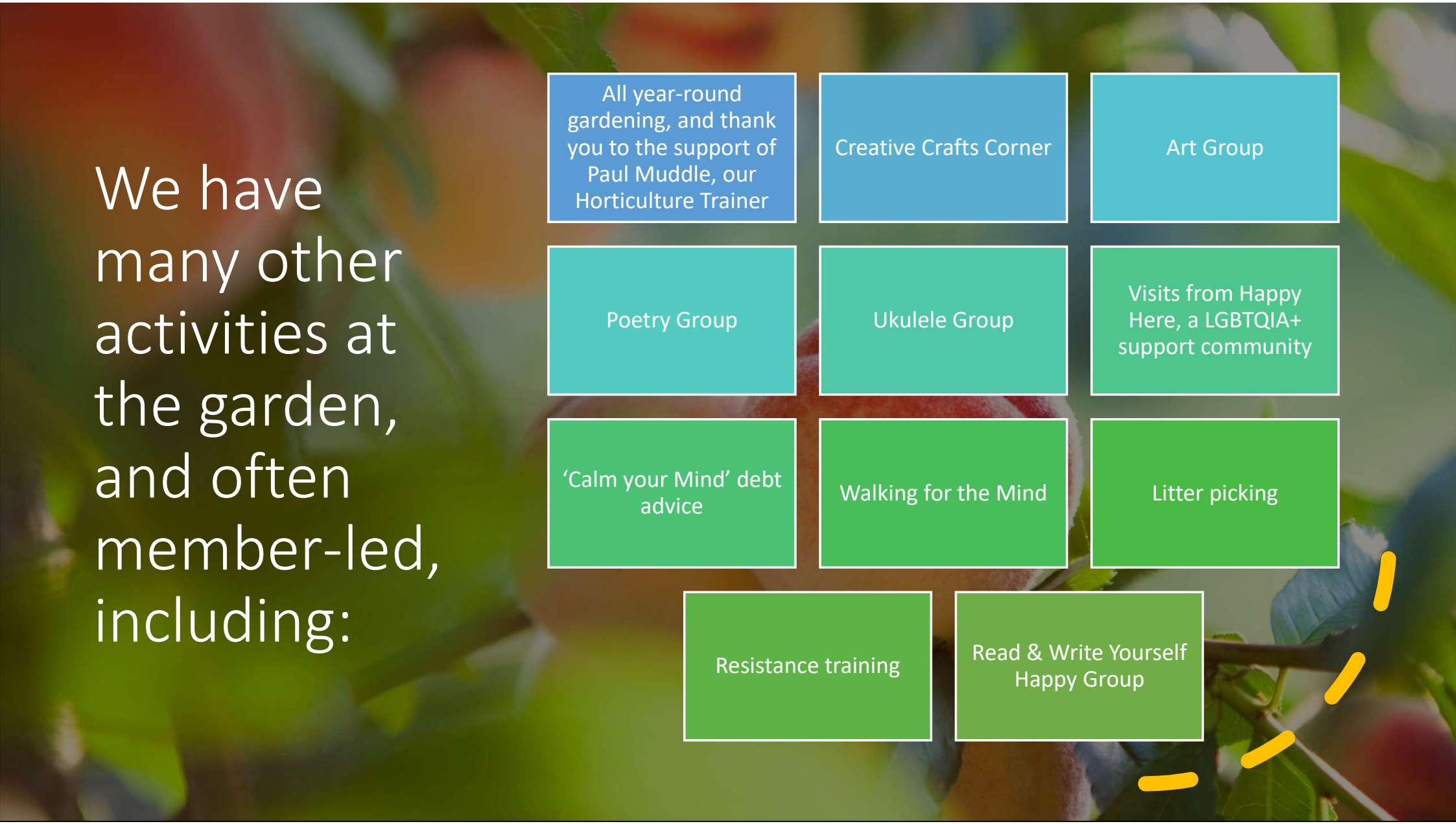
We have doubled the delivery of the Gardening for the Mind course in the last year.

People are often introduced to the Garden through this course and then become active members in the garden.

Of those who attended this course:

- 83% identified key mindfulness skills and techniques learned for managing stress and anxiety in their lives
- 70% identified a greater sense of awareness of their mental health
- 70% identified a greater sense of connection to nature
- 54% identified new personal friendships formed during the course

Thank you to Louise Gray for all your work in developing Gardening for the Mind.


We have many other activities at the garden, and often member-led, including:
All year-round gardening, and thank you to the support of Paul Muddle, our Horticulture Trainer
Creative Crafts Corner
Art Group
Poetry Group
Ukulele Group
Visits from Happy Here, a LGBTQIA+ support community
'Calm your Mind' debt advice
Walking for the Mind
Litter picking
Resistance training
Read & Write Yourself Happy Group

THE YEAR IN NUMBERS

563

People participated in activities

118

New members joined

125

People on average took part in at least one activity every week

102

People took part in staffed projects, such as cooking in the Community Kitchen or working in the Men's Shed

93%

felt that coming to the garden had helped to improve their mood or wellbeing

79%

felt that the garden had made them more connected with people

76%

felt that the garden was a safe space for them to discuss mental health issues

FINANCIALS – SUMMARY AND INCOME

Summary

2022 was a difficult year for our finances. Bank balances fell for most of the year as we carried out substantial building projects that we had committed to. With few grants in place, we decided to use an external fundraiser and this was an additional cost.

In the second half of 2023 we were more successful at fundraising and more income came in from grants and donations. We also found out that we had been awarded a National Lottery Community Fund Award to start in 2023.

In 2022 we brought in £105,701 and spent £141,251. Resulting in an overspend of £35,550.

Our total assets at the end of 2022 were £75,355.

This note explains where our 2022 income came from, how we spent it and the net movement in funds and total assets.

2022 Income

In 2022 our income was £105,701, which was £21,681 higher than in 2021.

2022 income was less dependent on grants than 2021 (48% rather than 70%) and more income was raised from donations and other sources.

FINANCIALS - GRANT INCOME

Grant Income

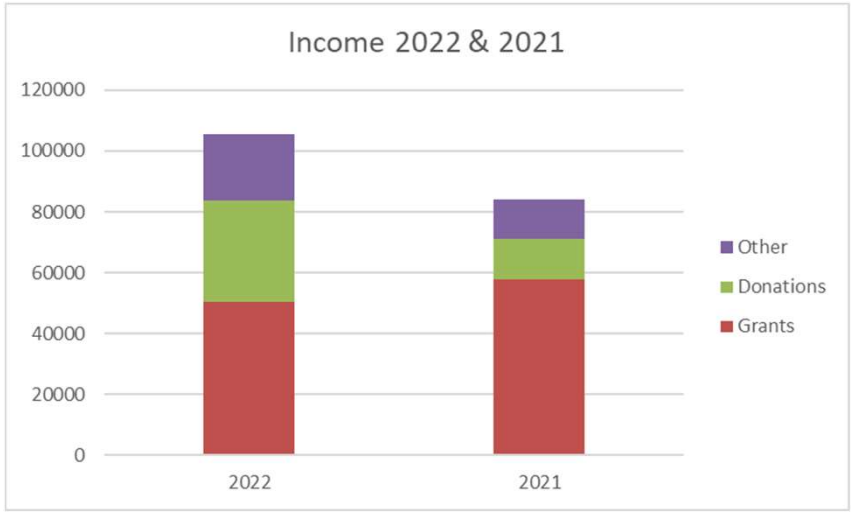
All grants were restricted requiring the money to be spent on specific projects.

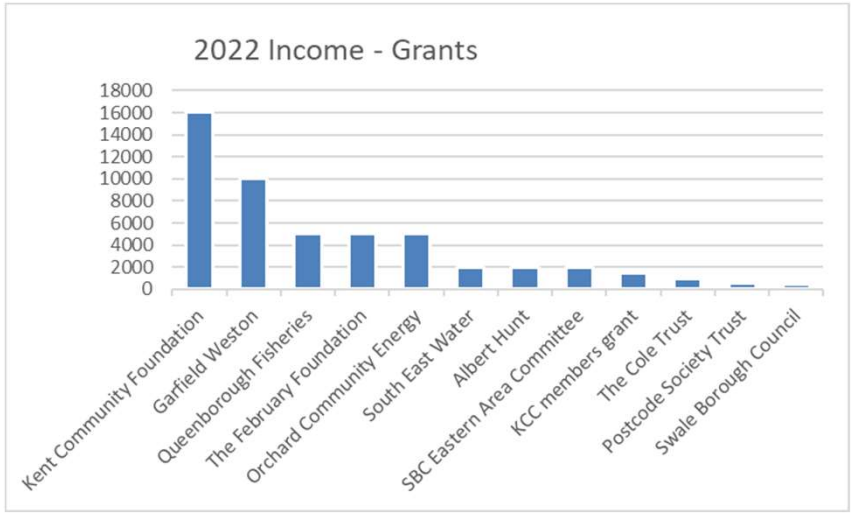
In 2022 we successfully applied for The National Lottery Community Fund for a large 3-year project commencing in 2023.

We did not receive Lottery funding in 2022 whereas in 2021 we received £47,00 from the Lottery.

We applied for many other grants and received £50,387 of funding, the largest sources being Kent Community Foundation £16,000, Garfield Weston £10,000, Queenborough Fisheries £5,000, The February Foundation £5,000 and Orchard Community Energy £5000.

All the grants are included in the tables.





FINANCIALS - UNRESTRICTED INCOME

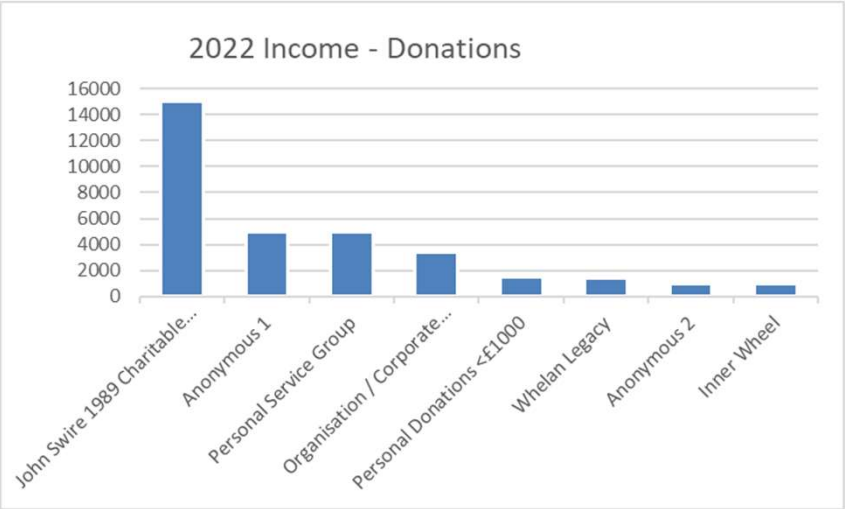
Unrestricted Income

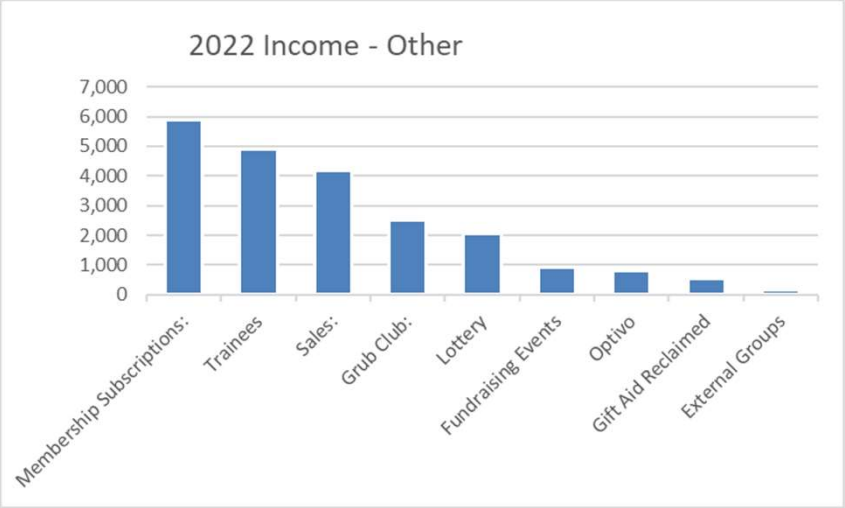
£53,653 of unrestricted funds were received in 2022, almost double the £26,050 received in 2021.

Among the larger donations, we received £15,000 from the John Swire Charitable Trust, a £5,000 anonymous donation and £5,000 from The Personal Service Group charity that closed.

Our other income rose from £12,887 to £21,979 in 2022.

The memberships scheme brought in the most income £5,900 followed by payments for student trainees £4,906, cabin sales were £4,191 and lunch sales were £2,498 and the Faversham Lottery raised £2,076.





FINANCIALS - EXPENDITURE

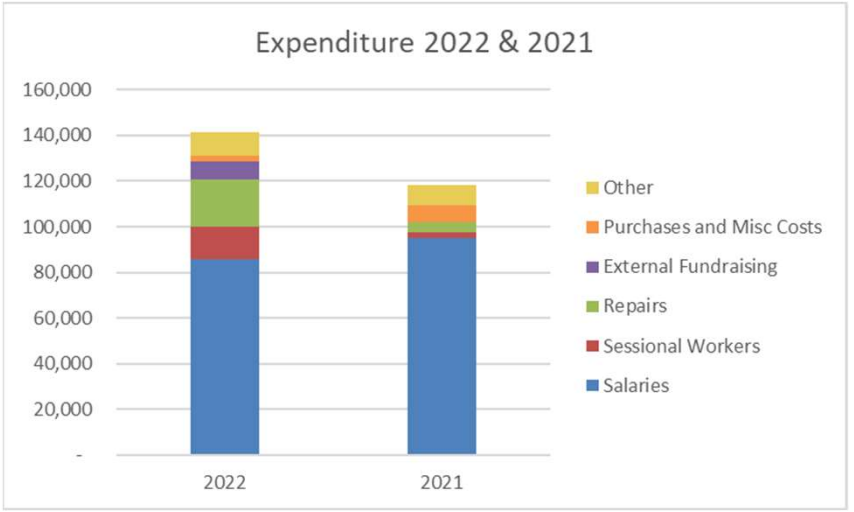
Expenditure

Total expenditure rose by 19% from £118,482 to £141,251.

The main reason for the increase was a £16,000 rise in repairs from £4,404 to £20,503, as we increased the kitchen size, re-fitted it and built a larger terrace with a ramp.

We also spent £8,100 on external fundraising in 2022 as we didn't have the internal resources to do this ourselves. This was a new cost.

A change was made to expense codes to clearly split out salaries (employed staff) from sessional workers (self-employed workers who invoice us). The combined total of staff and sessional costs in 2022 was £100,024, which was £2,337 higher than in 2021. This continued to be the highest-cost type.

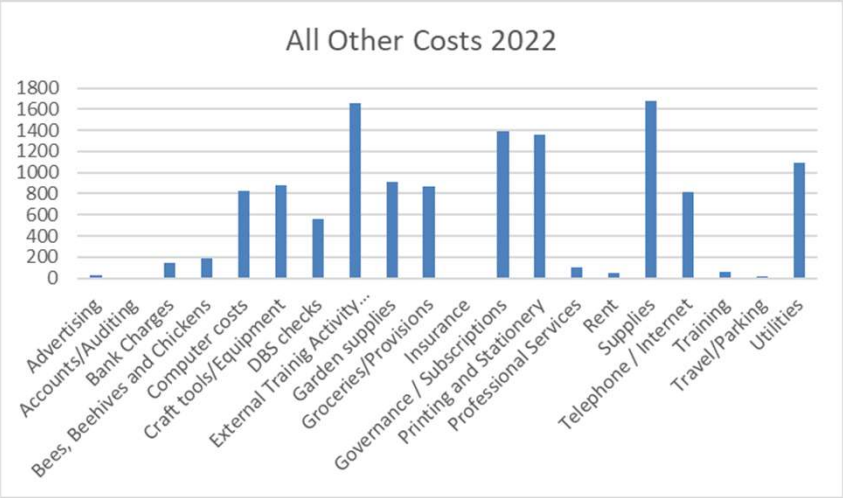


FINANCIALS – OTHER EXPENDITURE & GRANTS NOT FULLY SPENT

Other Expenditure

There were many other costs involved in running the garden.

External training activities (Permaculture and Menopause sessions), supplies, garden supplies, groceries and provisions, office costs and subscriptions and DBS checks were some of the larger costs. The insurance contract was being re-negotiated so the costs are included in 2023.



Grants Not Fully Spent

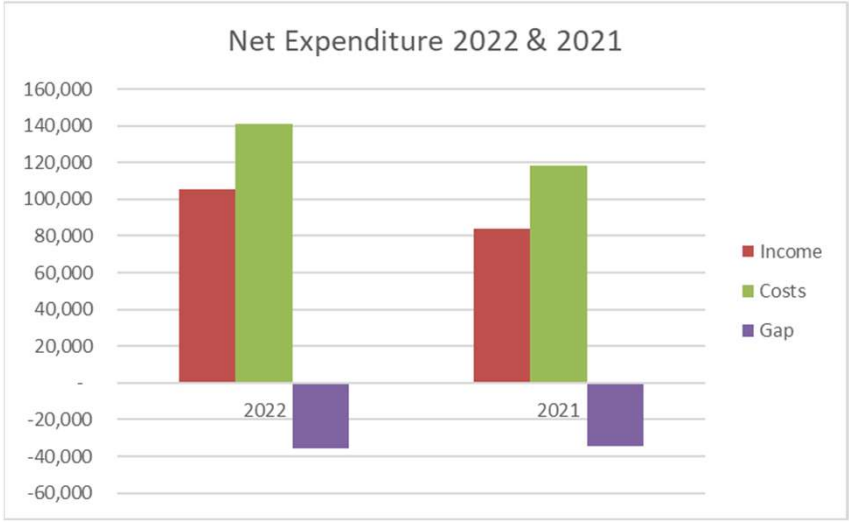
At the end of 2022, the following grants were not fully spent. There are specific spending plans for the remaining Awards for All, Kent Community Foundation and Postcode Society Trust grants. The Garfield Weston, Orchard Community Energy and Swale Borough Council grants are all 12-month grants that were awarded in Winter 2022.

Donor	Amount	Notes
Awards for All	£,2594	GFTM brochure and sessional costs
Garfield Weston	£10,000	Core costs
Kent Community Foundation	£2,000	Counselling course
Orchard Community Energy	£5,000	Kitchen staff and core costs
Postcode Society Trust	£500	Garden furniture
Swale Borough Council	£1,937	Kitchen staff and GFTM staff
Total	£22,031	

FINANCIALS – NET MOVEMENT IN FUNDS AND BALANCE SHEET

Net Movement in Funds

Charities measure the movement of funds, the difference between money received and spent, during a reporting period. In 2022, we spent £35,550 more than we received as we had lower income and higher costs. In 2021 we spent £34,461 more than we received.



Balance Sheet

At the end of the year, the Abbey Physic Community Garden had £9,258 of fixed assets.

- There was £65,537 in the bank account, £365 in Paypal and £542 in cash. The Local giving account showed £348 overdrawn due to timing issues between recording donations and payment credits.
- This was made up of £39,796 of restricted funds and £26,301 unrestricted.
- There are no loans so the total assets were £75,355.

FINANCIALS – STATEMENT OF FINANCIAL ACTIVITIES & BALANCE SHEET

STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)
FOR THE YEAR ENDED 31 December 2022

	Notes	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
Voluntary Income:					
Grants		0	50,387	50,387	57,971
Donations		32,319	1,000	33,319	12,485
Membership subscriptions		5,900	0	5,900	4,962
Activities for Generating Funds:					
Sales & events		4,191	0	4,191	5,185
Fundraising events		908		908	1,378
Grub Club Sales		2,499		2,499	0
Optivo		150	660	810	0
External Groups		168		168	1,319
Gift Aid Reclaimed		536		536	43
Trainees		4,906		4,906	0
Faversham Lottery		2,077		2,077	677
Investment Income:				0	
Bank interest				0	
Total Incoming Resources		**53,653**	**52,047**	**105,701**	**84,020**
RESOURCES EXPENDED	3				
Cost of generating funds:					
Purchases and miscellaneous costs		2,650	0	2,650	7,153
Operational and support costs		83,432	55,169	138,601	111,179
Governance costs		0			150
Total Expended Resources		**86,083**	**55,169**	**141,251**	**118,482**
NET MOVEMENT OF FUNDS	7	-32,429	-3,122	-35,550	-34,462
RECONCILIATION OF FUNDS					
Total Funds Brought Forward		58,730	42,918	101,648	135,666
Fund Balance Carried Forward		**26,301**	**39,796**	**66,098**	**101,204**

BALANCE SHEET
FOR THE YEAR ENDED 31 December 2022

	Notes	2022	2021
		£	£
FIXED ASSETS			
Tangible assets Old Cabin	6	-	0
New Cabin		5,000	6,000
New sink & Island units		1,697	1,886
Men's Shed		2,561	2,845
CURRENT ASSETS			
Debtors			
Bank deposits		65,537	101,500
Cash in hand		542	33
Paypal		365	14
Local giving		-348	99
Net Current Assets		**66,097**	**101,646**
NET ASSETS			
Represented by:			
Fixed Assets		9,258	10,731
Restricted Funds		39,796	42,918
Unrestricted Funds		26,301	58,730
Retained earnings			
Total Funds		**75,355**	**112,379**

For the year ending 31 December 2020 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts have been prepared in accordance with IAS / IFRS.

INDEPENDENT EXAMINATION

I can confirm that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2022.

Signed .. Philip Wyard



Date 17-Jun-23

FINANCIALS – NOTES TO THE FINANCIAL STATEMENTS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 December 2022

1 Accounting Policies

Basis of Preparation

The financial statements have been prepared under the historical cost convention and are in accordance with Financial Reporting Standard for Smaller Entities (effective January 2007), the Companies Act 2006, and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued 2005).

Quickbooks accounting software is used explain income and expenditure but it does not contain all the asset calculations.

Grants and Voluntary Income

All grants and voluntary income are accounted for gross when receivable.

Resources Expended:

Depreciation

Assets acquired costing less than £2,500 are charged to revenue in the year of purchase:

Assets exceeding this purchase price: Pavillion, New Cabin, New kitchen units and island are depreciated by 10% straight line

Purchases and miscellaneous costs

Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to more than function cost category, they have been split on an estimated basis as appropriate.

This was prevoiusly named charitable expenditure.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets criteria is charged to the fund.

FINANCIALS – NOTES TO THE FINANCIAL STATEMENTS CONTINUED

NOTES TO THE FINANCIAL STATEMENTS					
2 Incoming Resources		**Unrestricted 2022**	**Restricted 2022**	**Total 2022**	**Total 2021**
Grants Received:		£	£		£
Big Lottery				0	37871
Awards for all					9,200
KCC members grant	25.02.22		1,500	1,500	900
Swale Borough Council	8.4.22		250	250	5,000
	19.4.22		200	200	
SBC Eastern Area Committee	23.12.22		1,937	1,937	0
Faversham Town Council				0	5,000
Queenborough Fisheries	30.3.22		5,000	5,000	
Kent Community Foundation	26.4.22		5,000	5,000	
	14.11.22		5,000	5,000	
	28.11.22		6,000	6,000	
South East Water	11.5.22		2,000	2,000	
Albert Hunt	13.5.22		2,000	2,000	
The Cole Trust	25.11.22		1,000	1,000	
The February Foundation	31.8.22		5,000	5,000	
Postcode Society Trust	1.12.22		500	500	
Garfield Weston	23.12.22		10,000	10,000	
Orchard Community Energy	23.12.22		5,000	5,000	
		-	**50,387**	**50,387**	**57,971**

Donations:					
Anonymous	28.4.22	5,000		5,000	
Anonymous	2.9.22		1,000	1,000	
Whelan Legacy		1,442		1,442	
John Swire 1989 Charitable T	29.4.22	5,000		5,000	5,000
John Swire 1989 Charitable T	15.12.22	10,000		10,000	
Inner Wheel	24.5.22	1,000		1,000	
Personal Service Group	2.8.22	2,000		2,000	
Personal Service Group	20.12.22	3,000		3,000	
Organisation / Corporate Donations<£1000		3,434		3,434	1,118
Personal Donations <£1000		1,443		1,443	6,367
		32,319	**1,000**	**33,319**	**12,485**
Membership Subscriptions:		5,900		**5,900**	4,962
Sales:		4,191		**4,191**	5,185
Grub Club:		2,499		**2,499**	0
Trainees		4,906		**4,906**	0
Optivo		150	660	**810**	0
Faversham Lottery		2,077		**2,077**	677
Fundraising Events		908		**908**	1,378
External Groups		168		**168**	1,319
Gift Aid Reclaimed		536		**536**	43
		21,335	**660**	**21,995**	**13,564**
Total Incoming		**53,653**	**52,047**	**105,701**	**84,020**

FINANCIALS – NOTES TO THE FINANCIAL STATEMENTS CONTINUED

3 Resources Expended	Unrestricted 2022	Restricted 2022	Total 2022	Total 2021
	£	£		£
Purchases and miscellaneous costs:				
Garden supplies	911	-	911	4,853
Grub Club Ingredients			-	-
Groceries/Provisions	866		866	1,704
Craft tools/Equipment	874		874	596
Hampton Court			-	
	2,650	**0**	**2,650**	**7,153**
Operational and support costs:				
Advertising	27		27	
Accounts/Auditing			-	
Bank Charges	145		145	137
Bees, Beehives and Chickens	183		183	53
Computer costs	831		831	301
DBS checks	560		560	
External Fundraising	8,100		8,100	
External Trainig Activity Providers		1,660	1,660	
Insurance			-	1,570
Governance / Subscriptions	1,387		1,387	413
Office supplies & admin			-	510
Other			-	
Printing and Stationery	912	450	1,362	46
Professional Services	100		100	1,035
Rent	50		50	
Repairs, renewals & maintenance	7,018	13,485	20,503	4,404
Salaries /NI	51,231	34,306	85,537	95,132
Sesional Workers	9,719	4,768	14,487	2,555
Supplies	1,183	500	1,683	1,907
Telephone / Internet	820		820	1,015
Training	54		54	1,317
Travel/Parking	20		20	27
Utilities	1,091		1,091	757
Website re-design			-	-
	83,432	**55,169**	**138,601**	**111,179**
Governance costs:				
Companies House				**150**

No employee received emoluments of more than £50,000.

4 Directors of the Charity

No member of the Board of Directors received any remuneration during the period.
Reimbursement of expenses to the Directors was zero.
The charity has Trustee Indemnity Insurance (effective from 1st November 2014).

5 Taxation

The charity is exempt from Corporation Tax on its charitable activities.

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS (cont.)
FOR THE YEAR ENDED 31 December 2022

6 Tangible Fixed Assets

		2022	2021	Purchase Price
		£	£	
Pavilion	Purchased 2009 10% straight line		0	
New Cabin	Purchased 2017 10% straight line	5,000	6,000	10,000
New units & Island	Purchased 2019 10% straight line	1,697	1,886	2,876
Men's Shed	Purchased 2017 10% straight line	2,561	2,845	3,518
		9,258	**10,731**	**16,394**

7 Analysis of Net Assets between Funds

			2022 Total	2021 Total	
			£	£	
Restricted Funds		39,796	39,796	42,918	
Unrestricted Funds	26,301		26,301	58,730	
			66,097	**101,648**	

A positive balancing adjustment of £443.79 was added to the 2021 restricted funds total

FINANCIALS – NOTES TO THE FINANCIAL STATEMENTS CONTINUED

3 Resources Expended	Unrestricted 2022	Restricted 2022	Total 2022	Total 2021
	£	£		£
Purchases and miscellaneous costs:				
Garden supplies	911	-	911	4,853
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ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS (cont.)
FOR THE YEAR ENDED 31 December 2022

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FINANCIALS – NOTES TO THE FINANCIAL STATEMENTS CONTINUED

8 Incorporation

The Abbey Physic Community Garden is a company limited by guarantee, without a share capital, incorporated on 30 November 2006.

It took over the activities in the garden on 1 December 2006.

In the event of the company being wound up, members guarantee to pay £1 each towards the Garden's debts.

NOTES TO THE FINANCIAL STATEMENTS (cont.)

SCHEDULE OF ONGOING GRANTS

Restricted Grants Carried forward to 2023

Grant Name	Amount £
Awards for All	2,594
Garfield Weston	10,000
KCF	2,000
Orchard Community Energ	5,000
Postcode Society Trust	500
Swale Borough Council Ea	1,937
Total	**22,031**

THANK YOU!









A big thank you to the following supporters who have helped make 2022 such a success for the garden

Our landlords: The Old Grammar School Charity

Our funders:

- Albert Hunt
- Garfield Weston
- Kent Community Foundation
- Kent County Council Member grants
- Orchard Community Energy
- Postcode Society Trust
- Queenborough Fisheries
- South East Water
- Swale Borough Council
- The Cole Trust
- The February Foundation

And of course, a massive thank you to all the Garden's amazing volunteers who have run groups, welcomed visitors, made cups of tea and helped with building projects. You make the garden the wonderfully welcoming place it is!

ABBEY PHYSIC COMMUNITY GARDEN

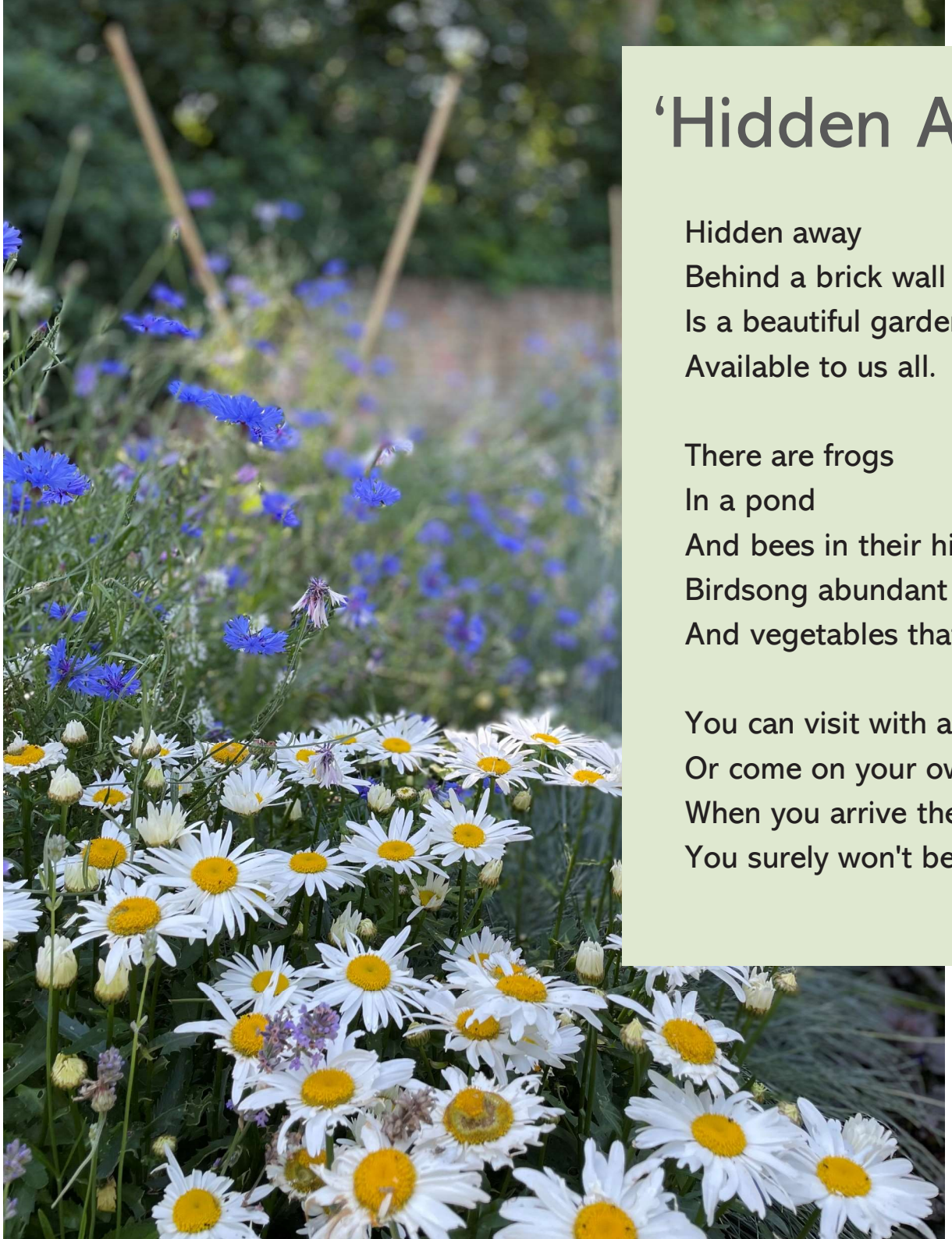
England & Wales - Charity number 1119456

Accounts

Abbey Physic Community Garden

Annual Report 2021

Charity Registration Number 1119456



‘Hidden Away’

Hidden away
Behind a brick wall
Is a beautiful garden
Available to us all.

There are frogs
In a pond
And bees in their hives
Birdsong abundant
And vegetables that thrive

You can visit with a friend
Or come on your own
When you arrive there
You surely won't be alone.

Singing rings amongst fruit trees
Drumming sounds in the air
Tea and cakes round a table
Delicious recipes to share

This joyous little garden
Can bring peace to your mind
You’re invited to come and find us
And escape the daily grind.

- Anonymous APCG Poetry Group Member

Who We Are and What We Do

- The Abbey Physic Community Garden (APCG) is a half-acre, award winning, therapeutic community garden in the heart of Faversham, Kent.
- Our core purpose is to help our members and the wider public maintain or improve their physical and mental health and wellbeing, build diverse skills and confidence, reduce social isolation and connect with their community. Through our commitment to equality and diversity and provision of inclusive services and support we aim to break down the stigma of mental ill health and build understanding and empathy .We provide a beautiful, safe place where people can find peace, support and companionship.
- We offer a wide range of activities that are both practical and therapeutic, usually both at the same time: gardening, craft activities, horticulture training, a Men's Shed, chicken and bee keeping and so many more member-led activities.
- There's a strong focus on gardening sustainably and growing and preparing healthy food. Our Community Kitchen helps people learn about nutrition, budgeting and how to cook, using garden produce for those important shared meals.
- Social interaction is a key element in helping members recover their confidence and self-esteem; creating the connections that change lives. We love welcoming visitors to the garden – whether it's people wandering through the town, parents with children or health professionals.

Find out more at: www.abbeyphysic.org

@abbeyphysic on Facebook, Twitter, Instagram

Trustees' Overview of 2021

We had a change in Chair of Trustees from Sarah Harvey to Helen Carr. The Trustees thank Sarah for all her drive and achievements for the garden and its members. As well as this Jo Osborn, our secretary, stood down this year - we are all very grateful to Jo for all of the time and care she donated to the garden.

The garden has flourished. We have more members than ever, with over 350. We have a diverse programme of therapeutic activities, growing in number throughout the year, most co-created and run by member volunteers.

2021 saw the growth of a new connection between planting and cooking. The efforts of volunteer gardeners resulting in an excellent range of vegetables, salads and fruits for the Community Kitchen, Karen and Alex together with members creating wonderful meals each Wednesday and Friday.

A significant coming together of the community within this year was at the Christmas Party held during late summer – we sat in t-shirts sharing a full Christmas dinner as a way to celebrate after so much isolation and in case December was going to bring more lockdowns. We even had a Santa.

This is a member-led organisation, so this year has seen regular members' coffee mornings and members' meetings, to co-create the future direction of the garden.

Trustees' Overview of 2021 cont.

Amongst all the business of the garden, we appreciate the need to provide quieter areas and times for our members, so the garden remains a point of refuge and calm. Tuesdays continue to be a quieter day with a small group of members focussing on their horticulture training.

We had four Occupational Therapy students complete a professional 8-wk placement at the garden, assessing accessibility and developing their own understanding of mental health. Trainee GPs also visit the garden.

Partnerships and connecting with the wider community have been continuing themes this year. It's been a delight working with so many other groups and organisations.

As trustees, we give huge thanks to our highly committed staffing team led by Suzanne as the Garden Manager who continually rises to new challenges with great enthusiasm and a smile. Our team makes the garden so welcoming. Also, in 2021, Tom was promoted to Assistant Garden Manager in recognition of his great work.

We were saddened to hear about the loss of several members who passed away this year.

Some 2021 highlights

Month	*Events*
January	Laying paths in the Moon Garden. Alex and Karen star on Radio Kent. Staying open to support members throughout lockdown; along with online socialising, cooking, articles and videos.
February	The original 'Gardening for the Mind' online therapeutic journaling begins. Men's Shed starts to build made-to-order bird, owl, bat boxes.
March	Garden reopens to larger groups of members. Members start up the APCG Litter Picking Ninjas group. Planting begins in the Moon Garden.
April	'Rapid Report' garden updates on YouTube. Our own version of 'Gardening for the Mind' – a six week mindfulness in nature course, begins. Community cooking returns to the garden.
May	Memory tree opening. Mental Health Awareness week online and at the garden.
June	The children's area gets a major revamp, with a Wendy house, mud kitchen and nature mural.
July	The moon garden is opened by Mayor Alison Reynolds.
August	Garden re opens to the public on Fridays only. Regular member's meetings started in August
September	Back to an in-person AGM. A very successful Christmas party was held with 92 people attending. The garden hosts the 'Swale in Bloom' Awards.
October	Regular Member coffee mornings started this month.
November	Week-long members' meetings began in 2021, with lots of involvement and input from the 60 members who attended over the week.
December	Christmas wreath workshop. More than 50 handmade gifts exchanged by Secret Santas.

Some 2021 highlights









Some 2021 highlights











Playing Host to Partners in 2021



Allied groups who came to the garden in 2021 included:

- Debt and Business Advice
- One-To-One Positive Visualisation
- Parent and child social groups for new parents during Covid.
- AGE UK social outings and Men's Shed sessions
- Dementia café
- Permaculture workshops for skills, resilient living, wellbeing, foraging.
- Death Café
- Domestic abuse drop-in support
- NHS drop-in health checks
- GP trainees, as part of education in the benefits of social prescribing.

Being a Member-led Garden

What members suggested	What we've done
As we missed a Christmas event in 2020 and we're not sure what's going to happen this winter how about an earlier Christmas event?	We held a Christmas party at the end of September which was very well attended and we were all able to sit outside in the sunshine!
Set up regular member coffee mornings to allow some time for members to speak to each other and staff.	Members' coffee mornings started in October and have already proven a success.
Make sure there are quiet times available to members at the garden	Gradual reopening to the public, afternoons kept free of activities.
Make sure there are people to welcome new visitors to the garden.	Volunteers who are able to welcome new visitors have the option to wear a 'Here to help' lanyard.
More alternative therapeutic activities	New member-led groups set up including poetry, craft groups
Make the Men's Shed more inclusive	'Open to All' shed days welcoming all who would like to take part

Making a difference to our members



A member talks about her experience of the garden this year

I was very depressed and miserable. I was suffering with bi-polar and psychosis and had a stay in hospital. When I came out, I would just lay on the sofa for days on end, I didn't have any motivation even to walk my dog. I was really lonely. Eventually the mental health team referred me to the garden to help reduce my isolation.

My confidence has soared, I`ve stopped smoking and I talk to everyone now and I don't mind saying hello to people. Before I was too depressed to think about conversing with people.

It is the people here that have helped make the change and getting involved with things. Tom took me under his wing and made me feel comfortable and that I can do anything. I loved working in the churchyard and helping to plant the wild meadow.

Suzanne encouraged me to talk with other members as I just sat on my own for 6 weeks. This was a big step for me and I joined the first Happy Café. One day I talked with another member for 2 hours. Even though I needed help, it was a good feeling being able to listen to another member and give them help.

It`s really nice to talk to other people who have similar experiences and to know it`s not just me. Kelly from Mind was running Friday drop in sessions and that was amazing. I really like what I call the therapeutic things like bread making – touchy feely things. I had lost my motivation to cook but now I really enjoy it again.

The loneliness I struggled with for a while but this place ` I just love it` Everyone is friendly, and we are so lucky. I was able to stay connected with my family with the tablet and wifi the garden provided. This really helped with my loneliness, being able to talk with my family.

I am managing my anxiety of coming out of lockdown and going for walks with my neighbour and I`m really looking forward to the acting classes.



Gardening and growing

10 Members are working towards a horticulture qualification

93% of members reported increased confidence

88% of members stated feeling comfortable discussing mental health and the benefits of peer support













Our Community Kitchen

78% members state that they've improved their eating habits

96% of members are now cooking and growing at home

95% of members have increased the amount of garden produce in their cooking









Faversham Men's Shed

Design and installation of our Memory Tree.

Drop in Health checks.

Wood turning sessions.

Delivering bird and insect homes throughout the community.

Open to All sessions for women to learn woodwork skills.





Gardening for the Mind

17 individuals engaged in personalised, small-group activities across three cohorts.

76% reported increased comfort creating social connections.

73% directly attributed an increase in self-confidence.

70% went on to engage regularly with other garden activities – including starting their own Crafts group.

2021 Our year in numbers

145 members participated

529 people have benefited

£53,820 in kind volunteer time

5,330 volunteer hours a year

43 different activities run

Increased opening hours and weekend activities

35 volunteers

23 collaborations with other groups & organisations

Our organisation and governance

We are a registered charity and a company limited by guarantee:

Charity Registration Number 1119456

Company Registration Number 06015188

Our Registered Office is:

Abbey Physic Community Garden
Abbey Place
Faversham
ME13 7BG

Bank details:
Santander Business Banking,
Bridle Road. Bootle, L30 4BG
Account title: Abbey Physic Community Garden.

Day to day management is the responsibility of the Garden Manager, Suzanne Campbell, and her team - Tom Jewell, Alex Leitch, Karen Franzac, Jacqui Hunt, Paul Muddle and Ian Hardie.

There are regular member meetings to discuss and plan how the garden operates.

Garden members appoint the trustees at the Annual General Meeting for a term of one year.

The Trustees for 2021 were:

- Dr Sarah Harvey – appointed 7.9.15 and appointed Chair in Sept 2017, stood down September 2021
- Helen Carr – appointed Sept 2020 and Chair Sept 2021
- Mr Gulliver Immink appointed Sept 2016
- Ms Hannah Temple – appointed June 2018
- Ms Lucia Dello-Iolo – appointed June 2018 and as Treasurer in July 2018
- Ms Josephine Osborn – appointed June 2018 and as Secretary in July 2018, stood down Sept 2021
- Ms Tamarin Ward – appointed Sept 2020
- Mrs. Sarah Porter – appointed (as secretary) Sept 2021
- Mrs Jane Arnott – appointed Sept 2021

The Trustees met eight times during the year. We formed three working groups:

- Finance and Fundraising
- Vision and Learning
- Policies and Procedures

In our planning of APCG's activities we have paid due regard to Charity Commission's guidance on public benefit, and on the standards expected of trustees.

Our financial report

Summary

In 2019 and 2020 The Abbey Physic Community Garden received more money than it spent.

Over this period the APCG received a number of large grants, generous donations, secured COVID related funding.

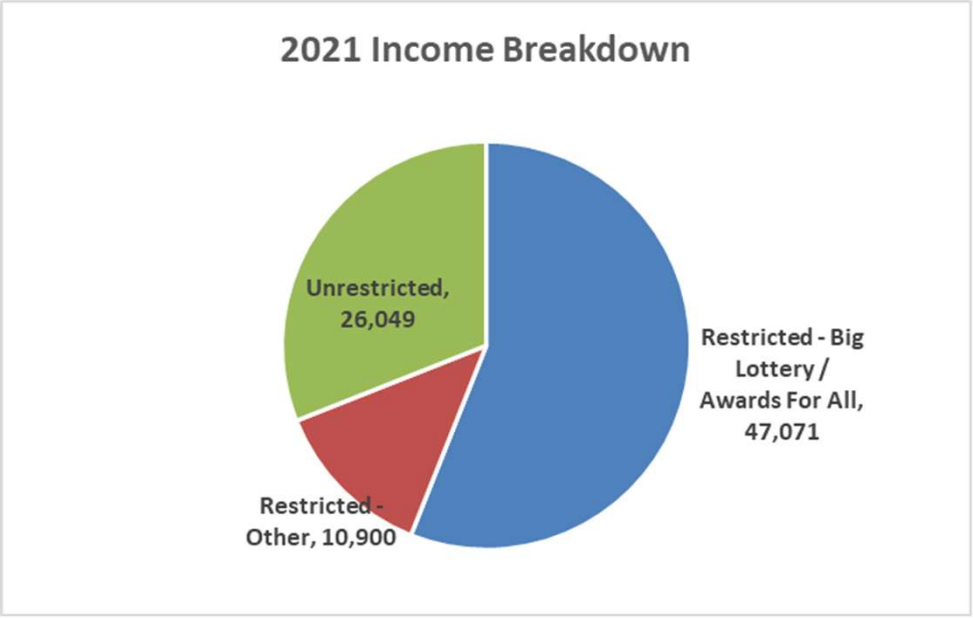
We got a tight control on spending as we wanted to build up our reserves as some of our major grants were finishing in 2021. As a result, we started 2021 with current assets of £135,665.

During 2021 we spent some of the reserves that we had built up and only made a limited number of grant applications.

- Our income for the year to Dec 2021 was £84,020 and we spent £118,481.
- Current assets as at 31st Dec 2021 reduced by £34,019 to £101,647.

Income Summary

- The garden received income £84,020 during 2021, this was only 55% of the £153,790 income received in 2020.
- The term 'restricted grants' requires that the money is spent on specific projects.

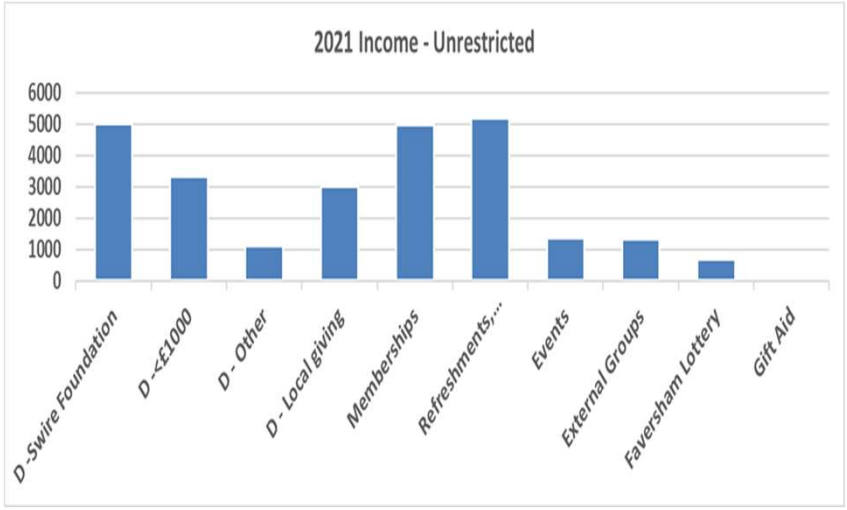


2021 Accounts – income and Grants not Fully Spent

Restricted Income

70% of our income came from large, restricted grants.

- The Big Lottery, Reaching Communities Continuation Fund provided £37,871.
- £9,200 from Awards for All (Big Lottery),
- £5000 from Swale Borough Council, £5000 from Faversham Town Council and £900 from KCC members grants.



Unrestricted Income

- £26,049 of unrestricted funds was received in 2021, £4,790 less than in 2020.
- Every other type of income rose in 2021 but these increases did not outweigh funds received in 2020 where we benefitted from a legacy of £6,650 and Covid JRS grant of £4631.

Grants Not Fully Spent

- At the end of 2020 we had a number of grants that weren't fully spent because of Covid restrictions on activities. These were all spent in 2021.
- Three grants have balances brought forward into 2022.
  - Big Lottery grant 25% was carried forward to 2022 Jan to Mar salaries £9468.
  - Awards for All £9200 project starting 2022
  - Swale Borough Council £5000 decking delayed work until 2022.

2021 Accounts - expenditure

Total Expenditure

Total expenditure rose by 18% as we were running a full staff rota and ran a lot more activities.

As well as higher staff costs we spent more on sessional workers, bought more groceries, bought more plants, seeds, meal ingredients and Men's Shed supplies. We also created the memory tree and moon garden which increased our garden supplies costs.

Salaries, garden supplies and repairs expenditure

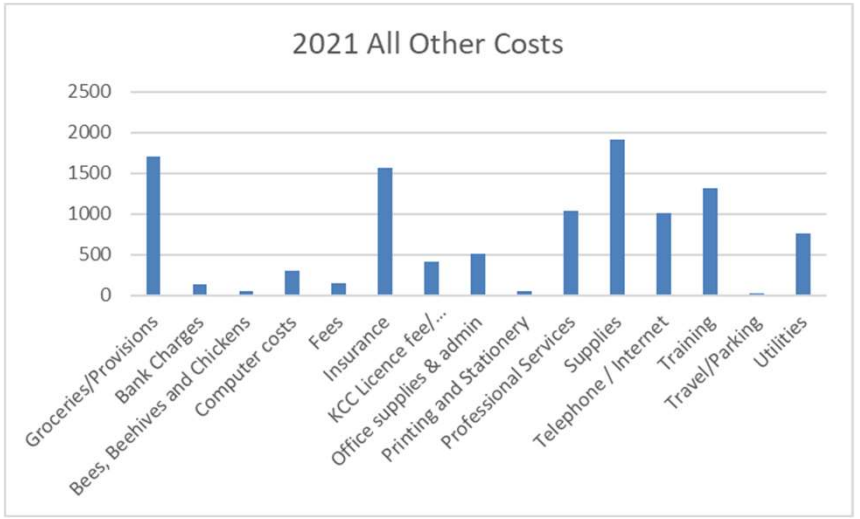
The largest cost type continued to be salary costs followed by garden supplies and repairs costs.

Salaries, national insurance and sessional worker costs for 2021 were £97,687, 20% higher than for 2020.

Garden supplies costs were £4,853, 62% higher and repair costs were lower at £4,404 (£5648 in 2020).

All Other Costs

- These totalled £11,537 and were £1,608 higher than in 2020.
- Supplies, groceries and provisions, insurance, professional services and training and the telephone were all over £1,000, the utilities cost was lower than in 2020.



2021 Accounts:
Fund Movements and the Balance Sheet

Net Movement in Funds

Charities measure the movement of funds, the difference between money received and spent, during a reporting period. During 2021, as expected we spent £34,461 more than we received, as we had lower income and higher costs.

Balance Sheet

At the end of the year the Abbey Physic Community Garden had £10,731 of fixed assets. There was £101,500 in the bank account, £99 in Local giving, £33 in cash and £14 in Paypal. This was made up of £42,918 of restricted funds and £58,286 unrestricted. There are no loans so the total assets were £112,378.

In 2022 we will be applying for new grants to prevent a further reduction in funds.

2020 Comparison

The £34,461 reduction of funds during 2021 was expected but we had built up a strong balance sheet position in 2020 and 2019 to cope with reduction in funds. The balance sheet assets at the end of 2021 were £111,935, down from £147,922 in 2020.

2021 Accounts: Statement of Financial Activities and Balance Sheet

ABBEY PHYSIC COMMUNITY GARDEN
STATEMENT OF FINANCIAL ACTIVITIES (Incorporating an Income and Expenditure Account)
FOR THE YEAR ENDED 31 December 2021

	Notes	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
Voluntary Income:					
Grants		0	57,971	57,971	124,286
Donations		12,485	0	12,485	18,145
Membership subscriptions		4,962	0	4,962	4,116
Activities for Generating Funds:					
Sales & events		5,185	0	5,185	2,437
Fundraising events		1,378		1,378	0
Faversham Lottery		678		678	0
External Groups		1,319		1,319	0
Gift Aid Reclaimed		43		43	175
Investment Income:				0	
Bank interest				0	
HMRC Covid JRS Grant		-		0	4,631
Total Incoming Resources		**26,049**	**57,971**	**84,020**	**153,790**
RESOURCES EXPENDED	3				
Cost of generating funds:					
Purchases and miscellaneous costs		3,052	4,101	7,154	3,538
Operational and support costs		60,273	50,904	111,177	96,610
Governance costs		150		150	
Total Expended Resources		**63,476**	**55,005**	**118,481**	**100,148**
NET MOVEMENT OF FUNDS	7	-37,427	2,966	-34,461	53,642
RECONCILIATION OF FUNDS					
Total Funds Brought Forward		95,713	39,952	135,665	82,023
Fund Balance Carried Forward		**58,286**	**42,918**	**101,204**	**135,665**

ABBEY PHYSIC COMMUNITY GARDEN
BALANCE SHEET
FOR THE YEAR ENDED 31 December 2021

	Notes	2021	2020
		£	£
FIXED ASSETS			
Tangible assets Old Cabin	6	-	0
New Cabin		6,000	7,000
New sink & Island units		1,886	2,096
Men's Shed		2,845	3,161
CURRENT ASSETS			
Debtors			
Bank deposits		101,500	134,331
Cash in hand		33	1,228
Local Giving		99	
Paypal		14	107
Net Current Assets		**101,647**	**135,665**
NET ASSETS			
Represented by:			
Fixed Assets		10,731	12,257
Restricted Funds		42,918	39,952
Unrestricted Funds		58,286	95,713
Retained earnings			
Total Funds		**111,935**	**147,922**

For the year ending 31 December 2021 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts have been prepared in accordance with IAS / IFRS.

INDEPENDENT EXAMINATION

I can confirm that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2021.

Signed ..... PHILIP WYARD MAAT

Date ..... 22 May 2022

2021 Accounts: Notes to the Financial Statements
Note 1

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 December 2021

Accounting Policies

Basis of Preparation

The financial statements have been prepared under the historical cost convention and are in

accordance with Financial Reporting Standard for Smaller Entities (effective January 2007),

the Companies Act 2006, and follow the recommendations in Accounting and Reporting by

Charities: Statement of Recommended Practice (issued 2005).

Quickbooks accounting software is used to explain income and expenditure but it does not contain all the asset calculations.

Grants and Voluntary Income

All grants and voluntary income are accounted for gross when receivable.

Resources Expended:

Depreciation

Assets acquired costing less than £2,500 are charged to revenue in the year of purchase/

Assets acquired costing £2,500 or more are depreciated on a 10% straight line basis.

Purchases and miscellaneous costs

Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to more than one cost category, they have been split on an estimated basis as appropriate.

This was previously named charitable expenditure.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets criteria is charged to the fund.

2021 Accounts: Notes to the Financial Statements Note 2

ABBEY PHYSIC COMMUNITY GARDEN					
NOTES TO THE FINANCIAL STATEMENTS					
2 Incoming Resources		Unrestricted 2021	Restricted 2021	Total 2021	Total 2020
Grants Received:		£	£		£
Reaching Comm. Cont Fund	05.03.21		18,936	18,936	
Big Lottery	24.09.21		18,936	18,936	
					31,690
Awards for all	01.10.21		9,200	9,200	
KCC members grant	15.01.21		500	500	
KCC members grant	15.03.21		400	400	
Swale Borough Council	06.04.21		5,000	5,000	595
Faversham Town Council	12.03.21		5,000	5,000	
Main Grants. Rcommunities					48,553
Postcode Lottery					
					19,229
Optivo					
					920
Orchard Community Energy					
Funding					
Covid					
				0	6,699
Kent Community Foundation					
Emergency Fund					
Resilience Fund					
Resilience Fund					
					16,600
		-	57,971	57,971	124,286

ABBEY PHYSIC COMMUNITY GARDEN					
Donations:					
Whelan Legacy					6,551
Swire Foundation	29.4.21	5,000		5,000	5,000
				0	
Inner Wheel				0	1,090
Local Giving Donations		3,025		3,025	1035
Turner & Hodges				0	2000
Organisation / Corporate Donations		1,118		1,118	109
Total Donations <£1000		3,342		3,342	2,360
		12,485	**-**	**12,485**	**18,145**
Membership Subscriptions:		4,962		**4,962**	4,116
Sales:		5,185		**5,185**	2,437
				0	
Grub Club:				**0**	
				0	
Faversham Lottery		678		**678**	
				0	
Fundraising Events		1,378		**1,378**	
External Groups		1,319		**1,319**	
				0	
Gift Aid Reclaimed		43		**43**	175
				0	
Bank Interest:					
Covid JRS Grant					**4,631**
Total Incoming		**26,049**	**57,971**	**84,020**	**153,790**

2021 Accounts: Notes to the Financial Statements 3-8

ABBEY PHYSIC COMMUNITY GARDEN

3 Resources Expended	Unrestricted 2021	Restricted 2021	Total 2021	Total 2020
	£	£		£
Purchases and miscellaneous costs:				
Garden supplies	752	4,101	4,853	2,982
Grub Club Ingredients			-	72
Groceries/Provisions	1,704		1,704	275
Craft tools/Equipment	596		596	209
	3,052	**4,101**	**7,154**	**3,538**
Operational and support costs:				
Advertising			-	33
Accounts/Auditing			-	-
Bank Charges	137		137	99
Bees, Beehives and Chickens	53		53	252
Computer costs	301		301	872
DBS checks	-		-	16
Insurance	1,570		1,570	1,441
KCC Licence fee/ Subscriptions	413		413	-
Office supplies & admin	510		510	264
Printing and Stationery	46		46	-
Professional Services	1,035		1,035	267
Rent			-	-
Repairs, renewals & maintenance	3,239	1,165	4,404	5,648
Salaries /NI	45,893	49,239	95,132	81,588
Sesional Workers	2,555		2,555	
Supplies	1,907		1,907	1,849
Telephone / Internet	1,015		1,015	955
Training	1,317		1,317	1,424
Travel/Parking	27		27	262
Utilities	257	500	757	1,640
Website re-design			-	-
·	**60,273**	**50,904**	**111,177**	**96,610**
Governance costs:				
Companies House	**150**			

No employee received emoluments of more than £50,000.

ABBEY PHYSIC COMMUNITY GARDEN

4 Directors of the Charity

No member of the Board of Directors received any remuneration during the period.
Reimbursement of expenses to the Directors was zero.
The charity has Trustee Indemnity Insurance (effective from 1st November 2014).

5 Taxation

The charity is exempt from Corporation Tax on its charitable activities.

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS (cont.)
FOR THE YEAR ENDED 31 December 2021

6 Tangible Fixed Assets

		2021	2020
		£	£
Pavilion	Purchased 2009 10% straight line		0
New Cabin	Purchased 2017 10% straight line	6,000	7,000
New units & Island	Purchased 2019 10% straight line	1,886	2,096
Men's Shed	Purchased 2017 10% straight line	2,845	3,161
		10,731	**12,257**

7 Analysis of Net Assets between Funds

			2021 Total	2020 Total
			£	£
Restricted Funds		42,918	42,918	39,952
Unrestricted Funds	58,286		58,286	95,713
			101,204	**135,665**

8 Incorporation

The Abbey Physic Community Garden is a company limited by guarantee, without a share capital, incorporated on 30 November 2006.

It took over the activities in the garden on 1 December 2006.
In the event of the company being wound up, members guarantee to pay £1 each towards the Garden's

Thank you

We are incredibly thankful for all the support we receive from all our donors, sponsors, volunteers and the community – thank you for all you have done to help us continue what we do well – supporting people when they need us.

We would also like to say an extra special thanks to the following individuals and organisation

- Our landlords – Old Grammar School Charity
- Funders:
  - The Big Lottery Reaching Communities Fund
  - Awards for All
  - Faversham Town Council
  - Kent County Council Members Grants
  - Swale Borough Council
  - Swire Foundation
  - Whelan Legacy
- Faversham Town Councillors for several generous grants.
- Mayor, Councillor Alison Reynolds BEM, for her support over the year.
- Axminster Tools for providing support and materials to the men's shed
- Faversham Women's Institute for providing beautiful cushions.
- Bovis Homes for the huge donation of timber.
- Sue King and Sharon Gurney for the beautiful mural.
- Marianne LeBoutillier for all of her work on improving the children's area

Thank you

And of course, thank you to all of the garden's amazing volunteers for running groups, welcoming visitors, serving refreshments, caring for chickens, growing the plants, watering, weeding, supporting each other and all the hundreds of things you do for the garden and members.



ABBEY PHYSIC COMMUNITY GARDEN

England & Wales - Charity number 1119456

Accounts

ABBEY PHYSIC COMMUNITY GARDEN

Annual Report 2020



Our garden of beauty,
Of growth, peace,
Understanding, sharing.

Our garden of safety,
Of joy, release
Happiness, sighing
Laughter, crying

Our garden with space
To learn, create
Sit, meditate
Alone, with others
Our sisters and brothers

The Abbey Physic Community Garden

A Poem

by Marianne

Who we are and what we do

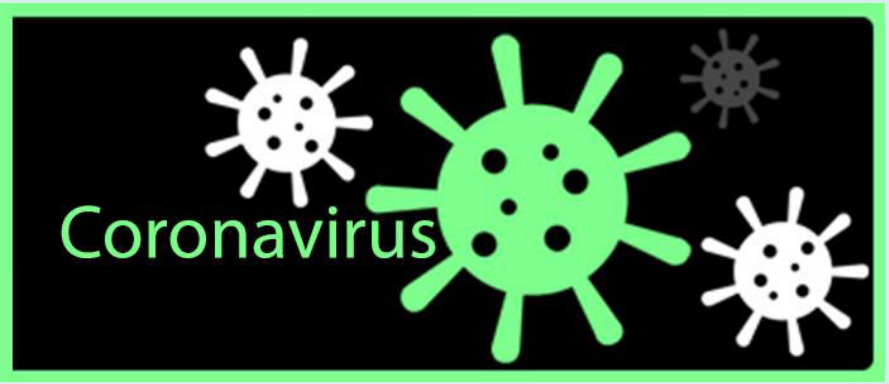
- The Abbey Physic Community Garden (APCG) is a half-acre, award winning, therapeutic community garden in the heart of Faversham, Kent.
- Our core purpose is to help people who have mental health issues or those who are socially isolated to maintain or improve their health, well-being.
- We do this by providing a beautiful and safe place where people can find peace, support and companionship. We also offer a wide range of activities including, therapeutic gardening, craft activities, horticulture training, Men's Shed, chicken and bee keeping. There's a strong focus on gardening sustainably and growing and preparing healthy food. Our community kitchen helps people learn about nutrition, budgeting and how to cook, using garden produce wherever possible.
- We work in partnership with many other organisations – those who refer people to us and others who run valued activities and support for our members in the garden.
- In normal times we are open to the public. Social interaction is a key element in helping members recover their confidence and self-esteem. We love welcoming visitors to the garden – whether its health professionals, parents with children, school trips or people wandering through the town.
- As we explain in this report, the pandemic of 2020 has made this an extraordinary year, limiting the number of visitors and forcing changes in how we deliver our services. But true to our mission of 'Growing a Healthy Community' we have found new ways to support our members whilst continuing to connect with our friends and the wider community.
- Find out more at **Website**: www.abbeyphysiccommunitygarden.org
  Facebook: https://www.facebook.com/AbbeyPhysic

Overview of the year from the Trustees

- 2020 has been quite a year and an immense challenge for everyone, given the Covid 19 pandemic. Our amazing staff team have shown incredible creativity and flexibility adapting the garden and its activities to keep people safe, but supported and involved. While hugs have been postponed, they have kept smiling, providing vital support to people both in the garden and remotely. We have welcomed Karen Franzac who brings a wealth of experience to support the delivery of our Community Kitchen.
- For members, this has been a time of great isolation, but in their support for each other they have shown amazing resilience.
- Partnerships and connecting with the wider community have been further themes this year. It's been a delight working with Optivo, Age UK and others. Through distributing seed kits, website updates, YouTube clips and Zoom classes we have tried hard to share the garden and take its activities out beyond the closed front door. We have discovered some new friends in the process.
- Despite the restrictions the garden has never looked more beautiful. Our new projects such as the Hugelkulture beds, Moon Garden and redesigned Forest Garden are coming on well. As well as the incredible staff team, we owe a lot to our tireless volunteer gardeners who do so much to keep things going.
- Its also been a year of learning and improving, particularly around diversity and inclusion and how to make the best use of technology to communicate with each other.
- We are grateful to our friends and supporters: keeping us positive, highlighting things we can improve, providing funding and even helping us set up our own on-line shop.
- We were saddened to hear about the loss of several members who passed away this year.
- Tamarin, one of our newest Trustees, gave birth to a gorgeous baby boy at the end of the year – they kept us smiling for days! .

Some 2020 highlights

Month	*Events*
January	Our updated membership scheme launched. Hugelkultur bed is started
February	Fun, Food and Fire outdoor cooking workshop Faversham Literary Festival with Stephen Gillat talking about his memoir. Medicinal herb workshop
March	We distribute flower and veg seedkits as first lockdown starts
April	Virtual singing sessions and APCG features in 'Take a Break' magazine
May	Mental health awareness week – lots of activities, kindness and wellbeing ideas shared. Mindfulness based Living Course offered online
June	Virtual Men's Shed, Zoom cookery and YouTube horticulture sessions rolled out Loneliness Awareness week
July	Our chickens and a new bee colony arrive
August	Our one Open Day of the year!
September	Take out Fridays launched. Our first AGM by Zoom
October	Members' drumming group starts. Loneliness survey of local community groups. Death Cafes were held in the garden and online
November	Christmas wreath workshop and pickles making. Litter picking group started
December	APCG opened its new online shop



Responding to the challenge of COVID -19

Much of this year's activity has been guided by the challenges of working though the pandemic. Here are some of the things we have done to keep going.

- Intensive risk assessment and management
- Secured *We are Good to Go* accreditation in recognition of our risk management arrangements
- Installed new hand sanitation stations
- Moved all activities outside
- Horticulture training offered via YouTube Broadcasts
- Cooking classes were moved outside and then took place via Zoom
- Secured grant funding to enable members to connect remotely
- Expanded opening hours to spread attendance at the garden
- A telephone tree to keep in touch with members in lockdown
- Newsletters, weekly blogs and social media posts to keep people connected with the garden
- We shared lots of ideas, resources and information to help people stay safe and to promote positive mental health

Making a difference to our members

The loneliness I struggled with for a while - but this place, I just love it. Everyone is friendly, we are so lucky.
I was able to stay connected with my family with the tablet and wifi the garden provided. and, speaking to people, feeling that you are involved in something' really helped with my loneliness.

Exciting to have new projects to get involved with hugulkulture bed, wild garden etc.

The development of the Mindful gardening course has been a good opportunity to share skills and trying to be more mindful in all activities in the garden. We all agreed this could be something that will help us go forward with a different approach to group work.

Loving the outdoor cooking making our own meals on the new outdoor hobs

Thank you for staying open

This is a big thank you to the APCG for a lovely few hours yesterday, the friendship, ambiance, the activities, the energy, all gave me a huge boost. I was fine for the first 6 months of shielding, ----- but 3 weeks ago when more of the virus was reported we were more or less back where we started, this all got me right down.

We are so lucky to have this place - it's a life saver

Thanks to you and all the staff for your dedication

So appreciative of the effort that has gone into the gradual re-opening of the garden

Thank you for the seed kit - it's the first time we have ever grown anything

My girls loved the seed kits and have taken over a patch in our garden. We can`t wait to be able to get back to the Mud kitchen and see you all`

A new member talks about his experience of the garden this year

"Discovering the garden was an enlightening, comforting and supportive experience. Connecting to people and also the activities. Through my grief process I have been engaging in my own lived experience of grief but also understanding the meaning of grief through my own counselling support… I have also had the opportunity to share thoughts and feelings with some others who are recently bereaved. I am not specifically a 'gardener' but just being in the environment of the garden has been very therapeutic – wonderful staff and volunteers who are so welcome. The chickens also so very welcoming.

The community kitchen which has made a big difference to me in learning new skills – especially with pastry – and of course the very welcoming team of Karen and Alex and all the participants. It has also been a delight and a pleasure to be able to contribute to the planning of and participation in the 'nature/nurture wellbeing' course. I think all the team has done everything – and more – especially during the various lockdowns and doing everything you can to keep the garden open. I know everyone has appreciated that. You have been there for me and allowed me to taken advantage for my own benefit of the whole wonderful ambience and sensory feeling that the garden exudes! "

















Gardening and growing



Cooking classes move outside









Our Community Kitchen

A short film of our cooking highlights this year.

http://www.youtube.com/watch?v=nikZs_T4w7c&ab_channel=AbbeyPhysicCommunityGarden

Faversham Men's Shed



Axminster Tools presenting our Men's Shed T shirts and jackets – pre Lockdown!!





A bird's eye view of the new chicken run and pizza oven

Men's Shed - a welcoming community space for men to connect, converse and create, whether its in our sheds, outside or online.





Owl Box and Bug Hotels

Tackling loneliness and social isolation

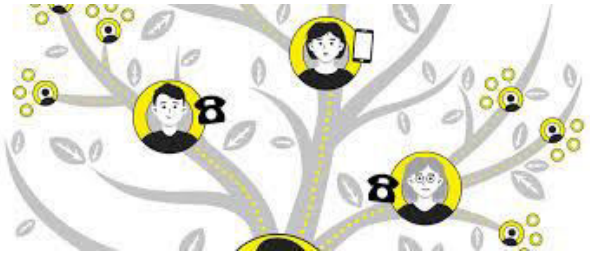
While the pandemic constrained some of our face to face activities we were determined to do all we could to tackle loneliness. We kept in touch with members via phone and social media, continued our popular Happy Cafes (socially distanced or via Zoom). While we had to postpone our Loneliness Unconference, we surveyed local community groups to identify how they were tackling isolation and encourage further collaboration.

A growing number of members have been bereaved so we were pleased to be able to host Death Cafes enabling people to talk about death and dying and share their experiences of loss.

We marked Loneliness Awareness week by sharing a range of tools and resources to help people cope, connect with others and keep busy



2020 Our year in numbers



77 people on our phone tree, 45 members received regular weekly calls



48 zoom cooking classes

APCG You Tube channel with 24 posts covering gardening, bee keeping, singing and cooking classes



12 video updates on the garden through the year posted on our website



125 vegetable and flower seed kits distributed to members and local families – compost and instructions supplied

Our organisation and governance

- We are a registered charity and a company limited by guarantee:

  Charity Registration Number 1119456

  Company Registration Number 06015188

- Our Registered Office is:
  Abbey Physic Community Garden
  Abbey Place
  Faversham
  ME13 7BG

- Bank details:
  Santander Business Banking,
  Bridle Road. Bootle, L30 4BG
  Account title: Abbey Physic Community Garden.

Day to day management is the responsibility of the garden manager, Suzanne Campbell and her team –Tom Jewell, Alex Leitch, Karen Franzac, Jacqui Hunt, Paul Muddle and Ian Hardie.

There are regular member meetings to discuss and plan how the garden operates. Garden members appoint the trustees at the Annual General Meeting for a term of one year. Trustees are welcome to stand again if they want to be reappointed.

- The Trustees for 2020 were:
  - *Dr Sarah Harvey – appointed 7.9.15 and appointed Chairman in September 2017*
  - *Mr Gulliver Immink appointed 23.09.16*
  - *Ms Hannah Temple – appointed 8.6.18*
  - *Ms Lucia Dello-Iolo – appointed 8.6.18 and as Treasurer in July 2018*
  - *Ms Josephine Osborn – appointed 8.6.18 and as Secretary in July 2018*
  - *MS Helen Carr - appointed 18.9.20*
  - *Ms Tamarin Ward – appointed 21.9.20*

The Trustees met eight times during the year.

We dealt with one matter of concern raised by a member concerning equality and diversity and member communications. It was resolved to the satisfaction of all and helped us strengthen our policies, procedures and improve our understanding and skills.

In our planning of APCG's activities we have paid due regard to Charity Commission's guidance on public benefit, and on the standards expected of trustees.

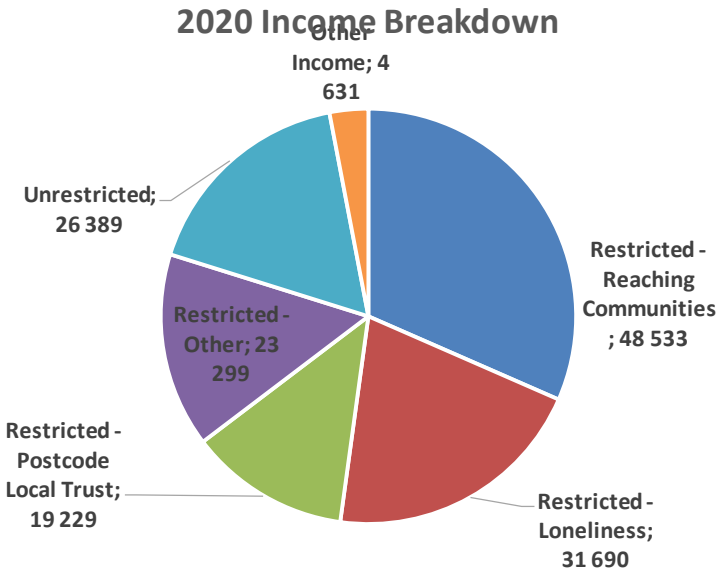
OUR FINANCIAL REPORT

Summary

- The Abbey Physic Community Garden started 2020 with total assets of £95,935. Despite much of the year being shadowed by COVID restrictions we grew our assets to £147,922, whilst investing in measures to safeguard members and continuing to offer some of our services remotely.
- We achieved this through securing new grants, generous donations and implementing careful cost controls to build reserves to cover the loss of some of our major grants in 2021.

Income Summary

- The garden received income of £153,770 during 2020, this was slightly higher than the 2019 income of £149,896.
- The term ‘restricted grants’ requires that the money to be spent on specific projects.



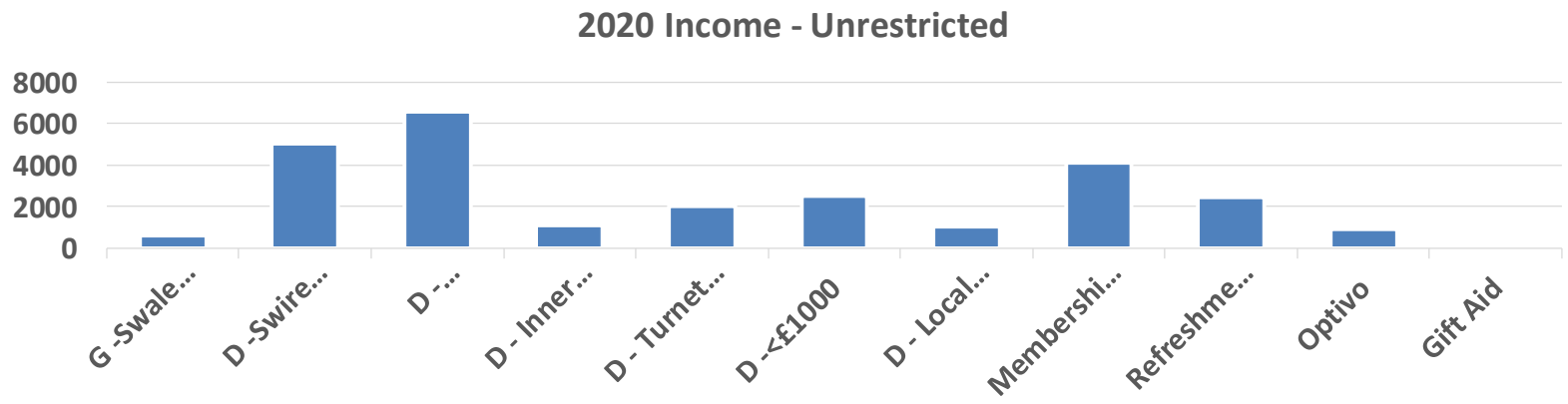
2020 Accounts - income

Restricted Income

- 80% of our income came from large grants. The Big Lottery Loneliness grant provided £31,690 and the extension to our Reaching Communities project generated £48,533. Another £19,229 of funding was received from a one year grant from the Postcode Local Trust.
- We also received Covid Emergency grants of £16,600 from Kent Community Foundation and £6,699 from Orchard Community Energy (of this £3,199 was Covid Emergency funding.
- We also received £4,631 of restricted funding from the HMRC Covid Job Retention Scheme when we furloughed some employees during the first lockdown.

Unrestricted Income

- We received £26,389 of unrestricted funds. The garden was closed to non-members for most of 2020 so with fewer visitors sales of refreshments and plants we earned just £2,437, compared with the 2019 figure of £10,037. Our revitalised garden memberships raised £4,116.
- We were generously supported by a legacy from Hillary Wheeler for £6,551. We also received donations from the Swire Foundation, Turner & Hodges, Inner Wheel, Optivo and Swale Borough Council members. We reclaimed £175 from Gift Aid and raised £1,035 through the online local giving platform.



2020 Accounts - expenditure

Total Expenditure

- Total expenditure fell almost 10% from £109,396 in 2019 to £100,148 in 2020.
- The restriction in garden activities meant that a few of the grants were not fully spent during 2020. The grant providers kindly agreed to allow the spending to be extended into Jan to Mar 2021.

Salary and Repairs Expenditure

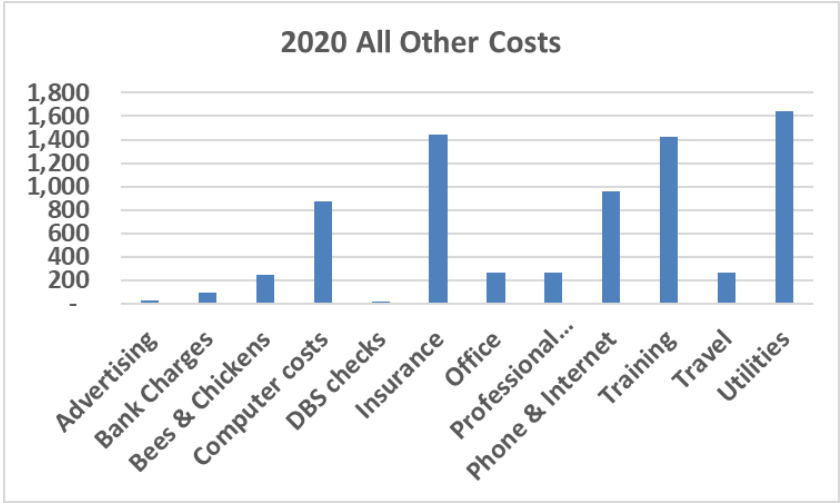
- During the first lockdown, when the garden was closed, we furloughed some staff. We quickly realised that successfully supporting our members remotely was quite time consuming and that there was sufficient work to return all staff to the original hours. We recruited a new staff member to the kitchen team. There was reduction in sessional worker costs as it was not possible to run all the garden-based activities online.

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- Salaries, national insurance and sessional worker costs for 2020 were £81,588, £730 lower than for 2019.
- Repairs costs were £5,648: much lower than the previous year when we were constructing the new Men's shed.

All Other Costs

- These totalled £7,524, utilities costs are a big cost because of the amount of electricity and water needed.
- We invested in staff training (including IT skills and supporting people in crisis), improvements to sanitation and making the garden COVID-safe, telephone, computer equipment and internet costs were much higher than 2019 reflecting the extra costs of remotely supporting members.
- This included equipment to help members in reduced financial circumstances to connect with us and each other.



2020 Accounts:
Fund Movements and the Balance Sheet

Net Movement in Funds

- Charities measure the movement of funds, the difference between money received and spent, during a reporting period.

- During 2020 we received £53,623 more money than we spent. We were lucky enough to have received significant and varied grants and donations during 2020, some Covid related. This more than compensated for the loss of refreshments and plants donations income. We also kept a close eye on expenditure and didn't launch any new projects during 2020.

Balance Sheet

- At the end of the year the Abbey Physic Community Garden had £12,257 of fixed assets. There was £134,331 in the bank account, £107 in Paypal and £1,228 in cash. This was made up of £39,952 of restricted funds and £95,713 unrestricted. There are no loans so the total assets were £147,922.

- The accumulation of unrestricted funds will enable us to maintain our full staff complement in 2021 with the loss of two of our significant grants (Postcode Lottery and Loneliness Grant).

2019 Comparison

- The £53,623 accumulation of funds during 2020 added to the £40,500 fund movement in 2019 to create a much stronger balance sheet position. The balance sheet assets at the end of 2020 were £147,922, up from £95,935 in 2019. The robustness of our balance sheet at the start of 2020 helped us with the year that followed.

2020 Accounts:
Statement of Financial Activities and Balance Sheet

FOR THE YEAR ENDED 31 December 2020

	Notes	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
		£	£	£	£
INCOMING RESOURCES	2				
Incoming resources from generated funds:					
Voluntary Income:					
Grants		1,515	122,751	124,266	108,205
Donations		18,145	0	18,145	17,842
Membership subscriptions		4,116	0	4,116	3,147
Activities for Generating Funds:					
Sales & events		2,437	0	2,437	10,037
Fundraising events				0	0
Grub Club Sales		0		0	1,287
Optivo		0		0	1,010
External Groups		0		0	835
Gift Aid Reclaimed		175		175	7,533
Investment Income:				0	
Bank interest				0	
HMRC Covid JRS Grant		4,631		4,631	
Total Incoming Resources		**31,020**	**122,751**	**153,770**	**149,896**
RESOURCES EXPENDED	3				
Cost of generating funds:					
Purchases and miscellaneous costs		0	3,538	3,538	5,705
Operational and support costs		0	96,610	96,610	103,691
Governance costs		0			
Total Expended Resources		**0**	**100,148**	**100,148**	**109,396**
NET MOVEMENT OF FUNDS	7	31,020	22,603	53,623	40,500
RECONCILIATION OF FUNDS					
Total Funds Brought Forward		64,693	19,903	84,596	44,096
Fund Balance Carried Forward		**95,713**	**42,506**	**138,219**	**84,596**

ABBEY PHYSIC COMMUNITY GARDEN Company Reg. No. 06015188 Charity Reg. No. 1119456

BALANCE SHEET
FOR THE YEAR ENDED 31 December 2020

	Notes	2020	2019
		£	£
FIXED ASSETS			
Tangible assets Old Cabin	6	-	0
New Cabin		7,000	8,000
New sink & Island units		2,096	2,329
Men's Shed		3,161	3,512
CURRENT ASSETS			
Debtors			
Bank deposits		134,331	81,942
Cash in hand		1,228	50
Paypal		107	102
Creditors			
Net Current Assets		**135,665**	**82,094**
NET ASSETS			
Represented by:			
Fixed Assets		12,257	13,841
Restricted Funds		39,952	17,401
Unrestricted Funds		95,713	64,693
Retained earnings			
Total Funds		**147,922**	**95,935**

For the year ending 31 December 2020 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts have been prepared in accordance with IAS / IFRS.

INDEPENDENT EXAMINATION

I can confirm that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2020.

Note: I have noted that there is an immaterial adjustment of £2,502 to the historic balance b/f which brings the balance sheet into balance.

Signed .....

Date 5 August 2021

2020 Accounts: Notes to the Financial Statements Note 1

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 December 2020
Accounting Policies

Basis of Preparation
The financial statements have been prepared under the historical cost convention and are in accordance with Financial Reporting Standard for Smaller Entities (effective January 2007), the Companies Act 2006, and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued 2005).
Quickbooks accounting software is used explain income and expenditure but it does not contain all the asset calculations.

Grants and Voluntary Income
All grants and voluntary income are accounted for gross when receivable.

Resources Expended:
Depreciation
Assets acquired costing less than £2,500 are charged to revenue in the year of purchase:
These were: Pavilion, New Cabin, New kitchen units and island 10% straight line
Purchases and miscellaneous costs
Purchases and miscellaneous costs includes the direct costs of the activities. Where such costs relate to more than function cost category, they have been split on an estimated basis as appropriate.
This was previously named charitable expenditure.
Unrestricted Funds
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- **Restricted Funds**
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets criteria is charged to the fund.

2020 Accounts: Notes to the Financial Statements Note 2

NOTES TO THE FINANCIAL STATEMENTS

2 Incoming Resources		**Unrestricted 2020**	**Restricted 2020**	**Total 2020**	**Total 2019**
Grants Received:		£	£		£
Big Lottery	03.04.20		4,311	4,311	
	03.04.20		3,387	3,387	
	03.07.20		4,199	4,199	
	03.07.20		3,299	3,299	
	09.10.20		4,479	4,479	
	04.12.20		3,519	3,519	
	18.12.20		4,758	4,758	
	18.12.20		3,739	3,739	
					46,941
KCC members grant					
KCC members grant					
Swale Borough Council	23.10.20	495		495	
	18.12.20	100		100	
Main Grants. Rcommunities					
Main Grants. Rcommunities	06.03.20		24,267	24,267	
Main Grants. Rcommunities	04.09.20		24,267	24,267	
Main Grants. Rcommunities				0	47,264
				0	
Postcode Lottery				0	
	31.01.20		19,229	19,229	
Optivo					
	24.11.20	920		920	
Shaw Trust				0	6,000
Orchard Community Energy					
Funding	06.01.20		3,500	3500.00	
Covid	30.04.20		3,199	3199.00	
					3,000
Kent Community Foundation					
• Emergency Fund	29.04.20		2,100	2,100	
Resilience Fund	10.08.20		11,000	11,000	
Resilience Fund	14.08.20		3,500	3,500	
					5000
		1,515	**122,751**	**124,266**	**108,205**

Donations:

Wheeler Legacy	10.02.20	6,551		6,551	
Swire Foundation	30.04.20	5,000		5,000	5,000
				0	
Rochester College				0	1,200
Brian Pain				0	3,600
East Kent Area AQA				0	1,000
M Le Boutellier				0	500
M Le Boutellier				0	500
Inner Wheel	18.12.20	1,090		1,090	
Local Giving Donations		1,035		1,035	
Turner & Hodges	03.01.20	2,000		2,000	2283
Organisation / Corporate Donations		109		109	
Total Donations <£1000		2,360		2,360	3,759
		18,145	**-**	**18,145**	**17,842**
Membership Subscriptions:		4,116		4,116	3,147
Sales:		2,437		2,437	10,037
Grub Club:		-		-	1,287
Optivo		-		-	1,010
External Groups		-		-	835
Gift Aid Reclaimed		175		175	7533
Bank Interest:					
Covid JRS Grant		4,631	-	4,631	**0**
Total Incoming		**31,020**	**122,751**	**153,770**	**149,896**

2020 Accounts: Notes to the Financial Statements Notes 3-8

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 December 2020

3 Resources Expended	Unrestricted 2020 £	Restricted 2020 £	Total 2020	Total 2019 £
Purchases and miscellaneous costs:				
Garden supplies		2,982	2,982	2,001
Grub Club Ingredients		72	72	793
Groceries/Provisions		275	275	2,413
Craft tools/Equipment		209	209	498
Hampton Court			-	
	0	**3,538**	**3,538**	**5,705**
Operational and support costs:				
Advertising		33	33	321
Accounts/Auditing			-	-
Bank Charges		99	99	25
Bees, Beehives and Chickens		252	252	1,066
Computer costs		872	872	687
DBS checks		16	16	74
Insurance		1,441	1,441	1,265
KCC Licence fee/ Subscriptions			-	214
Office supplies & admin		264	264	511
Printing and Stationery			-	178
Professional Services		267	267	839
Rent			-	-
Repairs, renewals & maintenance		5,648	5,648	9,618
Salaries/NI		81,588	81,588	82,318
Supplies		1,849	1,849	
Telephone / Internet		955	955	531
Training		1,424	1,424	725
Travel/Parking		262	262	644
Utilities		1,640	1,640	1,974
Website re-design			-	2,700
•	**0**	**96,610**	**96,610**	**103,691**
Governance costs:				
Companies House				

No employee received emoluments of more than £50,000.

4 Directors of the Charity

No member of the Board of Directors received any remuneration during the period.

Reimbursement of expenses to the Directors was zero.
The charity has Trustee Indemnity Insurance (effective from 1st November 2014).

5 Taxation

The charity is exempt from Corporation Tax on its charitable activities.

ABBEY PHYSIC COMMUNITY GARDEN

NOTES TO THE FINANCIAL STATEMENTS (cont.)

FOR THE YEAR ENDED 31 December 2020

6 Tangible Fixed Assets

		2020 £	2019 £
Pavilion	Purchased 2009 10% straight line	0	0
New Cabin	Purchased 2017 10% straight line	7,000	8,000
New units & Island	Purchased 2019 10% straight line	2,096	2,329
Men's Shed	Purchased 2017 10% straight line	3,161	3,512
		12,257	**13,841**

7 Analysis of Net Assets between Funds

			2020 Total £	2019 Total £
Restricted Funds		39,952	39,952	17,401
Unrestricted Funds	95,713		95,713	64,693
			135,665	**82,094**

8 Incorporation

The Abbey Physic Community Garden is a company limited by guarantee, without a share capital, incorporated on 30 November 2006.

It took over the activities in the garden on 1 December 2006.
In the event of the company being wound up, members guarantee to pay £1 each towards the Garden's debts.

Thank you

- We are incredibly thankful for all the support we receive from all our donors, sponsors, volunteers and the community – thank you for all you have done to help us continue what we do well – supporting people when they need us.
- We would also like to say an extra special thanks to the following organisations and individuals

  - *Our landlords – Old Grammar School Charity*
  - *Funders: The Big Lottery Reaching Communities Fund, Kent Community Foundation, KCC Members' Grant.*
  - *Axminster Tools, Sittingbourne*
  - *Optivo Housing*

  - David Beal of Whitstable and Herne Bay Beekeepers
  - Lissie Bayford for running virtual singing sessions in lockdown
  - Steve Bartholomew for facilitating our Happy Cafes
  - Simon Stolten for guiding online mindful living course
  - Louise Allen and Roz Macklin for running the ever popular Death Cafes
  - Mary Watts for helping our membership revamp
  - Ellie Arnott For improving our social media
  - Phil Wyard for reviewing our accounts